References

www.splenda.com

www.diabeticcooking.com

Diabetic Cooking™ Magazines

Adaptations from Carolyn's favorite recipe

EXTENSION

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Diabetic Cooking Education

Create Your Plate

Healthy Cooking for People with Diabetes

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Diabetic Cooking Education Class

The 2005 American Diabetes Association statistics report that 7 percent of the American population has diabetes. Diabetes is a chronic disease with no known cure. Diabetes means that the blood glucose (sugar) level is too high and that your body is not making enough insulin. Glucose is needed for energy, but too much creates health risks for kidneys, eyes, feet and other body parts.

1. Know the Warning Signs
   - Intense thirst
   - Extreme hunger
   - Numbness in hands or feet
   - Frequent urination
   - Blurred vision
   - Unexplained weight loss
   - Frequent infections with slow healing
   - Feeling extremely tired
2. Understand carbohydrates, fats and proteins
3. Limit fats and sugars
4. Maintain a healthy food plan
5. Exercise daily
6. Monitor sugar levels

Self Evaluation

Tips I learned:

Food substitutes I will use:

Class Notes

Class Outline

1. Living with Diabetes
   Entrées and Appetizers

2. Menu Planning (DASH) with Portion Size
   Fruits and Vegetables

3. Label Reading
   Main Course Items
   Fish and Wheat Benefits

4. Using Sugar and Fat Substitutes, Herbs and Spices
   Desserts and Snacks I can Enjoy

Session 1
Understanding and Living with Diabetes
Entrées and Appetizers

Carbohydrates—one of the major sources of calories. These come primarily from sugars and starch, and are needed for energy. Carbohydrates are broken down into glucose during digestion. Carbohydrates are the main ingredients that raise blood glucose.

Fats—the most concentrated source of calories in the diet.

- Monounsaturated—olive oil, canola oil
- Polyunsaturated—corn and other oils
- Saturated—animal fats
- Trans-Fatty Acids—shortening, margarine
- Omega 3 Fatty Acids—fish, flax seed

Fats store the body's insulin, too much fat "ties" up the insulin.

Proteins—build the blood cells, body tissue, hormones and other substance. Protein is found in meat, eggs, milk, beans, some vegetables and starches. About half of the proteins turn into sugars 3-4 hours after eating. Proteins slow down the sugar absorption into the blood stream.

Class Notes

Additional Recipes

Black Bean Mango Salsa

1 (15 oz) can black beans, drained and rinsed
2 mangos, chopped
2-3 Roma tomatoes chopped
½ red onion, chopped
½ bunch of cilantro
1 jalapeno pepper, minced
1 clove of garlic, minced
Lime juice
Salt and pepper to season (use coarse ground pepper)

Mix and chill before serving.

**For a seasonal variety and extra health benefits add ½ cup of pomegranate seeds to the salsa mix.

Glycemic Index

The glycemic index is the index that rates how quickly foods raise the blood sugar after consumption. Foods with a glycemic index of over 70 raise blood sugars very quickly. These foods have a lot of sugar or starch in them. Foods with a glycemic index of under 50 raise blood sugars more slowly. These are foods with few carbohydrates, and foods high in fiber.

Examples: white bread-71; wheat bread-51
baked potato-85; sweet potato-54

Find out additional information on the glycemic index at www.glycemicindex.com.

Plan Your Meals and Schedule

- It is important to eat nutritious foods at about the same time each day. Do not skip meals.
- Know your meal plan.
- Be physically active—30 minutes a day.
- Eat slowly and savor the taste.
- Modify recipes to have less fats, sugars and salts.

Glossary

Exchanges—food groups used by the American Diabetes Association (ADA) for meal planning. Food groups and products can be interchanged on the food lists.
Hyperglycemia—blood glucose levels are too high.
Hypoglycemia (or insulin reaction)—blood glucose levels drop too low (generally below 70 mg/dl).
Insulin—a hormone produced by the pancreas that helps the body use glucose. It unlocks the "door" and lets insulin enter.
Beta cells—make insulin in the pancreas.
Ketones—substances produced when the body breaks down fats for energy and cannot use blood sugar properly.
Ketoacidosis (diabetic coma)—caused by lack of insulin (build up of Ketones).
Fiber—the parts of plants that the body can't digest. Fiber aids the digestive tract. Soluble fiber lowers the food's glycemic index.
Sugar substitutes and sugar alcohols—sweeteners used in place of sugars.
A1C Test—test that measures average glucose control for the past 3 months (goal-under 7%).

