

Media Kit

Diabetic Chef,
Podcast Host,
Speaker,
Happy Guy



Chef Robert Lewis

HappyDiabetic.com



Engage Your Audience with Inspiring Diabetic Insights

Diabetes is one of the fastest growing diseases in America today. It's estimated that 80 million people in the United States have diabetes or are on the verge of developing this disease. Unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease. Diabetes has grown at an astounding rate of 50% in the last 10 years and 174 billion dollars annually are spent on direct and indirect costs. Americans need to become more educated about the disease and how to control it.



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Get to know Chef Robert

Growing up in California offered to me a culinary experience I will always cherish. I come from a long line of wonderful cooks. Family food artists and guests in my home were experts in preparing ethnic and traditional dishes, which gave me a love for food and the creative outlet it provided. After graduating from the Culinary Institute of America in Hyde Park, New York, in 1976, my personal and professional cooking journey began.

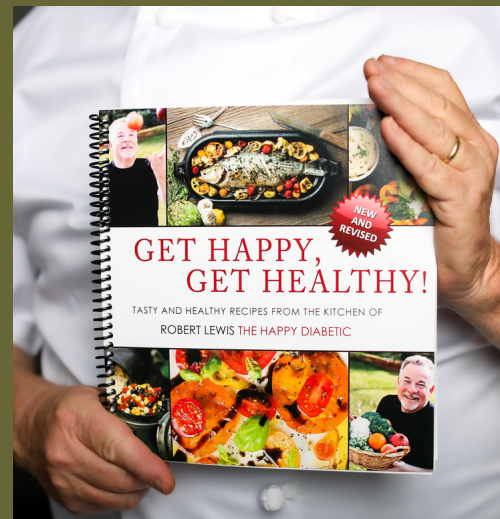
In 1998 I was diagnosed with type 2 diabetes. At that time I was sure my days of good eating were over. What I “heard” in those early days was only the list of foods that were prohibited. As I worked through my ups and downs, I came to realize that the selection of foods I could and should eat was vast and included many fabulous favorites. Thus began my motivation to create great tasting dishes that are easy to prepare. Requests to share tips and recipes resulted in the publication of two cookbooks, *Get Happy Get Healthy*, *Recipes from the Kitchen of Robert Lewis the Happy Diabetic* and *Simply Desserts*. I speak to audiences at hospitals and health fairs across the country delivering a message of hope and encouragement. My recipes celebrate great tasting food that both diabetics and non-diabetics can enjoy. My wish is that you will have fun as you follow my healthy cooking and eating plan! So...wield your French knife with the confidence of Zorro!

Happy Cooking!

Chef Robert Lewis the Happy Diabetic

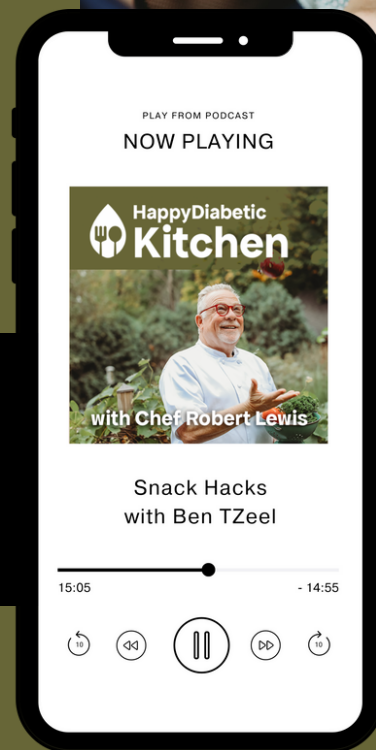


Chef Robert 



Happy Diabetic Kitchen Podcast

Your guide to the world of food and healthy cooking and cooking love. The menu serves up interviews with the world's most amazing chefs and experts in the field of diabetic health. We are turning ordinary ingredients into something extraordinary and the ingredients that you will soon be landing on your kitchen table.



Statistics

2017

Podcasting Since

50K+

Downloads

80+

Engaging Episodes

605

Avg. Mo. Downloads



- + TRAVEL-INSPIRED CONVERSATIONS & TASTES
- + INTERVIEWS WITH OTHER DIABETICS
- + HOW TO INSPIRE & CHANGE YOUR MINDSET



Listen on
Apple Podcasts

...or wherever you get your Podcasts.

Speaking & Events

Robert is one of the most “asked back” speakers in the healthy cooking industry. His good humor and timely relevant message have given him the opportunity to successfully collaborate with Lee Iacocca, Dr. Denise Faustman of Harvard Medical School, Al Roker, Richard Simmons, Ann Curry... and many others! Chef Robert has spoken in hospitals and health fairs all across the country. The Happy Diabetic has been a keynote speaker for the [Taking Control of Your Diabetes National Conferences](#).

Robert’s presentations are enthusiastically received by diabetics, healthcare professionals, and people who want to learn how to execute a healthy lifestyle.

Robert continues to make contributions in the academic arena. He currently teaches in the Eastern Iowa Community College Culinary Arts Program and has been a guest instructor at the prestigious Kendal Culinary Collage in Chicago, IL.



“The responses from our viewers are some of the best when Robert appears on the show.”

Paula Sands, Host of Paula Sands Live, KWQC TV, Davenport IA



Partnerships

The Happy Diabetic has worked with many great people and organizations, including the American Diabetes Association, Lyons Club International, Rotary Clubs, University of Wisconsin, Genesis Hospitals, Hill and Valley Food's, Hy-Vee Grocery Stores, Kroger Foods, and Lilly, Roche and Abbott Laboratoriesto name just a few!



“ Chef Robert is the most requested speaker I work with. He brings a professional and entertaining presentation. Chef Robert always packs the house.”

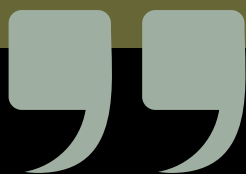
Rusty Dinsmore, Abbott Pharmaceuticals



Contact Chef Robert

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HappyDiabetic.com



“Robert’s message and presentation style is superior! We can always count on him for an event that is filled with inspiration and technical knowledge. He knows his stuff!””

Ray Ropers, Chairman, Wisconsin Lions Club’s Diabetes Awareness Committee



The Happy Diabetic