



23 Healthy Recipe Substitutions

OasisAdvancedWellness.com



For This Ingredient...	Substitute With...	Notes
Sugar	Unsweetened organic applesauce	calories per cup - 770 vs 100
Wheat Flour	Almond flour	gluten free - Omega 3 EFAs
Butter	Avocado puree	same consistency at room temp
Sugar	Vanilla	cut sugar by 1/2; add 1 tsp vanilla 400 calories saved
Sugar	Stevia	300 times sweeter than sugar
Chocolate Chips	Cacao nibs	no additives or added sugar in chocolate
Pasta	Zucchini ribbons	replace for carb-packed pastas
Mashed Potatoes	Mashed turnips	per 1 cup - 180 calories vs 51
Butter	Olive oil - cold-pressed	extra Omega 3 EFAs
Soda	Seltzer water with citrus slice	grapefruit, lime, orange & lemon
Bread crumbs	Rolled oats	whole grain; no additives
Eggs	Egg whites - free range	2 egg whites for 1 egg
Cream	Coconut milk	use in soups & stews
Pasta	Spaghetti squash	low-carb substitute
Iceberg Lettuce	Arugula, romaine, spinach, kale, leafy green lettuce	darker greens = more nutrients
Cheese	Nutritional yeast	B vitamins; cheesy flavor
Tortilla wraps	Lettuce leaves	less carbs - more nutrients
Potato Chips	Baked kale chips	toss in olive oil & seasonings
Syrup	Pureed fruit	extra dose of antioxidants
Boiling	Steaming	fewer nutrients removed
Salad Croutons	Nuts/Seeds - sprouted	almonds, walnuts, pumpkin seeds
Milk	Almond milk	non-dairy
Deep Frying	Pan frying	mist with healthy oil - less used



Recipe Substitutions For Diabetics

Jennifer Frost



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The No-Salt, Lowest-Sodium Baking Book Donald A. Gazzaniga, Jeannie Gazzaniga Moloo, 2024-08-06 Beware of sodium No need to forego baked goodies with this unusual baking book by the author of the No Salt Lowest Sodium Diet Cookbook Donald Gazzaniga diagnosed with congestive heart failure was headed for a heart transplant Urged by his doctor to keep his sodium intake under 1 500 to 2 000 milligrams a day Don headed for the kitchen and went to work devising recipes for delicious low sodium dishes that added up to less than 500 milligrams daily The results Don s name has been removed from the transplant list and Don shared his recipes with the world in *The No Salt Lowest Sodium Cookbook* Readers of that first book have kept in touch with Don via his Web site and have written him letters asking for more What they most often ask for is a book with more bread recipes more recipes for cakes and cookies and muffins and tea breads more of all those great baked things in short for the book you now hold in your hands Don teamed up with his daughter professional nutritionist Dr Jeannie Gazzaniga Moloo to fill *The No Salt Lowest Sodium Baking Book* with recipes that are as healthy and delicious as possible As in the previous book they tell you just how much sodium is in each ingredient They provide satisfactory substitutes for flavorings that patients with congestive heart failure and high blood pressure shouldn t have All easy to make and delicious to eat Go for it

Quick Diabetic Recipes For Dummies American Diabetes Association, 2018-01-10 100 quick and delicious diabetes friendly recipes If you have diabetes watching what you eat is one of the most important things you can do to stay healthy With the help of the American Diabetes Association *Quick Easy Diabetic Recipes For Dummies* offers 100 healthy diabetes friendly recipes and meal planning ideas without sacrificing taste Plus *Quick Easy Diabetic Recipes For Dummies* provides expert tips on the types of food you should keep stocked in your kitchen advice on healthy cooking techniques ways to lower fat and cholesterol and most importantly what to eat with diabetes According to the World Health Organization the number of adults worldwide affected by diabetes has quadrupled since 1980 to 422 million Nearly one in 11 people in the United States now have diabetes or prediabetes and unhealthy eating can worsen the condition and hinder efforts at better management While those numbers are alarming the good news is that you can cook and eat your way to better health and this book makes it easy Make more than 100 tasty recipes many of which cook in 30 minutes or less Get the total grams of carbohydrates and other nutrients per serving Discover ways to keep a healthier kitchen It s never been simpler or tastier to keep up with your diabetes management