Ginger Spiced Pumpkin Pie
1 cup finely crushed gingersnap cookies
¼ cup light margarine
Mix, spread in pie dish and refrigerate.
2 large egg whites
½ (scant) cup Splenda® brown sugar
1 (15 oz) can pumpkin
1 cup evaporated skim milk
1 tsp vanilla
1 tsp ground ginger, 1 tsp cinnamon, ½ tsp salt
Beat whites; add sugar, pumpkin, milk, vanilla and spice. Pour into crust and bake at 350 degrees for 60-70 minutes.

Maple Dip Delight
½ cup fat free vanilla yogurt
½ cup light Cool Whip
Dash ground cinnamon
Mix together and refrigerate for 1 hour. Serve with fruit.

Tips for cooking with Splenda®

- Improve flavor with cinnamon, vanilla or almond extract.
- Reduce liquid by ½ tbsp.
- Add ½ tsp baking soda for each cup Splenda®.
- Flatten cookies before cooking.
- Check for doneness (cooks faster).

Sugar Free Microwave Peanut Brittle

¾ cup sugar substitute equivalent
1 cup raw peanuts
½ cup sugar substitute syrup
1½ tbsp butter
1 tsp baking soda
1 tsp vanilla
½ tsp salt

Mix sugar, peanuts and syrup in GLASS container. Microwave for 4 minutes on high. Stir and microwave 2 more minutes. Add butter and microwave for 1 minute and 45 seconds. Add soda, vanilla and salt. Stir until foamy; pour onto prepared pan, marble, or Teflon liner.

Sugar Free Pecan Pie

3 eggs
1 cup Splenda® (or ½ cup brown sugar Splenda®)
1 cup diet syrup or sugar free maple syrup
¼ cup melted butter
1 cup pecans
1 (8-inch) pie crust

Beat eggs and Splenda® together. Add syrup and melted butter, stir. Add pecans. Put into unbaked pie crust. Cook at 375 degrees for 30-35 minutes. Keep refrigerated.

Session 1 Recipes

Bacon & Green Onion Cheese Ball

½ cup bottled real bacon bits
½ cup fat-free sour cream
1 (8 oz) package fat-free cream cheese
¼ cup blue cheese crumbles
½ cup chopped green onions

Mix together and shape into a ball. Chill for an hour and garnish with sliced almonds or green onion.

Cranberry Cheese Ball

1 (8 oz) package fat-free cream cheese
¼ cup sugar substitute equivalent
Cranberry orange sauce (recipe below)

Mix together, roll in sliced almonds and chill.

Cranberry Sauce

1 tsp cornstarch (or Instant Clear Jel®)
1 cup sugar substitute equivalent
½ cup water
3 cups fresh or frozen cranberries
1 medium orange, peeled and sectioned

Combine cornstarch, sugar substitute equivalent, and water. Add cranberries and oranges and bring to a boil. Reduce heat and simmer for 5 minutes. Berries will begin to pop and mixture will thicken. Cool.

Wonderful Apple Dip
1 (8 oz) package low fat-free cream cheese
½ cup sugar substitute equivalent brown sugar
Blend together and dip apples.

Delicious Cucumber Dip
½ cucumber, peeled, seeded and finely chopped
¾ cup low fat sour cream
2 tbsp low fat plain yogurt
¼ cup light mayonnaise
2 cloves garlic
2 tbsp dill
2 tsp parsley, chopped
½ tsp thyme
2 tsp apple cider vinegar
Mix and chill. Serve with veggies or heart healthy crackers.

