

# Lesson 12: Celebrating Healthy Eating

Congratulations! This is the final month of the Cheyenne River Cooking for Health Study. Be proud of yourself and the changes you have made. We hope that you keep up the good work, and keep putting your new skills into action at home. This lesson focuses on celebrating healthy eating. We celebrate good choices and healthy food every day, including during holidays, birthdays, and other celebrations.

In this lesson, you will learn:

- Foods that contain hidden sugars and fats
- Substitutes for sugar and fat
- How to use herbs and spices to flavor food (instead of salt and fats)
- Cooking tips to make healthy meals for celebrations
- Strategies to eat healthy during times of celebration
- Carbohydrate counting

# Challenge Yourself!

## Set a Goal















Choose (kañníga) one of the goals below (or set your own) to try during the next month:

- ☐ I will use the “10 Doable Ways You Can Enjoy Meals on Special Days” worksheet (page 16) to help me eat healthy during an upcoming celebration.
- ☐ I will I will try altering a favorite recipe using the suggested sugar and/or fat substitutes described in this lesson.
- ☐ I will track carbohydrates I eat (carbohydrate counting) to help keep my blood sugar in the ideal range.
- ☐ I will: \_\_\_\_\_



Holidays and celebrations are a special time to share meals with family and friends. Many foods commonly eaten during celebrations are high in sugar and unhealthy (saturated) fats. As you learned in month 9/lesson 9, these sources of “empty calories” are not good for your health. The following tables show the sugar and saturated fat content of many commonly consumed foods.


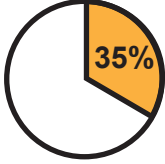



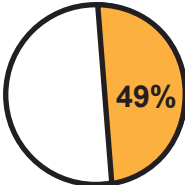

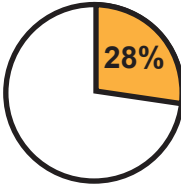

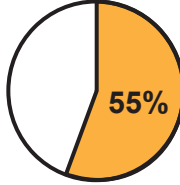

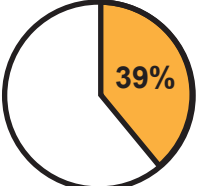
## Hidden Sugars in Commonly Consumed Foods/Drinks

Food/Drink	Teaspoons of Sugar*	Calories
<b>Pop: 12 oz. can</b> 	 <b>10 teaspoons sugar</b>	<b>150</b>
<b>Kool-Aid®: 12 oz. glass</b> 	 <b>9 teaspoons sugar</b>	<b>150</b>
<b>Hawaiian Punch®: 12 oz. glass</b> 	 <b>11 teaspoons sugar</b>	<b>180</b>
<b>Orange Tang®: 12 oz. glass</b> 	 <b>11 teaspoons sugar</b>	<b>175</b>
<b>Jello® Dessert: ½ cup</b> 	 <b>6 teaspoons sugar</b>	<b>80</b>
<b>Canned Fruit in Heavy Syrup: 1 cup</b> 	 <b>7 teaspoons sugar</b>	<b>85</b>
<b>Cool Whip®: 4 tablespoons</b> 	 <b>1 teaspoon sugar</b>	<b>44</b>

 = 1 teaspoon sugar


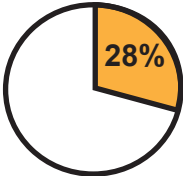

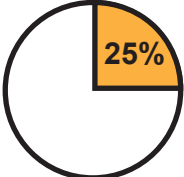

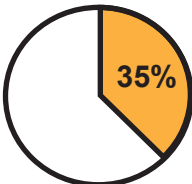



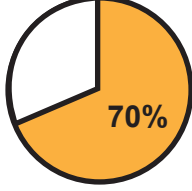

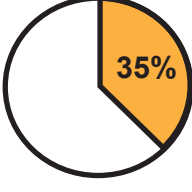
Adapted from: Winnebago/Omaha Diabetes Project document produced by IHS. Division of Diabetes Treatment and Prevention, 1/2012.

## Hidden Saturated Fat in Commonly Consumed Foods

Food	% Daily Value of Saturated Fat	Calories from Saturated Fat*	Total Calories
<b>Potato Chips: ½ family size bag (5 oz.)</b> 	 35% Daily Value for saturated fat	70	800
<b>Cheddar/Commodity Cheese: 3 slices (3 oz)</b> 	 80% Daily Value for saturated fat	160	330
<b>Stove Top Stuffing® (with butter): 1 cup</b> 	 49% Daily Value for saturated fat	98	356
<b>Bacon: 4 slices</b> 	 28% Daily Value for saturated fat	56	200
<b>Hot dogs: 2 dogs</b> 	 55% Daily Value for saturated fat	110	300
<b>Bologna: 3 slices</b> 	 39% Daily Value for saturated fat	78	225



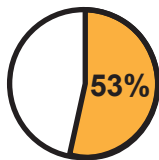


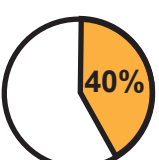


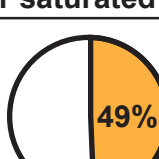


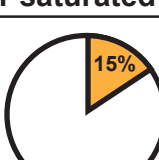


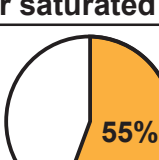
\*For individuals who eat about 2,000 calories per day, <200 calories should come from saturated fat



