

ADNH's Chef Salim works with ICLDC to show the nation how to cook healthily

***Live cook show, nightly during Ramadan
at Abu Dhabi's Marina Mall***

Every night until October 11, 9.30pm to 10.30pm

(for more information log on to www.icldc.ae; www.diabetesuae.ae)



Abu Dhabi, September 23 2007: Abu Dhabi National Hotels' executive chef, Chef Salim Al Kadi, has taken to the stage to give a nightly, live cook show working from a bespoke IKEA kitchen at Abu Dhabi's Marina Mall, this Ramadan.

As part of Imperial College London Diabetes Centre's 'I COOK HEALTHILY' Ramadan promotion, Chef Salim is set to pull from his three decades of experience to demonstrate more than 60 'healthy eating' recipes during the month-long programme.

Chef said that the dishes span appetizers, main courses, desserts – and the much-loved mezze-style eating that is favoured by residents of the Middle East region.

Meanwhile, he promises to add a touch of variety and diversity to traditional favourites, and is keen to show that nutrition and taste go hand-in-hand, on the same plate!

The recipes have been especially-worked with ICLDC and Chef Salim, drawing on his exposure to the cuisines of Italy, France, Greece and Arabia, including his native Lebanon.

At his 'day job' at ADNH Compass, Chef Salim leads his brigade in their specialist catering responsibilities for the kitchens at Shaikh Khalifa Hospital Abu Dhabi and American Hospital Dubai, among others.

All 60 'I COOK HEALTHILY' recipes have been approved by ICLDC's Consultant Endocrinologist and Medical & Research Director, Dr. Maha Taysir Barakat.

A book will be published after Eid al Fitr. Meanwhile, daily recipes will be distributed to shoppers at Marina Mall and they are available for download www.diabetesuae.ae

Abu Dhabi's state-of-the-art diabetes centre, ICLDC, opened just over one year ago (August 2006) and is now the UAE's largest, leading, multi-disciplinary diabetes facility. It is dedicated to prevention, treatment, training and research covering all aspects of diabetes and its complications.

'I COOK HEALTHILY' is the second stage of ICLDC's multi-pronged public health awareness campaign, 'DIABETES. KNOWLEDGE. ACTION', in partnership with Emirates Foundation.

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General Photo Caption : ADNH's Chef Salim is backing the nation's fight against diabetes by preparing ICLDC's 'I COOK HEALTHILY' recipes in front of a live audience at Abu Dhabi's Marina Mall, nightly from 9.30pm to 10.30 pm this Ramadan.

Notes to the Editor

About Imperial College London Diabetes Centre

The Imperial College London Diabetes Centre is a state-of-the-art specialised out-patient clinic dedicated to help detect, prevent and treat diabetes. The centre is a one-stop-facility that specialises in Diabetes Treatment, Research, Training and Public Health. Located in Abu Dhabi (next to the Zayed Military Hospital), ICLDC allows the highest level of specialised patient care, from first diagnosis to the continued management of all complications associated with diabetes.

Imperial College London holds a renowned history and expertise in the study of diabetes, bringing one of the leading medical academic institutions in the world to Abu Dhabi as a core working partner. Under ICLDC practices, one of the Centre's primary objectives will be to provide continuing education for health professionals and the general public. For more details visit: www.icldc.ae



About Emirates Foundation:

The Emirates Foundation, created in 2005, represents a unique, multi-sector effort to create a new range of opportunities for the people of the United Arab Emirates (UAE). Through philanthropic projects within our four core areas of interest, we seek to engage all individuals and groups in the UAE to usher in a new era of mutual achievement. The four core areas for our work are: education; research & development; arts & culture; and social & environmental development. All our activities are designed to benefit the broader public, both directly and indirectly. In many cases, the success of our projects will be dependent on large-scale public participation. We invite you to explore our website to learn more about the role that we intend to play in our community. www.emiratesfoundation.ae

About Marina Mall:

Marina Mall is Abu Dhabi's landmark in shopping and entertainment set on the the Abu Dhabi breakwater. With over 350 local and international retailers and services, Marina Mall covers a gross built area of 257,000 m² and has a gross leasable area of over 120,000 m² spread over four levels. With 4,200 parking bays, 1100 of which are in the underground basement, there is more than sufficient space for all visitors. The Mall is owned and managed by the National Investment Corporation (NIC).

About IKEA:

IKEA, a member of the Al-Futtaim Group, offers an extensive range of home furnishing items of good design, value and functionality. IKEA UAE closely follows the popular self-serve, self assembly concept which was conceived in Sweden over half a century ago and offers customers a complete family day out through its ability to cater to children's needs. With stores in Dubai and Abu Dhabi, IKEA UAE won the 'Best Integrated Communications in 2004' award from Gulf Marketing Review among all retail companies in the UAE. Toll free number for the world-famous brand is 800 4532 (800 IKEA). The IKEA catalogue is also available online www.ikeauae.com



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IMPERIAL COLLEGE LONDON DIABETES CENTRE



مؤسسة الإمارات
Emirates Foundation

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