

HAVE YOUR CAKE AND EAT IT TOO!

TIPS TO LIGHTEN-UP YOUR FAMILY'S FAVORITE TREATS

Many people think that they have to give up sweets or desserts when they are diagnosed with diabetes. But this is not the case. All types of foods—even sweets—can fit into a diabetes meal plan. In fact, you will probably be more successful meeting your goals if you do not try to change all your food choices at once. Instead, work on making small changes in the foods you eat. A great way to start is by learning how to make your family's favorite treats lower in fat and calories. This will keep you and your entire family healthy. Fit the treats you want to eat into your eating plan by knowing the carbohydrate grams or number of carbohydrate choices of the sweets you eat.

HEALTHY COOKING AND BAKING IS AS EASY AS ONE, TWO, THREE

Experiment with some of the tips below to make new healthier versions of your family's favorite sweets and desserts.

1. START ONE INGREDIENT AT A TIME

- See how well your first change in the recipe turns out before you make additional changes.

2. REDUCE OR REPLACE HIGH CALORIE INGREDIENTS

To reduce fat:

- Use non-stick spray, non-stick pans, and muffin liners.
- Cut back on butter, margarine or oil by up to 1/2, or substitute unsweetened applesauce, fat-replacers made from prune pureé, or butter flavored granules.
- Substitute smaller amounts of liquid oils such as canola oil for less healthy solid fats such as shortenings, butter, and margarine. Use 1/2 to 2/3 cup oil to replace 1 cup solid fat.

- Decrease chocolate chips, nuts and coconut by 1/2 or replace with other high flavor ingredients like dried cherries.
- Use low- or fat-free products in place of full-fat versions of ingredients such as sour cream, cream cheese, half and half and margarine.
- Keep in mind many ingredients used to make recipes lower in fat can increase carbohydrate content. Remember to account for this extra carbohydrate in your meal planning.

To reduce sugar or carbohydrate:

- Cut back on added sugar by up to 1/2.
- Replace some or all of the sugar with a sugar substitute or baking blend. Each brand has different guidelines for use in recipes. Read the package guidelines for instructions.

3. ADD EXTRA FLAVOR AND TEXTURE

- Try spices such as cinnamon, nutmeg, ginger, pumpkin pie spice, and vanilla.
- Add new flavorings, such as almond extract, coconut flavoring, mint flavoring, extra cocoa powder, and lemon zest.
- Add texture with wheat germ, oat bran, bran cereals, berries, or grated fruits like apples.

SUGAR AND DIABETES

In the past people with diabetes were told that they should not eat sugar, sweets, or desserts. We now know that sugar and sweets do not increase your blood glucose level any more than other foods that contain carbohydrate, such as fruits, milk, breads, grains, and starchy vegetables. Of course these foods contain important nutrients that your body needs to stay healthy, and sweets do not. Sweets and desserts tend to be high in calories and fat so it is best to keep portions small and choose healthier foods for your meals and snacks.

IN PLACE OF	REDUCE OR REPLACE	CALORIE AND FAT SAVINGS
1 cup butter, shortening, full-fat margarine or oil	<ul style="list-style-type: none"> - Replace only 1/2 cup fat with 1/2 cup unsweetened applesauce or butter flavored granules (1 packet or 2 tbsp) - Replace 1 cup fat with 1/2 cup prune pureé - Replace 1 cup oil with 1 cup unsweetened applesauce - Reduce 1 cup oil to 1/2 cup oil 	<ul style="list-style-type: none"> - 750 calories and 88 fat grams - 1309 calories and 176 fat grams - 1840 calories and 220 fat grams - 972 calories and 110 fat grams
8 oz full-fat cream cheese	<ul style="list-style-type: none"> - Replace with 8 oz fat-free cream cheese 	<ul style="list-style-type: none"> - 560 calories and 72 fat grams
1 cup heavy cream	<ul style="list-style-type: none"> - Replace with 1 cup evaporated skim milk 	<ul style="list-style-type: none"> - 600 calories and 96 fat grams
1 egg	<ul style="list-style-type: none"> - Replace with 2 egg whites or 1/4 cup low-fat liquid egg substitute (This will work for up to 4 eggs) 	<ul style="list-style-type: none"> - 36 calories and 4.5 fat grams
1 cup sugar	<ul style="list-style-type: none"> - Reduce to 1/2 cup sugar - Replace with equivalent sweetening from a sugar substitute* *Nutrition information will vary depending on the brand and form of sweetener used. 	<ul style="list-style-type: none"> - 384 calories and 0 fat grams (also save 96 carbohydrate grams) - 768 calories and 0 fat grams (also save 192 carbohydrate grams)
1 oz unsweetened chocolate	<ul style="list-style-type: none"> - Replace with 3 tbsp unsweetened cocoa powder 	<ul style="list-style-type: none"> - 106 calories and 13 fat grams
1 cup chocolate chips	<ul style="list-style-type: none"> - Reduce to 1/2 cup chocolate chips 	<ul style="list-style-type: none"> - 560 calories and 32 fat grams (also save 72 carbohydrate grams)
1 cup nuts	<ul style="list-style-type: none"> - Reduce to 1/2 cup toasted nuts 	<ul style="list-style-type: none"> - 400 calories and 40 fat grams
1 cup coconut	<ul style="list-style-type: none"> - Reduce to 1/2 cup coconut plus 1 tsp coconut flavoring 	<ul style="list-style-type: none"> - 233 calories and 16.5 fat grams

FINE TUNING RECIPES

- Consider the role of ingredients before you change them. Recipes where fats provide structure, such as a chocolate chip cookie, can be more difficult to modify than ones where fats provide moisture, like a cake.
- Recipes for most baked goods require sugar for proper volume and texture. For best results, try substituting only half the amount of sugar with a sugar substitute or baking blend.
- You can replace all of the sugar with a sugar substitute in recipes where sugar provides only sweetening, such as a fruit pie.
- Low-fat ingredients, such as reduced-fat margarines and egg substitutes, may contain more water than full-fat versions. You may need to add a few extra tablespoons of flour, cornstarch, or arrowroot to keep a recipe from being too moist.
- Lowering the baking temperature and increasing the baking time may help improve quality.
- Drain applesauce and fruit pureés in a coffee filter or cheesecloth to remove excess liquid.
- Avoid over-mixing or substitute cake flour or whole wheat flour (up to half) to avoid rubbery or less tender baked goods.

FOR MORE INFORMATION: Contact the American Dietetic Association at www.eatright.org or 1-800-366-1655

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