

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p> <p>Play 188 DVD</p>	<p>.</p>
	<p>Nicole Johnson in studio</p>	<p>Nicole Johnson</p> <p>Today on dLife, foreclosure, job loss, we're facing the toughest economic times in decades. It could be especially hard for those living with diabetes. We'll have one family's story.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	<p>.</p>
	<p>Chef Michel Nischan in kitchen</p>	<p>Chef Nischan</p> <p>I'll show you how to make a low carb seafood dish that's bursting with flavor and nutrients.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	<p>.</p>
	<p>Jim Turner</p>	<p>Jim Turner</p> <p>The health insurance maze is often confusing and defeating. We'll show you how you can fight back.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	<p>.</p>
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>Nicole Johnson Diabetes Since 1993, Miss America 1999</p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. Relief from hard economic times cannot come fast enough for some, particularly those managing a chronic and costly health condition. Here's one story.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	<p>.</p>
	<p>Anarnia Hunt walking down street carrying baby</p>	<p>Voice Over - Nicole Johnson</p> <p>Ever since she was diagnosed with diabetes in 1999, Anarnia Hunt has been forced to make</p>

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	Photograph of Anarnia in college	difficult choices about her medical care. As a college student she commonly tested her blood glucose just once a day because she couldn't afford to pay for additional strips.
	Interview with Anarnia Hunt Lower third: Anarnia Hunt Diabetes Since 1999	Anarnia Hunt Oh man that was hard. That was really hard. Uhm.. once a day was a- a nightmare.
	Sign on wall: Emergency Department Patient Drop Off Entrance	Voice Over - Nicole Johnson Those were the days of little diabetes control and at least twice of ketoacidosis.
	Hospital corridor Interview with Anarnia Hunt	Anarnia Hunt My last time in the emergency room 2002, and I was there for five days.
	Anarnia in kitchen Photograph of Anarnia with husband	Voice Over - Nicole Johnson She hasn't been back even though her resources still don't approach those of most people. Her husband Alex's job brings in most of the family income but no health insurance.
	Interview with Anarnia Hunt	Anarnia Hunt He makes about 38 - \$38,000 but that's before taxes.
	Anarnia with dresses	Voice Over - Nicole Johnson Anarnia adds to that by taking temp work when she can and also with a design business she runs from her basement.
	Sewing machine; examples of dresses and Anarnia's designs Back to interview with Anarnia	Anarnia Hunt I do canvas art, I do uh.. reupholstering. I've done it or do it all.
	Anarnia working on designs	Voice Over - Nicole Johnson The money from the business has never been huge and with the economy in decline it's even less than before.
		Anarnia Hunt

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	Interview with Anarnia Hunt	I was making steadily \$350 a month just in extra cash uhm.. off of what I was doing here. And now the income is anywhere from zero currently to probably \$120 a month. Everybody's pretty- they're afraid to spend right now.
	Photograph of Anarnia with baby	Voice Over - Nicole Johnson There's also a new member of the family. Little Brianna was born on Christmas day creating a new expense line in a tight family budget that totals \$2900 a month.
	Interview with Anarnia Hunt showing budget	Anarnia Hunt Got mortgage for \$900 a month; electric, \$198 a month; our gas bill is \$116; our baby supplies and formula is set aside for about \$100 a month. You know, after everything's paid for, the number that's left over on my budget for diabetes care is zero.
	Measuring drugs; pharmacy shelves	Voice Over - Nicole Johnson So Anarnia is scraping for every diabetes supply she can get. Insulin and strips obtained through Atlanta's indigent care program cost next to nothing if she's willing to wait in long lines. But Anarnia still can't get all she wants.
	Interview with Anarnia Hunt	Anarnia Hunt Indigent, that's exactly what it is, it's a limited supply. It- you know, the hospitals only have so much in their stock.
	Anarnia testing blood sugar levels	Voice Over - Nicole Johnson So on many days Anarnia just uses two strips. She says she gets away with that through sheer discipline that people with more money just don't need.
	Interview with Anarnia Hunt	Anarnia Hunt Somebody who can afford to eat as many carbs as they want and have the insulin to cover all of those carbs that's great for them. But for me, it- you know, I really have to be conscious of how many carbs I'm eating or I'm just gonna pay for it the hard way.

