PEAL: Practical Eating and Living

An informal guide with recipes and tips for eating healthy (especially with limited time or budget) to combat Type II diabetes.

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Spring 2009
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*Make sure you note prices for the same amounts of the same goods (for example, a regular size bag of pretzels may be less than the family size, but the family size contains a larger amount)

Dedication

We would like to dedicate this book to the workers of the college. We appreciate all of the hard work you do to keep our school running efficiently. You truly are the backbone of this school but your work often goes unnoticed. We wanted to show you how important your work is to us by centering our project on you and presenting you with this gift. Thank you for all that you do. This book is dedicated to you!

We would like to also thank Gul Ozysgin, Deloris Thomas, Ann Repeta, Stacey Eunnae, Cherie Seise, Elizabeth Ferris and the IF Fund for the help they provided over the semester.

Introduction:

Healthy eating can be hard. It can be expensive and time consuming. Everyone wants to do it but sometimes the struggle is too much. Diabetes is a disease that disproportionately affects people who have neither the time, energy, or desire to eat healthily. It is a life-long disease caused when the body does not produce enough insulin, has resistance to insulin, or both. Without insulin, your body cannot absorb sugars or break down fats from foods and the build-up of the sugars and fats causes serious health concerns. Diabetes causes a lifetime of restrictions and inconveniences. It can cause dry and itchy skin, blindness, loss of sensation in hands and feet, and even death. People with diabetes are required to follow strict exercise programs and even stricter diets. The good news, however, is that it is never too late to take a stand against this increasingly prevalent disease.

PEAL (Preventive Eating and Living) is a community action project geared towards health, especially the prevention of Type II diabetes. We know healthy eating can be hard, so we have put together advice from nutritionists, cost comparisons, and practical eating strategies to help with this daunting task. Also, interspersed throughout this booklet are some testimonials of people living with diabetes. Their firsthand experiences illustrates how difficult living with diabetes is and will hopefully encourage you to protect yourself from diabetes by eating healthy. Diabetes is an inconvenient and difficult disease, but with a few healthy and inexpensive eating strategies you can make sure that diabetes does not become a hassle in your life.
Fast Food Facts

From: Super Size Me!

In 1972, we spent $3 billion a year on fast food - today we spend more than $110 billion

Only seven items on McDonald's entire menu contain no sugar

McDonald's operates more than 30,000 restaurants in more than 100 countries on 6 continents

40% of American meals are eaten outside the home

McDonald's represents 43% of the total U.S. fast food market

McDonald's feeds more than 46 million people a day - more than the entire population of Spain

<table>
<thead>
<tr>
<th>Product: (per lb or gallon)</th>
<th>Grocery Stores</th>
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<tbody>
<tr>
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<tr>
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<tr>
<td>butter</td>
<td></td>
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<tr>
<td>sugar</td>
<td></td>
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<tr>
<td>flour</td>
<td></td>
</tr>
<tr>
<td>ground beef</td>
<td></td>
</tr>
<tr>
<td>rice</td>
<td></td>
</tr>
<tr>
<td>spaghetti noodles</td>
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<tr>
<td>broccoli</td>
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<td>carrots</td>
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<td>apples</td>
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<td>cheese</td>
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<tr>
<td>ice cream</td>
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<td>vegetable oil</td>
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<td>ketchup</td>
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<tr>
<td>ham</td>
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<tr>
<td>turkey</td>
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<tr>
<td>orange juice</td>
<td></td>
</tr>
<tr>
<td>oats</td>
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</tr>
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</table>
What you can do to...

Prevent cancers:
- eat berries, broccoli, low-fat dairy products, fresh spinach, sweet potatoes, squash, beans, cauliflower, garlic, rapes, and tomatoes
- drink green tea

Prevent Type II Diabetes:
- weight loss by cutting fat from your diet by choosing fruits and vegetables as snacks, and meats like chicken exercising, even walking, for 30 minutes, 5 days a week eating fruits and vegetables from every color of the rainbow, fat-free milk, yogurt, cheese, and whole grains

How do you know if you have diabetes or pre-diabetes?
A doctor can check by using fasting plasma glucose test (FPGT) or the oral glucose tolerance test (OGTT).
These tests measure whether your metabolism is working normally and whether or not you have diabetes or pre-diabetes.
If you have a family history of diabetes, are overweight, or are part of a high risk group (African American, Latino, Native American, Asian Americans/ Pacific Islanders, or the aged population), it would be wise to have these tests conducted because you are at higher risk for developing Type II Diabetes.

