

NO SUGAR SOLUTION

WHAT IS DIABETES?

Diabetes mellitus, or sugar diabetes, is recognized in many forms:

- **Type I**, or Juvenile Onset, is usually recognized before 20 years of age. Most Type I diabetics, will need to control their diabetes with diet and insulin injections.
- **Type II**, or Gerontology diabetes, is more frequently seen in overweight individuals over 40 years of age, however, it may appear at any age and weight doesn't always apply.
- Another type of Diabetes, that is seen, is **Gestational Diabetes**, or diabetes during pregnancy. Gestational Diabetes, is usually only a temporary state during the pregnancy, but it can stay with the patient, or develop later in life as a Type II Diabetes. It is extremely important for Gestational Diabetics to maintain their sugar levels during pregnancy. The main reason is the complications it can cause with the pregnancy and to the child, but most Gestational Diabetics that remain diabetic after delivery of the child, do so because of improper control of their diabetes during pregnancy.

COMMON SYMPTOMS OF DIABETES

- Excessive thirst
- Frequent urination, usually right after quenching extreme thirst
- Excessive hunger
- Weight loss, or Weight Gain
- Failing eyesight
- Intense itching
- Pain in fingers and toes, or coldness noticed in fingers and toes
- Weakness, tiredness, drowsiness

**These symptoms may also come from other causes.*

TREATMENT

- The only person who can accurately diagnose diabetes is a competent physician and proper blood sugar tests. Rely on your physician to make a diagnosis and prescribe the proper treatment.
- Oral medications or insulin which must be injected into the muscle with a needle may be prescribed.
- Because the diabetic has a difficult time producing enough insulin to breakdown sugar that is taken into the body, a special diet will be recommended and should be followed very carefully.



-Carbohydrates (sugars and starches) must be limited. Most of the foods that we eat contain some type of sugars or starch which makes dieting difficult.

-The dietician will suggest meal patterns to follow, so the number of total carbohydrates taken into the body can be reduced.

- The *Diabetic Diet* included in this bulletin, is an excellent diet plan to lose weight and provide excellent nutrition. It can be used by anyone with no complications. But if your doctor has recommended a different plan, please follow the one prescribed to you.

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The following is a diabetic meal pattern plan...
RECOMMENDED DAILY INTAKE

- | | |
|--|------------------------------------|
| 4 Bread Servings | 3 Meat Servings (3 oz fat trimmed) |
| 3 Fruit Servings | 3 Dairy Servings |
| 4 Vegetable Servings (1 starchy vegetable) | 3 Fat Servings |

BREAD SERVING

- 1 slice of bread/roll
- ½ bagel
- 2 bread sticks
- ¼ cup stuffing
- Unfilled cream puff
- 3 - 6" tortillas
- ½ English muffin
- ½ cup corn
- 1 hot dog or hamburger bun
- 1 small potato
- ½ cup yams/sweet potato
- ¼ cup sherbet
- 1 ½ cup popcorn
- 4 crackers
- 10 potato chips
- 6 french fries
- 20 stick pretzels
- ½ cup pasta
- ½ cup rice
- 1 cup cereal

MEAT SERVING

- 3 oz. beef, pork, lamb, poultry, or fish
- 1 egg
- ½ cup legumes
- 2 teaspoon peanut butter
- 1 ½ oz. cheese

FRUIT SERVING

- 1 small whole fresh fruit
- ½ orange
- ½ cup juice
- ½ cup fruit

VEGETABLE SERVING
(Starchy *)

- ½ cooked vegetable
- 1 cup salad greens
- 1 cup raw vegetables
- acorn squash*
- artichoke*
- avocado*
- brussels sprouts*
- beets*
- butternut squash*
- carrots*
- hubbard squash*
- onions*
- peas*
- tomato*
- water chestnuts*
- winter squash*

DAIRY SERVING
(Low-fat/Low-sugar)

- 1 cup milk
- 1 cup yogurt
- ½ cup ice cream
- 1 ½ oz. Cheese
- ½ cup cottage cheese