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	Anarnia's budget	Voice Over - Nicole Johnson So tight control has two benefits: health and economics. She counts carbs diligently.
	Anarnia reading from calorie book	Anarnia Hunt You know, one head of- of cabbage, the carbs in it would be 56.3.
	Anarnia preparing food in kitchen Anarnia walking down street carrying baby	Voice Over - Nicole Johnson She eats many small meals instead of a few large ones to minimize sugar fluctuations. And she gets outside for a spirited walk at least four times a week.
		Anarnia Hunt Myself, I can't afford not to exercise. I feel my numbers jumping and creeping higher when I don't get in the exercise that I need to get in. And I also notice that I use less insulin when I exercise more. So, you know, that- that's a really cool factor.
	Interview with Dr. Bruce Bode Lower third: Bruce Bode, MD, FACE Piedmont Hospital, Atlanta	Dr. Bode As you know, exercise is free. Diet- changing your diet is also free.
	Dr. Bode walking through hospital	Voice Over - Nicole Johnson Dr. Bruce Bode is an endocrinologist at Atlanta's Piedmont Hospital. Unfortunately, from where he sits, Anarnia's situation is far too common.
	Interview with Dr. Bode	Dr. Bode Obviously people do skimp. They reuse needles, they reuse their lancets, hey, some people even try to reuse their strips but they don't work.
	Dr. Bode looking at computer screen Center: WAYS TO SAVE ON DIABETES CARE: Major manufacturers all have patient assistance programs where patients can apply for FREE supplies including insulin, test	Voice Over - Nicole Johnson But before you even think of skimping, Dr. Bode says to take advantage of all possible resources. Major manufacturers all have patient assistance programs where patients can apply for free supplies including insulin, test strips and medications. You also can save a lot of money by getting vital screening tests including A1c and eye exams at free health fairs. And you can see about enrolling in a

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	<p>strips, and medications.</p> <p>Take free screening tests at health fairs.</p> <p>Enroll in clinical trials.</p>	<p>diabetes clinical trial where supplies are often handed out free.</p>
	<p>Interview with Dr. Bode</p>	<p>Dr. Bode</p> <p>You can contact the local diabetes organizations or diabetes practices and say, do you have a clinical trial ongoing with say insulin or a blood glucose monitoring or type 2 diabetes treatment.</p>
	<p>Anarnia with her baby</p>	<p>Voice Over - Nicole Johnson</p> <p>When you're living with diabetes a few extra resources make such a difference. In these days of economic misery, Anarnia Hunt knows that all far well.</p>
	<p>Interview with Anarnia Hunt</p>	<p>Anarnia Hunt</p> <p>Having diabetes, in my opinion, is not a burden. It's my access to care for my diabetes, that's been the burden.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>www.dLife.com/savings</p>	<p>Nicole Johnson</p> <p>Need financial help making ends meet, get your consumer tips for stretching healthcare dollars at dLife.com/savings. Later in the show, an expert who advises you how to fight for your insurance rights. We'll be right back with more dLife.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>Regardless of the economic conditions, diabetes can be a financial as well as a family struggle. Let's visit the Staley family in South Carolina.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	