Cost Comparison Information:
The best overall savings can be found at Ukrops. Although they are not always the cheapest, their store brands in general are less expensive than other local choices, sometimes up to 50 cents. Bloom, however, is the least expensive if you are looking to buy

### Calorie Comparison Chart

#### Large French Fries

<table>
<thead>
<tr>
<th>Fast Food Restaurant</th>
<th>Type of Food</th>
<th>Serving size (g)</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Carbs (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s</td>
<td>Regular</td>
<td>170</td>
<td>570</td>
<td>30</td>
<td>70</td>
<td>330</td>
</tr>
<tr>
<td>Burger King</td>
<td>Regular</td>
<td>160</td>
<td>500</td>
<td>28</td>
<td>57</td>
<td>820</td>
</tr>
<tr>
<td>Wendy’s</td>
<td>Regular</td>
<td>Unknown</td>
<td>540</td>
<td>26</td>
<td>69</td>
<td>550</td>
</tr>
<tr>
<td>Hardee’s</td>
<td>Regular</td>
<td>193</td>
<td>610</td>
<td>28</td>
<td>78</td>
<td>370</td>
</tr>
<tr>
<td>Hardee’s</td>
<td>Crispy Curls</td>
<td>153</td>
<td>480</td>
<td>23</td>
<td>60</td>
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#### Chicken Sandwich

<table>
<thead>
<tr>
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<th>Type of Food</th>
<th>Serving size (g)</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Carbs (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s</td>
<td>McChicken</td>
<td>147</td>
<td>360</td>
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<td>40</td>
<td>790</td>
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<tr>
<td>Burger King</td>
<td>Tendercrisp</td>
<td>284</td>
<td>790</td>
<td>44</td>
<td>68</td>
<td>1640</td>
</tr>
<tr>
<td>Wendy’s</td>
<td>Spicy Chicken Fillet</td>
<td>Unknown</td>
<td>440</td>
<td>16</td>
<td>46</td>
<td>1320</td>
</tr>
<tr>
<td>Chick-Fil-A</td>
<td>Chicken Sandwich</td>
<td>170</td>
<td>410</td>
<td>16</td>
<td>38</td>
<td>1300</td>
</tr>
<tr>
<td>KFC</td>
<td>Snacker</td>
<td>119</td>
<td>290</td>
<td>13</td>
<td>29</td>
<td>680</td>
</tr>
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</table>

#### Hamburger

<table>
<thead>
<tr>
<th>Fast Food Restaurant</th>
<th>Type</th>
<th>Serving Size (g)</th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Carbs (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s</td>
<td>Regular</td>
<td>100</td>
<td>250</td>
<td>9</td>
<td>31</td>
<td>520</td>
</tr>
<tr>
<td>Burger King</td>
<td>Regular</td>
<td>121</td>
<td>290</td>
<td>12</td>
<td>30</td>
<td>560</td>
</tr>
<tr>
<td>Wendy’s</td>
<td>Jr. Hamburger</td>
<td>Unknown</td>
<td>230</td>
<td>8</td>
<td>26</td>
<td>500</td>
</tr>
<tr>
<td>Hardee’s</td>
<td>Regular</td>
<td>118</td>
<td>310</td>
<td>12</td>
<td>36</td>
<td>560</td>
</tr>
</tbody>
</table>

** (g) grams
** (mg) milligrams
Tips for Grocery Shopping

Cut coupons from your local paper. You can also print coupons from online sites like, www.coolsavings.com, www.smartsource.com, and www.valupage.com. The actual websites for the products you purchase often have promotions and discounts too. You can sign up for promotions and the company will send you additional coupons in the mail. Some examples are diapers and baby formula, but also many foods.

Use a cost comparison chart if you shop at numerous grocery stores; don’t buy items at more expensive prices if you can get them for cheaper from another grocery store. We have included a cost comparison chart later in this book.

Use the site allrecipes.com for creative recipe ideas.

If you have trouble sticking to a self-set budget when you grocery shop, try going to an ATM and withdrawing your budget in cash then going to the grocery store. It’s easier to stick to a budget if you take out your limit prior to shopping.

If a store runs out of an on-sale item, ask for a rain check to buy the item at the sale price when they have it in stock again. If they ask you how much you think you will be buying, estimate a little more that you expect so that you can buy as much as you need at the sale price.

