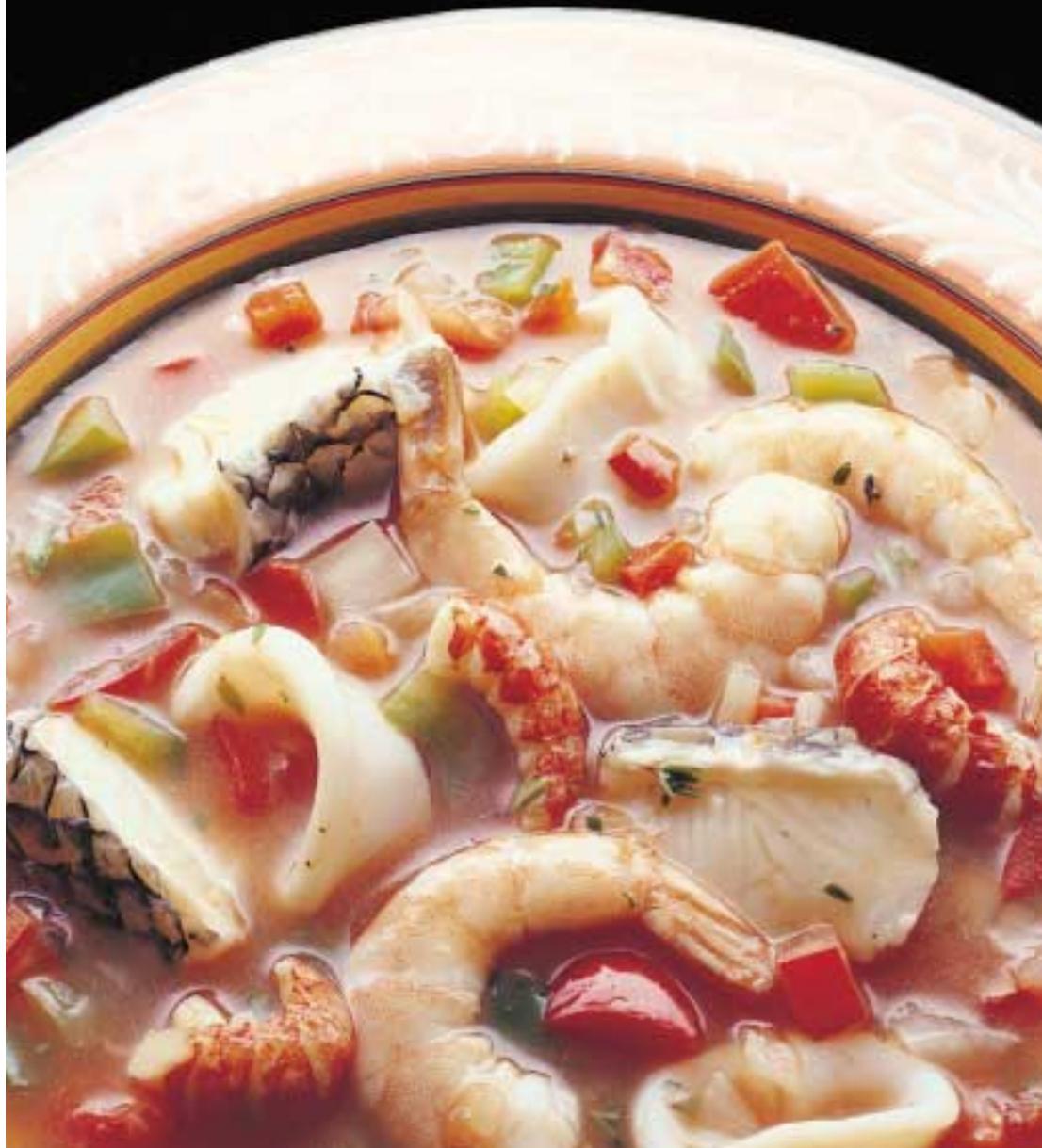


# Recipe

and Meal Planner Guide



## Eating Healthy and Staying Fit to Control and Manage Diabetes

What is diabetes and are you at risk?