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	<p>Church sign</p> <p>Irvine and Carrie Staley sitting in church</p>	<p>Voice Over - Jim Turner</p> <p>When Irvine and Carrie Staley wed 15 years ago they lived relatively ordinary lives. They sang in the church choir, both were gainfully employed, Carrie with an auto insurance company and Irvine as a night shift security officer. Five years prior to his marriage to Carrie, Irvine was diagnosed with type 2 diabetes.</p>
	<p>Interview with Carrie Staley</p> <p>Lower third:</p> <p style="text-align: center;">Carrie Staley</p> <p>Photograph of Carrie and Irvine Staley</p> <p>Irvine Staley singing in church</p>	<p>Carrie Staley</p> <p>We met and when I heard his voice and he heard my voice and then those voices got together. It's been good ever since.</p>
	<p>Carrie taking care of Irvine's health needs</p>	<p>Voice Over - Jim Turner</p> <p>Over the years his medical costs have been covered by insurance provided by Carrie's job and the couple's daily expenses have been paid for by their two incomes. Even with this coverage, Irvine grappled with his diabetes. Lifestyle choices and lack of access to basic diabetes management information caused his health to slowly spiral out of control. Carrie continues her best efforts to help Irvine make the right choices in spite of rising costs.</p>
	<p>Carrie at Piggly Wiggly</p>	<p>Carrie Staley</p> <p>Well, because of the fact that uhm.. I have to be very strict on the things that I pick up, there is a increase in some of the things that I get because normally I will not go and get chicken breasts, I would just buy- normally just buy chicken itself. This is what \$6.75, and I only got three pieces of chicken right here. So I'm getting more for my money when I get a whole chicken.</p>
	<p>Sign: Gambro Healthcare</p> <p>Irvine Staley getting dialysis</p>	<p>Voice Over - Jim Turner</p> <p>While Carrie completes the couples shopping, Irvine sits across town enduring a five hour long session of dialysis. He visits this clinic three days a week. He is not alone. There are more than 150,000 people</p>

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		in the United States with diabetes that are receiving treatment for kidney failure. The total annual cost of a person with diabetes on dialysis is \$63,000. Although this treatment is exhausting, expensive, and time consuming, Irvine continued to work as a security officer at night.
	Interview with Carrie Staley	Carrie Staley He don't have a life. We don't have a life because when you have to stay by dialysis what can you plan to do?
	Carrie Staley sitting in car	Carrie Staley: Is my husband ready?
	Irvine Staley in dialysis center Carrie helping Irvine into car Lower third: Peripheral neuropathy (PN) is nerve damage caused by elevated blood glucose. Lower third: PN may reduce skin sensitivity raising the risk of injury and infection.	Voice Over - Jim Turner Like renal failure, peripheral neuropathy is a common complication of diabetes. Irvine developed a neuropathic ulcer on his heel. Unable to afford all the necessary medication, the condition of his ulcer worsened and he was soon incapable of working.
	Carrie taking care of Irvine	Now on disability the economic impact on the Staley's has been staggering. Still, Carrie's salary and health insurance permitted the Staley's to stay financially above water during this trying time.
	Interview with Carrie Staley at home Carrie helping Irvine into house	Carrie Staley He stumbles a lot. You know, he's- I call it clumsy but then again he's not clumsy it's just the fact that he don't have that support on that feet, you know, like he should.
	Carrie and Irvine at home	Voice Over - Jim Turner While Carrie continued to work selling insurance, Irvine continued to take himself to and from dialysis. Then a frightening turn of events would again change their lives.

