



Lucille Rose Manor Cooking Workshops Healthy Senior Living Workshop #1: Diabetes

What is a Healthy Diet?



A healthy diet is a way of eating that reduces risk for complications such as heart disease and stroke. Healthy eating includes eating a wide variety of foods including: vegetables, whole grains, fruits, non-fat dairy products, beans, lean meats, poultry and fish.

There is no one perfect food so including a variety of different foods and watching portion sizes is key to a healthy diet. Also, make sure your choices from each food group provide the highest quality nutrients you can find. In other words, pick foods rich in vitamins, minerals and fiber over those that are processed.

People with diabetes can eat the same foods the family enjoys. Everyone benefits from healthy eating so the whole family can take part in healthy eating. It takes some planning but you can fit your favorite foods into your meal plan and still manage your blood glucose, blood pressure and cholesterol.

Why Eat Seasonal?

One of the great things about summer is the many fruits and vegetables that are in season. Being in season means they are at their peak quality during the summer months. What's more, it usually means lower prices at the store, which is good news for your grocery budget!



We all know that fresh produce is a good choice - especially those non-starchy vegetables! Try to fill at least half of your plate with these lower-carbohydrate, low-calorie veggies, which are packed with vitamins, minerals, and fiber.

Fruit also has a place in your meal plan. If your plan allows, have a small serving of fruit on the side with your meals. Or, it can also make a great snack or sweet treat.

Below you'll find a list of summer fruits and vegetables. Stock up now and enjoy!

Basil, Bell Peppers, Blackberries, Blueberries, Broccoli, Cantaloupe, Cherries, Corn, Cucumbers, Eggplant, Figs, Green Beans, Honeydew Melons, Jalapeno Peppers, Nectarines, Okra, Peaches, Plums, Raspberries, Strawberries, Sugar Snap Peas, Summer Squash/Zucchini, Tomatoes, Tomatillos, Watermelon



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Frozen and Canned Produce – Another Good Option!

One thing to remember about fresh produce is that you need to eat it within a few days before it spoils. Be realistic when you go to the store so you don't end up with wasted food, which also means wasted money. Planning your meals out ahead of time and making a list can help.

Other options with a longer shelf life are canned and frozen fruits and vegetables. These are just as nutritious and tend to be on the budget-friendly side as well. Just check prices to compare and find the best deal at your local supermarket. Here are a few things to look for when buying these items:

- When buying frozen or canned fruit, opt for those without added sugars.
- Fruit canned in juice is best, but you can also buy fruit canned in syrup and rinse it before eating.
- When buying frozen or canned vegetables, buy those without added sauces or salt.
- Always drain and rinse canned vegetables and beans to remove about 40% of the sodium.
- Sometimes the no-salt added or low-sodium canned vegetables cost more. In this case, you can buy the regular version, just be sure to drain and rinse the vegetables.

Budget-Friendly Tips to Remember Year-Round!

Sign up for your grocery store's valued customer program. Keep your valued customer card in your wallet or on your keychain and use it every time you shop. This will ensure that you receive automatic discounts. You might also receive additional coupons or other benefits as part of the program.

Shop from a list. Have a plan ahead of time and know what you need. Stick to your list so you don't end up spending more than you need to!

This is a big one – don't shop hungry. You'll be more likely to splurge on less healthy choices that are not on your list if your stomach is rumbling. If you shop on a full stomach, cravings are less likely to occur, helping you stick to your plan to spend less.

Use the unit price to compare similar foods. The unit price is usually on the shelf price sticker. It tells you how much you are paying per pound, ounce, pint, etc. Use the unit price to compare the cost of different brands and different size containers.

Avoid buying diabetic and dietetic foods. These foods can be very pricey and you don't need them to follow a healthy meal plan. You can eat healthy foods at lower prices and still manage your diabetes.

Opt to buy store brands. Maybe their label isn't as attractive as the name brand items, but they often taste the same. These items could potentially save you more than 50%.



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Buy in bulk, but only if you'll finish it before it goes bad. Often the unit price of an item goes down as the size of the container goes up. However, remember that wasted food is also wasted money. You know what your family will and will not eat. Don't spend extra money on the larger container if you know you won't use it.

Avoid buying individually packaged foods that have been pre-cut or prepared. The more packaging and preparation, the higher the cost of the food item. For example, individually packaged yogurt costs more per ounce than a large 32-ounce container. Fresh, precut produce such as apples, pineapple, or melon will also cost more than buying the whole fruit or vegetable and cutting it yourself.

