

NUTRITION BASICS



Eating Healthy With Diabetes

NUTRITION BASICS

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This booklet is designed to give you basic information about nutrition. It is not meant to take the place of diabetes education classes or meeting with your health care team.

Ask your local department or health care provider about diabetes education classes and an appointment with a dietitian. Printed 2014

Diabetes and Food

Choosing healthy foods can help control diabetes. You may have to learn new ways to prepare and cook foods to have a balanced meal plan that includes carbohydrates, protein, fats, vitamins, minerals and water for good health.

Controlling diabetes can help delay or prevent the serious health problems that come from uncontrolled diabetes.

Favorite foods that our moms' made for us may not always be the best choice. These were often heavily seasoned with butter, saturated fats, and salt, or were prepared by frying in large amounts of lard, shortening or some other type of fat. We often hear "my grandparents ate fried foods at every meal and lived to 100..." and in many cases this is true but our grandparents worked jobs that involved hard physical labor everyday. We must strive to balance our calorie intake with daily exercise.

Sarah Fritschner wrote "the cooking of Kentucky and other areas of the mountain south isn't as esteemed as South Carolina Low Country cooking; but many people in the hills of the rural south are only a generation removed from living off the land. Some people may think of pan-fried chicken and cream gravy when they think about their old Kentucky home; but for others it is soup beans, kale and stewed okra that calls us home." (Appalachian Harvest, EatingWell, Oct/Nov 2006)

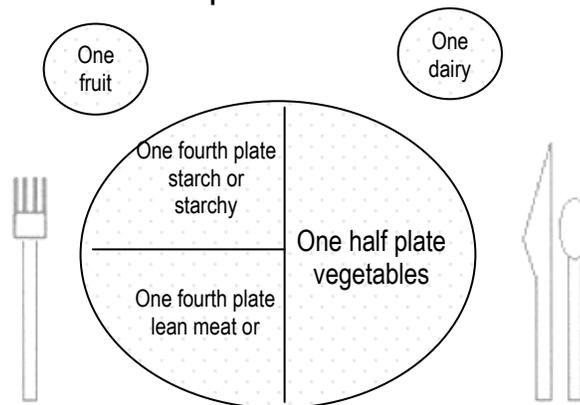
The authors of *Nutrition Basics* booklet have taken the harvest meals of our forefathers and given them a healthier twist. We hope you enjoy!

Mechelle Coble, MS, RD, LD, CDE, Judith Watson, RN, MS, CDE, CN, & Paula White, MS, RD, LD

What is a Healthy Plate?

A healthy meal plate includes foods from all parts of the Diabetes Food Pyramid including: vegetables, fruits, whole grains and starchy vegetables, low fat or fat free milk, lean meat or meat substitutes and healthy fats.

It is important to balance calories with physical activity. Try to get at least 30 minutes of exercise 4-5 times per week.



For older children and adults, a “healthy” daily meal plan for a 2,000 calorie diet includes at least:

- 2 cups of fruit each day (about 2-3 servings)
- 2 1/2 cups of vegetables each day (about 5 servings)
- 6 ounces of grains (make at least 1/2 your grains whole grain), beans and starchy vegetables (about 6 servings)
- 3 cups of low-fat or fat-free milk or other milk products
- About 5 1/2 ounces of lean meat or meat substitute
- Know your limits on added fats, sugars, and salts
- Be sure to include physical activity in your daily routine.

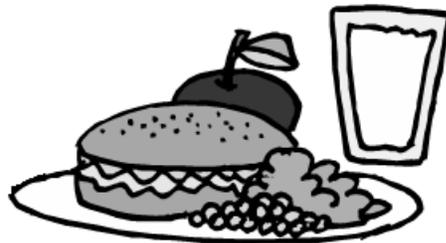
Basic Tips for Meals

Meal Sizes—make meals about the same amount with equal portions of carbohydrate at each meal.



Timing—eat meals about the same time every day (4-5 hours apart). If you take medicines with food, eating on time can help your routine.

Fixing Meals—how you fix food plays an important role in reducing the salt, fat, and sugar in your meals.