See if you can get a discount for buying in bulk even at the local grocery store. Ask to buy canned vegetables or soup by the case.

12) Extended arm cross. Extend one arm out straight in front of you. With the other hand, grab the elbow of the outstretched arm and pull it across your chest, stretching your shoulder and upper back muscles. Hold. Release. Stretch out the other arm in front of you. Repeat.

13) Bent over leg hug. Sit on the edge of your chair (if it has wheels, wedge the chair against the desk or wall to make sure it does not roll). Put your feet together, flat on the floor. Lean over, chest to knees, letting your arms dangle loosely to the floor. Release your neck. Now bring your hands behind your legs, right hand grasping left wrist, forearm (or elbow if you can reach that far), left hand grasping the right. Feel the stretch in your back, shoulders and neck. Hold. Release your hands to the floor again. Repeat three times or as often as it feels good.

14) Upward reaches. Sit up tall in your chair, or stand up. Stretch your arms overhead and interlock your fingers. Turn the palms to the ceiling as you lift your chin up, tilt your head back, and gaze up at the ceiling, too. Inhale, exhale, release.
colleague, walk to their office or desk and give them the message face to face.

8) Suggest an alternative way to have a lunch meeting: offer to walk and talk your way to the local store or sandwich shop. Walking and talking gets more oxygen to the brain, its good exercise, and you’re more likely to remember what is said on the walk because you’re not distracted by eating your lunch.

9) Torso twists. Inhale. As you exhale, turn to the right and grab the back of your chair with your right hand, and grab the arm of the chair with your left. With eyes level, use your grasp on the chair to help twist your torso around as far to the back of the room as possible. Hold the twist and let your eyes continue the stretch -- see how far around the room you can peer. Slowly come back to facing forward. Repeat on the other side.

10) Forearm flexors. Stretch your left hand out in front of you, pointing fingers toward the floor. Use your right hand to increase the stretch, pushing your fingers down and toward the body. Be gentle. Do the same with the other hand. Now stretch your left hand out straight in front, wrist bent, with fingers pointing skyward. Use your right hand to increase the stretch, pulling the fingers back toward your body. Do the same on the other side.

11) Bear hugs. Hug your body, placing the right hand on your left shoulder and the left hand on your right shoulder. Breathe in and out, releasing the area

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Top 40 Healthy Foods (in no particular order):

<table>
<thead>
<tr>
<th>Oats</th>
<th>Ginger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raisins</td>
<td>Bok Choi</td>
</tr>
<tr>
<td>Figs</td>
<td>Cranberry juice</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Onions</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Raspberries</td>
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<tr>
<td>Artichokes</td>
<td>Lentils</td>
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<tr>
<td>Salmon (wild)</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
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<tr>
<td>Crispbreads (whole grain rye crackers, like Wasa)</td>
<td></td>
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<tr>
<td>Sweet potatoes</td>
<td></td>
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<tr>
<td>Grape tomatoes</td>
<td></td>
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<tr>
<td>Fat free to 1% milk</td>
<td></td>
</tr>
<tr>
<td>Citrus fruit (oranges, grapefruit, lemons, limes, tangerines, clementines)</td>
<td></td>
</tr>
<tr>
<td>Squash, butternut, pumpkin, and acorn</td>
<td></td>
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<tr>
<td>Brown rice</td>
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<tr>
<td>Spinach</td>
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<tr>
<td>Kale</td>
<td></td>
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<tr>
<td>Edamame</td>
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<tr>
<td>Wheat germ</td>
<td></td>
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<tr>
<td>Apples</td>
<td></td>
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<tr>
<td>Almonds</td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
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<tr>
<td>Red beans</td>
<td></td>
</tr>
<tr>
<td>Vegetable juice</td>
<td></td>
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<tr>
<td>Flax seed</td>
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<tr>
<td>Cabbage</td>
<td></td>
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<tr>
<td>Barley</td>
<td></td>
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<tr>
<td>Garlic</td>
<td></td>
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<tr>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Avocados ($)</td>
<td></td>
</tr>
<tr>
<td>Apricots</td>
<td></td>
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</tbody>
</table>
Ingredient Substitutes:

**Ingredient given  ---  ingredient that can be used as a substitute**

Baking chocolate --- cocoa powder
Bread crumbs --- unprocessed bran flakes & oat flour mixture/ crushed bran cereal/ crushed whole wheat crackers/ oatmeal
Butter --- margarine/ canned pumpkin
Chocolate --- pureed prunes
Cream --- evaporated skim milk
Oil/margarine/butter --- applesauce
Regular bacon --- Bacon Bits/Canadian bacon
Sour cream --- fat free plain yogurt
Vegetable oil --- olive oil
Whipped cream --- vanilla non-fat yogurt
Whole bird/dark meat chicken --- turkey breast

*Changes in the measurements often have to be made. If the recipe you’re using does not provide a conversion, search the web to find how much of a substitute will give you the same results as the original ingredient.