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	Interview with Carrie Staley	<p>Carrie Staley</p> <p>One morning he was laid out on the floor, wet from head to toe, and his eyes was back in his head.</p>
	Carrie and Irvine at home	<p>Voice Over - Jim Turner</p> <p>After this episode it became clear that Carrie would have to provide transportation for Irvine to and from dialysis. Three days a week Carrie would have to leave work to drive him home. Upon notifying her employer of this new responsibility Carrie was fired. Now, with Irvine's disability as their sole income and no health insurance besides his Medicare, the bills began to pile up.</p>
	Carrie going through medical bills	<p>Carrie Staley</p> <p>Four hundred and fifty six dollars, \$316.11. This is an example of some of the bills that comes in to me.</p>
		<p>Voice Over - Jim Turner</p> <p>While Medicare covers 80% of the dialysis, there is still the remaining 20% that falls in the hands of Irvine and Carrie. This is an additional out of pocket expense that is simply not going away.</p>
	<p>Carrie and Irvine sitting on couch doing interview</p> <p>Carrie showing collection letters</p>	<p>Carrie Staley</p> <p>And so there was medication that he needed that I could not get for him. We had to just- we ran on prayer. This is the kind of letter that they send me letting me know that uhm.. there's a bill. I have gotten some phone calls on this. I let them know my situation and that I'm not working. And I don't know when it would be when I'll be able to take care of this. We owe about a good \$10,000 or even more- but more by now. But one time I had figured it out to be \$10- over \$10,000. And it's adding up more each time. That's a lotta money.</p>
	Carrie taking care of Irvine's foot	<p>I don't wanna put a burden on him. He got enough that he has to carry. I wanna see him get better. I wanna see him get stronger. I hate diabetes. I hate it. I hate it with a passion. What I can pay I will try to pay. But what I cannot pay what can I do? I don't know. That's a good question. What's gonna</p>

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		happen? Only Lord knows but I don't know. I'm just doing it day by day.
	GFX Center dLife For Your Diabetes Life!	
	Nicole Johnson in studio	Nicole Johnson From diabetes education to more test strips, figuring out what is and is not covered by health insurance can make you dizzy. Up next, an expert with practical advice.
	GFX Center dLife For Your Diabetes Life!	
	Nicole Johnson in studio Lower third: Nicole Johnson Type 1 Diabetes	Nicole Johnson Welcome back to dLife, your source for a healthy diabetes life. To see how people with diabetes are dealing with day to day frustrations involving health insurance, we had to look no further than our own dLife office and editor Kerri Sparling.
	GFX Center dLife For Your Diabetes Life!	
	Kerri Sparling walking down corridor Interview with Kerri Sparling	Kerri Sparling I have reached in my pocket dozens- hundreds of different times actually and I would think that I probably could have bought a car by now based on how much I've actually had to spend out of pocket.
	Kerri Sparling working at desk	Voice Over - Nicole Johnson Kerri Sparling has lived with type 1 diabetes for more than 22 of her 29 years. She has fought hard to keep herself healthy and throughout her adult life she also has battled insurance companies for coverage of treatments that she feels she deserves.
	Interview with Kerri Sparling Lower third: Kerri Sparling Diabetes Since 1986	Kerri Sparling I was testing 10 to 15 times a day myself but my insurance company only thought it right to cover four of my test strips. So I was left to, you know, fill in the blanks. Another thing that I tried to have

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	<p>Kerri testing blood sugar</p> <p>Back to interview with Kerri</p>	<p>covered was an insulin pump. I was very- uh.. very insulin sensitive so I was taking very small amounts of insulin and using an insulin pump was the best way for me to mitigate having low blood sugars. So my doctor said this is a good idea. I said, okay, yeah, this is a good idea, went to my insurance company and they looked at a request for a \$6,000 plus device to be covered and they said, no, not such a good idea.</p>
	<p>Paperwork with check attached</p> <p>Wedding picture of Kerri and husband</p>	<p>Voice Over - Nicole Johnson</p> <p>Kerri worked hard to appeal that decision and eventually she got her pump. That level of coverage worked well for her until she got married in 2008 and her diabetes focus suddenly changed.</p>
	<p>Interview with Kerri Sparling</p> <p>Typing on keyboard</p> <p>Back to interview with Kerri Sparling</p>	<p>Kerri Sparling</p> <p>For a person with diabetes you have to think way in advance if you want to, you know, think about getting pregnant. So part of my pre-pregnancy planning was to look into getting a continuous glucose monitoring device. I applied to have it pre-approved from my insurance company, all well and good, they said no.</p>
	<p>Paperwork</p>	<p>Voice Over - Nicole Johnson</p> <p>Kerri appealed that decision four times with the support of her doctor and was denied four times on the grounds that the device was experimental.</p>
	<p>Interview with Kerri Sparling</p>	<p>Kerri Spalding</p> <p>It's frustrating to have an insurance company say no to something that everyone else is saying yes, this is what's best for you.</p>
	<p>Study paperwork fanned out</p>	<p>Voice Over - Nicole Johnson</p> <p>It took a major study that found the device was effective in a broad population to finally change the insurance company's mind.</p>
	<p>Kerri walking down corridor</p>	<p>Kerri Spalding</p> <p>An insurance company doesn't seem to care about who I am or what my needs are or how I feel about</p>

