

Diabetes Healthy Eating Insight



South Asian Recipes &
Tips for Healthy Living

Acknowledgements

This book could not have been produced without the time, enthusiasm, and commitment of DECNET team and the support of the Chronic Disease Prevention and Management manager.

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1. Canadian Diabetes Association - Are You at Risk? Pre-diabetes, Type 2 diabetes: the Basics, Just the Basics, Beyond the Basics, Carbohydrate Content of South Asian Foods, Physical Activity and Diabetes, Patient Education Resource Kit
2. Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada
3. Statistics Canada- diabetes section
4. Health Canada- Eating Well with Canada's Food Guide
5. Nutrition calculation done using "The Food Processor" Nutrition Analysis and Fitness Software by esha research
6. South Asian Diabetes Prevention Program (SADPP) tool kit
7. Frequently asked questions by South Asian Dietary Resource Working group 2007

Preface

At South Riverdale Community Health Centre, we believe that everyone has the right to good health and to equitable, accessible and inclusive health care. To this end, the Diabetes Education Community Network of East Toronto (DECNET) has been committed to providing responsive and meaningful programs and services for our respective communities and specifically, our priority populations. We understand that being a newcomer or immigrant may present unique health needs and challenges when it comes to diabetes.

Research shows that South Asian people face a higher risk for prediabetes and type 2 diabetes. So, we have been actively engaging with South Asian individuals and groups to provide diabetes related care, support and education where and how it is most needed within East Toronto. We also know that healthy eating is one of the most vital components of diabetes prevention and management and so it is fitting that the staff of DECNET continuously strive to help individuals and families provide meals that are delicious, nutritious and diabetes friendly. Locating culturally appropriate recipes for such meals has however proven more challenging. *“South Asian Recipes & Tips for Healthy Living”* offers culturally relevant diabetes recipes for individuals living with diabetes and their families. It also provides some tips for healthy living and tackles some of the most prevalent myths around diabetes and the food we eat.

To those who participated in the development of this wonderful resource, thank you. It was truly a collaborative endeavor involving input from many. Special thanks and recognition must go to Monica Chopra and to Ravneet Dhaliwal, Registered Dietitians and Certified Diabetes Educators with DECNET, for their inspiring vision, their unwavering commitment, and their tremendous hard work on this project. Countless hours were spent developing and refining these recipes for the health and enjoyment of our clients, their families and our community. Your efforts have certainly proven fruitful.

South Riverdale Community Health Centre is pleased to be able to share this resource with the community in the hope that it makes a difference in the lives of those living with diabetes. We hope it proves useful.

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Introduction

This cookbook has been developed for the South Asian community to outline healthy eating as a part of diabetes management. According to Canadian Diabetes Association, people of South Asian descent are one of the populations at higher risk of developing type 2 diabetes.

The registered dietitians at DECNET (Diabetes Education Community Network of East Toronto) have seen an increased demand for South Asian diabetes education and created this cookbook to provide culturally specific healthy recipes.

Food provides us with energy and with the nutrients for our bodies to function. Food is also intended to be enjoyed. Food is part of family life and socializing. Festival times such as Id'ul fitar, Diwali, Baisakhi, Bakri Id, New Year, Lohri, Gurpurabh include many cultural foods. In the South Asian culture, there is a tremendous variety of foods to choose from. Even when living with health issues such as diabetes, high blood pressure, or high cholesterol, you can find foods which you can enjoy that can also be beneficial to your health.

There are four tools to manage diabetes:

1. Healthy eating;
2. Regular physical activity;
3. Medication; and
4. Stress management.

Healthy eating and regular physical activity are important for everyone to maintain good health. A registered dietitian as a member of your health care team can help you to learn about lifestyle changes which can have a positive impact on your diabetes management. The rest of your health care team includes yourself, family members, doctor, nurse practitioner, nurse, social worker, chiropodist, endocrinologist, and psychologist.

This book is written for people living with type 2 diabetes or prediabetes and their families and friends in order to provide healthy options of culturally appropriate foods. It is possible to eat in a healthy way and still maintain a traditional way of eating.

These recipes are examples of a healthy way to cook. You can also modify your own cooking by using less oil, salt and sugar, and by adding more vegetables.

Diabetes: The Basics

“Why do I have prediabetes or diabetes?”

RISK FACTORS

Most people who develop diabetes have one or more risk factors which increase their chance of getting diabetes. Some of these are under our control, others are not.

Risk factors which are not under our control:

1. Ethnicity or race: specifically, people of South Asian, African, African-Caribbean, Hispanic, Aboriginal and Chinese descent
2. Family history: having a parent or sibling with diabetes
3. Age: being 40 years or older

Risk factors which are under our control:

1. Being overweight especially weight around the belly
2. Being inactive
3. Smoking
4. Having unhealthy eating habits (a diet high in sugar and fat, overeating, irregular eating)

Additional risk factors for women:

