

### Nutrition Basics

- Always combine protein and carbohydrate together to slow down uptake of glucose into cells
- Choose high fiber carbohydrate to also slow down uptake of glucose into cells
- Include heart healthy fats for better blood sugar control and heart health
- Include lean proteins to avoid saturated fats which can increase risk of heart disease

All meal and snack ideas below include a combination of carbohydrate, protein and healthy fat. Soy or almond milk (no sugar added) may be substituted for cow's milk.

### Breakfast Ideas:

- Muesli: Combine  $\frac{1}{3}$  c of old fashioned rolled oats mixed with 1 Tbsp ground flaxmeal, 1Tbsp chopped walnuts,  $\frac{1}{4}$  c berries and  $\frac{1}{2}$  c of low fat or fat free milk.
- Whole wheat English muffin or sandwich thin spread with 1 Tbsp natural peanut butter and  $\frac{1}{2}$  c berries
- 2 eggs, scrambled with 1 slice rye toast and  $\frac{1}{2}$  c cantaloupe
- 1 cup plain or low sugar Greek yogurt mixed with  $\frac{1}{2}$  c fruit and sprinkled with 1 Tbsp nuts
- 1 c Kashi Go Lean with  $\frac{1}{2}$  c low fat or fat free milk
- $\frac{1}{2}$  small cantaloupe, seeds scraped out, filled with  $\frac{1}{2}$  c low fat cottage cheese
- Omelet made with 1 whole egg and 2 egg white with spinach, tomato and 2 Tbsp feta cheese
- Breakfast Smoothie: 1 cup frozen fruit, 1 cup greens, 1 cup unsweetened almond milk or water, 1 scoop whey protein powder OR  $\frac{1}{2}$  Tbsp ground flax meal and 1 Tbsp natural peanut butter. Put all ingredients in high powered blender and mix.
- Old fashioned or steel cut oats with  $\frac{1}{2}$  peach, 1 Tbsp nuts and sprinkle of cinnamon

### Lunch Ideas:

- Sandwich with turkey, lettuce, tomato, onion, mustard on whole wheat; sides of apple slices and baby carrots
- Green salad with spinach, vegetables, chicken, 1 Tbsp feta cheese and balsamic vinaigrette
- Whole Wheat high fiber tortilla with 1 Tbsp whipped chive and onion cream cheese, bell peppers, chicken, red onion and fresh basil leaves
- $\frac{1}{4}$  c hummus with 5-6 whole grain crackers (like Wasa or triscuits), bell peppers, carrots and cucumbers
- Whole wheat pita stuffed with tuna made with olive oil mayonnaise, celery and pickle with side salad and pear
- 1 Tbsp natural peanut butter,  $\frac{1}{2}$  banana slice, rolled up in whole wheat tortilla
- Whole Wheat English muffin topped with tomato sauce,  $\frac{1}{4}$  c mozzarella cheese (split between each half) and bell peppers, toasted in oven; side of fruit
- Homemade Bean and Ham soup: Saute carrots, onion, celery, garlic in stock pot. Add 4 c chicken broth (low sodium), 1 can Navy beans, 1 c chopped low sodium lean ham steak. Add in salt and pepper to taste and seasonings: basil or Italian seasoning and bay leaf. Simmer for 30-60 minutes.

## Diabetes Nutrition Education (continued...)

Remove bay leaf, pour ½ soup in blender or food processor to puree. Return pureed soup to pot, simmer another 10 minutes and serve.

To make vegetarian, omit ham steak and add spinach in last 10 minutes

- No time to make soup? Look for boxed healthier soups such as Dr. McDougall, Nature's
- Promise, or Amy's. Look for low sodium labels. Enjoy with a side salad and vinaigrette.

### Dinner Ideas

- Roast chicken breast with 4 oz sweet potato (baked) and 2 cups broccoli
- Boneless skinless chicken breast marinated in Italian dressing, baked, slice and mixed with vegetables and ½ c to 1 c pasta. Top with parmesan.
- Center cut pork chop topped with rosemary served with new potatoes - dice potatoes, toss with olive oil, Worcestershire, thyme, pepper. Serve with steamed green beans
- Chop eggplant, onion, mushroom, tomatoes. Toss with olive oil and garlic. Roast at 400. Serve with 4 oz salmon and ½ c couscous.
- 4 oz lean cooked steak with small baked potato topped with 1 Tbsp light sour cream, side salad.
- Boneless skinless chicken breast cooked in crockpot with salsa, black beans and corn. Shred and eat on whole wheat, high fiber tortilla or over salad.
- OR Choose 4-5 oz lean protein, ½1 c high fiber grain and 2 c vegetables. Enjoy!

### Snack Ideas

- Apple with 1 Tbsp peanut butter
- ½ oz thinly sliced sharp cheddar with 5 low salt triscuits
- Greek yogurt, low sugar or no sugar
- 2 graham crackers with 1 Tbsp peanut butter
- cottage cheese and ¼ c fruit
- Kashi or Nature Valley granola bar
- 1 oz nuts
- 1 pack Wholly Guacamole with 6 baby carrots
- ¼ c hummus with 6 baby carrots