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	<p>Interview with Kerri</p>	<p>being diabetic. But when they say that everything is up to snuff and I'm being cared for properly, I want them to come and live this life for one day and see how it would be for them and see what they would wanna fight for.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio interviewing Stewart Perry</p>	<p>Nicole Johnson</p> <p>For more advice on how to deal with insurance issues, we welcome Stewart Perry, a man with type 2 diabetes who owns an insurance agency in Lexington, Kentucky. Stewart is immediate past chairman of the board of the American Diabetes Association. Welcome.</p>
	<p>Lower third:</p> <p>R. Stewart Perry, LUTCF Diabetes Since 1990</p> <p>Lower third:</p> <p>Americans spend \$85 billion annually to treat chronic diabetes complications.</p>	<p>Stewart Perry: Thank you Nicole.</p> <p>Nicole Johnson: So what are the limitations for insurance coverage for diabetes?</p> <p>Stewart Perry: Well, the co-common limitations are reduction of test strips, doctor visits, diabetes education. My own insurance only had a lifetime limitation of \$2500 for diabetes education, so I'm sure I learned everything I needed to know when I first was diagnosed with diabetes. So those are some common things that we see. Uh.. the American Diabetes Association constantly gets calls about that. It's important that you make sure that your medical team explain to the insurance company what it is that needs to happen in order to manage your disease so that you don't face these complications. And the insurance companies sometimes are shortsighted in paying for the management and end up paying for the complications.</p>
	<p>Lower third:</p> <p>But only \$27 billion is spent each year to directly treat diabetes.</p>	<p>So you've got to make sure that someone is explaining to them, in writing, what needs to happen in order to manage your disease. Those are things that we see that are limitations and it all depends on what kind of health plan you have. So you've got to know what your coverage is going into it.</p>

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	<p>Doctor examining patient</p> <p>Nicole Johnson interviewing Stewart Perry in studio</p>	<p>Nicole Johnson: What if someone wants to test their blood sugar or maybe see their doctor more often than their insurance allows?</p> <p>Stewart Perry: Well, I think it's important that the medical team, the doctor, tells the insurance company that that's what ne- is necessary to manage your disease. Insurance companies need to know what they have to pay for. They're gonna say, well on average we need to pay for this. But what you've got to do is you've got to explain to them and make them see through proper documentation through all of the information, rather than just anecdotal information, to say this is what I need to manage my disease. So you've got to tell them through documentation, through phone calls, through being a squeaky wheel, what needs to happen to manage your disease.</p>
	<p>Doctor typing at computer</p> <p>Woman sitting at desk, looking at papers</p> <p>Lower third:</p> <p>For tips on appealing insurance claims, visit dLife.com/appeals.</p> <p>Woman filling syringe with insulin</p> <p>Back to interview in studio</p>	<p>Nicole Johnson: Sometimes that means an appeal.</p> <p>Stewart Perry: Obviously it means an appeal and you need to- to appeal things that you don't think that your policy is doing for you. You need to consistently and constantly be in their face. A squeaky wheel gets oiled. You've got to document everything you do. You've got to inundate them with writing. You've got to call them on the phone. You've got to do those things that you need to do in order to get them to pay attention to you, pay attention to your diabetes, and- and do what's right for a person with diabetes. Don't give up. Don't say, well they don't cover it so I'm not gonna fight anymore. You've got to constantly say, this is what's right for me, this is what you should do for me and do it through a process of documentations and work through their systems. Insurance companies are companies of systems, not of people all the time. So you've got to put a face on your claim and what's going on.</p>
		<p>Nicole Johnson: So preparation is the key.</p> <p>Stewart Perry: Preparation is a big key. When you finally get down to writing that letter to the president</p>

