

# HANDBOOK & COOKBOOK!

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## What foods and drinks should I limit if I have diabetes?

Foods and drinks to limit include

- ❖ fried foods and other foods high in [saturated fat](#) and [trans fat](#)
- ❖ foods high in salt, also called [sodium](#)
- ❖ sweets, such as baked goods, candy, and ice cream
- ❖ beverages with [added sugars](#), such as juice, regular soda, and regular sports or energy drinks

Drink water instead of sweetened beverages. Consider using a sugar substitute in your coffee or tea.

## When should I eat if I have diabetes?

Some people with diabetes need to eat at about the same time each day. Others can be more flexible with the timing of their meals. Depending on your diabetes medicines or type of insulin, you may need to eat the same amount of carbohydrates at the same time each day. If you take “mealtime” insulin, your eating schedule can be more flexible.

If you use certain diabetes medicines or insulin and you skip or delay a meal, your blood glucose level can drop too low. Ask your health care team when you should eat and whether you should eat before and after physical activity.

## How much can I eat if I have diabetes?

Eating the right amount of food will also help you manage your blood glucose level and your weight. Your health care team can help you figure out how much food and how many calories you should eat each day.

### Meal plan methods

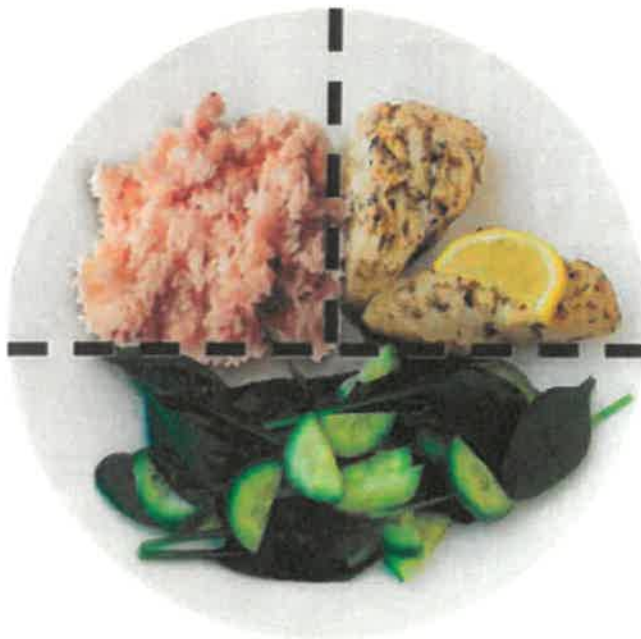
Two common ways to help you plan how much to eat if you have diabetes are the plate method and carbohydrate counting, also called carb counting.

#### Plate method

The plate method helps you control your [portion sizes](#). You don't need to count calories. The plate method shows the amount of each food group you should eat. This method works best for lunch and dinner.

## Portion sizes

- You can use everyday objects or your hand to judge the size of a portion.
- 1 serving of meat or poultry is the palm of your hand or a deck of cards
- 1 3-ounce serving of fish is a check book
- 1 serving of cheese is six dice
- 1/2 cup of cooked rice or pasta is a rounded handful or a tennis ball
- 1 serving of a pancake or waffle is a DVD
- 2 tablespoons of peanut butter is a ping-pong ball



## Carbohydrate counting

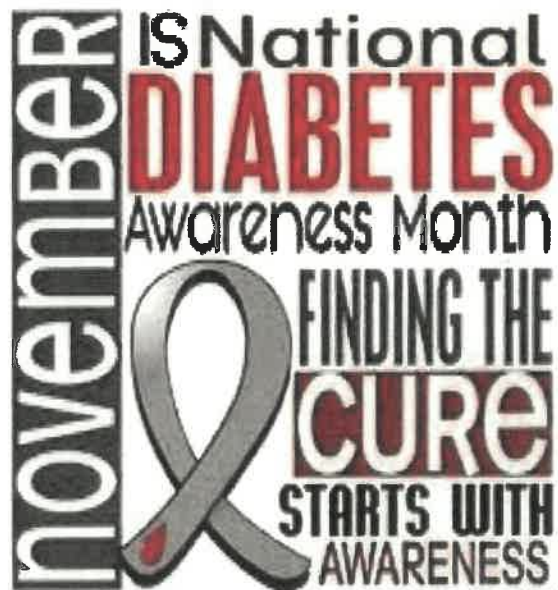
Carbohydrate counting involves keeping track of the amount of carbohydrates you eat and drink each day. Because carbohydrates turn into glucose in your body, they affect your blood glucose level more than other foods do. Carb counting can help you manage your blood glucose level. If you take [insulin](#), counting carbohydrates can help you know how much insulin to take.

