

<opening credits>

**Nicole Johnson Baker:** Hello, I'm Nicole Johnson Baker.

**J. Anthony Brown:** Hi, I'm J. Anthony Brown.

**Jim Turner:** Hi, I'm Jim Turner.

**Mother Love:** Hello, babies, I'm the even more fabulous Mother Love.

**Nicole Johnson Baker:** Type 1.

**J. Anthony Brown:** Type 2.

**Mother Love:** Type 2.

**Jim Turner:** Type 1.

**J. Anthony Brown:** And I'm here to talk about my--

**Jim Turner:** My--

**Mother Love:** My--

**Nicole Johnson Baker:** My dLife.

<beginning of show>

<Preview of show segments>

**Mother Love:** Today on dLife, real solutions for communities in need of diabetes resources. The inside story from hip-hop mogul entrepreneur and dLifer Damon Dash;

and, eating well in urban neighborhoods. Now, please welcome your hosts Nicole Johnson Baker, Jim Turner, J. Anthony Brown and, me, Mother Love and, of course, you all.

<applause>

**Mother Love:** And welcome to dLife everyone.

<Card: Mother Love, Author & TV Personality>

**Mother Love:** Today it's diabetes in the urban setting. Did you know that healthier foods like low-fat milk and high-fiber bread are harder to find in the urban grocery stores and restaurants? In general, diabetes management is harder in the inner city.

**Nicole Johnson Baker:** And it's an injustice that you can't find those types of things in all communities because statistics are overwhelming.

<Card: Nicole Johnson Baker, Author & Miss America 1999>

**Mother Love:** Absolutely.

**Nicole Johnson Baker:** It's about 12 percent of the African-American population when you compare it to Caucasian, which is about eight percent that has diabetes. Think about the people at 65 and older – it's one in four with diabetes in the African-American population. So, we have to do more to get services out to these people who are in need.

**J. Anthony Brown:** Yes.

**Mother Love:** You have to. You have to take control.

**Nicole Johnson Baker:** Yes.

**J. Anthony Brown:** Yeah, and basically awareness is the best -- is the first step to making a change, you know, and that's what basically this show is about, getting out there.

**Mother Love:** Getting out of denial.

**J. Anthony Brown:** Right.

**Nicole Johnson Baker:** Getting people motivated.

**J. Anthony Brown:** Uh huh.

**Mother Love:** We have to -- that's our job. We're here at dLife to motivate. And, speaking of motivation, we have our story of the day that comes from a dLifer who is working to get the message out in the city. Jim, tell us about her.

**Jim Turner:** Our story of the day is from Amy Jordan of New York, New York.

<Montage of Amy Jordan shots>

**Jim Turner:** And her letter reads, "I'm a dancer and I teacher inner-city kids about dance and diabetes. How I got here is the interesting part of the story. My father is an eye doctor so it's surprising that he wasn't more aggressive when I was diagnosed with diabetes but he didn't want it to be a problem and neither did I. So, we both acted like it wasn't and I continued pursuing my dream to dance professionally. When I was 19, my eyes started to give me trouble. I had these funny black spots. Now, I know that it was hemorrhaging of the blood vessels in my eyes. If I dealt with it promptly I probably would have been okay but I took six months to get it checked out. Soon after, I couldn't see out of either eye. I was totally blind."

<Card: Diabetes is the leading cause of blindness for people 24-74.>

**Jim Turner:** "I had 37 surgical procedures over the next year and now I have some limited vision in my right eye but I'm still considered legally blind. I was depressed. I quit dancing but somehow years later I got over it. Now, I go into schools with my organization, Sweet Enuff, and teach kids about diabetes. My message is to own your diabetes, take care of yourself and keep dancing." And there's Amy.

<applause>

**Mother Love:** Thank you so much for sharing your story with us, Amy, because as we are all too well aware, denial will cost you. Thank you again, Amy, for writing to us.

<shot of Amy Jordan>

<Card: Amy Jordan, Founder, Sweet Enuff>

<shot back to stage>

**Nicole Johnson Baker:** How wonderful that she's now using the adversity that she's experienced to motivate others and get that message out to other people in her community in a positive way. We need more of that in our communities.

**Mother Love:** And we have some of that, J., because you have a camp for children. Talk to us about your camp.

**J. Anthony Brown:** I have a-- it's not actually my camp. I have a foundation that raises money to send kids to diabetes camp, so the first year we sent one kid. Last year we sent ten.

