

TASTY SUGAR-FREE/ LOW SUGAR RECIPES

*For People with Diabetes
and Their Families*



I Have Diabetes.

What Do I Need to Know

About Healthy Eating?

You can take good care of yourself and your diabetes by learning about healthy eating—what foods to eat, how much to eat, and when to eat. Healthy eating can help keep your diabetes under control and lower your risk for heart disease, stroke, and other health problems caused by diabetes. Making wise food choices will help you feel good every day and lose weight if needed.

This recipe booklet will help you create healthy meals and learn how to follow a healthy eating plan. A healthy eating plan contains many of the foods and beverages you usually eat or drink. Foods fit together like puzzle pieces (see Figure 1) to meet your health needs without going over your calorie limits. Your calorie intake depends on the total calories in your food, which includes your saturated and non-saturated fats, added sugars, and carbohydrates. All kinds of foods, including fresh, canned, dried, and frozen foods—including special treats—can be included in a healthy eating plan.

Whether you have been diagnosed with type 1, type 2, or gestational diabetes, understanding how foods and nutrition affect your body and taking steps to stay healthy will help you manage it successfully.

Figure 1: A Healthy Eating Plan

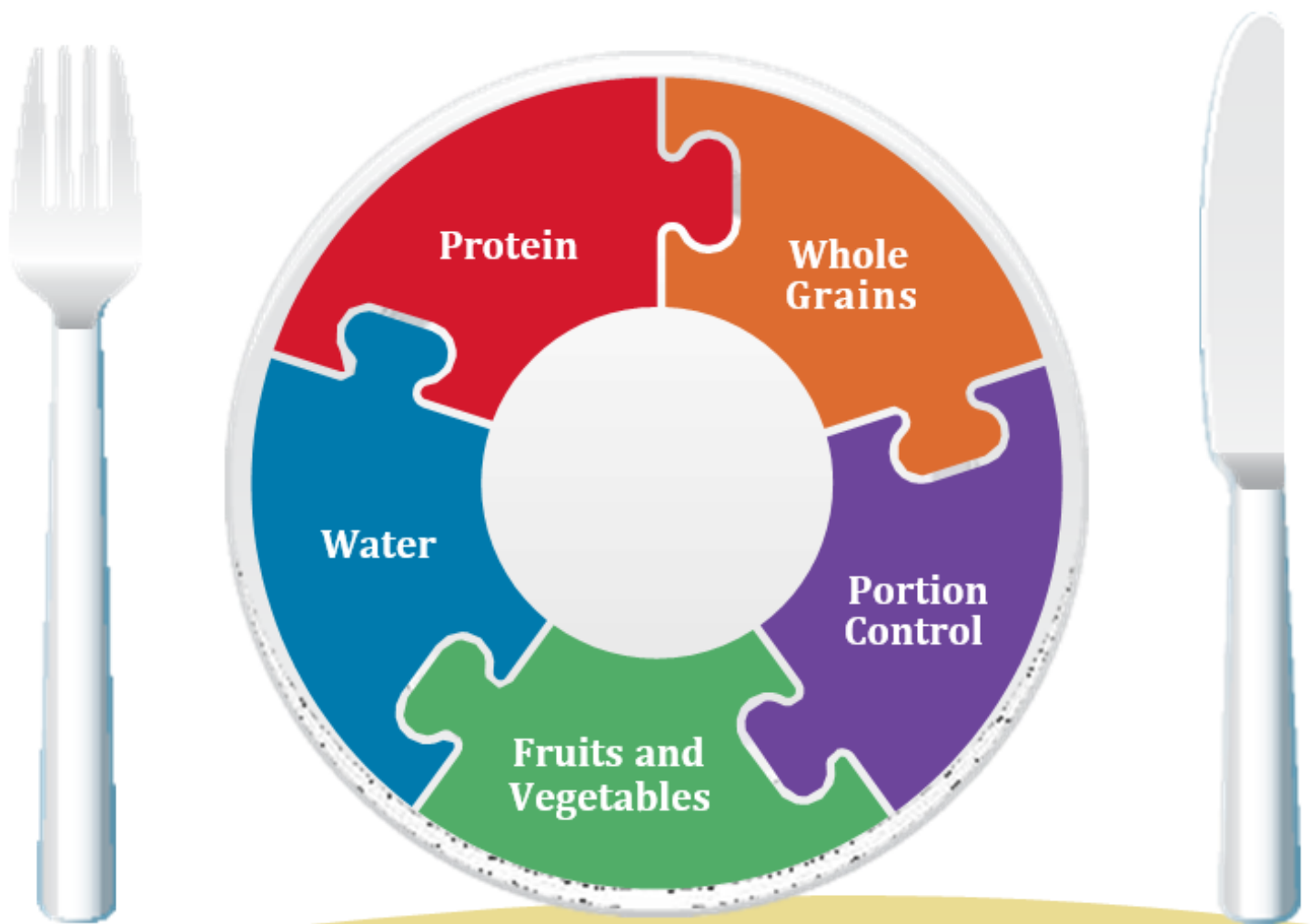


Figure 4: All fats are high in calories, so keep the portion size small (less than 1 tablespoon in most cases).

EAT OFTEN

Oil-based salad dressing: vinaigrette, oil, and vinegar

Oils: canola, olive, sunflower, peanut

Trans fat-free spreads

Avocado, olives, seeds, peanut or almond butter



SOMETIMES

**Low-fat creamy salad dressing like
light ranch**

Oils: corn, soybean, safflower, sesame Mayonnaise



LIMIT

Full-fat creamy salad dressing like ranch or blue cheese

Butter, lard, coconut oil Margarine

Cream

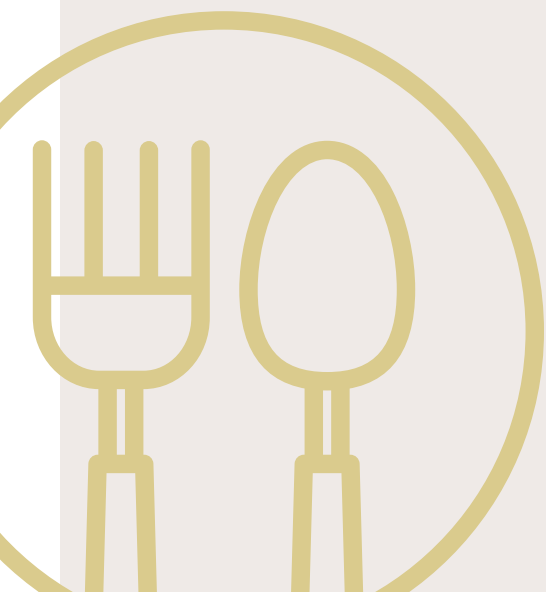


Figure 5: Use these pictures to estimate portion size of foods you eat. These tools can serve as a good guide, but may not be exact enough for dosing insulin.