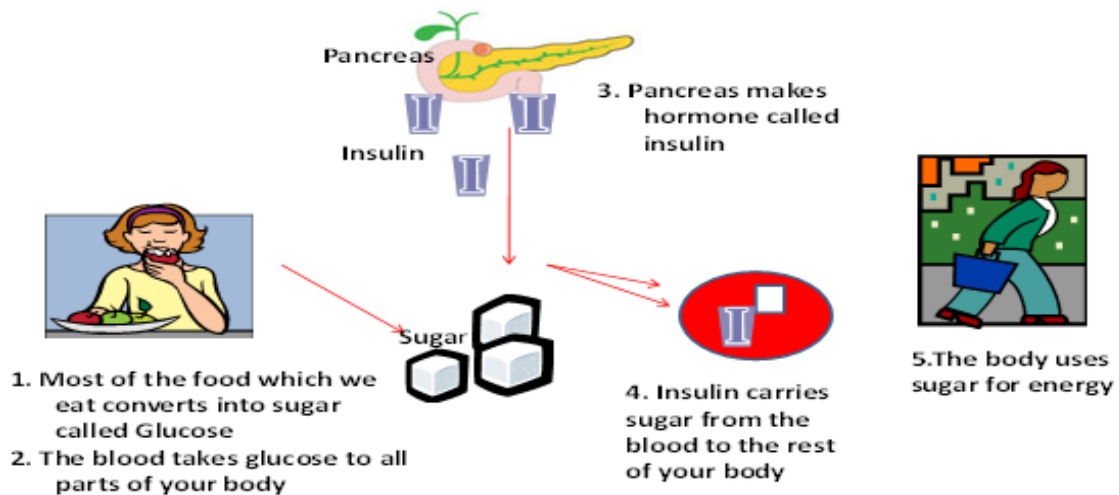
1. Having a history of gestational diabetes (high blood glucose in pregnancy)
2. Giving birth to a baby weighing over 9 pounds

“What is happening in my body?”

WHAT IS TYPE 2 DIABETES?

Diabetes is a chronic condition in which the body is not able to use sugar (glucose) from food for energy. The body cannot make enough insulin* and/or the insulin produced cannot be used properly. Higher than normal levels of blood sugar result if one or both of these occur. Over time, this excess sugar in the blood increases the risk of heart disease, vision problems as well as nerve and organ damage.

*Insulin is a hormone made by the pancreas (an organ in the body) and its role is to help sugar get into the body cells to be used for energy.

YOUR BODY NEEDS GLUCOSE (SUGAR) FOR ENERGY

Making lifestyle changes can help manage blood sugar and prevent or delay the possible complications of diabetes:

1. HEALTHY EATING

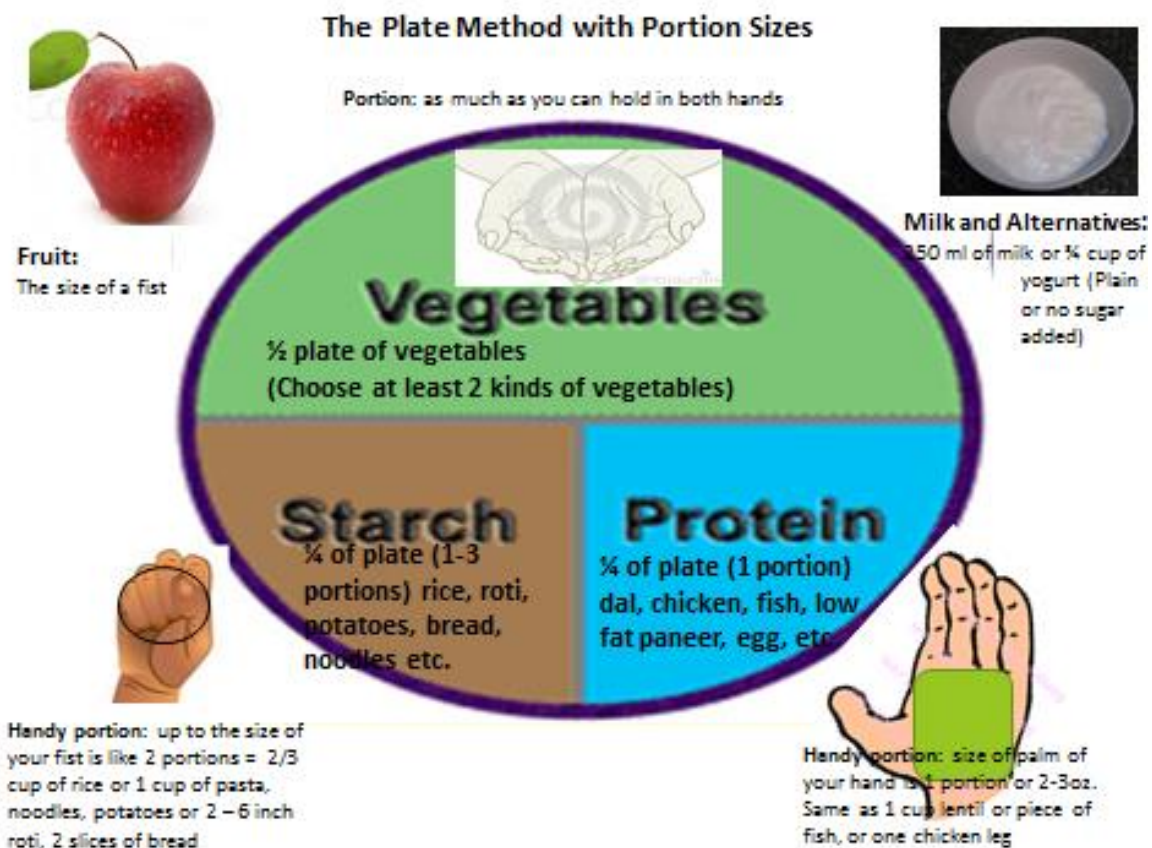
Eating well is a part of a healthy lifestyle. This does not mean people with diabetes have to follow a specific diet. Whether or not a person has diabetes, healthy eating is about what, when and how much to eat. These are important factors to feel good, have energy, maintain optimal blood sugar and give the body energy to maintain regular body functions, and to maintain a healthy body weight. Small changes in what you eat can make a big difference in your health. Changes take time, so make improvements slowly- one step at a time!