<Card: J. Anthony Brown, Comedian & Co-Host The Tim Joyner Morning Show>

**J. Anthony Brown:** And this year we're going to send 25.

**Mother Love:** Wow!

**J. Anthony Brown:** And if any of you kids have ever been to a diabetes camp, it's a lot of fun.

<Card: There are more than 160 diabetes camps in North America.>

**J. Anthony Brown:** All the kids there have diabetes, so you don't have to worry about anybody looking at you when you test for your sugar or you take your medication. It's going to be a lot of fun. You're going to be there.

<Card: To find a diabetes camp near you visit dLife.com.>

**Mother Love:** Yes, I'm going to be there. Yes, absolutely.

**J. Anthony Brown:** You're invited and you're invited.

**Nicole Johnson Baker:** Well, thank you. I will be there. Well, now it's time to get real about our diabetes. If you're not testing, then you're guessing and that could be a sign of being in denial about having diabetes. So, everyone, even you watching at home, get out your meters, get out your strips. It's time to test, don't guess.

<Card: Test! Don't Guess!>

**Nicole Johnson Baker:** That's what we're all going to do right here right now.

<Card: All testing supplies may be covered by insurance. Check with your provider or Medicare.>

**Nicole Johnson Baker:** Next up, Dr. James Gavin reaches out to communities that are struggling to find diabetes resources and education. Stay tuned.

<commercial break>

**Mother Love:** Did you know that the community which you belong to can impact your diabetes? With us is the chairman of the National Diabetes Education Program, a past president of the American Diabetes Association and an expert on high-risk populations.

<Card: Dr. James R. Gavin III, Chairman, National Diabetes Education Program>

**Mother Love:** Please join me in welcoming Dr. James Gavin.

<applause>

**Mother Love:** Welcome Dr. Gavin. Dr. Gavin, first of all, let's talk about the communities that are affected and hit the hardest by diabetes. Who are they and why?

**Dr. James R. Gavin, III:** The communities that are the hardest hit are the minority communities, called communities of color.

<Card: Hispanics & African Americans are twice as likely as Caucasians to develop type 2 diabetes.>

**Dr. James R. Gavin, III:** That means African Americans, Latinos, Asian Americans, East Indians and American Indians and Alaska natives.

<Card: American Indians and Alaska Natives are 2.5 times more likely than Caucasians to develop type 2 diabetes.>

**Dr. James R. Gavin, III:** Now, let's just make it clear that all of those communities have a higher level of genetic risk. We know that but it's only a risk. Your genes load the gun.

**Mother Love:** Okay.

**Dr. James R. Gavin, III:** It's the environment that pulls the trigger and that's what we should really focus on.

**Mother Love:** Okay, so now what are the obstacles for people controlling diabetes in these communities?

**Dr. James R. Gavin, III:** In many of those high-risk communities, like African-American communities and Latino communities, who are concentrated in urban areas for example, we got some real barriers. For example, access to the right tools and tool kits for eating healthier, for buying fresh foods, for example. We make recommendations for people to eat five to nine servings of fruits and vegetables only to find out that there are no markets in their local communities that sell fresh produce. This is a real barrier. There are no safe places, in their view, for them to walk when we tell them that you can prevent diabetes and you can control diabetes by doing 30 minutes of physical activity like walking every day, five days a week.

**Mother Love:** People want to get out and walk but they feel unsafe in the community, something is going to happen. They tell their kids to go out and walk. We have to be concerned. Are they going to come back? Are our mates going to come back? And that seems to be a problem as well, when you say "Go walk," but how safe are our

neighborhoods? So, it's kind of like almost like a vicious cycle in the community, you think?

**Dr. James R. Gavin, III:** And it is and that's why we have to be creative. That's why we have to recognize that we have some problems but not focus so sharply on the problems but start looking at what are the solutions.

**Mother Love:** Now let's talk about some of those solutions.

**Dr. James R. Gavin, III:** That's a good place to start. The first thing I would say is this. Let's stop worrying so much about our genes, our biological genes.

**Mother Love:** Okay.

**Dr. James R. Gavin, III:** Everybody says "Oh, is it our genetics that's giving us all this trouble?" You know what? Our genes haven't changed in 50,000 years.