1 oz

A serving of 23 almonds is about 1 ounce and about 170 calories.

Compare your piece of fruit to this apple to estimate the calories and carbohydrates.

A "small" piece of fruit is about 2½ inches in diameter and will be about 60 calories and 15 grams of carbohydrate.



2½ inches



1 tsp

How does this compare to how much you use in cooking?

One teaspoon of olive oil goes a long way.



1 Tbsp

How does your portion compare?

Salad dressing: Two tablespoons are the standard serving size (if you want to cut calories, use less).

Understand the difference between portions and servings

A portion is how much food you choose to eat at one time, for example, from a served meal in a restaurant or from a package at home.

A serving size is the amount of food listed on a Nutrition Facts label. A serving size on a food label may be more or less than the amount of one serving. How much you eat depends on what else you are eating, your age and weight, whether you are male or female, and how active you are. Sometimes portion and serving sizes match, and sometimes they don't. For example, if the label says that one serving is two cookies and you eat four cookies, then you have eaten two servings of cookies.

- ✓ Learn what portion size is right for you. Simplify your healthy eating plan by writing down your usual portions for the foods you eat most often.
- ✓ To learn about food portions and carb counts, you can use measuring cups or spoons, a food scale, or the American Diabetes Association's (ADA) Food Hub (<https://www.diabetesfoodhub.org/>). (See the next section: ADA can help you find more recipe options and meal planning tools.)
- ✓ See Figure 6 (page 14), "Plan Your Portions," to help you manage your portions and visually estimate how much you are eating.



Use ADA's tools to manage your healthy eating plan

ADA has created some tools to help you plan healthy meals, with or without diabetes. The ADA's Plan Your Portions Diabetes Plate method aims to make meal planning faster and stress free. When you are ready, you can try new foods within each section of the plate.

