



## Aging in Place Nutrition Security Project

Recipes designed with your  
health in mind.

Generously funded by the United Way of Greater Victoria  
as part of the Resource Navigation Project



**United Way**  
Greater Victoria

Aging in Place – Resource Navigation Project 2017

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## Introduction

This project has evolved far beyond what we initially imagined when we applied and then received the grant from the United Way of Greater Victoria for the Resource Navigation Project. What lies beyond this introductory page is only a small amount of the information gleaned as we dove into healthy diets, diets for people with chronic diseases and how can we help folks get the food they need to keep them healthy? Or at least find the places for them to do their own research to make their own healthy diet choices.

The dedicated Health Care team at GHCS gave us much support. Doctor Erin Carlson's friend, a dietitian in Prince George, was sent details of our project and she linked our call out for help on to Jerry's List. As a result of that notice, 5 people – 4 registered Dietitians and one about to be dietitian answered the call. Their help led us to learn more about healthy eating than we ever imagined. Some of what they provided us is included here. Thank you to Ameila Lyne, Novella Lui, Robyn Turner, Alison Quinlan and Billie Jane Hemosura. Billie Jane generously offered to take the lead with this group and they worked hard to provide us with information and recipes for 5 chronic health conditions found here on Galiano Island, as identified by our Health Care Providers.

We partnered with the Galiano Food Program to make some of the main dish recipes. These meals will be available to those on the island at reasonable cost. Thank you to Alison Colwell for her generous support and to Jane Wolverton for encouraging this effort. Plans for cooking workshops are in the wings.

Thanks also go to Lindsay Williams for her technical skill and eagle eye for document detail and wizardry with formatting. Last but not least, thanks to Linda Ruedrich who applied for the grant and has supported our efforts to make this a reality. Any errors or omissions are entirely my responsibility. Please check with your health care practitioner before changing your diet.

With gratitude

Nancy McPhee  
Coordinator of Aging in Place,  
Galiano Health Care Society

**Disclaimer**

All the information provided as part of the RNP Nutrition Security Project has been researched and tested as much as possible. GHCS holds no responsibility for those persons who rely on the dietary information and encourages readers, or those using the information, to check with their health care providers before embarking on a new dietary regime.

## Patient Information Sheets

At the suggestion of the health care professionals who work at the Galiano Health Care Clinic, 5 chronic diseases were identified as the top conditions seen by the health care team. Contact was made with a registered dietitian who put out a call for volunteers to work on this project.

This information was compiled by registered dietitians who volunteered their time to support this project. At the bottom of each information sheet are additional resource links to continue to refine diets to enhance health and wellness.

Your health care practitioner is your best source of information regarding your diet and your health. It is important to consult with your Doctor, Nurse Practitioner or Home Care Nurse if you have questions. This information is a guide only.

Check with these health care professionals before making any major changes in your diet. Your health is your business and you are the one to make sure you are making informed, wise and healthy choices!

Another good resource for dietary information is HealthLink BC who has a dietitian on call who you can speak with – please call 811.

## Patient Information Sheet -Diabetes

**Purpose:** There are some important considerations to be made in regard to your diet if you are at risk of Type II diabetes or are already diagnosed as diabetic. The risk of diabetes increases as you age; some risk factors include being overweight (especially if around your mid-section), not physically active, have a family history of diabetes, or have high cholesterol, high blood pressure or heart disease. However, a healthy diet and exercise play a major role in diabetes prevention and management.

**Specifics to consider:** Based on the individual needs, some key strategies for prevention and management of diabetes include:

- **Increasing your fibre content at each meal:** Fibre helps to regulate blood sugar levels and therefore is very important for diabetics. Good sources of high fibre foods include whole grains, legumes and vegetables.
- **Eat regularly and balanced meals:** Eating three meals a day can help to reduce overeating and pay attention to portion sizes. Try to stop eating before you feel full and listen to your body's hunger signals. Eat slowly allowing your brain time to register that your stomach is full.
- **Choose healthy snacks and beverages:** Pop, juice, fancy coffee drinks and alcohol can all add a lot of extra calories and sugar. Try to drink water when thirsty or dilute your juice to half water half juice or try adding a slice of lemon to your water. Try and have prepared snacks such as cut up veggies and pre-washed fruit to make it more accessible to reach for a healthy option.
- **Choose healthy sugar replacements:** Beware of what sugars increase your blood glucose levels! Packaged food, concentrated sweets, and words that end in "ose" are all forms of sugar and will raise your blood glucose.
- **Choose quality carbohydrate sources:** Try to choose carbohydrates that are nutrient dense such as whole grain products, vegetables and fruit.
- **Activity:** Movement every day! Try and find activities that are enjoyable, or become part of your daily commute (such as walking to the grocery store).

### Meal requirements:

- **Protein:** Try and include a serving of protein at each meal. Good protein sources include greek yogurt, egg whites, milk, chicken, fish, turkey, and legumes (such as beans and lentils)
- **Fibre:** Include high fibre foods at each meal. Choose from vegetables, legumes, and whole grains.
- **Nutrient dense carbohydrate sources:** Try to incorporate carbohydrates that are nutrient dense such as whole grain products and vegetables. Try to be mindful of



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your carbohydrate portion sizes and eat slowly to allow your brain time to register that your stomach is full.

- **Water for hydration:** Try and drink water when you are thirsty and with meals. If you don't like plain water add some lemon!

For additional information, speak with your doctor, contact a dietitian at 811 or check [www.diabetes.ca](http://www.diabetes.ca)

## Patient Information Sheet - Weight Management & Obesity Management

**Purpose:** Maintaining weight can be challenging as you age, but there are some key strategies that will help you maintain, or even lose a few pounds. Often weight is put on due to a decrease in activity (calories out) combined with consuming too many calories (calories in). Losing weight should be a gradual process and therefore just small changes that create consistent healthy habits is the goal.

**Specifics to consider:** Based on the individual needs, some key strategies for weight management include:

- **Eat breakfast:** Consume a healthy, well-balanced breakfast to ramp up your metabolism for the day.
- **Include high fibre foods at each meal:** Fibre helps to fill you up at each meal. High fibre foods include vegetables, fruit, legumes and whole grains.
- **Pay attention to fats:** Choose healthier fats such as unsaturated fats. These fats come from sources such as vegetable oils, fish, nuts and seeds. Try to reduce or stay away from trans fats in processed foods.
- **Serving sizes:** People often overestimate how much they eat in a day. Stop eating before you feel full - listen to your body's hunger signals. Look at how to monitor portion sizes. For example, one serving of vegetables is about ½ a cup of broccoli; one serving of grains is about ½ a cup of rice. (Canada Food Guide)
- **Fluids:** Drink lots and ensure your fluids are coming primarily from water. Beware of soft drinks, juice and alcohol which all have high sugar content. Some fancy coffee drinks can also be loaded with sugar so restrain your consumption of those too!
- **Activity:** Movement every day! Try and find activities that are enjoyable, or become part of your daily activities (such as walking to the grocery store, walking with friends and leaving the car at home more often).

### Meal requirements:

- **Protein:** Include a serving of protein at each meal. Good protein sources include greek yogurt, egg whites, milk, chicken, fish, turkey, and legumes (such as beans and lentils).
- **Fibre:** Include high fibre foods at each meal. Choose from vegetables, fruit, legumes, and whole grains. Yams are a good source of fibre.
- **Fats:** Healthy fats are from unsaturated sources such as vegetable oils, nuts, or avocado. Fats are more calorie dense so pay attention to portion size. ¼ cup of nuts is an example of one serving. In this case, less is more!
- **Fruits and Vegetables:** Aim for around 7 servings a day of fruits and vegetables. Fresh fruit such as an apple or a cup of blueberries are great options. For vegetables, have as much colour as possible. Green leafy spinach, red peppers, orange carrots!

Sample meal plate:



## Patient Information Sheet - Renal Disease

**Purpose:** Nutrition plays a key role in the management of Chronic Kidney Disease (CKD or “Renal” Disease). Unfortunately, the diet that is prescribed for this type of disease is not intuitive as it focuses mainly on Potassium and Phosphorous, two nutrients that are generally not included on nutrition facts tables. As kidney function decreases, as in CKD, the body loses its ability to adequately excrete these two nutrients, and as a result they can build up in your body causing negative side effects. Registered Dietitians can help to explain what foods contain these two nutrients, how your monthly lab work is correlated to the food you eat and suggest appropriate kidney friendly recipes and ingredient substitutions.

### Specifics to Consider:

- Although general nutrition recommendations for kidney disease exist, it is important to review your lab work with a physician, Nurse Practitioner or registered dietitian to understand your particular needs when it comes to diet.
- Similarly, learn your specific dietary needs as it is also important to understand that lab values vary from month to month depending on overall kidney function, presence of infection, environmental changes, etc.
- It is important to learn the high and low sources of both potassium and phosphorus so you have an awareness of which foods to choose or eat in moderation.

The following link is for the **BC Renal Agency** website that has comprehensive lists of potassium and phosphorus containing foods and kidney friendly shopping lists.

<http://www.bcrenalagency.ca/health-info/managing-my-care/diet>

The “**Spice it Up**” website (link below) contains over 100 free kidney friendly recipes that have been made and reviewed by Renal Dietitians. All recipes include comprehensive nutrition facts tables including the amount of calories, protein, sodium (salt), potassium and phosphorus.

<http://myspiceitup.ca/recipes.htm>

## Patient Information Sheet - Gluten-Free Diet

**Purpose:** Celiac disease is a medical condition where the absorptive cells of the small intestine are damaged by gluten, a protein found in wheat, rye, barley and triticale. When the absorptive cells are damaged by the disease, the body is unable to absorb nutrients needed for good health. Currently, there is no cure for celiac disease. Avoiding foods containing gluten is key to absorb nutrients and to avoid malnutrition. Individuals who are affected by celiac disease are highly recommended to speak with a Registered Dietitian about foods to include and avoid. Reading the ingredients' list of prepackaged foods is also highly recommended for those who are affected by celiac disease.

