



Cooking with Diabetes

How you cook for a person with diabetes is the way you should cook for the whole family. By cutting down the fat, sugar and sodium in recipes, you will be lowering everyone's risk for diabetes and other chronic diseases.

USE OF SUGAR AND ARTIFICIAL SWEETENERS

- You can substitute small amounts of sugar in the diabetic meal plan for other carbohydrates in the diet. Use foods high in sugar very little since they only have empty calories.
- In some recipes, sugar can be safely cut by 1/4 to 1/3. Cookies and cakes may not turn out as well when the sugar is reduced.
- Artificial sweeteners work best in foods that do not need sugar for color, texture or moistness.
- For the best recipes made with less sugar or an artificial sweetener, use a good diabetic cookbook or recipes from companies that make artificial sweeteners.

CUTTING THE FAT AND SODIUM

- Eat very little fried food.
- Bake, broil, grill, boil, poach and roast.
- Trim all meat well. Remove skin and fat from poultry.
- Season vegetables with fat-free, low sodium broth rather than fat back, margarine oil or butter.
- Cook in a non-stick pan or skillet.
- Use a non-stick vegetable spray on pots and pans.
- Switch to reduced-fat tub or liquid margarine.
- Sprinkle on lemon juice, herbs and spices instead of salt or fat for flavor.
- Use reduced-fat and fat-free foods carefully. Some are high in calories from sugar or other carbohydrates. Many are also high in sodium.
- Eat more low calorie vegetables instead of large portions of meat, poultry or fish.
- Have fruit for dessert.
- Use non-fat or reduced-fat milk, cheese and sour cream.
- Use reduced-fat salad dressing and mayonnaise or cut regular dressing in half with plain non-fat yogurt.
- Cut the fat or oil in a recipe by 1/4 to 1/2.

PORTION CONTROL



- Measuring cups and spoons and a small scale for weighing food will provide the best portion control. After practicing 2-3 weeks, you may only need to carefully measure when you try a new food or when blood sugars or weight go out-of-control.
- Always use the same size plate, bowl, cup and glass to make it easier to eye-ball portion sizes.
- The palm of an average woman's hand equals about 4 ounces or 1/2 cup. A woman's fist is about the size a piece of fresh fruit or a potato should be.
- Portion foods onto the plate in the kitchen to cut down on second helpings.

Good diabetic cookbooks are available from the American Diabetes Association. Call 1-800-DIABETES for a catalogue or visit their web page at www.diabetes.org.

FOOD FOR THOUGHT

In the next week, I will try the following two changes in my food preparation

1. _____
2. _____

In the next week, I will control portion size by

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