

# Eat Healthy and Stay Healthy

## -Diabetes Prevention-



*“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”*

**- William Londen -**

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# Diabetes Prevention

- About 6% of the total U.S. population have diabetes.
- 90-95% of all cases of diabetes are type 2 diabetes. Type 2 can be described as when the body produces insulin but decreases its sensitivity and responsiveness to insulin.
- Decreases in insulin sensitivity are associated with older age, obesity (particularly upper-body weight), family history, gestational diabetes, and sedentary lifestyle.

## Common Symptoms of Diabetes

- High blood sugar
- Excessive thirst
- Frequent urination
- Eating abnormally large amounts of foods (extreme hunger)
- Weight loss (unexplained or unintentional)
- Fatigue

## Recommended Diet Composition:

40-60% calories from carbohydrates

15-30% calories from protein

20-30% from fat

## Maintain Blood Sugar Level:

To maintain a stable blood sugar level in Type 2 diabetes, it is important to eat consistent amounts of carbohydrates at meals and snacks. A 3-meal and 2-snack pattern is recommended.

## Dietary recommendations for diabetes:

- For nutrient content, as well as blood sugar control it is wise to limit refined carbohydrates such as white bread, concentrated sweets, white rice, french fries, and processed starch foods. These foods, as well as fruit juices, are quickly digested and absorbed and affect blood glucose quickly. These types of foods contribute to higher levels of blood sugar, insulin, triglycerides, and lower levels of HDL. Excess amounts of refined carbohydrates can increase risk for developing CVD or diabetes.
- Whole grain products help keep the body's sugar control in check, thereby, protecting against diabetes. Although they are the best choice of carbohydrate, the amount of whole grain foods should be measured and kept consistent.
- Replace saturated and trans fat with unsaturated fats to prevent heart disease.
  - **Mono-Unsaturated Fats:** olive oil, canola and peanut oil, avocados, and most nuts.
  - **Unsaturated Fats:** corn, soy, safflower, cottonseed and fish oil.
  - **Saturated Fats:** Whole milk, butter, cheese, ice cream, red meat, chocolate, coconuts, and

coconut milk.

- **Trans Fats:** Most margarine, vegetable shortening, partially hydrogenated vegetable oil, deep-fried chips, many fast foods, and most commercially baked goods.
- Foods high in fiber are healthy too. Fiber comes from plants and may help to lower blood glucose and blood cholesterol levels. Foods high in fiber include: bran cereals, cooked beans and peas, whole-grain bread, fruits, and vegetables.

### **How to Prevent or Delay Diabetes**

Glucose Intolerance, sometimes called Pre-diabetes, is a medical condition that often precedes Type 2 Diabetes. According to the Diabetes Prevention Program study, people with glucose intolerance can often prevent the development of type 2 diabetes by making changes in their diet and increasing their level of activity. They may even be able to return their blood glucose levels to the normal range.

### **What can exercise or physical activity do for me?**

Physical activity can lower your blood sugar, blood pressure, and cholesterol. It also reduces your risk for heart disease and stroke; relieves stress; and strengthens your heart, muscles, and bones. Regular activity also helps insulin work better, improves your blood circulation, and keeps your joints flexible. A combination of physical activity and wise food choices can help you reach a healthier weight and maintain it.

### **Being Active Throughout the Day**

In addition to structured exercise, there are many opportunities to be active throughout the day. Being active helps burn calories and can reduce blood sugar levels. Generally, the more you move around, the more energy you will have. These strategies can help you increase your activity level:

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Work in the garden, rake the leaves, or do some housecleaning everyday.
- Park at the far end of the shopping center lot and walk to the store.

Even though these are good habits, they will not induce weight loss or increase fitness levels considerably. However, starting easy will help you “work up” to moderate physical activity.

### **Relevant Websites**

<http://www.ndep.nih.gov> , <http://www.diabetes.org>

# Recipes

## WHOLE WHEAT BERRIES

These whole kernels need soaking or steam cooking to become tender. When cooked, they have a sweet, nut-like flavor and a slightly chewy texture. There are many ways to prepare dishes with wheat berries, and many ways aren't discovered yet - so experiment!

