

# Cooking and Eating Out Tips

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## Purpose

This section is intended to provide general information on food preparation and guidelines for selecting foods in various dining situations.


## Objectives

At the end of this section, you will be able to:

- Name two low-calorie sweeteners.
- State the functions of sugar in food preparation.
- Select healthy food choices from a restaurant menu.
- Identify guidelines for use of alcohol containing beverages.

## Outline

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 <b>American Diabetes Association®</b>	*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.
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When planning a menu consider the amount of naturally occurring fat and sugar in a food, and the amount of fat and sugar added during preparation. These are the two main factors for consideration in healthy food selection and preparation.

## Low-calorie sweeteners in food preparation

### Functions of sugar

Sugars, in addition to sweetening, can have several other functions in a food product. Among these functions are “browning or caramelization” of foods, production of a softer, less graining or coarse texture of foods, and to thicken liquids. Low-calorie sweeteners cannot do these other functions of sugar. When using low-calorie sweeteners, these functions will be lost and the recipe may need to be modified to produce a quality product. It is recommended you obtain recipes from the manufacturer of your preferred low-calorie sweetener. You may need to make some small changes to your recipe to achieve the product you desire.

### Types of low-calorie sweeteners

**Saccharin:** Common names are Sugar Twin® and Sweet’n Low®.

This product can be used in hot or cold foods to add sweetness. Generally it is substituted as an equal amount. For example, if the recipe calls for 1 tablespoon sugar, you would use 1 tablespoon of saccharin-based sweetener. Saccharin-based sweeteners must be measured carefully. Excessive amounts of saccharin can produce a bitter or other unpleasant aftertaste.

**Aspartame:** Common names are NutraSweet® and Equal®.

Aspartame is the most common low-calorie sweetener in sugar-free soft drinks. It can be used for cold foods. At high temperatures, it is less stable and may not be as effective. It is recommended that you review their recipes, visit the website, or call the manufacturer if additional information regarding the use of aspartame in hot foods is desired. The customer service number is on the box.

**Acesulfame Potassium:** Common names are Sweet One®, Sunette® and Swiss Sweet®.

This product can be used in hot and cold foods. It is especially known for its heat stability and can be used in baking and cooking.

**Sucralose:** The common name is Splenda®.

This low-calorie sweetener is stable in both hot and cold foods. Its stability in heat makes it a good choice for hot beverages and baking.

**Stevia:** Common names are Sweet Leaf®, Truvia™, and Pure Via®.

Stevia is made from the leaves of a South American shrub. It is stable at hot and cold temperatures. The use of stevia during pregnancy has not been extensively studied in humans. The FDA deems stevia as safe during pregnancy; it has been given the GRAS (generally recognized as safe) rating by the FDA.

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Sugar-free does not always mean a free food choice. It is important to remember sugar-free foods may not always be free foods in your diet. Low-calorie sweeteners do lower the carbohydrate content of the food product, but other ingredients in the item may include carbohydrates and will need to be counted in your meal plan.

## Food preparation methods to lower fat and calories

The following cooking methods usually produce lower fat results:

- Steam
- Bake
- Broil
- Grill
- Microwave
- Roast
- Poach

Frying or sautéing in water or bouillon instead of oil or butter can reduce the fat content. The use of low-fat items in food preparation such as reduced-fat mayonnaise, reduced-fat margarine, low-fat sour cream, or low-fat cream cheese can also help lower the fat content of a meal.



Cooling meat juices and soup broths allows for removal of fats. Always trim visible fats from meats including skin from poultry. These can be simple, effective ways to reduce fat and sugar intake.

For this:	Substitute this:
1 whole egg	¼ cup egg substitute <i>or</i> 2 egg whites
Butter in baking	Applesauce for half of the butter called for
1 cup shortening <i>or</i> lard	¾ cup vegetable oil <i>or</i> 1 cup trans-fat free shortening
Whole milk	Skim <i>or</i> 1% milk
Evaporated milk	Evaporated skim milk
Heavy <i>or</i> light cream	Evaporated skim milk
Sour cream	Nonfat <i>or</i> light sour cream <i>or</i> plain nonfat yogurt
Regular cheese	Reduced fat cheese
Cream cheese	Light <i>or</i> fat free cream cheese <i>or</i> low fat cottage cheese pureed until smooth
Mayonnaise	Fat free <i>or</i> reduced fat mayonnaise <i>or</i> plain yogurt plus 1 tbsp. mayonnaise per cup of yogurt
Salad dressing	Reduced calorie, low calorie, <i>or</i> fat free salad dressing
Tuna/salmon – oil packed	Tuna/salmon – water packed
1 ounce baking chocolate	3 tbsp. cocoa powder plus 1 tbsp. canola oil