Principles of Healthy Eating include:

1. Eat three meals everyday at regular intervals, about every 4-6 hours. Eat breakfast every day
2. Include food from the four food groups of "Eating Well with Canada Food Guide"
 - a. Vegetables and fruit
 - b. Grain products and starches such as rice, roti, pasta, potatoes, corn
 - c. Milk and alternatives such as yogurt (curd), kefir, soya milk
 - d. Meat and alternatives such as chicken, fish, lentils (dal), dried beans, peas, tofu, nuts, paneer, cheese
3. Include carbohydrates in each meal in equal portions
4. Limit sugar and sweets such as desserts (gulab jamun, kheer, resgula, jalebi, saundesh, burfi, cake, pastries, fruit juices, regular soft drinks)

5. Limit high fat foods such as fatty and processed meats, full fat milk or yogurt, high fat cheese and paneer, ghee, butter and deep fried foods such as samosa or pakora
6. Eat more high fibre foods such as whole grain bread, roti, pita bread, tortilla, brown rice, vegetables, fruit, dried beans and peas
7. If you are thirsty, drink water
8. Limit salt intake to reduce the risk of high blood pressure

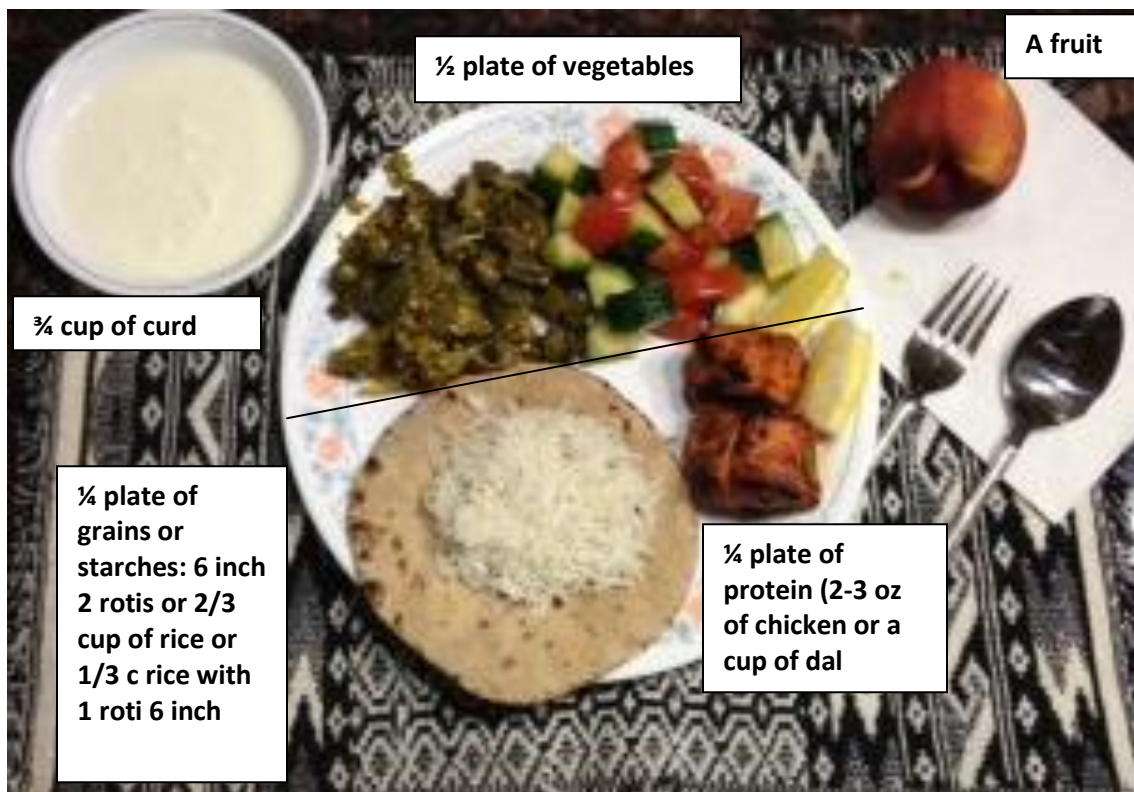
Two easy ways to help visualize the correct portions of food are the plate method of meal planning and “Eating well with Canada’s Food Guide”.



Typical South Asian Plate



Revised South Asian Plate



The plate method is a simple way of including foods from all four food groups identified in Canada's Food Guide, in the right portions. This method makes your meal healthier by increasing vegetables and limiting the intake of grains and starches. Including whole grains, dried beans and peas helps increase the Fibre content of a meal.

Healthy cooking methods such as boiling, roasting and grilling instead of deep frying decrease the fat content of the meal. Another way to improve your meal is to reduce salt in cooking and at the table.

“Which food turns into sugar in our body?”

WHAT ARE CARBOHYDRATES?

Foods that contain carbohydrate (starch and sugar) turn into sugar in the blood. They include:

1. **Grains** such as rice, wheat flour products (roti/ bread/ pita bread/ naan/ parantha/ pancake), barley, jowar, kuttu, sabutdana, semolina (sooji), cracked wheat (dalia), oats, pasta, noodles, corn flour roti
2. **Starchy vegetables** such as potato, corn, sweet potato, parsnip, beet, sweet peas
3. **Fruit** (all fruits)
4. **Milk and milk alternatives (except cheese)** such as milk, yogurt (curd), kefir, soya milk, flavoured almond milk
5. **Extras** such as sugar (jam, jelly, brown sugar, cane sugar, honey, jaggery, sugar syrups) and sweets (gulab jamun, kheer, rasgula, jalebi, saundesh, burfi, cake, pastries) and foods made with any of the above products.

Carbohydrate is the main nutrient affecting blood sugar. The other foods that provide nutrients but do not turn into sugar in the body are most vegetables, meat (beef, pork, lamb, chicken, fish) and meat alternatives (tofu, dried beans and peas, lentils (dhal), nuts, low fat cheese/paneer) and fats (such as cooking oil, margarine, salad dressing).

2. PHYSICAL ACTIVITY

Regular exercise such as walking and strength training improves the body's use of insulin and can lower blood sugar levels. Being active also helps reduce body fat, lower blood pressure and protect against heart disease.

