

EAT WELL, AGE WELL. NUTRITIOUS MEALS FOR DIABETICS

Tips for Nutrition

Living with diabetes can be difficult but following a recommended diet and exercising it is perfectly manageable. There is not one perfect diet for every person to follow. However, several aspects of some have been found to be more helpful more than others.

The American Diabetes Association shares some tips:

- Choose unprocessed over processed foods
- Eat plenty of non-starchy veggies (broccoli, asparagus, etc.)
- Limit added sugars & refined grains
- Drink more water, less sugar-sweetened beverages (diet soda included)
- Some specific diets, such as a low-carb, vegetarian, or Mediterranean, have shown to be beneficial in managing diabetes and A1C.

For more information check out www.diabetes.org.

Meal planning is great for anyone but especially for those needing the nutritional diligence required for diabetes management. Try this easy recipe to stay ahead of the curve when the week gets busy.

Simple Stir Fry

(Serving Size: 2)

Ingredients

- 6-8 oz. protein of your choice (chicken, beef*, shrimp, tofu, etc.) cut into bite-size pieces.
- ½ cup brown rice
- 1 medium head of broccoli (cut into bite-size pieces) or 2 cups frozen broccoli florets
- 1 cup snow peas
- 1 cup Brussels sprouts (halved)
- 2 cloves garlic (minced)
- 2 Tbsp reduced-sodium soy sauce
- 1 Tbsp rice vinegar
- ½ Tbsp sesame oil (olive oil will work too)
- Salt and pepper to taste

*The choice of cut is open to you, but look for leaner, low-fat options.

**Feel free to add or replace any veggies

Cooking Method

1. Cook rice according to package instructions
2. In a small bowl, add and mix garlic, soy sauce, and rice vinegar
3. Add oil to large, non-stick skillet and set on stove at medium heat.
4. Add protein of choice to the skillet and cook as needed.
5. When the protein is close to done, add the broccoli, snow peas, Brussels sprouts, and sauce mixture to the pan. Stir to combine the ingredients, turn the heat to low, and cover
6. Let simmer for 3-4 minutes. Stir once in the middle
7. Add desired seasonings and serve immediately over rice
8. Refrigerate any leftovers

Tips for a Person with Diabetes

Eat more...

- Healthy fats from nuts, olive oil, fish oils, or avocados
- Fruits and vegetables- whole rather than juices
- Fish and shellfish, chicken, or turkey
- Breads made from whole grains

Eat less...

- Trans fat from deep-fried foods
- Packaged and fast foods, especially baked goods, chips, or desserts
- White bread, refined pastas or rice
- Processed meat and red meat
- Low-fat products that have replaced fat with added sugar, such as fat-free yogurt

Stuffed Peppers: Serves 4



Photo Courtesy of Pixabay.com

Ingredients:

- 4 large bell peppers
- 15 oz. can tomato sauce
- 1/2-pound ground chicken or turkey
- 1/3 cup chopped onion
- 1 cup cooked brown rice
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder

Directions

1. Cut the tops off the peppers and remove the seeds. Place the peppers in a large saucepan and cover with water. Bring to a simmer and cook 3 minutes, just until the peppers are slightly soft. Drain and rinse with cool water. Set aside on paper towels to drain.
2. In a skillet, heat the ground protein and onion until cooked. Drain.
3. Add the salt, pepper, rice, garlic powder, and half of the tomato sauce.
4. Stir well and spoon mixture into the peppers.
5. Top with the other half of the tomato sauce.
6. Bake in an ungreased dish at 350 for 25-30 minutes. Serve warm.

Recipe from: Rachel Ballard

How is Diabetes Managed?

To properly manage diabetes, one's daily food intake must be balanced, and medication must be regulated. Regular activity is also encouraged. These help normalize blood glucose levels.

Recommended Foods:

- Leaner meats - chicken and turkey
- Eggs
- Fish
- Green leafy vegetables
- Nuts and seeds
- Olive Oil
- Berries

Reduce Consumption of Foods High in Simple Carbohydrates:

- Sugary beverages: soda, juices
- White bread, pasta, and rice
- Sweetened cereals
- Baked goods and candies

Stuffed Chicken Breast

Yield: 1 serving

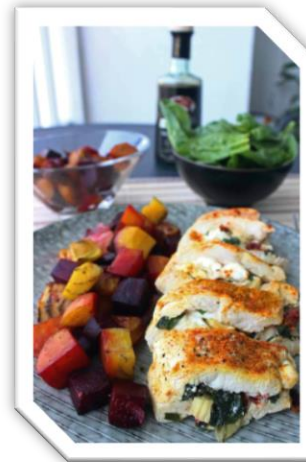


Image courtesy
of Pixabay.com

Ingredients

- 1 chicken breast
- 1 oz. low-fat mozzarella
- 1 artichoke heart (from a can)
- 1 tsp sundried tomato, chopped
- 5 large basil leaves
- 1 clove garlic
- ¼ tsp curry powder
- ¼ tsp paprika
- Pinch of pepper
- *(Toothpicks)*

Directions

1. Preheat the oven to 375 degrees F
2. Butterfly the chicken breast
3. Chop up mozzarella, artichoke, basil, tomato, and garlic. Mix and stuff into the chicken breast.
4. Use toothpicks to close the chicken breast around the stuffing.
5. Place the chicken breast on a baking sheet and add the seasonings.
6. Bake about 20 minutes (depending on the size of the chicken breast).

Recipe from <https://diabetesstrong.com/stuffed-chicken-breast/>

Nutrition facts:

Calories: 262

Fat: 4g

Saturated fat: 2g

Carbohydrates: 8g

Protein: 46g

Sodium: 340mg, Fiber: 2.4g, Vit A: 18%,

Vit C: 11%, Calcium: 15%, Iron: 17%

Natural Therapies to “Reverse”

Practitioners agree that nutrition is the heart of diabetes management. The range of intervention strategies can meet individual preference and metabolic goals.

Remember that healthful eating and physical activity will improve insulin sensitivity. Care for your mind, body, and soul through mindful practices.

Include lean protein and healthy fat at each meal to slow the glycemic response.

Consume 5 servings of vegetables and fruit per day for fiber and other necessary nutrients.

There is no one magic vitamin; attempt to consume nutrients through whole foods.

Butternut Turkey Soup (Serves 3)



Ingredients

- 1 ½ shallots, thinly sliced
- ½ tsp. olive oil
- 1 ½ cups reduced-sodium chicken broth
- 1 ½ cups butternut squash (3/4-inch cubes)
- 1 medium red potato, cut into ½ inch cubes
- ¾ cups water
- 1 tsp. thyme
- ¼ tsp. pepper
- 1 whole clove
- 1 ½ cooked turkey breast, cubed

Directions

1. In a large saucepan with cooking spray, cook shallots over medium until tender. Stir in broth, squash, potatoes, water, thyme, and pepper.
2. Place clove in a twice-folded cheesecloth and tie. Stir into soup.
3. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until tender.
4. Stir in turkey; heat through. Discard spice bag.

Recipe adapted from: tasteiofhome.com/recipes

Nutrition Information

(Svz Size 1-1/3 cup)

Calories	192
Total Fat	2 g
Saturated Fat	0 g
Sodium	332 mg
Fiber	3 g
Total Sugars	3 g
Protein	25 g