FAT SERVING

- 1 tablespoon butter/margarine
- 1 tablespoon salad dressing
- 1 oz bacon/sausage
- 1 tablespoon mayonnaise

SUGGESTED BREAKFAST

- 1 cup skim milk
- 1 egg (3-4 times/week)
- 1 slice toast, buttered
- ½ cup orange juice

SUGGESTED LUNCH

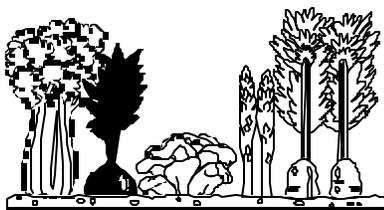
- ½ sandwich (small amount butter or mayonnaise)
- 1 slice of meat or cheese
- 1 cup salad + 1 T. low calorie dressing
- 3 carrots
- 6 celery sticks
- 1 small apple
- 1 cup low-fat milk

SUGGESTED DINNER

- 3 oz meat (fat trimmed and broiled)
- ½ cup corn
- ½ cup green beans
- 1 cup salad + 1 T. low calorie dressing
- ½ cup unsweetened or fresh fruit or fruit juice

SUGGESTED BEDTIME
SNACK

- 1 cup skim milk
- 1 graham cracker



APPETIZERS AND BEVERAGES

SALMON DIP

1 can salmon (15½ oz), drained
4 ounces Neufchatel cheese
¼ cup plain low-fat yogurt
¼ cup low-fat mayonnaise
1 packet powdered sugar substitute
2 tablespoons green onion, minced
½ teaspoon dried dill weed
1 tablespoon fresh parsley, chopped

Flake the salmon; add the rest of the ingredients and mix well. Chill.

SNAPPY SPINACH DIP

10 oz. frozen spinach, thawed
1 cup low-fat yogurt
4 oz. Neufchatel cheese
¼ cup low-fat mayonnaise
¼ cup onion, minced
¼ cup fresh parsley, chopped
½ garlic clove OR a teaspoon garlic powder
¼ teaspoon oregano
½ teaspoon dill weed
1 packet powdered sugar substitute



Drain the spinach well. Place all ingredients in blender; blend well. Cover and chill.

CRAB STUFFED MUSHROOMS

12 medium size mushroom caps
12 mushroom stems, chopped
1 tablespoon plain low-fat yogurt
2 teaspoons green onion, finely chopped
¼ teaspoon dried tarragon
Pinch of cayenne pepper
2 teaspoons fresh parsley, minced

Wash mushrooms; remove and chop stems. Refrigerate caps until ready to serve. Combine the remaining ingredients; refrigerate until ready to serve. Spoon the crab mixture into the mushroom caps; serve cold.

APPLICOT COOLER

2 cups apple juice or cider
1 cup apricot nectar
4 tablespoons lime juice
4 packets powdered sugar substitute
1 teaspoon rum extract
Club soda or sugar free lemon-lime soda



Combine first five ingredients; chill. Fill glasses half full with juice mixture; add crushed ice and soda; stir.

APPLE NOG

6 oz. can frozen unsweetened apple juice concentrate
2 cups skim milk
2 cups crushed ice
¼ teaspoon nutmeg

Combine all ingredients in blender; blend on high until well mixed. Serve immediately.

LOW-CALORIE EGGNOG

2 egg yolks
4 cups skim milk
1 teaspoon vanilla
3 packets powdered sugar substitute
½ teaspoon rum flavoring
Powdered egg whites (prepared to equal 2)
Ground nutmeg

Combine egg yolks and milk in saucepan; cook over medium heat until mixture coats a metal spoon and cool. Add vanilla, sweetener and flavoring to custard; stir. Beat egg whites until soft peaks form; fold lightly into mixture. Cover and chill; sprinkle with nutmeg before serving.

