



## ADAPTING AND CALCULATING YOUR FAVORITE RECIPES

The following guidelines may help you to adapt your family's recipes and determine how to fit them into your family member's diabetes meal plan.

### Use of Sugar or Sweeteners

1. Sugar helps baked products rise and improves their texture. Sugar in recipes can be accounted for as part of the total carbohydrate in the product, so it is not necessary to discard your favorite recipes. Some people have found that their recipes are just as tasty if the quantity of sugar is reduced by half. This should not affect the quality of your product.
2. Some people choose to reduce or omit the sugar in their recipes. Artificial sweeteners can be used in some recipes to replace sweetness. Sweeteners containing sodium cyclamate (Sugar Twin) and sucralose (Splenda) are heat-stable, and therefore can be used in baking. Aspartame (Equal) may lose its sweetness when heated for long periods of time, but may be acceptable for foods baked for a short time, such as cookies. Saccharin becomes bitter if heated. Note that sugar is often necessary in a product for texture and structural qualities, so simply replacing or omitting the sugar doesn't always work. The companies that make the sweeteners have produced special recipes for their products, and you can use their recipes as well.  
Websites: [www.splenda.ca](http://www.splenda.ca) or [www.equal.com/canada](http://www.equal.com/canada)
3. Artificial sweeteners can be used to sweeten sauces, drinks and puddings. If a sweetener is not heat-stable, add it after cooking the sauce or pudding.
4. For puddings made without sugar, the thickening agent (flour, cornstarch) may need to be altered.
5. For gelatin-based recipes made with sweeteners, reduce the amount of gelatin or increase the amount of liquid to prevent a rubbery texture.

### Reducing Fat Content

1. Oil, margarine or shortening can often be reduced in a recipe by 1/4.
2. Use yogurt or fat free/low fat sour cream instead of margarine or mayonnaise to reduce the fat content of baked products. Applesauce may also be used to replace fat in some cases, as long as the carbohydrate is calculated for the total carbohydrate of the recipe.
3. For general heart health for the whole family, soft margarines (non-hydrogenated, low in saturated fat) are best if you need to use a solid fat in cooking or baking. Where possible, using oils is an even better choice.
4. The oils higher in polyunsaturated fat are: safflower oil, sunflower oil, and corn oil. Monounsaturated oils are: canola, olive and peanut. All of these are good choices for replacing saturated fats that are hard at room temperature including butter, hard margarine, shortening, and lard).
5. For meats in recipes: reduce fat by browning meat in a non-stick pan and drain off fat before adding other ingredients.
6. Removing the skin from poultry prior to cooking will reduce the fat content of a recipe.
7. Use non-stick oil spray to grease pans and casserole dishes.

## Calculating Recipes



1. Make five columns with the following headings:

Ingredients	Amounts	Carb	Pro	Fat
-------------	---------	------	-----	-----

If you are only concerned about carbohydrate, simply leave off the protein and fat columns.

2. List all recipe ingredients and the amounts used in the recipe. Use the *Beyond the Basics* manual, food labels, or the attached table to determine the amount of carbohydrate, protein and fat from each ingredient. Spices and seasonings have very little food value in the amounts used in most recipes. You can consider their carbohydrate, protein and fat content as zero.
3. Determine the totals of carbohydrate, protein, and fat for the entire recipe.
4. Divide these totals by the number of servings in the recipe to get the totals per serving.