The amount of carbohydrates in foods is measured in grams. To count carbohydrate grams in what you eat, you'll need to

- learn which foods have carbohydrates

- read the Nutrition Facts food label, or learn to estimate the number of grams of carbohydrate in the foods you eat
- add the grams of carbohydrate from each food you eat to get your total for each meal and for the day

Most carbohydrates come from starches, fruits, milk, and sweets. Try to limit carbohydrates with added sugars or those with refined grains, such as white bread and white rice. Instead, eat carbohydrates from fruit, vegetables, whole grains, beans, and low-fat or non-fat milk.





## Green Fruit Smoothies

### Ingredients:

- 1 cup fresh spinach
- 1 cup milk
- 1 cup yogurt
- 1 banana
- 1 cup frozen fruit

### Directions:

1. Place all ingredients in a blender or food processor.
2. Blend all ingredients until smooth.



## Green Split Pea Salad with Rice & Cranberries

### Ingredients

- 1 cup (250 ml) cooked brown rice
- 1 cup (250 ml) cooked green split peas
- ½ cup (125 ml) red onion, minced
- ¼ cup (60 ml) dried cranberries
- ¼ cup (60 ml) chopped walnuts (optional)

### Dressing

- 1 Tbsp (15 ml) canola oil
- 2 Tbsp (30 ml) white wine vinegar or balsamic vinegar
- Salt and pepper to taste
- Romaine or leafy lettuce greens (optional)

### Directions:

1. Cook rice and green split peas according to package directions, drain and rinse.
2. Place the rice in a large bowl. Add slit green peas, minced onion, cranberries and walnuts (optional).
3. Make the salad dressing and pour over the salad. Serve on a bed of lettuce, as an option.

Nutrients Per Serving	
Per ¼ cup (190 ml)	
Calories	190 kcal
Carbohydrates	30 g
Fibre	3 g
Protein	6 g
Fat	5.5 g
Saturated fat	.5 g
Folate	37 mcg
Iron	1 mg
Calcium	6 mg
Potassium	230 mg
Sodium	17 mg

Recipe is from [pulse.ab.ca](http://pulse.ab.ca)





## ☞ Healthy Peanut Butter Balls ☜

### Ingredients:

- 2/3 cup natural peanut butter
- 1 1/2 cups rolled oats
- ¼ cup maple syrup
- ½ teaspoon cinnamon
- 1/2 cup dried raisins

### Directions:

1. In a medium mixing bowl, stir together the peanut butter, oats, syrup and cinnamon until well combined.
2. Add the dried raisins.
3. Form 1" balls by pressing about 1 tablespoon of the mixture together with wet hands to keep the mixture from sticking.
4. Store at room temperature for up to 3 days, refrigerate for 1 week, or store in the freezer for 1 month.



## ☞ Magnificent Minestrone Soup ☜

### Ingredients:

- 2 cups short pasta of your choice, cooked
- 2 tbsp canola oil
- 6 garlic cloves, minced
- 2 large carrots, chopped
- 3 large celery stalks, chopped
- 1 large yellow onion, chopped
- 1 tbsp thyme leaves, finely chopped
- 1 bay leaf
- 1 19 oz can red kidney beans, rinsed and drained
- 1 - 19 oz can white kidney beans, rinsed and drained
- 1 19 oz can of diced tomatoes
- 1 cup of green cabbage, shredded
- 2 medium zucchini, chopped
- 8 cups reduced sodium chicken or vegetable broth
- 1 tbsp pepper

### Directions:

1. Cook pasta according to directions on package. Cook until finished, then drain and toss with half the oil. Set aside
2. In a large saucepan, heat remaining oil on high. Add garlic and sauté until golden. Lower heat to medium and add carrots, celery and onion. Cook until soft, stirring often, about 10 minutes. Add thyme and bay leaf and raise heat to high. Add beans, tomatoes, cabbage, zucchini. Add chicken stock and bring to a boil
3. Lower heat and simmer for 15-20 minutes, skimming foam from top
4. Season with pepper and remove bay leaf. Add cooked pasta and enjoy!