Learn more about ADA's Diabetes Food Hub (<https://www.diabetesfoodhub.org/>) to find more recipe options and meal planning tools.

Figure 8: ADA's Plan Your Portions Diabetes Plate Method



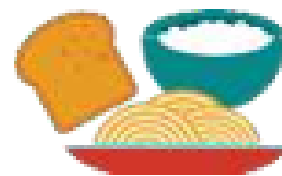
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1/2plate
 Non-Starchy
 Vegetables



1/4plate
 Protein



1/4plate
 Grains and
 Starchy Foods



Quinoa Rocca Salad

Ingredients

Rocca leaves
1 big tomato
white onion
1 1/2 cup cooked quinoa
1 tbsp olive oil
1/2 cup pomegranate seeds
sea salt and lemon
walnuts

 6 servings  prep time: 15 minutes

directions

1. wash the Rocca very properly, then chop it.
2. wash the tomato and the onion and cut them into small pieces.
3. Boil the quinoa for 15 to 20 minutes, and get rid of the boiling water.
4. add the quinoa to the vegetables.
5. add the pomegranate seeds.
6. add some walnuts to have more protein and healthy fats.
7. lastly add the lemon, salt and olive oil.

Nutrition Facts:

Calories 270 kcal | Carbs 35 g
Added sugar 1.2 | Protein 9.2 |
Fat 11

Ingredients

1 pound turkey breast, cut
into cubes

2 Tbsp. whole wheat flour

1/4 tsp. salt (optional)

1/4 tsp. pepper

1/4 tsp. cumin

1 1/2 Tbsp. olive oil

2 cloves garlic, minced

2 medium onions, sliced

2 stalks celery, sliced

1 medium red/green bell
pepper, sliced

1 medium tomato, finely
minced

5 cups of low-sodium beef or
turkey broth, fat removed

5 small potatoes, peeled
and cubed

12 small carrots, cut into
large chunks

1 1/4 cups green peas

Nutrition Facts:

Calories 350 kcal | Carbs 54 g |


Fiber 11 | Added sugar 10 | Protein

40 | Fat 9



Turkey Stew

 4 servings

 prep time: 30 minutes

Directions

1. Mix the whole wheat flour with salt, pepper, and cumin. Roll the beef or turkey cubes in the mixture. Shake off excess flour.
2. In a large skillet, heat olive oil over medium-high heat. Add beef or turkey cubes and sauté until nicely brown, about 7–10 minutes.
3. Place beef or turkey in an ovenproof casserole dish.
4. Add minced garlic, onions, celery, and peppers to skillet and cook until vegetables are tender about 5 minutes.
5. Stir in tomato and broth. Bring to a boil and pour over turkey or beef in a casserole dish. Cover the dish tightly and bake for 1 hour at 375 °F.
6. Remove from oven and stir in potatoes, carrots, and peas. Bake for another 20–25 minutes or until tender.



Protein stew

Ingredients

2 pounds lean beef, cubed
1 Tbsp. olive oil
1 large onion, chopped
1 clove garlic, finely
chopped 1/4tsp. salt
1/8 tsp. pepper
1/4cup fresh cilantro,
chopped
1can (15 ounces) stewed
tomatoes
2ounces tomato paste
1 can (1 pound 13
ounces)hominy

Nutrition Facts:

Calories 260 kcal | Carbs 23 g
Added sugar 6 | Protein 24 | Fat 9

 16 servings  prep time: 20 minutes

directions

1. In a large pot, heat olive oil. Add beef and sauté.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Stir to mix ingredients evenly. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking for another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.
5. Option: Skinless, boneless chicken breasts can be used instead of beef cubes.



avocado omelet

Ingredients

- 3 eggs, lightly beaten
 - 3 tbsp low fat milk
 - cooking spray
 - 1/2 cup cheddar cheese
 - 1 tbsp sliced green onion
 - 1/4 chopped red pepper
 - 1 large avocado (peeled and cubed)
-

 6 servings  prep time: 10 minutes

directions

1. Mix eggs and milk.
2. Add the monk fruit sweetener and mix well.
3. Spray a large pan with cooking spray and heat over medium-low heat.
4. Pour the egg mixture into the pan.
5. Cook egg until the top is almost set. Add the cheddar cheese.
6. Top with red paper and avocado, fold over and serve immediately.