### Specifics to Consider:

- Gluten-free dishes must be prepared in a different area of the kitchen, or the kitchen must be sanitized prior to preparation and cooking these foods to avoid risk of contamination
- Some individuals are extremely sensitive to gluten where small amounts of gluten present in their foods can cause a reaction.
- When preparing and purchasing foods for gluten-free recipes, look at warning section of the prepackaged foods. If the section states either “contains” or “may contain” wheat, rye, barley, oats or gluten, the individual affected by celiac disease must avoid such product. If you are at all concerned or can't find specific information on a food label, contact the food manufacturer for a thorough list of ingredients. When in doubt, don't eat it.
- Also look at the ingredients' list for words that contain wheat, rye, barley, oats or gluten. Even soy sauce can be wheat based.

Information retrieved from the Canadian Celiac Association,

[http://www.celiac.ca/?page\\_id=302](http://www.celiac.ca/?page_id=302)

- Food substitutions:
  - Flouring/breading meats: Use cornmeal, potato flakes, rice, bean, sorghum flours, gluten-free cereal or gluten-free bread crumbs instead
  - Gravies and sauces: Use sweet rice flour or cornstarch
  - Pudding and pie fillings: Use cornstarch, potato starch, tapioca, arrowroot or gluten-free flour

The Canadian Celiac Association has published a variety of gluten-free recipes, from breads to soups: [http://www.celiac.ca/?page\\_id=685](http://www.celiac.ca/?page_id=685)

For more information, contact your health care provider or a dietitian at 811

## Patient Information Sheet - Irritable Bowel Syndrome

**Purpose:** Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine (colon). IBS is a chronic condition that needs to be managed over the long term. The signs and symptoms of irritable bowel syndrome can vary widely from person to person and often resemble those of other diseases. Common triggers include food and stress. The role of food allergy or intolerance in irritable bowel syndrome is not yet clearly understood, but many people have more severe symptoms when they eat certain things. A wide range of foods has been implicated — chocolate, spices, fats, fruits, beans, cabbage, cauliflower, broccoli, milk, carbonated beverages and alcohol to name a few. In most cases, one can successfully control mild signs and symptoms of irritable bowel syndrome by learning to manage stress and making changes in diet and lifestyle.

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### Specifics to consider / Meal requirements:

- **Limit or eliminate high-gas foods.** If you have bothersome bloating or are passing considerable amounts of gas, your doctor may suggest that you cut out such items as carbonated beverages, vegetables — especially cabbage, broccoli and cauliflower — and raw fruits.
- **Limit or eliminating gluten.** Research shows that some people with IBS report improvement in diarrhea symptoms if they limit or stop eating gluten (wheat, barley and rye). This recommendation remains controversial, and the evidence is not clear.
- **Limit or eliminating FODMAPs.** Some people are sensitive to types of carbohydrates such as fructose, fructans, lactose and others, called FODMAPs (fermentable oligo-, di-, and monosaccharides and polyols). FODMAPs are found in certain grains, vegetables, fruits and dairy products. However, often people are not bothered by every FODMAP food.
- **Dairy products.** If lactose intolerant, try substituting yogurt for milk or use an enzyme product to help break down lactose. Consuming small amounts of milk products or combining them with other foods also may help. In some cases, though, one may need to stop eating dairy foods completely. If so, be sure to get enough protein, calcium and B vitamins from other sources.
- **Avoid problem foods.** If certain foods make signs and symptoms worse, then limit or avoid. These may include alcohol, chocolate, caffeinated beverages such as coffee and sodas, medications that contain caffeine, dairy products, and sugar-free sweeteners such as sorbitol or mannitol.
- **Experiment with fiber.** Although fibre helps to reduce constipation, it can also worsen gas and cramping.
- **Fiber supplements.** Taking fiber supplements, such as psyllium (Metamucil) or methylcellulose (Citrucel), with fluids may help control constipation.
- **Eat at regular times.** Don't skip meals, and try to eat about the same time each day to help regulate bowel function

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- **Probiotics.** Probiotics are "good" bacteria that normally live in the intestines and are found in certain foods, such as yogurt, and in dietary supplements. It's been suggested that individuals with IBS may not have enough good bacteria and that adding probiotics to diet may help ease symptoms.
- **Drink plenty of liquids.** Drink plenty of fluids every day. Water is best. Alcohol and beverages that contain caffeine stimulate the intestines and can make diarrhea worse; and carbonated drinks can produce gas.

## Patient Information Sheet - Inflammatory Bowel Disease

**Purpose:** Inflammatory bowel disease (IBD) involves chronic inflammation of all or part of the digestive tract. IBD primarily includes ulcerative colitis and Crohn's disease. The exact cause of inflammatory bowel disease remains unknown. Previously, diet and stress were suspected, but now doctors know that these factors may aggravate but don't cause IBD. Changes in diet and lifestyle may help control symptoms and lengthen the time between flare-ups. There's no firm evidence that what someone eat actually causes inflammatory bowel disease.

### Specifics to consider / Meal requirements:

Certain foods and beverages can aggravate signs and symptoms, especially during a flare-up. Common triggers which may aggravate signs and symptoms are: beans, whole-grain or multigrain breads, nuts, seeds, fruits, vegetables like cabbage, broccoli and cauliflower, corn and fatty or fried foods. Here are some suggestions that may help:

- **Limit dairy products.** Many people with inflammatory bowel disease find that problems such as diarrhea, abdominal pain and gas improve when they limit or cut out dairy products.
- **Try low-fat foods.** If client has Crohn's disease of the small intestine, fat may not be digested or absorbed normally. Avoid or limit butter, margarine, cream sauces and fried foods.
- **Take care with fiber.** High-fiber foods, such as fresh fruits and vegetables and whole grains, may make symptoms worse, especially if you have narrowing in the bowel. If raw fruits and vegetables are bothersome, then steam, baked or stewed fruits and vegetables might be better. Peeling vegetables and fruits may also help.
- **Avoid other problem foods.** Spicy foods, alcohol and caffeine may make signs and symptoms worse.

### Other dietary considerations

- **Eat small meals.** A person may find he/she feels better eating five or six small meals a day rather than two or three larger ones.
- **Drink plenty of liquids.** Try to drink plenty of fluids daily. Water is best. Alcohol, beverages that contain caffeine, and carbonated drinks can make symptoms worse.
- **Keep a food diary.** Keep track of what is eaten and how one feels. If certain foods are causing symptoms to flare, then try eliminating or reducing consumption of those foods.



## Patient Information Sheet - Modified Texture Meals

**Purpose:** Due to various reasons, some individuals cannot tolerate regular texture foods. The reasons can be related to oral/dental condition (dentures, missing teeth, mouth pain) or related to swallow function. Typically, items which are tough (like meat – pork chops, steak), hard, crusty (like rolls), dry, crumbly, and stringy can be a challenge. There are easy ways to modify items of these textures to make them tolerable to all. The modification of food textures is important to ensure someone is able to obtain maximum nutrition in a safe manner, minimizing risk of choking.

**Specifics to consider:** Based on the individual needs, a modified texture may be: cut-up, dental soft, minced or pureed.

- **Cut-up:** This modification is typically used to support individuals who have a hard time using a knife (possibly due to strength, or injury affecting the arm/hand).
- **Soft:** This modification may be due to oral pain, missing teeth, issues with dentures, or fatigue from chewing. It requires minimal chewing and/or biting for the individual, so it is less work for the muscles, therefore less fatiguing. Soft texture food does require some chewing before it is safe to swallow the food. The food can be eaten easily with a fork or spoon, using a knife to help get food on to the fork or spoon only.
- **Minced and Moist:** This modification may be required due to oral pain, missing teeth, issues with dentures, or fatigue from chewing. It requires minimal biting and chewing for the individual, so it is less work for the muscles, and therefore less fatiguing. The food should scooped and shaped into a nice presentation on a plate, soft, moist, and smooth and be able to be eaten with a fork or spoon,. There should not be any hard lumps or hard pieces one could choke on. Lumps of food which can be easily mashed are okay.

### Meal requirements:

- **Cut-up:**
  - All parts of the meal are cut-up to no larger than 15mm bite sizes, the protein especially.
  - The vegetables, fruit, and/or starch may be cut-up as well into small bite size pieces.
- **Soft:**
  - Pressure from a fork can easily separate a small bite from the whole portion.
  - When the food is pressed, it causes the thumb nail to blanch to white and when the pressure is removed the food does not return to its previous shape/size.

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- **Meat/fish:** cooked to tender and no larger than 15mm bite size pieces. Adding a sauce/gravy on the side is suggested. No bones.
  - **Fruit/Vegetables:** Serve items which are easily chewed but do not require biting. Vegetables should be steamed or boiled. All cut into bite size pieces.
  - **Bread:** Should be served with a spread. Torn or cut in to manageable pieces; avoid crusty rolls or chewy bread crusts.
  - **Rice:** As dry as possible; not sticky or glutinous
- **Minced and Moist:**
    - Lumps are maximum 4mm in size.
    - Food can be easily pressed by a fork and the food come through the prongs of a fork.
    - Food holds its shape on a spoon, but can easily fall off if the spoon is tilted.
    - **Meat and fish:** should be served with a thick, smooth, non-pouring sauce/gravy.
    - **Fruit/vegetables:** any excess liquid removed, served mashed, minced or chopped
    - **Breads:** served with a spread to make it moist; small portions, soft crusts (or removed)
    - **Rice:** no sticky, glutinous rice (like short grain) or rice that separates (like long grain).