Exercise does not mean going to the gym every day or walking but can be done in many ways at home and/or outside. Skipping, jogging, swimming, mopping floors, vacuuming, raking leaves and snow shoveling are additional ways to increase physical activity.

The Canadian Diabetes Association recommends including at least 150 minutes per week of moderate to vigorous aerobic activity (when your heart rate increases and you are breathing harder). Try to include a minimum of 30 minutes of moderate exercise most days of the week. In order to get the health benefits of any activity, exercise should be done for at least 10 minutes at a time. Doing resistance exercises such as weight training and stretches 3 times a week will also be beneficial to your health.

Always remember “safety first”. Wear comfortable shoes and clothing and listen to your body. If you have been inactive or are planning to start intense exercise, consult your health care provider first.

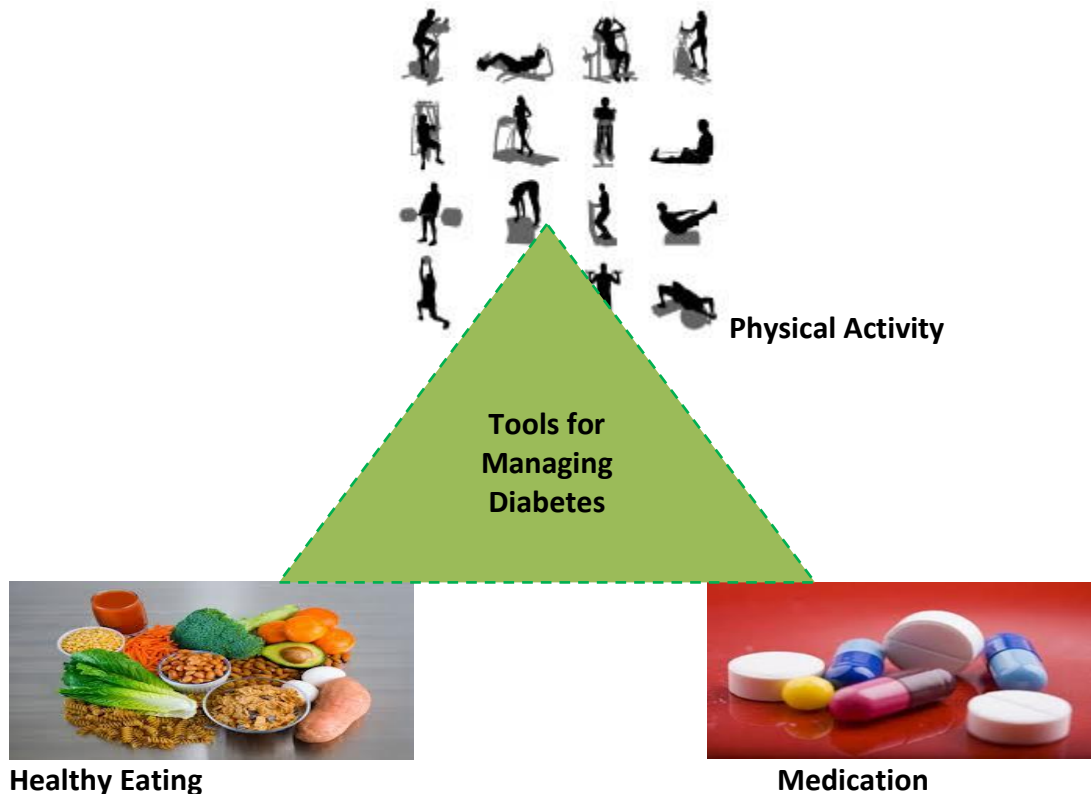
GOOD NEWS!!!

If you have prediabetes, type 2 diabetes can be prevented or its onset delayed.

To lower your risk, lead a healthy lifestyle:

- Enjoy a healthy food intake
- Be physically active
- Maintain a healthy weight
- Talk to your health care provider about being screened for prediabetes

If you are living with type 2 diabetes, it can be managed by a healthy lifestyle (and often medication)



RECIPES



Alsi Ki Pinni

Flaxseed Balls

Myth: I have prediabetes, why I should be concerned?

Fact: Prediabetes places an individual at high risk for developing type 2 diabetes and its complications. Healthy eating and exercise can help lower your blood sugar to the normal range again.

Alsi Ki Pinni

Flaxseed balls

Number of servings: 12

<u>Ingredient</u>	<u>Amount</u>
Non-hydrogenated margarine	½ cup
Whole wheat flour	1 cup
Flax seeds (Alsi), freshly ground	1 cup
Water	1 cup/ 250 ml
Splenda® brown sugar	1 cup
Almonds, crushed	¼ cup
Cardamom powder	1tsp.

Recipe

1. Heat margarine on medium heat in a griddle
2. Add whole wheat flour and stir, until the flour turns brown
3. Add flax seeds to the flour and continue stirring
4. In a separate saucepan, boil water and add Splenda® brown sugar, mix until it dissolves and becomes a syrup consistency
5. Pour Splenda® brown sugar syrup over the flour mixture. Add almonds and cardamom powder to this mixture and stir it until it is mixed. Remove from the heat
6. Let it cool for 5 minutes. Divide the mixture into 12 equal parts and form into balls

*Can be kept at room temperature for a month**Can be served as a dessert or serve as a snack at tea time***Nutrient Analysis (1 serving)**