Lite Deviled Eggs
6 eggs boiled and halved.
Remove yolks and mix in bowl with:
¼ cup low fat cottage cheese
3 tbsp prepared fat free ranch dressing
2 tsp Dijon mustard
2 tbsp chives or dill
1 tbsp Pimento

Crunchier Cran–Nutty Carrot Cookies
3 cups quick cooking oats
1 cup flour
1 tsp baking soda
1½ cups sugar substitute equivalent
2 large eggs or substitutes
½ cup canola oil
1 (8 oz) can crushed no sugar added pineapple (un-drained)
1 cup flaked coconut
1 cup shredded carrots
1 cup dried cranberries
1 cup chopped walnuts
1 tsp vanilla
Combine oats, flour and soda. Mix together sugar substitute equivalent, eggs, and oil. Add pineapple, coconut, carrots, cranberries, walnuts and vanilla. Blend with dry ingredients. Drop cookies on prepared pan and bake at 350 degrees for 10-11 minutes.

Sugar Free Roca Candy Delights
Line sheet cake pan with foil and spray with Pam.
Layer saltine or graham crackers on foil.
1 cup margarine (light)
½ cup brown sugar substitute equivalent
Boil for 3 minutes. Gently pour over crackers. Bake at 350 degrees for 7 minutes. Sprinkle with sugar free chocolate and nuts.

Lemon Cheesecake Delight

1 pkg (4 oz) sugar free lemon Jello®
⅔ cup boiling water
1 cup low fat cottage cheese
1 pkg (8 oz) low fat cream cheese
2 cups thawed fat free/sugar free Cool Whip
1 graham cracker crust

Dissolve Jello® in boling water. In blender combine cheeses and jello®. Beat until smooth, add Cool Whip. Pour into prepared graham cracker crust.

Sugar Free Chocolate Trifle

1 (1 oz pkg) raspberry sugar free Jello®
1 (1 oz pkg) chocolate sugar-free pudding mix
1 sugar free angel food cake
2 cups raspberries (fresh or frozen)
1 small carton of light or fat free Cool Whip®

Mix Jello® as directed on package. Prepare pudding using low fat milk. Tear cake into small pieces. Arrange ½ of cake into a bowl. Spoon half of Jello® (partially set) mixture over cake. Spread half of pudding on top. Sprinkle a third of raspberries on pudding. Repeat layers. Top with Cool Whip® and add remaining raspberries on top. Chill.

Session 2
Menu Planning (DASH™) and Portion Size
Fruits and Vegetables

The DASH™ eating plan was developed to help prevent heart disease. It is a diet with lower fats and sugars. This diet plan allows you to know your calorie plan and how to plan your menus. You may find that the new MyPyramid food guide is also helpful.

www.nhlbi.nih.gov.health.gov/heart/dash
www.mypyramid.gov

Americans love a good deal. They enjoy "buy one get one free" and "super size." Portion sizes have increased. Understanding proper portion size will help you in menu planning.

Portion Serving Size:

1 oz dry cereal
½ cup cooked rice, pasta or cereal
1 cup raw leafy vegetables; ½ cup cooked
6 oz juice
½ cup fresh fruit
1 cup yogurt
1 oz cheese
3 oz cooked meat, fish, and poultry
⅓ cup nuts
½ cup cooked beans
1 tsp soft margarine

Session 2 Recipes

Low Fat Green Bean Casserole
2 pkgs (9 oz) or 1 can green beans
1-2 tbsp low fat butter
1 medium onion, chopped
⅓ cup SOS mix (see recipe below)
1 cup water
1 cup shredded, reduced fat cheddar cheese
Cook beans and onions in low fat butter. Add SOS and water, cook until bubbling. Pour into oven dish, sprinkle with cheese and bake until cheese is melted.

Soup or Sauce Mix (SOS) —a low cost/low fat version of Cream of Chicken Soup
Mix together:
2 cups powdered non-fat milk
¾ cup cornstarch
¼ cup instant chicken bouillon powder
2 tbsp dried onion flakes
2 tsp Italian seasoning

Yields 9 cans of soup. Reconstitute with ⅓ mix and 1¼ cups water.

Session 4 Recipes

Danish Dessert
2 cups water
½ cup sugar substitute
1½ tsp Kool-Aid®
2-3 tbsp Instant Clear Jel®
Dissolve Kool-Aid® in water, blend in sugar substitute with gel and blend until thick.