Food	% Daily Value of Saturated Fat	Calories from Saturated Fat*	Total Calories
<b>Broasted Chicken</b> <b>(1 breast &amp; 1 leg)</b> 	 <b>28% Daily Value for saturated fat</b>	<b>56</b>	<b>520</b>
<b>Banquet Original Crispy Fried Chicken: 1 piece</b> 	 <b>25% Daily Value for saturated fat</b>	<b>50</b>	<b>330</b>
<b>Fry Bread: 1 piece</b> 	 <b>35% Daily Value for saturated fat</b>	<b>70</b>	<b>400</b>
<b>Pepperoni &amp; Cheese Pizza: 3 slices</b> 	 <b>105% Daily Value for saturated fat</b>	<b>289</b>	<b>1,020</b>
<b>Pepperoni &amp; Cheese Pizza: 2 slices</b> 	 <b>70% Daily Value for saturated fat</b>	<b>128</b>	<b>680</b>
<b>Pepperoni &amp; Cheese Pizza: 1 slice</b> 	 <b>35% Daily Value for saturated fat</b>	<b>63</b>	<b>340</b>

\*For individuals who eat about 2,000 calories per day, <200 calories should come from saturated fat

## Hidden Sugars & Fat in Commonly Consumed Foods

Food	Teaspoons of Sugar*	% Daily Value of Saturated Fat*	Total Calories
<b>Mrs. Smith's Pie®: Very Berry (1 slice, 1/6 pie)</b> 	 <b>5 ¾ teaspoons sugar</b>	 <b>53% Daily Value for saturated fat</b>	<b>454</b>
<b>Mrs. Smith's Pie®: Pumpkin (1 slice, 1/6 pie)</b> 	 <b>7 ¾ teaspoons sugar</b>	 <b>40% Daily Value for saturated fat</b>	<b>401</b>
<b>Vanilla ice cream: 1 cup</b> 	 <b>7 ½ teaspoons sugar</b>	 <b>49% Daily Value for saturated fat</b>	<b>274</b>
<b>Frosted strawberry Pop Tarts® : 2 tarts</b> 	 <b>8 ½ teaspoons sugar</b>	 <b>15% Daily Value for saturated fat</b>	<b>400</b>
<b>Frosted Roll</b> 	 <b>5 ½ teaspoons sugar</b>	 <b>55% Daily Value for saturated fat</b>	<b>460</b>

\*For individuals who eat about 2,000 calories per day, <200 calories should come from saturated fat

 = 1 teaspoon sugar

Adapted from: Winnebago/Omaha Diabetes Project document produced by IHS. Division of Diabetes Treatment and Prevention, 1/2012.



# Reducing Sugar: Cooking (Wičhózaŋ) & Baking with Artificial Sweeteners

Many people with diabetes choose to use artificial sweeteners when cooking or baking since artificial sweeteners don't impact blood sugar levels. For baked goods (like cookies, cake, or brownies), it is usually not possible to replace all of the sugar in a recipe with an artificial sweetener. This is because sugar not only provides sweetness to recipes, but also:

- structure & texture
- moisture
- browning properties

Try replacing half of the sugar with one of the alternatives below. If you are unhappy with results, try using a different ratio (more sugar & less artificial sweetener). Also, brands of artificial sweeteners are rapidly changing so check your grocery stores regularly to see what is available and how the sweetener is best used.



Sweetener*	Conversion*	Other Information
Sweet N' Low (saccharin)	24 packets = 1 cup sugar 1 packet = 2 teaspoons sugar	May result in lumpy texture or metallic after-taste.
Brown Sweet N' Low (saccharin)	4 teaspoons = 1 cup brown sugar 1 teaspoon = 1/4 cup brown sugar	Note that measurements differ from packet sweeteners.
Splenda (Sucralose) - baking formulation	1 teaspoon = 1 teaspoon sugar 1 cup = 1 cup sugar	Good for baking as long as you use the Splenda baking formulation (called Splenda: No Calorie Sweetener-granulated).
Splenda Brown Sugar Blend	½ cup = 1 cup brown sugar	This product contains sugar and will impact blood sugar levels.
Sunett/Sweet One (Acesulfame-k)	24 packets = 1 cup sugar 1 packet = 2 teaspoons sugar	May result in bitter after-taste.
Truvia/PureVia/Stevia in the Raw (Stevia)	24 packets = 1 cup sugar 1 packet = 2 teaspoons sugar	Will not crystallize or caramelize so you will not get the browning effect desired of many baked goods; lower oven temp. by 25 to 50° and increase baking time by 5- to 10 minutes. It's best to combine at least ¼ cup of sugar with this substitute for a quality product. For crisper cookies, add 1-2 Tbsp. of cornstarch to dry ingredients.
Equal/Nutrasweet (aspartame)	24 packets = 1 cup sugar 1 packet = 2 teaspoons sugar	Not good for baking as it loses sweetness when heated. May work in pudding or recipes that don't require baking.

\*Read package carefully for instructions on the best way to substitute the sweetener for sugar. The companies' websites also provide baking tips and recipes.

# Reducing Fat: Low Fat Substitutes for Cooking & Baking

- Applesauce and plain yogurt are good fat substitutes in most recipes. For maximum texture and flavor, replace no more than half the amount of fat (for example, vegetable oil, butter, or margarine) listed in the recipe with applesauce. For instance, if a recipe calls for 1/2 cup margarine, you can substitute 1/4 cup applesauce. This saves you 44 grams of total fat and 400 calories (the fat and calories in 1/4 cup margarine).
- Mashed ripe bananas work well as fat substitutes in carrot or banana cake or muffins.
- Purchased fruit puree mixtures (usually prune-based) work well in chocolate, spice, and carrot cakes. Follow the label directions.
- Fruit-flavored baby foods work well as fat substitutes (follow directions for applesauce substitution above).
- Replace 1 whole egg in a recipe with 1/4 cup fat-free, cholesterol-free egg product substitutes (such as ConAgra's Egg Beaters®) or 2 egg whites. This saves you more than 10 grams of fat and 100 calories.





# Reducing Sugar & Salt: Flavoring Foods (Wóyute) with Herbs & Spices

Using herbs and spices to season food is a great way to enhance flavor. You can also use herbs and spices to replace sugar and salt in some recipes.

