

How To Have Your Cake and Eat it Too!

One of the **biggest challenges** with changing your eating habits to manage your blood sugars is discovering how to still enjoy eating food without feeling DEPRIVED!

Think of situations when you were told you CANNOT HAVE something.... Or CANNOT DO something. There is something about being told “NO” that makes you SUDDENLY want to DO THAT VERY THING! It is all a matter of psychology.....a matter of mindset.

One of **the BEST “SECRETS” to successfully improving your eating habits** is to switch your mindset around: Think REPLACE...instead of REMOVE.

When managing your blood sugars, it is important to never exceed the American Heart Association recommendations for ADDED sugar per day. ADDED sugar is any form of sugar that does not come from real fruit. (**24 g per day for woman; 36 g for men; 12 g for children**)

So how do you do this? Well, probably the easiest way for me to show you how is through some examples. Below are recipes of some very popular-YET UNHEALTHY- dishes we enjoy and alongside it are recipes for the SAME DISH **with some minor adjustments** to the ingredients. You will still enjoy your favorite flavors, but with a much healthier twist! At the bottom of the recipes is sugar content information.

The first example is cereal. Cereal is a quick and easy breakfast for many of us because we are rushing around in the morning. Cereal is also a common late night snack because not only is it quick and easy to prepare, it is so very, very SWEET! I have many clients who eat fairly healthy throughout the day, only to BLOW IT at night with a bowl (or two) of sugary cereal. SOLUTION?

REPLACE THIS RECIPEwith.....THIS RECIPE

<p><u>Kellog’s Crunchy Nut Cereal</u></p> <p><u>Ingredients:</u></p> <p>3 / 4 cup cereal 1 cup whole milk/2% milk/Skim Milk</p> <p><u>Directions:</u> Toss into a bowl, pour milk and eat!</p> <p><u>Added Sugar Information:</u></p> <p>Cereal 10 g per serving (3/4 cup) Whole milk 13 g per serving (1 cup) 2% milk 11 g per serving (1 cup) Skim milk 5 g per serving (1 cup) Total sugar 15 g- 23 g. Depending on what milk you use.</p>	<p><u>Quick Healthy Crunchy Cereal</u></p> <p><u>Ingredients:</u></p> <p>1 / 4 cup rolled oats or Old Fashioned Oatmeal 1 / 4 cup raw almonds 1 / 4 cup fresh berries (cherry, blueberry, raspberry OR 4 pitted prunes (check container for no added sugar) 1 cup Almond Milk (unsweetened, vanilla) or Coconut or Rice milk.</p> <p><u>Directions:</u> Toss into a bowl, pour almond milk and eat!</p> <p><u>Added Sugar Information:</u></p> <p>Cereal: 0g (fresh fruit has no ADDED sugar.) Milk: 0g</p>
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As you can see, the unhealthy cereal has on average 15 to 23g of added sugar, assuming you actually eat only 3 /4 cup of cereal! Compare this to the healthier option which contains 0 g ADDED sugar! In one meal alone you can either reach the maximum recommended daily ADDED sugar intake for THE DAY...or have ZERO grams ADDED sugar! This is how many people get in trouble exceeding the recommended 24 g and end up gaining weight or with diabetes etc.

Another example is the good old Peanut Butter and Jelly sandwich! Just like cereal this also a favorite meal or snack.

REPLACE THIS RECIPE.....with.....THIS RECIPE

<p><u>Choosy Moms Peanut Butter Sandwich</u></p> <p><u>Ingredients:</u></p> <p>2 tablespoons JIF Creamy Peanut Butter 1 tablespoon Smucker’s Strawberry Jelly 2 slices Arnold Whole Grains 100% Whole Wheat Bread (walmart)</p> <p><u>Directions:</u></p> <p>Spread peanut butter and jelly on bread Eat!</p> <p><u>Added Sugar Information:</u></p> <p>Peanut butter 3g per serving (2 tablespoons) Jelly 12 g per serving (1.3 tablespoon) 2 slices white bread 8 g sugar Total sugar-23g</p>	<p><u>The Smart Moms Peanut Butter Sandwich!</u></p> <p><u>Ingredients:</u></p> <p>2 tablespoons Jif ALL NATURAL peanut butter 2 tablespoons crushed FRESH (or fresh frozen) berries (strawberries, blueberries, cherries) 2 slices Ezekiel 4:9 Sprouted Whole Grain Bread</p> <p><u>Directions:</u></p> <p>Spread peanut butter and jelly on bread Eat!</p> <p><u>Added Sugar Information:</u></p> <p>Peanut butter 1g (not sure if ADDED because ingredients says just peanuts!) Jelly 0g ADDED Sugar 2 slice Bread 0g (no flour added) Total sugar- 1 g</p> <p>*Ezekiel bread can be found in frozen section because it contains NO Preservatives. Check ingredients because some do contain flour. Go to www.foodforlife.com for more details about all the flour free options available.</p>
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Which are you going to be? A choosy mom or a smart mom?

So you can go from consuming 23 g of ADDED sugar in a peanut butter sandwich to consuming ONE gram! Also, it is important to point out that bread.....or anything with flour counts towards your ADDED “sugar” intake. Anything with flour is a REFINED CARB which means it may not start as sugar when you eat it, but it converts to sugars in your body very quickly.

