Managing Diabetes

What's the big deal about whole grains?
Whole grains contain all three parts of the grain – the bran, germ and endosperm – and they are often higher in fiber, vitamins and minerals than refined grains. Examples of whole grain foods include oatmeal (old fashioned, quick and instant), whole wheat bread, brown rice and puffed rice. Whole grains have powerful health benefits – research shows that eating a diet rich in whole grain foods can help reduce the risk of heart disease and help with maintaining a healthy weight. They are also important considerations for people with diabetes.

Why is breakfast important for me?
For many people with diabetes, it’s important to eat breakfast regularly throughout the day – breakfast, lunch and dinner, and possibly some planned snacks. Research shows that people who eat breakfast tend to weigh less than those who skip it. Plus, eating breakfast helps boost metabolism and plays a significant role in meeting daily goals for nutrient intake. A protein and fiber-rich breakfast that includes oatmeal provides a nutritious start to the day.

What is fiber and what are the benefits?
There are two types of dietary fiber important for good health – soluble and insoluble. Insoluble fiber helps keep us regular, but it is the soluble fiber that may help moderate blood glucose levels. Some whole grain foods such as oatmeal contain both types of fiber. Also, fiber-rich foods can help fill you up – that could come in handy when watching your calorie intake. In fact, research shows that oatmeal is more filling than some other breakfast foods such as bread, eggs and yogurt.

Another benefit: the soluble fiber in oatmeal helps to remove cholesterol from your body, which can help individuals with diabetes who are at greater risk for high cholesterol and heart disease.

What do I need to know about carbohydrates?
Carbohydrates are the body’s main source of fuel and are essential for good health. Foods that provide complex carbohydrates, primarily fruits, vegetables, legumes and whole grains, should be a major part of everyone’s diet – including those with diabetes. These sources of complex carbohydrates are digested more slowly than simple sugars and also provide energy, and important vitamins, minerals and fiber.

According to the American Diabetes Association, it is important to focus on both the amount (grams) and type of carbohydrate. Both can influence blood glucose levels. However, decreasing or eliminating carbohydrates by following a low-carb diet is not recommended to manage diabetes because the body needs carbohydrates for energy. Work with your health care provider to determine the appropriate total carbohydrate intake for you.

Blueberry Oat Muffins
1 cup QUAKER Oats (quick or old fashioned, uncooked)
1 cup lowfat buttermilk
1/4 cup liquid egg substitute OR 2 egg whites
2 tablespoons margarine, melted
1/2 teaspoon grated lemon peel
1 cup all-purpose flour
3 tablespoons sugar OR sugar substitute
1 cup buttermilk
1 teaspoon baking powder
1/2 teaspoon baking soda
1 cup fresh or frozen blueberries (do not thaw)

Heat oven to 400°F. Lightly spray 12 medium muffin cups with cooking spray. In medium bowl, combine oats and buttermilk; mix well. Let stand 10 minutes. Stir in egg substitute, margarine and lemon peel until blended. In large bowl, combine remaining ingredients except berries; mix well. Add wet ingredients to dry ingredients; stir just until dry ingredients are moistened. (Do not overmix.) Gently stir in berries. Fill muffin cups almost full. Bake 20 to 25 minutes or until golden brown. Cool muffins in pan on wire rack 5 minutes; remove from pan. Serve warm.

1 DOZEN

Nutrition Information (1 muffin made with egg substitute and sugar): Calories 110, Carbohydrates 43g, Total Fat 3g, Sodium 210mg, Fiber 5g. Exchanges: 1/2 starch, 1/2 fruit, 1/2 milk.

Cook’s Tip: If desired, sprinkle top of each muffin with additional oats before baking.

Maple Cranberry Oatmeal
3-1/2 cups water
1/4 teaspoon salt
2 cups QUAKER Oats (quick or old fashioned, uncooked)
1/3 cup dried cranberries
1/3 cup light maple-flavored syrup

In medium saucepan, bring water and salt to a boil. Stir in oats, cranberries and syrup. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until most of liquid is absorbed, stirring occasionally. Let stand until desired consistency. Spoon into bowls. Serve with skim milk, if desired.

MICROWAVE DIRECTIONS: In 3-quart microwaveable bowl, combine all ingredients. Microwave on HIGH 1 to 7 minutes for quick oats and 9 to 10 minutes for old fashioned oats or until most of liquid is absorbed. Let stand until desired consistency.

4 SERVINGS

Nutrition Information (1/4 of recipe): Calories 230, Carbohydrates 23g, Total Fat 5g, Sodium 230mg, Total Carbohydrates 47g, Dietary Fiber 5g. Exchanges: 1/2 starch, 1/2 fruit, 1/2 milk.

For Cover Photo Recipe – Banana Bread Oatmeal – and more deliciously easy ways to incorporate the whole grain goodness of oats into your daily diet, visit www.quakeroatmeal.com.
An Oatmeal Breakfast – A Super Way to Start Your Day

Try to eat a healthy, balanced meal every morning, one that includes a good source of whole grains. Old fashioned oats, quick oats and instant oatmeal are ALL whole grain oat products.

EAT ON TIME • Try to eat the same size meals and snacks at regular times spaced throughout the day. Don’t skip meals and try not to go without food for more than five hours. A good eating pattern will help your blood sugar stay in control.

ENJOY FAVORITE FOODS • Don’t feel guilty about eating your favorite foods – there’s a place for ALL foods in a healthy diet. Watch portion sizes and ask your health care provider how to fit favorite foods into your eating plan.

EMBRACE SUPPORT • Welcome the support from family, friends and health care providers. Keep your focus on the many positive choices you make each day!

Quaker Oats
www.quakeroatmeal.com

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