Custard
1¾ cups fat free milk
¼ cup sugar substitute
2 eggs or equivalent substitute
¼ tsp salt
¼ tsp vanilla
Dash of nutmeg
Microwave milk for 3-3½ minutes on high. Add other ingredients except nutmeg. Microwave on medium (50% power) until set in center. Let stand 5 minutes. Sprinkle with nutmeg. Serve warm or cold.

Lemon Pudding Delight
1 pkg lemonade flavored drink mix
1 cup sugar substitute equivalent
2 cups water
7 tbsp of Instant Clear Jel®
Add lemonade, sugar and water. Gradually stir in gel and allow it to thicken. This is a great sauce or pudding.

Fat Substitutes can reduce some calories and cholesterol for your health. Watch for **low fat, fat free, and light** food and dairy products. You may find that replacing ½ of the fat with applesauce in baking is also effective. Margarine and oil spray substitutes add flavor without calories. Watch for baked, not fried, chips and crackers. Using egg substitutes will reduce cholesterol intake. Use turkey in place of hamburger, meats packed in water, and broths in place of oil for browning and cooking foods.

Removing 1 tablespoon of fat removes 10 grams, or 100 calories, from the food.

Herbs and Spices can add flavor and reduce the need for sugar and fat.

Fats in gravies, batters, breads and sauces can be replaced with some seasonings.

Sugars may be replaced with these sweet-tasting spices: allspice, anise, cardamom, cinnamon, cloves, ginger, mace and nutmeg.

Salt can be reduced by using powdered seasonings; not the salt form. Garlic, curry, cumin, dill, basil, ginger, coriander, onion and pepper are excellent in reducing the amounts of salt.

Broccoli is a powerful weapon to fight against cancer. It is a good source of sulforaphane, a compound that fights cancer in several ways.

Broccoli, Fat Free Bacon Salad

1 large head broccoli
1 small red onion, halved and thinly sliced
½ cup raisins or cran-raisins
⅓ cup nuts (pecans, almonds, sunflower seeds)
¾ cup light salad dressing or mayonnaise
4 tbsp of fat-free milk
2 tbsp white vinegar
½ cup Equal® Spoonful or 12 packets Equal sweetener or Splenda®
Salt and pepper to taste
4 slices of fat free bacon (Jennie O's®, fat free turkey is great), cooked and crumbled.
Mix vegetables, nuts and raisins. Mix dressing, milk, vinegar, equal and salt and pepper. Pour dressing over vegetables, chill and top with bacon bits.

Exotic Fruit Salad

1 tbsp sugar substitute equivalent
¾ cup water
2 tsp coriander seeds
1 tsp whole cloves
⅛ tsp Chinese Five Spice powder
1 tsp grated lemon zest
1 tsp grated lime zest
½ tsp fresh grated ginger root
1 tbsp lime juice
1 ripe mango
1 large kiwi
1 passion fruit (optional)

Combine and bring to a boil: sugar substitute equivalent, water, coriander seeds, clove, spice powder, citrus zest, ginger, and lime juice. Simmer for 10 minutes.

Peel mango and slice into slices, peel and slice kiwi. Pour sauce over fruit and chill for 3 hours. Top with passion fruit when ready to serve.

Minted Cucumber Salad

4 cucumbers, peeled, halved, seeded and sliced

½ cup fresh mint	¼ cup fresh parsley
1 orange rind, grated	¼ cup sugar substitute
½ cup olive oil	1 cup red wine vinegar

Toss cucumbers with herbs and rind. Add whisked oil, vinegar and sugar substitute. Chill for 4 hours before serving.

Sugar Alcohols are also substitutes. Sugar alcohols are neither sugars nor alcohols. They are carbohydrates with a chemical structure that partially resembles sugar and partially resembles alcohol, but they don't contain ethanol as alcoholic beverages do. They are incompletely absorbed and metabolized by the body, and consequently contribute fewer calories, about half as many. They do cause some bloating, gas and diarrhea.

