

DEC 2023

INCLUDES RECIPES

DIABETIC DIET



CARBOHYDRATES

Balanced meals and controlling carbohydrates are crucial aspects of managing diabetes effectively.

FIBER

Fiber plays a crucial role in a diabetic diet and is highly beneficial for individuals with diabetes.

OMEGA-3S

Omega-3 fatty acids and lean protein are essential components of a healthy diet and offer numerous health benefits.

BY HEALTH FOR ALL



WWW.HLTH4ALL.ORG

Welcome to Health For All diabetic cooking. This informational booklet will be a great way to help you learn to prepare meals that are delicious and easy for your diabetic dietary needs. Below are some important facts about the diabetic diet and some delicious recipes with step-by-step instructions.

Cooking for Diabetes - The Facts



Balanced meals and controlling carbohydrates are crucial aspects of managing diabetes effectively.

Here's why they are important:

Blood Sugar Management: One of the primary goals in diabetes management is to regulate blood sugar levels. Balanced meals and carbohydrate control are key components of this. When you consume carbohydrates, they are broken down into glucose (sugar) in the body. Controlling the amount and type of carbohydrates you eat helps to prevent blood sugar spikes, providing better control over your glucose levels.

Preventing Hypoglycemia: On the flip side, controlling carbohydrates also helps prevent hypoglycemia, or low blood sugar. For individuals with diabetes who take medications like insulin or certain oral medications, excessive carbohydrate intake can lead to low blood sugar, which can be dangerous.

Aiding Weight Management: Many individuals with type 2 diabetes are overweight or obese. Controlling carbohydrate intake can help with weight management. Consuming balanced meals that include lean proteins, healthy fats, and a moderate amount of carbohydrates can assist in weight loss or maintenance.

Reducing Insulin Resistance: Balanced meals can help reduce insulin resistance, a common issue in type 2 diabetes. By combining carbohydrates with fiber-rich foods, lean proteins, and healthy fats, you can slow down the digestion of carbohydrates, which, in turn, can help the body use insulin more effectively.

Stable Energy Levels: Balanced meals provide a steady source of energy throughout the day. This helps prevent energy crashes and sugar cravings that can lead to poor food choices and erratic blood sugar levels.

Improved Nutrition: Balanced meals typically include a variety of food groups, ensuring that you get a wide range of essential nutrients. This is especially important for people with diabetes who may be at risk of nutrient deficiencies due to dietary restrictions or imbalances.

Long-Term Health: Diabetes management is not only about controlling symptoms but also about reducing the risk of complications. Maintaining stable blood sugar levels through balanced meals and carbohydrate control can reduce the risk of long-term complications such as heart disease, kidney problems, and nerve damage.

Better Quality of Life: Effective diabetes management through balanced meals and carbohydrate control can lead to an improved quality of life. When blood sugar is well-controlled, individuals are less likely to experience the discomfort of high or low blood sugar, which can affect mood, energy levels, and overall well-being.



Here is a recipe that will make your mouth water.

A photograph of several skewers of grilled chicken and vegetables, including bell peppers, onions, and tomatoes, served on a wooden board. A small white bowl of dipping sauce and fresh herbs are also visible.

Grilled Chicken & Vegetable Skewers

Grilled chicken and vegetable skewers can be a delicious and diabetes-friendly meal. This recipe is low in carbohydrates, rich in lean protein and fiber, and packed with flavor. Here's how to make it:

Diabetic-Friendly Grilled Chicken and Vegetable Skewers

Ingredients:

- 2 boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 yellow bell pepper, cut into 1-inch pieces
- 1 zucchini, sliced into 1/2-inch rounds
- 1 red onion, cut into 1-inch pieces
- Cherry tomatoes
- Wooden skewers, soaked in water for at least 30 minutes to prevent burning
- Olive oil
- Lemon juice
- Salt and pepper to taste
- Fresh herbs (optional, for garnish)

RECIPE

For the Marinade:

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- Salt and pepper to taste

Instructions:

- In a bowl, whisk together the ingredients for the marinade - olive oil, minced garlic, oregano, thyme, paprika, salt, and pepper.
- Place the chicken cubes in a zip-top bag or a shallow dish. Pour the marinade over the chicken and toss to coat evenly. Seal the bag or cover the dish and refrigerate for at least 30 minutes to allow the flavors to meld.
- Preheat your grill to medium-high heat. You can also use a grill pan or a broiler in your oven.
- While the grill is heating, prepare the skewers. Thread the marinated chicken cubes and the vegetables onto the soaked wooden skewers, alternating the chicken and vegetables. Make sure not to overcrowd the skewers, allowing for even cooking.
- Brush the skewers with a little olive oil and season with salt and pepper.
- Grill the skewers for about 10-15 minutes, turning them occasionally, until the chicken is cooked through (reaches an internal temperature of 165°F or 74°C) and the vegetables are tender and slightly charred.
- While grilling, you can also brush the skewers with a mixture of olive oil and lemon juice for added flavor.
- Once done, remove the skewers from the grill and let them rest for a few minutes.
- Garnish with fresh herbs, if desired, and serve hot.

This diabetic-friendly recipe is not only a flavorful and satisfying meal but also a great way to incorporate lean protein and colorful vegetables into your diet while keeping carbohydrates in check. Remember to adjust portion sizes based on your individual dietary needs and consult with a healthcare provider or a registered dietitian if you have specific dietary concerns. Enjoy your meal!



The Importance of Fiber



Fiber plays a crucial role in a diabetic diet and is highly beneficial for individuals with diabetes. Here are some reasons why fiber is important in the management of diabetes:

- **Blood Sugar Control:** Fiber helps regulate blood sugar levels by slowing down the absorption of glucose from the digestive tract. It does this by delaying the breakdown of carbohydrates into sugar, which results in a more gradual and steady rise in blood sugar after meals. This can be especially beneficial for people with diabetes in managing blood glucose levels.
- **Improved Insulin Sensitivity:** A high-fiber diet may improve insulin sensitivity, making it easier for the body to use insulin effectively. This can help individuals with diabetes better regulate their blood sugar.

- **Weight Management:** High-fiber foods are often less calorie-dense and can help with weight management. Maintaining a healthy weight is important for individuals with diabetes, as it can positively impact insulin resistance and overall blood sugar control.
- **Reduced Risk of Cardiovascular Disease:** Fiber-rich foods can help lower the risk of heart disease, which is a common complication of diabetes. High-fiber diets have been associated with improved cholesterol levels, lower blood pressure, and reduced inflammation, all of which contribute to better heart health.
- **Digestive Health:** Dietary fiber aids in promoting regular bowel movements and preventing constipation. Many high-fiber foods are also nutrient-rich and promote a healthy gut, which can have a positive impact on overall health.
- **Satiety and Appetite Control:** Fiber-rich foods tend to be more filling and can help control appetite. This can be particularly beneficial for people with diabetes who may need to manage their portion sizes and calorie intake.

Lower Glycemic Index: Foods high in fiber often have a lower glycemic index (GI). Lower-GI foods cause a slower and more gradual increase in blood sugar levels after consumption, which is beneficial for individuals with diabetes.

To incorporate more fiber into a diabetic diet, it's recommended to include a variety of fiber-rich foods such as:

- Whole grains (oats, whole wheat, brown rice)
- Legumes (beans, lentils, chickpeas)
- Vegetables (leafy greens and non-starchy vegetables)
- Fruits (with the skin, when possible)
- Nuts and seeds
- High-fiber cereals
- Psyllium husk (as a supplement)



It's important to increase fiber intake gradually to prevent digestive discomfort and to drink plenty of water along with a high-fiber diet to aid in digestion. As with any dietary changes, individuals with diabetes should work with a healthcare provider or a registered dietitian to develop a meal plan that meets their specific needs and helps them achieve optimal blood sugar control.

Here is a tasty fiber packed recipe



Quinoa and Black Bean Salad

A quinoa and black bean salad is a great diabetic-friendly option, as it's rich in fiber, low in saturated fat, and provides complex carbohydrates.

This quinoa and black bean salad is not only diabetic-friendly but also a nutritious and delicious option for everyone. The quinoa provides protein and fiber, while the black beans add more fiber and protein. The fresh vegetables and herbs add a burst of flavor and essential nutrients. The dressing provides a zesty and slightly spicy kick. Adjust the ingredients to your taste preferences and dietary needs.