### Additional resources for information:

[http://iddsi.org/wp-content/uploads/2016/10/Opt\\_CompleteFramework\\_IDDSI-Framework\\_updated\\_12October2016ZS-Edit\\_final.pdf](http://iddsi.org/wp-content/uploads/2016/10/Opt_CompleteFramework_IDDSI-Framework_updated_12October2016ZS-Edit_final.pdf)

Discuss your diet and special food requirements with your health care provider and / or contact a registered dietitian at HealthLink BC by calling 811

### Patient Information Sheet - High Protein, High Calorie Meals

**Purpose:** Nutritionally dense meals are indicated for a multitude of different reasons including: trauma, chronic disease states, poor appetite, aging, symptom management, and so on. Often when an individual’s intake is compromised, a dietitian will recommend that they do not increase their volume of food intake rather, increase the density (calories, protein) of their choices. By avoiding an increase in volume the individual will hopefully be able to still enjoy their meals without exacerbating symptoms by eating more.

**Specifics to consider:** Simple substitutions for ingredients in your favorite recipes can be made to achieve a High Protein High Calorie (HPHC) meal. The following table identifies a few basic ways to increase overall nutrition in items we reach for when cooking or preparing a snack- consider incorporating some of these suggestions into your diet if you are struggling to gain weight or meet your needs with your current diet.

Food Item:	HPHC Suggestion:
Vegetables	<ul style="list-style-type: none"> <li>- prepare vegetables in butter/oil</li> <li>- add sauces to your favorite vegetables</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>- choose canned fruits stored in syrups/juice</li> <li>- add avocado to salads, have as a snack with crackers or add to smoothies</li> <li>- snack on dried fruit or add to cold/hot cereal, yogurt or salads</li> </ul>
Meats/Proteins	<ul style="list-style-type: none"> <li>- choose nut butters for spreads on toast, crackers or incorporate into smoothies</li> <li>- snack on roasted nuts/trail mix</li> <li>- choose dark meats when able</li> </ul>
Dairy	<ul style="list-style-type: none"> <li>- choose high % Milk Fat (MF) yogurt, milk and cheese</li> <li>- add sour cream to dips/spreads or have alongside vegetables (see recipe for loaded mashed potato)</li> <li>- choose cream based vs broth soups</li> </ul>
Grains	<ul style="list-style-type: none"> <li>- add rice or your favorite grain to soups and stews</li> <li>- HPHC oatmeal (<b>see recipes</b>)</li> <li>- snack on cold cereal or granola</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>- choose milk or juice to drink</li> <li>- add milk or cream to tea and coffee</li> <li>- add HPHC ingredients to smoothies (<b>see recipe</b>)</li> </ul>

## Carbohydrate counting

The following information is from the Diabetes Canada and shared here for reference. Carbohydrate counting is a flexible way to plan your meals. It focuses on foods that contain carbohydrate as these raise your blood glucose (sugar) the most. Follow these steps to count carbohydrates and help manage your blood glucose levels. Your registered dietitian will guide you along the way.

### Step 1: Make healthy food choices

- Enjoy a variety of vegetables, fruits, whole grains, low fat milk products, and meat and alternatives at your meals. A variety of foods will help to keep you healthy.
- Use added fats in small amounts. This helps to control your weight and blood cholesterol.
- Choose portion sizes to help you to reach or maintain a healthy weight.

### Step 2: Focus on carbohydrate

- Your body breaks down carbohydrate into glucose. This raises your blood glucose (sugar) levels.
- Carbohydrate is found in many foods including grains and starches, fruits, some vegetables, legumes, milk and milk alternatives, sugary foods and many prepared foods.
- Meat and alternatives, most vegetables and fats contain little carbohydrate. Moderate servings will not have a big effect on blood glucose (sugar) levels.

### Step 3: Set carbohydrate goals

- Your dietitian will help you set a goal for grams of carbohydrate at each meal and snack. This may be the same from day to day or may be flexible, depending on your needs.
- Aim to meet your target within five grams per meal or snack.

### Step 4: Determine carbohydrate content

- Write down what you eat and drink throughout the day.
- Be sure to note the portion sizes. You may need to use measuring cups and food scales to be accurate.
- Record the grams of carbohydrate in these foods and drinks.
- For carbohydrate content of foods, check the [nutrition label](#) on food packages, food composition books, restaurant fact sheets and websites.

### Step 5: Monitor effect on blood glucose level

- Work with your health-care team to correct blood glucose levels that are too high or too low

On the following page is the sample chart to help you start to count your carbohydrates.

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Sample of Carbohydrate counting:

Food	Portion size	Grams of carbohydrate	Carbohydrate choices
<b>Example - sandwich lunch</b>			
Bread, whole wheat*	2 slices	30 g	2
Chicken breast	2 oz/60 g	0	0
Margarine	1 tsp/5 mL	0	0
Carrot sticks	1/2 cup/125 mL	0	0
Green grapes*	1/2 cup/125 mL	15 g	1
Milk*	1 cup/250 mL	15 g	1
Tea/coffee	1 cup/250 mL	0	0
	<b>TOTAL</b>	<b>60 g</b>	<b>4 choices</b>

See more at: <https://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/carbohydrate-counting#sthash.ooVXsCtO.pdf>

### **Minimum/maximum recommendations:**

As each person's dietary requirements vary, it is important to consult with your health care professionals and determine the correct serving size for your health needs.

#### **Diabetes**

- Min/max for sugars:
  - Depends on a number of factors (how much protein and fats are accompanying the meal, how much fibre, how much sugar are at other meals...)
  - Heart and Stroke Foundation suggest total daily added sugars to be under 30 grams. Added sugars do not include foods such as fruit.
  
- Min/max for carbohydrates:
  - Daily carbohydrate recommendations are 45-65% of total daily calories. Depending on individual needs, this would work out to around 15-30 grams of carbohydrates
  - For seniors, recommendations are 130 grams of carbohydrates per day. If someone was eating 5 meals a day, this would be around 25 grams per meal.

#### **Weight management and obesity**

- Min/max for sugars:
  - Depends on a number of factors (how much protein and fats are accompanying the meal, how much fibre, how much sugar are at other meals...)
  - Heart and Stroke Foundation suggest total daily added sugars to be under 30 grams. Added sugars do not include foods such as fruit.
  
- Min/max for carbohydrates:
  - Daily carbohydrate recommendations are 45-65% of total daily calories. Depending on individual needs, this would work out to around 15-30 grams of carbohydrates

#### **Other min/max values:**

- Min/max for fats:
  - Again there are numerous factors that may influence this for each person.
  - Guidelines are around 20-35% of total daily calories to be from fats
- Min/max for protein:
  - Recommendations are .8g/kg body weight per day
  - Minimum daily protein?

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(provided by the dietitians working on the Nutrition Security project, 2016)

All the recipes included here can be adapted to suit your dietary requirements. Most meals can be frozen so can be made ahead of time and reheated.

For those who would like more information about the nutritional value of each recipe, that information can be found at these websites:

**For information on Nutrients in Foods see the information from Health Canada:**

[http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref\\_vitam\\_tbl-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_vitam_tbl-eng.php)

[http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref\\_elements\\_tbl-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php)

[http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref\\_macronutr\\_tbl-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_macronutr_tbl-eng.php)

For assistance in specialized diets for your particular health condition and needs, we suggest you contact your health care provider for guidance

Other resources:

The Canadian Diabetes Association – <http://www.diabetes.ca/diabetes-and-you>

The Heart and Stroke Foundation - <http://www.heartandstroke.ca/get-healthy>

The BC Renal Agency - <http://www.bcrenalagency.ca/health-info>

The Provincial Dietitian – call 811 for help and check this website  
<https://www.healthlinkbc.ca/dietitian-services>

Canada Food Guide - <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/count-calcul-eng.php>

BC Province: Ministry of health - <https://www.healthyfamiliesbc.ca/aging-well>

## Recipes

The following recipes were provided by the volunteer dietitians who worked on this project. Not every recipe was tested. Adapt each as you require, depending on your health. Remember, a good guideline to follow provided by Diabetes Canada is a healthy plate has 50% fruit and vegetable, 25% grain and 25% lean protein

### Broccoli & Spaghetti Frittata

Serves 8 (you can freeze extra portions)

Ingredients:

- About 2 teaspoons butter or vegetable oil such as grapeseed or canola
- 1 teaspoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups (8 ounces) broccoli florets and sliced stems, steamed or blanched (see below)
- Pinch red pepper flakes
- 10 large eggs
- 3/4 teaspoon kosher salt
- A few turns of freshly ground pepper
- 1 1/2 cups (5 ounces) grated cheese (Emmentaler, Gruyere, cheddar, Monterey Jack, or mixed)
- 2 cups cooked spaghetti – either wheat or gluten free such as quinoa or rice spag

Method:

- Preheat the oven to 400°F Lightly butter or spray a 13x9-inch baking pan.
- Warm the olive oil in a large skillet over medium heat.
- Add onion and cook until it's soft and beginning to turn golden. Stir in the garlic and cook for 30 seconds.
- Add the broccoli, pepper flakes, and a healthy pinch of salt. Sauté until broccoli is fragrant and well-coated with garlic, oil, and onion. Turn off heat.
- Beat the eggs until well-mixed and frothy. Add the salt, a few cracks of pepper, and the cheese to the beaten eggs.
- Arrange the spaghetti evenly on the bottom of the buttered baking dish and top with the blanched broccoli. Pour the egg mixture over the vegetable mix.
- Bake for approximately 20 minutes, until the eggs are set, the casserole is beginning to turn golden around the edges, and a knife inserted into the middle comes out clean.

Serve warm, room temperature, or cold. Leftovers can be kept covered and refrigerated for up to a week. Portion into single servings, store in freezer containers, label and freeze for use later.



