

Nutrition Basics



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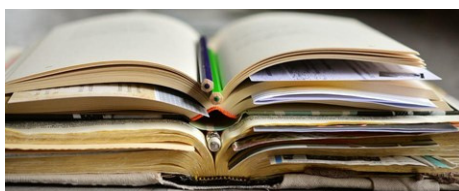


Eating Healthy With Diabetes

Kentucky Diabetes Prevention and Control Program

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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 sessions or meeting with your health care team.

Ask your local health department or health care provider about diabetes education services, support groups, referral for an appointment with a dietitian and other services offered for people with diabetes. Visit Kynect for more information: https://kynect.ky.gov/resources/s/?language=en_US



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Diabetes and Food

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

Managing diabetes by keeping blood glucose more in range can help delay or prevent serious diabetes related health problems.

Our favorite foods we grew up with may not always be the healthiest choices. Traditional recipes were often heavily seasoned with butter 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 every day. We must strive to balance our calorie intake with daily activity.



The Basics

Food provides many nutrients to help keep our bodies working.

These include carbohydrates, protein, fat, vitamins, and minerals. They are often measured in “grams”. A gram is about the weight of a small metal paper clip.

Carbohydrates have 4 calories per gram. It is the main source of energy for the body. Starches/grains, starchy vegetables, fruit, milk and sugar/sweets are food groups that have carbohydrate in them.

Proteins have 4 calories per gram and provide the building blocks for muscle and tissue in the body. Meat, fish, poultry, eggs, cheese, legumes (beans and peas), nuts and seeds are some of the main sources of protein.

Fats have 9 calories per gram. Examples of fat are oil, butter, margarine, animal fat (lard, bacon grease) and shortening. Fat provides energy and moves vitamins throughout the body.



Some food are made up of only carbohydrate, protein or fat. Some are a combination of carbohydrate, protein, and/or fat. It is important to eat a variety of foods to get the nutrients the body needs.

What is Carbohydrate?

Starches/Grains

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. Each serving listed below has about 15 grams of carbohydrates.

Serving Sizes:

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)



Nonstarchy Vegetables

Many vegetables are low in calories and carbohydrate. They provide vitamins, minerals, and nutrients that help lower risk for diseases. Eating a rainbow of colorful non-starchy vegetables can help prevent cancer. Each serving below has about 5 grams of carbohydrates.



Serving Sizes:

1 cup raw

1/2 cup cooked

1/2 cup juice

Rice

White

Wild

Brown



Rice is a part of most people's pantry supplies. It can be used in many different ways, as a side dish, part of a casserole, dessert, and even breakfast.

Rice can be added to meals as a less costly ingredient to stretch your meals.

Count carbohydrate when eaten and include in healthy meal plan. Different types of rice have different amounts of carbohydrate per serving and different amounts of fiber. See Reading Food Label on page 12.

Rice and pasta are high carbohydrate food choices that can be used as part of healthy eating with diabetes if you count the carbohydrates, prepare it in a healthy manner, and measure appropriately.

Couscous

Quinoa



Couscous is a pasta and quinoa is a seed from a plant used in many dishes . You may see these used in place of rice or other pastas. Count carbohydrate content when using these in your meal plan.

What is Carbohydrate?

Fruit

Fruit provides vitamins, minerals and nutrients to fight disease and help prevent cancer. Fruit is found in various sizes. Fruit juice is a very concentrated source of carbohydrate. Each serving listed below has about 15 grams of carbohydrates.

Serving Sizes:

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 of grape or cranberry)



Fiber

Some starches have dietary fiber. Fiber is not used by the body for energy but helps to make you feel full and decreases constipation. The amount of fiber in foods can be changed by cooking or processing. For example, an apple has more fiber than apple juice and a baked potato with the skin 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. Review the nutrition facts label for amount of fiber in product.



Fiber Recommendations

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

What is Carbohydrate?

