

SUMMER Fun and FOOD

TIPS FOR PEOPLE WITH DIABETES



Barbeques, picnics and trips to the beach may be on your calendar this summer. But how can you enjoy all of the fun while staying within your healthy eating goals?

You can still enjoy all aspects of summer gatherings by eating a bit less of each item, and including other healthy lifestyle habits such as exercising regularly, eating in moderation, taking medication, and monitoring blood sugar levels. If you need help setting or sticking with your goals, make an appointment with your diabetes educator.

DON'T GET BURNED

Summer barbeques and picnics can offer a tempting range of choices that are high in calories and sugar. Knowing how to create a well-balanced meal helps keep your blood sugar level as close to normal as possible. Here are some summertime tips to help you keep your cool:

Choose lean, grilled meats.

Bypass the fried chicken and go for lean meats such as a grilled chicken breast, turkey burger or fish.

Pick a Side. You can enjoy a number of side items such as vinegar-based coleslaw, sweet potatoes, greens, seasonal vegetables and fruit.

Bring a dish to share.

Attending a party? Offer to bring a green salad or fruit salad to share. That way you'll be certain that there's something healthy for you to eat, and your host will thank you for helping out.

Drink responsibly. If you do decide to drink alcohol, drink in moderation. It is recommended that men with diabetes have no more than two alcoholic drinks per day (i.e. two 12 oz. bottles of beer), while women should have no more than one alcoholic drink per day.

Veg out. Grill up some veggie burgers, veggie kabobs, or sliced vegetables in foil for a low-carb, low-fat entrée alternative. Raw veggies with hummus or other low-fat dip are great for snacking.

Hold the mayo. To add some flavor to your sandwich, try tomato slices, lettuce, bell peppers, or mustard instead of mayonnaise, which adds fat and calories to your plate. Try to avoid mayo-based dips, salads and sauces. Use oil-based dressing in your favorite vegetable salad.

Limit your intake of breads and rolls. Try to move away from the chips and dips, as they can draw you in for more without even realizing it.

Consider the recipe.

Barbeque chicken with extra sauce or baked beans can throw off your carb intake as these items often contain added sugar, and recipes with cream cheese are often high in fat. If you suspect a recipe is high in fat or calories, take a pass or choose a small portion and opt for more vegetables.

Drink water, not sugar. It's especially important to stay hydrated, however, summer quenchers such as soda, fruit juices, lemonade, and alcoholic beverages can be high in sugar and calories. It is better to drink water (sparkling, mineral or plain) or non-caloric beverages such as sugar-free lemonade, iced tea or coffee. For extra flavor, add a wedge of lemon, lime, orange, or even a cherry.

Try just a taste. If you want to sample a high-fat or high-calorie item such as ice cream, potato salad or chicken wings, take a small portion.

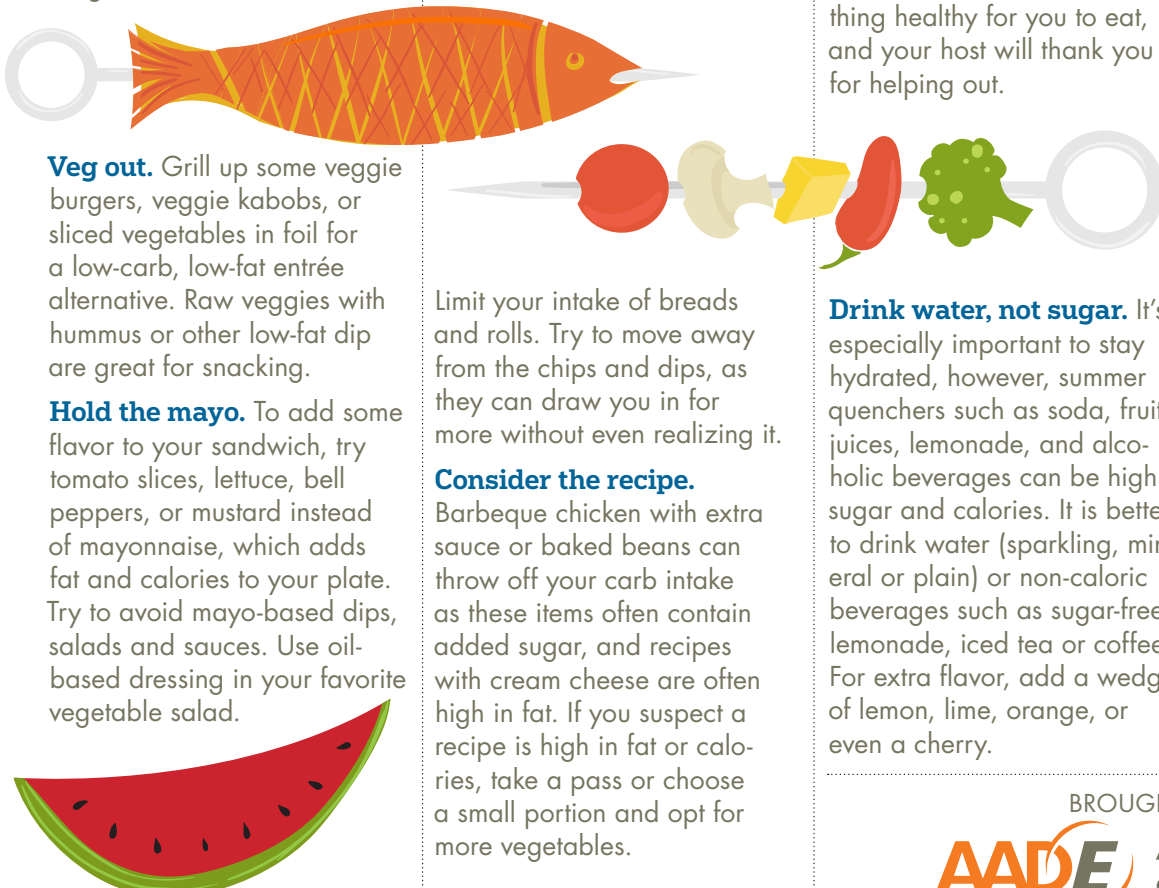
Stick to your routine. Don't skip meals or snacks earlier in the day to "save" calories and carbs for a summer outing. If you skip meals, it may be harder to manage your blood sugar.