14 Stretching Exercises at Your Desk

1) Stand up, sit downs. Do these on your desk chair without using your hands. Do this while on the phone...no one will know!

2) Substitute an exercise ball for your desk chair, if possible. All day you will be sitting and engaging muscles in the back, legs, and butt to stay balanced.

3) Shoulder Shrugs. These help release tension in the neck and shoulders. Inhale deeply and shrug your shoulders, lifting them high up to your ears. Hold. Release. Repeat three times.

4) Head Shakes. These are also good to release tension. Move your head slowly in the yes and no head shake movements. Shedding tension is as much mental as physical.

5) Arm circles. Clench both fists, stretching both hands out in front of you. Make circles in the air, first in one direction, to the count of ten. Then reverse the circles. Finish by shaking out your hands.

6) Leg extensions. Grab the seat of your chair to brace yourself and extend your legs straight out in front of you so they are parallel to the floor. Flex and point your toes five times. Release. Repeat. Leg extensions work the abs and legs.

7) Substitute a walk for an e-mail. Instead of e-mailing a
What you may want to know about dieting:

One of the most effective ways to lose weight is to cut portion size, in addition to paying extra attention to what you are eating.

Breakfast is the most important meal of the day, don’t skip it. Get a balanced breakfast of measured portions of protein, carbs, and fiber.

Drinking water is vital to health and important when dieting. Unless you have kidney or adrenal problems, you should drink at least 2 liters of water throughout the day.

Exercise is essential to burning fat and calories when dieting. Exercise increases your metabolism too, burning even more calories and fat. The muscle you gain from exercising regularly needs fuel and therefore burns the calories you intake.

Some good foods that are low calorie and help keep you full are whole grains, fruit, popcorn, yogurt, cereal, granola, raisins, and veggies.

How many servings of each food group should you have a day?

- Breads and Grains: 6-11 servings
- Vegetables: 3-5 servings
- Fruits: 2-4 servings
- Dairy: 2-3 servings
- Protein: 2-3 servings
- Sweets, Fats, Oils: Use sparingly

Breakfast Recipe #1: Breakfast Burrito

Ingredients:
- ½ cup chopped tomatoes
- 2 tablespoon chopped onions
- ¼ cup canned corn, with no added salt
- ¼ cup egg substitute/egg whites
- 2 tablespoons salsa
- 1 whole-wheat flour tortilla (6 inch diameter)

Preparation:
1) In a small skillet, add the chopped tomato, onion and corn. Cook over medium heat until the vegetables are soft and moisture is evaporated.
2) Add the egg and scramble with the vegetables until cooked through, about 3 minutes on medium to low heat.
3) To serve, spread the egg mixture in the center of the tortilla and top with salsa. Fold in both sides of the tortilla up over the filling, and then roll to close. Serve immediately.

*If you like cheese with your eggs, add shredded cheese. Remember to choose a low-fat variety and use a small proportion.
Breakfast Recipe #2: Tropical Fruit Salad

Ingredients:
1 cantaloupe
1 honeydew melon
2 cups pineapple (fresh or canned in juice, drained)
2 tablespoons lemon or lime juice

Preparation:
1) Dice cantaloupe, honeydew, and pineapple into small pieces (if needed).
2) Place into bowl.
3) Stir in lemon juice and mix well, coating fruit.

*There is no limitation to the amount of fruit you can add to this salad!

“A few years ago, when I was a volunteer for the American Diabetes Association, I helped out with a booth at a health fair in Waipahu. Many people came and collected information that I’m sure they never read. Many people would benefit from the information the ADA provides, but the thing is, they don’t care. ... Other problems need more attention. Life is non-stop and well, health sometimes just gets pushed to the back. Sometimes I wonder why I just can’t be like other people. Why do I have to take time to take extra good care of my health? Why I have to worry about blindness, amputations, neuropathy, kidney dialysis, heart disease, etc. at my age?”

