



# Recipe Makeover



You have just learned you have diabetes. You cook the meals for your family. You want to make some changes in how you prepare meals in order to:

- help you reach your target blood sugar, blood pressure and blood fat goals
- help your family stay at healthy weights and lower their chances of having diabetes

Your family has some favorite food they do not want to give up. One of their favorite meals is your beef stew with biscuits served with Jell-O® and Cool Whip®. You are planning to make this in a healthier way for them tonight.

**1. What would you do to lower the sugar in this meal?**

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**2. What would you do to lower the fat in this meal?**

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**3. What would you do to lower the sodium in this meal?**

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### 1. What would you do to lower the sugar in this meal?

Some ways to use less sugar in cooking include:

- use sugar-free Jell-O<sup>®</sup>
- use Lite Cool Whip<sup>®</sup>
- add fruit packed in juice to Jell-O<sup>®</sup> to increase volume (more satisfied when eating less)

### 2. What would you do to lower the fat in this meal?

Some ways to use less fat in cooking include:

- use lean meat
- trim fat on meat
- brown meat without adding fat
- use non-stick spray to keep meat from sticking
- use non-stick pan
- use more vegetables and less meat in stew
- substitute yeast bread for biscuits
- use fat-free Cool Whip<sup>®</sup>

### 3. What would you do to lower the sodium in this meal?

Some ways to use less sodium in cooking include:

- add less or no salt
- use more vegetables in stew
- use fresh vegetables instead of canned
- use herbs or spices in stew instead of salt
- substitute yeast bread for biscuits