Diabetes is a disease that results in too much sugar (glucose) in the blood. Your body does not have enough insulin available to turn food into energy. High levels of glucose slowly damage your eyes, heart, kidneys, nerves, legs, and feet. Diabetes is a serious disease affecting 16 million people in this country, and you may be at risk if you are Hispanic, overweight, or do not exercise regularly. Hispanics are nearly twice as likely as non-Hispanic whites to develop this disease.

Steps to healthy eating and a healthy life style to control and manage diabetes:

- Begin with a healthy eating plan. Healthy eating means eating more grains, fruits, and vegetables, and less meat, sweets, and fats every day. "Let the Food be the Medicine and Medicine be the Food" (Hippocrates).

- Be physically active every day to help prevent weight gain and improve blood sugar control.

- Check the sugar in your blood and take your medication every day if needed.

How to create a healthy meal plan:

To create a healthy meal plan you should do the following:

- Eat a variety of foods as recommended in the **Diabetes Food Pyramid** to get a balanced intake of the nutrients your body needs—carbohydrates, proteins, fats, vitamins, and minerals.

- Make changes gradually because it takes time to accomplish lasting goals.

- Reduce the amount of fat you eat by choosing fewer high-fat foods and cooking with less fat.

- Eat more fiber by eating at least 5 servings of fruits and vegetables every day.



Control your  
diabetes.  
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call 1-877-232-3422  
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[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)



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- Eat fewer foods that are high in sugar like fruit juices, fruit-flavored drinks, sodas, and tea or coffee sweetened with sugar.

- Use less salt in cooking and at the table. Eat fewer foods that are high in salt, like canned and packaged soups, pickles, and processed meats.

- Eat smaller portions and never skip meals.

- Learn about the right serving sizes for you.

- Learn how to read food labels.

- Limit use of alcohol.

#### What is the Diabetes Food Pyramid?

The Diabetes Food Pyramid is a general guide of what and how much to eat each day. It is similar to the Food Pyramid you see on many food packages. The pyramid is divided into six groups. You should eat more foods from the largest group at the base of the pyramid and less from the smaller groups at the top of the pyramid. The number of servings needed every day is not the same for everyone, so a range of servings is given to ensure you get the foods you need for good health. The food groups and suggested servings per day are listed below.

- **Grains, Beans, and Starchy Vegetables:** (good source of B vitamins and fiber) 6 or more servings/day

- **Fruits:** (contain vitamins C, A, potassium, folate, and fiber) 3-4 servings/day

- **Vegetables:** (provide vitamins A, C, folate, and fiber) 3-5 servings/day

- **Milk:** (source of calcium, protein, vitamins A and D) 2-3 servings/day

- **Meats and Others:** (good source of iron, zinc, B vitamins, and protein) 2-3 servings/day

- **Fats, Sweets, and Alcohol:** The foods at the tip of the pyramid should be eaten in small amounts. Fats and oils should be limited because they are high in calories. Sweets are high in sugar and should only be eaten once in a while.

#### What is the right number of servings for you?

The Diabetes Food Pyramid gives a range of servings for each group, but it is only a guide. If you have diabetes, a dietitian can design a specific meal plan for you.

Remember that the number of servings listed is for the entire day. Since food raises blood sugar levels, it is best to space servings throughout the day. For example, 4 servings of fruit might be divided between 3 meals and 1 snack.

#### What to do when eating combined foods:

Recipe	Servings based on Diabetes Food Pyramid
Spanish Omelet . . . . .	1 Grains/Beans/Starchy Vegetables, 1 Meat, 1/2 Fat
Beef or Turkey Stew . . . . .	1 Grains/Beans/Starchy Vegetables, 1 Vegetable, 1 Meat, 1 Fat
Caribbean Red Snapper . . . . .	1 Meat, 1 1/2 Fat
Two Cheese Pizza . . . . .	2 Grains/Beans/Starchy Vegetables, 1 Meat, 1 1/2 Fat
Eggplant Lasagna . . . . .	1 Vegetable, 1 Meat, 1 Fat
Rice with Chicken . . . . .	1 Grains/Beans/Starchy Vegetables, 1 Vegetable, 1 Meat, 1 Fat
Seafood Stew . . . . .	2 Meat, 1/2 Fat