More Tips for Meal Planning

Eating Out—Eat meals away from home at about the same time, follow your meal plan, and remember your portions sizes. Ask how the food is prepared - try grilled, instead of fried; or a salad instead of French fries.



Snacks—Snacking depends on your blood sugar control, many people with diabetes need a planned bedtime snack.

Holidays—Plan ahead for holidays and other special events so you can follow your meal plan and eat at about the same time.

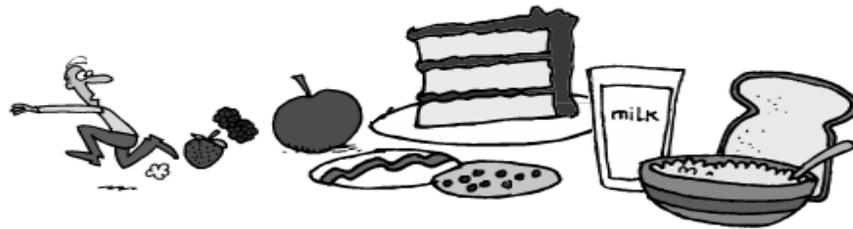


Alcohol—May cause low blood sugar, drink alcohol only with a meal and in moderation.

No more than 1 drink for women and 1-2 drinks for men per day; limit 1-2 times per week.

What is a Carbohydrate?

Carbohydrates are in many foods we eat. Carbohydrates are starches, sugars, and fiber. We need carbohydrates for energy. Spread carbohydrates evenly throughout the day and eat at the same time every day to help control blood sugars. Use food labels to help count total carbohydrates.



Carbohydrate Guidelines

Serving	Total Carbohydrate
One starch	15 gms carbohydrate
One fruit	15 gms carbohydrate
One milk	12 gms carbohydrate
One sweet or dessert or other carbohydrate	15-60 gms carbohydrate
One non-starchy vegetable	5 gms carbohydrate
One meat	0 gms carbohydrate, unless breaded or sweetened
One fat	0 gms carbohydrate, unless breaded or sweetened

The Basics of Carbohydrate Counting

Research shows that carbohydrates raise blood sugar and that counting the amount of carbohydrates in meals can help control blood sugars and prevent or delay the complications of diabetes.

Foods that contain carbohydrates are: milk and yogurt; fruit and fruit juices; beans, cereals, starchy vegetables, and pasta; desserts and snacks.

There are 15 grams of carbohydrate in one serving of carbohydrate, you may hear or see the words carb, CHO or carbohydrate choice.

The amount of carbohydrates each person requires varies; but a rule of thumb for most people begins with 3-4 servings (choices) of carbohydrate per meal and 1-2 carbohydrate servings (choices) per snack. Three- four carbohydrates choices per meal equals total carbohydrates of 45-60 grams and one-two carbohydrates choices for a snack equals 15-30 grams.

The more carbohydrates you eat, the higher your blood sugar will rise. One of the keys to blood sugar control is balancing total carbohydrates eaten.

Example of Carbohydrate Counting

1 poached egg = 0gm carb	2 oz turkey = 0gm carb
2 slices toast = 30gm carb	2 slices bread = 30gms carb
1/2 cup orange juice = 15gm carb	1 cup salad = 5gm carb
black coffee = 0gms carb	fat-free salad dressing = 5gm carb
	1 oz fat-free chips = 23gms carb
Total Carb 45gm	Total Carb 63gm

Starches

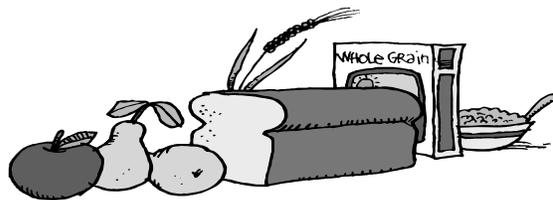
Starches are plant foods or foods made from grains. Some examples include breads, crackers, pasta, rice, and starchy vegetables such as potatoes, corn, peas, and dried beans and peas. Experts recommend that 1/2 of your grains be whole grains. Whole grains contain the entire seed of the plant, including the bran, germ, and starchy exterior.