**Fresh herbs** add great flavor to uncooked dishes, like salads or cold pastas. If using in a cooked dish, add in the last few minutes of cooking so flavor stays vibrant (unless recipe says otherwise).

**Dried herbs and spices** are great for marinades, slow-cooked soups or stews, pastas, casseroles, and many other dishes. Add them near the start of cooking so they have time to soften and release their flavors.

- **Sweet-tasting spices** can be used to replace sugar in some recipes (such as oatmeal):

Allspice	Cloves	Anise	Ginger
Cinnamon	Nutmeg	Mace	Cardamom

- **Savory spices** can be used to replace salt in some recipes:

Black Pepper	Garlic Powder (not garlic salt)	Curry Powder
Cumin	Dill	Basil
Ginger	Coriander	Onion

**Tip!** Omit the salt when cooking pasta and flavor with basil, oregano, parsley and pepper before eating.

**Tip!** There are some salt-free seasoning blends for sale at your local grocery. Mrs. Dash is one that comes in many different flavors.



# Cooking with Herbs & Spices: Delicious Flavor and Food (Wóyute) Combinations

Instead of salt, try one or more of these flavor and food combinations to season meat, poultry, fish, and vegetables:



- **Beef:** bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- **Lamb:** curry powder, garlic, rosemary, mint
- **Pork:** garlic, onion, sage, pepper, oregano
- **Veal:** bay leaf, curry powder, ginger, marjoram, oregano
- **Chicken:** ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- **Fish:** curry powder, dill, dry mustard, marjoram, paprika, pepper
- **Carrots:** cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage
- **Corn:** cumin, curry powder, onion, paprika, parsley
- **Green Beans:** dill, curry powder, marjoram, oregano, tarragon, thyme
- **Greens:** onion, pepper
- **Potatoes:** dill, garlic, onion, paprika, parsley, sage
- **Summer Squash:** cloves, curry powder, marjoram, nutmeg, rosemary, sage
- **Winter Squash:** cinnamon, ginger, nutmeg, onion
- **Tomatoes:** basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

## Don't know how much to use?

Try this simple rule of thumb:

- For every pound of meat (or 2 cups of soup or sauce), use 1/4 teaspoon of most dried herbs and spices (except for cayenne pepper or garlic—use 1/8 teaspoon).
- If doubling a recipe, do not double herbs and spices. Increase by 1 ½ times. Taste and add more if needed.

**Tip! Substituting dried herbs for fresh herbs.** Dried herbs are often cheaper than fresh herbs. For every Tablespoon of fresh herbs, you can substitute 1 teaspoon of crumbled dried herbs or ¼-½ teaspoon ground dried herbs.

## Storing Herbs and Spices

**Dried:** Store in airtight containers away from heat (e.g., not above your stove), moisture, and direct sunlight. They will last for about one year.

**Fresh:** Wrap stems in damp paper towels. Store in a plastic bag in the produce bin of your refrigerator. They will last about one week.

# Need to Cook for a Celebration? Try These Cooking Tips to Prepare Healthy Meals

- **Skip the cheese platter appetizer.** Instead, offer guests a selection of high-fiber crackers and raw veggies to dip into hummus or low-fat dressing.
- **Cut the sodium in half.** Reduce the amount of salt you add to recipes; season with herbs and spices or flavored vinegars to add interest instead (see page 9 - reducing sugar and salt, and page 10 - cooking with herbs and spices).
- **Trim the fat.** Instead of butter, cook with healthy oils, such as olive or canola. If a recipe calls for heavy cream or whole milk, use low-fat or skim milk instead. When baking, applesauce is a healthy substitute for butter (see page 8 - reducing fat).
- **Go whole grain.** Use half white flour and half whole wheat flour in your Christmas cookies. Make stuffing with whole wheat bread crumbs and extra veggies.
- **Serve lean meats.** Look for "round", "loin", or "chuck" cuts of meat (healthiest), and avoid "prime" cuts (high in fat). For dishes with ground beef, use half ground sirloin and half ground turkey or chicken breast.
- **Sweeten without sugar.** Use a low-calorie sugar substitute or flavored extracts, like vanilla, almond and peppermint, to add flavor to baked goods. Instead of chocolate chips or candies, use dried fruit, like cranberries or cherries (see page 8 - sugar substitutes).
- **Cut the eggnog.** If you can't entirely cut out this heavy holiday beverage, dilute full-strength eggnog with half low-fat or skim milk. Guests will be able to enjoy the flavor with less of the fat.

**Tip:** When used for cooking, olive oil is best used for pan frying only. It does not work for deep frying because it has too low of a smoke point and will overheat. A healthy oil to deep fry with is canola oil.



(Source: American Heart Association)

# Lighten Up

**Got a favorite family recipe you can't live without? Try these tips for making your classic dishes healthier.**

Start with one small change. You probably won't be able to taste the difference. Slowly try making other changes, one at a time.

## 1. Reduce unhealthy fats.

- Choose low-fat or nonfat versions of mayonnaise and dairy products like milk, cheese, sour cream, and yogurt.
- Use canola oil in place of half the butter when you bake. For instance, if your recipe calls for  $\frac{1}{2}$  cup butter, use  $\frac{1}{4}$  cup each butter and oil. Or, if the recipe calls for the butter to be melted, try using canola oil in place of all of the butter.
- When pan-cooking, spray the skillet with non-stick cooking spray instead of coating with butter or oil.
- Bake, broil, or grill instead of frying.
- Choose full-flavored cheeses, such as sharp cheddar, Parmesan, and blue cheese, instead of mild ones. The stronger taste means you can use less and still get big flavor.

Switching from 1 cup of whole milk to 1 cup of skim milk saves you almost 60 calories and 8 grams of fat.

Swapping canola oil for butter lowers saturated fat by 11 grams per Tablespoon.