The versatility of wheat berries is demonstrated in recipes from cereals to breads, to casserole and to stuffing for fowl. These recipes call for cooked wheat berries. Wheat berries can be prepared ahead of time and the ready-to-use cooked wheat may be stored airtight in the refrigerator for about 2 weeks.

Wheat Berries are probably the easiest whole wheat food to prepare, and certainly ranks as one of the most versatile foods in use. None of the measurements are critical, and there's no fussing with stirring, continual watching, etc.

Wheat berries can be made from whole wheat kernel or cracked wheat and can be used to replace rice in most dishes, substituted for mashed potatoes, or baked to make a delightful and nutritious crunchy TV snack.

**To make wheat berries:** In a pot with a fairly tight lid, combine 3 cups of water and 1 cup of wheat. Bring to a boil. Allow to simmer 2 hours. Turn off the heat and allow the wheat to stand 8-12 hours. Use or store in refrigerator, tightly covered, for no more than 2 weeks.

**Thermos cooked:** Put 1 cup wheat and salt and 3 cups boiling water in a quart-sized thermos. Screw the top lightly and leave until morning.

**Crock Pot Method:** Simmer ingredients on High for approximately 2 hours. Turn off the crock pot and let it sit overnight untouched.

## SPAGHETT SAUCE with WHEAT BERRIES

1 small onion, minced	2 cans tomato sauce
1 lb. ground beef	1 can Italian stewed tomatoes
Dash of seasoning salt	Brown sugar to taste
1 can spaghetti sauce	2 cups wheat berries (optional)

Fry onion in frying pan with 1 T. margarine. Drain. Fry ground beef until nearly done. Drain. Fry ground beef together with onion until beef is completely done and onions begin to brown. In a large sauce pan, combine all ingredients together. Simmer until flavors are well blended. Pour over favorite pasta. Sprinkle with cheese.

### Nutritional Information:

Serving: 1/3 cup, Yield: 8 servings, Calories: 138 kcals, Protein: 8 g, Fat: 5 g, Carbohydrates: 18 g, Cholesterol: 17 mg, Calcium: 39 mg, Sodium: 729 mg, Iron: 1.81 mg

## **CUMIN-SCENTED WHEAT BERRY-LENTIL SOUP** from [www.Eatingwell.com](http://www.Eatingwell.com)

Freshly squeezed lemon juice adds a bright note to this toothsome and hearty winter soup, perfect for a weeknight supper with a hunk of crusty bread. It freezes beautifully—you can keep individual portions in the freezer for healthy weekday lunches. For homemade vegetable broth, see Roasted Vegetable Stock at [www.eatingwell.com](http://www.eatingwell.com)

1 ½ cups French green or brown lentils, sorted and rinsed (see Tip)	¼ teaspoon freshly ground pepper, plus more to taste
4 cups vegetable broth	4 cloves garlic, minced
4 cups cold water	1 ½ teaspoons ground cumin
3 tablespoons extra-virgin olive oil	1 ½ cups Cooked Wheat Berries
3 large carrots, finely chopped	1 bunch rainbow or red chard, large stems discarded, leaves roughly chopped
1 medium red onion, diced	3 tablespoons lemon juice
¾ teaspoon salt	

1. Combine lentils, broth and water in a Dutch oven. Bring to a boil over high heat, reduce heat, cover, and simmer gently until the lentils are tender, but not mushy, 25 to 30 minutes (brown lentils take a little longer than green).
2. Meanwhile, heat oil in a large skillet over medium heat. Add carrots, onion, salt and pepper. Cook, stirring occasionally, until the vegetables begin to brown, about 15 minutes. Add garlic and cumin and cook, stirring constantly, for 30 seconds more. Remove from the heat.
3. When the lentils are tender, stir cooked wheat berries and chard into the pot. Cover and simmer until the chard has wilted, about 5 minutes. Stir in the carrot mixture and lemon juice.

