

**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 baby's, 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.

**Mother Love:** Diagnosed in April of 1990.

**Jim Turner:** February 9<sup>th</sup>, 1970.

**Nicole Johnson Baker:** November 27<sup>th</sup>, 1993.

**J. Anthony Brown:** February 1990 and I'm here to talk about my--

**Jim Turner:** My--

**Mother Love:** My--

**Nicole Johnson Baker:** My dLife.

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**Nicole Johnson Baker:** Today on dLife-TV, diabetes educator Lorena Drago. Helps us celebrate diversity day. Mother Love cooks slamming blackened salmon and our studio audience members share with us the challenges of diabetes management in their communities. And now please welcome your host, J. Anthony Brown, Jim Turner, Mother Love and me, Nicole Johnson Baker. Alright, well we've got a great show planned for you today so let's get things rolling. Meet today's guest diabetes educator and president of the Metropolitan New York Association of Diabetes Educators, Lorena Drago.

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**Nicole Johnson Baker:** Welcome. And Mother Love has today's story of the day which comes to us from 13 year old Taren Arevelos [ph?] all the way from San Antonio, Texas.

**Mother Love:** And Taren writes, I feel heavy but there are a lot of kids around here bigger than me. I weigh 199 pounds and I'm always trying to lose weight. The doctor says I might get diabetes 'cause people in my family have it. I don't want to get it. I don't want to take shots. I'm scared I'll go blind and my heart will give out and that I won't live a long time. Still, I don't have diabetes yet. And if I can lose some weight, maybe I won't get it. This baby is 13 years old.

**Nicole Johnson Baker:** 13 years old, bless her heart.

**Mother Love:** You know, I hope you will to but Mother Love knows losing weight is not easy. You know I have just gone through this weight loss program of losing 105 pounds so I could get my diabetes better controlled. And the doctor's kept saying, you know Mother Love you have got to get the weight off. So baby, you can do this. And maybe if you start-- you start. Just start little. Eat off a little plate. Take your time. Sit down, chew your food. There are certain things that you can do. And maybe you won't get diabetes.

**Nicole Johnson Baker:** Yeah, and it sounds like we're all ready for change, which is so important.

**J. Anthony Brown:** She is.

**Mother Love:** She is, she's 13. She is ready. I'm going to take your letter and put it on our dLife wall. That's what I'm going to do.

**Nicole Johnson Baker:** That's a good idea. It--

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**Nicole Johnson Baker:** You know something that was so hard for me in that I was diagnosed at Thanksgiving. I mean can you imagine. I mean Thanksgiving Day. And uh.. it was the hardest experience that I have had with diabetes because they'd say, oh, its just a little bit. Don't you worry about that! Have some chocolate cake. And it is-- it was so hard when I was diagnosed to go home to Alabama and to Mississippi and to enjoy those family reunions and to eat with my family.

**J. Anthony Brown:** With me it's everything fried. Everything, fried gravy, fried everything.

**Nicole Johnson Baker:** Chicken fried steak?

**J. Anthony Brown:** Chicken fried chicken fried.

**Mother Love:** In our family when we were growing up I mean they would cook these elaborate meals. It wouldn't be like for Thanksgiving or Christmas or anything. And when the holidays came around oh, my God it would be like a spread of food. And I'm like, wait a minute I don't think we should have like eight cakes and pies. They were like, ah.. baby its just a little sugar. Listen, people in my family have lost their eyesight, lost the use of their kidneys and they keep saying oh.. It's just a little sugar. So I'm like if a little sugar will do this to you what the heck a lot won't do to you. You know so, and people you know don't take it as serious as they should. And you have to eat a certain way when you are managing this disease.

**Nicole Johnson Baker:** Well and the important part is that we can enjoy our cultures. We can enjoy our traditions we just have to do it in a wise fashion.

**Mother Love:** My favorite was German Chocolate cake. This is how I do... wow.

**Nicole Johnson Baker:** Ah...

**J. Anthony Brown:** Let me tell you how I eat German Chocolate cake, I have somebody eat that and I say tell me how that tastes.

**Nicole Johnson Baker:** Do you really?

**Mother Love:** I just look at it.

**Jim Turner:** Now is there a difference between type 2 and type 1? Because I mean you guys are sort of-- when-- can you take like adjusting pills, you know what I mean. I mean--  
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**Mother Love:** No, you can't take adjusting pills [laughter].

**Jim Turner:** That's what I do I will adjust my-- if I have high blood sugar in the middle of the day I am not hesitant to give myself a shot to bring it down.

**Mother Love:** No, we can't do that. We can't take an extra pill. No we can't take an extra pill if we go eat a piece of cake. If you eat a piece of cake your blood sugar is going to sky rocket.