**Mother Love:** Genes are genes, that's it.

**Dr. James R. Gavin, III:** Genes are genes. They've been there. So how is it that in the African-American community the prevalence of diabetes has tripled in the last 30 years? That's not about your genes, not about your biological genes. That's about your blue jeans.

**Mother Love:** And your environment, okay.

**Dr. James R. Gavin, III:** And so that's where we should focus. What is it that has caused this explosion of obesity?

<Card: 76% of African-American women are overweight and 50% are obese.>

**Mother Love:** And what do you think it is?

**Dr. James R. Gavin, III:** And I think it's because we made choices to worship at the throne of the goddess of convenience.

**Mother Love:** Oh.

**Dr. James R. Gavin, III:** We don't-- we don't walk anywhere anymore, not just for safety but for convenience. We drive five blocks to the store.

**Mother Love:** Yeah.

**Dr. James R. Gavin, III:** Okay. We don't prepare food. It's better for you if it has a peeling on it.

**Mother Love:** Okay.

**Dr. James R. Gavin, III:** If you have to cut it and cook it to eat it, it's better for you than if you have to open it with an electric can opener.

**Mother Love:** Or open it with a piece of-- with a wrapping.

**Dr. James R. Gavin, III:** All the wrapping on it.

**Mother Love:** Okay.

**Dr. James R. Gavin, III:** So there are ways in which we can be more creative about more physical activity, better and healthier eating plans and stop circulating around the parking lot for five extra minutes looking for a parking spot 25 feet closer to the door. Get out and walk.

**Mother Love:** Okay. Now, these are all such great, excellent tips and many of them are in your book, "Dr. Gavin's Health Guide." Now talk to me about some of the things that you have in this book and what prompted you to do this.

**Dr. James R. Gavin, III:** One of the things that prompted me to do this, Mother Love, was because I was sick and tired of us always talking about how sick we are. Let's change the conversation. Let's talk about how healthy we can be and how do we get to there? And that means we make better choices. We make choices about reducing stress in our lives. We make choices about eating healthier and that's not just for diabetes but eating healthier is for everybody with any condition. The kinds of things we

recommend for people with diabetes are precisely the kinds of things we recommend for anybody who wants to be healthier. It's just that people with diabetes have more urgency.

**Mother Love:** Yeah.

**Dr. James R. Gavin, III:** I recommend that you do things like drink six to eight glasses of water a day, that you get more sleep.

<Card: Chronic insomnia may increase the risk of developing type 2 diabetes.>

**Dr. James R. Gavin, III:** Lack of sleep is a major problem that you eat fewer calories. Two basic philosophies, more than you're doing now that has to do with physical activity.

**Mother Love:** Yes.

**Dr. James R. Gavin, III:** And when do you start? Today.

**Mother Love:** Now.

**Dr. James R. Gavin, III:** And less than you're doing now that has to do with the way we eat and when do you start that, the next meal that you eat.

<Card: Living long and healthy with diabetes is about choice. Choose life.>

**Dr. James R. Gavin, III:** Those are basic fundamentals that are inherent in how we can actually approach a healthier lifestyle.

**Mother Love:** Now I just want to ask you one question because this is an epidemic proportion. Young people, I'm talking 13, 14, 15 years old who are coming into the hospital emergency rooms and they're being diagnosed with type 2 diabetes. They're coming in and their blood sugar is 600 and 800. What do we say to these young people to get them on a healthier track when their parents don't want to cook better, don't want to eat better, don't want to get up and exercise because that's like such an obstacle for us?

**Dr. James R. Gavin, III:** And I think that's when we have to make sure that we convince – with every bit of power and emotion that's in us – we convince those kids that, you know what? You can do better. You can take control of this because it's got to emanate from within.

<Card: Teens with type 2 are more likely to regain their insulin function with proper treatment.>

**Dr. James R. Gavin, III:** Each person has got to take control of this thing whether you are 14 or 64.

**Mother Love:** Just like we say here, it's your dLife.

**Dr. James R. Gavin, III:** dLife, absolutely.

**Mother Love:** Dr. Gavin, oh you are just a plethora and a wealth of information. I thank you so much for the book.

<Card: Hear more from Dr. James Gavin on dLife TV Backstage Podcasts at dLife.com.>

**Mother Love:** Thank you for sharing your expertise and for making a difference in so many communities. Later in the program, we'll show you refreshing alternatives for healthy eating in your community. Up next, the multi-platinum, multi-talented Damon Dash shares his successes with life and diabetes right after this.