There are many ways that you can save money and still eat healthfully, starting with the tips above. Take advantage of seasonal fruits and vegetables, as well as lower-cost frozen and canned produce.

Cook with Heart-Healthy Foods

You can protect your heart and blood vessels by:

- *Eating less unhealthy fats* (trans fat, saturated fat and cholesterol) and by choosing the types of fats that help your cholesterol levels (unsaturated fats).
- *Maintaining a healthy weight* by keeping portions in perspective and making healthy food choices.
- *Reducing your sodium intake*, which can help many people with blood pressure control.



The ingredients you use and the way you cook can make a big difference. Below are some practical tips to remember for heart-healthy eating and cooking.

Choose the Right Fats – In Moderation!

This means limiting foods high in trans fat, saturated fat and cholesterol – like processed snacks and sweets, baked goods, fried foods, high-fat dairy products, solid fats, and high-fat meats.

Instead, choose lean protein foods and low-fat dairy products. Limit the amount of processed snacks and baked goods you buy and eat. Choose more nutritious fresh foods to include in your snacks and meals such as fresh vegetables, whole grains, nuts and fruit. When cooking, skip the butter and margarine and try healthy vegetable-based oils in moderation.

Include Those Omega-3s

Omega-3 fatty acids are a type of healthy fat that helps prevent the clogging of arteries. Include fish (non-fried) in your meal plan at least twice a week – especially those high in omega-3 fatty acids. These "fatty" fish include salmon, albacore tuna, herring, rainbow trout, mackerel and sardines.



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Other foods that provide omega-3 fatty acids include soybean products, walnuts, flaxseed and canola oil. It's also great if you can include some of these sources in your diet. Try mixing walnuts into your morning oatmeal or adding tofu to your stir-fry.

Choose a Healthy Cooking Method

You can cut down on the calories in your meals by broiling, microwaving, baking, roasting, steaming or grilling foods. Avoid frying foods in lots of oil, lard or butter.

It is okay to use some fat when cooking. Just make sure you use oil high in unsaturated fats and don't use too much. (Remember that all fats are dense in calories, so they will add up quickly.) Some ideas are olive, peanut, corn, vegetable, safflower, sunflower or flaxseed oil. Nonstick pans and cooking sprays also work well if you're trying to reduce calories in a dish.



Homemade and Fresh Is Best!

Restaurant food tends to be high in calories, sodium, and unhealthy fats – all things you want to watch if you're eating heart healthy. Try to cook at home as much as possible with fresh, healthy ingredients. You'll find that you have much more control over what goes into your food.

Boost Flavor Without Unhealthy Fats and Salt

Look for recipes that use herbs and spices for flavor instead of salt, butter, lard, or other unhealthy fats. Try these tricks to season your food:

- Squeeze fresh lemon juice or lime juice on steamed vegetables, broiled fish, rice, salads or pasta.
- Try salt-free lemon pepper or mesquite seasoning on chicken.
- Try a salt-free herbs and spices. Fresh herbs are also a great choice.
- Use onion and garlic to liven up meats and vegetables.
- Try marinating and grilling chicken or pork with barbecue sauce or with a homemade marinade.

Trim the Fat When Possible

Cut away visible fat from meat and poultry. Roast food on a rack to let the fat drip off. Make soups a day ahead so you can chill them and then remove the fat that has risen to the top.



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Substitute Healthier Ingredients In Your Favorite Recipes

Instead of regular ground beef...

Try 90% lean ground beef or better yet, try lean ground turkey breast.

Why? Fewer calories, less saturated fat and less cholesterol.

Instead of sour cream on tacos or in dips...

Try non-fat plain yogurt (regular or Greek).

Why? Fewer calories and less saturated fat.

Instead of butter or margarine when cooking vegetables or protein foods...

Try trans-free margarine and oils like olive oil or vegetable oil.

Why? No trans fat, less saturated fat and more heart-healthy unsaturated fats.

Instead of butter or margarine when baking...

Try substituting half with applesauce.

Why? Fewer calories and less saturated fat.

Instead of cream, whole milk or 2% milk...

Try 1% milk or skim milk.

Why? Fewer calories and less saturated fat.

Instead of regular cheese...

Try reduced-fat cheese or use less.

Why? Fewer calories, less saturated fat and less cholesterol.

Instead of snack foods with hydrogenated oil, palm oil or coconut oil (crackers, chips, candy or baked goods)...

