

# Diabetes Friendly Meals

## Good for Diabetics...Good for Everyone!

Regardless of whether you have diabetes or not, don't steer away from recipes or meal plans that are designed for people with Type I or Type II Diabetes. When I joined Extension and started preparing myself for the Do Well, Be Well with Diabetes education classes, I was surprised at many of the things I learned. Not being a diabetic or having a diabetic family member, my knowledge of the disease was very limited. I had the impression that diabetics couldn't have any sugar or a limited amount and that was the only modification they had to make to their diets. Wow, was I wrong!

There are many modifications that diabetics must make to their diets, which include foods from all the different food groups. However, I quickly noticed that the suggested meal plans for diabetics are also a healthy choice for those of us that don't suffer from the disease. So I highly encourage everyone to consider these recipes and menu ideas. For more information on how to plan your meals to meet your diabetic needs, please feel free to contact the Texas AgriLife Extension Service office at 903-473-4580 for assistance.

The following information is taken from the American Diabetes Association's website [www.diabetes.org](http://www.diabetes.org). On their website is a wonderful tool called My Food Advisor. It gives you many different menu ideas and recipes that are diabetic friendly, but would be great for everyone.

Here are a few tasty recipes from the American Diabetes Association website.

### Good Morning Power Parfait

#### Ingredients

1 ripe medium banana  
2 cups fat-free, artificially flavored yogurt (divided use)  
1 teaspoon ground cinnamon (optional)  
2 1/2 cups whole strawberries, quartered  
1/2 cup grape-nut-style cereal, preferably with raisins and almonds

#### Instructions

1. Add the banana, 1 cup yogurt, and cinnamon (if using) to a blender and blend until smooth. Pour into 4 wine or parfait glasses.
2. Top each parfait with a rounded cup of strawberries, 1/4 cup of yogurt, and 2 tablespoons of cereal
3. This Recipe Serves 4

Nutritional Information: Calories 142, Carbohydrates 30 g, Protein 6 g, Fat 1 g, Saturated Fat 0 g, Cholesterol 3 mg, Sodium 113 mg, Dietary Fiber 4 g

## **"Sweet" Potato Fries**

Dietitian Tip: Sweet potatoes are packed full of good nutrition providing a good source of vitamin A, fiber and vitamin C. Adults and kids will love these "Sweet" Potato Fries.

### **Ingredients**

Cooking spray  
2 large sweet potatoes (about 2 pounds total), peeled and cut into 1/2-inch wedges  
2 tablespoons olive oil  
1 teaspoon cinnamon  
¼ cup Splenda® Brown Sugar Blend

### **Instructions**

1. Preheat oven to 400 degrees. Spray a baking sheet with cooking spray.
2. Place potatoes in a bowl and add oil; toss to coat.
3. Add remaining ingredients and mix well.
4. Place potatoes on a baking sheet and bake for 35 minutes or until potatoes are soft.

Serving Size: 10-12 Fries. This Recipe Serves 6.

Nutritional Information: Calories 160, Carbohydrates 28 g, Protein 2 g, Fat 4.5 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 35 mg, Dietary Fiber 3 g

## **Apricot and Cinnamon Fruit Dip Compliments of SPLENDA®**

### **Ingredients**

1 1/2 cups sliced apples  
1 1/2 cups sliced bananas  
6 peeled and chopped kiwis  
1 1/2 cups strawberries  
1/2 cup low fat cream cheese  
6 packets SPLENDA® ESSENTIALS™ No Calorie Sweetener with Fiber  
1/4 cup apricot preserves  
1/2 teaspoon cinnamon  
1/2 teaspoon vanilla extract  
1 cup nonfat Greek style yogurt

## **Instructions**

1. Set the sliced fruit aside.
2. Combine all ingredients in a medium size mixing bowl and whisk until smooth.
3. Serve with apples, bananas, kiwis and strawberries.

Serving Size: 2 tablespoons of dip + 1/2 cup of fruit. This Recipe Serves 12.

Nutritional Information: Calories 110, Carbohydrates 22 g, Protein 4 g, Fat 2.5 g, Saturated Fat 1 g, Cholesterol <5 mg, Sodium 45 mg, Dietary Fiber 3 g