

# BETTER DIABETES MANAGEMENT

## Wife's Health Challenges Former "Galloping Gourmet" To Whip Up New Recipe For Living With Diabetes

(NAPSA)—Virtually everyone who watched TV in the 1960s has fond memories of the chair-vaulting antics of Graham Kerr, the former "Galloping Gourmet." Beyond the humor he imparted to his cooking demonstrations, Kerr was also known for his lavishly rich cuisine that didn't skimp on butter, heavy cream or wine.

This fall, Kerr will launch a new cooking show, "The Gathering Place," on PBS. But the food will be remarkably different from what viewers may remember about his earlier recipes. The focus of the new program is better health through eating wisely.

What made Kerr change from butter to yogurt cheese, from oils to balsamic vinegar, and from cream-based sauces to cooking with flavorful herbs?

The answer comes from his wife of 47 years, Treena, who was diagnosed with diabetes after suffering from a heart attack and stroke.

At first, Treena resisted changing her eating habits, but Graham was determined to make his wife healthy again. So he devoted himself to developing nutritious meals designed to satisfy her strongest food cravings. Refining his decades of culinary expertise and intensive research, Kerr created a new healthy, low-fat cooking style that incorporates TACT (Taste, Aroma, Color and Texture).

"When I cook for Treena, I select the seasonings, aromas, colors and textures she loves," explains Kerr. "I use lots of these ingredients, while cutting back on the foods she shouldn't eat. Anyone can use these principles to modify favorite recipes—you don't need to be a chef."

Both Graham and Treena recognize that it's important to manage diabetes. Unchecked, people with this disease are at increased risk for serious complications, including blindness and amputation. Fortunately, studies have



**Treena Kerr is grateful that husband Graham's healthy cooking is helping to keep her diabetes in control.**

shown that this risk can be dramatically reduced by testing and controlling blood sugar with diet, exercise, and medication (as needed).

To help her make decisions about what to eat, Treena tests her blood sugar two to three times a day, with an easy-to-use, portable meter. The OneTouch® Ultra, from LifeScan, gives her an accurate blood sugar result in just five seconds. It also gives her the option of testing before meals on the arm (where there are fewer nerve endings). This is significantly less painful than traditional fingertip testing.

"I've found it's important to test because it lets me know how the foods I eat affect my blood sugar. It also helps me in portion control. If you don't test, you're not going to know how well you're doing. Today, I am fit and feel fantastic!"

Fortunately, you don't need a chef in the family to eat well and control blood sugar. For more information about diabetes and how to manage it, including a selection of Graham Kerr's healthy recipes from his new cookbook, visit [www.LifeScan.com](http://www.LifeScan.com) or call 1-800-227-8862.