



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

Katy Lyons



Recipe Substitutions For Diabetics:

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

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 **Low Carb Low Calorie High Protein 250 Diabetes Recipes** Judy Bushell, Even though low carb diets tend to fill people up so they naturally limit their eating some low carbers find that at some point they need to at least keep

an eye on calories Patients who consumed only 600 calories a day for two months were able to reverse their Type 2 diabetes according to a groundbreaking British study The research involving just 11 patients suggests a low carb low calorie diet can remove fat that clogs the pancreas allowing normal insulin secretion to be restored But before you start a diabetes weight loss plan it s important to work closely with your doctor or diabetes educator because while you re dieting your blood sugar insulin and medications need special attention All the recipes also include detailed information on calories fat saturated fat carbohydrates protein fiber and sodium as well as serving sizes with total preparation and cooking time

Assorted Diabetic Friendly Recipes Alicia Wood,2014-04-16 Taking steps to prevent and control diabetes doesn t mean living in deprivation or to resign you to a lifetime of bland boring health food Making healthy food choices and tracking your eating habits can help you manage your blood glucose level and keep it within a safe range can enjoy the same tasty healthy normal foods we all eat The most important thing you can do for your health is to lose weight Losing just 5% to 10% of your total weight can help you lower your blood sugar considerably as well as lower your blood pressure and cholesterol levels ASSORTED DIABETIC FRIENDLY RECIPES will help you control your blood sugar as the recipes here are naturally rich in nutrients and low in fat and calories with an emphasis on fruits vegetables and whole grains Delicious collection of 175 recipes including sides soups salads pasta casserole seafood breads and deserts All recipes are provided with nutritional information Enjoy tasty healthy meals and snacks that meet the basic needs of your eating plan give your body a consistent source of healthy fuel

Delicious Diabetic Recipes Rani Polak,2011-04-01 People with diabetes can live longer healthier lives by changing the way they eat It s surprisingly easy with Doctor Chef Rani Polak s groundbreaking cookbook From Roast Sirloin with Mediterranean Mushroom Sauce to Fresh Melon Salad with Plum Granita and Mint these recipes will please the whole family Smart cooking techniques advice on using spice food suggestions for diabetic kids and even tasty pastas and yummy desserts are included It also covers the lowdown on carb counting an important new way to manage blood glucose levels by watching the number of grams of carbohydrates in your diet being careful about portion size and balancing carbs with protein and fat Stunningly illustrated in classic cookbook style this is the one cookbook you ll want if you have a diabetic in the family From the Hardcover edition

The Diabetic Cookbook Shasta Press,2013-11-10 Being diagnosed with diabetes doesn t mean you can t still enjoy all your favorite comfort foods The Diabetic Cookbook will show you how you can regulate your blood sugar and lose weight all while eating meals that are hearty flavorful and nourishing The key to effectively managing diabetes is creating a realistic diet plan that works for your lifestyle With The Diabetic Cookbook you ll get more than 120 delicious recipes that take the stress out of managing the symptoms of diabetes Enjoy mouthwatering Diabetic Cookbook versions of everything from Philly cheesesteak to Macaroni and Cheese to Rich Chocolate Torte and take the frustration out of cooking for diabetes Whether you have been struggling with diabetes for years or you were recently diagnosed The Diabetic Cookbook can help you keep your blood sugar steady maintain blood pressure and gain control over

diabetes permanently The Diabetic Cookbook makes it easy to manage your diabetes with More than 120 delicious Diabetic Cookbook recipes for every meal of the day 10 quick and easy tips to take charge of diabetes from the editors of The Diabetic Cookbook Healthful cooking techniques and kitchen tips from The Diabetic Cookbook A detailed list of foods to avoid and foods to enjoy With The Diabetic Cookbook you ll look forward to every meal and take complete control of your health

Overcoming Type 2 Diabetes Carrie S. Swift,2015-07-07 Approximately 29 million Americans have Type 2 Diabetes and the numbers keep rising Idiot s Guides Overcoming Type 2 Diabetes provides comprehensive information on everything someone with this condition needs to know A detailed yet positive discussion about diabetes content includes symptoms monitoring medications and support Helpful advice on exercise and meal planning is also included **Diabetic Dessert**

Recipes Katy Lyons,2023-03-19 Living with diabetes or trying to reduce sugar intake can be a daunting task especially when it comes to satisfying your sweet tooth Finding delicious dessert options that are both low in carbs and free from added sugars can be a challenge and relying on store bought diabetic desserts often means settling for options that are packed with preservatives and come with a hefty price tag Fortunately this cookbook offers a range of diabetic friendly low carb dessert recipes that will allow you to indulge in your favorite treats without worrying about spiking your blood sugar levels From delectable cookies and decadent cakes to fluffy muffins and mouth watering pies this recipe book has something for everyone Each recipe has been carefully crafted to ensure that it s both delicious and nutritious using wholesome natural ingredients that won t compromise your health Whether you re looking for a guilt free after dinner indulgence or a crowd pleasing dessert for your next party this cookbook has got you covered With its easy to follow instructions and helpful tips you ll be whipping up delicious diabetic friendly desserts in no time **Diabetic Cake Recipes** Katy Lyons,2023-03-19 Welcome to

our cookbook for diabetic cakes Living with diabetes can be challenging especially when it comes to indulging in sweet treats However with the right ingredients and techniques it s possible to enjoy delicious cakes without compromising your health In this cookbook we ve gathered a collection of recipes that are specifically designed for people with diabetes Our aim is to show that you can still enjoy the pleasure of baked goods while keeping your blood sugar levels under control Each recipe is carefully crafted to minimize the use of sugar and carbohydrates and to maximize the use of low glycemic index ingredients that won t cause spikes in blood sugar Whether you re a diabetic or simply looking for healthier dessert options we hope that this cookbook will inspire you to try out new recipes and discover the joy of guilt free baking Allergy-Friendly Diabetic