#### Keep in mind

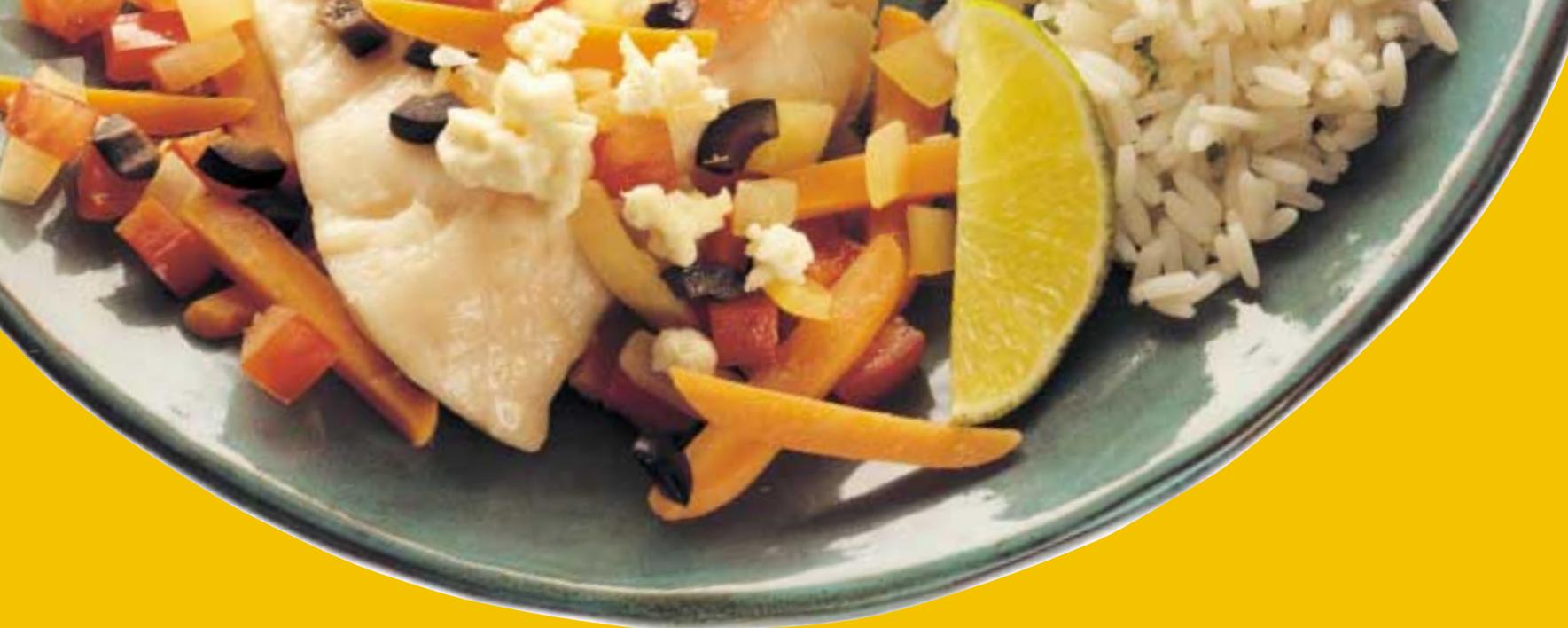
Follow a healthy lifestyle, eat healthy foods, and keep physically active to help control diabetes. If you have diabetes, be an active member of your diabetes care team: you, your doctor, dietitian, and other health care providers. This meal planner gives you only general information. Consult with your diabetes care team.

