

COMPLIMENTARY



10 Carb Smart Swaps



Diabetes Tips & Tricks

Volume 1

Diabetes is a 24/7 balancing act, no matter who you are or what your particular challenges are. Let's face it: With this disease, you can use all the help you can get. Here's the first in dLife's "Diabetes Tips & Tricks" series, quick, print-and-go guides to make it just a little bit easier to live your best diabetes life every day.

When you have diabetes, it's harder than ever to have your cake and eat it too. Instead of saying goodbye forever to your favorite, high-carbohydrate foods, here are strategies for slashing the carb count while still getting to savor the flavor.

Your Friends at dLife

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#1 : Go Topless



Take the top off your burger or sandwich to save on those fast-acting, refined-flour carbs. Better yet, use a nice big piece of sturdy lettuce as your “bread” to hold your sandwich fixings.

Smart Swap Savings: up to 30g of carbs (amount in a medium kaiser roll.)

#2 : Make it a Birthday Parfait



Turn birthday cake into a parfait by putting a small, frosting-free piece into a dessert dish with some sugar free pudding. (Make your own pudding by mixing sugar free chocolate syrup into Greek yogurt.)

Smart Swap Savings: 34g of carbs (57g carbs in a slice of chocolate cake with frosting; 23g in 1/2 slice cake and one serving sugar free pudding.)

#3 : De-Crust Your Pizza



Since the crust has the most carbs, take a few bites of the thin end of a slice. Then use a fork to eat the toppings off the rest. Or cut the thick crust off the top, add extra cheese and toppings to your slice, and eat with a knife and fork.

Smart Swap Savings: 15g to 25g of carbs (32g in one slice of a Boboli® pizza crust)

#4 : Go Half and Whole: Pasta



If you just can't part with pasta, make half the amount you normally would and use whole-wheat (or low carb) pasta, and combine it with extra protein and veggies. Also remember to cook pasta until just tender, not mushy, for less impact on your blood sugar.

Smart Swap Savings: up to 38g of carbs (One cup of cooked spaghetti contains 43g of carbs; one-half cup of cooked, whole-wheat spaghetti contains 17g net carbs; one-half cup of Dreamfields® spaghetti contains 3g of "digestible" carbs.)

#5 : Go Half and Whole: Quesadilla



Make a chicken and cheese quesadilla open-faced, using a whole-wheat or low carb tortilla instead of a white-flour tortilla.

Smart Swap Savings: 16g of carbs (Large flour tortilla contains 35g of carbs; large, low carb tortilla contains 19g net carbs.)

#6 : Sushi Sans Rice



At a sushi restaurant, order two pieces of sushi for a rice "fix" but make the rest of your meal sashimi (fish without the bed of rice). And don't forget the miso soup! Fermented foods like miso are especially kind to blood sugar.

Smart Swap Savings: up to 36g of carbs (The sticky rice in one piece of sushi contains about 9g carbs.)

#7 : Keeping the Crunch



Some things just aren't the same without a crunchy crust around them, but a coating made of flour and bread crumbs can turn a healthy dish into a high-carb no-no. Nuts, seeds, and (unsweetened) whole-grain cereal flakes all can be chopped (or crushed up in a sealed plastic bag) and used to coat fish fillets, chicken, shrimp, or veggies.

Smart Swap Savings: about 18g of carbs (1/4 cup seasoned bread crumbs has 21g of carbs; 1/4 cup of crushed walnuts contains 3g of carbs.)

#8 : Butter Cookie Fix



Toss a few macadamia nuts into your mouth and close your eyes while you chew. Crunchy, buttery, sweet — and taste that hint of coconut? Just like a butter cookie. Ten to 12 macadamia nuts deliver about 200 calories, but they are very low in carbohydrates (4 grams) and deliver protein, fiber, magnesium, iron, calcium, and an assortment of other minerals.

Smart Swap Savings: 19g of carbs (4 small butter cookies contain 23g of carbs.)

#9 : French Fries



Using sweet potatoes or the crunchy vegetable called jicama (pronounced hik'-a-ma), you can enjoy crisp, salty fries now and then without the worry. Peel sweet potatoes, and then slice them up lengthwise like steak fries. Toss gently with extra virgin olive oil and seasonings of your choice, then bake at 425°F for 10 minutes on each side. Jicama can be sliced thin (like matchsticks) and made either in the oven the same way (cut the time in half) or fried in a pan.

Smart Swap Savings: up to 39g of carbs (One medium serving of fast food fries contains 49g of carbs; same amount of sweet potato fries contains 21g; same amount of jicama fries contains about 10g of carbs.)

#10 : Cauliflower Magic



Cauliflower is a godsend to low carb cooks. It's versatile and mild-flavored, making it a great stand-in for high-carb foods like rice, pasta, and potatoes. Puree cauliflower with butter, light cream, and salt and pepper. Serve instead of mashed potatoes.

Smart Swap Savings: about 29g of carbs (One cup of mashed potatoes contains 35g of carbs; one cup of cooked cauliflower contains about 6g.)