Fiber

Some starches have dietary fiber. Fiber is not used by the body for energy, but helps to make you feel full and decrease constipation. The amount of fiber in foods can be changed by cooking or processing for example, an apple has more fiber than apple juice likewise a baked potato has more fiber than a mashed potato.

High fiber choices are foods that have 5 grams or more of fiber per serving. Good fiber choices have 2.5 to 4.9 grams of fiber per serving.

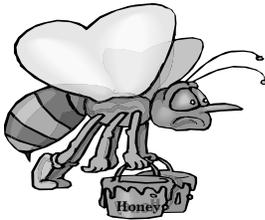


Fiber Recommendations

How much daily?	Men	Women
50 years or younger	38 gms	25 gms
More than 50 years	30 gms	21 gms

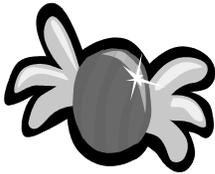
Sugar and Sugar Substitutes

With planning, sugar can be a part of a meal plan for people with diabetes. Sugar substitutes can add sweetness with fewer or no calories.



Sugars:

Other forms of sugar that may be in products labeled as sugar free: honey, corn syrup, dextrose, maltose, fructose, sorghum, and molasses.



Sugar Alcohols:

Have calories, cause blood sugars to rise, and can have a laxative effect. Look for sorbitol, maltitol, isomalt, xylitol, and hydrogenated starch hydrolylates on the ingredient list.



Sugar Substitutes:

Sucralose - Splenda™

Aspartame - Nutra Sweet™ or Equal™

Saccharin - Sugar Twin™ or Sweet-n-Low™

Acesulfame K - Sunette™

Neotame



Sugar Substitute Blends:

These baking blends are 1/2 sugar substitute and 1/2 sugar. They are not free foods. Two examples are Splenda Sugar Blend for Baking™ and Equal for Baking™.

Sweets and Desserts



Limit added sweets in your diet. Sweets provide a lot of carbohydrates and little nutrition.



Sweets may have sugar, sugar alcohol, corn syrup (high fructose corn syrup), fructose (concentrated fruit juice), molasses, sorghum, and/or honey.



Sweets are: candy, cakes, pies, cookies, desserts, regular soft drinks, regular Kool-Aid® or other fruit flavored drinks.



If eaten, sweets must be counted as part of the meal plan and substituted for other foods.



Limit sweets to 1-2 times per week for better health and weight control.

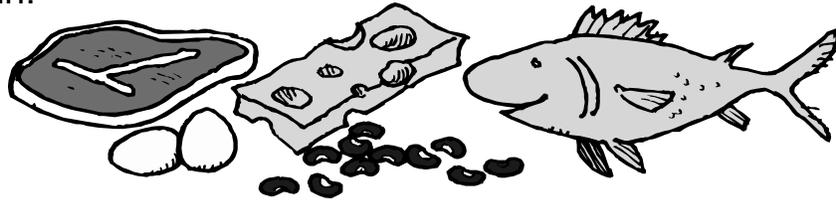


Remember that “sugar-free” does not mean low in carbohydrates or calorie free.

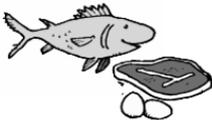


What is Protein?

Proteins are the building blocks of the body and are needed for good health. Protein needs are based on each person. Most Americans eat too much protein.



Healthy people need about 2-3 ounces at two of their three meals, daily. 2-3 ounces of cooked protein is about the size of a deck of cards or the palm of a women's hand.



Most people get their protein from beef, pork, chicken, turkey, fish, wild game, or eggs.



Other sources of protein include dried beans and peas, cheese, nuts, soy, and milk or milk products.



If you have kidney problems, you may have to limit protein.

What is Fat?

Fats help the body to use some vitamins, are needed in small amounts for good health, and add flavor to food. Most people eat too much and the wrong kinds of fat. Below are a few ways to reduce fat in your meal.



Simple ways to cut fat:



Cut the amount in half and see if it tastes good. Measure fat before adding.



Do not add fat to foods because you always have or your parents did. Try cooking without all the added fat.



Bake, grill, microwave, roast, boil, or broil your foods instead of frying.



Do not fry foods with added fat. Use cooking sprays to brown foods.



Choose oils that are liquid at room temperature, such as olive or canola oils.