<commercial break>

**Mother Love:** Welcome back to dLife. Joining us is a man of many talents who didn't let diabetes stop his dream. He is a hip-hop master, the owner and creator of the Roco Wear clothing line and a director and a very gifted entrepreneur. Ladies and gentlemen, my distinct pleasure, Damon Dash.

**J. Anthony Brown:** Damon Dash!

**Damon Dash:** Thank you.

**Mother Love:** Thank you for joining us here on dLife. So now, Damon, tell me when were you first diagnosed with diabetes?

**Damon Dash:** When I was about 15.

<Card: Damon Dash, CEO, Roc-A-Pella Records, ADA's Ambassador of the Year>

**Damon Dash:** I was a little dehydrated. I lost a lot of weight. I actually thought I was dying so when I found out that I had diabetes I was actually, you know, a little bit relieved.

**J. Anthony Brown:** What made you go to the doctor?

**Damon Dash:** It's just that I was going to bathroom too much and, you know, I was always sluggish, you know.

<Card: Diabetes symptoms that go untreated can lead to early complications.>

**Damon Dash:** I was always tired. I had lost a lot of weight and, you know, I was just always thirsty. So, you know, after a while I didn't want to go to the doctor at first because I was a little scared. I didn't know what they were going to tell me. And, then finally my mom was like "You've got to go to the doctor." So, when I went and, you know, I just-- I thought they were going to tell me I had a couple months to live or something.

**Mother Love:** You felt that bad because it can be.

**Damon Dash:** It's just I just didn't know where it came from, you know.

**J. Anthony Brown:** Now when you found out did you go, "Okay, I got diabetes. I'm going to deal with it." Or, were you in denial?

**Damon Dash:** No, I was cool with it.

**J. Anthony Brown:** Yeah.

**Damon Dash:** Like I said, it was almost like I embraced it because I thought I was sicker, so I was happy that there was something that was going to make me feel less tired and, you know, I'd get my appetite back, so I was just-- I was sort of just happy to have that.

**Mother Love:** Do you test often, because that's a mantra here.

**Damon Dash:** Who me? I test about seven to ten times a day.

**Mother Love:** So, you've had it for a while. You're a little older than 15 now.

**Damon Dash:** Yeah, yeah.

**Mother Love:** So what, I mean you do like--

**Damon Dash:** Everything.

**Mother Love:** -- almost everything. How does it affect your-- your entrepreneurial skills and what you have to do and you maintaining your diabetes with such a busy schedule?

**Damon Dash:** You know I really didn't pay too much attention to my diabetes up until about four or five years ago and, you know, I thought I knew more than I did but I didn't really understand it until I went to a nutritionist. My doctor sent me to a nutritionist.

<Card: Carb-counting is essential to determine how food affects your blood glucose levels.>

**Damon Dash:** Then they were teaching me about the carb aspect of it and then I was like, you know, it makes sense for me to have, you know, be so successful and, you know, make all this money and not be able to enjoy it, get one of my legs cut off or go blind.

**Mother Love:** Right.

**Damon Dash:** Just because I was being lazy, so I mean it's a 24-hour disease and you got to be game for it, you know. A lot of people aren't. I've actually known people that

have just died because they just didn't want to deal with it at all. You know you can have high sugar and it doesn't affect you right then and there, you know what I mean? So, you know, you have to start thinking for the future and a lot of people don't think about their future.

**J. Anthony Brown:** Are you meeting younger guys that are coming up to you and saying they have diabetes? And what kind of advice are you giving them?

**Damon Dash:** You know occasionally I have an artist who has family or friends around him that's diabetics. Actually, Kanye West had a rapper with him that was diabetic and I just started testing his blood. So, he'd be at like 300.

**J. Anthony Brown:** Whoa!

**Damon Dash:** So, like every time he saw me, I'd be like, "Let me test your blood." And then I taught him a little bit about the carb count and I gave him, you know, a kit so he could get himself right. You know, people think they know their bodies and I used to be one of those very same people but once I started to test, you know, like I can feel low sometimes and test my blood and it will be high.

