

FACT SHEET

TITLE: **COOKING THIN AND LOVING FOOD WITH CHEF KATHLEEN**
[TV-G] [CC] [Stereo]

LENGTH: 1/60

NOLA CODE: CTLK

CATEGORY: How-To/Cooking

OFFERED: Premium Service 17 offer, March 2006

RELEASE DATE: June 1, 2006

CONTRACT TERMS: Unlimited use through June 30, 2009

PROGRAM SUPPLIER: WTVS/Detroit Public Television

PROGRAM DESCRIPTION: Acclaimed chef, author and television host Kathleen Daelemans combines humor, culinary technique and sensible approaches to good health in **COOKING THIN AND LOVING FOOD WITH CHEF KATHLEEN**. Blending simple meal-preparation ideas with real-life stories, the program examines the goals and hopes of guests and the reality of implementing lifestyle changes at home, at work and in social settings to reveal the combination of mental and emotional commitment and resolve required to lose and maintain weight loss. When it comes to healthy cooking and eating, Daelemans is her own best advertisement, having lost 75 pounds when creating a new regional cuisine for a luxurious five-star resort and spa in Hawaii.

PROMOTIONAL MATERIALS: Use the above program description for guide listing. A press kit, including fact sheet, press release, biography and interview will be posted to PBS Connect and APTonline.org. Color photos will be available via email and on APTonline.org.

CONTACT: Kerry Taylor
(617) 338-4455, ext. 121
kerry_taylor@APTonline.org

PRESS RELEASE

APT Premium Service Pledge Special Teaches Viewers to Cook Healthy and Stay Thin

Is it possible to have your cake and be fit too? See how acclaimed chef, author and television host Kathleen Daelemans combines humor, culinary technique and sensible approaches to good health in **COOKING THIN AND LOVING FOOD WITH CHEF KATHLEEN**, airing on public television stations throughout the U.S. starting June 2006 (check local listings). Cooking show enthusiasts across the country will appreciate Daelemans' lifestyle and culinary advice: "Everyone can learn to cook fast, live well, achieve and maintain weight loss," she says.

The one-hour program blends simple meal preparation ideas with real-life stories to suit today's tastes and lifestyles. The show, brimming with Daeleman's wit and comedic banter, examines the goals and hopes of guests and the reality of implementing lifestyle changes at home, at work and in social settings to reveal the mental and emotional commitment required to lose and maintain weight loss.

"No diet food required. Flavor first, health second," says Daelemans. "If I thought for a single second I'd been dieting for the past 13 years I never would have lost a single pound. There's no reason you can't leave the table happy and satisfied every time you sit down to eat." Daelemans demonstrates sumptuous, speedy suppers like Potato Seafood Chowder, Pasta With Baby Back Rib Sauce, Taco Salad and Summer Squash Frittata.

Guests on the program include Carol, a new mom who struggled with her weight all her life and found the courage to change her eating and exercise habits; five

COOKING THIN AND LOVING FOOD / 2

PRESS RELEASE

members of the Metro Detroit Cycling Team who share how cycling has changed their lives; and Marcy, a busy PR executive seeking tips on quick, home-cooked meals. In addition, Dr. Dale V. Atkins, Ph.D., a licensed psychologist with more than 25 years of experience, joins Daelemans. She helps viewers understand the psychological relationship between food and maintaining a healthy lifestyle.

Daelemans has lost 75 pounds since she began her own personal lifestyle change and knows what it takes to accomplish this difficult goal. She is one of the “Top Ten Rising Star Chefs” according to noted food correspondent John Mariani, a seasoned television talent as host of the Food Network show *Cooking Thin With Kathleen Daelemans*, and the author of the best-selling cookbooks *Cooking Thin With Chef Kathleen, 200 Easy Recipes for Healthy Weight Loss* and *Getting Thin & Loving Food! 200 Easy Recipes to Take You Where You Want to Be*.

COOKING THIN AND LOVING FOOD WITH CHEF KATHLEEN is produced by WTVS Detroit Public Television in association with by American Public Television's Premium Service. The executive producer is Diane Bliss. The co-producers are Jeff Forster and Josette Marano.

About WTVS

WTVS Detroit Public Television is the viewer-supported PBS member station serving the nation's tenth largest television market. Its vision is to educate, entertain and inspire, in partnership with the community it serves. The non-profit station offers over ten hours of PBS KIDS programs each weekday, along with BBC news, PBS favorites and classic films. Detroit Public TV is notably active in the community producing local programs that showcase arts, culture, news analysis and physical activity; and outreach campaigns that use the power of media to provide knowledge and understanding.