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Frozen Single-Serve Oatmeal with Almonds & Dried Cherries

*Makes about twelve 1/3-cup pucks (4 to 6 servings) Great make ahead breakfast or snack!*

Ingredients:

- 2 cups old-fashioned rolled oats
- 3 1/2 cups water
- 1/8 teaspoon salt
- Honey, brown sugar, agave or other sweetener, to taste (optional)
- 1/2 cup dried cherries
- 1/3 cup almonds, roughly chopped (or other nuts as desired)
- 2 tablespoons shelled pumpkin seeds (pepitas)

Method:

- Lightly grease a standard muffin pan and set aside. (No need to grease if you are using a non-stick pan.)
- Combine the oats, water and salt in a saucepan and bring to a boil. Cook, stirring frequently, until soft and ready to eat, 3 to 5 minutes. Mix in sweetener of choice, if using.
- Divide the oatmeal evenly into the cups of the muffin pan.
- Top with the cherries, almonds and pumpkin seeds, pressing lightly to make sure they are embedded in the oatmeal.
- Place the muffin pan in the freezer until oatmeal is fully frozen, at least 3 hours. Remove and allow to thaw slightly, until the oatmeal can be popped out of the pan with an offset spatula or a thin butter knife. (You can dip the bottom of the pan in warm water to speed the process.) Wrap the oatmeal in freezer-safe packaging and freeze.
- To eat, remove the desired number of pucks and warm in a bowl in the microwave for 1 to 2 minutes.

Recipe Notes:

Steel cut oats can be used in place of rolled oats. Adjust the amount of water and cooking time according to package directions. Any combination of nuts, dried fruit or seeds can be used on top of the oatmeal.

### Freezer-Friendly Frittata Breakfast Sandwiches

Makes 6

Ingredients:

- 1 tablespoon olive oil
- 1/2 medium onion, finely chopped
- 8 ounces uncooked chicken or turkey Italian sausage, casings removed
- 1 (5- to 6-ounce) bag baby spinach
- 10 large eggs
- 1 cup whole milk or substitute
- 1/2 teaspoon fine salt, plus more for seasoning
- 6 (1-ounce) slices cheese, like cheddar, Monterey Jack, or Swiss
- 6 English muffins, regular or whole-wheat or a gluten free alternative

Method:

- Arrange a rack in the middle of the oven and heat to 375°F. Meanwhile, grease a 9x13-inch baking dish with cooking spray or oil.
- Heat the oil in a large skillet over medium heat. Add the onion, season with salt, and cook, stirring occasionally, until softened, about 5 minutes. Add the sausage and cook, breaking the meat up into small pieces with a wooden spoon, until no longer pink, about 5 minutes. Add the spinach and cook until wilted and the liquid has evaporated, about 4 minutes.
- Transfer the mixture to the baking dish and spread into an even layer.
- Whisk the eggs together with the milk and salt in a large mixing bowl. Pour the eggs into the baking dish. Bake until the eggs are puffed around the edges with golden spots, and a paring knife inserted in the middle comes out clean, 25 to 30 minutes. Cool completely.
- While the eggs are cooling, place the English muffins cut-side up on a baking sheet and toast in the oven for just a few minutes, until the edges are toasted. If desired, you can brush the muffins with butter before toasting.
- Use a spatula to lift the eggs out of the pan and onto a cutting board. Using a large biscuit cutter or drinking glass (roughly the same size as your English muffins), cut 6 rounds out of the eggs. (Save the scraps to make breakfast quesadillas.)
- Lay the bottom halves of the English muffins in a row on a work surface. Top each one with an egg round and a slice of cheese. Finish by adding the muffin tops.
- Wrap each sandwich in a square of aluminum foil or saran. Put all the sandwiches in a freezer bag or airtight container. Put the date on the outside of the container. Freeze for up to 1 month.

**Reheating instructions:** Unwrap the frozen sandwich and place on a microwave-safe plate lined with a paper towel to reduce sogginess. (The towel helps absorb some of the melting ice so the bread doesn't get soggy.) Heat at full power for 1 to 1 1/2 minutes. In the oven, 350 until toasty warm.

### Portable Breakfast Quesadillas

*Serves 4; increase quantities if you wish to make more. To freeze, wrap individually in plastic wrap. To reheat, see below.*

#### Ingredients:

- 4 (10-inch) flour tortillas
- 1 cup chopped frittata or scrambled eggs (see above: good use for leftover cooked eggs)
- Mexican hot sauce (optional)
- 1 cup shredded cheese, such as cheddar or Monterey Jack
- Chopped red peppers, hot peppers and/or green onions if you wish
- Serve with salsa

#### Method:

- Place a large frying pan or griddle over medium heat. Meanwhile, assemble the quesadillas.
- Stack the tortillas on a microwave-safe plate and cover with a damp paper towel. Microwave until soft and pliable, about 30 seconds.
- Place the tortillas on a work surface. Divide the eggs onto the tortillas, spreading into an even layer but leaving a 1 1/2-inch border. Sprinkle with hot sauce, if using. Divide the cheese over the eggs.
- To fold the quesadillas, fold the top of the tortilla down over the filling to the center. Holding that piece down and working clockwise, continue folding the rest of the tortilla towards the middle until the filling is completely covered (you will have about 5 folds). Carefully flip the quesadilla over and repeat with the remaining tortillas.
- Place the quesadillas, folded-side down, in the heated pan or griddle, as many as will fit in a single layer. Cook until browned and the cheese is melted, 4 to 5 minutes on each side. Repeat as needed until all the quesadillas are cooked. If not serving immediately, let cool completely and wrap each quesadilla tightly in foil. Refrigerate or freeze in a sealable plastic bag.

**Reheating instructions:** Reheat uncovered in a 325°F regular or toaster oven until warmed through, about 20 minutes if refrigerated or about 30 minutes if frozen. You can also microwave on a paper towel on high for 1 to 2 minutes.

from <http://www.thekitchn.com/recipe-the-wrapped-breakfast-quesadilla-227334>

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Breakfast Grain Salad with Blueberries, Hazelnuts & Lemon

*Makes 8 large servings – this freezes well in 1/2 cup containers. Remove from the freezer the night before, heat and serve with fruit or more yogurt.*

Ingredients:

- 1 cup dry steel-cut oats
- 1 cup dry golden quinoa
- 1/2 cup dry millet
- 3 tablespoons olive oil, divided
- 1-inch piece fresh ginger, peeled and cut into coins
- 2 large lemons, zest and juice
- 1/2 cup maple syrup
- 1 cup Greek yogurt (or soy yogurt, if you want to make this vegan)
- 1/4 teaspoon nutmeg
- 2 cups hazelnuts, roughly chopped and toasted (can substitute almonds, walnuts, pecans)
- 2 cups blueberries or mixed berries (fresh or frozen)

Method:

- Mix the oats, quinoa, and millet in a fine mesh strainer and rinse for about a minute under running cold water. Set aside.
- Heat 1 tablespoon olive oil in a 3-quart saucepan over medium-high heat. Add the rinsed grains and cook for 2 to 3 minutes or until they begin smelling toasted. Pour in 4 1/2 cups water and stir in 3/4 teaspoon salt, the ginger coins, and the zest of 1 lemon.
- Bring to boil, cover, turn down the heat, and simmer for 20 minutes. Turn off the heat and let sit for 5 minutes, then remove the lid and fluff with a fork. Remove the ginger. Spread hot grains on a large baking sheet and let cool for at least half an hour. Spoon the cooled grains into a large bowl. Stir in the zest of the second lemon.
- In a medium bowl, whisk the remaining 2 tablespoons olive oil with the juice of both lemons until emulsified. Whisk in the maple syrup, yogurt, and nutmeg. Pour this into the grains and stir until well-coated. Stir in the toasted hazelnuts and blueberries. Taste and season with additional salt, if necessary.
- Refrigerate overnight; the flavors of this really come together overnight in the fridge.
- Serve at room temperature with fruit and yogurt.

Remainder can be frozen. Portion into 1/2 cup freezer containers, put additional fruit on top if desired. Cover, label and freeze. To use, take out of freezer the night before and either eat at room temperature or reheat in a microwave or saucepan on the stove top.

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### Freezer-to-Microwave Sausage, Egg, Spinach, & Cheese Breakfast Burritos

*This recipe will make 16 burritos which you can freeze.*

#### Ingredients:

- 1lb ground spicy Italian sausage (You can sub ground sweet or breakfast sausage and use turkey or chicken if you prefer)
- 2 handfuls of fresh baby spinach leaves
- 16 eggs, beaten
- salt and pepper to taste
- 8oz mild cheddar cheese, shredded (About 2 cups shredded)
- 16 “burrito size” flour tortillas (approx. 8.5-9” in diameter – 2 packs of 8)

**Note:** burritos can be made with peppers, onions, turkey sausage and more.

Freezer Supplies to have on hand: Foil; Waxed paper; plastic freezer bags

#### Method:

- Brown the sausage in a large pan over medium-high heat.
- Add the spinach and stir until it wilts. Add the eggs and a pinch of salt and pepper.
- Stir every minute or two until cooked through, approximately 3 to 4 minutes. Watch to not overcook the eggs.
- Set a timer for 20-25 minutes to let the sausage-spinach-egg mixture cool.
- (This is important if you’re going to freeze the burritos. You can use this time to clean up the kitchen, shred the cheese, and prep the foil and wax paper for the next step. If you’re planning to eat the burritos right away instead of freezing, there’s no need to cool.)
- Arrange 16 pieces of wax paper about a foot square, depending on the size of the tortilla, in an assembly line. Place one tortilla on each piece. Top each tortilla with 1/2 cup sausage-spinach-egg mixture and about 2 tablespoons of cheddar cheese.
- Wrap your first burrito by folding over one side length-wise, tight against the filling. Fold in both of the small ends. (It’s easier to do this when you’re not trying to take a photo at the same time.) Fold over the last side. Wrap the remaining 15 burritos the same way.
- Place each burrito, seam-side down on wax paper and wrap. Wrap each wax paper burrito in a piece of foil. Place wrapped burritos in large plastic freezer bags, remove as much air as possible, seal, and place in freezer. (Can store in a standard freezer up to 3 months.)