Milk/Other Dairy

Dairy foods provide lactose, which is a source of carbohydrate. They also provide calcium, vitamin D and phosphorus. Adults and children over age two should choose 1% or fat free milk. Children 1–2 years old should drink whole milk. Other unsweetened beverages such as almond, soy and cashew milk are low in carbohydrates. These may be a good choice for persons who do not tolerate lactose. Each serving below has about 12 grams of carbohydrates.

Serving Sizes:

8 oz milk

6 oz yogurt (no sugar added and fat free)



Sweets and Desserts



Limit added sweets in your meal plan. They provide a lot of carbohydrates and little nutrition value.



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



Sweets: candy, cakes, pies, cookies, desserts, regular soft drinks, regular Kool-Aid®, fruit flavored drinks, Powerade® and Gatorade®.



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.

Sweeteners

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.



Low-Calorie/No-Calorie Sweeteners



Sugar Alcohols:

Have calories, cause blood sugars to rise, and can have a laxative effect. Look for sorbitol, maltitol, isomalt, xylitol, erythritol and hydrogenated starch hydrolylates on the ingredient list. These are often found in “sugar free” items.

Sugar Substitutes

- Acesulfame K - Sweet One® Sunnette®
- Advantame
- Aspartame - Nutra Sweet® or Equal®
- Monk fruit extract or Luo han gou extract– Nectresse®, Monk Fruit in the Raw®,
- PureLo®
- Neotame - Newtame®
- Saccharin - Sugar Twin® or Sweet-n-Low®
- Stevia - Truvia®, Purvia®, Enliten®
- Sucralose - Splenda®



Sugar Substitute Blends:

These baking blends are 1/2 sugar substitute and 1/2 sugar. They are not calorie or carbohydrate free foods.

Two examples are Splenda® Sugar Blend for Baking and Truvia® Brown Sugar Blend.



What is Protein?

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



Most people only need about 2-3 ounces, 2 times per day. A deck of cards or the palm of a woman's hand is equal to about 3 ounces of cooked protein.



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 be told to limit protein.

Serving Sizes:

3 ounces of protein = 3 ounces cooked chicken, beef, pork, fish, or wild game

1 ounce of protein = 1/4 cup cottage cheese or 1 egg or 1/4 cup tuna, 1/2 cup of cooked beans/legumes, one ounce of cheese

1 ounce of protein = 2 tablespoons of peanut, almond or cashew butter or tahini

1 ounce of protein = 23 whole almonds, 7 whole walnuts, 85 pumpkin seeds or 49 pistachios



What is Fat?







Fats help the body to use some vitamins, add flavor to food, and are needed in small amounts for good health. It is best to choose monounsaturated (example: olive oil) and polyunsaturated (example: margarine in tub) fats which are usually liquid at room temperature. Saturated fats (example: butter or shortening) are hard at room temperature and are linked to blood vessel and heart disease.

Serving Size:

- 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



Simple ways to lower 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.

Reading Food Labels

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

- Serving size and servings per container.
- Total calories per serving.
- Total fat grams per serving is listed with amounts for both Saturated and Trans fat.
- Cholesterol per serving.
- Sodium (salt) per serving.
- Total carbohydrates per serving including sugars and dietary fiber per serving. “Added sugars” is required on labels. Limit to less than 10% of total daily calories.
- Total grams of protein per serving.
- Vitamins and Minerals required to be listed include: Vitamin D, Calcium, Iron and Potassium.
- Daily Value percentages on the right side of the label represents values for a 2000 calorie diet.



Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Additional Tips:






- Servings sizes on the nutrition facts label may not be the exact serving size for your meal plan.
- If you are eating more than one serving, multiply the number of calories and nutrients listed by the number of servings you eat to get the total.
- A common goal for sodium (salt) is 400mg or less per single serving and 800mg or less for a meal.
- Ingredients are listed in order of the amount they are found in the food.