The Big Book of Diabetic Recipes Marie Feldman, 2016 A collection of diabetic recipes

Quick and Easy Diabetic Recipes for One Kathleen Stanley, Connie Crawley, 2016-05-20 It s normally tough for people with diabetes to find healthy great tasting recipes for just one person Not any more In this newly revised edition of an ADA favorite you ll find more than 100 tempting easy to prepare recipes *Quick Easy Diabetic Recipes for One* features quick breakfasts soups stews side dishes desserts and more perfect for any appetite

Diabetic Living

Diabetic Slow Cooker Recipes Diabetic Living Editors, 2012 This is a collection of 150 comforting diabetic friendly slow

cooker meals that will appeal to consumers who want simple recipes from a trusted authority in a beautiful photo filled package Provided by publisher

Desserts for Diabetics Mabel Cavaiani, Anne Blocker, 2002-10-01 People with diabetes no longer have to miss out on scrumptious desserts thanks to this unique collection of more than 200 recipes Here you ll find a variety of tempting recipes for cakes cookies bars pies pastries and puddings including lemon chiffon pie chocolate chip cookies and other traditional favorites as well as special occasion desserts like banana cream pie and raspberry trifle All of these seemingly sinful desserts are suitable for a diabetic diet This revised edition includes new recipes as well as Updated and current food exchange lists from the American Dietetic Association A complete nutritional breakdown of each dessert Recipe adaptations for low sodium and low cholesterol diets Helpful hints on dessert ingredients and preparation Desserts for Diabetics offers the perfect end to every meal it s a must for every diabetic household

Eating Well with Diabetes Mary Jane Finsand, Edith White, Karin Cadwell, 2002 Lasagne Meat Loaf Mocha Chocolate Roll With 350 appetizing recipes such as these a diabetic need never feel deprived The dishes are all easy to prepare feature everything from impressive appetizers to gourmet entr es to luscious desserts and will delight the entire family Of course the volume includes the most recent American Diabetes Association Inc and American Dietetic Association Exchange Lists to make meal planning easy So dig into Summer Chicken Canap s the perfect start to an al fresco repast hearty satisfying Beef Stroganoff flavorful Shrimp Creole tasty Potato Puffs and Creamy Amaretto Cheesecake as a grand finale Tips on measurements pan sizes oven cooking spices and herbs and flavorings and extracts help the preparation go smoothly and deliciously

Low Gi Diabetic Friendly Vegetarian Recipes Cookbook Jennifer Frost, All the dishes contain at least one low GI food which will lower the overall GI count Most people following the low GI diabetic friendly vegetarian diet should lose on average 2lb 1kg each week HEALTHILY You can rely on for delicious easy to prepare recipes without a lot of fuss Recipes also include CALORIES and TIME TO COOK to help you to plan your diet and time These recipes are for everyone in the family can enjoy these healthy and well balanced 200 recipes

The All-Natural Diabetes Cookbook Jackie Newgent, 2015-11-10 Most diabetes cookbooks rely on artificial sweeteners or not so real substitutions to reduce calories sugar and fat but often at the expense of flavor The All Natural Diabetes Cookbook 2nd edition takes a different approach focusing on naturally delicious fresh foods and whole food ingredients to create fantastic meals that deliver amazing taste and well rounded nutrition And absolutely nothing is artificial Recipes include such tempting dishes as Blanco Huevos Rancheros Creole Style Red Beans and Rice Spa Chef Salad with Balsamic Tarragon Dressing Beer Brewed Sloppy Joes Chicken Tortilla Soup with California Avocado Sage Sweet Potato Frites Fudgy Brownies and more In addition to amazing recipes based on whole foods and real ingredients The All Natural Diabetes Cookbook is filled with sample meal plans tips for cooking with natural ingredients and a handy substitution chart for swapping out processed foods from favorite recipes Do away with preservatives and artificial ingredients that leave you unfulfilled Forget overly processed fat free products that are really just flavor free Natural fresh

cooking isn't just healthy it's delicious *Instructions to Diabetic Patients* Potter Metabolic Clinic, Santa Barbara,
Calif, William David Sansum, Ruth Bowden, John A. Berger, 1926

Whispering the Techniques of Language: An Psychological Journey through **Recipe Substitutions For Diabetics**

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