Look for total fat content on the food label. Keep it less than 3 grams for every 100 calories.

Nutrition Facts Label

The “Nutrition Facts Label” is the best source of nutrition information. The food label shows:

- Serving size and servings per container
- Total calories per serving and calories from fat
- Total fat grams per serving including saturated, unsaturated, and trans fats
- Cholesterol per serving
- Sodium (salt) per serving
- Total carbohydrates per serving including sugars and dietary fiber per serving
- Total grams of protein per serving
- Daily Value percentages on the right side of the label represents values for a 2000 calorie diet

Cautions

Servings sizes on the nutrition facts label may not be right for your meal plan.

If your are eating more than one serving, multiply the nutrition facts by the number of servings you eat.

A rule of thumb for sodium (salt) is 400mg or less per single serving and 800mg or less for a meal.

Labels can only make a nutrition claim if the fact has been backed up by scientific research.

Ingredients must be listed on the label.



Fruit Smoothie

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Examples of Serving Sizes

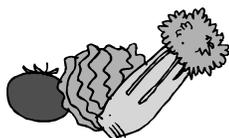


Starches

1 slice bread
4-6 crackers
1/2 hamburger or hotdog bun
1/3 cup pasta or rice
1/2 cup starchy vegetable
(potatoes, corn, peas, dried beans, sweet potatoes, lima beans, and winter squash)

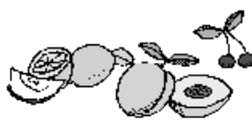
Vegetables

1 cup raw
1/2 cup cooked
1/2 cup juice



Fats

1 teaspoon butter, oil, margarine, or mayonnaise
1 tablespoon reduced fat margarine or mayonnaise
1 tablespoon salad dressing
2 tablespoons reduced fat salad dressing or sour cream



Fruits

1 small piece fresh fruit
1/2 banana
1/2 cup canned (in own juice, water or pear juice)
1/2 cup fruit juice (1/3 cup if grape or cranberry)

Milk and other dairy

1 cup milk (skim or 1%)
6 oz yogurt (no sugar added and fat free)



Meats

2-3 oz cooked chicken, beef, pork, fish, or game
1 oz cheese = 1 oz meat
1 egg = 1 oz meat
1 tablespoon peanut butter = 1 oz meat
1/4 cup cottage cheese or tuna (in water) = 1 oz meat

Salt (Sodium)

People with diabetes are at increased risk of having high blood pressure. Limiting salt is one way to help control blood pressure.

Simple Ways to Cut Salt:



Limit canned and processed foods that are high in sodium. Choose more fresh and frozen foods.



Limit salty snacks and treats, such as pretzels, chips, salted nuts, and snack meats.



Limit convenience foods, such as prepackaged lunch meats, frozen dinners, and fast foods.



Do not add salt while cooking.



Do not add salt after cooking.



Try seasoning foods with herb and spice blends instead of salt. Make sure the blend is the spice or herb and not a salt blended with spice or herbs (for example, choose garlic powder instead of garlic salt).

Basic Substitutions

Replace	With
1 egg	2 egg whites or 1/4 cup egg substitute
Nuts	Toast them and use 1/2 the amount
Chocolate Chips	Mini chips and use 1/2 the amount
Whole or 2% milk	Skim or 1% milk
Oil	Cooking spray
Bacon for seasoning	Lean ham
Margarine/mayonnaise	Light or fat-free
Frying	Grill, roast, bake, broil, boil, grill, or microwave
Sugar	Sugar substitutes/baking blends
Salt	Vinegar, lemon juice, herbs, or spices



Favorite Recipes (with a healthy twist)

These recipes have been developed over the years and are based on the recipes our mothers and grandmothers prepared. They have been kitchen tested for flavor. The recipes show cooking methods that lower added fat, sugar, and salt.

These recipes were analyzed for total calories, carbohydrates and carbohydrate choices, dietary fiber, total fat (monounsaturated, polyunsaturated, saturated fats, and cholesterol), protein, and salt.