### SPOTLIGHT ON: **Roasted Turkey and Gravy**

Skip rubbing down the turkey with butter or oil — this is not needed. For gravy, pour pan drippings into a measuring cup or bowl. Place in the freezer about 20 minutes. The fat will rise to the top. Skim it off before using in your gravy.



### SPOTLIGHT ON: **Mashed Potatoes**

Use half the amount of butter. Try nonfat milk, buttermilk, or yogurt in place of cream or whole milk. Add fresh or dried herbs, such as chives or parsley, for more flavor.



### SPOTLIGHT ON:

#### **Bread Pudding**

Swap nonfat or low-fat milk for whole milk or cream. Cut the amount of sugar by  $\frac{1}{3}$ . Use whole grain bread instead of white. Add or increase the amount of fruit. Berries, apples or pears, stone fruit, and dried fruit are all good options.



## Lighten Up (Continued)

### 2. Lighten it up.

- Use half the amount of ingredients used to decorate or top a recipe, such as frosting, coconut, grated cheese, or breadcrumbs. Or, don't use it at all.
- Reduce the amount of sugar called for by one-third. Chances are you won't miss it.
- Use half the amount of "add-in" ingredients when baking, such as chocolate chips or dried fruit.
- Always measure your oil. Do not pour it straight from the bottle. Using an extra Tablespoon adds 120 calories to your dish.

Using whole wheat flour instead of regular white flour adds 13 more grams of fiber per cup.

### 3. Add fiber.

- Swap whole wheat flour for white flour. Start by using half white and half whole wheat. Slowly work your way up to all whole wheat flour. If the dough or batter looks a little dry, add 1 Tablespoon more liquid per cup of whole wheat flour.
- Choose whole wheat pasta or whole grain pasta blends instead of white pasta.
- Skip the white rice. Serve recipes over brown rice, barley, quinoa, whole wheat couscous, bulgur, or polenta instead.
- Use whole wheat breadcrumbs for breading, on top of casseroles, or to bind ground meat in meatloaf and meatballs.
- Leave skins on fruits and veggies like apples, pears, potatoes, sweet potatoes, zucchini, cucumber, and others when you can.

Use stale whole wheat bread to make breadcrumbs. Chop bread as finely as possible with a knife. Or, tear into pieces and pulse in a blender until crumbs form. Use as is or toast crumbs in a skillet over medium heat until light brown. Freeze in an airtight container until ready to use.

### 4. Go lean on protein.

- In recipes like tacos and chili, swap half the meat for beans. You'll add fiber and reduce unhealthy fats.
- Watch your portions. About a pound of meat for every 4 people is a good serving size. Add more filling veggies to the meal.
- Choose ground meats labeled 93% lean or leaner. Drain fat after cooking.
- Trim all visible fat and remove skin from meat and poultry before cooking.
- Use chicken or turkey sausage instead of pork sausage.
- Choose seafood and non-meat sources of protein at least 2–3 times per week.

### 5. Watch the sodium.

- Use low-sodium or no-salt-added canned goods or condiments, such as beans, vegetables, tomatoes, broths, soy sauce, and ketchup. Rinse canned beans and veggies before using.
- Reduce the amount of salt in baked goods to  $\frac{1}{2}$  teaspoon per batch.
- Season with herbs and spices instead of salt. See page 9 for tips. Or, kick up flavor using orange, lemon, and lime zest or juice.
- Measure salt before adding to your dish. An extra  $\frac{1}{4}$  teaspoon salt has about 600 mg of sodium, more than a quarter of the recommended daily maximum for an adult!

# Tips for Eating Healthy During Times of Celebration

For many people, celebrations involve sharing food with family and friends. You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges with a plan:



## 1. Eat at your usual eating times.

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a snack at your usual mealtime and eat a little less when dinner is served.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- Plan to stay on top of your blood sugar. Check it more often during the holidays.

## 2. Outsmart the Buffet.

- Invited to a party? Offer to bring a healthy dish along.
- Start with vegetables to take the edge off your appetite (avoid creamy dressings & sauces).
- Limit the number of starchy foods (like potatoes bread, and crackers) you choose.
- Avoid or limit alcohol. Alcohol can lower blood sugar and interact with diabetes medicines.
- Stick to drinking water. Avoid pop, juice, and punch—which can increase blood sugar levels.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.

## 3. Fit in Favorites.

- Watch you portions. Have a small plate of the foods you like best and then move away from the food table.
- If you have a sweet treat, cut back on other carbs (like potatoes, bread, and crackers) during the meal.

## 4. Keep Moving: Make Time to Exercise.

- Being active can help make up for eating more than usual. Try taking a walk after you eat.

## 5. Get Your Zzz's.

- Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar. Also, when you're sleep deprived you'll tend to eat more and choose high-fat, high-sugar foods. Aim for 7 to 8 hours of sleep per night to guard against mindless eating.
- Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.



**Use the “10 Doable Ways You Can Enjoy Meals on Special Days” to help you stick to a plan for eating healthy during times of celebration.**

**Tip:** If having turkey, choose light meat over the fatty dark meat to lower fat intake. Resist the temptation to drown everything in gravy!

**Tip:** Choose pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.



## 10 Doable Ways You Can Enjoy Meals on Special Days

Before you go to a holiday meal, feast day, potluck, graduation, or birthday party, make a plan to stay on a healthy eating track:

- Choose the ways you can stay on track and check: **YES! I can!**
- After the event, check the ones you did: **YES! I did it!**

Special Meal: \_\_\_\_\_ Date: \_\_\_\_\_

**1 Earlier in the day, eat breakfast or healthy snacks.** Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.

☐ Yes! I can! ☐ Yes! I did it!

**2 At the special gathering, limit before-meal chips and crackers.** Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.

☐ Yes! I can! ☐ Yes! I did it!