#### To Eat

Heat one burrito at a time in the microwave. Simply unwrap the foil and waxed paper, wrap in a paper towel, and microwave on high for 90 seconds – 2 minutes (depending on the strength of your microwave).

If you prefer, thaw the burrito and then microwave it, or reheat in a toaster oven.

## **Weight Management Recipes (enhanced meals keep weight on or gain weight)**

*Research suggests to maintain or gain weight, eat more calorie dense meals more often – so 5 small meals per day rather than 3 big meals per day. Think more calorie dense meals rather than larger meals. See if you can make every meal calorie dense by using butter, full fat yogurt, olive oil, and adding flax seed oil or tahini to your salad dressings, stir frys etc. To add calories to a meal, 1 Tbsp flax seed oil = 120 calories. Tahini is also high in calories.*

Adjust sodium and carbohydrates and these meals become good for diabetic and heart smart diets. Here is a small sampling of some simple meals that you can start with to help manage your weight.

### **Overnight Apple Pie Oatmeal**

Exactly as it suggests, make this oatmeal dish the night before. It can be eaten at room temperature or heat in a microwave or put in a saucepan for stove top reheating. Add a bit of water if on the stove top to help prevent sticking.

\*\* You might want to add full fat Greek or strained yogurt to some of your meals as straining the yogurt reduces the lactose and sugar than found in unstrained and regular yogurt. Whey contains much of the lactose and natural sugars.

Ingredients:

- 1 apple (or other fruit, such as pear)
- ¾ cup plain greek yogurt
- ¼ cup dairy milk or non-dairy beverage such as coconut, soy, rice, hemp or almond beverage
- 1 tsp vanilla
- ½ tsp cinnamon
- ½ cup large flake oats
- 10 almonds or pecans (chopped) or sunflower seeds, pumpkin seeds

Method:

Cut up the apple into small chunks. Mix all the ingredients together. Put into a jar, cover with a lid and store overnight. Ready to eat the next morning!

Highlights: High in fibre 1 serving of fruit High in calcium High in protein Healthy source of fats.

\*This meal can be frozen. It helps to thaw before reheating to reduce overcooking.

### Yam and Chicken Salad

*Makes two servings*

#### Ingredients:

- 1 boneless chicken breast (cooked)
- 1 red bell pepper
- 1 medium size yam
- ¼ chopped leek
- ¼ toasted almonds (or walnuts, hazelnuts or pecans)
- ½ avocado sliced
- 3 cups romaine or spinach or kale – about one large bunch or so.

A simple dressing: 2 tablespoons olive oil, 1 tablespoon balsamic mixed together

#### Method:

- Chop up the yam into chunks and cook in the oven at 375 degrees for ~25-30 minutes.
- Once yams are soft, remove and cut into smaller chunks for the salad.
- Pan fry the chicken. Option: to cut into bite size pieces and stir fry or pan fry whole, then cut into pieces
- Season the chicken with oregano, basil, marjoram, parsley as desired. Or use prepared Italian seasoning
- Chop up the leeks, avocado, pepper, shred the lettuce and put all together into a bowl.
- Toast the nuts in a fry pan on low heat for ~15minutes.
- Add the dressing.
- Mix and serve.

**Highlights:** 2-3 servings of vegetables Good source of unsaturated fats High in protein  
Yam contains fibre!

### Quinoa Chicken Salad

*(makes 3-4 servings, can half recipe if you only want 1-2 servings)*

#### Ingredients:

- 1 cup of quinoa (dry)
- 4 cups of spinach or romaine
- 1 cup chickpeas
- 1 or 2 chicken breasts, boned
- 1 red pepper, diced or finely sliced
- 1 orange pepper, diced or finely sliced
- ½ cup feta

Salad dressing: 3 tablespoons olive oil, 1 tablespoon balsamic, 1/2 lemon squeezed, dash of garlic, salt and pepper

#### Method:

- Cut the chicken into bite size pieces (slice a breast into 4 or 5 bits) and cook/grill, approximately 20 minutes. Longer if needed.
- Cook the quinoa – generally 1 portion quinoa to 2 portions water (according to instructions on package). Put in saucepan, bring to boil, reduce heat and simmer, covered for approximately 20 minutes. Remove from heat when done.
- Chop the peppers and shred the lettuce and put into a bowl. Add the chickpeas, drained and rinsed, and the feta.
- When chicken and quinoa are ready, let cool for 10 minutes. Then, add both to the bowl with lettuce peppers and feta cheese.
- Mix up the dressing, add to the salad and toss together.

**Highlights:** Fibre source from the quinoa. Variety of vegetables. Good source of protein  
Fat sources are from healthy unsaturated fats.



### **Irritable Bowel Syndrome/Disease**

*Less sodium and less carbohydrate make these meals good for both diabetic and heart smart meals. Adjust ingredients accordingly.*

#### **Hot Oatmeal Delight**

##### **Ingredients:**

- 1 cup of oatmeal
- 1 chopped apple
- 2 slices of pineapple chopped
- 1 tablespoon of cashew nuts
- 1/4 teaspoon of cinnamon

##### **Method:**

Cook the oatmeal with cinnamon. Add the fruit and serve.

You can use all sorts of fruit for this meal including pears, peaches and berries. Peeled or stewed fruit might be a consideration to make for easier digestion.

#### **Oat Bran Muffins**

*Use a muffin tin and freeze what you don't use. Easy snack to pack and go.*

##### **Ingredients:**

- 2 cooking apples
- 1 x 12oz can apple juice (or applesauce, low sugar)
- 2 cups whole-wheat pastry flour (use gluten free substitute if needed)
- 1 cup unbleached white flour (gluten free substitute if needed)
- 1/4 cups oat bran
- 2 and a half teaspoons of baking soda
- 1 teaspoon cinnamon
- Half a teaspoon nutmeg (if you like the taste)

##### **Method:**

Heat the oven to 325F.

- Peel, core and chop the apples into bite size pieces. Squeeze lemon juice over the apples to prevent from browning.
- Mix the pastry flour, white flour, oat bran, baking soda and spices together in a bowl.
- Add the chopped apples, apple juice and enough water to make a batter (up to 1 cup).
- Divide the batter into muffin cups and bake until browned. This should take about 25 to 30 minutes. Remove the muffins from the muffin tray while still hot.

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Spinach Omelet and Fruit

*Serves one*

Ingredients:

- 1 whole egg *and* 2 egg whites (egg white from carton to avoid waste, or use flax eggs)
- 1/2 red bell pepper,
- thinly sliced 1 cup chopped spinach (fresh or frozen - patted dry)
- 1 tsp olive oil 1 clove garlic, and/or pinch black pepper

Method:

Heat oil in a non-stick skillet and saute the vegetables. Beat the egg and egg whites together and pour over vegetable mixture. Add salt and black pepper to taste. Reduce heat and cover. Cook until eggs set.

Minestrone Soup

*Freeze what you have left over.*

Ingredients:

- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped eggplant
- 4 cloves of crushed garlic
- 1/2 cup of chopped carrots
- 1 cup of diced peppers
- 1 teaspoon of basil, oregano and sea salt (use less salt for low sodium consideration)
- 2 cups (one 500ml can) of tomato puree (or 1 500 ml crushed tomato)
- 2 tablespoons of olive oil 3 cups of low-sodium vegetable stock
- 1 cup of uncooked brown rice
- 1/2 cup of garbanzo beans (or other beans)

Method:

- Sauté the onion and garlic in the olive oil.
- Add the carrots, eggplant, celery, salt and herbs. Cover and cook for 5 minutes.
- Add the peppers, vegetable stock, tomato puree and beans. Cover and cook for another 15 minutes. Bring to the boil and then add the rice. Simmer until the rice is cooked, approximately 30 minutes.

### Gazpacho

Freeze what you have left over.

#### Ingredients:

- 1 diced onion
- 4 cups of tomato juice
- 1 diced cucumber
- 2 scallion onions chopped
- 1/4 cup of diced bell pepper
- 1/4 cup of chopped celery
- 1 tablespoon olive oil
- 1 clove of crushed garlic
- Juice of a lemon
- Sea salt and pepper to taste

#### Method:

Mix all the ingredients well in a large bowl, cover and chill overnight. Gazpacho is typically served cold. It can also be pureed in a blender if you prefer it a smoother consistency.

### Chicken & Vegetable Salad

#### Ingredients:

- 1/4 cup carrots diced
- 1/4 chopped zucchini
- 1 cup of chopped cooked chicken (approximately one chicken breast cooked)
- 1 cup of cooked brown rice
- 1 tablespoon apple cider vinegar
- 2 tablespoons of olive oil
- 1/2 cup of chopped broccoli (steamed for 5 minutes) Substitute beans, shredded kale/chard/spinach or?)

#### Method:

Mix all the ingredients together. Create the dressing by mixing the olive oil and apple cider vinegar.

If you wish, replace the chicken with turkey.

### Egg and Spinach Salad

Serves one.

#### Ingredients:

- 1 hard-boiled egg sliced
- 1 cup of fresh baby spinach leaves
- 1/2 cup of diced bell pepper
- 1/2 large tomato sliced
- 2-4 black olives, pitted
- 1 tablespoon of olive oil
- 1/4 cup of plain greek yogurt
- 2 chopped scallion (green onions)

#### Method:

- Wash the spinach in cold water and drain.
- In a salad bowl combine the scallions and red pepper.
- In a separate bowl whisk the olive oil, yogurt and salt and pepper until it is smooth and frothy. Add the tomatoes and eggs and pour the mixture over the spinach.
- Mix gently and take care not to break the eggs.
- Season to taste. Olive oil and apple cider vinegar makes a tasty light dressing for this salad.