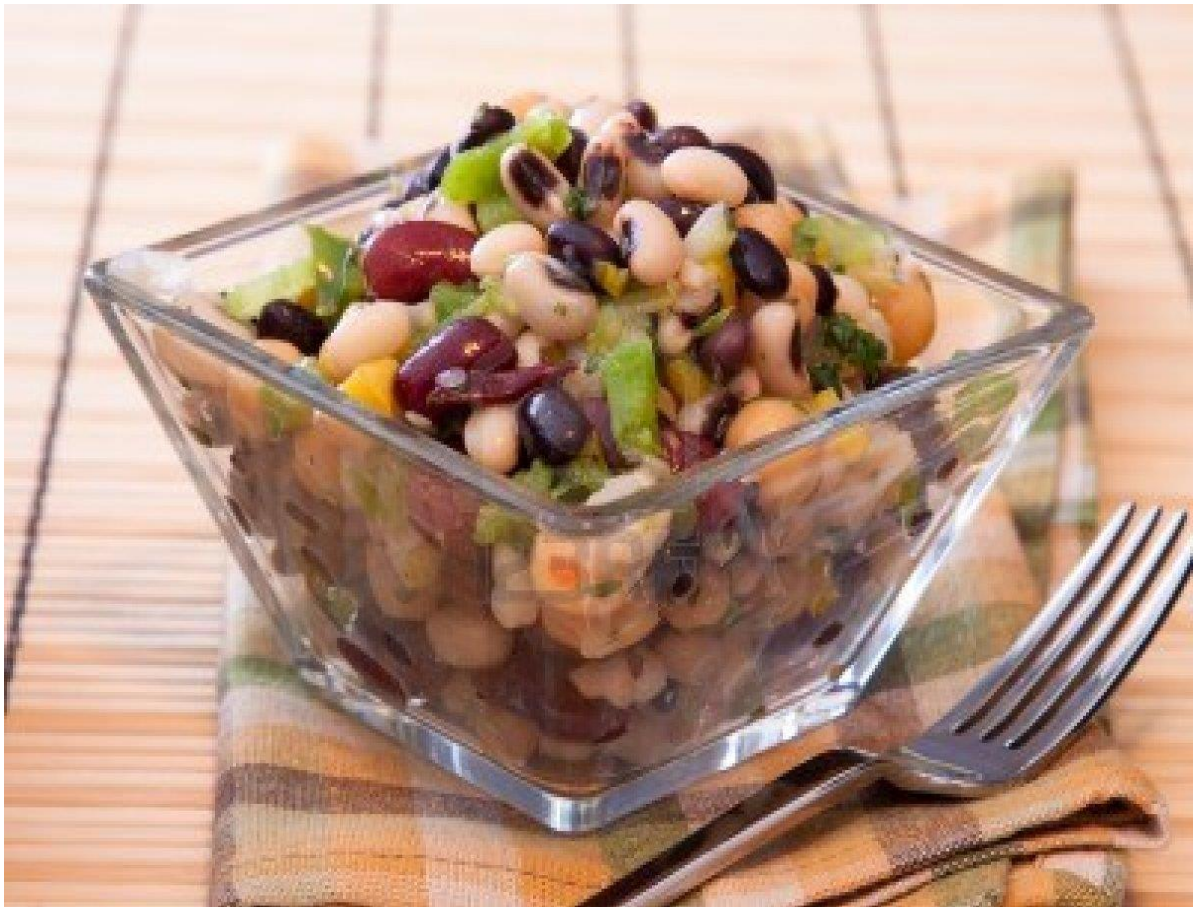
Calories	200 kcal
Carbohydrates	20 g
Fibre	5 g
Protein	4 g
Fat (Total)	13 g
Fat (Saturated)	0.5 g
Sodium	65 mg
Cholesterol	0 mg

Choices per serving

Carbohydrate: 1 choice

Fat: 2 choices

Protein: 0 choice



Dal Ka Salad

Bean Salad

Myth: People with diabetes or prediabetes should follow a “diabetic diet”

Fact: There is no diabetic diet as such; people with diabetes can enjoy all foods like people without diabetes. Sweets do not have to be completely avoided, but are best if limited to small portions. The important thing for everyone is to consume a healthy diet, rich in vegetables and whole grains and low in fat and salt.

Dal Ka Salad

Bean salad

Number of servings: 7 (1 serving = 1 cup)

<u>Ingredient</u>	<u>Amount</u>
Blackeyed peas boiled (fresh /canned)	2 cups
Kidney beans boiled (fresh/ canned)	2 cups
Green onion, chopped	¼ cup/ 2 stalks
Red onion, chopped	1 medium/ ½ cup
Red bell pepper, diced	1 small/ ½ cup
Yellow bell pepper, diced	1 small/ ½ cup
Green bell pepper, diced	1 small/ ½ cup
Tomato, diced	1 medium/ ½ cup
Black olives, sliced	½ cup
Black pepper, ground	½ tsp or to taste
Garam masala	1 tsp
Oregano	1 tsp
Lime juice	5 Tbsp 75 ml
Cilantro, chopped	½ cup/ 7 sprigs

Recipe

1. Wash beans thoroughly under running water in a strainer to drain extra salt if using canned beans. No washing is needed for fresh boiled beans; drain water
2. In a large mixing bowl, mix both kinds of beans with all the vegetables
3. Add seasoning (black pepper, garam masala, oregano and lime juice) to the mixture and mix well
4. Garnish with cilantro

Can be served as a meal in a tortilla, pita bread or roti or mix with rice or pasta. Can be eaten (½-1 cup) as a snack.

Nutrient Analysis (1 serving)

Calories	140 kcal
Carbohydrates	27 g
Fibre	9 g
Protein	7 g
Fat (Total)	1.5 g
Fat (Saturated)	0 g
Sodium	90 mg
Cholesterol	0 mg

Choices per serving

Carbohydrate: 1 choice
Protein: ½ choice
Fat: 0 choice



Bengali Fish

Myth: I got diabetes because I ate too many sweets.

Fact: Eating too much sugar does not cause diabetes. However it can increase calorie intake which in turn can increase weight. Increased weight is one of the risk factors for diabetes.

