



Why learn about cooking and baking?

- Learning how to cook and bake healthy foods can help keep your diabetes in control.
- You can eat more of your favorite foods if you learn to make them with less sugar and fat.
- It is easier to change the way you cook foods than to change your food choices.
- You can use your own recipe books if you know how to make healthy changes and substitutions.

Change how you cook:

- Bake, broil, steam, poach, or grill foods instead of frying or cooking in fat.
- Use a paste of cornstarch or flour mixed with water instead of roux (melted butter and flour) to thicken sauces.
- Make stews or soups ahead of time, refrigerate, and skim off the hard fat that floats on top.
- When making casserole dishes, cook onions or other vegetables in the microwave or a nonstick pan, rather than sautéing them in oil.
- Toast bread for hot sandwiches without adding butter or margarine.
- Stir-fry foods with a nonstick vegetable spray, or use a reduced-fat broth, instead of oil.
- If you do cook with oil, use heart healthy oils, such as canola, olive and peanut oils. Use sparingly!
- Use lean cuts of meat (trimmed of fat), and poultry (without skin).
- Ground turkey breast is a good substitute for hamburger if it's at least 90% lean.
- Try a meatless meal at least one night each week, such as vegetarian chili.

Change how you bake:

- Use nonstick spray to coat muffin tins, cake pans, and cookie sheets.
- Bake low-fat, lower-sugar versions of sweets, such as banana bread, oatmeal raisin cookies, and popovers.
- Use a heart- healthy oil, such as canola oil, when baking.
- Decrease the sugar and fat in recipes by 1/3 to 1/2 of the amount specified.
- Try recipes that use artificial sweeteners as part of their ingredients. However, it is not recommended that sugar in recipes be completely replaced with artificial sweeteners because some sugar is needed to provide volume, texture and color. Try substituting half the sugar called for in a recipe with the equivalent amount of sweetener. (Remember that aspartame cannot be used in baking).
- Substitute sugar-free gelatin and pudding for regular gelatin and pudding in recipes that do not require baking.

- Try fruit-based fat “substitutes” (ex. Lighter Bake®) or use applesauce in place of the fat in baked goods.

Helpful Equivalents:

- As a general rule, aim for less than 1 tablespoon of sugar per serving. If a recipe calls for more than that, try reducing the amount of sugar, or use a sugar substitute recommended for baking.

Number of Tablespoons of Sugar in a Cup

- 1 cup = 16 Tbsp.
- 1/2 cup = 8 Tbsp.
- 1/3 cup = 5 1/3 Tbsp.
- 1/4 cup = 4 Tbsp.
- 1 Tbsp. = 3 tsp.

Switch ingredients:

Try...	Instead of...	Save	
		fat (grams)	calories
1 cup skim milk	1 cup whole milk	8	60
1 cup skim evaporated milk (chill well before whipping)	1 cup whipping cream	89	630
1 cup low-fat or fat-free sour cream	1 cup sour cream	40	260
1 oz fat-free cream cheese	1 oz cream cheese	10	75
1 cup fat-free mayonnaise	1 cup mayonnaise	111	1440
2 egg whites or 1/4 cup egg substitute	1 whole egg	5	40
1 Tbsp light margarine	1 Tbsp margarine	6	50
1/2 cup applesauce (in baked goods)	1/2 cup oil	109	910
1/2 cup Lighter Bake®	1 cup butter or oil	200	1500
1 tsp. Butter-flavor sprinkles	1 Tbsp butter	12	100
1 cup part-skim ricotta cheese	1 cup whole milk ricotta cheese	13	100
6 packets aspartame sweetener	1/4 cup sugar	0	170
6 packets saccharin sweetener	1/4 cup sugar	0	170
3 packets acesulfame-K sweetener	1/4 cup sugar	0	170
1/4 cup sucralose sweetener	1/4 cup sugar	0	170

- Remember that you might need to experiment with substitutions in your recipes.

Use less of an ingredient:

- Use smaller amounts of cheese by using strong-tasting cheeses (Romano, extra sharp cheddar, blue cheese). You get more flavor with less cheese.
- Use less oil in muffins, pancakes, and waffles - 1 tablespoon per cup of flour is usually enough.
- Use extra vegetables, dried beans, pasta, or rice and less meat in soups, casseroles, and stews.
- Use 1/2 as much salt in recipes.

Add flavor:

- Use more herbs and spices for flavor when you use less fat or sugar.
- Add spices, such as cinnamon and nutmeg, and vanilla or almond extracts to bring out the natural sweetness of foods.
- Season fresh vegetables with herbs and spices, herb vinegars, lemon juice, or soy sauce -- try cinnamon on carrots, lemon juice on broccoli.
- Marinate meats before grilling or baking. Try tomato juice, soy sauce, sherry or wine, lemon juice, mustard, ginger, and other herbs and spices.

Enjoy a bit of the real thing:

- Some cookies, pies, and other desserts don't taste the same with less fat and sugar. Your registered dietitian (RD) can show you how to include the regular version of these foods in your meal plan.
- Make small batches of foods high in fat or sugar and share them with friends.
- Try store-bought sugar-free or low-fat foods made using special ingredients. Read the label before you buy these foods. Some low-fat foods are high in sugar. Also, some sugar-free foods are high in carbohydrate and fat. Ask your RD if you have questions about using these foods.

Further reading:

- *The Joslin Diabetes Gourmet Cookbook* by Bonnie Sanders and Frances Towner Giedt with the Nutrition Staff at Joslin Diabetes Center. New York: Bantam, 1993.
- *The Complete Book of Food Counts* by Corinne T. Netzer. New York: Dell Publishing Co., 2003.

Your Turn:

Next time I make:

I will try:

(cooking method)

(substitute ingredient)

(reduce amount of ingredient)

How would you change this recipe to reduce the fat and sugar?

Oat Bran Muffins

3 eggs

1 cup whole milk

2 Tbsp. vegetable oil

2 cups oat bran

1 Tbsp. baking powder

1 tsp. ground cinnamon

2 Tbsp. honey

1/2 cup raisins

3/4 cup chopped walnuts

vegetable oil for greasing pan

Yield: 1 dozen muffins

Per muffin: 198 calories, 10 grams fat

With a few changes, these muffins can still be very tasty and have only about 100 calories and 4 grams of fat!

Adapted from:

**The American
Diabetes
Association**

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