Yield: 6 litres

Source: Pulse Canada





## Broccoli Egg Muffins

### Ingredients:

- 6 eggs
- Salt and pepper
- 1 cup of broccoli, chopped
- 3-5 mushrooms, chopped
- ½ cup shredded cheese

### Directions:

1. Grease muffin tins
2. Whisk eggs. Sprinkle with salt and pepper.
3. Add eggs to muffin tins.
4. Add chopped veggies on top of the eggs.
5. Add cheese.
6. Cook at 350°F for 15-20 minutes.

*This recipe can be altered using a variety of different vegetables such as peppers, onions, spinach and tomatoes.*



## Broccoli Stuffed Shells

### Ingredients:

- 1-Tablespoon Margarine
- ¼ cup chopped onion
- 1-cup cottage cheese
- 1 egg
- 2 cups chopped cooked broccoli
- 1-cup mozzarella cheese
- 1-package jumbo pasta shells
- 1 28 oz. can crushed tomatoes
- 1 can tomato paste
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper
- ¼ cup parmesan cheese

### Directions:

1. Preheat oven to 350° F. Melt margarine over medium heat, add onion and cook until tender, but not brown. Remove from heat and cool.
2. In large bowl stir cottage cheese and egg until well blended. Add broccoli and mozzarella cheese and mix well. Cook pasta shells, drain. Rinse under cold water, drain. Stuff each shell with approximately 2 tablespoons of mixture.
3. In a medium bowl, combine crushed tomatoes, tomato paste, sautéed onion, garlic and onion powder, salt and pepper and mix well. Pour 1/3 of tomato mixture in 13" x 9" baking dish.
4. Arrange filled shells in dish. Spoon remaining tomato mixture over top. Sprinkle with parmesan cheese. Bake covered for approximately 30 minutes.





## Black Bean and Corn Salad

### Ingredients:

- 1 19 oz can black beans, rinsed and drained
- 2 cups frozen corn nibbles, thawed
- ¼ cup lime juice
- 2 medium tomatoes, chopped
- ¼ cup onion, chopped
- 1 tbsp ground cumin
- ½ tsp salt and pepper

### Directions:

1. Combine all ingredients in a large bowl.
2. Serve

Yields: 10 servings

Nutrients Per Serving (1/2 cup)		% Daily Value
Calories	121	
Protein	6 g	
Fat	1 g	2%
Saturated fat	0 g	0%
Cholesterol	0 mg	0%
Carbohydrates	22 g	7%
Fibre	5 g	20%
Sodium	43 mg	2%
Potassium	346 mg	10%
Vitamin C	8 mg	13%
Folate	99 mcg	45%
Calcium	23 mg	2%
Iron	2 mg	14%

Source: Pulse Canada



## Black Bean Chili (or Burritos)

### Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, finely diced
- 1 zucchini, finely diced
- 1 red or green pepper, finely diced
- 1 yam or sweet potato, finely diced
- 4 garlic cloves, crushed and minced
- 4 cups black beans, cooked
- 1 cup of corn, fresh or frozen
- 28 ounces diced tomatoes
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 2 teaspoons coriander

### Toppings (optional)

- Whole grain tortillas
- Fresh cilantro, plain yogurt, salsa

### Directions:

1. In a large pan or pot heat oil over medium-high heat.
2. Add onion, zucchini, pepper, yam, and garlic. Sauté for 8 to 10 minutes, or until tender.
3. Add beans, corn, tomatoes, chili powder, cumin and coriander.
4. Reduce heat to medium low and simmer covered for 7 to 10 minutes, until yams are soft.

To serve, scoop chili into bowls or the tortillas. Top with cilantro and a spoonful each of yogurt and salsa.

*If you are planning to serve this as burrito filling make sure that you drain the tomatoes well! If you do not, you will have extremely messy, drippy burritos. You can also cook everything uncovered rather than covered to help remove some of the moisture. If you are serving it as chilli, then it doesn't matter so much.*