#### What is a serving size in the Food Pyramid?

Each of the following represents one serving from each of the food groups in the Diabetes Food Pyramid:

- **Grains, Beans, and Starchy Vegetables:** 1 slice of bread; 1/2 small bagel, English muffin, or bun; 1/2 cup cooked cereal, pasta, rice; 3/4 cup ready-to-eat cereal; 1/2 cup cooked dried beans, corn, peas





■ **Vegetable Group:** 1 cup raw vegetable; ½ cup vegetable juice

■ **Fruit Group:** 1 medium-size fresh fruit; ½ cup canned fruit; ½ cup fruit juice

■ **Milk Group:** 1 cup (8 ounces) milk or yogurt

■ **Meat Group:** 2-3 ounces cooked lean meat, skinless poultry, or fish; 1 egg; 2 tablespoons peanut butter; 2-3 ounces cheese

■ **Fats, Sweets, and Alcohol:** 1 teaspoon butter, margarine, or mayonnaise; 1 tablespoon cream cheese or salad dressing; 1 tablespoon cream cheese; ½ cup ice cream.

#### What to do when eating combined foods:

Many dishes are made up of several types of foods. Therefore, they do not fit in one specific group. The meal planner includes 7 recipes that will help you to measure using foods from the **Diabetes Food Pyramid**.

This is just an example. If you have diabetes, consult a registered dietitian to help you make your own meal plan. Your meal plan will be based on many factors, including your weight goal, height, age, and physical activity. The following Sample Meal Plan includes 3 meals and 2 snacks, with suggested servings.

#### Sample meal plan for a day

Meal	Food Pyramid Group	Servings	Suggested Menu
Breakfast	Fruit	1	Fresh orange, 1 medium
	Grains/Beans/Starchy Veg.	2	Baked plantain, 1 medium
	Milk	1	Milk, 1% low fat, 1 cup
	Fat	1	Oil, 1 teaspoon
Lunch	Meat	1	Two Cheese Pizza,
	Grains/Beans/Starchy Veg.	2	2 slices (see recipe)
	Fat	1	
Afternoon Snack	Fruit	1	Melon, 1cup/cubes
	Vegetable	1	Mixed green salad
Dinner	Fruit	1	Apple, 1 medium
	Meat	1	Peanut butter, 2 tablespoons
	Grains/Beans/Starchy Veg	1	Whole wheat crackers, 5
Evening Snack	Grains/Beans/Starchy Veg.	1	Rice with Chicken Spanish Style,
	Meat	1	1 cup (see recipe)
	Vegetable	1	
	Fat	1	
Evening Snack	Fruit	1	Pineapple rings, ½ cup
	Vegetable	1	Spinach, 1 cup raw
	Fat	1	Vinaigrette, 1 tablespoon
Evening Snack	Milk	1	Yogurt, low fat, 1 cup
	Grains/Beans/Starchy Veg.	1	Bread sticks, 2

Serves 5:

- 5 small potatoes, peeled and sliced
- 1 tablespoon olive oil or vegetable cooking spray
- ½ medium onion, minced
- 1 small zucchini, sliced
- 1½ cup green/red peppers, sliced thin
- 5 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- Pepper and garlic salt with herbs, to taste
- 3 ounces shredded part-skim mozzarella cheese
- 1 tablespoon parmesan cheese

## SPANISH OMELET/ TORTILLA ESPAÑOLA

This tasty dish provides a healthy array of vegetables and can be used for breakfast, brunch, or any meal! Serve with fresh fruit salad and a dinner roll.

### Procedure:

- Preheat oven to 375°F.
- Cook potatoes in boiling water until tender.
- In a nonstick pan, add oil or vegetable spray and warm at medium heat.
- Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown.

- In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.
- Oil or spray a 10-inch pie pan or ovenproof skillet. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese and bake omelet until firm and brown on top, about 20-30 minutes.

### Nutrition Information:

Serving size	⅓ of omelet
Calories	242
Carbohydrate	18 grams
Protein	19 grams
Fat	9 grams

Daily Servings According to  
Diabetes Food Guide Pyramid:

serving from Grains/Beans/  
Starchy Vegetable group 1  
serving from Meat group 1  
serving from Fat ½



Please note that some recipes have been modified.