### Nutritional Information:

Serving: 1 2/3 cup, Yield: 6 servings, Calories: 250 kcals, Fat: 8 g (1 g sat, 5 g mono), Protein: 9 g, Carbohydrate: 36 g, Fiber: 9 g, Sodium: 617 mg

2 Carbohydrate Servings

Exchanges: 2 Starch, 1 Vegetable, 1 1/2 fat

**TIP:** French green lentils are firmer than brown lentils and cook more quickly. They can be found in natural-foods stores and some supermarkets.

## **WHEAT BERRY SALAD WITH RED FRUIT** from [www.Eatingwell.com](http://www.Eatingwell.com)

1/3 cup freshly squeezed orange juice	3 tablespoons raspberry vinegar
1/3 cup dried cranberries	3 tablespoons extra-virgin olive oil
3 cups Cooked Wheat Berries	1/4 teaspoon salt
1 large Fuji apple, unpeeled, diced	1/4 teaspoon freshly ground pepper
1/2 cup pecan halves, toasted (see Tip) and coarsely chopped	

1. Combine orange juice and cranberries in a small bowl. Let stand for 15 minutes.
2. Combine wheat berries, apple and pecans in a large bowl; stir gently. Drain the cranberries, reserving the juice. Stir the cranberries into the wheat berry mixture.
3. Whisk the reserved orange juice, vinegar and oil in a small bowl until combined. Season with salt and pepper. Pour over the salad and stir gently to coat. Refrigerate for at least 30 minutes to allow the flavors to combine. Serve cold or at room temperature.

**Nutritional Information:**

Serving Size: 1 cup, Yield: 6 servings, Calories: 316 kcals; Fat: 14 g (2 g sat, 9 g mono), Protein: 7 g, Carbohydrate: 40 g, Cholesterol: 0 mg, Fiber: 6 g Sodium: 363 mg

2 Carbohydrate Servings

Exchanges: 2 Starch, 1 Fruit, 2 1/2 Fat

**TIP:** To toast pecans, spread nuts onto a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

**HALIBUT WITH HERBS & CAPERS** from [www.Eatingwell.com](http://www.Eatingwell.com)

1/4 cup chopped onion	1 tablespoon chopped pitted green olives
1/4 cup fresh parsley leaves	2 teaspoons drained capers, rinsed
1 tablespoon fresh cilantro leaves	1 clove garlic, minced
2 teaspoons freshly grated lemon zest	1/8 teaspoon freshly ground pepper
1 tablespoon lemon juice	2 tablespoons extra-virgin olive oil
	1 1-pound halibut fillet, cut into 4 portions

1. Place onion, parsley, cilantro, lemon zest, lemon juice, olives, capers, garlic and pepper in a food processor; pulse several times to chop. Add oil and process, scraping down the sides several times, until a pesto-like paste forms. Pat halibut with the herb paste. Cover and refrigerate for 30 minutes.

2. Preheat oven to 450°F. Coat a 7-by-11-inch baking dish with cooking spray. Arrange the halibut in the dish and spoon any extra herb mixture on top. Bake, uncovered, until the fish is opaque in the center, 15 to 20 minutes. Serve immediately.

**Nutrition Information:**

Serving: 4 oz fillet, Yield: 4 Servings: Calories; 199 kcals, Protein: 24 g, Fat: 10 g (1 g sat, 6 g mono), Carbohydrate: 2 g, Cholesterol: 36 mg, Sodium: 125 mg, Fiber: 1 g

**GOLDEN CHICKEN WITH SPICY REFRIED BEANS** from [www.Eatingwell.com](http://www.Eatingwell.com)

Kids love this combination of refried white beans and chicken tenders. If you're concerned about making it too spicy, omit the jalapeno. Serve with extra cheese to sprinkle on top.