### Tuna and Bean Salad

#### Ingredients:

- 3 oz can drained canned tuna
- 1/2 cup canned navy beans, drained (can also use black beans, garbanzo beans or your choice)
- 1 large tomato, sliced
- 1/2 each red and yellow bell pepper, sliced
- 1 tablespoon low-fat dressing or make your own – 1T olive oil, 1T vinegar whip with a fork in a small bowl or just drizzle over the salad.

#### Method:

Mix all the ingredients together.

### Wild Coriander Salmon on Rice

*Two servings if the salmon is large. Use an alternate grain if desired.*

#### Ingredients:

- 1 fresh fillet of wild salmon (or frozen if that is what you can get)

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- 1/4 teaspoon coriander powder
- 1 teaspoon black pepper
- 1/4 teaspoon cumin powder
- 1/2 tablespoon extra virgin olive oil
- 1 cup basmati rice You can also use quinoa, buckwheat groats or couscous.

Salad: shredded lettuce, chopped black olives, sliced strawberries with a lemon dressing

Method:

Cook rice – 1 c rice to 2 cups cold water. Mix in saucepan. Bring to a boil, cover and simmer 10 to 12 minutes. Set aside when done.

- Mix the olive oil together with the black pepper, coriander and cumin. Rub the paste on both sides of the salmon.
- Place the salmon in a skillet with a drop of olive oil and cook for 4 minutes on each side, until it is cooked through.
- Serve with a salad of lettuce, black olives and strawberries. You can use the juice of a lime or lemon as a salad dressing.
- Or green veg of your choice.

Couscous and Wild Salmon

Ingredients:

- 1 fresh fillet of salmon (or frozen)
- 1/2 cup couscous
- 1 tablespoon olive oil
- 1/2 zucchini sliced into strips
- 1/2 bell pepper chopped
- 4 cherry tomatoes
- 1/2 freshly squeezed lemon juice
- 1/2 teaspoon of chopped fresh coriander

Method:

- Place the couscous in a pot and cover with water. Bring to the boil and then remove from the heat and set aside for 10 minutes.
- In a skillet, add the olive oil and heat.
- Add the salmon; salt and pepper to taste. Cook for 4 to 5 minutes on each side. Remove the salmon and place in a warmed oven.
- Add the peppers and zucchini to the skillet and cook for 2 minutes.
- Add the tomatoes, lemon juice and coriander. Cook and stir for another minute.

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Serve on a plate of couscous and place the salmon on top. Garnish with the cooked pepper, zucchini and tomato mix.

This freezes well. Assemble a meal in a freezer container, label and freeze to enjoy later.

### Chicken with Lemon and Coconut Rice

*This makes two servings and freezes well.*

#### Ingredients:

- 1 chicken breast sliced into strips
- 1/2 cup of uncooked basmati rice
- 1 tablespoon of red lentils
- 1/2 tablespoon of mustard seeds
- Juice of half a lemon
- Pinch of turmeric
- 3 tablespoons of coconut flakes
- 4 or 5 fresh coriander leaves chopped
- 1 tablespoon of olive oil

#### Method:

- Cook the basmati rice for about 10 minutes until it is ready and let stand for another 15 minutes.
- In a skillet cook the chicken strips in the olive oil for 3 or 4 minutes. Remove and place in a heated oven to keep warm.
- Add the lentils and mustard seeds to the skillet and stir in the fresh coriander leaves, turmeric, coconut and lemon juice. Cook for about 5 minutes.
- Add the rice to the skillet and stir/cook for another couple of minutes until well combined.
- Place 1/3 cup of rice onto a plate and place the cooked chicken strips on top.
- Garnish with lemon slice and parsley.

This dish freezes well. Portion a meal size helping in a freezer container, label and freeze to enjoy later.

Orange Chicken with steamed brown rice

*Makes about 6 servings (3 pieces of chicken per serving)*

Ingredients:

- 1 tablespoon less-fat margarine
- 1/3 cup *reduced-sugar* orange marmalade
- 1/2 cup dried cranberries
- 1/4 cup brown sugar, packed (or less as this dish tends to be sweet)
- 1 tablespoon rice vinegar
- 1 teaspoon chopped ginger
- 1/2 teaspoon ground cinnamon
- 1 cup low-sodium chicken broth, if using broth powder, make it double strength by adding 1 cup of hot water to 2 teaspoons of broth powder
- 6 half breasts of chicken, skinless, boneless; cut into about 3 pieces each
- 1/2 cup chopped red bell pepper
- 1 cup raw brown rice and cooked. Substitute quinoa, couscous, buckwheat or gluten free pasta if desired.

Method:

- Cook the brown rice – 1 cup of rice to 2 cups of cold water. Bring to a boil. Simmer for 30 minutes or until done. Remove from heat.
- Brown the chicken in a skillet with 1 T oil
- Add all ingredients except chicken to a dutch oven; stir well with spoon.
- Add the chicken breast pieces, cover, and simmer for 45 minutes, until chicken is cooked through.
- Serve chicken with orange cranberry sauce.
- To make sauce: 1 package of cranberries in a small saucepan. Add the juice of one orange and zest. Bring to a boil and simmer until thick. Grated ginger is an option to add.

Nutty Vegetable Stir-fry and Rice

*Makes one serving*

Ingredients:

- 2 tsp olive oil
- 1 tablespoon soy sauce,
- low sodium
- 8 walnuts
- 1 cup mushrooms
- 1/2 red & green bell pepper
- 1 small red onion 1 small carrot

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- 1/4 cup green peas
- 1 clove minced garlic
- ½ cup uncooked brown basmati rice. Substitute quinoa, gluten free pasta or couscous for less carbohydrate.

Method:

- Cook the rice – ½ cup rice to one cup water. Bring to a boil, reduce heat and simmer covered for 10 to 12 minutes. Remove from heat when done.
- Thinly slice all the vegetables and chop the walnuts.
- In a skillet, heat the oil and saute the garlic 30 sec or so. Add the vegetables and soy sauce. Cook for 3 or 4 minutes. Add the walnuts and cook for 1 minute.
- Serve over 1/3 cup of cooked rice.



### Shepherd's Pie with Turkey

*Makes Approx 6 servings. Serve in ½ cup portions to freeze.*

#### Ingredients:

- 2 tbs. olive oil
- 1/4 lb. ground turkey
- 3/4 cup medium diced onion
- 2 stalks celery finely chopped
- 2 medium carrots, diced
- 1 red pepper, diced
- ½ cup frozen peas
- 2 tsp. minced garlic
- 2 tbs. flour or gluten free substitute
- 1/2 cup chicken stock low sodium broth
- 1/2 cup rice milk
- 2 tbs. chopped parsley
- 2 cups mashed potatoes (about 2 large potatoes, peeled and chopped)
- 1/4 tsp. paprika
- Chopped parsley (optional)

#### Method:

- Peel and chop the potatoes. Put in large pot, cover with cold water. Add approx. 1 tsp salt. Bring to a boil and cook till done, approximately 15 minutes. Drain and return to saucepan. Add butter and mash potatoes well until creamy. Use hand held mixer if desired. Set aside.
- In large skillet over medium heat, heat the olive oil, add ground turkey, diced onions, celery and garlic. Sauté the ingredients until the turkey is thoroughly cooked. Add the diced carrots and red pepper. Stir and cook another 5 minutes.
- Drain off excess juices from the turkey.
- Add the flour to the turkey skillet and mix thoroughly.
- Add the chicken stock and the rice milk.
- Stirring constantly, bring the mixture to a boil, simmer for 1 minute and remove from heat. Add the chopped parsley and stir well.
- Place the meat mixture in a greased 9" by 9" casserole dish.
- Using a spatula, evenly distribute the mashed potatoes over the meat mixture.
- Sprinkle the paprika over the mashed potato topping.
- Bake the Shepherd's Pie for 25 to 30 minutes at 400 degrees. Cover with tinfoil to prevent potato from burning. Remove foil the last 10 minutes or so.

## Healthy Weight – recipes suitable for heart/diabetes and gluten free

Shepherd's Pie

Makes 6 servings

### Ingredients:

- 4 large red Potatoes, cut into chunks – could use half sweet potato/yam
- 3 cloves garlic
- ¾ cup low fat sour cream or cottage cheese
- 3 cups vegetables – peas, carrots,
- 1lb extra Lean ground beef – could do half beef, half ground turkey or pork for variation
- ½ cup grated light Cheese
- 2 tbsp flour (or make gluten free with a substitute)
- ¾ cup **no salt added** broth or water
- Spices/herbs as desired (black pepper, paprika, etc)
- 2 tbsp ketchup

### Method:

- Bring a large pot of water to a boil, and add the potatoes and garlic. Cook until the potatoes are tender approximately 15 minutes, drain when done. Let rest 2 minutes. Add sour cream or cottage cheese to the potatoes and garlic. Mash the potatoes. Stir in ¼ cup of the grated cheese. Set aside.
- Heat oven to 375F .
- In a skillet, cook ground beef on the stove top. Sprinkle in the flour, cook and stir 1 minute. Add the vegetables, ketchup, broth/water, cook for 5 minutes.
- Put the meat and vegetables in an ovenproof casserole dish, cover with the potatoes.
- Bake for about 30 minutes, or until heated through.
- Top with remaining cheese and bake for another few minutes so cheese is melted.

