

Diabetes: Cooking Substitutions

How to Reduce Carbohydrates in Your Favorite Recipes

- Most recipes will still be tasty with less sugar
- Try decreasing the amount of sugar in a recipe by 30-50%

Recipe calls for this portion	Try this instead
½ cup	¼ or 1/3 cup
1 cup	1/3 or ½ cup
1 ½ cup	¾ or 1 cup
2 cups	1 or 1 ½ cup
2 ½ cups	1 ¼ or 1 ¾ cup
3 cups	1 ½ or 2 cups
4 cups	2 or 2 ½ cups

Other Easy Changes to Reduce Carbohydrate Content:

- **Stuffing** Add carrots, celery, shredded zucchini, etc. and use less bread
- **Pasta** Add vegetables (mushrooms, zucchini, tomatoes, spinach, etc.) so you can use less noodles and still feel satisfied
- **Hash browns** Use grated summer squash (zucchini) instead
- **Mashed potatoes** Use cauliflower for some or all of the potatoes
- **Spaghetti** Use spaghetti squash instead: cut in half, remove seeds, place on microwave-safe plate cut-side down for 10 minutes or until soft. Cool for a few minutes and then scrape out the spaghetti-like squash, add sauce, and serve!
- **Regular jam or jelly** Try sugar-free or reduced-sugar jams and jellies

How to increase the Fiber:

Recipe calls for this:	Use this instead
All purpose flour	Whole wheat flour or whole wheat pastry flour either for the entire amount or half and half with white flour
Any type of pasta	Whole Wheat pasta with 4g or more of Dietary fiber
White Rice	Brown Rice, Bulgur, Quinoa, Pearled Barley, or whole wheat Couscous, or lentils
Bread crumbs	Whole oats or crushed whole wheat or bran cereal
White bread	Whole wheat bread
Almond meal	In place of pancake mix: make pancakes and replace mix with almond meal in equal proportions.
Ground Beef	Replace half of ground beef with legumes such as pinto, kidney, cannellini or black beans.

How to reduce Fat and Calories:

Recipe calls for:	Try using instead:
Butter, shortening, oil	Replace half with applesauce
Butter or oil	Olive or Canola oil spray
Sour Cream	Low fat or Reduced Fat Sour Cream, Fat Free Greek Style or regular yogurt,
Cream Cheese	Low fat, Fat Free, or Neufchatel Cream Cheese; Low fat/Fat Free Cottage cheese blended smooth; Fat-free Ricotta cheese. Laughing Cow cheese can also be a good substitute.
Bacon	Canadian Bacon, Lean Prociutto, Smoked turkey or turkey bacon.
Ground Beef	Extra-Lean or Lean Ground beef (ground sirloin), Ground Buffalo, Lean ground chicken or turkey (but make sure the skin is not included)
Heavy Cream	Evaporated Skim Milk

Recipe calls for:**Try using instead:**

Cheese

Use less and try stronger cheeses so a little bit goes a longer way.

Whole eggs

Egg Substitute, Egg whites with only ½ the yolks included

2% or Whole Milk

Fat-free, ½%, or 1% milk.

1 oz. Unsweetened baking chocolate

3 Tbsp. dry Cocoa + 2 Tsp sugar + 1 Tbsp oil

1 Cup Chocolate Chips

½ Cup mini chocolate chips

Mayonnaise

Light Mayonnaise

How to reduce the Sodium:

- Use less salt in recipes: Cut portion in half; add other spices to add some flavor such as pepper, onion powder, garlic powder, Mrs. Dash, Trader Joe's 21 Seasoning Salute or any other spices you like.
- For vegetables and other cooking: Add some freshly squeezed lemon or a little bit of any type of vinegar: this will trick your palette into thinking there is salt.
- All other items: Experiment with spices and spice mixtures. Find a good spice store and inquire about the sodium content of their rubs and mixes, often there will be pre-made spice mixtures for poultry, beef, pork, etc.
- Last, remember that salt is addictive: The more you use, the more you need- but as you reduce it in your food and cooking, you will adjust to the new variety of tastes and flavors. Give it time- it might take a couple of weeks for your taste buds to adjust.

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