Have fun! When you make healthy eating choices, any summer gathering will be fun in the sun.

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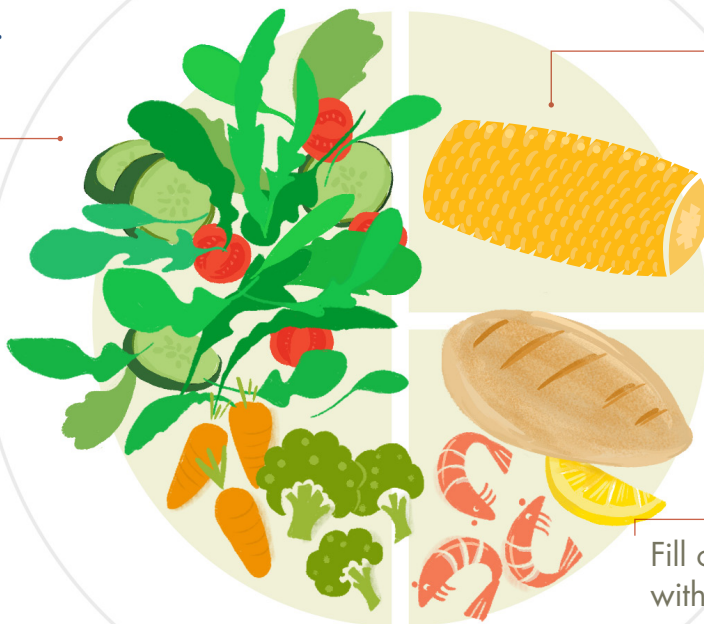


The PAPER PLATE Plan

FOR PEOPLE WITH DIABETES

When you attend a summer picnic or barbeque, follow these guidelines for a well-balanced plate.

Fill half of your plate with non-starchy vegetables such as: salad greens, coleslaw, bell peppers, carrots and broccoli.



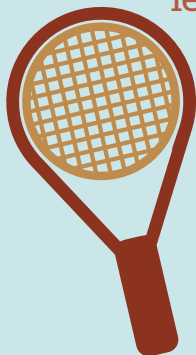
Fill the remaining one quarter of your plate with starchy items such as an ear of corn, a baked potato or whole grain pita chips.

Fill one quarter of your plate with lean meat or other protein such as: fish, chicken, beans or legumes.

This visual guide is based on the Idaho Plate Method. www.platemethod.com

Summer Fun ACTIVITIES

Take advantage of the summer weather to get regular exercise that will help you to manage your blood sugar levels. Here are some ideas to get you moving.



- Go for a walk on the beach
 - Bring a Frisbee to the picnic
 - Take a hike
- Play badminton or volleyball
 - Spin your wheels on a bike ride
- Grab a baseball glove and play catch



- Go for a swim

EASY
BREEZY

SUMMER Recipes



LEMON-CILANTRO SLAW

SERVING SIZE: 1 CUP, SERVINGS PER RECIPE: 2

CARB GRAMS PER SERVING: 6

- ◆ 1 tablespoon lemon juice
- ◆ 1 ½ teaspoons olive oil
- ◆ ¼ teaspoon sugar or sugar substitute* equivalent to ¼ teaspoon sugar
- ◆ ¼ teaspoon Dijon-style mustard
- ◆ Dash ground black pepper
- ◆ 2 cups packaged shredded cabbage with carrot (coleslaw mix)
- ◆ ¼ cup coarsely shredded carrot
- ◆ 1 tablespoon snipped fresh cilantro
- ◆ 1 tablespoon chopped green onion

In a medium bowl, whisk together lemon juice, oil, sugar, mustard, and pepper. Add coleslaw mix, carrot, cilantro, and green onion; toss gently to coat. Cover and chill for 2 to 24 hours before serving.

