

# live deliciously: diabetes-friendly food ideas

Please enjoy some of our favorite diabetes-friendly recipes selected by our registered dietitian. You can also follow these simple tips from the American Diabetes Association to improve the quality of your diet and help control blood sugar:

**keep track of carbs** - A general range to keep within is 45 - 60 grams of total carbohydrates per meal. This may vary, depending on how you manage your diabetes.

**watch your serving size** - Always check the serving size on food labels. If the food does not have a label, estimate how many carbohydrates are in it to determine serving size.

**cut the bad fat** - Keep intake of saturated and trans fat to a minimum, as the consumption of these put you at a higher risk of heart disease and stroke.

**monitor sodium** - If you have high blood pressure, look for foods with less sodium. Try to keep total sodium intake to less than 1,500 mg per day.

**snack wisely** - A general guideline is 15 - 20 grams of carbohydrates per snack. Don't forget to factor in carbohydrates from snacking into your overall meal plan!

## Lemon & Kale Hummus

makes 1 1/2 cups  
serving size: 1/4 cup  
carb grams per serving: 7 grams  
diabetic exchange: 1 fat | 0.5 starch



### Ingredients

- 1 cup chickpeas (cooked)
- 1/4 cup siggi's plain 0% yogurt
- 1/2 cup loosely packed kale leaves, torn into small pieces
- juice of 1/2 lemon
- 1-2 cloves garlic
- 1/8 cup extra virgin olive oil
- salt & pepper to taste

### Preparation

In a food processor or blender, combine the chickpeas, yogurt, kale, and garlic.

On low speed, slowly pour in the olive oil about 1 Tbs at a time, adding more as needed to reach a smooth consistency.

Add the lemon juice, salt, and pepper to taste, giving the hummus a final whirl in the food processor or blender.

### Nutrition Facts (per serving)

Calories 80, Protein 3g, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 115mg, Total Carbohydrates 7g, Sugars 2g

### - nutrition tip -

Try swapping out your sour cream or mayonnaise for a dollop of siggi's 0% plain yogurt! siggi's has less fat, more protein, and is delicious!

# Savory Tomato & Basil Bowl

makes 1 serving  
serving size: about 1 cup  
carb grams per serving: 9 grams  
diabetic exchange: 1.5 fat | 1 non-fat milk



## Ingredients

- 1 cup siggi's plain 0% yogurt
- 1 Tbs basil, chopped
- 1/2 Tbs extra virgin olive oil
- 3 oz. cherry tomatoes, halved
- salt & pepper to taste

## Preparation

On top of a bowl of siggi's plain yogurt, drizzle the olive oil.

Top with sliced cherry tomatoes, basil, and sprinkle with salt & pepper to taste.

## Nutrition Facts (per serving)

Calories 160, Protein 16g, Total Fat 7g, Saturated Fat 1g, Cholesterol 0g, Sodium 65mg, Total Carbohydrates 9g, Sugars 6g

# Chocolate Skyr with Blackberries

makes 1 serving  
serving size: about 1 cup  
carb grams per serving: 20 grams  
diabetic exchange: 1 non-fat milk | 0.5 fruit



## Ingredients

- 1 cup siggi's vanilla 0% yogurt
- 1 Tbs whipped cream
- 2 Tbs unsweetened cocoa powder
- blackberries

## Preparation

Add the cocoa powder to the yogurt and mix well.

Fold in the whipped cream slowly until well combined.

Top with fresh fruit such as blackberries or strawberries and enjoy!

## Nutrition Facts (per serving)

Calories 140, Protein 16g, Total Fat 2g, Saturated Fat 1.5g, Cholesterol <5mg, Sodium 60mg, Total Carbohydrates 20g, Sugars 11g

# Pumpkin & Spice Overnight Oats

makes 1 serving  
serving size: about 1 1/4 cups  
carb grams per serving: 29 grams  
diabetic exchange: 1.5 starch | 1 non-fat milk | 0.5 fat



## Ingredients

- 1/3 cup old-fashioned oats
- 1/3 cup almond milk (or milk of your choice)
- 1/3 cup siggi's 0% plain yogurt
- 1/4 cup pure pumpkin purée
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon, more to taste
- sprinkle of nutmeg to taste
- pinch of salt
- 1/2 tsp maple syrup

## Preparation

Combine all ingredients in a container. Make sure it is mixed well.

Cover and store in the refrigerator until the oats absorb all the deliciousness (at least four hours, or just leave overnight).

Can be served cold or warm.

## Nutrition Facts (per serving)

Calories 190, Protein 12g, Total Fat 3.5g, Saturated Fat 0g, Cholesterol 0g, Sodium 330mg, Total Carbohydrates 29g, Sugars 7g

6g of fiber per serving!