

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Montage of lifestyle shots</p>	<p>VO</p> <p>dLife TV, the only show for your diabetes life. Packed with information, insights, cooking and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p>
	<p>Various shots of upcoming segments</p>	<p>Nicole Johnson</p> <p>Today on dLife, a special program all about food. We'll take an in-depth look at the American food supply and how it impacts your diabetes. We'll follow the journey from the farm to your fork. Plus people with diabetes often have a stormy relationship with food. We'll hear some of your stories.</p>
	<p>Shot of Nicole Johnson</p> <p>Lower Third:</p> <p>Nicole Johnson Type 1 Diabetes, Former Miss America</p>	<p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. The epidemic of obesity and diabetes in the United States is one of the largest health crises of modern times. dLife correspondent Jim Turner is here to report on the quality of food we eat and its role in the epidemic.</p>
	<p>Shot of Jim Turner</p> <p>Lower Third:</p> <p>Jim Turner dLife Correspondent Diabetes Since 1970</p>	<p>Jim Turner</p> <p>Nicole, our food system is able to grow and distribute massive amounts for less money than ever before. While we're well fed, the typical American diet can be a big factor in your diabetes. Yet most of us still eat without giving much thought to what we're actually eating.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Various shots of food items</p> <p>Shot of Jim Turner standing in front of grocery store</p> <p>Jim Turner looking at items in store</p>	<p>Jim Turner</p> <p>The grocery store. This is where most of us buy our foods. Almost none of us grow up on the farm any more and we all go to grocery stores to buy whatever food we need. And grocery stores now are just unrelenting series of choices. Soy milk, organic milk, low-fat milk, goat milk. Cholesterol free, trans fat free, sugar free. Grass fed, grain fed. What do you buy?</p>

TIMECODE	VISUALS	AUDIO
		<p>So we're in the produce section and there's lots of signs that say locally grown, uh... conventionally grown, organic. And is that better? In general, it's more expensive. Almost every grocery store has prepared food, but you don't know what's in it. You don't know how many calories, you don't know how many carbs, you don't know how much fat.</p>
		<p>This country's ability to produce and distribute food is incredible. At the same time though, we're struggling to balance our food with our lifestyle. Two-thirds of Americans are now overweight. The threat of starvation has given way to a new threat; obesity. How did this happen?</p>
	<p>Francine Kaufman being interviewed by Jim Turner Lower Third: Francine Kaufman, MD Childrens Hospital of Los Angeles</p>	<p>Francine Kaufman: Our ancient genes and our modern environment are in a huge collision course. We're seeing an epidemic of obesity in the United States and spreading across the globe.</p> <p>Jim Turner: So what are the factors influencing this obesity epidemic?</p>
	<p>Various shots of farming and food processing Various shots of food products Various shots of web pages</p>	<p>Francine Kaufman: The factors are that we as a species from the time we got on this planet, we have had a collective goal of securing the food supply. So we had agriculture, we had domestication of animals, we had the Industrial Revolution, we had the ability to start processing food so that we could take that food from the farm and put it on your shelf and have it last. And all of that was considered progress for the human species. And then we kind of got to a point where we have enough energy-saving devices that you could theoretically sit in your living room watching TV and have an infinite supply of food delivered to you with a click of a mouse or the call of a phone and you could become completely out of energy balance.</p>
	<p>Jim Turner looking at items in grocery store</p>	<p>Jim Turner Processing food revolutionized the food system, but many foods now contain added sugar, fat and salt, which need to be limited for people with diabetes. In the 1970s, soft drinks opened the door to what would become America's number one sweetener.</p>