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		of the company, you need to be able to detail exactly what you've done. And trust me, it does work. I had a lady in Cincinnati who got the president of the company to cover her daughter's diabetes care. Turned out he had a family member with diabetes and he said, "What do you mean, we don't cover this?" So it does work. Consistently and constantly being there to make sure they're doing what they need to be doing for people with diabetes.
	<p>Lower third:</p> <p>www.dLife.com</p> <p>Chef Michel Nischan in kitchen</p>	<p>Nicole Johnson</p> <p>Thank you so much Stewart. Such wonderful information for all of us who have diabetes. So does your health insurance meet your diabetes needs? Take our poll at dLife.com. When we return, a flavorful, new low carb dish in the dLife kitchen with Chef Michel Nischan.</p>
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	
	<p>dLife Kitchen</p>	
	<p>Chef Michel Nischan in kitchen</p> <p>Lower third:</p> <p>Michel Nischan dLife Chef</p> <p>Shrimp curry on plate with rice Chef putting ingredients into pan</p>	<p>Chef Nischan</p> <p>Hi, I'm Chef Michel Nischan and this is the dLife kitchen where we create delicious diabetes friendly dishes. On today's menu we have a mouth watering shrimp curry guaranteed to please.</p>
		<p>Now the beginning of any good curry is a sauté usually of onion, garlic and some other things. So I'm putting a little bit of grapeseed oil in a warm pan and we're gonna add some chopped onions. I have a little bit of green onion which uh.. gives it a little bit of extra punch. And some celery. And these three we're gonna saute first because we need them to soften a little bit before we add the garlic. When you brown garlic too much it tends to get a little bit bitter. This is gonna cook a long time so there's plenty of time for the garlic to cook in.</p>
	<p>Adding tomatoes to pan</p>	<p>Now we're gonna add some uh.. canned diced tomatoes, a little bit of tomato sauce. And the tomato sauce is really just gonna help this when we</p>

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	<p>Stirring ingredients together</p>	<p>cook it and then we reduce it a little bit later really helps thicken it and hold it together. So we're adding all of this good stuff and you can see that this makes for a delicious looking beginning of a shrimp curry sauce. And then a little bit of uh.. honey to sweeten. And this is a good local honey. A little bit of good quality hot sauce because any good curry in south Asia is always a little bit spicy. And then here we have curry powder. There we go. It's looking good. Add a little bit of fresh thyme. Reduce the heat so that it simmers gently. We're gonna cover it, cook it for about 30 minutes and then we're gonna come back and add the shrimp.</p>
	<p>Taking lid of pan</p> <p>Putting shrimp in pan</p>	<p>Awesome, take a look at that. Now you can see that it's cooked down and it's reduced a little bit even with the cover on the lid. Now it's time to add the shrimp. We're also going to squeeze in a little bit of lemon juice because this could use a little bit of acidity, it's got a lot going on. Lightly sweet from the honey. And then we're gonna season with a little bit of salt and pepper. Put the lid back on and in five minutes this dish is done.</p>
	<p>Taking lid off pan</p> <p>Left side:</p> <p>SHRIMP CURRY</p> <p>Makes 4 Servings</p> <p>Per Serving-- Calories: 228 Carbs: 23g Fiber: 6g Saturated Fat: 1g Sodium: 487mg</p>	<p>Look at that, it looks beautiful all on its own. But we can actually improve that by adding this freshly sliced parsley. Watch what happens. We're just gonna add this, turn the burner off and stir the parsley in. And the parsley just all of a sudden gives you this herbal brightness that's really something else and look at that. Isn't that yummy looking?</p>
	<p>Spooning curry over rice</p> <p>Lower third:</p> <p>Quinoa is a protein-rich grain that can stand in for pasta, rice, or grits</p> <p>Lower third:</p> <p>www.dLife.com/recipebox</p>	<p>Now we're just gonna take it over here to this plate where we already have some nice whole grain brown rice. Now there you go for easy diabetes friendly entertaining. Serve this curry over whole grain brown rice or quinoa. Add a simple green salad and you have a meal that has more going for it than just great taste. You can find this recipe and other info about managing your diabetes and health at our web site at dLife.com/recipebox. Use the recipe finder and check out some of our 8500 plus</p>