BREAKFASTS AND BREADS

BLUEBERRY MUFFINS

2 ¼ cups whole wheat flour
¼ cup unprocessed bran
¼ teaspoon salt
1 ¼ teaspoons baking soda
1 egg
a cup honey
¼ cup oil
1 ¾ cups buttermilk
1 ½ cups frozen blueberries

Combine flour, bran, salt and soda. Beat egg, honey, oil, and buttermilk together. Stir the egg mixture into the flour mixture just enough to moisten; fold in blueberries. Fill muffin tins two-thirds full; bake at 400 degrees F. for 20 minutes or until browned.

Hint: Remove muffins from tins immediately; cool on wire racks (prevents muffins from sticking).

Makes 20. Calories/Muffin: 110

CARROT CAKE MUFFIN TREATS

1 ½ cups whole wheat flour
1 teaspoon baking soda
1 tablespoon baking powder
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
1 egg
2 tablespoons vegetable oil
¼ cup raisins (dark or golden)
¼ cup walnuts, chopped
a cup low-fat milk
8 oz. unsweetened pineapple, crushed
1 ½ cups grated carrots

Combine flour, baking soda, baking powder and spices. Add the remaining ingredients; stir to blend. Spoon into muffin cups; bake at 350 degrees F. for 20-25 minutes. Calories/Muffin: 127



WHOLE WHEAT MUFFINS

2 cups whole wheat flour
¼ cup honey
1 teaspoon baking soda
1 teaspoon baking powder
1 egg, slightly beaten
1 ½ cups skim milk
¼ cup oil

Combine flour, sugar, baking soda and powder; set aside. Mix egg, milk and oil; add to flour mixture just enough to moisten. Fill 18 muffin cups half-full; bake at 425° for 18-20 minutes or until toothpick inserted in the middle is clean. Calories/Muffin: 86

WHOLE WHEAT PUMPKIN BAR

a cup sugar
½ cup vegetable oil
1 egg
1 cup canned or cooked pumpkin
1 ½ cups whole wheat flour
3 teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon ground nutmeg
1 ½ teaspoons ground cinnamon
¼ teaspoon ground cloves
½ cup orange juice
½ cup walnuts, chopped
½ cup raisins (dark or golden)
¼ cup coconut



Cream together the sugar, oil, egg and pumpkin until light and fluffy. Stir in the flour, baking powder, baking soda, spices and orange juice. Add the walnuts and raisins; stir to blend. Pour into a lightly oiled 9x13" baking pan; sprinkle with coconut. Bake at 350 degrees F. for 25-30 minutes. Cool the pan completely on a wire rack for 5 minutes; cut into bars. Calories/Serving: 114

CRANBERRY-ORANGE MUFFINS

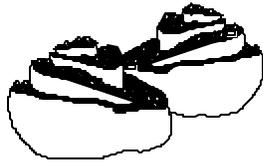
½ cup fresh or frozen cranberries
1 egg
½ cup orange juice
1 tablespoon vegetable oil
1 teaspoon grated orange rind
1 cup whole wheat flour
2 teaspoons baking powder
1 tablespoon sugar

Cut the cranberries in half; set aside. Combine egg, orange juice, oil and orange rind; beat well. Add the flour, baking powder and sugar; stir until moistened. Add the cranberries; spoon into muffin cups. Bake at 400 degrees F. for 10-15 minutes.

Calories/Muffin: 120

POPOVERS

1 cup flour
¼ teaspoon salt
1 cup skim milk
1 egg
1 egg white



Preheat oven to 425 degrees F; oil muffin tins and preheat. Combine all ingredients in a bowl; beat until smooth. Pour the batter into the hot tins; bake for 35-45 minutes, or until golden brown.

