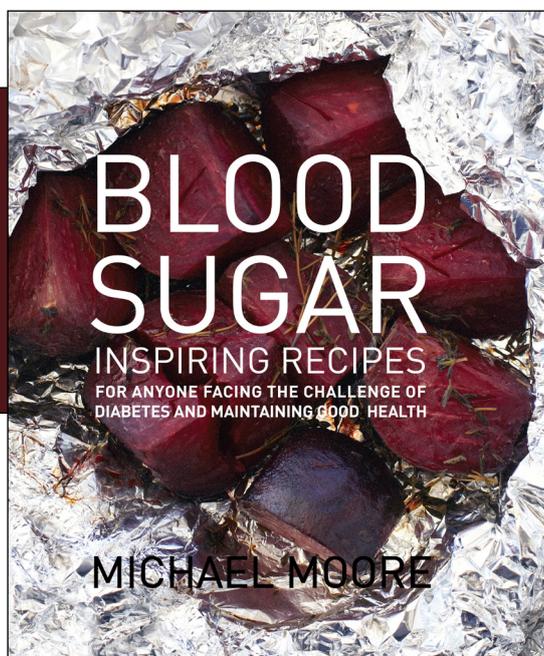


Great, healthy food, with a restaurant-quality edge



# BLOOD SUGAR

INSPIRING RECIPES FOR ANYONE FACING THE CHALLENGE OF DIABETES AND MAINTAINING GOOD HEALTH

**MICHAEL MOORE**

April 2012 | Hardback | £24.99 | New Holland Publishers

“*Madonna is in for lunch, Elton John wants a birthday cake, Joan Collins is in the queue in the café, Sean Connery loves the beef, Mick Jagger can't get a table because Michael gave it to his wife. Michel Roux wants you to autograph his lunch menu, Alain Ducasse wants the recipe for the snapper and Marco Pierre White wants to know where you came from. And can Michael make a menu for Dustin Hoffman?*

All these things really happened to me in one week!”

– **Michael Moore**

Chef Michael Moore was busy running his restaurant, cooking on television, climbing the ranks of top chefs in the world and travelling the globe. He was already living with diabetes and for a top chef surrounded by great food, he faced the daily challenge of healthy eating. Then, one day out of the blue, aged just 43, he suffered a major stroke while he was out to dinner with his family – an event that changed his life and his outlook on food, forever.

So along came **Blood Sugar**, a personal and inspiring book that breaks the mould in diabetic cooking.

Where there is often a disparity between restaurant-quality food and diet food, Michael shares the way he manages being a diabetic with inspiring and creative recipes. He includes nutritional tips, how to balance food types and ideas for healthy eating.



Inside **Blood Sugar** you'll find over 65 easy and stunning recipes for homecooking, entertaining and family life, as well as a foreword by celebrity chef **Curtis Stone** and dietician and nutritionist **Susie Burrell**. Far from being just for diabetics, however, Blood Sugar is a must for anyone at risk from diabetes, or just interested in healthier (but not boring!) food.

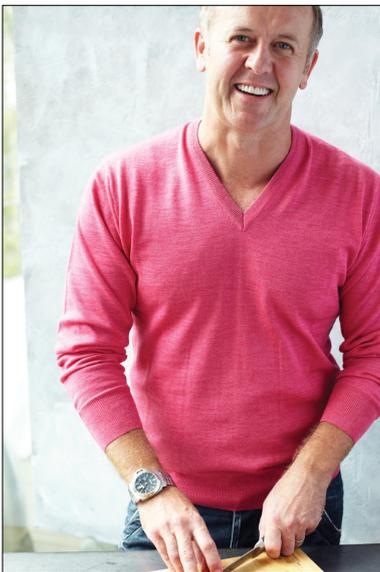
Delicious recipes include: simple figs on toast with ricotta (as ordered by Kim Kardashian on her visit to Michael's Sydney restaurant), Asian-style prawn broth with buckwheat noodles, crusted beef with sticky sweet potato and mustard cream, and warm cherry custard pie with roasted cherry sauce.



Diabetes is one of the biggest health challenges facing the UK today.

- There are 2.9 million people who have been diagnosed with diabetes in the UK.
- By 2025, there will be more than four million people with diabetes in the UK.
- In 2008 145,000 people were diagnosed with diabetes in the UK. To put this into context, this is more than the population of Middlesbrough.
- It is equivalent to:
  - » around 400 people every day
  - » almost 17 people every hour
  - » three people every ten minutes.\*
- Diabetes treatment costs the NHS £1 million an hour, or £9 billion a year, and can result in fatal strokes if untreated or undiagnosed.

\*Source: Diabetes UK - <http://bit.ly/8YAG6P>



*"Being a diabetic doesn't mean you are stuck in a 'gastronomic wilderness'.*

*You can enjoy great food that's unexpected and exciting. It's all about keeping your blood sugar under control and balancing the best ingredients to help you maintain good health"*

From humble beginnings in Portsmouth, **Michael Moore** started out in some of London's best restaurants. Now 26 years into a career spanning 2 continents, he has owned and managed numerous top restaurants both in London and Australia including The Ritz Hotel London, Kables, The Bluebird London, Bennelong at the Sydney Opera House, and now the iconic restaurant the Summit.

<http://www.michaelmoorechef.com/>  
<http://youtu.be/ZA7oOWCtLTM>

**Michael will be in the UK the week commencing 23 April 2012 and is available for interview.**

#### **Contacts**

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