Example:

Chocolate Chip Cookies				
1. Ingredients	Amount	2. Carb	Pro	Fat
All purpose flour	1 cup	92	13	1
Brown Sugar	¾ cup	144	-	-
Butter or Margarine	½ cup	-	-	96
Egg	1	-	6	5
Vanilla	1 tsp	-	-	-
Baking Soda	1 tsp	-	-	-
Salt	¼ tsp	-	-	-
Chocolate Chips	¾ cup	108	12	48
<b>3. Total grams</b>		<b>344</b>	<b>31</b>	<b>150</b>
<b>4. Divide by the yield</b>	Yield = 24 cookies	14.3	1.3	6.3





## TABLE OF INGREDIENTS

Cereal Products	Amounts	g CHO	g Pro	g Fat
Biscuit Mix	250ml (1 cup)	73	10	18
Bran -Natural Wheat	125ml ( ½ cup)	9	5	1
Bran - Oat	125ml ( ½ cup)	24	8	3
Bread/ Cracker Crumbs	250ml (1 cup)	73	14	6
Chow Mein Noodles	125ml ( ½ cup)	12	2	7
Cornstarch	30ml (2 Tbsp)	14	-	-
Cornmeal	250ml (1 cup)	116	12	1
Flour – White all purpose	250ml (1 cup)	92	13	1
Flour – Whole Wheat	250ml (1 cup)	73	16	2
Flour – Cake and Pastry	250ml (1 cup)	105	9	1
Flour – Rice – White	250ml (1 cup)	123	9	2
Flour – Potato	250ml (1 cup)	124	11	1
Flour – Soy, defatted	250ml (1 cup)	21	47	1
Graham Cracker Crumbs	250ml (1 cup)	77	6	13
Pasta – Lasagna Noodles	1 noodle ,dry	15	2	-
- Macaroni, dry	250ml (1 cup)	81	15	2
- Noodles, dry	250ml (1 cup)	26	5	2
- Spaghetti, dry	20g	15	3	-
Quinoa	125ml ( ½ cup)	54	11	5
Rice – white - raw	125ml (1/2 cup)	73	7	1
- brown-raw	125ml (1/2 cup)	68	7	3
Rice – Minute – raw	125ml (1/2 cup)	35	4	-

Cereal Products cont'd	Amounts	g CHO	g Pro	g Fat
Rolled Oats – dry	125ml (1/2 cup)	26	6	3
Soup – Cr .of Celery	284ml (1 can)	18	5	18
Cr. of M'room	284ml (1 can)	20	5	16
Cr. of Tomato	284ml (1 can)	50	5	-
Wheat Germ	125ml (½ cup)	13	11	4
Tapioca, Minute -dry	1 Tbsp.	8	-	-
Milk Products	Amounts	g CHO	g Pro	g Fat
Yogurt – Plain fat-free	250ml (1 cup)	17	9	-
Buttermilk – 1.5% MF	250ml (1 cup)	15	10	4
Skim Milk Powder	60ml ( ¼ cup)	13	9	-
Fats	Amounts	g CHO	g Pro	g Fat
Butter or Margarine	250ml (1 cup)	-	-	192
Cream Cheese	60ml ( ¼ cup)	4	4	18
Half and Half Cream	125ml ( ½ cup)	8	4	12
Mayonnaise, light	125ml ( ½ cup)	8	1	40
Olives – large	10	-	-	4
Shortening	125ml ( ½ cup)	-	-	120
Sour Cream – Regular	250ml (1 cup)	16	8	36
Sour Cream – Light	250ml (1 cup)	24	16	16
Sour Cream – Fat Free	250ml (1 cup)	32	16	-
Vegetable Oil	125ml ( ½ cup)	-	-	108
Whipping Cream	125ml ( ½ cup)	8	2	40