Calories/Serving: 68

FRENCH TOAST

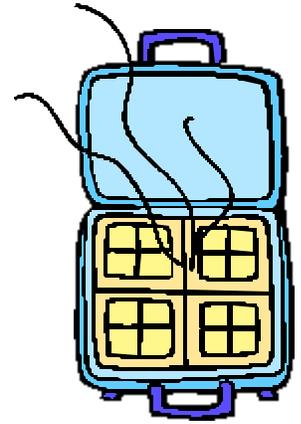
6 whole eggs
¼ teaspoon vanilla
Dash cinnamon
6 slices bread
2 tablespoons margarine, melted

Beat eggs, vanilla and cinnamon together. Dip bread into mixture; coat both sides thoroughly. Fry in margarine until browned. Serves 6.

WONDERFUL WAFFLES

1 cup flour
1 tablespoon baking powder
½ teaspoon salt
1 cup milk
2 eggs, separated
1 tablespoon margarine

Combine dry ingredients. Add milk to the unbeaten egg yolks; add to dry ingredients and beat until smooth. Add melted margarine; fold in stiffly beaten egg whites. Bake in waffle iron. Makes 8 waffles.



WORLD'S BEST BANANA BREAD

1 can (6 oz) frozen orange juice
1 cup mashed banana
2-3 egg whites
1 cup of raisins
1 cup bran cereal
1 cup skim milk
2 cups whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon pumpkin spice and/or cinnamon

Soak bran cereal and skim milk for 5 minutes. Combine orange juice, banana, egg whites and raisins; add to cereal mixture. Combine flour, soda, powder, and spices; add to the cereal mixture and mix well. Bake at 350 degrees F. for 45 minutes or until done.

*No Salt, No Sugar, No Oil, No Cholesterol!

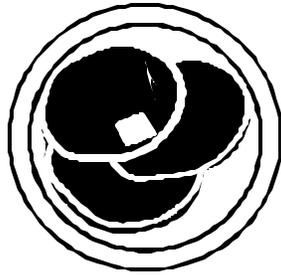
CINNAMON TOAST

1 slice bread
1 teaspoon butter or margarine
¼ teaspoon cinnamon
½ teaspoon powdered non-caloric sweetener

Toast bread; spread with butter. Combine cinnamon and sweetener; sprinkle over the top of the toast. Serves one.

WHOLE WHEAT BUTTERMILK PANCAKES

½ cup whole wheat flour
½ cup white flour
1 teaspoon sugar
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 egg
1 cup buttermilk
2 teaspoons vegetable oil



Stir together flours, sugar, baking powder, baking soda and salt. Beat the egg, milk, and oil together. Add the liquids to the flour mixture and stir just until blended. Pour the batter onto a greased hot griddle; serve with fresh fruit slices, unsweetened applesauce or low-calorie syrup. Calories/Serving: 114; Exchange: 1 Bread, 1/2 Fat

EVERYDAY PANCAKES

1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
1 egg, beaten
1 cup milk
1 tablespoon margarine

Combine dry ingredients; slowly add egg and milk. Melt margarine; add to other mixture and beat thoroughly. Drop by spoonfuls on a hot griddle. When pancakes are puffed and full of bubbles, turn and cook on other side. Makes 7 large or 14 small pancakes.

PUMPKIN PANCAKES

1 slice whole wheat bread, pieces
½ cup canned pumpkin
1 egg
1 teaspoon butter-flavored granules
½ teaspoon baking powder
C teaspoon baking soda
¼ teaspoon cinnamon
Sweetener = 2 tsp. sugar

Mix all ingredients well. Cook on non-stick griddle. Serves 1. Calories/Serving: 235
Exchange: 2 Bread, 1 Oz. Protein

MAPLE FLAVORED SYRUP

1 tablespoon cornstarch
2 tablespoons cold water
1 cup boiling water
¾ teaspoon maple flavoring
2 ½ teaspoons non-caloric liquid sweetener
2 teaspoons margarine

Blend cornstarch with cold water; add boiling water and boil five minutes, stirring constantly until smooth. Remove and add the rest of the ingredients. Makes 1 cup.