2 teaspoons ground cumin	1 jalapeno pepper, chopped
2 teaspoons ground coriander	2 15-ounce cans white beans, rinsed
1/4 teaspoon freshly ground pepper	3/4 cup canned diced tomatoes with green chiles or tomato salsa
1/4 teaspoon kosher salt	1/4 cup shredded Monterey Jack or Cheddar cheese
1 pound chicken tenders	
3 teaspoons canola oil, divided	
1 small onion, chopped	

1. Combine cumin, coriander, pepper and salt in a medium bowl. Add chicken and toss to coat.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and sauté until golden brown and just cooked through, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm.
3. Reduce heat to medium and add the remaining 1 teaspoon oil to the pan. Add onion and jalapeno and cook until beginning to soften, 1 to 2 minutes. Add beans, tomatoes (or salsa) and any accumulated juices from the chicken; cook, stirring often, until heated through, about 3 minutes. Transfer the bean mixture to a medium bowl and mash with a potato masher until creamy but still slightly chunky. Stir in cheese. Serve with the chicken.

**Nutrition Information:**

Serving: 2 chicken tenders and 1/2 cup beans, Yield: 6 serving, Calories: 205 kcals, Protein: 22 g, Fat: 5 g fat (1 g sat, 2 g mono), Carbohydrate: 26 g, Cholesterol: 37 mg, Sodium: 645 mg Potassium: 439 mg, Fiber: 8 g

**1 Carbohydrate Serving**

Exchanges: 1 1/2 starch, 3 very lean meat

**ROPA VEIJA** from [www.Eatingwell.com](http://www.Eatingwell.com)

1 1/2 cups reduced-sodium chicken broth	1 teaspoon salt
1/4 cup sherry vinegar	1/2 teaspoon freshly ground pepper
2 stalks celery, thinly sliced	3 pounds flank steak, trimmed of fat, each steak cut into thirds
1 large onion, chopped	1/2 cup packed fresh cilantro leaves, chopped
1 large red bell pepper, seeded and chopped	1/2 cup chopped pickled jalapenos
3 cloves garlic, minced	10 corn tortillas, heated (see Tip)
1 tablespoon ground cumin	

1. Combine broth, vinegar, celery, onion, bell pepper, garlic, cumin, salt and pepper in a 6-quart slow cooker. Add beef, submerging it by tucking the vegetables under, over and between the pieces.
2. Put the lid on and cook on low until the meat is fork-tender, about 8 hours.
3. Transfer the meat to a cutting board; let stand for 10 minutes. Shred the meat with 2 forks and return it to the slow cooker. Stir in cilantro. Garnish with jalapeno and serve warm tortillas on the side.

**Nutrition Information:**

Serving: 2 cups, Yield: 10 servings, Calories: 265 kcals, Protein: 24 g, Fat: 11 g (4 g sat, 4 g mono), Carbohydrate: 18 g, Cholesterol: 53 mg, Sodium: 376 mg, Fiber: 3 g

1 Carbohydrate Serving

Exchanges: 1 starch, 1 vegetable, 3 lean meat

TIP: Wrap corn tortillas in foil and bake at 300°F until steaming, about 10 minutes.

MAKE AHEAD TIP: Cover and refrigerate for up to 3 days or freeze for up to 1 month.

### **BEEF TENDERLOIN WITH ROASTED VEGETABLES** from Easy Home Cooking

This flavorful dish, perfect for the meat and potato lover, packs an impressive punch of essential nutrients. It can't be beat as a source of vitamin A, vitamin C, vitamin B12, iron and phosphorous.

1 beef tenderloin roast (about 3 pounds),  
trimmed of fat  
½ cup chardonnay or other dry white wine  
½ cup reduced-sodium soy sauce  
2 cloves garlic, sliced  
1 tablespoon fresh rosemary

1 tablespoon Dijon mustard  
1 teaspoon dry mustard  
1 pound small red or white potatoes, cut into  
1-inch pieces  
1 pound Brussels sprouts  
1 package (12 ounces) baby carrots