TIMECODE	VISUALS	AUDIO
	<p>Shot of Lucia Kaiser</p> <p>Lower Third:</p> <p style="text-align: center;">Lucia Kaiser, PhD, RD Dept. of Nutrition, UC Davis</p> <p>Various shots of food items</p>	<p>Lucia Kaiser</p> <p>One of the most dramatic changes has been the use of high fructose corn sweeteners. Uhm... that's increased by four thousand percent since 1970. It's relatively cheap and that has made the price of foods that contain high fructose corn syrup also very cheap, mainly soft drinks.</p>
	<p>Shot of graph</p> <p>Jim Turner looking at food items in grocery store</p>	<p>Jim Turner</p> <p>So is it coincidence that the increase in high-fructose corn syrup corresponds to the increase in obesity and diabetes? High-fructose corn syrup is snuck into almost every type of food from bread to beverages to cereals and makes up about ten percent of our daily intake.</p>
	<p>Jim Turner looking at products in store</p> <p>Lower Third:</p> <p>Carb counts for apple sauce are for equal servings (per ½ cup)</p>	<p>Let's check out apple sauce. Apples and then high-fructose corn syrup. And this has twenty-seven grams of carbohydrates. Here's another brand of apple sauce that has in it apples, that's all, apples. And this has fifteen grams of carbohydrates.</p>
	<p>Francine Kaufman looking at apple sauce label</p>	<p>Francine Kaufman</p> <p>What makes those apples taste good is that they add a whole bunch of sugar and they add the sugar in the form of high-fructose corn syrup. And you might as well just drink a glassful of sugar 'cause that's what most of it is.</p>
	<p>Various shots of fast food restaurants</p>	<p>Jim Turner</p> <p>The choices we make in the grocery store are only part of the problem. Half of every dollar spent on food is spent eating out at restaurants, cafeterias and fast food outlets.</p>
	<p>Jim Turner talking on phone</p>	<p>Hello. Is this Chili's?</p>
	<p>Jim Turner picks up takeout order at Chili's</p> <p>Jim Turner weighing food items in order and checking items on chart</p>	<p>Today our lives are busier than ever. Living in Los Angeles, I order takeout a lot. So I thought I made the wise choice. I got the Cajun chicken with pasta. I've separated it into two piles. I've got my protein here, I've got my carbohydrates here. Uhm... the chicken, I've got about four ounces of chicken there and that's very reasonable. That's good. I like that. Uh... the pasta with the garlic toast that comes with it, got about a pound and a quarter of uhm... carbohydrates.</p>

TIMECODE	VISUALS	AUDIO
	Lower Third: Calorie total is for food only and does not include soft drink.	Uhm... this Cajun chicken pasta with garlic toast has fifteen hundred calories, uhm... carbs a hundred and twenty-three carbs. The recommended daily allowance for a- a man about my size is twenty-two hundred calories a day. This is close to all of the food that I should be eating all day long.
	Shot of Lucia Kaiser Jim Turner walking through grocery store	Lucia Kaiser We can make choices in many places and we don't make the right choices. We first have to decide that it's important to do that and then look around and see that there are quite a lot of choices that we can make if we want to.
	GFX Center dLife For Your Diabetes Life!	
	Shot of Jim Turner	Jim Turner The American food supply starts with farmers, but it is influenced by all kinds of things from government policy to consumer demands. Nicole, making food cheap and available has come at a price.
	Shot of Nicole Johnson	Nicole Johnson Think before you eat. That's a good message for all of us. We'll be right back with more of Jim's report on what we can eat.
	GFX Center dLife For Your Diabetes Life!	
	Shot of Jim Turner Lower Third: Jim Turner Film & TV Actor, Type 1 Diabetes	Jim Turner Most of our food still begins on a farm, but it rarely goes directly from there to your kitchen table. I went to a leading agricultural institution to hear about the movement back to farm-fresh food.
	Shot of Gail Feenstra Lower Third: Gail Feenstra, EdD, RD Food Systems Analyst, UC Davis	Gail Feenstra It's one of the fastest-growing sectors of the food system.
	Jim Turner walking through field with Gail Feenstra Various shots of produce	Jim Turner Gail Feenstra at UC Davis has been working hard to change our food system from one dominated by

TIMECODE	VISUALS	AUDIO
		conventional highly processed products toward a more natural one.
	<p>Jim Turner interviewing Gail Feenstra</p> <p>Various shots of crops</p>	<p>Jim Turner: Can you explain the principles of sustainable agriculture?</p> <p>Gail Feenstra: Probably the concept to- to focus on here is health and the health uhm... that relates to the health of individuals, the health of the earth and the health of communities. And I think when we talk about sustainable agriculture, we want to create conditions for farmers to produce in ways that provide health in all of those dimensions.</p>
	Little boy choosing fruit at market	<p>Boy</p> <p>I'll have these three.</p>
	Various shots of farmers markets	<p>Jim Turner</p> <p>Many communities have responded with local farmers markets. In fact in the last decade, the number of farmers markets in the United States has doubled.</p>
	<p>Shot of Randii MacNear</p> <p>Lower Third: Manager, Davis Farmers Market</p> <p>Various shots of farmers markets</p>	<p>Randii MacNear</p> <p>The nice thing about farmers markets for anybody whether you're diabetic or you're a kid or you're a family is the ability to talk to the farmers about how the produce was grown. You can learn when it was picked, what kind of variety it is, how to cook it, who was the farmer, how long it took to get here, how many miles it traveled and people like to be able to know that.</p>
	Woman at farmers market pointing out various items	<p>Woman</p> <p>What we have here is some- just some regular green cabbage. This is a Dutch flat. These are Tokyo turnips. They're white turnip. They're a dessert turnip. The beet greens, which people usually don't know, are probably one of the better greens to eat.</p>
	<p>Shot of Randii MacNear</p> <p>Various shots of farmers markets</p>	<p>Randii MacNear</p> <p>There is a huge disconnect about what the purpose of food is where people don't even know that they're supposed to eat food to nourish their bodies and be smart and be strong and be healthy.</p>
		<p>Jim Turner</p> <p>The variety and freshness at many of the new farmers markets is remarkable. There's also</p>