TIP:

*Sugar Substitutes: Choose from Splenda granular, Sweet'N Low bulk or packets, or Equal Spoonful or packets. Follow package directions to use product amount equivalent to ¼ teaspoon sugar.

PER SERVING WITH SUBSTITUTE: same as above, except 57 cal.

NUTRITION FACTS PER SERVING: Calories: 59, Total Fat: 3 gm, Sodium: 43 mg, Carbohydrates: 6 gm, Fiber: 2 gm, Protein: 1 gm

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SUMMER Recipes



DEVIL'S FOOD ICE CREAM PIE

SERVINGS PER RECIPE: 12, CARB GRAMS PER SERVING: 31

- ◆ *1 6¾-oz. package fat-free devil's food cookie cakes (12 cookies)*
 - ◆ *¼ cup peanut butter*
 - ◆ *¼ cup hot water*
 - ◆ *1 cup sliced bananas*
 - ◆ *4 cups low-fat or light vanilla, chocolate or desired flavor ice cream, softened**
 - ◆ *3 tablespoons fat-free, sugar-free hot fudge ice cream topping*
1. Coarsely chop cookies. Place the cookie pieces in the bottom of an 8-inch springform pan. In a small bowl, whisk together peanut butter and hot water until smooth. Drizzle evenly over cookies.
 2. Top with banana slices and carefully spoon ice cream in an even layer over all. Spread ice cream until smooth on top. Cover with plastic wrap and freeze for eight hours or until firm.
 3. Let stand at room temperature for 10 minutes before serving. Remove the sides of the pan; cut into wedges. Drizzle fudge topping over wedges. Makes 12 slices.

***TIP:**

To soften the ice cream, place it in a large chilled mixing bowl. Stir the ice cream with a wooden spoon, pressing it against the side of the bowl until soft.

NUTRITION FACTS PER SERVING: Calories: 171, Total Fat: 4 gm (1 gm sat. fat), Cholesterol: 7 mg, Sodium: 86 mg, Carbohydrates: 31 gm, Fiber: 1 gm, Protein: 4 gm

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SUMMER Recipes



GRILLED TURKEY BURGERS

MAKES: 4 SERVINGS, CARB GRAMS PER SERVING: 26

- ◆ *½ cup finely shredded carrot*
- ◆ *¼ cup thinly sliced green onions*
- ◆ *2 tablespoons fine dry bread crumbs*
- ◆ *2 tablespoons fat-free milk*
- ◆ *¼ teaspoon dried Italian seasoning, crushed*
- ◆ *¼ teaspoon garlic salt*
- ◆ *⅛ teaspoon black pepper*
- ◆ *12 oz. uncooked ground turkey or chicken breast*
- ◆ *¼ cup Dijon-style mustard*
- ◆ *½ teaspoon curry powder*
- ◆ *4 whole wheat hamburger buns, split and toasted*
- ◆ *Lettuce leaves (optional)*
- ◆ *Sliced tomato (optional)*

***NOTE ON DONENESS:** The internal color of a burger is not a reliable doneness indicator. A turkey or chicken patty cooked to 165 degrees F is safe, regardless of color. To measure the doneness of a patty, insert an instant-read thermometer through the side of the patty to a depth of 2 to 3 inches.

1. In a medium bowl stir together carrot, green onions, bread crumbs, milk, Italian seasoning, garlic salt, and pepper. Add ground turkey; mix well. Form the turkey mixture into four 1/2-inch-thick patties.
2. Place patties on a greased rack of an uncovered grill, directly over medium coals. Grill for 11 to 13 minutes or until patties are done (165 degrees F),* turning once halfway through grilling time.
3. Meanwhile, in a small bowl stir together mustard and curry powder. Spread buns with mustard mixture. Top with burgers and, if desired, lettuce and tomato. Makes 4 servings.

TO BROIL: Place patties on an unheated, greased rack of a broiler pan. Broil 4 to 5 inches from the heat for 11 to 13 minutes, turning once halfway through broiling time.

NUTRITION FACTS PER SERVING: Calories: 287, Total Fat: 11 gm (3 gm sat. fat), Cholesterol: 68 mg, Sodium: 470 mg, Carbohydrates: 26 gm, Fiber: 3 gm, Protein: 21 gm

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