

# Meals Made Easy Week 4

In the Kitchen with the  
Plate Method

Can I still eat my favorite foods?



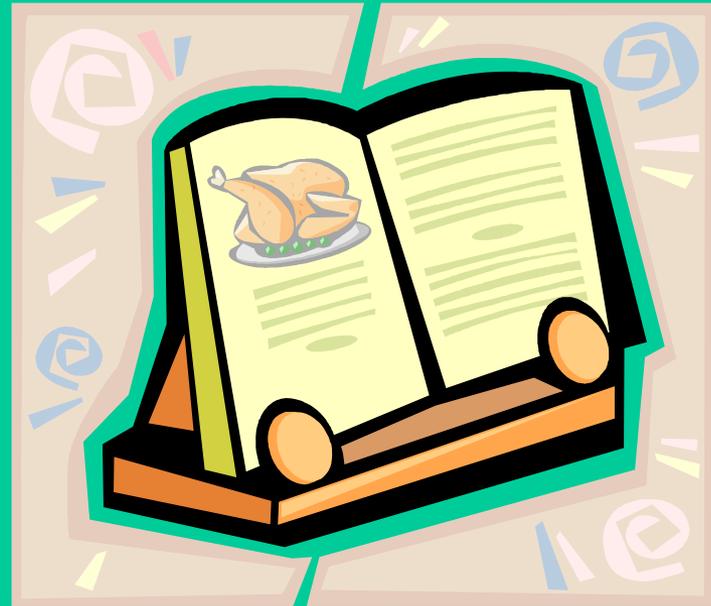
**SUGAR**

**SODIUM**

**FAT**

# A Recipe is a Formula

- List of ingredients
- Directions



# What's Special about Diabetes Recipes?

- Less Fat
- Less Sugar
- Fewer Calories
- Less Sodium
- More Fiber
  - Whole grains, beans, vegetables



# Ways to Alter Recipes

- REDUCE the quantity of an ingredient
- SUBSTITUTE one ingredient for another
- OMIT or ADD an ingredient

# Reducing saturated fat/total fat and calories



# Reducing Sodium



# Reducing Sugar

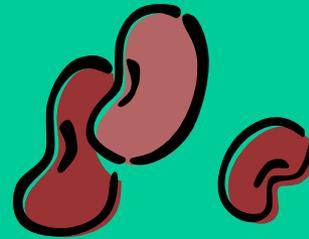


# Increasing Fiber

- Including Whole Grains



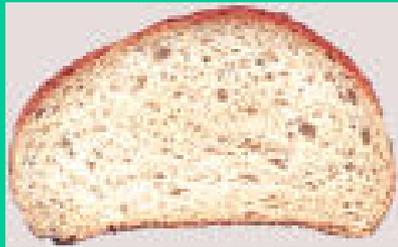
- Including Beans



- Including Vegetables



# Plate Method servings of Carbohydrate Food Groups are Similar



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