TIMECODE	VISUALS	AUDIO
	Shot of rancher at work	been greater demand for locally raised meat and fish. Local ranchers and fishermen often have stalls now at farmers markets and sell directly to consumers. And there's evidence that grass-fed beef raised on smaller ranches is healthier.
	Shot of Gail Feenstra Various shots of cattle	Gail Feenstra The composition in grass-fed beef is just generally more uh... beneficial for- for long-term health. And people are very excited about buying grass-fed beef because of uh... the nutritional benefits, it has a lot more flavor, it has a lot less fat, and it tastes great. So we'd like to see more ranchers doing grass-fed beef and more people consuming- consuming them.
	Jim Turner interviewing Gail Feenstra Various shots of farmers markets	Jim Turner: All right, the theme of this piece is think before you eat. What should we be thinking? Gail Feenstra: I would really like people to be thinking about where their food comes from and how it's produced because if the demand is there, then the supply is going to follow. And if people can vote with their food dollars, they will be sending a message to not only the producers and distributors and retailers, but also policymakers about the kind of food system they want. The more involved people can be in that whole process I think the better.
	GFX Center dLife For Your Diabetes Life!	
	Shot of Jim Turner	Jim Turner It's important that everyone know exactly what they're eating. And, Nicole, for people with diabetes like the- the two of us, it's especially important. So read labels, ask questions and always think before you eat.
	Lower Third: www.dLife.com/eatingright Various shots of upcoming segment	Nicole Johnson dLife has more information at dLife.com/eatingright. Thanks for those reports, Jim. When we return, a roomful of people with diabetes talking about the struggle to eat right. It's not easy for anyone.
	GFX Center dLife	

TIMECODE	VISUALS	AUDIO
	For Your Diabetes Life!	
	<p>Shot of Nicole Johnson</p> <p>Lower Third:</p> <p style="text-align: center;">Nicole Johnson Diabetes since 1993</p>	<p>Nicole Johnson</p> <p>How do you control what you eat and how much you eat? dLife gathered together a group of people with diabetes, both type 1s and type 2s, to share food stories with one another.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Group of people in discussion</p> <p>Shot of Howard Steinberg</p> <p>Lower Third:</p> <p style="text-align: center;">Howard Steinberg dLife Founder, Diabetes Since 1969</p> <p>Shot of Enid Pinto</p> <p>Lower Third:</p> <p style="text-align: center;">Enid Pinto Diabetes Since 1997</p>	<p>Howard Steinberg: It's an eating disorder, diabetes in a way because you're not allowed to eat certain things and you have to live a life of always thinking about food and what you can eat and what you can't eat.</p> <p>Enid Pinto: But everything's about food. I mean you celebrate your foo- you do everything you do is about food.</p>
	<p>Shot of Tom Moriarty</p> <p>Lower Third:</p> <p style="text-align: center;">Tom Moriarty Diabetes Since 1992</p>	<p>Tom Moriarty: I think uh... one of the biggest things about uhm... having this disease is that, and one of the most difficult things, is what works for one person who has it won't work for another person. My- my doctor can give me advice, foods that- that I should avoid, that might work for me and they might work for you, but they may not for me. And it's- and you have to- it- it's almost trial and error and that's one of the hardest things about it is your doctor can help you <coughs> you know, the people you work with can help you so much, but we're all different, you- you know?</p>
	<p>Shot of Phyllis Kornbluth</p> <p>Lower Third:</p> <p style="text-align: center;">Phyllis Kornbluth Diabetes Since 2003</p>	<p>Phyllis Kornbluth</p> <p>I had a diabetes retreat weekend and I met some great women at a support group and I invited them to my home for the weekend. And the three of us</p>

