



# The New Soul Food

Nutritional Information for People with Diabetes

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## What about Salt?

There's no doubt about it: soul food can be salty. It also tastes just as good without the salt, if you make a few simple substitutions. You'd be amazed what spices, peppers, and herbs can do for a soul food recipe. It isn't hard as you think to retrain your taste buds to do without salt. And with great plagues of hypertension and heart disease upon us, it's important that you do.

Sodium and salt are found mainly in processed and prepared foods. Think about the amount of salt in bacon, hot dogs, sausages, canned foods, frozen foods, cheese, pickles, mustard, salad dressing, and snack foods. But if you buy more fresh meats, grains, fruits, and veggies and prepare them with lemon juice, reduced fat margarine, pepper, herbs and spices, and smoked seasoning, then you will find you don't need nearly as much salt. The extra potassium found in fresh fruits and vegetables also helps lower your blood pressure.

Most people with high blood pressure need to eat 2,400 mg of sodium or less each day. To help you picture how much that is, 1/4 teaspoon of salt has 450 mg, and 8 ounces of milk has 120 mg. There are plenty of low-sodium varieties of food on the market today to help you eat less salt. Use garlic, onion, and celery salt. And use fresh herbs, such as parsley and basil, whenever possible for the best flavor.

You can also use different cooking techniques to reduce the fat and calories in food. Remember, you will feel much better and find your diabetes much easier to control if you keep these goals in mind.

- Maintain a healthy weight
- Maintain normal ranges of blood glucose
- Eat smaller meals
- Eat on time
- Eat a variety of fresh foods
- Practice portion control
- Read food labels

For more information or to attend our diabetes classes:

[www.diabetesdayton.org](http://www.diabetesdayton.org)

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Instead of	Use This
Bacon	Turkey bacon or sausage
Butter	Low or Reduced Fat margarine
Cheese	Low or Reduced Fat cheese
Corn Chips	Baked Tortilla chips
Cream Cheese	Fat-free cream cheese
Cream	Evaporated skim milk
Creamy Salad Dressing	Olive oil & vinegar
Croissants	Bagels or pita bread
Egg Yolks	Egg substitute
Fried Chicken	Grilled or baked chicken
Fried Fish	Baked fish
Fried Foods	Baked, roasted, or grilled
Ground Beef	Lean ground beef
Ground Turkey	Ground turkey breast
Ham Hocks	Smoked turkey or liquid smoke
Heavy Sauces	Light broths
High-Fat Meats	Trimmed or lean meats
Ice Cream	Sherbet or low-fat ice cream
Jelly, Jam, or Syrups	Fruit Spreads
Mayonnaise	Low or reduced fat mayonnaise
Pork Chops	Pork tenderloin
Potato Chips	Pretzels
Sour Cream	Plain yogurt or fat-free sour cream
Sugar Cereals	Whole-grain cereals
Tuna packed in oil	Tuna packed in water
Vegetable oil, lard	Canola & olive oils or non-stick cooking sprays
Whole Milk	Nonfat or 1% milk



# Oven Fried Chicken

Prep time: 15 minutes

Serves: 6      Serving Size: 1/6 recipe

## Ingredients

- 3 split chicken breasts with ribs, cut in half and skin removed, OR 6 chicken drumsticks, skin removed
  - 1 cup nonfat milk
  - 1 tbsp reduced-fat margarine
  - 1 tsp thyme
  - 1 tsp garlic powder
  - 1 tsp onion powder
  - 1 tsp parsley
  - 1 tsp paprika
  - 1 tsp pepper
  - 1 tsp salt
  - 1/2 tsp salt
  - 1/8 tsp red pepper
  - 1 cup flour
1. Place the chicken pieces in the milk. Heat the oven to 400 degrees F. Melt margarine, set aside.
  2. In a large bowl, combine all remaining ingredients. Dredge each chicken piece in the flour mixture, making sure all pieces are well coated. Discard remaining flour mixture.
  3. Place the chicken in a shallow baking pan and drizzle the top of the chicken with margarine. Bake for 45 minutes or until chicken juices run clear.

Nutritional	
<b>Exchanges</b>	1/2 Carbohydrate 2 Very Lean Meat
<b>Calories</b>	111 (from fat 23)
<b>Total Fat</b>	3 g (Saturated fat .6 g)
<b>Cholesterol</b>	42 mg
<b>Sodium</b>	103 mg
<b>Total Carbohydrate</b>	5 g
<b>Dietary Fiber</b>	0 g
<b>Sugars</b>	1 g
<b>Protein</b>	16 g



# Sweet Potato Souffle

Prep time: 25 minutes

Serves: 6      Serving Size: 1/2 cup

## Ingredients

- 4 lb sweet potatoes
  - 2 Tbsp sugar
  - 1/2 cup brown sugar
  - 1/4 cup raisins
  - 1 tsp nutmeg
  - 1/2 cup fat-free (skim) evaporated milk
  - 1/2 cup reduced-fat margarine
  - 1 cup egg substitute
  - 1/4 cup chopped pecans
  - 1/2 tsp salt
  - Juice of 1 lemon
  - Nonstick cooking spray
  - 1/2 cup miniature marshmallows
1. Peel & boil the sweet potatoes. Heat oven to 350 degrees F.
  2. Drain and mash the sweet potatoes. Place them in a large bowl and add all ingredients, except marshmallows. Stir well.
  3. Spray casserole dish with nonstick cooking spray. Place the sweet potatoes in the casserole dish and bake for 30 minutes.
  4. Change the oven setting to broil, sprinkle the marshmallows over the sweet potatoes, and place under the broiler until the marshmallows melt.

Nutritional	
<b>Exchanges</b>	3 Carbohydrate 1/2 Fat
<b>Calories</b>	238 (from fat 38)
<b>Total Fat</b>	4 g (Saturated fat 0 g)
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	203 mg
<b>Total Carbohydrate</b>	46 g
<b>Dietary Fiber</b>	4 g
<b>Sugars</b>	29 g
<b>Protein</b>	5 g