Ingredients: For the Salad:

- 1 cup quinoa
- 2 cups water
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 red bell pepper, diced
- 1/2 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1/4 cup fresh parsley, chopped
- 1/2 cup cherry tomatoes, halved
- 1 avocado, diced (optional)
- 1/4 cup crumbled feta cheese (optional)
- Salt and pepper to taste

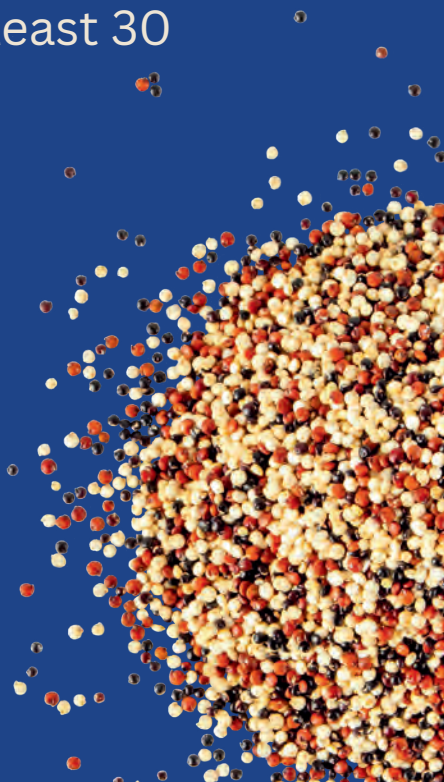
For the Dressing:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lime juice
- 1 teaspoon ground cumin
- 1 teaspoon chili powder (adjust to taste)
- Salt and pepper to taste

Instructions:

- **Rinse Quinoa:** Rinse the quinoa thoroughly in a fine-mesh strainer under cold running water. This helps remove the bitter coating (saponin).
- **Cook Quinoa:** In a medium saucepan, bring 2 cups of water to a boil. Add the rinsed quinoa and a pinch of salt. Reduce the heat to low, cover, and simmer for 15-20 minutes or until the quinoa is cooked and the water is absorbed. Let it cool.
- **Prepare the Dressing:** In a small bowl, whisk together the olive oil, fresh lime juice, cumin, chili powder, salt, and pepper. Adjust the seasonings to taste.
- **Combine Ingredients:** In a large salad bowl, combine the cooked and cooled quinoa, black beans, corn, red bell pepper, red onion, cilantro, parsley, and cherry tomatoes.
- **Add Dressing:** Pour the dressing over the salad and gently toss to combine, ensuring everything is well coated.
- **Chill:** Cover the salad and refrigerate for at least 30 minutes to allow the flavors to meld.

Before serving, you can gently fold in the diced avocado and crumbled feta cheese if desired. Garnish with additional fresh herbs if you like.



The Importance of Omega-3 Fatty Acids:



Omega-3 fatty acids and lean protein are essential components of a healthy diet and offer numerous health benefits. Here's why they are important:

- **Heart Health:** Omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are known to reduce the risk of heart disease. They can lower triglycerides, reduce inflammation, improve blood vessel function, and lower blood pressure. These benefits contribute to a healthier cardiovascular system.
- **Cholesterol Management:** Omega-3s can increase high-density lipoprotein (HDL) cholesterol, which is often referred to as "good" cholesterol. This helps manage cholesterol levels by promoting the removal of low-density lipoprotein (LDL) cholesterol, known as "bad" cholesterol.
- **Reduced Inflammation:** Chronic inflammation is associated with various health conditions, including heart disease, arthritis, and some types of cancer. Omega-3 fatty acids have anti-inflammatory properties and can help reduce the risk of chronic inflammatory diseases.
- **Brain Health:** DHA, one of the main components of omega-3s, is crucial for brain health. It plays a significant role in cognitive function and is essential for brain development in infants. Omega-3s may also help reduce the risk of cognitive decline and neurodegenerative diseases like Alzheimer's.
- **Eye Health:** DHA is a major structural component of the retina in the eye. Adequate intake of omega-3s may help maintain eye health and reduce the risk of age-related macular degeneration.
- **Joint Health:** Omega-3s can help reduce inflammation and symptoms of joint conditions, such as rheumatoid arthritis.
- **Mood and Mental Health:** Some studies suggest that omega-3s may have a positive impact on mood disorders, such as depression and anxiety. They are believed to support brain function and the regulation of neurotransmitters.



Baked Salmon with Lemon and Dill

Ingredients:

- 4 salmon fillets (about 4-6 ounces each)
- 2 lemons
- 2 tablespoons fresh dill, chopped
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 4 garlic cloves, minced (optional)

This baked lemon and dill salmon is not only diabetic-friendly but also a flavorful and nutritious meal. The lemon and dill add a refreshing taste while keeping the dish low in carbohydrates.