Bengali Fish

Number of servings: 4

<u>Ingredient</u>	<u>Amount</u>
Fish (Atlantic Cod)*	300 g/approx. 10 oz.
<u>Marinade</u>	
Water	½ cup/ 125 ml
Ground turmeric	1 tsp
Dijon mustard or mustard powder	1 tsp
Lemon juice	2 tsp/10 ml
Chili powder	1 tsp
<u>For Gravy/Curry</u>	
Canola oil	1 Tbsp/ 15 ml
Ginger, chopped	1 tsp
Garlic, chopped	1 tsp
Onions, chopped	1 large
Green pepper, cut into 1x1 squares	1 medium
Yellow pepper	1 medium
Tomato, chopped	1 large
Green chili pepper, chopped	1
Chili powder	1 tsp
Garam masala	1 tsp
Turmeric powder	1 tsp
Cumin powder	1 tsp

Recipe

1. Combine all the ingredients in the marinade list in a mixing bowl
2. Wash the fish and cut it into 8 pieces
3. Add fish into marinade and mix it well. Refrigerate the fish for 30 minutes
4. Heat one cup of water in the bottom of a steamer. Place fish over water in a steamer basket and steam it for 15 minutes. Check every 5 minutes
5. In a meantime, heat oil in a pan, add ginger and garlic and add onions. Heat until golden brown. Add peppers
6. Once the vegetable mixture starts to stick, add the tomatoes to form a gravy, cover it for 5 minutes, until the tomatoes are soft
7. Add chilies, chili powder, garam masala, turmeric and cumin powder. Mix well
8. Add the leftover water from the steamer to the onion tomato mixture. Add more water if needed
9. Heat the vegetable mixture; when it boils and is set as a gravy, add the fish and serve with rice and salad

Rice and fish are main staples of the Bengali diet. This fish can be eaten with rice, whole wheat roti, tortilla or pita bread and a salad for a balanced meal.

**Some Bengali fish such as Hilsa are high in fat; low fat fish can be substituted.*

Nutrient Analysis (1 serving)	
Calories	140 kcal
Carbohydrates	10 g
Fibre	2 g
Protein	15 g
Fat (Total)	4.5 g
Fat (Saturated)	0 g
Sodium	70 mg
Cholesterol	30 mg

Choices per serving

Carbohydrate: ½ choice

Fat: 0 choice (can be high or low depending upon kind of fish)

Protein: 2 choices



Chicken Palak Gobhi Masala

Chicken Cauliflower in Spinach Curry

Myth: I boil and drain my rice so the starch is drained away, so I can eat more rice without it affecting my blood sugar.

Fact: Soaking, washing and draining rice does not take away the starch. Soaking and washing for a longer time may lead to the loss of water- soluble vitamins and is not recommended.

Chicken Palak Gobhi Masala

Chicken Cauliflower in Spinach Curry

Number of servings: 2

<u>Ingredient</u>	<u>Amount</u>
Fresh spinach	1 package/ 475 g
Fresh cauliflower	1 cup/ ½ lb
Canola oil	1 Tbsp/ 15 ml
Red onion, chopped	1 small
Ginger, ground	1 tsp
Garlic, chopped	1 tsp
Chicken breast cut into cube size (grilled/boiled/ baked)	125 g/ 4 oz
Tomatoes, chopped	1 large
Red chili powder/green chili	To taste
Lemon juice	1 tsp/ 5 ml
Cumin Powder	1 tsp
Garam masala	1 tsp

Recipe

1. Heat spinach in a pan, without adding water. Take off the heat when the spinach leaves are wilted. Blend it to a paste. Set aside
2. Wash and clean the cauliflower and cut into small florets. Boil cauliflower until tender crisp and set aside
3. Heat one tablespoon of canola oil in a pan, add onion, ginger, and garlic. Cook until golden brown. Add chicken cubes cook until it is soft. Add tomatoes. Cook until a gravy is formed
4. Add the spinach paste and boiled cauliflower florets to the gravy. Cook for 5 minutes. Add red chili powder, lemon juice, cumin powder and garam masala to taste. Cook for another 5 minutes and serve hot

*Serve as a meal with pita bread, roti, rice or pasta, with salad on the side.***Nutrient Analysis (1 serving)**

Calories	260 kcal
Carbohydrates	24 g
Fibre	10 g
Protein	24 g
Fat (Total)	10 g
Fat (Saturated)	0.5 g
Sodium	520 mg
Cholesterol	30 mg

Choices per serving

Carbohydrate: 1 choice
 Protein: 4 choices
 Fat: 0 choice



Chicken Adrak Ke Kebabs

Ginger Chicken Kebabs

Myth: Honey or jaggery (Gur) is better than sugar for people with diabetes.

Fact: There is no difference in how these impact your blood sugar: 1 tablespoon of honey/jaggery = 1 tablespoon of sugar. Both are carbohydrates and raise the blood sugar in a similar way.

Chicken Adrak ke Kebabs

Ginger chicken kebabs

Number of servings: 4 (each skewer with 2 pieces of chicken)

<u>Ingredient</u>	<u>Amount</u>
Skinless, boneless chicken breast halves	2
Mushrooms, chopped in 2 inch cubes	8 pieces
Red onions, chopped in 2 inch cubes	2 medium
Green peppers, chopped in 2 inch cubes	2 medium
Marinade:	
Vegetable oil	1 Tbsp/ 15 ml
Sesame oil	2 tsp/ 10 ml
Water	2 Tbsp/ 30 ml
Soy sauce, low sodium	1 tsp/ 5 ml
Lemon juice	4 Tbsp/ 60 ml
Vinegar	2 tsp/ 10 ml
Garlic, chopped	1 clove/ 1 tsp
Ginger, chopped	1 Tbsp
Brown sugar	2 tsp
Coriander seeds, ground	1 tsp

Recipe

1. Wash and cut the chicken into 8 pieces
2. In a large bowl mix the marinade ingredients with chicken and vegetables
3. Refrigerate for 20 minutes
4. Preheat the oven to 350°F
5. On 4 barbeque skewers, thread chicken cubes (2 cubes per skewer), alternating with the peppers, onions and mushrooms. Cook for 20 minutes or until chicken is no longer pink inside, brushing often with the marinade and rotating every 5 minutes

Can be served as an appetizer or as a meal with pita bread, tortilla, roti or a bun with salad.

