

[VIDEO TRANSCRIPT]

ANNOUNCER: Welcome to Straight Talk About Diabetes, with me, your straight-talkin' host, Erron Jay!

ERRON: In your life, do you have a food police?

AMY: I do not like the food police.

ERRON: You don't like the food police?

AMY: It makes me angry. It's just kind of the, the judgment.

ERRON: It comes off as judgment? Okay.

AMY: It does. And for me it takes away my confidence that yes, indeed, I made a healthy choice. So I have learned kind of a little...I have come up with a couple little smart remarks that I will make to people. Believe me, the more technical that you make it, the more they want you to shut up and go away and get off the elevator, so I try to make it very, "Well, this is 27 carbohydrates and this is gonna match with this." It works.

ERRON: Oh, so you just throw it back at them.

AMY: Oh, mm-hmm.

ERRON: Yeah? Okay. Let me ask you this, let me ask you this. So, my vice is cake.

AMY: Oh, my friend...

ERRON: Still is. What's yours?

AMY: Um, I can say truly that cake also is my jam.

ERRON: Yeah?

AMY: Oh yeah. Mine is especially yellow cake with chocolate icing.

ERRON: Ooh.

AMY: It's just like, "Oh, cake..." So, one of the things that's really helped me is, um, my glucose meter. I use it like my GPS.

ERRON: Okay.

AMY: So if I am really jonesing for a piece of cake, the best thing that I can do is check my blood sugar. And if it's not, you know, where I want it to be, then I can't choose that right now.

ERRON: Right.

AMY: But I'll talk to myself and say, "Okay now, if I can make good, healthy choices for dinner and I have a nice, healthy breakfast tomorrow, maybe I can have my cake tomorrow!"

ERRON: Right.

Amy: So I have learned how to make better choices.

ERRON: Okay.

AMY: I can actually say no, Erron.

ERRON: So if I brought in a yellow cake—

AMY: I could say no.

ERRON: —with some chocolate icing—

AMY: I could say no.

ERRON: —from your favorite bakery—

AMY: I could say no.

ERRON: —right now?

AMY: I could say no.

ERRON: With a nice, frosty glass of milk?

AMY: I know. La, la, la, I could say no.

ERRON: All right. Bring the cake—I'm just playing. So, tell me about exercise, what's your regimen? What do you do?

AMY: For me it's the E word. I just am not a big fan. But I have a friend of mine that we're kind of in the same boat.

ERRON: Somebody you work with, a coworker?

AMY: We used to work together and we became best friends, and now we don't work at the same place anymore, but through the magic of text messaging...

ERRON: "Hey BFF, what you doing?"

AMY: Exactly! There were a couple of times when, um, I was able to get a little bit of a break and so did she, and we were both taking a walk at the same time, but we were two cities away from each other. You know, my kids are home a little bit more, um, they are doing a lot more to say, "Mom, let's get out and take this walk" or "Let's go here and let's do this."

ERRON: Right.

AMY: So that way, they're kind of helping me to get out and do stuff like that, 'cause I have to be accountable to somebody or it's not going to happen.

ERRON: Oh, I get that.

AMY: That kind of stuff really helps.

ANNOUNCER: Stick around for more of Straight Talk About Diabetes.