Low Fat Chicken and Dumplings

Serves: 10 Serving Size: 1 cup

Recipe from Mechelle Coble

3 chicken breasts (boneless and skinless)
2 - 14.5 ounce cans 98% fat free chicken, reduced sodium chicken broth
3 cups self-rising flour
1 teaspoon pepper
Water



Directions

1. Place chicken breasts and 2 quarts of water in a large pot and bring up to a boil. Simmer until chicken is tender (about 30 minutes), remove the chicken and set aside, save the cooking liquid.
2. Add 2 cans chicken broth to the cooking water left in the pot and bring up to a boil.
3. Stir in 1 1/2 cups of enriched cooking broth from the pot into 3 cups of flour. Stir in enough cold water until the mixture looks like biscuit dough.
4. Drop the dough mixture into the boiling broth by the teaspoon. Gently stir the dumplings and broth.
5. Shred the cooked chicken and return to the cooking pot. Sprinkle 1 teaspoon black pepper and adjust the seasonings as needed.
6. Simmer for an additional 3-5 minutes and serve.

Nutrition Facts per serving

Total Calories 250

Carbohydrate 35g

Carbohydrate Choices 2

Protein 21g

Total Fat 2g

Polyunsaturated Fat trace

Monounsaturated Fat 2g

Cholesterol 39mg

Saturated Fat trace

Dietary Fiber 2g

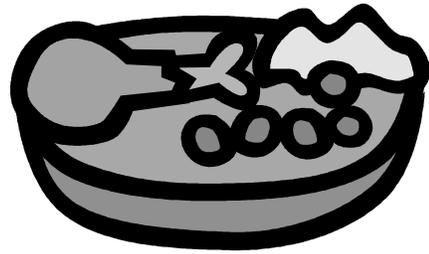
Sodium 653mg

Baked to Taste Like Southern Fried Chicken*

Serves: 4 Serving Size: 5 ounces

Recipe from Mechelle Coble

- 1 1/2 pounds skinless, boneless chicken breasts
- 1 cup crushed corn flakes
- 1/2 cup skim milk
- 1/4 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder



Directions

1. Combine all dry ingredients into a zip bag.
2. Combine egg white and skim milk into a shallow bowl and dip chicken breasts into the wet mixture.
3. Place chicken breasts one at a time into the dry mixture and shake to coat well.
4. Remove chicken from the zip bag and lay in a baking dish.
5. Bake at 375 degrees for 35 minutes.

* Adapted from Kroger Corn Flakes Recipe

Nutrition Facts per serving

Total Calories 247

Carbohydrate 9g

Carbohydrate Choices 1/2

Protein 40g

Total Fat 5g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 104mg

Saturated Fat 1g

Dietary Fiber trace

Sodium 328mg

Bean Soup

Serves: 10 Serving Size: 2 cups

Recipe from Paula White

- 1 pound dry beans (pinto, navy, or great northern)
- 4 quarts water
- 1/2 pound lean ham, chopped fine
- 1/4 teaspoon salt
- 1 teaspoon black pepper



Directions

1. Begin by removing any foreign objects from the dry beans. Rinse the beans and place them into a 5 quart stock pot. Cover the beans with water and allow them to soak overnight.
2. Pour off the soaking water and cover beans with fresh water, about 4 quarts.
3. Do not salt the beans until they are nearly done. Salting beans at the beginning of the cook time will result in tough beans.
4. Allow the beans to come up to a boil, reduce the heat to simmer. Cover the pot with a lid and simmer until they are tender, about 4 hours.
5. About 30-45 minutes before the end of the cook time, season the beans with the chopped ham, salt, and pepper.
6. Continue to simmer the beans without the lid until cooked to desired tenderness. Adjust seasoning if necessary.