Sorbitol is used in candies, baked foods, gums and frozen desserts.
Mannitol is used in chocolates and confectionary foods.
Xylitol is useful in gum, candies and as a great benefit in toothpaste, mouth rinse, nasal wash and other oral health products.
Maltitol is used in hard candies, chocolates, ice cream, and chewing gum.
Isomalt is found in hard candies, lollipops, chocolates, throat lozenges, and cough drops.
Lactitol is found in frozen dairy dessert, candies, chocolates, baked goods.
Erythritol is used as a bulk sweetener in foods.
Hydrogenated Starch is a bulk sweetener in low calorie foods, provide sweetness, texture and bulk to a variety of sugarless products.

Session 4
Sugar/Fat Substitutes, Herbs and Spices
Desserts and Snacks To Enjoy!

Sugar, fat and salt substitutes may help you in cutting calories, cholesterol and sodium.

Sugar substitutes—are called artificial sweeteners. They are noncaloric because they have no nutritional food value and do not raise sugar levels.

Sucralose (Splenda®) tastes like sugar and does not lose any quality in cooking. It has become the number one sweetener on the market.
Aspartame (NutraSweet®, Equal® and Sugar Twin®) has been on the market for 30 years and is found safe by FDA, the only warning is for people born with PKU. It is not useful for cooking as it breaks down and becomes bitter.
Saccharin (Sweet N' Low®) is the oldest sweetener.
Acesulfame potassium (Sunett®, Sweet One®, Sweet and Safe®) is used in soft drinks, foods, and cooking.
Neotame (NutraSweet®) markets newest sweetener.
Stevia is a dietary supplement; it is not approved by the FDA as a sweetener. Stevia has a licorice-like aftertaste and is imported.

Ginger Carrot Delight
2 tbsp Healthy Heart margarine
2 tbsp sugar substitute equivalent brown sugar
½ tsp ground ginger
½ tsp caraway seeds
1 lb baby carrots
Mix butter, sugar ginger and seeds. Steam vegetables in microwave until tender. Add sauce and cook for 1 minute in microwave. Serve.

Cranberry Lemonade
1 tub Crystal Light Pink Lemonade Flavor Drink Mix
1 bottle (48 oz) low calorie cranberry juice
1 bottle chilled seltzer or club soda
Serve with ice.
Mix drink mix and juice; dissolve. Refrigerate. Add seltzer and ice before serving.

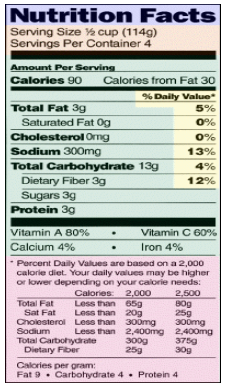
Fresh Ginger Salsa
6 peeled, chopped tomatoes
1 Granny Smith medium apple
2 tbsp sweetener
1 small jalapeno, seeded and minced
2 tbsp grated ginger root
2 tbsp lemon juice
½ tsp salt
1 tsp ground pepper
1 cup fresh cilantro
Cook over low heat (except cilantro) for 30 minutes. Cool add cilantro before serving.

Session 3
Label Reading – Main Course
Omega 3 (Fish and Flax Seed) and Wheat Benefits

Tips for reading labels:
Understand and read the labels on food you buy. This can help you control portion size, excess fats and sugars.

- Look at the serving size.
- Note the calorie content.
- Limit fats, cholesterol and sodium. They are grouped together on the label in YELLOW. (*Limit yellow)*
- Limit the carbohydrates and note the fiber content. These are in white.
- Get enough nutrients. The most important ones are: Vitamin A, B, C and Iron. They will be highlighted in BLUE.

Proteins—about 10% of your daily diet.
Fats—limit to 30% of your total daily consumption (under 300 mg). Avoid saturated and trans-fatty acid (no more than 10%).
Carbohydrates—about 50% of daily foods. Intake should be between **200**-300 grams a day (200 gr recommended for diabetes).
Fibers—25 grams a day.
Sodium—intake should be under 3000 milligrams.



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

Chinese Sweet and Sour Meatballs
1 can water chestnuts, chopped
2 tbsp soy sauce
¼ tsp salt
1¼ cups whole wheat bread crumbs
2½ lbs ground turkey burger
3 beaten eggs or substitute equivalent
Mix thoroughly with hands, chill, form balls, roll in cornstarch. Brown in canola oil and finish cooking by baking in a 350 degree oven for 30 minutes or to a temperature of 160 degrees.