About American Public Television

For 44 years, American Public Television (APT) has been a prime source of programming for the nation's public television stations. APT distributes more than 10,000 hours of programming including *JFK: Breaking the News*, *Simply Ming*, *Globe Trekker*, *Rick Steves' Europe*, *Julia and Jacques Cooking at Home*, *Battlefield Britain*, *Jungle*, *America's Test Kitchen*, *Lidia's Italian Table* and classic movies. APT is known for identifying innovative programs and developing creative distribution techniques for producers. In four decades, it has established a tradition of providing public television stations nationwide with program choices that enable them to strengthen and customize their schedules. Press should contact Donna Hardwick at 617-338-4455 ext. 129 or via email to Donna_Hardwick@APTonline.org. For more information about APT's programs and services visit APTonline.org.

###

BIOGRAPHY

Kathleen Daelemans

Named one of the country's "Top Ten Rising Star Chefs" by noted food correspondent John Mariani, chef Kathleen Daelemans' recipes have been showcased in respected food and wine journals including *Bon Appétit*, *Wine Spectator*, *Gourmet*, *Food & Wine* and *Eating Well*.

Not only has Daelemans received praise from the culinary community, but her work is regularly featured in fashion and fitness magazines such as *Elle*, *Shape*, *Self*, *Harper's Bazaar*, *L.A. Style*, *Fitness*, *Esquire* and *House Beautiful*. Richard Sax, Roy Yamaguchi and others have showcased Daelemans' recipes in books featuring West Coast, Pacific Rim and American Regional cooking.

When it comes to healthy cooking and eating, Daelemans is "her own best advertisement," having lost 75 pounds when creating a new regional cuisine for one of the world's most luxurious five-star resort and spas, the Grand Wailea, in Maui, Hawaii. While at Café Kula, her restaurant at the resort, Daelemans cooked for and gave private cooking lessons to celebrity guests including Sharon Stone, Kathy Smith, Suzanne Somers and Paula Abdul.

Daelemans has been in constant demand to showcase her celebrated cooking at prestigious local and national food events and benefits. She cooked alongside culinary superstar Wolfgang Puck at the Ritz Carlton's annual Big Island Bounty culinary extravaganza and was invited to cook with five chefs from the United States and France including Joachim Splichal and Gerard Vie, for City-Meals-on-Wheels at New York City's Tavern on the Green.

Before founding Café Kula, Daelemans began her career in an apprenticeship at Yosemite National Park's four-star Ahwahnee Hotel. During her three years there she assisted visiting luminaries such as Larry Forgione, Narsai David, Ken Frank, Joyce Goldstein and Marcel Desaulniers. She then moved to San Francisco's renowned Zuni Café, where she spent four years working closely with chef/owner Judy Rodgers, learning the Provençal and Italian techniques that laid the foundation for her unique culinary style.

The slimmed down chef, 75 pounds and counting, is no stranger to television. Daelemans combines her comedic banter and culinary wizardry with a modern sensibility towards good health in her weekly Food Network show, *Cooking Thin With Kathleen Daelemans*.

Daelemans has been featured in national satellite media campaigns and is active

- more -

on the national lecture circuit. Her insights, recipes, kitchen tricks and tips enrich and entertain audiences nationwide. Committed to reaching as many people as possible with her message, Daelemans joined forces with Jerry Stackhouse's Triple Threat Foundation, a nonprofit network working in conjunction with the President's Council for Physical Fitness, the American Diabetes Association and the NBA to change the eating and exercise habits of American teens and their families.

Daelemans is the author of *The New York Times* best-selling cookbook *Cooking Thin With Chef Kathleen, 200 Easy Recipes for Healthy Weight Loss*, Houghton Mifflin 2001. Her second book, *Getting Thin & Loving Food! 200 Easy Recipes to Take You Where You Want to Be*, Houghton Mifflin, debuted March 25th, 2004.

Daelemans pens a weekly "Ask Chef Kathleen" column and is a sought-after guest on the radio and talk-show circuit. She is a frequent guest on NBC's *Today Show* and some of her recent publicity includes an appearance on *The Oprah Winfrey Show* and articles in *House Beautiful*, *Fitness* and *Shape*.

###

Source: <http://www.kathleendaelemans.com>

INTERVIEW

KATHLEEN DAELEMANS

Chef Kathleen Daelemans, host of COOKING THIN AND LOVING FOOD WITH CHEF KATHLEEN, shares her own weight-loss story and talks about her new special.

Your own personal weight-loss story seems to be an inspiration to you. Why is it so important that you share your own experiences with your viewers?

I just feel that people need realistic solutions to their health and weight-loss goals. There are a lot of resources out there and some of us are so busy that it's hard to jump on some of the strict programs. I think my specialty would be that I deal with real people and real situations — I go into their homes to see what their obstacles and challenges are. I give them solutions they can use that are geared towards their reality, as opposed to an ideal that we would all like to achieve. We're all working towards some ideal, but basically what I do is help people create their own ideal and tell them that we're not all going to be Hollywood thin.