**3 Limit the number of starchy foods (potatoes, macaroni, bread) you choose.** Have a serving of just your favorite one. Or eat ½ slice bread and a few Tablespoons of other starches.

☐ Yes! I can! ☐ Yes! I did it!

**4 Choose vegetables that are raw, grilled or steamed.** Avoid vegetables in cream sauce, gravy, butter or cheese sauce.

☐ Yes! I can! ☐ Yes! I did it!

**5 Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas.** Avoid regular sodas and juice.

☐ Yes! I can! ☐ Yes! I did it!

**6 Avoid drinks with alcohol or limit them.** Women should drink no more than one alcoholic drink a day. Men should drink no more than two.

☐ Yes! I can! ☐ Yes! I did it!

**7 If you choose to eat dessert, have a small piece.** Ask for half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.

☐ Yes! I can! ☐ Yes! I did it!

**8 After the meal, take a walk with family members.** Walking will lower your blood sugar level. You will have more energy.

☐ Yes! I can! ☐ Yes! I did it!

**9 If you eat too much, don't feel bad.** You have not failed because of one meal. Think about the days you did not overeat.

☐ Yes! I can! ☐ Yes! I did it!

**10 Plan to get back on track the next day.** Make a plan for what you will eat for breakfast- maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!

☐ Yes! I can! ☐ Yes! I did it!



Produced by IHS Division of Diabetes Treatment and Prevention, 12/2012. To print this and other patient education material, go to [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov), click **Printable Materials**.



# Carbohydrate Counting for People with Diabetes

When you have diabetes, a good habit is to use daily carbohydrate counting to help make sure that you are keeping your blood sugar in the ideal range. Talk to your doctor about what your ideal blood sugar should be.

## Why Is Carbohydrate Counting Important?

- Counting carbohydrate servings may help you to control your blood glucose level so that you feel better.
- The balance between the carbohydrates you eat and insulin determines what your blood glucose level will be after eating.
- Carbohydrate counting can also help you plan your meals.

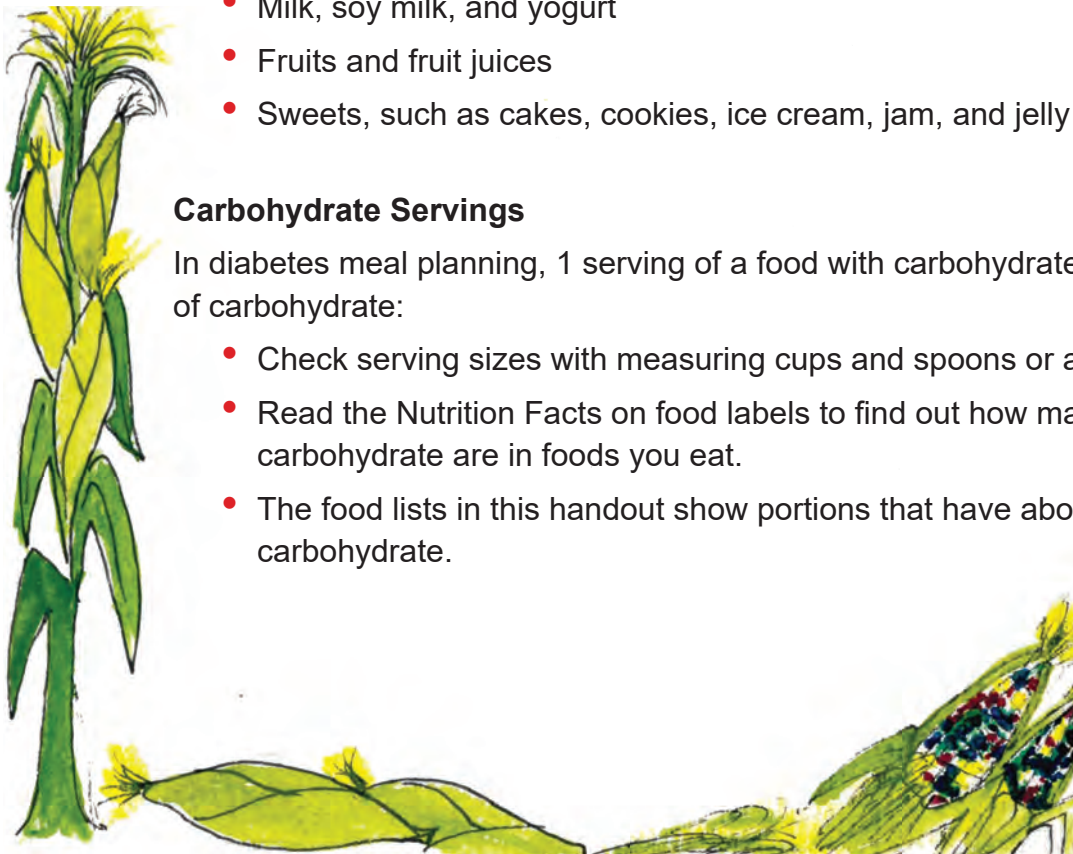
## Which Foods Have Carbohydrates?

- Breads, crackers, and cereals
- Pasta, rice, and grains
- Starchy vegetables, such as potatoes, corn, and peas
- Beans and legumes
- Milk, soy milk, and yogurt
- Fruits and fruit juices
- Sweets, such as cakes, cookies, ice cream, jam, and jelly

## Carbohydrate Servings

In diabetes meal planning, 1 serving of a food with carbohydrate has about 15 grams of carbohydrate:

- Check serving sizes with measuring cups and spoons or a food scale.
- Read the Nutrition Facts on food labels to find out how many grams of carbohydrate are in foods you eat.
- The food lists in this handout show portions that have about 15 grams of carbohydrate.