**Mother Love:** Oh, okay.

**J. Anthony Brown:** You need to see the doctor, I mean, because you have your doctor all the time.

**Damon Dash:** Every few months. Every few months.

**J. Anthony Brown:** Uh huh.

**Mother Love:** You're in these big powerhouse meetings and you're conducting them. Have you ever had a low?

**Damon Dash:** Yeah, all the time. Actually, like last week I was doing a Tyra Banks show and, you know, my assistant is always-- you're always supposed to keep Mike & Ike's with me because I need fast sugar just in case, you know, I get a reaction.

**J. Anthony Brown:** Uh huh.

**Damon Dash:** You know I just tested my blood before I went on just to make sure and it was like 80 and I was like, I'm about to have a reaction and I didn't have any candy.

<Card: 80 to 120 is considered normal blood glucose but be aware of potential branding down toward hypoglycemia.>

**Damon Dash:** For some reason my assistant didn't have any candy.

**J. Anthony Brown:** Tyra Banks will do that to you man.

<laughter>

**Damon Dash:** Yeah, sounds like, whatever, they were going to stop the show but I was like no, it's cool because as I caught the reaction, man, I got the candy but it takes me about 15 minutes to get back--

**Mother Love:** Right.

**Damon Dash:** -- to where I should be. I was like, I was sweating and everything but I got to stop and discuss it so they could understand, you know, that I am diabetic and what can happen. It's just the result of being diabetic, so I was on the show sweating but I discussed it with Tyra Banks.

**Mother Love:** Now I'd like to ask you about that because a lot of times, especially high profile people, don't want to discuss this in public.

**J. Anthony Brown:** They're in denial, that's right.

**Mother Love:** And they don't.

**Damon Dash:** I'll take out my insulin and take a shot right there in front of everybody.

**Mother Love:** Will you?

**Damon Dash:** Any time.

**Mother Love:** Were you always that comfortable with it or did you have to grow into being that comfortable with it in front of people?

**Damon Dash:** Well when it was the needle I didn't want to really do that with the needle. Once I got the pen and all that, I mean, you know, in life you know everyone has something dealt to them.

**Mother Love:** So tell me about your work with the American Diabetes Association. I understand you're going to be honored by them.

**Damon Dash:** Well, I just think the education part of it within my demographic is very important, you know, just making it to where people, like you said I don't understand why anybody would be but they seem to be a little bit ashamed of the fact that they have to take shots and check their blood. So, you know, I feel like I'm a pretty cool individual. If I can do it, they can do it, you know what I mean?

**Mother Love:** So, what would you like to see happen for the community that Damon can do for the community?

**Damon Dash:** I'd like to see a cure, you know what I'm saying?

**Mother Love:** We all would.

<applause>

**Mother Love:** That's what we're working on, baby, to educate them and help them find a cure. It's important that we all work together to get the word out especially in the minority communities.

**Damon Dash:** Definitely.

**Mother Love:** Because we are affected as such an alarming rate.

**Damon Dash:** Right.

**Mother Love:** And I thank you. I thank you for all that you do.

**J. Anthony Brown:** We thank you too.

**Mother Love:** All that you did. Ladies and gentlemen, Damon Dash.

**J. Anthony Brown:** Damon Dash!

**Mother Love:** You'll stay right with us right? We have insider tips on taking the healthy food role to great food choices. Sit tight. We'll be right back.

<Card: Miles Davis was a jazz revolutionary...who struggled with type 2 diabetes for decades>

<commercial break>

**Mother Love:** One of the hardest things about managing diabetes in the hood is eating well. There are not a lot of low-fat, low-carb options around. So, our very own J. Anthony Brown hit the streets of L.A. to see how well he could eat while still going to some of his favorite spots. Dr. Lenore Coleman, an expert who works with urban communities dealing with these types of matters, came along to help J. cope. Check this out.

<montage of L.A. streets>

**J. Anthony Brown:** We're in the Crenshaw district, the Inglewood area or, some people like to refer to it as, the hood and like anyplace else you have a lot of choices for food. You have fast food. You have Chinese food. You have barbeque, which is one of my favorites. So, doc, help me make a choice in terms of being a diabetic and enjoying barbeque. What do I do?