Dishes For Kids HARMONY KITCHEN,2024-02-29 Attention Start with visually appealing dishes that draw in children Have a look at this vibrant Rainbow Veggie Skewer Platter Cucumber bell pepper and cherry tomato kebabs are visually appealing and a great source of many important elements To pique people s interest and curiosity draw attention to the vivid colours Interest Changing to the idea of Quinoa Pizza Bites Use quinoa instead of regular pizza dough for a gluten free alternative Add dairy free cheese tomato sauce and allergy friendly toppings like chopped turkey or chicken on top To keep attention

highlight the comforting familiarity of pizza in a healthy bite sized format Desire Inspire cravings for something sweet with Berry Parfait Delight Arrange a bed of fresh berries crushed almonds or seeds on top of a layer of yoghurt free of allergens Use low sugar yoghurts to showcase the decadence of a dessert like parfait while keeping it diabetes friendly Action Recommend a basic recipe for Zucchini Noodle Stir Fry As a basis use spiralized zucchini stir fried in low sodium soy sauce with prawns or other lean protein This adds a playful twist to a traditional dish while also satisfying a hunger for noodles To create a sense of participation and accomplishment get parents and kids involved in cooking together In conclusion creating kid friendly recipes that are both allergy and diabetic friendly requires ingenuity and consideration for dietary requirements These recipes which range from vibrant vegetable skewers to quinoa pizza pieces berry parfaits and stir fried zucchini noodles are meant to draw in diners hold their interest pique their curiosity and inspire action We can accommodate their dietary needs while making healthy meals fun for kids by introducing diversity and getting them involved in the cooking process

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 Diabetic Living Editors, 2013-03-18 Easy comforting slow cooker recipes from the experts at Diabetic Living Diabetic Living magazine is the most trusted source of information on nutrition and wellbeing for diabetics In this new collection the editors of the magazine present 150 flavorful no fuss recipes for the slow cooker Every one of these recipes combines delicious flavors with healthy amounts of calories carbs and sodium These comforting meals cover almost any occasion from party foods to pastas and even hot sandwiches like a Classic French dip Full nutrition information for each one makes sure you re getting the kind of nutrition you need while an introductory section includes helpful advice and tips on getting the most out of your slow cooker Features 150 recipes with a beautiful full color photograph of each Includes chapters on main dishes soups stews and chilies party foods desserts and more Saves time and money with a special Cook Once Eat Thrice chapter that lets you prepare something good you can use in three deliciously different meals For simple no mess recipes that let you enjoy mouthwatering meals while managing your diabetes look no further than this one of a kind cookbook

Healthy Baking Cookbook: A Collection of Delicious And Healthy Diabetic Friendly Baking Recipes You Will Love! Kerry Connell, 2023-06-15 Discover How to Bake Delicious Cookies Brownies and Cakes Without Sugar Using Healthy Natural Sweeteners In this cookbook you will find an extensive range of mouth watering baking recipes each designed to keep you and your loved ones healthy without compromising on taste From cakes and cookies to muffins and brownies we ve got you covered But this cookbook isn t just about recipes it s about mastering the art and science of healthy baking These recipes have been adapted to only use natural sweeteners and sugar substitutes that won t spike your blood sugar levels without

compromising on taste Discover the Art of Healthy Baking Many traditional baked goods rely heavily on processed sugars unhealthy fats and refined flours These can lead to issues like heart disease obesity and diabetes This book helps you navigate the world of healthy baking introducing a variety of healthier alternatives to these ingredients ensuring your treats are not only delicious but also nourishing Particularly this cookbook is a boon for those managing diabetes By using natural sugar substitutes and controlling the glycemic load in our recipes we provide tasty options that won't cause harmful spikes in blood sugar levels Enjoy a Variety of Healthy Recipes We've curated a collection of delicious and healthy recipes across four popular categories of baked goods Cakes From Chocolate Banana Cake to Almond Flour Apple Cake you'll find a variety of flavors and styles to delight your senses Cookies Enjoy cookies guilt free with recipes like Almond Flour Chocolate Chip Cookies and Flaxseed and Date Cookies Brownies and Squares Satisfy your cravings with Sugar Free Fudge Brownies Black Bean Brownies with Stevia and more Muffins Start your day with nutritious options like Whole Grain Banana Nut Muffins or Diabetic Friendly Pumpkin Spice Muffins Whether you're an experienced baker or a novice this cookbook offers a wealth of knowledge and a treasure trove of recipes to make healthy baking an enjoyable and rewarding experience So let's turn the page and start baking the healthy way

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