# Food (Wóyute) Lists for Carbohydrate Counting

1 serving = about 15 grams of carbohydrate

## Starches

- 1 slice bread (1 ounce)
- 1 tortilla (6-inch size)
- ¼ large bagel (1 ounce)
- 2 taco shells (5-inch size)
- ½ hamburger/hot dog bun (1 ounce)
- ¾ cup ready-to-eat cereal
- ½ cup cooked cereal
- 1 cup broth-based soup
- 4-6 small crackers
- ⅓ cup pasta or rice (cooked)
- ½ cup beans, peas, corn, sweet potatoes, winter squash, or mashed or boiled potatoes (cooked)
- ¼ large baked potato (3 ounces)
- ¾ ounce pretzels, potato chips, or tortilla chips
- 3 cups popcorn (popped)



## Fruit

- 1 small fresh fruit (4 ounces)
- ½ cup canned fruit
- ¼ cup dried fruit (2 Tablespoons)
- 17 small grapes (3 ounces)
- 1 cup melon or berries
- 2 tablespoons raisins
- ½ cup fruit juice

## Milk

- 1 cup fat-free or reduced-fat milk
- 1 cup soy milk
- ⅔ cup (6 ounces) fat-free yogurt sweetened with sugar-free sweetener

## Sweets and Desserts

- 2-inch square cake (unfrosted)
- 2 small cookies (⅔ ounce)
- ½ cup ice cream or frozen yogurt
- ¼ cup sherbet or sorbet
- 1 Tablespoon syrup, jam, jelly, table sugar, or honey
- 2 Tablespoons light syrup

## Other Foods

- Count 1 cup raw vegetables or ½ cup cooked non-starchy vegetables as zero carbohydrate servings or “free” foods. If you eat 3 or more servings at one meal, count them as 1 carbohydrate serving.
- Foods that have less than 20 calories in each serving also may be counted as zero carbohydrate servings or “free” foods.
- Count 1 cup of casserole or other mixed foods as 2 carbohydrate servings.

# Meal (Owóte) Planning Tips

- A meal plan tells you how many carbohydrate servings to eat at your meals and snacks. For many adults, eating 3 to 5 servings of carbohydrate foods at each meal and 1 or 2 carbohydrate servings for each snack works well.
- In a healthy daily meal plan, most carbohydrates come from:
  - 5 servings of fruits and vegetables
  - 3 servings of whole grains
  - 2-4 servings of milk or milk products
- Check your blood glucose level regularly. It can tell you if you need to adjust the timing of when you eat carbohydrates.
- Eating foods that have fiber, such as whole grains, and having very few salty foods is good for your health.
- Eat 4 to 6 ounces of meat or other protein foods (such as soybean burgers) each day. Choose low-fat sources of protein, such as lean beef, lean pork, chicken, fish, low-fat cheese, or vegetarian foods, such as soy.
- Eat some healthy fats, such as olive oil, canola oil, and nuts.
- Eat very little saturated fats. These unhealthy fats are found in butter, cream, and high-fat meats, such as bacon and sausage.
- Eat very little or no trans fats. These unhealthy fats are found in all foods that list “partially hydrogenated” oil as an ingredient.



## Nutrition Facts Label Reading Tips

The Nutrition Facts panel on a label lists the grams of total carbohydrate in 1 standard serving. The label's standard serving may be larger or smaller than 1 carbohydrate serving.

To figure out how many carbohydrate servings are in the food:

- Look first at the label's standard serving size.
- Then check the grams of total carbohydrate. This is the amount of carbohydrate in 1 standard serving.
- Divide the grams of total carbohydrate by 15. This number equals the number of carbohydrate servings in 1 standard serving. **Remember: 1 carbohydrate serving is 15 grams of carbohydrate.**
- Note: You may ignore the grams of sugars on the Nutrition Facts panel because they are included in the grams of total carbohydrate.

# Sample 1-Day Menu

Total Carbohydrate Servings: 15



<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 1 small banana (1 carbohydrate serving)</li> <li>• <math>\frac{3}{4}</math> cup corn flakes (1 carbohydrate serving)</li> <li>• 1 cup fat-free or low-fat milk (1 carbohydrate serving)</li> <li>• 1 slice whole wheat bread (1 carbohydrate serving) with 1 teaspoon soft margarine</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 2 ounces lean meat (for sandwich)</li> <li>• 2 slices whole wheat bread (2 carbohydrate servings)</li> <li>• Raw vegetables: 3-4 carrot sticks, 3-4 celery sticks, 2 lettuce leaves</li> <li>• 1 cup fat-free or low-fat milk (1 carbohydrate serving)</li> <li>• 1 small apple (1 carbohydrate serving)</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• <math>\frac{1}{4}</math> cup canned apricots (1 carbohydrate serving)</li> <li>• <math>\frac{3}{4}</math> ounce unsalted mini-pretzels (1 carbohydrate serving)</li> </ul>
<b>Evening Meal</b>	<ul style="list-style-type: none"> <li>• 3 ounces lean roast beef</li> <li>• <math>\frac{1}{2}</math> large baked potato (2 carbohydrate servings)</li> <li>• 1 Tablespoon reduced-fat sour cream</li> <li>• <math>\frac{1}{2}</math> cup green beans</li> <li>• 1 vegetable salad: lettuce, <math>\frac{1}{2}</math> cup raw vegetables, and 1 Tablespoon light salad dressing</li> <li>• 1 small whole wheat dinner roll (1 carbohydrate serving)</li> <li>• 1 teaspoon soft margarine</li> <li>• 1 cup melon balls (1 carbohydrate serving)</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 6 ounces low-fat fruit yogurt with sugar-free sweetener (1 carbohydrate serving)</li> <li>• 2 Tablespoons unsalted nuts</li> </ul>

Approximate Nutrition Analysis: Calories: 1,675; Protein: 84g (20% of calories); Carbohydrate: 247g (57% of calories), Carbohydrate Servings: 15; Fat: 44g (23% of calories); Sodium: 2,243mg; Fiber: 24g; Cholesterol: 154mg



# Challenge Yourself!

Look at the 3 breakfast menus below. Use the Food List for Carbohydrate Counting (page 18) to sum the number of carbohydrates in each meal option.