Serves 5:

- 1 pound lean beef or turkey breast cut into cubes
- Whole wheat flour
- ¼ teaspoon salt (optional)
- ¼ teaspoon pepper
- ¼ teaspoon cumin
- 1½ tablespoons olive oil
- 2 cloves of garlic, minced
- 2 medium onions, sliced
- 2 stalks celery, sliced
- 1 medium red/green bell pepper, sliced
- 1 medium tomato, finely minced
- 5 cups of beef or turkey, fat removed
- 5 small potatoes, peeled and cubed
- 12 small carrots
- 1¼ cups green peas

## BEEF OR TURKEY STEW/ PICADILLO DE CARNE O DE PAVO

This dish goes nicely with a green leaf lettuce and cucumber salad and a dinner roll. Plantains or corn can be used in place of the potatoes.

Procedure:

- Preheat oven to 375°F.
- Mix the whole wheat flour with salt, pepper, and cumin, and roll the beef or turkey cubes in the mixture. Shake off excess flour.
- In a large skillet, heat the olive oil over medium-high heat. Add the beef or turkey cubes and sauté until nicely brown, about 7-10 minutes.
- Place the beef or turkey in an ovenproof casserole.

- Add minced garlic, onions, celery, and peppers to the skillet and cook until vegetables are tender, about 5 minutes.
- Stir in the tomato and broth. Bring to a boil and pour over the turkey or beef pieces. Cover the casserole tightly and bake for 1 hour at 375°F.
- Remove from the oven and stir in the potatoes, carrots, and peas. Bake for another 20-25 minutes, or until tender.

Nutrition Information:

Serving size	3 ounces of beef with 1 cup vegetables
Calories	326
Carbohydrate	21 grams
Protein	27 grams
Fat	15 grams

Daily Servings According to  
Diabetes Food Guide Pyramid:

- 1 serving from Grains/Beans/  
Starchy Vegetable group
- 1 serving from Vegetable  
group
- 1 serving from Meat group
- 1 serving from Fat





RED

# SNAPPER

Serves 4:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- ½ cup chopped red pepper
- ½ cup carrots, cut in strips
- 1 clove garlic, minced
- ½ cup dry white wine
- ¾ lb. red snapper fillet
- 1 large tomato, chopped
- 2 tablespoons pitted ripe olives, chopped
- 2 tablespoons crumbled feta cheese or low-fat ricotta cheese

## CARIBBEAN RED SNAPPER/ PARGO ROJO CARIBEÑO

The fish can be served on top of the vegetables along with rice pilaf and garnished with parsley. Salmon or chicken breast can be used in place of red snapper.

Procedure:

- In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrot, and garlic; sauté 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.

- Arrange fillets in a single layer in center of skillet. Cover; cook for 5 minutes.
- Add tomato and olives. Top with cheese. Cover; cook 3 minutes, or until fish is firm but moist.
- Transfer fish to serving platter; garnish with vegetables and pan juices.

Nutrition Information:

Serving size	3 ounces red snapper with ¼ cup vegetables
Calories	193
Carbohydrate	3 grams
Protein	22 grams
Fat	11 grams

Daily Servings According to  
Diabetes Food Guide Pyramid:

1 serving from Meat group  
½ serving from Vegetable group  
1½ servings from Fat

Serves 4:

Whole wheat flour

- 1 can (10 oz) refrigerated pizza crust
- 2 tablespoons olive oil
- 1/2 cup low-fat ricotta cheese
- 1/2 teaspoon dried basil
- 1 small onion, minced
- 2 cloves garlic, minced
- 1/4 teaspoon salt (optional)
- 4 ounces shredded part-skim mozzarella cheese
- 2 cups chopped mushrooms
- 1 large red pepper, cut into strips

## TWO CHEESE PIZZA/ PIZZA DE DOS QUESOS

Serve your pizza with fresh fruit and a mixed green salad garnished with red beans to balance your meal

### Procedure:

- Preheat oven to 425°F.
- Spread whole-wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.
- Coat cookie sheet with cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.
- Mix the ricotta cheese with the dried basil, onion, garlic, and salt; spread this mixture over crust.

- Sprinkle crust with mozzarella cheese. Top cheese with mushrooms and red pepper.
- Bake at 425°F. oven for 13-15 minutes until cheese melts and crust is deep golden brown.
- Cut into 8 slices.