–Tabby, 18, Hawaii

Snack Recipe #1: Homemade Granola

Ingredients:
4 cups rolled oats
1/3 cup oil
½ cup honey
1 teaspoon vanilla extract
1 tablespoon ground cinnamon, maple syrup, and/or brown sugar

Optional Ingredients:
1 cup dried fruit- raisins, Craisins, blueberries, pineapple, diced apples, bananas
2 cups nuts-variety of pecans, walnuts, almonds, cashews, sunflower seeds etc.

Preparation
1) Mix oats (and nuts and/or dried fruit) in large bowl.
2) In a separate bowl mix the remaining ingredients, oil, honey, vanilla extract, and cinnamon, maple syrup, and/or brown sugar.
3) Pour the liquid mixture over the dry ingredients and stir until coated.
4) Bake at 300°F for 10 minutes spread out on a tray.
5) Stir/mix up and bake for another 10 minutes.
6) Cool completely and store.
Dessert Recipe #2: Blueberry and Lemon Cream Parfait

Ingredients:
6 ounces low fat, vanilla yogurt
4 ounces fat free cream cheese
1 teaspoon honey
2 teaspoon freshly grated lemon zest
3 cup fresh blueberries- rinse and drain well

Preparation:
1) Drain liquid from the yogurt.
2) In a medium bowl, combine the yogurt, cream cheese and honey.
3) Use an electric mixer to beat at high speed until the yogurt mixture is light and creamy.
4) Stir the lemon zest into the mixture.
5) Layer the lemon cream and blueberries in dessert dishes.

*If you don’t like blueberries, you can substitute them with strawberries or raspberries.

Breakfast Recipe #3: Blueberry Pancakes

Ingredients:
3/4 cups flour
1 tablespoons sugar
1 teaspoon baking powder
½ teaspoon. salt
1 tablespoon margarine
1 egg
3/4 cup milk
1/2 cup blueberries, washed and drained

Preparation:
1) In a large bowl, sift together the flour, sugar, baking powder, and salt. Set the bowl aside.
2) Melt the margarine in a small saucepan.
3) Crack the egg into a medium-size bowl and then add the milk and melted margarine.
4) Whisk until everything is well mixed.
5) Add the flour mixture to the egg mixture. Whisk again until both mixtures are blended together.
6) Spray the saucepan with a non-stick cooking spray and heat it on the stovetop on medium heat.
7) Use a measuring cup or a small ladle to spoon the batter into the pan to make 4 pancakes. Put some blueberries on top of each pancake.
8) Cook your pancakes on medium heat until small bubbles appear on the top.
9) Use a spatula to lift the edge of the pancakes to see whether they’re light brown on the bottom. When they are, flip them over with the spatula.
10) Cook for another few minutes until the pancakes are light brown on the other side.

Makes 4 pancakes (2 servings)
Prep time: 20 minutes
*Blueberries give these pancakes extra flavor, so you don’t need to use syrup.

Lunch Recipe #1: Tiny Pizza

Ingredients:
1 bagel cut in half
Tomato sauce
4 tablespoons shredded mozzarella cheese
Optional toppings: diced green pepper, chopped onion, or black olives (anything you like)

Preparation:
1) Preheat oven or toaster oven to 350°F.
2) Spread thin layer of tomato sauce on each half of bagel.
3) Sprinkle 2 tablespoons of cheese on each bagel half.
4) Add your favorite toppings.
5) Put your bagel halves on a baking sheet.
6) Bake in the oven on low heat for about 5-8 minutes.
   You’ll know they’re done when the cheese is bubbly.
7) Let cool for a minute, then enjoy your tiny pizzas!

Serves: 1
Preparation time: 15 minutes

*These small pizzas are better than frozen pizza because they have less grease after baking. Also, you have the ability to add whatever toppings you like so you can get a serving of daily vegetables.
*Put a sheet of tin foil under the bagel so if cheese drips off the edges of the bagel, you don’t have to spend time washing the baking sheet; you can just roll up the tin foil after it cools and throw it away!