Tell us a little bit about how you got started as a chef.

After college I worked at the Ahwahnee Hotel in Yosemite National Park because they had chef holidays, where they flew in chefs from all over the country to do weeklong seminars with hotel guests. It was a four-star resort and I knew I needed hotel experience. I worked in the kitchen so, ultimately, I got the opportunity to work with and get advice from some incredibly renowned chefs. I wasn't working with them side-by-side, I was a slave for them — it was making lunch for the staff or peeling 50 lbs. of potatoes. But, it was the exposure to them and I got to interact with them and get advice from them and I worked really hard. Then, I moved to San Francisco and worked at Zuni Café for a couple of years.

I was then offered a position at a resort hotel on the island of Maui called the Grand Wailea Resort Hotel and Spa. They said they wanted me to be the spa chef and I said, "I don't even know what that is." This was in the late '80s ... what was happening in spa food then? Nothing in the United States, except for maybe Canyon Ranch. So I was like, "I'm not sure if you guys know this but ... I'm fat."

They all started laughing and said, "We're so glad you said it, you're going to have to take some weight off." I couldn't believe I was in this situation. They offered me free use of the spa and, after some self-reflection, I realized that I'd struggled with weight my whole life so I should give it one more shot — there has to be a way to lose weight safely and still eat the foods you love.

We got the green light and I built menus around naturally healthy ingredients. The most important thing for me is that nobody sits down and says "this is diet food." The trick now is taking what I learned in sophisticated restaurants and transforming it into something that is realistic for home cooks.

Your diets revolve simply around eating healthy and eating less, rather than denying entire food groups. How difficult is it to spread that message in this era of fad diets like Atkins or South Beach?

It's not difficult. I think it's a relief for people when they finally stumble across my material

because first, it's always done with a sense of humor and second, I always share my own mistakes with them — just because I lost weight doesn't mean I don't have to listen to it every day. I focus more on the foods that you're not getting. Just by switching the focus from calorie-counting to working in more foods that you're not getting [can help].

So what would you say is the first step towards weight loss?

Leave a truffle-sized bite behind every time you sit down to eat — especially if it's a “voice food,” ones I categorize as those that talk back to you and make you feel guilty. If you're eating three meals and two snacks a day, [the truffle-sized bite] adds up to 15 to 75 calories conservatively speaking. If you [leave the bite out] seven-days-a-week/365-days-a-year, that is weight loss — it's not instant-gratification weight loss, but it's permanent weight loss. When you're ready, you can start switching out some of the “voice foods” for good-for-you foods and you're on your way to lifelong weight-loss success. I think it's just tiny behavioral steps that people can maintain to achieve lifelong weight-loss success — one step at a time.

One big thing people in other countries say about America is that we “eat big.” How did America fall into this big-portion, high-fat trap?

We perceive larger portions as a greater value and we are a value-driven nation. Curing portion distortion disorder is something that's pretty easy to achieve, but there are a lot of tricks and gimmicks. First and foremost, I'm a fat girl at heart — I always will be. I don't like to walk away from the table feeling deprived or hungry. The way I worked myself back to normal portions was by weaning myself back to healthy portions of the “voice foods.”

When I'm developing recipes, I always make sure that there's a high volume of the foods we're not getting and all of the high-calorie foods are portion-controlled. There's never more than four ounces of meat per person. Cheeses and olive oils are also portion-controlled, but I have a free hand with the other things — the apples, carrots, beets, parsnips and all that kind of stuff. As far as calorie counting goes, people are busy and there are no calorie counts at the church social, the break room or most restaurants.

What is your plan for this public television show? What can viewers expect?

Outrageously delicious food and instant gratification meals you can get on the table no matter how tired you are. My recipes are kid-friendly and guy-tested. I have a psychologist, Dr. Dale Atkins, who offers excellent and useful sound bites that viewers can wrap their heads around — that really create some “a-ha!” moments. I'm just a middle-American woman struggling with her weight all the time. I worked very hard with some of the country's most renowned chefs and teachers and a little culinary trickery goes a long way towards getting an interesting, gratifying meal on the table.

Why is humor so important to your life and what you do?

Because literally it's a healthy outlet for dealing with the pain, shame and humiliation that comes with weight gain or not fulfilling your goals. It's about taking the high road — you can wallow in self-pity (which I have done), but it doesn't feel good to feel that way. I just get some rest and wake up again tomorrow and keep laughing. Humor is important because people who are overweight are dealing with tough life issues. No one wants to be fat, nobody wants to be out of shape, but most of the time it's a mom who's just in over her head with kids or somebody in a difficult situation, whether it be taking care of a sick relative or just general stress. It's important to just keep it light and fun.

###

Source of interview: American Public Television