### Nutrition Information:

Serving size	2 slices (1/4 of pie)
Calories	351
Carbohydrate	34 grams
Protein	18 grams
Fat	16 grams

Daily Servings According to  
Diabetes Food Guide Pyramid:

servings from Grain/Beans/  
Starchy Vegetable group 2  
serving from Meat group 1  
serving from Fat 1/2





EGGPLANT

# LASAGNA

Serves 4:

- 1 tablespoon olive oil
- 1 medium onion, sliced
- 1 clove garlic, minced
- 1 large tomato, sliced very thin
- 1 cup canned crushed tomatoes
- 1½ teaspoons dried basil
- 1½ teaspoons dried oregano
- ¼ teaspoon salt (optional)
- 1 medium eggplant, sliced very thin
- 8 ounces shredded part-skim mozzarella cheese

## EGGPLANT LASAGNA/ LASAGNA DE BERENJENA

This is a delicious dish that could be served with a mixed vegetable salad or steamed broccoli and french bread.

Procedure:

- Preheat oven to 425°F.
- In a medium nonstick skillet, heat olive oil over medium heat. Sauté onion until tender, about 2-3 minutes. Transfer to an 8x8 or 9x13 baking dish.
- Sauté the garlic for 1 minute. Add the crushed tomato, basil, oregano, and salt, and cook gently over medium-low heat for 10 minutes.

- Spread a layer of this mixture over the onion layer.
- Add a layer of eggplant and follow with a layer of tomato.
- Sprinkle 1/3 of the mozzarella cheese over top.
- Repeat layers of eggplant, tomato, and cheese until you use all ingredients. Finish with a layer of mozzarella cheese.
- Cover with aluminum foil and bake for 25 minutes, or until vegetables are tender.
- Uncover and bake 10-15 minutes, or until layer of cheese is light brown.

### Nutrition Information:

Serving size:	1 slice lasagna (1 cup)
Calories	219
Carbohydrate	5 grams
Protein	16 grams
Fat	15 grams

Daily Servings According to  
Diabetes Food Guide Pyramid:

■ serving from Meat group	1
■ serving from Vegetable group	1
■ serving from Fat	1

- Serves 8:
- 2 tablespoons olive oil
  - 2 medium onions, chopped
  - 4 garlic cloves, minced
  - 2 stalks celery, diced
  - 2 medium red/green peppers, cut into strips
  - 1 cup chopped mushrooms
  - 2 cups uncooked rice
  - 1 3-lb chicken, cut into 8 pieces, skin removed
  - 1 teaspoon salt (optional)
  - 3½ cups chicken broth, fat removed
  - 4 cups water
  - Saffron or Sazón, for color
  - 3 medium tomatoes, chopped
  - 1 cup frozen peas
  - 1 cup frozen corn
  - 1 cup frozen green beans
  - Olives or capers for garnish, if desired

## RICE WITH CHICKEN, SPANISH STYLE/ARROZ CON POLLO

This is a good way to get vegetables into the meal plan. Serve with a mixed green salad and some whole wheat bread.

### Procedure:

- Heat the oil over medium heat in a nonstick pot. Add the onion, garlic, celery, green pepper, and mushrooms. Cook over medium heat, stirring often, for about 3 minutes or until tender.
- Add the rice and sauté for 2-3 minutes, stirring constantly until it begins to brown.
- Add the chicken, salt, chicken broth, water, saffron (Sazón), and tomatoes. Bring the water to a boil, then reduce heat to medium-low and let simmer.

- Cover the pot and let the casserole simmer until the water is absorbed and rice is tender, about 20 minutes.
- Stir in the peas, corn, and beans, and cook for 8-10 minutes. When everything is hot the casserole is ready to serve. Garnish with olives or capers, if desired.