Gelatin	Sugar free gelatin mix
1 can condensed cream soup	Homemade white sauce (1 cup skim milk plus 2 tbsp. flour plus 2 tbsp. margarine)
Cream of celery soup	1 cup white sauce plus ¼ cup chopped celery
Cream of chicken soup	1 cup white sauce plus 1 chicken bouillon cube
Cream of mushroom soup	1 cup white sauce plus 1 small can drained mushrooms
Canned fruit - syrup packed	Canned fruit - juice packed
Ground beef	Extra lean ground beef or lean ground chicken or turkey

Fats, like sugars, have many functions in food preparation. Substituting low-fat or fat-free products into a recipe may result in changes in the final product. You will need to do some experimenting to see what works for you. Contact manufacturers for recipes.

## Eating away from home

### Keys to healthy eating out

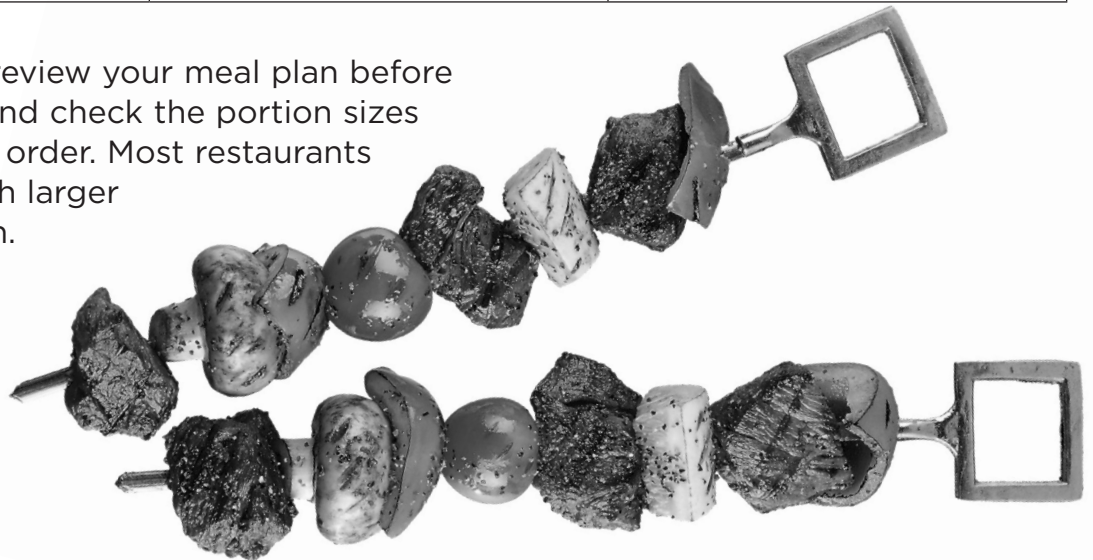
- Plan ahead.
  - Call ahead to ask about low-fat options.
  - Eat less fat/protein during other meals that day.
  - Plan what to order without looking at the menu.
  - Do not drink alcohol before eating.
  - For parties; bring something from home to share.
- Ask for what you want; be firm and friendly.
  - Ask how foods are prepared and can foods be cooked differently.
  - Do not be afraid to ask for foods that are not on the menu.
  - Ask if fresh fruit and fat-free (skim) milk are available.
  - Ask for substitutions.
  - Ask how much is usually served.
  - Order salad dressings, gravy, sauces, butter, and sour cream “on the side”.
  - Ask for less or no cheese, sauces, or butter on vegetables or main dishes.
  - Split a dish.
  - Order smaller sizes (appetizers, senior/children’s portions).
  - Put food in a to-go container at the start of the meal.
  - Take charge of what is around you.
  - Be the first to order.
  - Keep foods you do not want to eat off the table.
  - Ask that your plate be removed as soon as you are finished.

## Choose foods carefully

Select foods with these descriptions		
Baked	Kabob	Roasted
Blackened	Lemon sauce	Sautéed in light wine sauce
Boiled	Light mushroom sauce	Simmered
Broiled	Low-calorie dressing	Steamed
Cajun style	Marinated	Stewed
Charbroiled	Mesquite-grilled	Stir fried
Cooked with curry	On bed of mixed vegetables	Tomato-based sauce
Grilled	Poached	With herbs and spices

Limit foods with these descriptions		
A la mode	Creamy wine sauce	Newburg
Au gratin	Creamy cheese sauce	Pan-fried
Bacon	Crisp tortilla	Parisian
Batter-fried	Crispy	Rich sweet sauce
Blue cheese	En casserole	Sausage
Breaded and fried	Fried, deep-fried	Served with gravy
Broasted	Glazed	Sour cream
Buttery/buttered	Guacamole	Southern style
Cheese (grated, melted)	Hollandaise	Stuffed
Coconut milk	In heavy syrup	Sweet-sour sauce
Creamy	Mayonnaise	Thermidor

**Tip:** Remember to review your meal plan before you go out to eat and check the portion sizes of foods you might order. Most restaurants serve portions much larger than your meal plan.