Sauce:
½ cup water
¾ cup sugar substitute equivalent
1½ cups no sugar pineapple juice (or Splash drink)
1-2 tbsp Instant Clear Jel®
¼ cup white vinegar
1 tbsp soy sauce
Mix sugar substitute equivalent, water and juice together. Add other ingredients and cook until thick.

Instant Clear Jel® can be an added bonus for diabetics. It can reduce the amount of sugar and starch that foods need.

1 tbsp cornstarch = 1 ½ tbsp Instant Clear Jel®
2 tbsp flour or tapioca = 1 tbsp Instant Clear Jel®

Poached Salmon with Cucumber Sauce

2 lbs salmon fillet, cut into 4 slices
1½ quarts water
1½ cups dry white wine or substitute
3 tbsp vinegar
1 sliced medium onion
1 sliced medium carrot
Sprigs of parsley
¾ tsp of thyme
¼ tsp peppercorns
3 bay leaves
3¼ tsp of salt

In a large pan combine above ingredients, bring to a boil, cover and simmer for 10 minutes. Then add the fish to the liquid for about 4 minutes, or until the fillet is translucent in the center. Remove from heat and let fish sit for 2 minutes.

Sauce Ingredients:

1 cucumber, peeled, seeded and grated
1¾ cup plain or low fat yogurt
1 clove of garlic
2 tbsp chopped fresh mint
¼ tsp ground pepper

Combine cucumber and salt, let sit for 10 minutes. Squeeze the cucumber and discard the liquid. Mix the remaining ingredients and refrigerate. Top with paprika and serve.

Tip: Choose to eat 2-4 servings of fish a week.

Helpful Information

1 gram of fat = 9 calories
1 gram of protein = 4 calories
1 gram of carbohydrate = 4 calories
1 gram of alcohol = 7 calories

General Guide to Calories

40 calories in food serving = low
100 calories in food serving = moderate
400 calories in food serving = high

Omega 3 Fatty Acids are helpful to the body. They:

- Improve heart health
- Reduce hypertension
- Improve rheumatoid arthritis
- Improve depression
- Slow down dementia
- Aid cancer prevention

Sources of Omega -3 fatty acids:
Marine fish (salmon, halibut), wild game, plant sources (flax seed, canola oil, walnuts, leafy and green vegetables), enriched foods, tofu, and soy.

Whole grains can benefit the body in helping fight heart disease, stroke, cancer, diabetes and obesity. Wheat products are absorbed into the blood stream at a slower rate than white or refined grains.

Tip: Choose to eat at least half of your grains as whole grains.

Session 3 Recipes

Egg Substitute–egg substitutes can be expensive. This is an easy to make and inexpensive recipe.
3 egg whites
¼ cup skim or nonfat milk
1 tbsp nonfat dry milk
1 tsp canola oil
Mix well = 2 whole eggs

Whole Wheat Waffles
1 cup whole wheat flour
2 tsp baking powder
⅓ cup nonfat dry milk
1 tbsp honey or 2 tbsp sugar substitute equivalent
Mix and add:
2 eggs or substitute equivalent
1⅓ cup cold water
Small amount of olive or canola oil for cooking.

Bran Orange Flax Muffins
1½ cups oat bran
1 cup flour
1 cup flax seed (if you prefer, you can grind the seed and use the flour—or use both seed and flour)
1 cup natural bran
1 tbsp baking powder
½ tsp salt
2 oranges (peeled, seeded, quartered)
½ cup brown sugar substitute equivalent
1 cup buttermilk
½ cup canola oil
2 eggs or substitute equivalent
1 tsp baking soda
1 ½ cups cran-raisins

Combine bran, flour, flax, soda and salt. Process oranges, sugar, buttermilk, oil, eggs and baking soda in a blender. Mix all ingredients together, poor into paper-lined muffin tins. Bake at 375 degrees for 18-20 minutes.

Flax Tip: Store flax seed in refrigerator for up to one year; flax seed oil for 6 weeks.