Enjoy your meal!

Instructions:

1. Preheat the Oven: Preheat your oven to 375°F (190°C).
2. Prepare the Salmon:
 - Place the salmon fillets on a baking sheet lined with parchment paper or lightly greased.
 - If desired, rub minced garlic over the salmon fillets for added flavor.
3. Lemon Zest and Juice:
 - Zest one of the lemons using a fine grater.
 - Cut both lemons in half and squeeze the juice from one lemon.
4. Lemon and Dill Mixture:
 - In a small bowl, combine the lemon zest, lemon juice, fresh dill (or dried dill), olive oil, salt, and pepper.
 - Mix well to create a marinade.
5. Marinate the Salmon:
 - Pour the lemon and dill mixture over the salmon fillets, ensuring they are evenly coated.
 - Let the salmon marinate for about 10-15 minutes, allowing the flavors to infuse.
6. Baking:
 - Place the baking sheet with the salmon in the preheated oven.
 - Bake for 12-15 minutes, or until the salmon easily flakes with a fork. The cooking time may vary depending on the thickness of the fillets.



7. Broil (Optional):
 - If you prefer a slightly crispy top, you can switch the oven to the broil setting for the last 2-3 minutes of cooking, but keep a close eye to prevent burning.
8. Serve: Once the salmon is cooked to your liking, remove it from the oven.

Serve it hot with a side of steamed vegetables, a green salad, or your choice of low-carb side dishes.

Importance of Lean Protein:

1. **Weight Management:** Lean protein sources, such as skinless poultry, lean cuts of beef, fish, and tofu, are rich in protein and low in saturated fat. Consuming lean protein can help with weight management by promoting feelings of fullness and reducing overall calorie intake.
2. **Muscle Health:** Protein is essential for the growth and repair of muscles. Maintaining muscle mass is important for overall physical health and can help support metabolism and weight control.
3. **Blood Sugar Control:** Including lean protein in meals can help stabilize blood sugar levels. It slows the digestion and absorption of carbohydrates, preventing rapid spikes and crashes in blood sugar. This is especially beneficial for individuals with diabetes.
4. **Nutrient Density:** Lean protein sources are often nutrient-dense, providing essential vitamins and minerals like B vitamins, iron, and zinc. These nutrients are important for overall health and well-being.
5. **Bone Health:** Protein is a critical component of bone structure and function. Consuming an adequate amount of protein can help maintain healthy bones.
6. **Satiety:** Protein-rich foods are satisfying and can help control appetite, reducing the likelihood of overeating and snacking between meals.
7. **Immune Function:** Proteins are involved in the production of antibodies and other immune system components, playing a role in defending the body against infections and illnesses.

Baking for Diabetes on a Budget



Oatmeal Raisin Cookies

Baking for a diabetic diet can be both delicious and budget-friendly. Here is a favorite recipe for diabetic-friendly cookies that are not only low in carbohydrates but also easy on the wallet:

Ingredients:

- 1 cup rolled oats
- 1/2 cup whole wheat flour
- 1/2 cup almond flour
- 1/4 cup unsweetened applesauce
- 1/4 cup butter (or a butter substitute)
- 1/4 cup erythritol or another sugar substitute
- 1 egg
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 cup raisins (or other dried fruit of choice)
- 1/4 cup chopped nuts (optional)

Instructions:

1. Preheat the oven to 350°F (175°C).
2. In a mixing bowl, cream together the butter and erythritol.
3. Beat in the egg and applesauce.
4. In a separate bowl, combine the oats, whole wheat flour, almond flour, cinnamon, and baking soda.
5. Gradually add the dry mixture to the wet mixture and mix until well combined.
6. Stir in the raisins and nuts (if using).
7. Drop Spoonfuls of dough onto a baking sheet lined with parchment paper.
8. Bake for 10-12 minutes or until the edges turn golden brown.
9. Allow the cookies to cool on a wire rack.

This recipe offers tasty, budget-friendly baking options that are suitable for a diabetic diet. The recipe is lower in carbohydrates and sugar while still providing satisfying flavors.

Remember to consult with a healthcare provider or a registered dietitian to determine the appropriate portion sizes and dietary adjustments based on individual needs.



Health For All

3030 East 29th Street, Suite 111 | Bryan, Texas 77802

Phone: 979-774-4176 | Fax: 979-774-4180

Web: www.hlth4all.org