**Jim Turner:** So actually it's harder on you? I wouldn't have thought that.

**Mother Love:** I think it is.

**Nicole Johnson Baker:** We have to go run a mile, right?

**Mother Love:** That's why I swim because if you see me running I'm going to the bathroom. And if you think you've got a contribution for our dLife wall go to dLife.com and submit stories and meet others in our dLife community. We'll see many of the faces of diabetes right here in our studio when we return. We'll be right back.

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**Nicole Johnson Baker:** And just look around, our studio audience today makes me realize how many different people diabetes effects. Religious and cultural traditions as well as language and access to care have a huge effect on diabetes management. It really is like a UN for diabetes in here today. So let's talk to some of our ambassadors.

**Mother Love:** Stand up with me please. What's your name?

**Ladan Anavim:** Ladan.

**Mother Love:** And where are you from:

**Ladan Anavim:** I'm from Iran and I am Jewish.

**Mother Love:** In your culture what's different about how you deal with diabetes in your family?

**Ladan Anavim:** Of course we are in United States and it's different. But I know that it-- back in the old country it was more uh.. secretive. They wouldn't want to talk about it because it would uh.. make it difficult for other kids in the family to uhm.. find matches within the community.

**Mother Love:** Like a mate?

**Ladan Anavim:** That's right.

**Mother Love:** Like if you were looking for a husband or a wife if you-- so it's like a secret thing in your culture?

**Ladan Anavim:** Uhm.. most of them yes. They don't like to talk about it.

**Mother Love:** So how do you find as a family the support that the children or that any of the adults would need?

**Ladan Anavim:** Your immediate family is uh.. extremely cooperative and supportive of course. But when it comes to the community, uhm.. they try to hide it from the community.

**Mother Love:** That had to be so difficult. So thank you so much for sharing your story.

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**J. Anthony Brown:** Ok, stand up please and what is your name?

**Female red jacket:** Hasung Kim.

**J. Anthony Brown:** And you're from?

**Female red jacket:** I'm originally from Korea.

**J. Anthony Brown:** Uhm.. now tell us about uh... diabetes in your culture.

**Female red jacket:** Yeah, you know diabetes in Korean is Tang Yo Beaung that means disease of the sweet urine.

**J. Anthony Brown:** Disease of the sweet urine.

**Female red jacket:** It's when somebody got sick and the doctors did not know why you're sick. Uhm.. they tasted the urine.

**J. Anthony Brown:** The doctors will taste the urine.

**Female red jacket:** And if it is sweet that means they have diabetes.

**J. Anthony Brown:** Now that's a good doctor right there.

**Female red jacket:** And it's still called that way even though we have glucose meter yeah.

**J. Anthony Brown:** Uh uh.. so tell us about your culture and diabetes.

**Female red jacket:** Yeah, you know uh.. in Korean culture main diet is rice. And we eat a lot of rice. And we eat a lot of rice cakes. I think it's the highest in glycerna index. And rice cake is like made of rice flour so if you eat a piece of rice cake its much-- it's like having five bowls of rice, so, because its-- its like eating pasta, you know.

**J. Anthony Brown:** Alright, thank you very much.

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**Mother Love:** Over here, this beautiful lady, tell me-- tell us what's your name and where you from?

**Rita:** My name is Rita Batheja and I'm from-- originally from India and here in <inaudible>Long Island.

**Mother Love:** Wonderful well now tell us how diabetes affects your culture.

**Rita:** Ok, the attitude in the Indian community is that-- that if you have diabetes just live with it for life. And now the second generation is really <inaudible>you know like that pattern <inaudible>they are the ones who are telling them to go and seek the advice of the medical nutrition therapist. Now it is a different story, but otherwise still many physicians are telling their patients to lose weight and go on a diet. But they are not getting it specifically and still like the carbohydrate counting is so important because many of the Indian uh.. they are vegetarians and you know that you know 80 percent of the carbohydrate, this is what they are eating basically, those are vegetarians.

**Mother Love:** But its so wonderful that your now getting the information that you need into your community because people think you know, having a little sugar is just you know, somebody else's disease. This is an indiscriminant across cultural lines, across socio-economic lines. It's a non-discriminating, equal opportunity destroyer. And we are here to put a handle on it and do all we can. Thank you so much. Thank you so very much. We really appreciate it.

**J. Anthony Brown:** I'm here with--

**Janine Rourke:** Janine Rourke.

**J. Anthony Brown:** And you're from?

**Janine Rourke:** I'm from the St. Regis Mohawk Reservation.

**J. Anthony Brown:** Uhm... tell us about diabetes in your community.

**Janine Rourke:** In Native American uh.. populations you'll find that the-- the prevalence of diabetes is at least two to three times greater than other-- than other ethnic groups so--

**J. Anthony Brown:** And why is that?

Janine: Well there's been a lot of change. And we've tried to keep up with the world and you know, we're a-- we're a people of typically feast and famine. And now there's not a lot of that anymore in many-- in many settings. So now we're-- we're eating often so therefore we're experiencing great surges in diabetes.