### Note:

This item is appropriate for modified texture meals (blend the vegetables to make suitable for puree), and would be appropriate for diabetes, heart and gluten free diets (if all ingredients used are certified gluten free)

### **Fish and Chips**

1 serving

#### Ingredients:

Fish, cut into pieces

Panko bread crumbs or corn flake crumbs

Spices/herbs as desired (garlic, black pepper, paprika, etc)

Egg, beaten

Flour

Potatoes/sweet potato/yam, cut into French fry size

#### Method:

- Preheat oven to 350F.
- You need three bowls, in one bowl have the beaten egg, one bowl the flour and the last bowl the crumbs with spices. Take the fish pieces and dip in the flour, then the egg, then the spices. Then place on a baking sheet, covered with parchment paper.
- Repeat with the cut potatoes, place on a baking sheet and sprinkle with some olive oil, and desired spices.
- Place the fish and fries in the oven to bake. Turning the fries every few minutes or so until done, about 15 minutes or so. Remove fish if done earlier and set aside until fries are done.

### Lasagne

*Freeze any leftover portion for later.*

#### Ingredients:

- Oven ready lasagna noodles – could use gluten free noodles
- 1 x 350mL can tomato sauce
- 1 x 156mL can tomato paste
- 1 clove garlic, minced
- 1 onion, minced
- 2 tsp oregano
- 1 tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt
- Vegetables (carrots, spinach, mushrooms green beans)
- Ricotta cheese
- Cheese, grated

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Method:

- Cook noodles as per package instructions and set aside.
- Over medium-high heat cook onion and garlic clove, be careful to not burn. Add tomato sauce and tomato paste, stir consistently. Add spices, stir. Add 1 cup water, stir. Reduce heat to low and cover with lid, bring to a simmer.
- Once sauce is ready, spread a thin layer of sauce on the bottom of a baking dish.
- Next add the lasagna noodles, another layer of sauce, the filling (vegetables, ricotta cheese), a layer of noodles, another layer of sauce and finish with the grated cheese.
- Cook in a preheated oven at 375F until noodles are cooked and cheese is melted, about 40 minutes. Cover with tinfoil to prevent the topping from becoming overly brown.

Note: this recipe is appropriate for moist and soft meals, and would be appropriate for diabetes, heart and gluten free diets (if all ingredients used are certified gluten free).

Pair with a salad for an all-around balanced meal.

**Pot Pie – Adapted from Thrifty Foods**

*Makes 6 small pot pies. Note: This item is appropriate for moist and soft and could be further softened with gravy for other textures. Would be appropriate for diabetes and heart if paired with a salad and vinaigrette dressing, or and gluten free diets (if all ingredients used are certified gluten free).*

Ingredients:

- 2 ½ lbs red potatoes, peeled and quartered
- 1 tbsp olive oil
- 1lb extra lean ground turkey
- 1 small onion, finely chopped
- 1 small carrot, grated
- 2 garlic cloves, minced
- 2 tbsp flour
- 1 tsp dried sage leaves
- 1 398mL can tomato sauce
- 1 cup chicken stock, or can use water for less sodium
- ½ cup frozen corn kernels
- ½ cup frozen peas
- Salt and ground black pepper
- 2 tbsp melted butter
- ¾ cup warm milk

Method:

- Bring a pot of water to a boil, add the potatoes and cook until tender. Then drain and mash, adding in the butter and milk. Season with salt and pepper.
- Place the olive oil in a medium sized pot over medium heat. Add the turkey, cook. Drain any excess liquid from the pot once the turkey is cooked, then mix in the onion, carrot, garlic, flour and sage. Cook for 3-4 more minutes.
- Add the tomato sauce and stock/water and bring to a simmer, simmering for 2 minutes.
- Mix in the peas, corn, salt, ground black pepper then remove from heat.
- Divide the turkey mixture between 6 small dishes or tinfoil pans, filling 2/3 full. Preheat oven to 350F. Cover the turkey mixture with the mashed potatoes.
- Bake 30 minutes until golden and bubbly

**Pork Cutlets with Applesauce – adapted from Thrifty Foods**

*Makes 4 servings*

Ingredients:

- 1 cup cornflake crumbs or panko
- ½ tsp dried sage
- 1/8 tsp cayenne pepper
- 4 pork cutlets
- 1/3 cup light mayonnaise or 2 beaten eggs
- 3 tbsp vegetable oil
- ½ cup unsweetened applesauce

Method:

- In a bowl, combine the crumbs, sage, cayenne pepper.
- Brush and evenly coat the pork with mayonnaise or egg.
- Heat the oil in a pan over medium-high heat and cook 3-4 minutes for each side, or until cooked through.
- Another option to make this dish more heart healthy, is to bake the pork cutlets in the oven at 350F until cooked, about 30 minutes

**Chicken with Pesto Tomato Sauce and Cheese**

*This freezes well. Makes 4 to 6 servings. \*\* OMIT cheese for a heart smart meal*

Ingredients:

- 4 boneless, skinless chicken breasts
- Dried basil and ground black pepper to taste
- ¼ cup flour
- 2 tbsp olive oil
- 14oz tomato sauce – to make heart friendly make tomato sauce from scratch
- ¼ cup pesto - to make heart friendly make the pesto from scratch using basil, pine nuts and oil
- 1 cup crumbled feta cheese
- 2 tbsp chopped fresh parsley
  
- 1 cup raw basmati rice – substitute quinoa, buckwheat or other grain for rice, if desired. Note: 1/3 cup of grain per serving.

Method:

- Preheat oven to 375F.
- Cook rice – one cup rice, two cups cold water, combine in saucepan. Bring to a boil, cover and simmer 10 to 12 minutes. Set aside when done.

- If you wish: cut the chicken breasts into 4 slices.
- Mix flour basil and pepper together in a shallow bowl or plate
- Then, lightly season the chicken breasts with the dried basil and black pepper by coating the chicken in flour mix, shaking off excess and placing in a casserole dish or shallow pan.
- Combine tomato sauce and pesto in a small bowl and pour over the chicken.
- Sprinkle with cheese.
- Loosely cover and bake 25-30 minutes or until chicken is cook throughout. Sprinkle with the parsley.

Serve approximately 3 pieces of chicken over 1/3 cup of rice. Garnish with extra sauce. Serve with a green vegetable or simple green salad.

Note: By making some substitutions to the ingredients, this recipe can be suitable for individuals living with diabetes and heart conditions.

#### **Candied Carrots and Parsnips – adapted from Thrifty Foods**

*Makes 6 side servings. Note: The vegetables in this dish can be cooked slightly softer for individuals requiring a modified/softer texture. Otherwise, this is appropriate for all diets.*

#### **Ingredients:**

- 2 medium carrots, peeled and cut in length-wise, then sliced
- 2 medium parsnips, peeled and cut in length-wise, then sliced
- 2 tbsp salt-free butter
- 2 tbsp brown sugar
- 2 tbsp orange juice
- 2 tsp lemon juice
- ¼ tsp ground cinnamon
- 1/8 tsp ground nutmeg

#### **Method:**

- Place carrots and parsnips in a pot of water and bring to a boil, cooking until tender approximately 10 minutes. Drain and set aside.
- Place the butter in a skillet over medium heat. When butter is melted, add the brown sugar, orange juice, lemon juice, cinnamon and nutmeg. Cook and stir until the brown sugar is melted.
- Add the carrots and parsnips. Cook 2-3 minutes.

**Cauliflower with Apples and Walnuts – Adapted from Thrifty Food’s**

*Makes 6 side servings. Notes: The vegetables in this dish can be cooked slightly softer for individuals requiring a modified/softer texture. Otherwise, this is appropriate for all diets.*

**Ingredients:**

- 1 medium head cauliflower, cut into florets
- 1 medium red apple, cored and cut into cubes
- 2 tsp lemon juice
- 1/3 cup walnut pieces
- 2 tbsp butter
- Salt and black pepper to taste
- 1 tbsp chopped fresh parsley

**Method:**

- Bring a large pot of water to a boil.
- Add the cauliflower and cook until tender, about 3 minutes. Drain.
- In a bowl combine the apples and lemon juice.
- Melt the butter in a skillet over medium heat.
- Add the apples and walnuts and drained cauliflower. Cook, stirring often, until the apples are tender. Season with salt and black pepper.
- Sprinkle parsley on it for colour and serve.



### High Calorie, High Protein Drink Recipes

Each of these recipes provides a good source of calories and protein. Milk Based Recipes from Island Health

#### Fortified Milk

1 litre Homogenized milk  
1 cup skim milk powder

Mix with spoon or blender.  
*1 cup = 210 calories/14 grams protein*

#### Super Fortified Milk

To recipe above, add:  
1 Tbsp plain yogurt

2 tsp vegetable oil

#### Fortified Instant Breakfast

1 cup fortified milk  
1 pkg. Instant breakfast

Mix with spoon or blender.  
*1 serving = 340 calories/21 grams protein*

#### Fortified Milkshake

1 cup fortified milk  
1 cup ice cream  
Fresh fruit or flavored syrup (to taste)

Mix with blender or eggbeater  
*1 serving = 470 calories/19 grams protein*

#### Lemon-Blueberry

1 carton blueberry yogurt  
1/2 cup frozen lemonade

Mix in blender.  
*1 serving = 300 calories/9 grams protein*

#### Fruit Smoothie

1 cup berry-flavored yogurt  
1 ripe banana  
1/2 cup nectar

Mix in blender.  
*1 serving = 400 calories/10 grams protein*

#### Banana Smoothie

2 cups fortified milk (or 2 c milk & 1/3 c skim milk powder)  
1 – 2 bananas  
1 tsp vanilla

1 Tbsp honey (optional)  
Blend together in blender. Sprinkle with nutmeg or toasted wheat germ (to add more protein)

#### Peach Ice Cream Float

1 cup peaches  
1/2 cup milk (use fortified if available)  
1 cup vanilla ice cream

2 Tbsp skim milk powder  
Blend ingredients together. Pour into glasses. If desired, put additional scoop of ice cream on top.