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		recipes. I'm Chef Michel Nischan, see you next time in the dLife kitchen for more delicious dishes like this.
	GFX Center dLife For Your Diabetes Life!	
	Fruit section of grocery store	Nicole Johnson When dLife continues, we'll answer your diabetes questions.
	GFX Center dLife For Your Diabetes Life!	
	Card: Q&A Diabetes Questions & Answers	.
	Nicole Johnson in studio Lower third: Nicole Johnson Diabetes since 1993 Card: "What foods are considered 'free foods' for people with diabetes to snack on."	Nicole Johnson Here's what's in the dLife mailbag this week. dLife member, Loretta L, asks "What foods are considered 'free foods' for people with diabetes to snack on."
	Interview with Lynn Prowitt-Smith Lower third: Lynn Prowitt-Smith Food and Nutrition Editor for dLife.com Lower third: Carb counting allows for greater accuracy and more food choices.	Lynn Prowitt-Smith The term free food comes from a meal planning system that's been around for ages. It's known as the exchange system. Every day you eat from these specific food lists and free foods are the ones you don't have to count.
	Food labels Fruits and vegetables in grocery store Lynn Prowitt-Smith	But since carb counting is the more common method now in managing diabetes, free foods has come to mean simply foods that have little or no impact on your blood sugar. Generally these are foods with very little carbohydrate in them because carbs are what raise blood sugar.

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	<p>People eating outside</p> <p>Fruits and veggies</p>	
	<p>Left Side:</p> <p>Q&A Diabetes Question & Answers</p> <p>Low-carb options:</p> <p>Many vegetables</p> <p>Sugar-free gelatin with a little whipped topping</p> <p>Hard-boiled eggs, cheese, and nuts</p> <p>Small portions of meat, poultry, and fish</p> <p>Lynn Prowitt-Smith</p>	<p>So some ideas. For snacking there are plenty of super low carb veggies like salad greens, cucumbers, celery, mushrooms. And remember too that creamy dressings like blue cheese or ranch have almost no carbs. And for something sweet there's always sugar free gelatin with a little whipped topping. And other great almost free snack foods are hard boiled eggs, cheese and nuts, my favorite.</p>
	<p>Vegetables in grocery store</p> <p>Lower third:</p> <p>www.dLife.com/foodfinder</p>	<p>Just remember to keep portions small or the calories will catch up on you. For carb counts and nutrition information on over 25,000 foods go to dLife.com/foodfinder.</p>
	<p>GFX Center</p> <p>dLife</p> <p>For Your Diabetes Life!</p>	
	<p>Nicole Johnson in studio</p> <p>Lower third:</p> <p>www.dLife.com/answers</p> <p>Lower third:</p> <p>Watch dLifeTV on CNBC every Sunday evening.</p>	<p>Nicole Johnson</p> <p>Don't forget to visit dLife.com/answers to submit your question to the dLife team. Well, we'll be back again next week to inform, inspire and connect for a healthy diabetes life. Thanks for watching.</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>	