TIMECODE	VISUALS	AUDIO
		<p>were so different. We all ate the same things, we all had different numbers, we all took different amounts of insulin, and the food affected us differently three ways. So it's- it's very interesting.</p>
	<p>Shot of JoAnne Henderson-Collins</p> <p>Lower Third:</p> <p>JoAnne Henderson-Collins Diabetes Since 1985</p>	<p>JoAnne Henderson-Collins</p> <p>That's why things like this dLife program, support groups, it's just so awesome because we get to network with other people. It is so cool to sit down at the dinner table and everybody has diabetes and you pull out your glucose monitor and you don't feel bad, you know? And you talk about different things, but it is extremely important now to discuss this and be open about it.</p>
	<p>Shot of Howard Steinberg</p> <p>Shot of Garland Stephens</p> <p>Lower Third:</p> <p>Garland Stephens Diabetes Since 2003</p>	<p>Howard Steinberg: What about eating out? You-you know, what- any special challenges you find uh... eating in restaurants?</p> <p>Garland Stephens: You just learn to uh... you know, your favorite places, you know what- what's gonna affect you and testing has certainly been wonderful. You know, it helps a lot...</p>
	<p>Shot of Leslie Cruz</p> <p>Lower Third:</p> <p>Leslie Cruz Diabetes Since 1985</p>	<p>Leslie Cruz</p> <p>I won't eat at an Italian restaurant because uh... they serve so much pasta. So I'm not gonna eat all of that, you know? I'd rather go someplace where I know I can get like a Caesar salad with grilled chicken and- and stuff like that. So I- there's some things I just won't bother to eat. Chinese food is- is a big challenge and I can't eat that.</p> <p>Tom Moriarty: Yeah. I don't even eat Chinese...</p>
	<p>Shot of Kerri Morrone</p> <p>Lower Third:</p> <p>Kerri Morrone Diabetes Since 1986</p>	<p>Kerri Morrone</p> <p>And I find with going out to eat, the whole nation being so carb crazy, it's easier to go eat Italian because they'll substitute the pasta side dish for, you know, grilled vegetable or something like that.</p> <p>Howard Steinberg: Low carb was great for- for us because all a sudden, we had options everywhere. If you didn't want to explain that you were diabetic, you said, "No, I eat low carb," uhm... because I- I</p>

TIMECODE	VISUALS	AUDIO
		believe it's- you know, it's really hard to manage in any other way than uh... than low carb. Uh...
		Jo-Anne Henderson Collins: It's kind of like you felt like you were not an outcast then. Everybody else is doing what you're doing. Howard Steinberg: Yeah. Or they're catching up to- to uh... Jo-Anne Henderson Collins: Yes. Tom Moriarty: You're a trendsetter. Howard Steinberg: Yeah.
	GFX Center dLife For Your Diabetes Life!	
	Lower Third: www.dLife.com/food	Nicole Johnson Low carb, no carb, an occasional treat, or never cheat; there is nothing more personal than what a person puts into her body. But be aware of your food choices. Visit dLife.com/food to find out what's in your favorite foods.
	GFX Center dLife For Your Diabetes Life!	
	Shot of upcoming segment	Nicole Johnson Up next, dLife CDE champ, Nancy Bennett.
	GFX Center dLife For Your Diabetes Life!	
	Shot of Nicole Johnson. Lower Third: Nicole Johnson	Nicole Johnson Nancy Bennett is a certified diabetes educator and registered dietician who was also the winner of dLife's 2006 casting call, our nationwide search for certified diabetes educators who embody the dLife spirit of informing, inspiring, and connecting with the diabetes community. Here's Nancy.
	GFX Center dLife For Your Diabetes Life!	