Option 1	Option 2	Option 3
1 cup oatmeal sprinkled with ¼ cup dried cranberries  ½ cup orange juice  1 cup milk	2 slices toast with 2 Tablespoons jelly  1 small apple with peanut butter  6 oz. unsweetened sugar-free yogurt  2 egg whites  1 cup black coffee	2 egg whites  2 links of chicken sausage  1 slice toast  1 cup Black coffee with 1 teaspoon Splenda
Total Carbs: _____	Total Carbs: _____	Total Carbs: _____

Rank the meal options from lowest number of carbohydrates to highest number of carbohydrates.

\_\_\_\_\_

Lowest Carb Option

\_\_\_\_\_

\_\_\_\_\_

Highest Carb Option

Option 1: 5 carbohydrates (i.e., 2 carbs for oatmeal, 1 carb for cranberries, 1 carb for orange juice, and 1 carb for milk); Option 2: 6 carbohydrates (i.e., 2 carbs for toast, 2 carbs for jelly, 1 carb for apple, 1 carb for yogurt); Option 3: 1 carb (i.e., 1 carb for toast). Rank order of lowest to highest carbohydrates: Option 3, Option 1, Option 2

# Challenge Yourself!

## Set a Goal

Choose (*kañníġa*) one of the goals below (or set your own) to try during the next month:

- ☐ I will use the “10 Doable Ways You Can Enjoy Meals on Special Days” worksheet (page 16) to help me eat healthy during an upcoming celebration.
- ☐ I will try altering a favorite recipe using the suggested sugar and/or fat substitutes described in this lesson.
- ☐ I will track carbohydrates I eat (carbohydrate counting) to help keep my blood sugar in the ideal range.

☐ I will: \_\_\_\_\_

\_\_\_\_\_



# Whole Wheat Fry Bread

Serves 8, 1 small fry bread per serving

## Ingredients

- 2 cups whole wheat flour
- 1 cup white flour
- 3 Tablespoons powdered milk
- 1 Tablespoon baking powder
- 1 teaspoon salt (optional)
- 1 1/2 cups warm water
- canola oil for frying



## Directions

1. Mix dry ingredients in a bowl and gradually add water to make a dough.
2. Knead the dough until it forms a ball and comes clean from the edge of bowl.
3. Cover with a cloth and let it sit for 30 minutes.
4. Pour 3/4 inch of canola oil into a deep frying pan and heat on medium. You can test the temperature of the oil by putting a small pinch of dough into it. If the oil is ready, the dough will rise immediately to the top.
5. Divide the dough and knead into 8 round balls.
6. Roll the dough balls into flat circles, or pat them between your hands and stretch them out while turning them clockwise. Continue stretching until the dough is 1/4 to 1/2 inch thick. With a fork, poke a few holes in the flattened circles of dough.
7. Carefully slide each flattened dough into the hot oil to avoid splashes.
8. Slightly lift the fry bread pieces with a fork to check the bottoms. When they are brown, lift each fry bread and turn it over.
9. When both sides are brown, remove the fry breads from the pan and put them in a baking pan lined with paper towels to drain excess oil and cool.

## Nutrition Facts

Serving Size 1 piece (1g)  
Servings Per Container 8

Amount Per Serving

**Calories** 240

	% Daily Value*
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 42mg	<b>14%</b>
<b>Sodium</b> 365mg	<b>15%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 0g	
<b>Protein</b> 6g	<b>12%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.



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## Chef's Notes

Use canola oil when making fry bread (instead of melting shortening) to lower exposure to harmful fats found in shortening. By using canola oil instead of shortening or other oils, there is less odor while frying. The fry bread has a light, whole wheat taste.

# Slower Cooker Pulled Pork with Pineapple BBQ Sauce

Makes 8 servings (½ cup servings)

## Ingredients

- 2 pounds pork tenderloin
- 1 ½ cups no-sugar-added barbecue sauce
- 1 cup canned crushed no-sugar-added pineapple with juice
- 2 cloves garlic (minced)
- 1 small onion (diced)



## Directions

1. Add all of the ingredients to a slow cooker.
2. Cook on high for 8 hours.
3. Shred the meat with two forks. Serve the pulled pork in a lower-carb wrap, in lettuce “cups,” or on a salad. If desired, serve with extra barbecue sauce.

## Nutrition Facts

Serving Size ½ cup  
Servings Per Container 8

### Amount Per Serving

**Calories 190**

% Daily Value\*

**Total Fat 3g** 5%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 75mg** 25%

**Sodium 400mg** 17%

**Total Carbohydrate 15g** 5%

Dietary Fiber 1g 4%

Sugars 8g

**Protein 25g** 50%

\*Percent Daily Values are based on a 2,000 calorie diet.





# Roasted Chicken Breast

Makes 4 servings (4 oz servings)

## Ingredients

- Nonstick cooking spray
- 4 chicken breasts (4-ounces each, skinless, boneless)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 Tablespoon olive oil
- ¼ cup lemon juice
- 2 Tablespoon garlic (minced)
- 1 ½ teaspoon paprika



## Directions

1. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. Place the chicken breasts on the baking sheet.
3. In a small bowl, combine salt, pepper, olive oil, lemon juice and garlic, and whisk until combined.
4. Brush on or pour lemon juice mixture over each chicken breast, coating evenly.
5. Sprinkle each chicken breast evenly with paprika and bake in oven for 35 minutes or until the chicken is cooked to an internal temperature of 165 degrees F.
6. Let the chicken breasts rest, covered with foil for 10-15 minutes before slicing or serving.