Nutrition Facts per serving

Total Calories 185	Total Fat 2g	Saturated Fat trace
Carbohydrate 29g	Polyunsaturated Fat trace	Dietary Fiber 11g
Carbohydrate Choices 2	Monounsaturated Fat 1g	Sodium 394mg
Protein 14g	Cholesterol 11mg	

Vegetable Beef Soup

Serves: 8 Serving Size: 2 cups

Recipe from Paula White

- 1 pound beef tenderloin roast
- 1 1/2 pounds potato
- 1 small head cabbage
- 1 medium onion
- 1 quart diced tomatoes
- 2 pounds mixed vegetables, frozen
- 32 ounces beef broth
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 bay leaves



Directions

1. Combine the beef tenderloin with about 16 ounces of water and simmer in a covered pan until very tender. (I like to use a pressure cooker and cook for 45-50 minutes.) When the beef is done, remove from the pan and allow it to cool. Shred the beef. Save the cooking liquid, place it in the refrigerator to allow the fat to come to the top. Discard the fat.
2. Clean the potatoes, onion, and cabbage. Cut the potatoes and onion into a large dice and shred the cabbage. Combine all into a large stock pot along with 16 ounces of the beef broth and 1/4 teaspoon salt. When the vegetables are crisp tender, add the frozen mixed vegetables, the shredded beef, the de-fatted beef cooking liquid, the tomatoes, black pepper, the remaining beef broth and bay leaves to the stock pot.
3. Bring all of the ingredients up to a gentle boil and boil for two minutes. Reduce the heat, allowing the soup to simmer until all vegetables are tender, add more liquid if needed. You can use water, beef broth, or tomato juice. Adjust seasonings if needed.

Nutrition Facts

Total Calories 366

Carbohydrate 41g

Carbohydrate Choices 3

Protein 22g

Total Fat 14g

Polyunsaturated Fat 1g

Monounsaturated Fat 6g

Cholesterol 40mg

Saturated Fat 5g

Dietary Fiber 8g

Sodium 761mg

Almost Fried Potatoes

Serves: 4 Serving Size: 1/2 cup

Recipe from Paula White

- 2 whole potatoes (about 1-1/4 pounds), cleaned and sliced
- 1 whole onion, cleaned and sliced
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. Heat electric skillet to 300 degrees and pour in canola oil. If you do not have an electric skillet use a heavy skillet with a tight fitting lid over medium low heat. When the potatoes are tender, turn the heat up to medium high to crisp and brown the potatoes and onions.
2. Place the potatoes and onions into the hot skillet and season with salt and pepper. Place lid onto skillet, allow the potatoes and onions to steam until tender.
3. Increase heat to 350 degrees, When the vegetable are nearly done, remove the lid and allow the potatoes to brown and crisp. You have to watch the vegetables closely, do not let the vegetables scorch.
4. Remove potatoes to a warmed serving bowl and enjoy.



Nutrition Facts

Total Calories 163

Carbohydrate 30g

Carbohydrate Choices 2

Protein 4g

Total Fat 4g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 0mg

Saturated Fat trace

Dietary Fiber 3g

Sodium 277mg

Cornbread

Serves: 6 Serving Size: 1 muffin

Recipe from Paula White

- 1 cup self-rising cornmeal mix (I prefer White Lily™ or Martha White™)
- 1 large egg
- 1 cup low-fat buttermilk



Directions

1. Place your well-seasoned cast iron cookware in the oven to preheat with the oven at 425 degrees. I like to use muffin or corn stick cast iron.
2. Combine all ingredients in order given. The batter should be thin.
3. Lightly spray the cookware with cooking spray and filling the irons 2/3 with the batter.
4. Bake at 425 degrees for about 20 minutes or until golden brown.
5. Remove the cornbread from the irons and serve.

Nutrition Facts

Total Calories	112	Total Fat	1g	Saturated Fat	1g
Carbohydrate	20	Polyunsaturated Fat	trace	Dietary Fiber	2g
Carbohydrate Choices	1	Monounsaturated Fat	trace	Sodium	53mg
Protein	4g	Cholesterol	33mg		

Reduced Fat Biscuits

Serves: 10 Serving Size: 1 biscuit

Recipe from White Lily Recipes

- 1 3/4 cups sifted all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon canola oil
- 2/3 cup skim milk



Directions

1. Preheat oven to 500 degrees.
2. Sift flour, baking powder, and salt together into a mixing bowl. Set aside.
3. In a small bowl, whisk together milk and canola oil, add the wet ingredients all at once to the flour mixture. Stir quickly with a fork until dough clings together.
4. Knead dough lightly about 10 times.
5. Place dough on a 12 x 16 inch sheet of waxed paper. Pat dough out until it is about 1/2 inch thick. Cut with an unfloured, biscuit cutter.
6. Place biscuits on an ungreased baking sheet and bake until golden, about 12 to 15 minutes.