Now it’s time for the Grande Finale of How To Have Your Cake and Eat it Too!

Let's look at an all-time favorite – Chocolate Cake. I love my chocolate! For me chocolate is my biggest downfall. The more I told myself I could not have chocolate cake, each time I turned down a piece the stronger the craving! Well, when I was formally studying nutrition, I learned about Quinoa. I had no idea how many different ways you can use Quinoa. Quinoa Chocolate Cake?? Hmm.... I was not quite convinced, but I am willing to try anything once. It ends up this Chocolate Quinoa Cake was a total hit for me and my family. My husband said this was the best thing I ever made and coming from him (he is the chef of the house) means A LOT!

REPLACE THIS RECIPE.....with.....THIS RECIPE

<p><u>Double Chocolate Cake</u></p> <p><u>Ingredients:</u></p> <p>Duncan Hines Triple Chocolate Decadent Cake Mix 1 Cup Water 3 Large Eggs 1/3 Cup Oil 1/3 Cup Water Duncan Hines Whipped Chocolate Frosting</p> <p><u>Directions:</u></p> <p>Preheat oven to 350°F. Grease and flour pan. Empty contents of small pouch into a small bowl. Stir 1/3 cup water into dry ingredients. Stir until mix thickens. Set aside. Empty dry mix into large bowl. Stir eggs, 1 cup water and oil into dry mix until moistened (about 50 strokes). Pour batter into prepared pan. Spoon chocolate filling mix randomly onto the cake surface randomly. (for bundt cake swirl filling pouch into cake batter). Swirl the mix into the surface of the cake using a knife or spatula.</p> <p>Bake in center of oven at 350°F until cake is firm in center. Follow cooking times provided. Cool 10-15 minutes. When cake is cooled, spread icing on cake.</p> <p><u>Added Sugar Information:</u> Cake: 25g per serving (12 servings total) Icing: 17g per serving or slice <u>(www.duncanhines.com)</u> Total sugar-42 g!!</p>	<p><u>Double Chocolate Quinoa Cake!</u></p> <p><u>Ingredients:</u></p> <p>2/3 cup quinoa 1 1/3 cups water 1/3 cup Almond milk (unsweetened, vanilla) 4 large eggs 1 tsp. vanilla extract (check ingredients to make sure it does not contain corn syrup) 3/4 cup (12 tablespoons) unsalted butter, melted and cooled 1 1/2 tsp. Stevia 1 cup unsweetened cocoa powder (I used Ghirardelli) 1 1/2 tsp. baking powder 1/2 tsp. baking soda 1/2 tsp. salt 1/2 tsp. cinnamon</p> <p><u>Directions:</u></p> <ol style="list-style-type: none"> 1. Cook the quinoa. Combine the quinoa and water in a medium saucepan over medium-high heat. Bring to a boil and then reduce the temperature to bring the quinoa to a simmer. Simmer for 15-20 minutes, covered, until all the water is absorbed. Remove from the heat and let stand covered for 5 minutes. Then fluff with a fork and set aside uncovered to cool. You will have a little more than 2 cups of cooked quinoa. 2. Pre-heat your oven to 350 degrees. Grease two round or square cake pans with cooking spray. Line the bottoms of the pans with parchment paper. I used two 9-inch round pans, because that's what I have. The original recipe calls for using two 8-inch pans. 3. Make the cake batter. Combine the milk, eggs and vanilla in a blender or food processor (I used a food processor). Add in 2 cups of the cooked quinoa and the melted butter and blend until everything is smooth. In the bowl of your mixer with the whisk
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attachment, combine the Stevia and the remaining ingredients through the cinnamon. Add in the quinoa mixture and mix until everything is well combined. Divide the batter evenly between the two cake pans and smooth the top using a spatula. Place the cake pans on the center oven rack and bake in your pre-heated oven for 35-40 minutes (or if using 8-inch pans, then bake for 40-45 minutes) until a knife inserted in the center comes out clean. Remove the cakes from the oven and allow them to cool completely in their pans on a wire rack before serving or storing.

4. Run a knife around the edge of the pan to help you release the cake from the sides before cutting and removing the cake.
5. Serve with frozen fresh fruits, slightly heated to create natural fruit juice.

Added Sugar Content:

Cake: 0g

Topping: 0g (this is fresh frozen fruit and does not count as added sugar)

(www.floatingkitchen.net. NOTE I modified this recipe to reduce sugar content)

As you can see, assuming you only have ONE Slice of cake, you can consume 42 grams of ADDED sugar (and actually more because of the flour which is a refined carb and rapidly converts to sugar in your system)... or you can consume ZERO grams of ADDED SUGAR!!

Thank you again for visiting my website. If you apply just this ONE “SECRET” : REPLACE instead of REMOVE you WILL begin to take control of your health and kick your sugar addiction, control your blood sugars and KICK DIABETES!

I invite you to try out these recipes and see for yourself. As they say, “the proof is in the pudding”! Or as my husband loves to say, “You don’t know what you’re missing until you know what you’ve been missing”

Enjoy!

Donna Rock, AADP Certified Health Coach

“Helping YOU make SMARTER food choices for BETTER Health! “