1. Place roast in large resealable food storage bag. Combine wine, soy sauce, garlic, rosemary, Dijon mustard and dry mustard in small bowl. Pour over roast. Seal bag; turn to coat. Marinate in refrigerator 4 to 12 hours, turning several times.
2. Preheat oven to 425°F. Spray 13X9-inch baking pan with nonstick cooking spray. Place potatoes, Brussels sprouts and carrots in pan. Remove roast from marinade. Pour marinade over vegetables; toss to coat well. Cover vegetables with foil; roast 30 minutes. Stir.
3. Place tenderloin on vegetables. Roast, uncovered, 35 to 45 minutes or until internal temperature of roast reaches 135°F for medium-rare to 150°F for medium when tested with meat thermometer inserted into thickest part of tenderloin.
4. Transfer tenderloin to cutting board; tent with foil. Let stand 10 to 15 minutes before carving. (Internal temperature will continue to rise 5°F to 10°F during stand time.) Reserve drippings from roasting pan to make gravy, if desired.
5. Stir vegetables; continue baking if not tender. Slice tenderloin; arrange on serving platter with roasted vegetables.

#### Nutritional Information:

Serving Size: 1/10 of total recipe (without gravy), Yield: 10 servings, Calories: 326 kcals, Protein 34 g, Fat: 10 g (3 g sat.), Carbohydrate: 24 g, Cholesterol: 71 mg, Sodium: 546 mg

1 Carbohydrate Serving

Exchange:

1 starch, 4 meat, 1.5 vegetable

## **PUMPKIN PEAR WAFFLES** from [www.diabetes.org](http://www.diabetes.org)

1 cup whole-wheat pastry flour	2 Tbsp brown sugar
1 1/2 tsp baking powder	1/2 cup pumpkin puree
1 tsp cinnamon	1/4 cup finely diced pear
1/2 tsp nutmeg	Nonstick cooking spray
2 eggs, beaten	

Mix together the flour, baking powder, cinnamon, and nutmeg. Beat together the eggs and sugar. Add in the flour mixture. Fold in the pumpkin and pear. Pour batter into a hot waffle iron coated with nonstick cooking spray and cook until waffles are crisp and browned. The batter will make 3 waffles.

### Nutrition Information:

Serving: 1/2 waffle, Yield: 6 Servings, Calories: 122 kcals, Protein: 5 g, Fat: 2 g (1 g sat), Carbohydrate: 22 g, Cholesterol: 71 mg, Sodium: 116 mg, Fiber: 3 g

### Exchanges:

1.5 Starch

## **CORN SOUP (CAJUN-STYLE)** from [www.diabetes.org](http://www.diabetes.org)

1 Tbsp canola or corn oil	1 14-oz can chopped tomatoes, (reserve juice)
1 1/2 cups chopped onion	2 cups chopped tomatoes
5 green onion, chopped with tops	6 oz tomato paste
1 green bell pepper, chopped	1/8 tsp salt
2 cloves garlic, chopped	1/8 tsp pepper
1/2 cup all-purpose flour	12 oz reduced-fat turkey sausage
5 cups water	32 oz frozen white corn kernels, thawed
4 chicken thighs, skinned, deboned, and chopped	4 oz ham, lean and boneless

1. Heat the oil in a large soup pot and sauté the onion, green onion, bell pepper, and garlic until tender. Add the flour and cook, stirring constantly, until bubbly.
2. Add the water, chicken, tomatoes and juice, tomato paste, salt and pepper.
3. Brown the sausage in a separate skillet and drain. Add the sausage to the soup pot, along with the corn and ham. Bring to a boil, stirring frequently.
4. Reduce the heat and simmer, uncovered, for 1 hour, stirring occasionally.

Nutrition Information: Serving: 1 cup, Yield: 12 servings, Calories: 237 kcals, Protein: 16 g, Fat: 7 g (2 g sat), Carbohydrate: 32 g, Cholesterol: 38 mg, Sodium: 487 mg, Fiber: 4 g

### Exchanges:

1 1/2 starch, 2 Vegetable, 1 Medium-Fat Meat

## MARMALADE-GLAZED ORANGE CHEESECAKE from [www.Eatingwell.com](http://www.Eatingwell.com)

It is exceptionally rich and creamy-tasting, but lower in saturated fat than a traditional cheesecake. The secret is to replace most of the cream cheese with pureed cottage cheese. Be sure to let the food processor do its job and process the cottage cheese until it has a silky texture.