Nutrition Facts

Total Calories 98

Carbohydrate 18g

Carbohydrate Choices 1

Protein 3g

Total Fat 2g

Polyunsaturated Fat trace

Monounsaturated Fat 1g

Cholesterol trace

Saturated Fat trace

Dietary Fiber 1g

Sodium 237mg

Lower Fat Sausage Gravy

Serves: 4 Serving Size: 1/2 cup

Recipe from Mechelle Coble

- 2 pork sausage links
- 3 tablespoons self-rising flour
- 1/4 teaspoon salt
- 1 teaspoon black pepper
- 2 cups skim milk
- 1/2 cup water



Directions

1. Brown sausage over medium heat. Breaking it into small pieces as it browns. When sausage is done, remove from skillet.
2. Add 1/2 cup water to pan drippings and increase heat.
3. When the pan drippings and water begin to boil; add flour, salt, and pepper. Stir well with a fork or whisk to prevent lumps. Return the sausage to the skillet.
4. Continue to stir until well blended and add milk. Simmer over heat until the mixture thickens.
5. Serve over biscuits.

Nutrition Facts

Total Calories 92

Carbohydrate 11g

Carbohydrate Choices 1/2

Protein 6g

Total Fat 3g

Polyunsaturated Fat trace

Monounsaturated Fat 1g

Cholesterol 7mg

Saturated Fat 1g

Dietary Fiber trace

Sodium 315mg

Seasoned Green Beans

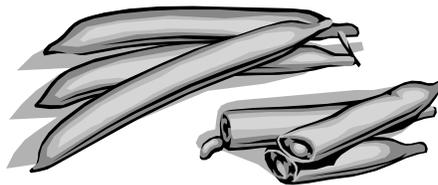
Serves: 8 Serving Size: 1/2 cup

Recipe from Paula White

- 1 quart green beans
- 1 whole onion, peeled and halved
- 2 cloves garlic, peeled
- 1 teaspoon olive oil

Directions

1. Place all ingredients into a two quart pot. If you are using frozen green beans add about 1 cup water.
2. Allow the beans to come up to a boil and then turn heat to simmer.
3. Simmer the beans, onion and garlic until all are tender and the onion and garlic have infused their flavors into the beans.
4. Pour into a warmed serving bowl and enjoy.



Nutrition Facts

Total Calories 28

Carbohydrate 5g

Carbohydrate Choices 0

Protein 1g

Total Fat 1g

Polyunsaturated Fat trace

Monounsaturated Fat trace

Cholesterol 0mg

Saturated Fat trace

Dietary Fiber 2g

Sodium 4mg

Tomato, Cucumber, and Onion Salad

Serves: 8 Serving Size: 1/2 cup

Recipe from Mechelle Coble

Salad Ingredients

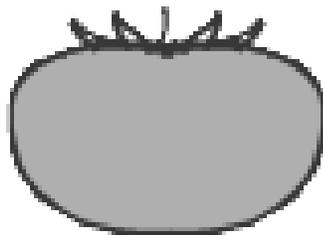
3 whole ripe tomatoes (about 2 1/2 to 3 pounds)
2-3 medium cucumbers
1 large onion

Dressing Ingredients

2 tablespoons olive oil
2 tablespoons vinegar
1/2 cup water
3 packets artificial sweetener
1/4 teaspoon salt
1/2 teaspoon black pepper

Directions

1. Clean and slice the vegetables, layer them onto a serving platter.
2. Combine all ingredients for the dressing and pour over the vegetables.
3. Allow the salad to marinate for at least 2 hours before serving.