## Better menu options

- Appetizers: vegetable juice, fresh fruit, or raw vegetables
- Salads: tossed vegetable salads (served with dressing on the side) or fresh fruit salads
- Main course: baked, broiled, steamed, poached, or grilled fish, seafood, skinless poultry, lean meat; if only deep fat-fried is available peel the breading off
- Vegetables: stewed, steamed, or broiled
- Starches: baked white or sweet potatoes, plain noodles, wild or brown rice, hard rolls, melba toast, whole grain bread, corn tortillas, English muffin, low-fat crackers
- Fats: olive oil, soft or liquid margarines, reduced-fat salad dressings or low-fat sour cream served on the side
- Desserts: fresh fruits, gelatin, ice cream, frozen yogurt, or sherbet
- Drinks: water, unsweetened coffee or tea, fat-free (skim) milk, diet soft drinks, sparkling waters, tomato or other juices; usually are available if the restaurant has a bar or serves breakfast



## Choose less often

- Cream soup
- Salads with dressing already added, such as potato salad or coleslaw
- Foods that are breaded, deep fat fried, creamed, or scalloped
- Casseroles or mixed dishes, unless you can easily identify the types and amounts of ingredients
- Sweet desserts, pastries, sweetened fruits or juices, regular gelatin desserts, or regular gelatin salad

## **Fast foods**

- Be prepared – know how your choices fit into your meal plan.
- Choose individual foods, rather than combos or specials.
- Resist the special promotions.
- Look for alternative menu choices that may be lower in calories, fat, or carbohydrates, such as apple slices or side salad instead of fries.

## **Buffet tables and pot luck dinners**

- Scan the options before you start putting foods on your plate.
- Be choosy, selecting only those foods that are special to you.
- Fill half of your plate with vegetables.
- Limit yourself to one trip to the buffet table.
- Be aware of the portions you select.
- Bring a couple of items you know fit your meal plan for potluck dinners.
- Choose fruit for dessert.

## **At friends and family meals**

- Call ahead and ask about the menu being served to help plan ahead; also ask the time the meal will be served.
- Offer to bring one or two food items that fit your meal plan.
- Compliment the cook with words, not by taking second or third servings.

## **Guidelines for alcohol**

- Discuss your use of alcohol with your health care team; consider drinking only if your diabetes is well-controlled and you are not pregnant; alcohol can make some diabetes-related problems worse.
- Alcohol initially lowers your blood glucose level; if you use insulin or certain diabetes-related medicines, you are more likely to have a low blood glucose reaction when you drink alcohol.
- Drink alcohol with meals or snacks containing carbohydrates, such as pretzels, bread sticks, or crackers.
- Alcohol makes hypoglycemic (low blood sugar) reactions harder to recognize; it also interferes with some medicines.
- Drink with someone who recognizes and knows how to treat a low blood glucose reaction.

- Use alcohol in moderation
  - Limit to 1 drink for women and 2 or less for men per day
  - One drink = 1 ½ oz distilled spirits
    - 4 oz dry wine
    - 12 oz beer
- Mix alcohol with:

Free Choices	Fruit/Vegetable Choices
Water Club soda* Seltzer* Diet soft drinks*	Fruit juice (4 oz = 1 fruit) Tomato juice (4 oz = 1 vegetable) V8® juice (4 oz = 1 vegetable)

\*Carbonation makes alcohol enter the blood stream more quickly.

- Avoid sweet wine, liqueurs, and sweetened mixed drinks; try a wine spritzer made with club soda rather than a wine cooler, which is usually made with sweetened, fruit-flavored mix.
- Many alcoholic beverages do not contain carbohydrates, but do contain many calories.

Beverage	Amount	Calories	Carbohydrates
<b>Beer:</b> Regular	12 oz	150	13 grams
Light	12 oz	100	5 grams
Near	12 oz	60	12 grams
<b>Cocktails:</b> Manhattan, dry	4 oz	360	4 grams
Martini	4 oz	250	trace
<b>Distilled spirits (80 proof)</b> Gin, rum, scotch, vodka, whiskey	1 oz	65	trace
<b>Wines, dry</b>	4 oz	80	trace
<b>Wine Cooler</b>	4 oz	215	30 grams