**Dr. Lenore Coleman:** Okay, well the first thing you have to do is pick the meat you're going to have.

**J. Anthony Brown:** Okay. You got your chicken. You got beef and you got ribs.

**Dr. Lenore Coleman:** The chicken is a good choice.

**J. Anthony Brown:** Chicken?

<Card: Dr. Lenore Coleman, Diabetes Expert>

**Dr. Lenore Coleman:** Chicken breast is the leanest.

**J. Anthony Brown:** Chicken breast.

**Dr. Lenore Coleman:** You take the skin off.

**J. Anthony Brown:** Can I have sauce?

**Dr. Lenore Coleman:** You know, barbeque sauce has high sugar and it will make your blood sugar go up a little bit.

**J. Anthony Brown:** Small amount?

**Dr. Lenore Coleman:** So a small amount on the side is a good idea.

**J. Anthony Brown:** Take the skin off, little sauce with the chicken right there, I'm set with that. What about my side?

**Dr. Lenore Coleman:** I would probably go with coleslaw.

**J. Anthony Brown:** Big thing of coleslaw.

**Dr. Lenore Coleman:** Yeah.

**J. Anthony Brown:** Like as much as you want really?

**Dr. Lenore Coleman:** No, no about a half cup.

**J. Anthony Brown:** About down to there?

**Dr. Lenore Coleman:** Yeah about half a cup.

**J. Anthony Brown:** Okay.

**Dr. Lenore Coleman:** Now if they happen to have a tossed green salad you can have as much of that as you want.

**J. Anthony Brown:** So you can get a salad and coleslaw?

**Dr. Lenore Coleman:** Oh, yeah absolutely.

**J. Anthony Brown:** And some chicken together?

**Dr. Lenore Coleman:** Yes, absolutely.

**J. Anthony Brown:** Oh, go ahead, okay.

**Dr. Lenore Coleman:** Yeah.

**J. Anthony Brown:** All the salad I want.

**Dr. Lenore Coleman:** All the salad you want.

**J. Anthony Brown:** What kind of dressing would I put on there?

**Dr. Lenore Coleman:** I would try diet dressing.

**J. Anthony Brown:** Okay, now let's look at this place. Do you think they're going to have a diet?

**Dr. Lenore Coleman:** No.

**J. Anthony Brown:** Not going to have it. Okay, so we're going to go oil and vinegar. So, you can have barbeque?

**Dr. Lenore Coleman:** Yeah, you can.

**J. Anthony Brown:** It's just in moderation.

**Dr. Lenore Coleman:** In moderation.

**J. Anthony Brown:** Let's go to someplace else.

**Dr. Lenore Coleman:** Okay, let's go.

**J. Anthony Brown:** All right.

<Card: BBQ Tips: Choose chicken breast; BBQ sauce = hidden carbs; Low-fat "diet" dressings may = hidden carbs; portions matter!>

**J. Anthony Brown:** This is a toughie, fast food, diabetic, what do you do?

**Dr. Lenore Coleman:** They now have grilled chicken sandwiches.

**J. Anthony Brown:** So you have a grilled chicken sandwich?

**Dr. Lenore Coleman:** Absolutely. I would take one of the buns off.

**J. Anthony Brown:** You take one bun off.

**Dr. Lenore Coleman:** That decreases the calories.

**J. Anthony Brown:** Decreases, so you take one bun, eat that one, put the other one in your pocket save it for later.

**Dr. Lenore Coleman:** Yeah. And you don't want to super size anything.

**J. Anthony Brown:** No super size. You cannot super size your fries.

**Dr. Lenore Coleman:** In fact you probably shouldn't have any fries.

**J. Anthony Brown:** No fries.

**Dr. Lenore Coleman:** You can have a salad.

**J. Anthony Brown:** Uh huh.

**Dr. Lenore Coleman:** They have lots of salads here.

**J. Anthony Brown:** And they probably have the diet dressing that we were looking for over at the barbeque place.

**Dr. Lenore Coleman:** Then you've got to worry about the salad because you don't want to take a good salad and put a bunch of croutons and bacon bits and cheese or you can get your diet soda.

**J. Anthony Brown:** And you got it.

**Dr. Lenore Coleman:** All right and you're good to go.

**J. Anthony Brown:** How often can you have this?

**Dr. Lenore Coleman:** You can only have that as a special treat. You can't have it every day.

**J. Anthony Brown:** Now here's the tough part. I like Chinese food. Can you help me make some choices in controlling my diabetes?

