

PICK SMART SWEETS

Between 45 and 65 percent of your daily calories should come from carbohydrates, which can include sugars and sweets. Each gram of carbohydrates contains 4 calories, so if you're on a 1,400 calorie-a-day diet, eat about 175 grams of carbs.

Choose This...

Fat-free Cappuccino
Serving: 16 oz
Carbohydrates: 14 g
Calories: 100

Cake-type Doughnut
Serving: 1
Carbohydrates: 21.4 g
Calories: 100

Chocolate Kisses
Serving: 5
Carbohydrates: 12.2 g
Calories: 105

Instead of This...

Coffee Frappe
Serving: 16 oz
Carbohydrates: 52 g
Calories: 260

Glazed Doughnut
Serving: 1
Carbohydrates: 30.4 g
Calories: 239

Chocolate Candy Bar
Serving: 2 "fun size"
Carbohydrates: 19.8 g
Calories: 151

Quick & Easy Sugar-Smart Recipe: Turkey Sausage, Spinach, and Cheddar Wrap



Instructions

- ❧ Cut a cooked 1-ounce turkey breakfast sausage link into pieces.
- ❧ Sprinkle 1/4 cup shredded reduced-fat Cheddar cheese over an 8" whole wheat tortilla, and top with 1 cup spinach leaves and the sausage.
- ❧ Microwave the tortilla until the cheese melts, then wrap and eat. Serves 1.
- ❧ **NUTRITION** (per serving) 289 cal, 18 g pro, 31 g carb, 4 g fiber, <1 g total sugar, 11 g fat, 4 g sat fat, 661 mg sodium



Adapted from the book The Sugar Smart Diet

Mini Veggie Frittatas

Ingredients

- 9 paper muffin liners
- Cooking spray
- ¼ cup onion, diced
- ½ cup green pepper, diced
- 5 eggs
- 4 egg whites
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons freshly grated Parmesan cheese

Preparation

1. Preheat the oven to 375 degrees F. Line a muffin pan with muffin papers.
2. Spray a sauté pan with cooking spray and heat the pan over medium-high heat. Add the onions and pepper and cook for 5 minutes. Set aside.
3. In a medium bowl, whisk together the remaining ingredients. Add the green pepper and onions to the egg mixture and mix well.
4. Pour the egg mixture into muffin cups, filling each about 2/3 full. Bake 20 minutes or until the centers of the frittatas are firm.



*Taken from American Diabetes Association
Recipe website*

Quick & Easy Sugar-Smart Recipe: No-Bake Oatmeal Cookies

- ◉ Coat 3/4 cup rolled oats with 1/2 teaspoon cinnamon in a medium bowl. Stir in 2 tablespoons of raisins, 1 tablespoon of walnuts, and 1/4 cup unsweetened shredded coconut until they're evenly distributed.
- ◉ In a small microwaveable container, combine the 1/4 cup almond butter and 2 tablespoons maple syrup. Microwave on high for 20 seconds. Stir and microwave for 10 seconds, or until soft and spreadable.
- ◉ Pour the almond butter mixture over the oats and stir until all of the oats are coated. Using your hands, press the mixture into a patty. Divide into 6 pieces, rolling each into a ball and then gently pressing into a flattened circle. Store in a sealed container in the refrigerator for up to 1 week. Serves 6.
- ◉ **NUTRITION** (per serving, 1 cookie) 159 cal, 4 g pro, 17 g carb, 3 g fiber, 7 g total sugar, 9 g fat, 3 g sat fat, 26 mg sodium



Adapted from the book The Sugar Smart Diet

Sweet Potato Casserole

This scrumptious sweet potato casserole gets fabulous flavor from honey and freshly grated orange zest rather than the traditional stick of butter. To complete the healthy makeover sprinkle a crunchy pecan streusel spiked with orange juice concentrate over the top. You can save the marshmallows for s'mores.

Ingredients

Sweet Potato Casserole

2 1/2 pounds sweet potatoes, (3 medium), peeled and cut into 2-inch chunks
2 large eggs
1 tablespoon canola oil
1 tablespoon honey
1/2 cup low-fat milk
2 teaspoons freshly grated orange zest
1 teaspoon vanilla extract
1/2 teaspoon salt

Topping

1/2 cup whole-wheat flour
1/3 cup packed brown sugar
4 teaspoons frozen orange juice concentrate
1 tablespoon canola oil
1 tablespoon butter, melted
1/2 cup chopped pecans

Preparation

- Place sweet potatoes in a large saucepan and cover with water. Bring to a boil.
- Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)
- Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.
- Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.
- To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.
- Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.



Taken from The EatingWell Diabetes Cookbook.