Fruits and Vegetables	Amounts	g CHO	g Pro	g Fat
Carrots - grated, loosely packed	250ml (1 cup)	7	1	-
Celery, chopped	250ml (1 cup)	2	1	-
Dates, chopped	125ml (1/2cup)	49	2	-
Raisins - packed	125ml ( ½ cup)	62	3	-
Dill Pickles	1 large 4" long (135g)	2	1	-
- raw	250ml (1 cup)	2	2	-
Mushrooms - canned	1 can	4	2	-
Onions, chopped, raw	250ml (1 cup)	12	2	-
Tomato Juice	250ml (1 cup)	11	-	-
Tomato Paste	156ml can	16	5	1
Tomato Sauce	125ml ( ½ cup)	8	2	-
Tomato – Canned	250ml (1 cup)	10	2	-
Zucchini – sliced, raw	250ml (1 cup)	3	1	-
<b>Sugars and Syrups</b>				
Barbecue Sauce	60ml ( ¼ cup)	24	-	-
Chili Sauce - chunky	60ml ( ¼ cup)	12	-	-
Sweet'nd Condensed Milk	125ml (1/2 cup)	92	12	12
Honey	60ml ( ¼ cup)	68	-	-
Jam, Jelly, Marmalade	60ml ( ¼ cup)	52	-	-
Ketchup	15ml (1 Tbsp)	5	-	-
Ketchup	60ml ( ¼ cup)	20	1	-
Molasses	60ml ( ¼ cup)	52	-	-
Sugar – Brown – packed	250ml (1 cup)	192	-	-
Sugar – Icing	250ml (1cup)	200	-	-

Sugars and Syrups cont'd	Amounts	g CHO	g Pro	g Fat
Sugar – White	250ml (1cup)	192	-	-
Sugar – White	15ml (1Tbsp.)	12	-	-
Syrup – Corn	125ml ( ½ cup)	124	-	-
Rodgers Golden Syrup	125ml ( ½ cup)	144	-	-
<b>Nuts, Seeds, Legumes</b>				
Almonds – slivered	125ml ( ½ cup)	4	12	34
Coconut - sweetened	125ml ( ½ cup)	24	4	20
Chick peas – canned	250ml (1 cup)	44	12	3
Kidney beans – canned	250ml (1 cup)	34	18	2
Lentils – cooked	250ml (1cup)	24	18	1
Lima Beans – boiled	250ml (1 cup)	26	15	1
Peanuts – roasted	125ml ( ½ cup)	10	17	36
Peanut butter	125ml ( ½ cup)	16	24	64
Pecans – halves	125ml ( ½ cup)	8	4	40
Poppy seed	125ml ( ½ cup)	17	12	31
Sesame seed	125ml ( ½ cup)	8	13	36
Soybeans – cooked	250ml (1 cup)	7	29	15
Sunflower Seeds	125ml ( ½ cup)	6	14	30
Walnuts – chopped	125ml ( ½ cup)	2	14	36
<b>Miscellaneous</b>				
Chocolate – unsweetened	1 square	5	3	15
- bittersweet	1 square	12	2	11
- semisweet	1 square	14	2	9
Chocolate chips –semi-swt	250ml (1cup)	144	16	64



Miscellaneous cont'd	Amounts	g CHO	g Pro	g Fat
Cocoa – dry, unsweet'nd	125ml ( ½ cup)	-	8	8
Dream Whip – prepared	250ml (1 cup)	16	-	3
Jello (or gelatin dessert)	85g pkg	76	4	-
Marshmallows – large	2	12	-	-
Marshmallows – mini	250ml (1 cup)	38	1	-
Maraschino Cherries	1 cherry	2	-	-
Protein Foods	Amounts	g CHO	g Pro	g Fat
Beef, ground - lean (raw)	454g (1 lb.)	-	84	68
Beef, ground, lean, cooked	Yield from 1 lb raw	-	83	46
Cottage Cheese – 1%	250ml (1 cup)	6	28	2
Cheese, grated – cheddar	250ml (1 cup)	1	28	37
Cheese, gr.- mozzarella	250ml (1 cup)	2	25	25
Cheese, gr. – parmesan	60ml (¼ cup)	1	10	7
Chicken/Turkey- diced/cooked	250ml (1cup) or 140g	-	35	9
Egg – whole	1 large	0	6	5
Egg – white/yolk	1	-	3	0/5
Salmon	213g can	-	45	ave. 20
Tuna	170g can	-	40	3