### Nutrition Information:

Serving size	1 cup
Calories	330
Carbohydrate	24 grams
Protein	27 grams
Fat	14 grams

### Daily Servings According to Diabetes Food Guide Pyramid:

servings from Grains/Beans/ Starchy Vegetables group	1
servings from Meat group	1
servings from Vegetable group	1
servings from Fat	1



SPANISH STYLE  
RICE



# SEAFOOD STEW

Serves 10:

- 6 cups water
- 10 oz. white wine
- 3 celery stalks, chopped
- 3 medium carrots, chopped
- 1 pound large shrimp, washed
- 1 pound crayfish
- 2 tablespoons olive oil
- 2 medium onions, chopped
- 1 medium red pepper, chopped
- 1 medium green bell pepper, chopped
- 4 medium tomatoes, chopped
- 2 tablespoons tomato paste
- 2 teaspoons chopped fresh thyme
- 2 teaspoons chopped fresh oregano
- 1 pound sea bass, cut into chunks
- 1 pound small squid, cleaned and sliced
- Salt and pepper to taste

## SEAFOOD STEW/ CAZUELA DE MARISCOS

This stew can be served with boiled yucca or plantains and a vegetable salad. Top it off with some fresh fruit and you have a very healthy meal! Freeze any leftovers and enjoy it later.

### Procedure:

- In a large, non-aluminum saucepan, stir together the water, white wine, celery, and carrots. Bring to a simmer and cook for 5 minutes.
- Add the shrimp and crayfish and simmer for 3 to 4 minutes. Strain the shellfish and vegetables from the broth and set the broth aside. Peel the crayfish and shrimp and discard the shells.
- Warm the olive oil in the large saucepan over medium-high heat. Cook the onions and

peppers until tender, about 6 minutes. Stir in the tomatoes, tomato paste, thyme and oregano. Add the reserved broth and bring to a simmer.

- Stir in the sea bass and squid and simmer for 2 minutes. Return the crayfish, shrimp and vegetables to the broth and simmer for 1 more minute. Season to taste, ladle into bowls, and serve immediately.

### Nutrition Information:

Serving size	1 cup
Calories	222
Carbohydrate	3 grams
Protein	36 grams
Fat	8 grams

Daily Servings According to  
Diabetes Food Guide Pyramid:

servings from Meat group 2  
serving from Vegetable  
group 1/2  
serving from Fat 1/2



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#### Writer

Luz Myriam Neira, Ph.D., LN  
 Proyecto Niño for Nutritional and Social Development

#### Contributors/Reviewers

Janine Freeman, RD, LD, CDE  
 University of Georgia extension; Athens

Yanira Cruz González, M.P.H.  
 National Council of La Raza

Roberto Noriega, M.S.  
 Prospect Center at A.I.R.

Elizabeth Valdéz, M.D.  
 Concilio Latino de Salud, Inc.

Faye L. Wong, M.P.H., R.D.  
 Centers for Disease Control and Prevention

#### Hispanic/Latino Work Group Members

Nelva Ancona Paraison  
 Harry Paraison, M.D.  
 Perfil Latino TV/Diabéticos Hispanos

Yanira Cruz González, M.P.H.  
 National Council of La Raza

Diana Nancy DeLeón, M.P.H.  
 Multicultural Area Health Education Center

Eliana Loveluck, M.S.W.  
 National Alliance for Hispanic Health

Adolfo Pérez-Comas, M.D., Ph.D.  
 Puerto Rican Association of Diabetes Educators

Aracely Rosales  
 Proyecto Latino de Salud

Elizabeth Valdéz, M.D.  
 Concilio Latino de Salud, Inc.

Wanda Montalvo, R.N., M.S., A.N.P.  
 Clinical Directors Network

José Luis Velasco  
 National Hispanic Council on Aging

Jaime Torres, D.P.M., M.S.  
 Coler-Goldwater Memorial Hospital

Betsy Rodriguez, M.S.N., C.D.E.  
 Programa Educativo de Salud Integral/Humana Health Plan

Lizia Auger  
 Cooperative Extension Service/University of Georgia

#### NDEP Staff

Joanne Gallivan, M.S., R.D.  
 National Diabetes Education Program, National Institute of Diabetes and Digestive and Kidney Diseases  
 National Institutes of Health

Phyllis McGuire  
 National Diabetes Education Program  
 Division of Diabetes Translation, Centers for Disease Control and Prevention

Ana Alfaro-Correa, Sc.D.  
 Division of Diabetes Translation  
 Centers for Disease Control and Prevention

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### Diabetes food pyramid

