

Diabetic chef shares good cooking tips

FOR many years Celebrity TV chef Peter Howard lived by the mantra "nothing succeeds like excess."

But when he was diagnosed with type 2 diabetes two days before Christmas in 2004 he knew his lifestyle and his cooking would have to change dramatically.

Howard demonstrated recipes from his book *Delicious Living* at Dymocks at Westfield Chermerside last week.

The book is full of tasty recipes designed for those living with type 2 diabetes and those who are keen to prevent it.

Howard said his lifestyle of spending a lot of time travelling, attending functions and eating a lot of takeaway food probably contributed to its onset.

"I'm trying to help people eat preventatively".

Howard said his recipes were all low fat where possible, high fibre and

high flavour with a low glycaemic index (GI).

"It's all about eating regularly and snacks are important," he said.

Howard said he now managed his health by planning meals and exercising daily.

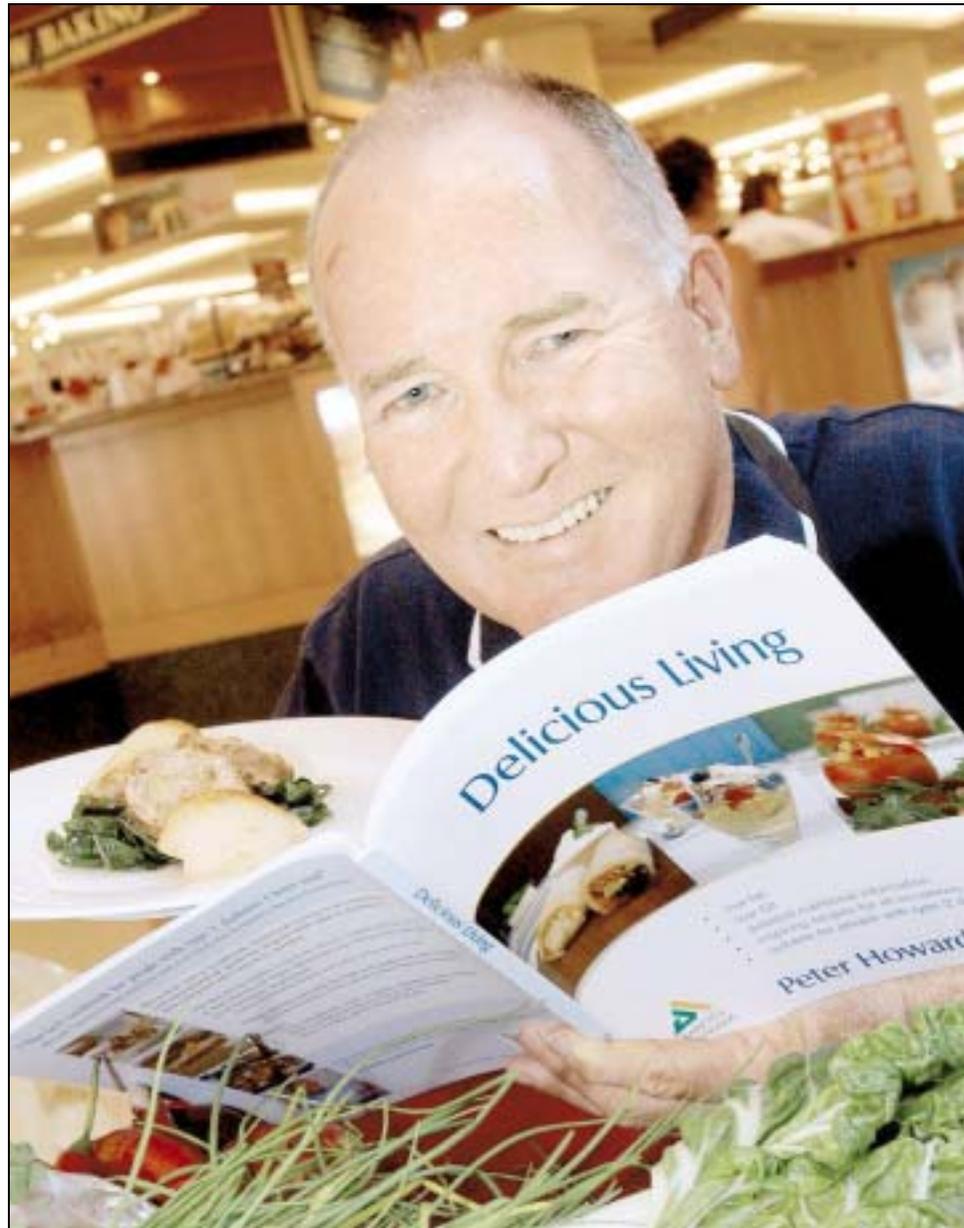
"I'm doing as much work as I can to bring the awareness of diabetes," he said.

"The best thing I've learnt is I am responsible for my own well-being."

Recipes included in *Delicious Living* include tuna-stuffed tomatoes, barbecued lamb fajitas, curried chicken and steamed Pearl Barley and Coconut Citrus Pudding.

Howard said his next book would include recipes focussed on entertaining for diabetics.

Delicious Living by Peter Howard is available from selected bookstores including Dymocks, Westfield Chermerside. Phone 3350 5255



■ Peter Howard doing a cooking demonstration at Dymocks, Westfield Chermerside.

Facts on diabetes

DIABETES is a condition where the body is unable to automatically regulate blood glucose levels, resulting in too much glucose (a sugar) in the blood.

Type 2 diabetes is the most common type of diabetes and has been referred to as a "lifestyle" disease, because it is associated with people who do insufficient physical activity, are overweight, have high blood pressure or high cholesterol.

Symptoms include being thirstier than usual, passing more urine, feeling tired and lethargic, slow healing wounds, blurred vision and mood swings.

The statistics on Type 2

■ 70 per cent of lower limb amputations are related to diabetes.

■ It is estimated that 940,000 Australians have diabetes and 50 per cent of these people are unaware they have the condition.

■ 20,908 people died from diabetes-related illness between 2001 and 2003 in Australia.

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