**Dr. Lenore Coleman:** I can do that.

**J. Anthony Brown:** You can do that?

**Dr. Lenore Coleman:** I can.

**J. Anthony Brown:** Well let's go then.

<Card: Fast Food: Half bun = 15g carbs; no fries; no super sizing; beware of salad toppings>

**J. Anthony Brown:** Are there choices you can make and still enjoy Chinese food?

**Dr. Lenore Coleman:** Yeah, actually Chinese food can be very healthy if you make the right choices.

**J. Anthony Brown:** There's a lot of choices?

**Dr. Lenore Coleman:** There's a lot of choices to make.

**J. Anthony Brown:** Well let's go in there and see then.

**Dr. Lenore Coleman:** Okay.

**J. Anthony Brown:** Manners. Now, for me I like Chinese food. Sometimes I like to get the orange chicken that's bad?

**Dr. Lenore Coleman:** That's bad.

**J. Anthony Brown:** Okay, help me make some choices and still enjoy Chinese food.

**Dr. Lenore Coleman:** Okay. You want to avoid the orange chicken because it has a sweet sauce on it.

**J. Anthony Brown:** Uh huh.

**Dr. Lenore Coleman:** And that could increase your blood sugar so that's why you stay away.

**J. Anthony Brown:** So stay away from the orange chicken.

**Dr. Lenore Coleman:** Teriyaki chicken is a good choice because it was grilled and it doesn't have a lot of sauce and so it's low in calories.

**J. Anthony Brown:** Okay about a small portion like that?

**Dr. Lenore Coleman:** Maybe about the size of the palm of your hand.

**J. Anthony Brown:** The palm of your hand.

**Dr. Lenore Coleman:** Yeah.

**J. Anthony Brown:** Okay, a little more.

**Dr. Lenore Coleman:** Little more.

**J. Anthony Brown:** Keep going.

**Dr. Lenore Coleman:** The green beans are great. You can see that they're steamed.

**J. Anthony Brown:** Uh huh.

**Dr. Lenore Coleman:** And they don't have butter on them so that's a very good, low in fat.

**J. Anthony Brown:** More, more, more, I'm cool on that.

**Dr. Lenore Coleman:** When you think about green beans and salad they're almost like free.

**J. Anthony Brown:** Okay.

**Dr. Lenore Coleman:** Okay.

**J. Anthony Brown:** And what about this right here?

**Dr. Lenore Coleman:** Yes, broccoli, the broccoli actually is very healthy because it has high fiber so it's good. It also decreases your risk of cancer.

**J. Anthony Brown:** Okay.

**Dr. Lenore Coleman:** So, steamed rice.

**J. Anthony Brown:** Steamed rice.

**Dr. Lenore Coleman:** Not fried rice.

**J. Anthony Brown:** Well, I don't normally eat fried rice. I eat a lot of steamed. In fact, the last time I went to a Chinese place I just had straight steamed, extra steamed, put a little more steam on that. So, if you'll excuse me, I'm going to go and enjoy myself. Talk to you later. Bye-bye. So long, bye-bye. Go ahead. Bye.

<Card: Chinese Food: 1/3 cup rice = 15g carbs; go grilled not fried; beware of sweet sauces; Chinese food = hidden carbs>

<applause>

**Mother Love:** I'm going to have me an order of steamed steamed too! Gdod job J. and thank you to Dr. Lenore Coleman for proving we can enjoy our food and eat healthier no matter where we go or where we live. Are you ready for another tip from the experts? Stay tuned.

<begin video clip>

**Becky:** Hey, dlife, my name is Becky. How do I lose weight and keep it off?

**Dr. James R. Gavin, III:** In order for you to lose weight and to keep losing weight there are three principles. One, start low, go slow.

<Card: Dr. James R. Gavin III, Chairman, National Diabetes Education Program>

**Dr. James R. Gavin, III:** You didn't get this problem in a day. It's not going to solve itself in a day. Second, do less than you're doing now when it comes to portion sizes and the amount that you eat and more than you're doing now when it comes to the amount of physical activity that you do. Three principles, if you put them in play, you will lose weight and keep it off.

<end video clip>

**J. Anthony Brown:** That's all the time we have for this week. Thanks for tuning in and thanks to our wonderful guests, Dr. James Gavin, Damon Dash, and Dr. Lenore Coleman. Remember, always it's your life. You're responsible for your diabetes life and we'll see you next week. How about that all right?

<applause>

<closing credits>

**Nicole Johnson Baker:** 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.

#### End of Episode 15 ####