SCOTTISH SCONES

1 cup flour
1 cup whole-wheat flour
1 tsp. baking powder
½ tsp. salt
4 T. whipped butter
1 cup buttermilk
½ cup golden raisins

Preheat your oven to 400 degrees F. Coat a baking sheet with non-stick cooking spray. In a large bowl, sift the dry ingredients together. Add the butter and cut it into the flour. Add buttermilk and knead into a soft dough; knead in the raisins. On a floured board, roll out the dough until 1/2" thick. Cut dough into 16 rounds. Place on a baking sheet; bake for 15 to 20 minutes, or until golden in color. Serve warm or let cool and store in an airtight container. Calories: 97; Exchanges: 1 Bread

BREAKFAST BARS

¾ cup quick-cooking oatmeal
¼ cup unsweetened applesauce
4 canned unsweetened apricot halves
¼ cup apricot juice
6 medium dried prunes, chopped
½ cup dry skim milk
2 tablespoons cocoa
2 tablespoons brown sugar substitute
1 tablespoon sesame seeds
¾ teaspoon coconut extract
¼ teaspoon imitation butter-flavored salt



Preheat oven to 350 degrees F. Combine all ingredients in bowl; mix well. Spread mixture into non-stick 8x8" pan. Bake for 15 minutes or until mixture is not sticky. Cut into strips while warm. Calories/Serving: 188; Exchange: 1 Bread, 1 Fruit, 1/4 Milk, 3 Extras

FRUITS AND VEGETABLES

ORANGE WALDORF SALAD

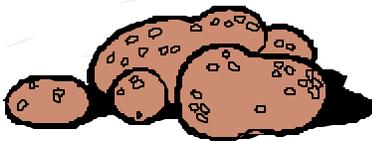
4 oranges, peeled
1 apple
½ cup celery, sliced
¼ cup plain low-fat yogurt
¼ cup pecans, chopped
C teaspoon ground cinnamon

Chop up oranges and apple into bite-size pieces. Combine all the other ingredients in a bowl. Cover and refrigerate. Serve on salad greens.
Calories/Serving: 145

SWEET POTATOES A L'ORANGE

2 pounds sweet potatoes, cooked
2 tablespoons margarine, melted
½ teaspoon ground cinnamon
16 dried apricot halves
Fresh orange slices

Arrange the sweet potatoes in a shallow baking dish. Combine margarine and cinnamon; pour over the potatoes. Arrange the apricot halves on top; cover and bake at 425 degrees F. for about 15 minutes. Top with orange slices and serve. Calories/Serving: 22; Exchanges: 1 Bread, 1 Fruit, 1 Fat



POTATO SALAD

3 cups potatoes, cooked
a cup onion, chopped
3 tablespoons red pimento, chopped
3 tablespoons mayonnaise
¼ cup dill pickle, chopped
½ cup celery, diced
3 tablespoons green pepper, chopped
¼ cup prepared mustard
1 hard cooked egg

Mix all ingredients well; refrigerate immediately. Serves 6.
Exchange: 1 Bread/Serving

ZERO SALAD DRESSING

2 tablespoons lemon juice
1 tablespoon onion, chopped
½ cup tomato juice
Salt and pepper to taste



Combine ingredients in a jar; shake well before using.

CREAMY GARLIC DRESSING

1 cup low-fat cottage cheese
2 garlic cloves
¼ teaspoon ground white pepper
¼ cup skim milk
2 teaspoons prepared mustard
2 teaspoons lemon juice

Blend all the ingredients together in a blender until smooth. Chill for at least three hours before serving.
Calories/Serving: 32

WILD RICE-STUFFED SQUASH

2 medium acorn squash
½ cup wild rice, cooked
1 teaspoon grated orange rind
½ cup walnuts, chopped
1-2 tablespoons orange juice concentrate

Cut the squash in half and remove the seeds. Combine the remaining ingredients; fill the squash with the mixture. Place in a baking pan. Cover and bake at 400 degrees F. for about 35 minutes or until the squash is fork-tender. Extra orange juice concentrate can be drizzled over the squash just before serving. Calories/Serving: 204
Exchanges: 2 Bread, 2 Fat