Nutrition Facts	
Serving Size 4 ounces chicken	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 170</b>	
	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 24g	<b>48%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	



# Simple Cucumber & Tomato Salad

Serves 4, 1 cup per serving

## Ingredients

- 1/8 teaspoon black pepper
- 2 Tablespoons red wine vinegar
- 10 ½ ounces cherry tomatoes, cut in half
- 1 large cucumber, peeled and cut in half
- 1 ½ Tablespoons olive oil
- Pinch of salt



## Directions

1. Cut each cucumber half in half and slice into large chunks. Place the cucumber in a salad bowl with the cherry tomatoes.
2. In a small bowl, whisk together the dressing ingredients. Pour the dressing over the cucumbers and tomatoes and serve.

## Nutrition Facts

Serving Size 1 cup  
Servings Per Container 4

Amount Per Serving

**Calories 70**

% Daily Value\*

**Total Fat** 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 5mg **0%**

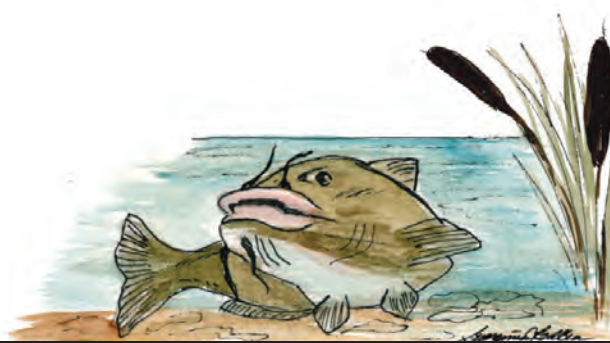
**Total Carbohydrate** 4g **1%**

Dietary Fiber 1g **4%**

Sugars 3g

**Protein** 1g **2%**

\*Percent Daily Values are based on a 2,000 calorie diet.



# Deviled Eggs

Serves 12, ½ egg per serving

## Ingredients

- 6 large eggs
- 2 Tablespoons plus 1 teaspoon light mayonnaise
- 1/8 teaspoon dry mustard powder
- Pinch of salt
- Freshly ground black pepper



## Directions

1. Place the eggs in a small saucepan so that they won't bounce or move around and crack. Cover with water. Bring to a boil. Immediately turn off and cover. Let sit for 15-18 minutes to continue cooking. Pour out the hot water. Shake the eggs in the pan to crack the shells. Add cold water and let sit. (This will make them easier to peel.)
2. Peel the eggs and cut them in half vertically. Remove yolks, place them in a small bowl, and mash with a fork. Add mayo, mustard, salt and pepper. Fill egg whites with mixture. If desired, garnish with sliced grape tomatoes, sliced olives, sliced radishes, or sliced scallions.

## Nutrition Facts

Serving Size 1/2 large egg  
Servings Per Container 12

### Amount Per Serving

**Calories** 45

	% Daily Value*
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 3g	<b>6%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.





# Sugar-Free Strawberry Banana Jello Salad

Makes 8 servings

## Ingredients

- 1 ½ cups hot water
- 1 package sugar-free strawberry Jello (6 ounces)
- 1 package frozen strawberries (sliced or whole) (no sugar added) (20 ounces)
- 1 cup crushed pineapple (no sugar added)
- 3-4 bananas, sliced
- 1 cup walnuts, chopped
- 2 cups fat-free sour cream

## Nutrition Facts

Serving Size (283g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 272	Calories from Fat 94
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 228mg	<b>10%</b>
<b>Total Carbohydrate</b> 49g	<b>16%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 18g	
<b>Protein</b> 9g	<b>18%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.



## Directions

1. Dissolve Jello in the hot water.
2. Fold in strawberries, crushed pineapple, banana slices, and walnuts, and stir to mix.
3. Pour 1/2 of the mixture into a 12" x 8" dish, and refrigerate until firmly set.
4. Set the other 1/2 aside at room temperature.
5. When refrigerated half is set, gently spread with sour cream and then top with the remaining 1/2 mixture.
6. Refrigerate 2 to 3 hours before serving.





# Angel Food Cake

Makes 12 servings



## Ingredients

- 12 egg whites, room temperature
- 1 cup all purpose flour
- 1/4 cup cornstarch
- 1 teaspoon cream of tartar
- 1 1/2 cups sugar substitute\*
- 2 teaspoons pure vanilla extract
- Pinch of salt

## Directions

1. Preheat oven to 325 degrees F.
2. Sift flour, cornstarch, sweetener, and salt into a bowl. Set aside.
3. Using a mixer, whip egg whites with the cream of tartar until medium peaks form. Add the vanilla little by little.
4. Gently, using a spatula, fold in the flour mixture into the egg whites in 3-4 batches. Be careful, do not deflate the egg whites.
5. Place mixture into a UNGREASED angel food pan and bake for 40-45 minutes or until cake is springy to the touch and the top is golden (if you don't have an angel food pan, you can use a regular cake pan—but cooking time may be slightly different so watch carefully when baking to avoid overcooking).
6. Remove from the oven and invert pan onto the neck of a wine bottle to cool completely.
7. Run a knife around the rim of the cake pan to remove the sides. Then run your knife between the cake and the bottom part of the mold to release the bottom part.
8. Serve with sour cream, sugar-free whipped topping, and fresh fruit.
9. Enjoy!

## Nutrition Facts

Serving Size 1 slice  
Servings Per Container 12

### Amount Per Serving

**Calories** 66

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Sodium** 50mg **2%**

**Total Carbohydrate** 33g **11%**

Dietary Fiber 0g **0%**

Sugars 0g

**Protein** 4g **8%**

\*Percent Daily Values are based on a 2,000 calorie diet.



## Chef's Notes

\*You can use 1 1/2 cups of Swerve or Splenda. Just keep in mind that some sweeteners are stronger than others, so read on the label their conversion chart to see how much you would need to replace 1 1/2 cups of sugar.