Try fruit with plain yogurt, fresh vegetables and hummus, a slice of whole wheat toast and natural peanut butter, nuts and dried fruit.

Why? Less sodium, less saturated fat and zero trans fat.

Instead of regular mayonnaise...

Try light mayonnaise or mustard on sandwiches. Try non-fat plain yogurt or a combination of non-fat plain yogurt and light mayonnaise if used in dressing, sauces and dips.

Why? Fewer calories.

Instead of bologna, salami or pastrami...

Try sliced low-sodium turkey or roast beef. Or better yet, cook fresh chicken or turkey on the weekend and use throughout the week for meals.

Why? Less total fat, less saturated fat and less sodium.



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TODAY'S RECIPES

Caribbean Couscous Salad

- 1 ¼ cup water
 - 1 cup whole wheat couscous
 - 1 15 ounce can black beans, rinsed and drained
 - 2 cups coarsely shredded fresh spinach
 - 1 medium red sweet pepper, seeded and coarsely chopped
 - 1 medium mango, peeled, seeded and chopped
 - ¼ cup thinly sliced green onions
 - 1 recipe Ginger-Lime Vinaigrette
1. In a medium saucepan, bring the water to boiling. Remove from heat. Stir in couscous; cover and let stand for 5 minutes. Fluff with a fork. Let stand at room temperature about 10 minutes or until cool.
 2. In a large bowl, stir together beans, spinach, sweet pepper, mango, and green onions. Add couscous and Ginger-Lime Vinaigrette. Toss to coat. Serve immediately or cover and chill in the refrigerator for up to 24 hours.

Ginger-Lime Vinaigrette

- ¼ cup fresh cilantro
- 3 tablespoons lime juice
- 2 tablespoons olive oil
- 1 ½ teaspoons grated fresh ginger
- 1/8 teaspoon salt
- 1/8 teaspoon cayenne pepper

In a small bowl whisk together cilantro, lime juice, olive oil, ginger, salt, and cayenne pepper.

Zucchini and Fresh Corn Succotash

- 1 tablespoon olive oil
 - 1 medium onion, diced
 - 2 cloves garlic, minced
 - 1 medium zucchini, diced
 - 4 medium ears of fresh corn on the cob, cooked and cut off the cob
 - 1 (14.5-ounce) can black beans, drained and rinsed
 - 2 tablespoons chopped fresh parsley
 - ½ teaspoon salt (optional)
 - ¼ teaspoon ground black pepper
1. Add the olive oil to a large skillet over medium-high heat. Add the onion and sauté for 5-6 minutes or until the onions start to turn clear.
 2. Add the garlic and zucchini and sauté for 4-5 more minutes until the zucchini is just starting to soften.
 3. Add the corn and sauté for 2-3 minutes. Then add remaining ingredients until heated through.



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Maple Date Bars

- 1 $\frac{3}{4}$ cups finely chopped pitted medjool dates
 - $\frac{3}{4}$ cup water
 - $\frac{1}{3}$ cup pure maple syrup
 - 1 teaspoon lemon zest
 - 1 cup all-purpose flour
 - 1 cup rolled oats (not quick-cooking)
 - $\frac{1}{4}$ teaspoon baking soda
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{2}{3}$ cup sugar
 - $\frac{1}{2}$ cup unsalted butter, softened
 - olive oil
1. Combine dates, water and maple syrup in a small heavy saucepan over medium heat. Bring to a boil, then cook, stirring frequently, until most liquid is absorbed (about 12 minutes). Mixture should look like jam. Remove from heat and stir in zest. Cool completely.
 2. Preheat oven to 400°F.
 3. In a large bowl, whisk together flour, oats, baking soda and salt. Beat sugar and butter with a mixer at medium speed until smooth. Stir flour mixture into sugar mixture (it will be crumbly).
 4. Grease an 11- x 7-inch baking pan with olive oil. Press 2 cups of mixture into bottom of pan. Spread date mixture over flour mixture. Sprinkle remaining flour mixture on top.

RESOURCES TO LOOK INTO:

Sign up for healthy living recipes here:

www.diabetes.org/mfa-recipes/log-in/recipes-for-healthy-living.html?loc=ff-diabetesmealplans

- Delivered to your email

For the tech savvy, get this app for your phone:

www.foodonthetable.com

- You fill in your preferences, get 5 dinner meals, matches ingredients with the sales at your local grocery, you get a an organized grocery list

On the web

www.diabetes.org

- Meal planning, recipes, fitness tips and more