Dessert Recipe #1: Banana Cake

Ingredients:
½ cup margarine 1 teaspoon vanilla extract
1 ½ cups white sugar 2-3 mashed ripe bananas
¼ teaspoon salt 2 eggs
1 cup sour cream
2 cups all purpose flour
1 teaspoon baking soda

Preparation:
1) Preheat oven to 350°F
2) Grease a 9 X 13 inch pan (use the wrappers from the stick of butter/margarine by rubbing the still buttery wrapper around the pan)
3) Combine butter & sugar in a large bowl, beating it until its smooth
4) Beat in the two eggs, one at a time
5) Stir in the sour cream
6) Stir in the vanilla
7) Stir in flour, baking soda, and salt
8) Mash the bananas (a fork works well for mashing), and add to bowl
9) Mix well
10) Spread into pan
11) Bake 25 minutes (test if cake’s done by inserting a toothpick in the middle, if the toothpick comes out clean its done)

*If you have bananas that get too ripe to eat, use them in this recipe so they do not go to waste.
**If you have bananas but do not have time or supplies to cook banana cake that day, bananas can be stored in the freezer and thawed later for use.
“My situation with Type II diabetes is somewhat different from others. I have never been overweight and diabetes does not run in my family. I have ALWAYS been a person to stay in shape and do right by my body, so a lot of people wonder how someone like me could be diagnosed with diabetes and the doctors didn’t know I had it for so long.

My advice to anyone is to know your family history and know your body. Look at the symptoms of diabetes and see if you exhibit any of them.”

—Eric, 19, diabetic

Eric also suggests marinating chicken instead of breading it to eliminate the extra carbs found in bread. He also suggests some sugar free desserts including homemade popsicles made with sugar-free juice, sugar-free jello, fruit, and the 6-Carb Cheesecake from the Cheese Cake Factory Restaurant.

Lunch Recipe #2: Club Wrap

Ingredients:
- Low fat whole wheat tortilla (7 inch diameter)
- 1 tablespoon light cream cheese
- 1 slice of lean, low-sodium turkey
- 1 slice of lean, low-sodium ham
- 1 slice of Swiss cheese
- 1 leaf iceberg lettuce
- 2-3 tomato slices

Preparation:
1) Spread cream cheese on one side of tortilla.
2) Lay the lettuce, turkey, ham, Swiss cheese, and tomato on top of the cream cheese on the tortilla.
3) Bring the sides of the wrap in and then roll up in the shape of a cylinder.
4) Cover each wrap in plastic wrap and keep refrigerated until ready to serve.

Serves: 1
Prep time: 10 minutes

* This is a sandwich you can make ahead of time and take along with you. It’s packed with protein and has a low amount of carbohydrates.
Dinner Recipe #1: Rice with Vegetables

Ingredients:
1 cup (uncooked) brown rice
1 tablespoon olive oil
2 cups water
1 onion
2 cups fresh vegetables (peppers, celery, mushrooms, carrots)
2 tablespoons lemon juice
Pinch of black pepper (optional)

Preparation:
1) Sauté the rice in the oil in a large saucepan on medium heat for about 2 minutes, stirring frequently.
2) Reduce the heat and add the water to the saucepan.
3) Let simmer, covered without stirring for 30 minutes.
4) While the rice is cooking, chop the vegetables and the onion.
5) After the rice has cooked for 30 minutes, add the vegetables, onion, and lemon juice.
6) Stir well. Allow mixture to cook for another 15 minutes on medium heat.
7) Optional: season with black pepper and serve.

“Because I have diabetes I test my blood sugar 4-5 times a day and take a shot of insulin with every meal. For me, eating isn't just about good food and good conversation, it also involves mental math and keeping track of how many carbs I eat. However, for many people, diabetes is preventable! By eating a healthy diet and exercising regularly, you can stop this disease before it starts and make life a little simpler.”

-Kate Laird, W&M Student ‘11

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Dinner recipe #6: Baked Chicken with Pears

Ingredients:
8, 4 ounce boneless skinless chicken breasts
1 tablespoon olive oil
4 medium sweet onions, thinly sliced
4 pears, seeds removed and thinly sliced
1 cup parmesan cheese

Preparation:
1) Preheat oven to 375°F.
2) Rub each chicken breast with tarragon or parsley
3) In a large, ovenproof skillet heat ½ tablespoon oil and cook breasts 2 to 3 minutes per side until lightly golden.
4) Add remaining oil and sliced onion and continue to cook until onions are translucent.
5) Cover the skillet with foil.
6) Place skillet in oven and bake chicken and onions about 15 minutes. Chicken breasts should reach 165°F when tested with meat thermometer.
7) Remove from oven and let rest (still covered) about 5 minutes before serving.
8) Plate chicken as follows: Make a bed of cooked onion, place chicken on top. Arrange pear slices on and around chicken breast. Sprinkle each with 2 teaspoons of parmesan. Serve.
Dinner Recipe #5: Tuna with Bashed Potatoes and Sour Cream Dressing