Nutrient Analysis (1 serving)	
Calories	140 kcal
Carbohydrates	13 g
Fibre	2 g
Protein	7 g
Fat (Total)	7 g
Fat (Saturated)	0.5 g
Sodium	160 mg
Cholesterol	10 mg

Choices per serving

Carbohydrate: 1 choice

Fat: 1 choice

Protein: 1 choice



Dal Ka Samosa

Lentil Samosa

Myth: My blood sugar is high because I eat a lot of spicy foods.

Fact: Spices such as red chilies, black pepper, cumin and garam masala do not affect blood sugar levels. They can be used as alternatives to salt in cooking.

Dal Ka Samosa

Lentil Samosa

Number of servings: 12

<u>Ingredient</u>	<u>Amount</u>
Onion, finely chopped	1 medium
Green pepper, finely chopped	1 small
Green chili, finely chopped	1 small
Garam masala	1 tsp
Lemon juice	2 Tbsp/ 30 ml
Garlic powder	1 tsp
Boiled lentils (Green gram/red gram/channa dal)	1 cup/ 8 oz (1/2 cup/4 oz. dry)
Whole wheat tortillas	6 medium
Canola oil	1 Tbsp/ 15 ml

Recipe

1. Mix the vegetables with garam masala, lemon juice and garlic powder. Stir into the lentils
2. Cut tortillas into halves. From the straight side, join the corners to form a cone and with your finger, put some water at the edge to stick the edges together. Fill with the lentil mixture and press the top down to have a triangular shape of a samosa. Repeat with the remaining tortillas
3. Brush a little oil on the filled samosas and bake them in a 400 °F oven for 5-7 minutes. Turn over and bake for another 5-7 minutes until crisp and lightly brown

Can be served as a snack (1-2 portions) or as a meal (2-3 portions) if served with salad and yogurt. Meat, chicken, fish, tofu and cheese can be served as alternatives to the lentils.

Nutrient Analysis (1 serving)

Calories	80 kcal
Carbohydrates	14 g
Fibre	3 g
Protein	3 g
Fat (Total)	1.5 g
Fat (Saturated)	0 g
Sodium	85 mg
Cholesterol	0 mg

Choices per serving

Carbohydrate: 1 choice
Protein: 0 choice
Fat: 0 choice



Mutton Aloo Tikki

Meat Potato Burger

Myth: Healthy foods are usually tasteless and bland.

Fact: Healthy foods do not have to be bland. South Asian cuisine includes the use of spices and condiments to make any food tasty. Use seasonings to flavor your healthy food instead of fat and salt.

Mutton Aloo Tikki

Meat Potato Burger

Number of servings: 8

<u>Ingredient</u>	<u>Amount</u>
Potatoes	1 lb/ 500 g
Lean ground lamb	½ lb /250 g
Green peas, fresh or frozen	½ cup
Carrots, grated	½ cup
Ginger, minced	1 tsp
Garlic, minced	1 tsp
Cumin powder	1 tsp
Red chili powder/ fresh green chilies (or 1 tsp of meat masala can be used)	To taste
Garam masala	1 tsp
Red onion, chopped	1 large
Fresh cilantro leaves, chopped	¼ cup/ 7 sprigs
Breadcrumbs	½ cup
Eggs	2 small

Recipe

1. Boil potatoes until tender, cool, peel and mash. Set aside
2. In a large non-stick pan, combine ground meat with peas, carrots, ginger, garlic, cumin powder, salt, red chili powder and garam masala. Cook over medium heat until browned. Cool meat in a strainer
3. Preheat oven to 200°F
4. In a mixing bowl, mix chopped onions and cilantro with meat and mashed potatoes. Mix thoroughly
5. Divide the mixture into 8 parts and roll into balls then flatten each ball to form a tikki
6. Pour breadcrumbs onto a plate or a sheet of waxed paper
7. Beat the eggs in a bowl. Dip tikki into the beaten eggs then coat with the breadcrumbs. Place on a baking tray covered with greased aluminum foil
8. Bake in 350 °F oven until golden brown, flipping once

Serve a single tikki as an appetizer with Podina Chutney (mint dip) or serve 2 tikkis with stir fried vegetables for a meal.

Nutrient Analysis (1 serving)	
Calories	150 kcal
Carbohydrates	19 g
Fibre	3 g
Protein	10 g
Fat (Total)	3.5 g
Fat (Saturated)	1 g
Sodium	100 mg
Cholesterol	60 mg

Choices per serving

Carbohydrate: 1 choice

Fat: 0 choice

Protein: 1 choice



Oatmeal Rusk

Oatmeal Cookie

Myth: It is okay to fast if you have diabetes or prediabetes: no need to consult your doctor.

Fact: It is usually safe to fast if you have prediabetes or diabetes controlled only by food/diet (and exercise). If you take pills or insulin to control your blood sugar, it is important to talk to your doctor before fasting since it could be dangerous. Develop a safe plan with your doctor.

Oatmeal Rusk

Oatmeal Cookie

Number of servings: 6.