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Fruit Shake (not as sweet or milky tasting)

¾ c orange juice  
frozen berries (strawberries or blueberries)  
1 Tbsp wheat germ  
Blend till smooth.

¼ - 1/3 c skim milk powder or plain yogurt  
honey to taste  
½ - 1 banana

**Variety Milkshake Recipe**

To: 1 ½ cups of fortified milk OR 1 ½ cups milk mixed with 1/3 c skim milk powder OR yogurt, add three or more of the following:

½ cup orange or pineapple juice  
¼ cup frozen fruit (eg strawberries)  
dried fruit (eg dates or raisins)  
banana  
peanut butter  
apple, cored and cut up  
crushed pineapple, berries or other fresh or canned fruit

malted milk powder  
ice cream or sherbet  
¼ c molasses  
2 Tbsp wheat germ  
**\*\*1-2 eggs (only if prepared as noted below!)**

Blend well in a blender.

Eggnog

1 cup fortified milk (or 1 c milk & 1/3 c skim milk powder)  
**1 egg \*\* (only if prepared as noted below)**  
2 tsp. sugar

1/2 tsp. vanilla  
Dash of nutmeg  
Combine together in blender with mixer.  
*1 serving = 315 calories/21 grams protein*

**\*\*\*Cooking Whole Eggs for Use in Recipes**

If using raw eggs in a recipe, the following procedure needs to be done, as otherwise using raw eggs in recipes is an unsafe practice due to the risk of food poisoning.!

In a heavy saucepan, stir together the eggs and either sugar, water or other liquid from the recipe (at least 1/4 cup sugar, liquid or a combination per egg). Cook over low heat, stirring constantly, until the egg mixture coats a metal spoon with a thin film or reaches 160° F. Immediately place the saucepan in ice water and stir until the egg mixture is cool. Proceed with the recipe.

Buttermilk Fruit Shake (less sweet)

1 cup buttermilk  
½ cup fresh or frozen fruit

honey to taste  
Blend well

Orange Pick-Up

**2 eggs \*\* (prepared as noted above)**  
1 cup fortified milk  
½ cup orange juice

honey to taste  
Combine ingredients together in blender. Serve over ice

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Apple Fizz

1 cup apple juice  
¾ cup gingerale  
2 Tbsp cooked, hot cereal

2 Tbsp skim milk powder  
½ cup ice cream  
Blend together. Serve immediately.

Wake up Breakfast

1 cup orange juice  
½ cup skim milk powder  
1 cup fresh strawberries or peaches

½ cup water or juice  
Blend together and serve

Silky Milky

1 cup buttermilk  
¾ cup orange juice  
¼ tsp cinnamon  
1 ½ Tbsp lemon juice

1 tsp honey (optional)  
pinch salt (optional)  
Blend ingredients together.

Peanut Smoothie

1 cup milk  
2 ice cubes  
¼ tsp cinnamon  
¼ c peanut butter  
2 tsp molasses  
Blend together in blender

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### Low Lactose Recipes

#### Frosty Fruit Froth

2 peeled oranges

2 bananas

2 cups apple juice

½ tsp cinnamon

1 full tray ice cubes

Blend together, gradually adding ice cubes. Pour into glasses and sprinkle cinnamon on top.

#### Fruit Ice Shake

1/2 cup non-dairy creamer

(Coffee rich, mocha mix) or soy milk

1 cup fruit ice or fruit sorbet

Mix in blender.

*1 serving = 420 calories/1 gram protein if made with mocha mix.*

*1 serving = 290 calories/6 grams protein if made with soy milk*

#### Sherbet Shake

1/3 cup non-dairy creamer

1/3 cup orange juice

1 cup sherbet

Mix in blender

*1 serving = 390 calories/3 grams protein*

#### Super Shake (non dairy recipe)

1/2 cup non-dairy creamer

1 cup Mocha Mix Frozen Dessert

Add fresh fruit or flavored syrup

Mix in blender

*1 serving = 420 calories/2 grams protein*

To vary flavors and taste sensations in any sort of recipes, use your imagination by adding flavored syrups, powders, fresh or frozen fruit, fruit juice concentrate, preserves, etc.

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### High Protein, High Calorie Meals: a sampling

#### Creamy Cranberry Coconut Oatmeal

##### Ingredients:

- 1 package of instant oatmeal OR ½ cup quick cooking oats (ensure oats are gluten free if you are gluten sensitive)
- ½ cup milk (soy, almond for dairy free OR 2%, homo)
- 2 tbsp dried cranberries
- ½ tbsp finely shredded coconut
- Maple syrup or brown sugar to taste

##### Method:

Mix milk and dry oats together, microwave 1 minute uncovered. Stir in cranberries, coconut and maple syrup or brown sugar.

#### Nutty Oatmeal

##### Ingredients:

- 1 package of instant oatmeal OR ½ cup quick cooking oats (ensure oats are gluten free if you are gluten sensitive)
- ½ cup milk (soy, almond for dairy free OR 2%, whole)
- 1 tbsp your favorite nut butter (peanut, almond, hazelnut, cashew, etc)
- Maple syrup/brown sugar to taste

##### Method:

Mix milk and dry oats together, microwave 1 minute uncovered. Stir in nut butter and maple syrup or brown sugar.

#### Loaded Mashed Potato

##### Ingredients:

- 1 medium or large sized white potato
- ½ cup milk (soy, almond for dairy free OR 2%, whole)
- 1 tbsp butter or dairy free butter spread (Earth balance is great)
- 1 tbsp sour cream or dairy free sour cream
- ¼ cup grated cheese or soy cheese
- Salt and pepper

##### Method:

Boil potato until tender, drain water and allow potato to cool slightly before mashing. Mash potato with fork and mix well with milk, butter, sour cream and cheese. Add salt

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and pepper to taste.

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### Diabetes Management recipes

Veggie Morning Peppers (adapted from Canadian Diabetes Association)

*Highlights: High in fibre 1 vegetables. Quality carbohydrate source; High in protein Healthy source of fats*

Ingredients:

- 1 large pepper
- 1 tsp olive oil
- 2 eggs and ½ cup egg whites
- Dash of salt and pepper
- 1 slice whole grain bread
- ¼ cup salsa

Method:

- Cut the bottom and top off of the pepper.
- Heat non-stick pan with a little bit of oil at low to medium heat.
- In a separate bowl, crack eggs and pour in egg whites. Whisk together.
- Place the pepper halves in the pan (as many as will fit) and pour the eggs/egg white mixture into the pepper rings.
- Season with the salt and pepper and cook with a lid on the pan for 5-10 minutes.
- Put piece of toast into the toaster, once ready cut into thin strips.
- Scoop out pepper eggs onto plate with toast and salsa

Healthy Turkey Chili

*Makes 5-6 servings, freeze what is left over. Highlights: 2-3 servings of vegetables. Good source of unsaturated fats. High in protein. Kidney beans are a good source of fibre!*

Ingredients:

- 1 lb lean ground turkey
- 1 yellow onion
- 2 cloves garlic
- 1 can kidney beans
- 1 cup chili sauce
- 1 cup cut up celery
- 2 red peppers cut up
- 1 can diced (no sugar added) tomatoes
- 3 tbsps chili powder
- 1 tsp oregano
- 1 tbsp olive oil

Method:

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- Place oil in a large pot over medium heat and saute the onion, garlic and red pepper for 5-7 minutes. Add the ground turkey and cook until all the pink is gone.
- Add the chili powder and oregano and stir in well.
- Add the tomatoes, kidney beans and chili sauce.
- Bring to a boil and then reduce heat and allow everything to simmer for ~30 minutes. This can be served with a green vegetable or green salad to make a hearty meal.

### **Chicken, Lime and Cashew Stirfry**

3 to 4 servings. *Highlights: Fibre source from vegetables Variety of vegetables. Good source of protein Fat sources are from healthy unsaturated fats*

#### Ingredients:

- 1 (8 oz) skinless, boneless chicken breast
- 3 cloves garlic minced
- 2 Tbsp low sodium, no sugar added soy sauce
- 2 Tbsp garlic chilli sauce
- 2 tsp canola oil
- 2 tsp lime juice
- 2 large red peppers (sliced up)
- 1 cup snap peas
- 2 green onions (shopped into small pieces)
- ¼ cup raw, unsalted cashes (chopped up)

For carbohydrates, you can use rice or pasta. Cook whichever you choose, serve the chicken stir fry over the rice or pasta. Diabetic meal should have 1/3 cup of rice, approximately the same for pasta.

#### Method:

- Cut up the chicken into small slices and put into a bowl, or bag, if you prefer.
- In another bowl, mix together the garlic, soy sauce, chilli sauce, 1 tsp of canola oil, lime juice and add to the sliced chicken in the bowl or bag. Marinate in the fridge for 20 minutes up to 1 hour.
- Heat a medium size frying pan and sauté the peppers with the tsp of oil. Remove after 1-2 minutes once sautéed.
- Add the chicken to the pan with the marinade. Stir fry and the chicken until it is cooked all the way through, approximately 15 minutes.
- When the chicken is cooked, add the red peppers, the snap peas and green onions and cook for another 5 minutes.

To serve, put portion of rice or pasta on plate or bowl, add two or three pieces of chicken. Cover with sauce. Garnish with chopped cashews and a squeeze of lime. Add green vegetable or salad to make a complete nutritional meal. This recipe freezes well. Portion the dinner into a freezer container, label and freeze.



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### **Salad modifications: try these suggestions:**

- Substitute lettuce with shredded kale and Brussel sprouts
- Broccoli can be shredded (like a broccoli slaw)
- Pre-portion leafy greens in a separate ziploc and the other ingredients (e.g. salad toppers) in a separate container.
- Keep salad dressing separately, or use freshly squeezed lemon and a sprinkle of salt and pepper