**J. Anthony Brown:** Do you have diabetes?

**Janine Rourke:** No I don't. I'm the certified diabetes educator for our tribe.

**J. Anthony Brown:** Oh, ok, now what about anyone in your family?

**Janine Rourke:** Uhm.. I-- my mother's diabetic. And I have uhm.. some of our representatives from the community, yeah.

**J. Anthony Brown:** Oh, ok, thank you very much.

**Janine Rourke:** You're welcome.

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**Mother Love:** You don't have to look around the room long to realize just how many people diabetes effects and how many are serious about taking control of their lives. When we return, our guest CDE Lorena Drago gives us carb counting tips with a Latin flavor, stay tuned!

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**Nicole Johnson Baker:** Well Lorena Drago took us out for lunch and shopping the healthy way. Have a look.

**Lorena Drago:** We are here at the Corona supermarket where we're going to show you some specialty Hispanic and Latino items to help manage your diabetes. This is a cactus pear and it actually it is slowly digested. So it reduces blood sugar levels. Here it is, the nopal [ph?] is slowly digested. It has certain properties that can help manage blood glucose levels. If your looking for a lower carb alternative to your meal chayote is the one for you. You can actually prepare this as if you would prepare any other of your starches. You can even stuff it. And this only has four grams of carbohydrates. It's a really really low carb alternative. People in Mexico have a lower incidence of diabetes but once they get here to America the environment changes, the diet changes. You start to see that the incidence of diabetes starts to rise. Cumin [ph?] another favorite, so not only does it have this earthy flavor but it can also help you prevent some types of cancer as well as to manage diabetes and hypertension, great things. Every single culture has wonderful gems. I bet you we'll find healthy properties in some of the dishes that you cook at home.

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**Male Announcer:** More from Lorena Drago after this.

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**Nicole Johnson Baker:** Alright everyone, please say hello to our friend Lorena Drago.

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**Nicole Johnson Baker:** Hey Lorena, good to see you. Well Lorena talk a little bit about carb counting. How do you do it? What it means and what it-- what is it really like for people from different cultures?

**Lorena Drago:** Well I always say it's not about having a carb bankruptcy; it's about carb budgeting and working wisely with your budget. So you know if you have a certain budget for your breakfast and another budget for your lunch and your dinner then try and use it

wisely. If your going to the store and-- and I'm going back again to what food choices. If you have a food that is called Chayote, that one will have less--

**J. Anthony Brown:** What is that really?

**Lorena Drago:** Chayote is a green root vegetable that has lower carbohydrates than let's say rice or pasta. So that would be a good addition. So you can now have a little bit of your rice. If you love your rice, but then now you can add a little bit more chioti and makeup-- so again, like I said, it's not just about taking away. What are you going to replace it with?

**Nicole Johnson Baker:** Now I once read in uhm... In one of these popular diet books that are out about if you love mashed potatoes and mashed potatoes just is not on your list. And it's just something you shouldn't be eating then you can mash cauliflower.

**Jim Turner:** No, I tried one, I made a potato salad with cauliflower and scallions and mayonnaise and its-- it doesn't taste like potatoes salad at all, but its great. It's really good.

**Mother Love:** You-- you can make the mash potatoes with the cauliflower it-- it is mashed cauliflower, but if you can doctor it up like with green onions and garlic and black pepper--

**Nicole Johnson Baker:** Just not butter and sugar and--

**Mother Love:** Well you can find a vegetable spread. You know you just-- see the thing is portion control. Am I correct in this? You don't just slather on a pound of butter.

**Lorena Drago:** Right, its portion control in certain foods. But then you can also have a little bit more of other foods. So it's kind of about trying to find that balance.

**Nicole Johnson Baker:** Well let me ask you, let me break down the culture question a little bit further. I know in the Latino culture there are many different types of diets. What specifically do those individuals do when they're trying to manage their food budget? You know when we look at the statistics one in two people of uh.. Hispanic heritage that are born from the year 2000 on will have diabetes.

**Lorena Drago:** Right, we have so many different subgroups among Hispanics. But Mexicans and Puerto Ricans have the highest incidence of diabetes compared to Cubans. So even among different subgroups Hispanics in South America that live at high altitudes will have less incidence of diabetes than others that are not. So it's very interesting how all these things-- it's just not just about the weight issue or the lack of exercise or the food. But it's a combination of issues. And that recipe is what yields diabetes in some individuals that are at risk.