<u>Ingredient</u>	<u>Amount</u>
Splenda® brown sugar	¼ cup
Soft margarine	¼ cup
Egg white	1 large
Vanilla extract	1 tsp/ 5 ml
Rolled oats	½ cup
Whole wheat flour	¼ cup
Wheat germ	¼ cup
Almonds, chopped	¼ cup
Walnuts, chopped	¼ cup
Baking powder	½ tsp

Recipe

1. Preheat the oven to 350°F or 180°C
2. In a large bowl mix Splenda® brown sugar, margarine, egg white, vanilla extract until well blended
3. Add rolled oats, whole wheat flour, wheat germ, almonds, walnuts and baking powder; mix well
4. Prepare the baking tray by spreading a sheet of parchment paper or aluminum foil spread with vegetable oil
5. Divide the mixture into 6 equal parts and roll each into a ball. Flatten to form rectangles
6. Bake for 15-20 minutes or until browned. For a crispier texture, bake for an extra 10 minutes

These rusks can be served at tea time or snack time with milk or as a dessert. Can be stored in an airtight container at room temperature for several months.

Nutrient Analysis (1 serving)

Calories	210 kcal
Carbohydrates	18 g
Fibre	3 g
Protein	5 g
Fat (Total)	13 g
Fat (Saturated)	1 g
Sodium	105 mg
Cholesterol	0 mg

Choices per serving

Carbohydrate: 1 choice
Protein: 0 choice
Fat: 2 choices

Tofu Tikka

Roasted Tofu Cubes

Myth: Bitter melon or bitter gourd is good for controlling blood sugar; I don't need to take pills.

Fact: Some studies show that bitter melon may help to reduce blood sugar levels but the effect is very small, or there is inconclusive evidence. You can include it as a part of your healthy diet but medications may still be required to control your blood sugar.

Tofu Tikka

Roasted Tofu Cubes

Number of servings: 4

<u>Ingredient</u>	<u>Amount</u>
Firm tofu	200 g
Green pepper, cut into 1 inch cubes	1 medium
Red onion, cut into 1 inch cubes	1 medium
Chickpea flour (Besan)	2 Tbsp / 1/8 cup
Plain yogurt, low fat	8 Tbsp/ ½ cup
Ginger, ground	1 tsp/ 5 ml
Turmeric	1 tsp
Canola oil	2 tsp/ 10 ml
Red chili powder	To taste
Kasoori methi	1 tsp
Garam masala	1 tsp/to taste
Lemon juice	1 tsp/ to taste

Recipe

1. Cut tofu into 16 triangular shapes
2. In a mixing bowl mix chickpea flour, yogurt, ground ginger, turmeric, oil, red chili powder and kasoori methi to make a marinade

3. Mix tofu, peppers and onions into the marinade. Set aside for 15-20 minutes
4. Preheat oven to 150 °F
5. Put tofu, pepper and onion pieces on a baking tray lined with aluminum foil. Bake for 6 minutes at 350°F, turn once and bake until brown and dry
6. Toss with garam masala and lemon juice. Serve with coriander or pudina chutney made with raita and coleslaw salad

Can be served as an appetizer or as a meal wrapped in a roti, tortilla or pita bread with your choice of salad and dip.

Nutrient Analysis (1 serving)	
Calories	120 kcal
Carbohydrates	10 g
Fibre	2 g
Protein	9 g
Fat (Total)	6 g
Fat (Saturated)	1 g
Sodium	30 mg
Cholesterol	0 mg

Choices per serving

Carbohydrates: ½ choice

Proteins: 1 choice

Fats: ½ choice



Vegetable Dalia with Tofu

Cracked Wheat Porridge with Tofu

Myth: *I am active at work, so I don't need any other scheduled exercise.*

Fact: *Almost everyone benefits from regular physical activity. Regular exercise improves your body's sensitivity to insulin; this helps control blood glucose levels. Adding any exercise into your daily routine is beneficial.*

Vegetable Dalia with Tofu

Cracked Wheat Porridge with Tofu

Number of Servings: 4

<u>Ingredient</u>	<u>Amount</u>
Cracked wheat, dry	1 cup
Carrot, grated	½ cup
Yellow pepper, chopped	1 medium
Fresh spinach, chopped	1 package/ 475 g
Red onion, chopped	1 small
Tomato, chopped	1 small
Garlic, chopped	1 tsp
Ginger, ground	1 tsp
Canola oil	1 Tbsp/15ml
Cumin seeds	1 tsp
Firm tofu, sliced	250 g/ 8 oz
Garam masala	1 tsp
Black pepper, crushed	To taste

Recipe

1. On the stove, roast cracked wheat in a pan on medium heat until light brown. Add 5 cups of water and cook until soft
2. In a non-stick frying pan sauté garlic and ginger in oil. Add cumin seeds and onion and fry until golden brown. Add tomato, carrots, bell pepper, spinach, and tofu and stir fry for 4-5 minutes
3. Pour the vegetable mixture over the cracked wheat. Add garam masala and black pepper to taste. Stir on medium heat for 2 minutes. Remove from the heat

Can be served as a meal with a salad and yogurt. Meat, chicken and fish are alternatives to tofu.

Nutrient Analysis (1 serving)

Calories	250 kcal
Carbohydrates	34 g
Fibre	8 g
Protein	16 g
Fat (Total)	9 g
Fat (Saturated)	1 g
Sodium	110 mg
Cholesterol	0 mg

Choices per serving

Carbohydrate: 2 choices
 Protein: 1 ½ choice.
 Fat: 1 choice.



Diabetes Education Community Network of East Toronto (DECNET)

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The Diabetes Education Community Network (DECNET) is a partnership among South Riverdale Community Health Centre, East End Community Health Centre, Access Alliance Multicultural Health and Community Services, and Toronto East General Hospital. DECNET provides diabetes education support and services to adults with Pre-diabetes and type 2 diabetes in East Toronto.



South Riverdale Community Health Centre

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