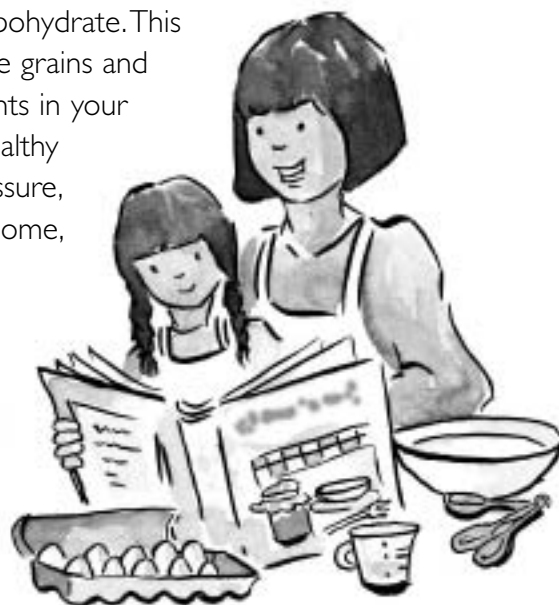

Cooking smart

Recipe Makeover

If you have diabetes or are at risk of developing diabetes, a few simple changes in the way you cook or the foods you choose can improve the health of your family. It is possible to give your recipes a makeover by altering the fat, fibre, sodium and carbohydrate content without sacrificing flavour or quality! Take this opportunity to try some new foods and cooking methods.

Most people with diabetes have goals to eat more fibre and vegetables as well as to eat less sodium, fat, calories and high glycemic index (GI) carbohydrate. This can be achieved by eating more fresh fruit, vegetables and whole grains and by learning to **reduce, eliminate and substitute** certain ingredients in your recipes. You will eat less high GI carbohydrate, sodium, and unhealthy fat. All of this will help you reach your blood glucose, blood pressure, cholesterol and weight targets. By making your own recipes at home, you can work toward your goals every time you make the adjusted recipe!

Most of us have about 10 supper or dinner recipes that we use on a regular basis. Gather these favourite recipes, look at the ingredients to see where you can **reduce, eliminate** or **substitute** ingredients to make these recipes healthier. Once you have mastered these recipes, set a goal to try some new ones.



Reduce, eliminate or substitute

Reduce the amount of sugar, fat and sodium in your recipes by one-third to one-half.

To **reduce** carbohydrate:

- Use less sugar, honey, syrup or chocolate chips in a recipe (Note: with less sugar in the product, it may not brown as much and may be a little less moist)
- Use a sugar substitute
- Make the portions smaller by getting a larger yield per recipe (e.g., make 15 muffins instead of 12)
- Reduce the amount of other carbohydrates in a recipe such as milk, yogurt, dried fruit or juice

To **reduce** fat:

- Fry less often – bake, braise, broil, grill, poach or steam instead
- Reduce the amount of nuts in the recipe to decrease fat and calories
- Roast meats on a rack so that the fat drips through
- Remove the fat that accumulates on the top of soups, stews and chili
- Take the skin off chicken and trim even lean cuts of meat
- When baking, decrease the amount of fat like margarine and sour cream

To **reduce** sodium:

- Rinse canned beans or lentils before adding to a recipe
- Use less condiments, e.g., ketchup, mustard
- Use low sodium soy sauce

Eliminate ingredients that add unnecessary sugar, fat or sodium:

- Eliminate frosting, glazes or other toppings from baked goods to lower carbohydrate

To **eliminate** fat:

- Eliminate fatty cuts of meat
- Stop using hard margarine, shortening, lard, and butter
- Take the coconut out of a recipe
- Do not use baking chocolate

To **eliminate** sodium:

- Cut out salt-based seasonings such as garlic salt, onion salt etc.
- Cut the table salt (except in recipes with yeast)
- Do not use regular soy sauce
- Cut out canned or packaged foods that have not been reduced in salt