Nutrition Facts

Total Calories 55

Carbohydrate 6g

Carbohydrate Choices 0

Protein 1g

Total Fat 4g

Polyunsaturated Fat trace

Monounsaturated Fat 3g

Cholesterol 0mg

Saturated Fat 1g

Dietary Fiber 1g

Sodium 140mg

Lower Fat and Sugar Pudding Pie

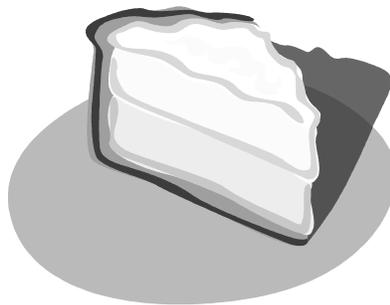
Serves: 8 Serving Size: 1/8 pie

Recipe from Mechelle Coble

- 1 reduced fat graham cracker pie crust
- 1 box sugar free instant pudding mix
- 1 1/2 cups skim milk
- 8 tablespoons fat free whipped topping as garnish

Directions

1. Combine pudding with milk and stir until thickened.
2. Pour the pudding mixture into the graham cracker pie crust.
3. Chill thoroughly before slicing to serve.
4. Garnish each slice with fat free whipped topping.



Nutrition Facts

Total Calories 237

Carbohydrate 34g

Carbohydrate Choices 2

Protein 3g

Total Fat 10g

Polyunsaturated Fat 2g

Monounsaturated Fat

Cholesterol 11mg

Saturated Fat 3g

Dietary Fiber trace

Sodium 382mg

Better Banana Pudding

Serves: 10 Serving Size: 1/2 cup

Recipe from Mechelle Coble

- 3 small bananas
- 30 vanilla wafers
- 2 boxes sugar free vanilla pudding mix
- 4 cups skim milk
- Fat free whipped topping (optional)

Directions

1. Combine pudding mix with skim milk, stir until thickened.
2. Peel and slice bananas.
3. Alternate layers of vanilla wafers, bananas and pudding mixture into a bowl, finishing with the pudding mixture.
4. Garnish with fat free whipped topping as served (optional).



Nutrition Facts

Total Calories 227

Carbohydrate 39

Carbohydrate Choices 1 1/2

Protein 7g

Total Fat 5g

Polyunsaturated Fat trace

Monounsaturated Fat 3g

Cholesterol 4mg

Saturated Fat 2g

Dietary Fiber 2g

Sodium 234

My Favorite Recipe

Re-do some of your favorite recipes to make them diabetes friendly.

Serves:

Serving Size:

Recipe from



Directions

Nutrition Facts

Total Calories

Carbohydrate

Carbohydrate Choices

Protein

Total Fat

Polyunsaturated Fat

Monounsaturated Fat

Cholesterol

Saturated Fat

Dietary Fiber

Sodium

My Favorite Recipe

Re-do some of your favorite recipes to make them diabetes friendly.

Serves:

Serving Size:

Recipe from



Directions

Nutrition Facts

Total Calories

Carbohydrate

Carbohydrate Choices

Protein

Total Fat

Polyunsaturated Fat

Monounsaturated Fat

Cholesterol

Saturated Fat

Dietary Fiber

Sodium

Resources

Guide to Eating Right When You Have Diabetes	American Diabetes Association, Maggie Powers, MS, RD, LD
Pass the Pepper Please!	Diabetes Center, Inc. Diane Reader, RD; Marion Franz, MS, RD, CDE
The Supermarket Guide -Food Choices for You and Your Family	The American Dietetic Association; Mary Abbot Hess, LHD, MS, RD, FADA
The Restaurant Companion	Surrey Books; Hope S. Warsaw, MMSc, RD
The Diabetes Carbohydrate and Fat Gram Guide	American Diabetes Association and American Dietetic Association; Lea Ann Holzmeister, RD, CDE
Exchanges Lists for Meal Planning	American Diabetes Association and American Dietetic Association; Anne Daly, MS, RD, BC-ADM, CDE, Chair of Editorial Panel
Salt: The Brand Name Guide to Sodium Content	Center for Science in the Public Interest; Dr. Michael Jacobson, Bonnie Liebman, Greg Moyer
Diabetic Cooking™ Magazine	Published 6 times per year; \$23.94; 1-847-329-5657
Diabetes Self-Management® Magazine	Published 6 times per year; \$18.00; 1-800-234-0923
Diabetes Forecast® Magazine	Published 12 times per year; \$28.00; 1-800-806-7801
Basic, Advanced Carbohydrate Counting	American Diabetes Association and American Dietetic Association