Salt (Sodium)

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



Simple Ways to Decrease Salt:

-  Limit canned and processed foods that are high in sodium. Choose more fresh and frozen foods. Rinse canned vegetables.
-  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).



Tips for Meal Planning

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.



Snacks—Snacking depends on meal plan and blood sugar level. Some 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.



Eating Out—Follow your meal plan and remember your portion sizes. Ask how the food is prepared, try grilled instead of fried, or a salad instead of French Fries. Do not up-size your meals.

Alcohol—May cause low blood sugar. Drink alcohol only with a meal and in moderation. Limit to no more than 1 drink for women and 1-2 drinks for men per day.



Meal Planning

A “healthy” daily meal plan for older children and adults who are not overweight is about 2,000 calories and includes the following foods each day.

- 2 - 3 servings of fruit per day
- 3 - 5 servings of vegetables
- 6 - 11 servings of grains (make at least 1/2 your grains whole grain), dried beans and starchy vegetables
- 2 - 3 servings of low-fat or fat-free milk or other dairy products
- 5 - 6 ounces of lean meat or meat substitute

Tips

- Know your limits on added fats, sugars, and salt.
- Be sure to include physical activity in your daily routine.



It is important to find a meal plan that works best for you. Carbohydrate counting and the plate method are two plans that work well for many people.

A dietitian can help you create a meal plan based on your needs. Ask your healthcare provider for a referral or check in your community for dietitian services.

Carbohydrate Counting

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

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

Foods that contain carbohydrates are milk, yogurt, fruit, fruit juices, breads, cereals, starchy vegetables, rice, 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.



Serving of Food

Amount of Carbohydrate

One starch/grain

15 grams carbohydrate

One fruit

15 grams carbohydrate

One milk

12 grams carbohydrate

One sweet or dessert or other carbohydrate

15-60 grams carbohydrate

One nonstarchy vegetable

5 grams carbohydrate

One meat

0 grams carbohydrate, unless breaded or sweetened

One fat

0 grams carbohydrate, unless breaded or sweetened

Carbohydrate Counting

These are general carbohydrate recommendations, check with your healthcare provider or dietitian for individual recommendations.

	Women	Men
For Weight Loss (per meal)	30-45 grams carbohydrate (2-3 carb choices)	45-60 grams carbohydrate (3-4 carb choices)
For Weight Maintenance (per meal)	45-60 grams carbohydrate (3-4 carb choices)	60-75 grams carbohydrate (4-5 carb choices)
For Snacks	15 grams carbohydrate (1 carb choice)	15 grams carbohydrate (1 carb choice)



Spread carbohydrates evenly throughout the day and eat at the same time every day to help manage blood sugars. Use food labels to help count total carbohydrates.

Examples of Carbohydrate Counting

1 Poached Egg	0 gram carb	2 oz Turkey	0 gram carb
2 Slices Toast	30 grams carb 1/2	2 Slices Bread	30 grams carb =
cup Orange Juice	15 grams carb	1 cup Salad	5 grams carb
Black Coffee	0 gram carb	Fat-Free Salad Dressing	5 grams carb
		1 oz Fat-Free Chips	23 grams carb
Total Carb	45 grams	Total Carb	63 grams

What is a Healthy Plate?

A healthy diabetes meal plate includes a variety of foods including:

- Vegetables from five subgroups: dark green, red/orange vegetables, legumes (beans and peas), starchy (potatoes and winter squash) and others.
- Fruits, especially whole fruits.
- Grains, at least 1/2 of which are whole grains.
- Fat-free or low-fat dairy including milk, yogurt, cheese and/or fortified soy beverages.
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts and seeds and soy products.
- Place foods on a 9 inch plate no more than 1 inch high using the picture below.