Ingredients:
- 9 potatoes un-skinned, rinsed
- 2 cans of tuna in water, drained
- ½ cup of sliced button mushrooms, fresh if possible
- 4 spring onions, chopped
- 4 tablespoons sour cream
- 2 tablespoons chopped chives
- A Pinch freshly ground black pepper

Preparation:
1) Cook the potatoes in boiling water for 5 minutes or until tender. Drain and leave to cool for 5 minutes.
2) Gently break up the potatoes with a fork (but do not mash).
3) Place in a bowl and add the tuna, spring onions, mushrooms and green beans. Toss gently and serve on a plate
4) Mix the sour cream and chives and serve on top of the bashed potatoes. Season with freshly ground black pepper.

*Use natural yogurt instead of sour cream to cut fat further.

Dinner Recipe #2: Roasted Potatoes

Ingredients:
- 1 pound of potatoes
- 1 tablespoon olive oil
- 1 tablespoon seasoning (any kind)

Preparation:
1) Preheat the oven to 400°F.
2) Cut the potatoes into wedges, leaving the skin on the potatoes.
3) Lightly coat a baking sheet with cooking spray.
4) Soak the potatoes in ice water for five minutes and rinse them under cold water. Dry them.
5) Pour olive oil on to the potatoes, coating them.
6) Arrange the potatoes in a single layer on the baking sheet.
7) Bake for 15 minutes. Turn the potatoes over and allow them to bake for another 5 minutes. Sprinkle seasoning on the potatoes and then return them to the oven for another 5 minutes or until the potatoes are crispy and brown.

*Roasted potatoes are a great alternative for kids who like french fries. Roasted potatoes are healthier because they are not deep fried, and they taste better because of the seasoning!

**Some possible seasonings are:
  Cajun seasoning.
  For a spicier taste, a mixture of onion powder, garlic powder, a little bit of salt, pepper, red pepper, and paprika.
  Or for a more “herby” taste, rosemary and thyme.
Dinner Recipe #3: Yummy Carrots

Ingredients:
6 cups water
1 pound baby carrots
¼ cup apple juice
1 tablespoon all-purpose flour
1/8 teaspoon cinnamon

Preparation:
1) Put the water and the carrots in a large saucepan.
2) Boil for 10 minutes.
3) Drain the carrots.
4) In the saucepan, over medium heat, combine apple juice, and all purpose flour.
5) Stir until the mixture thickens- about 5 minutes.
6) Stir in the cinnamon.
7) Pour the mixture over the carrots and coat evenly.
8) Serve!

*Carrots sweetened with a little apple juice and cinnamon might be more appetizing to kids reluctant to eat their veggies!

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Dinner Recipe #4: Mini Meatloaves

Ingredients:
8 ounces lean ground beef 8 ounces lean ground pork
8 ounces ground turkey breast 1 large egg, lightly beaten
1/4 cup oats 1/4 cup chopped fresh parsley
1/4 cup ketchup 3 tablespoons low-fat milk
1 small onion, chopped (3/4 cup)
3/4 teaspoon salt
pinch of freshly ground pepper
1 1/2 teaspoons Worcestershire sauce

Preparation:

1) Preheat oven to 375°F. Coat 8 muffin cups with cooking spray.
2) Mix beef, pork, turkey, egg, oats, parsley, 2 tablespoons ketchup, milk, onion, salt and pepper in a large bowl.
3) Form the mixture into 8 balls and place in the prepared muffin cups. Combine the remaining 2 tablespoons of ketchup and Worcestershire sauce and spread about 1/2 teaspoon over each mini meatloaf.
4) Place the muffin pan on a baking sheet. Bake the meatloaves until their internal temperature reaches 160°F, for 25-30 minutes. Pour off fat before serving.

Prep time: 10 minutes

*Nutrition bonus: Vitamin K (39% daily value), Potassium (16% daily value). This meal is low in calories, carbs, sodium, and saturated fat, and is a heart healthy dinner dish.

**Baking individual portions of meatloaf in muffin tins speeds cooking, standardizes serving size and produces a moist, delicious main dish.