

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, so be sure to consult with your doctor or dietitian.

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 may 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 | serves 6

ingredients

1 cup chickpeas (cooked)
¼ cup siggi's 0% plain skyr
½ cup loosely packed kale leaves, torn into small pieces
juice of ½ lemon
1-2 cloves garlic
⅛ cup extra virgin olive oil
salt & pepper to taste

preparation

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

On low speed, slowly pour in the olive oil about 1 Tbsp 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)

servings size: 1 cup, diabetic exchange: 1 fat | 0.5 starch, Calories 80, Protein 3g, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 250mg, Total Carbohydrates 7g, Sugars 1g

- nutrition tip -

Try swapping out sour cream and mayonnaise for a dollop of siggi's plain skyr for a delicious way to save fat and add protein!

savory tomato & basil bowl | *serves 1*

ingredients

1 cup siggi's 0% plain skyr
1 Tbsp basil, chopped
½ Tbsp extra virgin olive oil
leaves, torn into small pieces
3 oz. cherry tomatoes, halved
salt & pepper to taste

preparation

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

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



nutrition facts (per serving)

servings size: 1 cup, diabetic exchange: 1.5 fat | 1 non-fat milk, Calories 160, Protein 16g, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 650mg, Total Carbohydrates 9g, Sugars 6g

chocolate skyr with blackberries | *serves 1*

ingredients

1 cup siggi's 0% vanilla skyr
1 Tbsp whipped cream
1 Tbsp unsweetened cocoa powder
berries such as blackberries,
strawberries, etc.

preparation

Add the cocoa powder to the skyr 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)

servings size: about 1 cup, diabetic exchange: 1 non-fat milk | 0.5 fruit, Calories 130, Protein 16g, Total Fat 2g, Saturated Fat 1g, Cholesterol <5mg, Sodium 60mg, Total Carbohydrates 18g, Sugars 10g, Fiber 4g

pumpkin & spice overnight oats | *serves 1*

ingredients

⅓ cup old-fashioned oats
⅓ cup milk
⅓ cup siggi's 0% plain skyr
¼ cup pure pumpkin purée
½ tsp vanilla extract
¼ tsp cinnamon, more to taste
sprinkle of nutmeg to taste
pinch of salt
½ 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)

servings size: about 1 ¼ cups, diabetic exchange: 1.5 starch | 1 non-fat milk | 0.5 fat, Calories 210, Protein 13g, Total Fat 4g, Saturated Fat 2g, Cholesterol 10mg, Sodium 340mg, Total Carbohydrates 30g, Sugars 10g, Fiber 5g