TIMECODE	VISUALS	AUDIO
	<p>Shot of Nancy Bennett</p> <p>Lower Third:</p> <p style="text-align: center;">Nancy Bennett CDE, Registered Dietician</p> <p>Nancy Bennett explaining dish</p>	<p>Nancy Bennett</p> <p>I'm gonna show you how to increase the volume of your meals while at the same time keep your carbs and calories in check. Okay, so we're gonna start the day off with this Greek omelet. It's made out of a hundred percent egg whites and egg whites are all protein. There's no fat and no cholesterol. And I've added a ton of volume simply by pumping up a lot of the omelet with spinach, red onions and mushrooms and that's gonna give the omelet some substance. And then I've topped it off with some fat-free feta cheese.</p>
	<p>Lower Third:</p> <p style="text-align: center;">Two tablespoons of blanched almonds have 4g carbs and 2g fiber.</p> <p style="text-align: center;">Studies show almonds can help lower cholesterol.</p>	<p>And next to the omelet, I've got some fat-free plain yogurt and I'm gonna give this yogurt a lot of taste and texture by adding some toasted slivered almonds which are fabulous for people with diabetes. They're a wonderful source of omega-3 fatty acids and they have a fair amount of calcium as well.</p>
	<p>Lower Third:</p> <p style="text-align: center;">Lunch</p> <p>Nancy Bennett explaining dish</p>	<p>Here we've got a turkey mandarin salad, which is just a fabulous lunch. We've got about four ounces of turkey, which is practically all protein, very low in fat and cholesterol. And what we've done is we've put it on a bed of mixed greens with some red pepper and some orange pepper and to complement those savory flavors, we have a very few number of mandarin oranges.</p>
	<p>Lower Third:</p> <p style="text-align: center;">Store sesame seeds in an airtight container in your fridge or freezer.</p>	<p>Now you want to pick out foods that you have to chew on a while. That's because it takes twenty minutes for your stomach to tell your brain that you're full. So if you're chewing, it's gonna slow you down and you're gonna be more satiated with fewer calories. So I am going to top this salad, this lovely salad, with some sesame, light sesame dressing and what I've got here is about two tablespoons of light sesame dressing. So I'm gonna pour this on our salad and then I am going to top it off with some sesame seeds. Sesame seeds have wonderful oils in them, they're heart healthy and they add a lot of taste and texture and they will stay in your stomach for about three hours, which is gonna help you feel fuller longer.</p>

TIMECODE	VISUALS	AUDIO
	Nancy Bennett explaining dish.	If you're still hungry after this fabulous plate of food, I've got a great idea for you. I found this hot and sour soup recipe on the dLife website. Research has shown that people who have soup are more satiated with a fewer number of calories and carbohydrates. So this soup is fabulous. It's got carrots, mushrooms, some wonderful vegetables and it's a great way for you to fill up without having to eat too many carbs or calories.
	Lower Third: Dinner Nancy Bennett explaining dish. Lower Third: When possible, buy wild salmon for the most health benefits.	I have some southwest salmon here which is a fabulous meal that's made without a grain of salt. I have poached the salmon in some water, lemon juice and dried dill. Salmon is a wonderful choice because it's rich with omega-3 fatty acids and that helps your heart to stay healthy and the inside of your blood vessels to stay nice and healthy as well.
	Nancy Bennett explaining dish	On the other side of the plate, I've got our dLife salsa. It's got some black beans, a little bit of corn, some red peppers, celery and it's got a wonderful dressing that's made with lime juice, olive oil and fresh cilantro. And as you can see, I've put the salsa inside of a red pepper and I've done that on purpose. The more color on my plate, the more phytochemicals and antioxidants that are gonna be in the meal. The more color you have in your diet, the healthier you are going to be.
	Lower Third: For these and other recipes, visit dLife.com/recipebox.	So there you go. And I've given you lots of ideas of how you can increase the volume of your meals while keeping your carbs and your calories in check. But always remember to test your blood sugars first. You want to know what your blood sugar is before you create your own plate. So bon appetit.
	GFX Center dLife For Your Diabetes Life!	
	Shot of Nicole Johnson Shot of upcoming segment	Nicole Johnson Thanks, Nancy, for those tips. Chef Michel Nischan has some tips of his own for those of you who like to barbecue.
	GFX Center dLife	

