

## Great Recipes for Diabetics

Do you need some help in cooking appropriate, healthy meals with regards to your diabetic condition? There are a plethora of delicious meals that can be made to revolve around the dietary needs of a diabetic. Your goal should be to make meals that contain fruits, starches, and vegetables, while restricting the use of simple sugars to a minimum. Healthy eating is of vital importance to a diabetic. Regulating blood sugar levels and maintaining your ideal weight are two key health factors. Additionally, consuming healthy foods lowers your risk of heart disease, a condition that often plagues those with diabetes.

When cooking, there are some simple steps you can take to ensure that your meals be both delicious and nutritious.

- \* Whole grain cereals and breads are an excellent source of carbohydrates, as they contain a host of nutrients. Eat them as frequently as possible.
- \* When purchasing chicken or turkey, choose skinless varieties or remove the skin prior to cooking.
- \* When purchasing meat, you should buy the more lean cuts. Sirloin steaks typically have a very low fat content and are recommended for those with diabetes.
- \* Fish and vegetables are commonly served with butter. Instead, try using a slice of lemon or lime to season your meal.
- \* Broiling, roasting, or stir-frying your meats is ideal as these methods help to keep the meal healthy.
- \* Instead of vegetable oil, use canola or olive oil as a healthy alternative.
- \* Cereal should be consumed with skim or 1 percent milk. This helps to lower your fat intake without requiring a major dietary change.
- \* In recipes that call for oil, butter, or shortening, using a vegetable oil spray can be a great alternative.

These are just a few of the basic guidelines on which you should base recipes for diabetics. If you are searching for specific diabetes-friendly recipes, the internet can be a wealth of information. On the website, [diabetes.org](http://diabetes.org), you will find a Recipe of the Day, as well as a categorized listing of available recipes, ranging from appetizers to desserts.

With a wide range of recipes, you should not feel limited by your dining options. If you are suffering from diabetes, consulting a dietitian can be a great first step in establishing an adequate diabetic diet. Nutritionists can also help in this regard. If you need to find someone who can educate you about healthy eating for diabetes, you can contact the American Association of Diabetes Educators, which you can find at the [aadenet.org](http://aadenet.org). This site features an interactive search engine that lets you enter exactly what type of diabetes educator you are looking for, as well as the state or Zip Code in which you live. It will then pinpoint available dietitians, nurses, doctors, and other health care professionals that are available to help you to make informed decisions regarding your diabetes. If you are unable to access the web, you can call them at 1-800-338-3633.