Steps to Make a Healthy Plate

1 Fill 1/2 your plate with Non-starchy Vegetables



Some good choices include:

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Eggplant
- Green beans
- Greens (kale, mustard, turnip)
- Lettuce
- Mushrooms
- Onions
- Peppers
- Radishes
- Spinach
- Tomatoes
- Turnips
- Zucchini

2 Fill 1/4 your plate with Protein

Some healthy choices include:

Dried Beans (also source of starch)

Beef (round and sirloin)

Chicken

Pork (center loin and tenderloin)

Cheese

Eggs

Low-fat cottage cheese

Catfish

Cod

Haddock

Lamb

Nuts

Oysters

Shrimp

Tofu

Tuna

Turkey



Steps to Make a Healthy Plate

3 Fill 1/4 of your plate with Starch/Grain

Some healthy choices include:

Beans (also a source of protein)

Bread

Butternut Squash

Cereal

Corn

Crackers

Green peas

Lentils (also a source of protein)

Oatmeal

Pasta

Popcorn

Potatoes

(white

and

sweet)

Pretzels

Quinoa

Rice

Tortillas



4 Add a serving of Fruit

A serving of fruit equals:

1 small piece of whole fruit

1/2 cup frozen or canned (no sugar added)

3/4 to 1 cup of berries or melon

2 Tablespoons dried fruit

Some healthy choices include:

Apple

Banana

Blueberries

Fruit Cocktail

Honeydew melon

Kiwi

Orange

Pineapple

Peaches

Pears

Raisins

Strawberries

Watermelon



5 Add a serving of Dairy

A serving of dairy equals:

8 ounces of milk

6 ounces of yogurt

Some healthy choices include:

Low-fat or Fat-free milk

Plain non-fat yogurt

Unsweetened fortified soy, almond or rice beverages

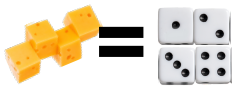


Aim for Healthy Weight

What does a serving look like?



3 ounces of meat is about the size and thickness of a deck of playing cards



1 oz of cheese is about the size of 4 stacked dice



1/2 cup of ice cream is about the size of a tennis ball



1 cup of veggies is about the size of your fist



1 teaspoon of butter or peanut butter is about the size of the tip of your thumb



1 ounce of nuts or small candies equals one handful

Control Portions

- Learn to estimate portions when you do not have measuring cups available.
- Eat smaller portions.
- Avoid second helpings.
- Eat off a smaller plate.
- Measure snacks and place them in small bags or containers.
- Avoid eating out of large chip or snack bags.

Weight Management Tips

- Set a reasonable weight goal.
- Healthy weight loss equals 1-2 pounds a week.
- Weight loss may improve blood sugar.
- Make small healthy changes.
- Be active at least 30 minutes most days of the week.
- Be mindful of portion sizes.
- Drink 6– 8 glasses of water each day.
- Reduce calories by choosing healthy options and limiting portions.
- Limit the amount of fat added to foods.



Basic Recipe Substitutions

Instead of this:	Replace with this:
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.

Each recipe shows cooking methods that decrease added fat, salt and/or sugar.

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

Ingredients

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



Directions

1. Place chicken breasts and 2 quarts of water in a large pot and bring 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 saved cooking liquid 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.
5. Gently stir the dumplings and broth.
6. Shred the cooked chicken and return to the cooking pot.
7. Sprinkle 1 teaspoon black pepper and adjust the seasonings as needed. Simmer for an additional 3-5 minutes and serve.

Nutrition Facts per serving

Total Calories 250	Total Fat 2g	Saturated Fat trace
Carbohydrate 35g	Polyunsaturated Fat trace	Dietary Fiber 2g
Carbohydrate Choices 2	Monounsaturated Fat 2g	Sodium 653mg
Protein 21g	Cholesterol 39mg	

Baked to Taste Like Southern Fried Chicken*

Serves: 4 Serving Size: 5 ounces

Recipe from Mechelle Coble

Ingredients

- 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. Place 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

Ingredients

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



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.
7. Adjust seasoning if necessary.

