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Indulge Your Taste Buds

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Healthy Food Swaps

- Right ingredients can help you swap and indulge
- Transform high-carb indulgences into healthy dishes
 - Switching out ingredients
 - Adding a healthy ingredient
- Modify a new recipe

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Mashed Potatoes

- 1 cup of traditional mashed potatoes – 35 grams of carb
- To reduce carbs, substitute
 - Turnips
 - Cauliflower
 - Rutabaga
- Mix in cream/milk and butter/vegetable spread
- Season with: salt and pepper, minced garlic, grated parmesan, Romano or asiago cheese



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French Fries

- Once in a while treat
- Use sweet potato or jicama
- Peel, slice lengthwise
- Bake at 425° F for 10 minutes
- Season with onion or garlic salt, paprika, taco seasoning or salsa.



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Crunchy Coating

- Crunchy Crusts add flavor and texture
- Flour and bread crumbs add carbs
- Flavorful substitutions
 - Nuts
 - Seeds
 - Unsweetened whole grain cereal flakes
- Crab Cakes—imitation crab usually contains sugar
 - Mix up a paste of baking powder and egg as a binder



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Root Beer Float

- One treat you can enjoy
- Diet root beer, cream soda or
- Fresh seltzer water and flavored syrup
- No-sugar added or low carb ice cream
- Compare labels carefully



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Chocolate Coated Confection

- Health benefits of dark chocolate
- Coat antioxidant rich foods
 - Blueberries, blackberries, raspberries, strawberries, macadamia nuts, almonds
- Place nuts and berries in freezer for 30 minutes
- Melt good quality unsweetened chocolate
- Store in self sealing bag
- Great take along snack
- Stick to a small handful and monitor your blood sugar response



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Beef or Turkey Wrap

- Use large green or red lettuce leaves in place of flour tortillas
- Opt for a low carb wrap
- Lunch meats are high in sodium and nitrates
- Use leftovers from beef or pork roasts or baked chicken or turkey
- Brown lean ground beef or turkey
- Season to taste



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Mac and Cheese

- Long thought of as a comfort food
- Cauliflower is a great substitute for white noodles and white rice
- Health benefit of cruciferous vegetable
- Substitute in low-fat Mac and Cheese
- Create your own casseroles



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Rice Stand-ins

- Grains are important for health
- Rice is a grain
- Refined grains have the nutrient dense parts striped away
- Brown rice is a better choice
- Diet rich in whole grains is linked to decrease in insulin resistance and increased insulin sensitivity
- Other options: barley, buckwheat (kasha), bulgur, or quinoa.



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Eat Frittatas

- Eliminate the crust on quiche
- Frittatas can be made with whatever you have in your kitchen
- Saute' vegetables in olive oil or aerosol spray
- Substitute 2 egg whites for each egg to reduce cholesterol (add a little yellow food coloring)
- Use egg substitute
- Bake in heat resistant saute' pan



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Easy Split Pea Soup

- Chowder, bisque, or any creamy, rich soup are low on the healthy food list
- Split peas are low in carbs
- Split pea soup is great for a cold winter day
- Easy to prepare
 - Add carrots, celery, onion and leeks
 - Season: salt, fresh pepper, nutmeg



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Eat It Whole

- Eating foods in their whole state generally lessens the impact on blood sugar.
- Nutrition science is finding that no one substance gives plant foods their disease fighting power, but the interaction of these vitamins, antioxidants and other plant chemicals.
- For greatest benefit eat it  way”

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The Half Cup Glance

- Know at a glance what a half cup of something looks like
- Simply measure it out and place it on a dessert plate or in a bowl that you commonly use
- Compare to a familiar object
- Do not be tempted by “portion distortion”

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Frozen Fruit Bag Redefined

- Every time you have a bit of fruit left over put them in a large plastic re-sealable freezer bag, release the excess air and freeze.
- Keep adding to it.
- When you are in the mood for a smoothie just add a bit of orange juice, yogurt or milk and zap in the blender.
- Fruits that can be put in your fruit bag: grapefruit, oranges, grapes, bananas, berries and etc.



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Thinning the Drinks

- Double your drink size without a worry of adding carbs and calories.
- For example ...
Combine ½ cup pineapple juice with
½ cup diet ginger ale
and a few ice cubes.
- You get the same amount of carbs as the ½ cup juice but twice the volume.
- It is better for you than a straight soft drink

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Idaho Plate Method

Eat an amount of fruits and veggies equal to about half your plate at lunch and dinner



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A Screeching Halt

- There are times when your sweet tooth is taking over.
- Instead of thinking “I will just have one”, simply stop - go brush your teeth or use a bit of mouthwash.
- Brushing your teeth seems to send a message to your brain that the meal is over.
- Chew a piece of sugar free gum.

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