TIMECODE	VISUALS	AUDIO
	For Your Diabetes Life!	
	<p>Shot of Nicole Johnson</p> <p>Lower Third:</p> <p style="text-align: center;">Nicole Johnson Type 1 Diabetes</p> <p>Shot of Diabetic Cooking magazine</p>	<p>Nicole Johnson</p> <p>Michel Nischan is a world-class chef and he has two children with diabetes. Today with help from our friends at Diabetic Cooking magazine, he reveals some secrets for making delicious and healthy barbecue.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Shot of Chef Michel Nischan</p> <p>Lower Third:</p> <p style="text-align: center;">Michel Nischan dLife Chef</p>	<p>Chef Michel Nischan</p> <p>Hello. I'm Chef Michel Nischan and welcome to the dLife kitchen. Today we're gonna do a variation on barbecue, Mediterranean chicken vegetable skewers. Now what I love about these skewers is that they're high in protein, but low in carbs and fat and when you're living with diabetes, this is important.</p>
	<p>Chef Michel Nischan pointing out ingredients</p>	<p>Here we have some really amazing zucchini, some cut onion, mushrooms, cherry tomatoes and cubed, peeled eggplant, really great veggies that hold up well to grilling or broiling. Now for the chicken, we're gonna use a skinless, boneless chicken breast and the important thing is to cut 'em about the same size as the vegetables. You want everything about one inch cubes so that they cook in the same amount of time.</p>
	<p>Chef Michel Nischan preparing dish</p> <p>Lower Third:</p> <p style="text-align: center;">Soak all your skewers overnight, then freeze in plastic to use all summer.</p>	<p>Now let me show you a little trick in setting up a skewer. What you do is you take your vegetables in the order that they're gonna go on to the skewer and you set 'em up in a line on the cutting board just like this. Now here is have 'em in a nice straight line and I'm gonna take a bamboo skewer that's been soaked in water for about thirty minutes. This helps the skewer go in easy and it also keeps it from burning in the broiler or on the grill.</p>
	<p>Side Screen:</p> <p style="text-align: center;">Mediterranean Chicken Kabobs Per Serving: Calories: 249 Carbs: 17g</p>	<p>And basically I'm just kind of threading this through my vegetables, pressing down with my hand. And you can see that if I keep the skewer parallel to the cutting board, it's a lot easier to get the vegetables on than if I were to hold the skewer up in the air and</p>

TIMECODE	VISUALS	AUDIO
	<p>Fiber: 4g Protein: 29g Total Fat: 7g</p>	<p>try to insert them the same way. So this works really well. Now that's a gorgeous little skewer.</p>
	<p>Lower Third:</p> <p>Mint has been used throughout history to soothe stomach discomfort.</p>	<p>Now I'm gonna make the marinade. We have some low-sodium chicken broth. This is readily available in the store if you don't want to make your own. We have some balsamic vinegar, one of my favorite ingredients because it's a little bit sweet without having an impact on blood sugar. Some extra virgin olive oil and then sea salt. And now we're gonna add some classic Mediterranean-style herbs, some fresh thyme, that's a good one, a little bit of oregano, and then we have some fresh mint which is probably the king of the Mediterranean. You really find it in that Mediterranean region a lot in marinades and a variety of other dishes. And then one of my favorites, some grated lemon zest. That adds the flavor of lemon without the extra acidity. With the balsamic vinegar, I believe we have enough.</p>
		<p>Now what we've done is marinated these in the refrigerator which is important because chicken and other raw meats can have some bacteria that can lead to food-borne illness. So you want to wrap tightly in plastic and always marinate in the refrigerator. Now we're gonna transfer these to a cookie sheet and we're gonna put 'em in the oven with our broiler on high and our shelf about six inches from the broiler. We're gonna cook for about ten to fifteen minutes, turning once, and then plate it up for a delicious dish.</p>
	<p>Chef Michel Nischan taking dish out of oven</p> <p>Shot of dish</p> <p>Shot of Diabetic Cooking magazine</p>	<p>And those look fantastic and they smell amazing. I love Mediterranean aromas. It's one of my favorite things. And this is what the dish looks like when it's finished. Now for this recipe and other great tips, go to Diabetic Cooking magazine. I'm Michel Nischan and thanks for joining me in the dLife kitchen.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Shot of Nicole Johnson</p> <p>Lower Third:</p> <p>www,dLife.com/recipe box</p>	<p>Nicole Johnson</p> <p>Thank you, Chef Nischan. You can find this and</p>

TIMECODE	VISUALS	AUDIO
	<p>dLifeTV on CNBC next Sunday 4 p.m. PT/7 p.m. ET</p> <p>To order a copy of any dLife TV episode, visit dLife.com/orderdLifeTV.</p>	<p>thousands of other diabetes-friendly recipes at dLife.com/recipebox. That's all the time we have. We'll be back again next week with another edition of dLifeTV to inform, inspire, and connect for a healthy diabetes life.</p>
	<p>Center:</p> <p>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</p>	
	<p>Credits roll</p>	
	<p>Shot of Nicole Johnson</p>	<p>Nicole Johnson</p> <p>Remember, we're not role models; we're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is different and you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life and there's no substitute for getting control of it.</p>
	<p>GFX Center</p> <p>dLife</p>	