Nutrition Facts per serving

Total Calories 185

Carbohydrate 29g

Carbohydrate Choices 2

Protein 14g

Total Fat 2g

Polyunsaturated Fat trace

Monounsaturated Fat 1g

Cholesterol 11mg

Saturated Fat trace

Dietary Fiber 11g

Sodium 394mg

Vegetable Beef Soup

Serves: 8 Serving Size: 2 cups

Recipe from Paula White

Ingredients

- 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 meat is very tender. Adjust the time if you use a pressure cooker to cook the meat. 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.
3. Combine all into a large stock pot along with 16 ounces of the beef broth and 1/4 teaspoon salt.
4. 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.
5. Bring all of the ingredients up to a gentle boil and boil for two minutes.
6. 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.
7. Adjust seasonings as 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



Ingredients:

- 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.
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 saute until tender.
3. When the potatoes are tender turn the heat up to medium high to crisp and brown the potatoes and onions.
4. Increase heat to 350 degrees. When the vegetables are nearly done, remove the lid and allow the potatoes to brown and crisp. You have to watch the vegetables closely- do not let them scorch.
5. Remove potatoes to a warmed serving bowl and enjoy.

Nutrition Facts

Total Calories 163

Carbohydrate 30g

Carbohydrate Choices 2

Protein 4g

Total Fat 4g Saturated Fat trace

Polyunsaturated Fat 1g Dietary Fiber 3g

Monounsaturated Fat 2g Sodium 277mg

Cholesterol 0mg

Cornbread

Serves: 6 Serving Size: 1 muffin

Recipe from Paula White

Ingredients

- 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

Carbohydrate 20

Carbohydrate Choices 1

Protein 4g

Total Fat 1g

Polyunsaturated Fat trace

Monounsaturated Fat trace

Cholesterol 33mg

Saturated Fat 1g

Dietary Fiber 2g

Sodium 53mg

Reduced Fat Biscuits

Serves: 10 Serving Size: 1 biscuit

Recipe from White Lily Recipes

Ingredients

- 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	Total Fat 2g Saturated Fat trace
Carbohydrate 18g	Polyunsaturated Fat trace Dietary Fiber 1g
Carbohydrate Choices 1	Monounsaturated Fat 1g Sodium 237mg
Protein 3g	Cholesterol trace

Lower Fat Sausage Gravy

Serves: 4 Serving Size: 1/2 cup

Recipe from Mechelle Coble

Ingredients

- 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

Ingredients

- 1 quart green beans (fresh, frozen or canned)
- 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 Saturated Fat trace

Polyunsaturated Fat trace Dietary Fiber 2g

Monounsaturated Fat trace Sodium 4mg

Cholesterol 0mg

Tomato, Cucumber, and Onion Salad

Serves: 8 Serving Size: 1/2 cup

Recipe from Mechelle Coble

Salad Ingredients

3 whole ripe tomatoes
(2 1/2-3 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 then 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

Ingredients

- 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 Saturated Fat 3g

Polyunsaturated Fat 2g Dietary Fiber trace

Monounsaturated Fat Sodium 382mg

Cholesterol 11mg

Better Banana Pudding

Serves: 10 Serving Size: 1/2 cup

Recipe from Mechelle Coble

Ingredients

- 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 then 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

Resources

- Academy of Nutrition and Dietetics
www.eatright.org
- Association of Diabetes Care and Education Specialists
www.diabeteseducator.org
- American Diabetes Association
www.diabetes.org
- Centers for Disease Control and Prevention
www.cdc.gov/diabetes
- National Diabetes Education Program
www.ndep.nih.gov
- National Institute of Diabetes and Digestive and Kidney Diseases
<https://www.niddk.nih.gov>
- Kentucky Diabetes Network, Inc.
www.kydiabetes.net
- Plate It Up Kentucky Proud Recipes for Kentucky's local grown produce
<https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>
- Kentucky Diabetes Prevention and Control Program
<https://www.chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx>



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