

# Diabetes: 10 Great Swaps

A diabetes diagnosis can bring many changes to one's life. One of those changes is the food you eat. It is hard to give up favorite foods that you were used to eating on a regular basis.

One good idea is to develop "swaps" for your favorite food treats. Here is a dozen good examples:

- 1. Cream pie...** nonfat, light yogurt that is the same flavor 90 calories, 16 CHO
- 2. Ice cream...** fresh fruit with a tablespoon of light whipped cream from the can 100 calories, 16 g CHO
- 3. Ice cream sundae...** frozen Greek Yogurt bar 90 calories, 13 g CHO
- 4. Milk shake...** yogurt fruit smoothie 90 calories 18 g CHO per half cup
- 5. Chocolate cake...** fat-free, sugar-free chocolate pudding 70 calories, 14 g CHO
- 6. Cookies...** 1 cup fresh fruit with 1 tsp toasted nuts 110 calories, 24 g CHO
- 7. Apple pie...** 1 fresh sliced apples with yogurt dip 80 calories, 9 g CHO
- 8. Cinnamon roll....** 1 slice of whole grain toast with 1/2 mashed banana, 1 pecan half, and a sprinkle of cinnamon 140 calories, 31 g CHO
- 9. Donuts...** English muffin with a fresh strawberry 71 calories, 14 g CHO
- 10. French fries....** oven fries 90 calories, 20 g CHO



Here is a fun salad that is healthy and a treat, too:

## Carrot Cake Salad

*Serves: 4 | Serving Size: 1 cup  
Total Time: 5 min | Prep: 5 min*

*3 cups grated carrots  
1/4 cup raisins  
1/4 cup chopped walnuts  
1/2 cup diced pineapple (fresh or  
canned in water)  
1 cup light yogurt  
1/2 teaspoon ground cinnamon  
1/6th teaspoon ground nutmeg  
1/6th teaspoon ground cloves*

*Mix all ingredients and serve.*

Serves 4. Each 1 cup serving: 163 calories, 6g fat, 1g saturated fat, 0g trans fat, 4mg cholesterol, 102mg sodium, 24g carbohydrate, 4g fiber, 17g sugars, 6g protein. © Food and Health Communications.