Nutrition Facts:

Calories 270 kcal | Carbs 11 g
Added sugar 0 | Protein 16 | Fat
22



Ingredients

1 cup brown rice
1 onion
1 tbsp of chopped
garlic
chopped tomato
chopped zucchini
1 chopped green onion
1 chicken breast
chopped into small
cubes

Spices:
sweet chilli
black paper
salt
dried lemon
mix Emirati spices

Nutrition Facts:

Calories 500 kcal | Cars 45g

Added sugar 0 | Protein 74 | Fat 14

Healthy chicken Kabsa



3 servings



prep time: 40 minutes

directions

1. Saute the onion with garlic.
2. Add the chicken cubes and stir for 15 minutes.
3. Add all spices.
4. Add the vegetables and stir well.
5. After that add water and let it boil for 15 minutes.
6. Add the rice after soaking it in water for at least half an hour.
7. The water should cover the rice. It should cover the rice with 1 cm.
8. Close the pot and keep it on low heat until all water dries and the rice is soft.



cauliflower Dough Pizza

Ingredients

2 Tbsp. whole wheat flour
1 whole cauliflower
Vegetable cooking spray
2 Tbsp. olive oil
½ cup low-fat ricotta cheese
½ tsp. dried basil
1 small onion, minced 2 cloves
garlic, minced ¼ tsp. sea salt
(optional)
4 ounces shredded part-skim
mozzarella cheese
2 cups mushrooms, chopped
1 large red pepper, cut into
strips

Nutrition Facts:

Calories 110 kcal | Carbs 11 g
Added sugar 0 | Protein 8 | Fat 4

 8 servings  prep time: 30 minutes

directions

1. boil the cauliflower until fine and then mash it to make a puree.
2. In a bowl mix the puree with wheat flour, parmesan oregano, salt egg and, garlic powder.
3. Before mixing the ingredients, prepare your pan. Spread whole wheat flour over the working surface.
4. Roll out the dough with a rolling pin to desired crust thickness.
5. Mix low-fat ricotta cheese with dried basil, onion, garlic, and salt. Spread this mixture over the pizza dough.
6. Sprinkle it with part-skim mozzarella cheese. Top cheese with mushrooms and red pepper.
7. Bake at 425 °F for 13–15 minutes or until cheese melts and the crust is deep golden brown.
8. Cut into 8 slices.



Ingredients

100 ml almond milk
1 cup Almond flour
1/2 cup whole grain flour
1/2 cup vegetable oil
3 eggs
1 tsp vanilla
1 tbsp baking powder
Monk fruit sweetener
2 tsp baking soda
a pinch of sea salt

For decorating:

*100% organic cocoa powder
raspberries
blueberries
light whipping cream*

Nutrition Facts:

**Calories 90 kcal | Carbs 13 g
Added sugar 0 | Protein 4 | Fat 6**

Sugar-free Cake



12 servings



prep time: 15 minutes,
cook time: 45 minutes

directions

1. Before mixing the ingredients, prepare your pan by lining the bottom with parchment paper and preheating the oven to 300 Celsius.
2. Sift together the flour, baking powder, baking soda, and salt.
3. Next, in a mixing bowl, beat together the egg, vanilla, monk fruit sweetener, and the oil. Until just combined.
4. Then, mix in the dry ingredients from the first bowl.
5. Then, slowly and gently transfer the mixture to your cake pan. Use a clean spatula to smooth down the top.
6. Bake for 45 minutes (or until the cake springs when lightly touched with a finger).
7. Decorate with whipping cream and berries as needed.



Ingredients

1 cup coconut milk
1 1/2 cup Almond flour
3 tbsp vegetable oil
2 eggs
1 tsp vanilla
1 tbsp baking powder
3 tbsp Monk fruit
sweetener
sugar-free syrup
blueberries and
strawberries for topping

Nutrition Facts:

Calories 240 kcal | Carbs 11.7 g
Added sugar 1.2 | Protein 9.6 | Fat
15

Low-carb Pancake

 16 servings  prep time: 20 minutes

directions

1. In a bowl mix the egg, milk, vanilla, and oil.
2. Add the monk fruit sweetener and mix well.
3. Sift together the flour, and baking powder. add it to the first mixture.
4. Use a hot flat pan or the pancake pan if available.
5. With a spatula, take a handful amount (or more or less as needed) of the mixture and pour it onto the pan. Wait until it is gold in color then flip it.
6. Before eating, top it with the sugar-free syrup and decorate with strawberry and blueberry.