### *Crust*

20 vanilla snaps or wafers (see Ingredient note)  
1 tablespoon canola oil

1 large egg  
2 large egg whites  
1 cup nonfat or low-fat plain yogurt  
4 teaspoons freshly grated orange zest  
2 tablespoons orange juice  
1 teaspoon vanilla extract

### *Filling*

2 1/2 cups low-fat (1%) cottage cheese  
12 ounces reduced-fat cream cheese (not nonfat),  
cut into pieces  
2/3 cup granulated sugar or Splenda Granular  
1/3 cup packed light brown sugar  
1/4 cup cornstarch

### *Glaze & Garnish*

2 tablespoons orange marmalade  
2 tablespoons orange liqueur or orange juice  
1 seedless orange, scrubbed and thinly sliced  
Mint sprigs

1. Preheat oven to 325° F. Coat a 9-inch spring-form pan with cooking spray. Put a kettle of water on to boil for the water bath. Wrap the outside of the pan with a double thickness of foil.
2. To prepare crust: Grind vanilla snaps in a food processor. Add oil and process until the crumbs are moistened. Press crumbs evenly into the bottom of the prepared pan.
3. To prepare filling: Puree cottage cheese in a food processor (use a clean work bowl) until smooth, scraping down the sides once or twice. Add cream cheese, granulated sugar (or Splenda), brown sugar and cornstarch. Process until very smooth. Add egg, egg whites, yogurt, orange zest, orange juice and vanilla; process until smooth. Pour over the crust.
4. Place the cheesecake in a shallow roasting pan and pour in enough boiling water to come 1/2 inch up the outside of the spring-form pan. Bake until the edges are set but the center still jiggles when the pan is tapped, 50 to 60 minutes.
5. Turn off the oven. Spray a knife with cooking spray and run it around the inside edge of the pan. Let the cheesecake stand in the oven, with the door ajar, for 1 hour. Remove the cheesecake from the water bath and remove the foil. Refrigerate, uncovered, until chilled, about 2 hours.
6. To glaze & garnish cheesecake: Shortly before serving, combine marmalade and orange liqueur (or juice) in a small saucepan. Heat over low heat, stirring, until melted and smooth. Place cheesecake on a serving platter and remove pan sides. Brush glaze over the top of the cheesecake. Make a slit in each orange slice, then twist and wrap it into a rosette. Garnish cheesecake with the orange rosettes and mint.

**TIP:** Ingredient note: To avoid trans fats, look for wafers without hydrogenated canola oil, such as My-Del Vanilla Snaps (found in natural-foods stores and large supermarkets).

**MAKE AHEAD TIP:** Prepare through Step 5. Cover and refrigerate for up to 2 days.

Nutrition Information (calculated using regular sugar):

Serving: 1/16 of a cake, Yield: 16 servings, Calories: 199 kcals, Protein: 9 g, Fat: 7 g fat (3 g sat, 1 g mono); Carbohydrate: 26 g, Cholesterol: 30 mg, Sodium: 293 mg, Fiber: 1 g

2 Carbohydrate Serving

Exchanges:

2 other carbohydrate

1 fat (saturated)

Nutrition Information (calculated using Splenda):

Calories: 171 kcals, Carbohydrate: 19 g

1 Carbohydrate Serving

## **TIPS for COOKING with SPLENDA**

Cookies

1. Substitute SPLENDA measure for measure in place of sugar.
2. Add 1 Tbsp. molasses for every cup of SPLENDA for browning and flavor
3. Use cinnamon, vanilla, or almond extract to help provide flavor
4. Reduce liquid by ½ Tbsp.
5. Flatten cookies on cookie sheet before baking.

Cakes

1. For every cup of SPLENDA, add ½ cup non-fat dry milk powder and ½ tsp. baking soda to dry ingredients.
2. Check for doneness 7-10 minutes earlier than recipe calls.

Bar cookies, muffins, and quick breads

1. Add ½ tsp. baking soda for each cup of SPLENDA.
2. In muffins and quick breads add 1-2 Tbsp. molasses to add flavor and moistness.
3. Check for doneness 3-5 minutes earlier than what the recipe states.