**Nicole Johnson Baker:** But when it all comes down its all about making sure that you are enjoying and celebrating your culture, making the right decisions. Not totally depriving yourself all of the time because it's never going to work if you do that.

**Lorena Drago:** Right, it's about getting the best-- the best of the culture and then exploring and becoming a little bit more adventurous.

**Mother Love:** That's how I found out that I love star fruit and bok choi. We're going to take a few questions from the audience. Jae is out here. Who do you have with you?

**Woman large checker shirt:** Uhm.. I have a question about bread ok, now we've-- we've been talking <inaudible>hearing a lot about wheat bread uhm.. in particular what kind of wheat bread can we eat? Because we know that a lot of people say that wheat bread is like-- just uh.. just uh.. twin to eating white bread. So--

**Lorena Drago:** That's a very good question, very good question. When your buying bread many times the patients come to me and they said, you know, I have nine grain, I have 12 grain bread. And I haven't heard the 20 grain bread today but one day I probably will. Look at the ingredient list. That's what's going to tell you whether you're having enriched wheat bread, which means its just regular, white flower that caramel or molasses have been added to it to make it dark. And many times when you see all those extra grains, might just be a little bit of this and a little bit of that. Not enough to make a big difference. So look for whole in front of the grain.

**Nicole Johnson Baker:** Let me piggyback on that and ask a question. Now we're having these low carb breads and I have a friend that recently got in trouble who-- who has diabetes with low carb bread because we didn't think about that you don't need as much insulin or medication when you eat that type of bread.

**Lorena Drago:** Right, and going back on the low carb products that one of the good things is that a lot of fiber has been added to the bread to actually decrease those carbohydrates.

**Mother Love:** That's great. We have one more question?

**Woman Pink Shirt:** My question is you've talked a lot about carbohydrates impact on glucose level and I assume you are talking about glycemic index. But what about the impact on weight, weight gain and weight loss? Which is a different aspect, if you have 21 grams of carbohydrate and two net carbs, what do you count if your talking about weight control.

**Lorena Drago:** Excellent question, low carb does not mean no cal, no calories. So don't confuse the two. Just because something is low carb it still has calories. And just like what we were talking about having a carbohydrate budget and I focused on carbohydrate because that is the nutrient that impacts blood sugar levels the most. So at the end of the day if you have more calories from carbohydrate, proteins and fats that your body is not utilizing then there is going to be an issue with weight gain in the future.

**Mother Love:** So always remember before you start anything consult your physician, your registered dietician or your healthcare professional before you make a decision. Now up next Mother Love in the kitchen throwing down. We'll be right back.

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**Male announcer:** dLife is proud to partner with Abbet Diabetes Care makers of Freestyle Flash.

**Jim Turner:** Welcome back to dLife. You might want to get out a pen and paper and write down this next recipe. We're off to Spoonbread Too with Mother Love for a little lesson in salmon preparation.

**Mother Love:** We are here in the Spoonbread Too of Harlem with Miss Norma Jean who let me in her kitchen to show you how to make my slammin' blackened salmon. It's real simple. You can do this in like 15 minutes and people will think you were in the

kitchen all day long. So take your blackened spice, you can get it from any store or any place and just be a little generous with it. Just get the skillet white, white hot. Don't put any oil in it or anything. Just get it white, white hot. You being in the restaurant business, serving soul food, what did you do because you-- your father had diabetes, what did you do to modify your cooking?

**Norma Jean:** Well we would use highly seasoned food but without the salt. Lots of pepper 'cause you can have that, white pepper, black pepper--

**Mother Love:** Red pepper, pick a color pepper, you can have some pepper. The glaze, I prefer mandarin oranges because it's—it's healthy. Look and I'm just real regular, you just get some pecans put them in a bag. Look, you don't have to get fancy, just beat the pecans. Use the same thing that we used in here. Put this back on the stove. Now you can make a glaze with this with a little vanilla. And drop you some nuts in there. Ain't nothing like some hot nuts. Grandma said, put it in there till it tastes good. You don't like it, you don't have enough flavor. So then you just take this off. I just want you all to look at this. On there, a little bit of pecan glaze on this one. Get you some mandarin oranges and sprinkle it on, voila.

**Norma Jean:** Very nice.

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**Nicole Johnson Baker:** You can find Mother Love's recipe at dLife.com and in Diabetic Cooking magazine. We'd like to thank all of our guests today. CDE Lorena Drago, everyone at Spoonbread Too and of course, the studio audience and the viewers at home. Thanks for being part of this diverse experience. And go to dLife.com to meet more people just like you. As always, it's your dLife. You're responsible for your diabetes life. We'll see you next week.

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**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 is no substitute for getting control of it.

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