# Index

#### with Mediterranean diet, 224 Numerics in restaurants, 246-247 almonds, 84 5/20 rule, 132 alpha cells, 38 7-day menu alpha lipoic acid, 104-105 about, 269-270 alternative sweeteners, 264-265 Day 1, 270-271 American Association of Diabetes Educators Day 2, 271–272 (website), 50 Day 3, 272-274 American Diabetes Association, 168 Day 4, 274-275 American Journal of Clinical Nutrition, 220, 229 Day 5, 275-276 amino acids, 79-80, 201-202, 229 Day 6, 276-278 amylin, 103 Day 7, 278–279 amylin analog, 46 snacks, 279-280 analyzing menus, 243-244 15 grams anger, 13 of carbohydrates, 202, 347 animal sources, of proteins, 80-81 counting to, 120-121 anthocyanins, 109 in portion sizes, 136-138 antioxidants snacks, 263-264 about, 104 30-gram snacks, 264 alpha lipoic acid, 104-105 cinnamon, 105–106 fenugreek, 105 garlic, 106, 324 appetizers A1C (hemoglobin A1C) average blood glucose level and, 66 Cheese Danish recipe, 299, 300 balancing, 65-67 Egg Muffin recipe, 299, 300 as a health indicator, 49 in restaurants, 247–248 Academy of Nutrition and Dietetics Roasted Brussels Sprouts recipe, 299, 302 Spaghetti Squash recipe, 299, 301 (website), 50 apples, 282, 283, 304, 316 accepting inconvenience, 159-160 achieving your goals, 168-172 apps, as references, 138-139 activity, physical, 54-56 artificial pancreas, 167 Adamson, Eve (author) artificial sweeteners, 264–265 Cooking Basics For Dummies, 129 The Art and Science of Diabetes Selfadd ons, 211-212 Management Education (American adenosine triphosphate (ATP), 36, 86, 95 Association of Diabetes Education), 9, 170 adequate intake recommendation, 99 Asian food, 216, 341–343 Ask Dr. Rubin icon, 4 adipocytes, 67, 83 adopting better habits, 161-164 asking for help, 170-172, 244-245 atherosclerosis, 71 advertising, 147 aerobic exercise, 54-56, 69 athletes, managing diabetes in, 74 age, in Type 2 diabetes, 30-32 Atkins Diet, 234 alcohol ATP (adenosine triphosphate), 36, 86, 95 autonomic neuropathy, 75 calories in, 254–255 carbohydrates in, 254-255 average blood glucose, 42-43, 346 consumption of, 254 avocados, 84 hypoglycemia and, 255-256 avoiding temptation, 177

36\_9781118677537-bindex.indd 349 9/26/13 3:26 PM

blood glucose about, 35-36, 87 B vitamin, 93-95, 230-231 averaging, 42–43, 346 bacon, swaps for, 321 balancing, 39-40 "bad diabetes." See Type 1 diabetes controlling, 64-68 Baked Apples recipe, 303, 304 conversions, 345 Baked Polenta with Turkey Sausage Ragu converting glucose to energy, 36-37 recipe, 288, 292 insulin. See insulin baked potato, 321 measuring, 2, 40-43 balancing storing, 38-39 A1C, 65-67 testing at home, 41–42 blood glucose, 39-40 Banana Pudding recipe, 303, 306 bananas, 303, 306, 317 bar snacks, in restaurants, 246-247 barley, as a "power food," 314 Blumer, Ian (author) barriers, to healthy eating about, 143-144 brain, 149-153 changes in food environment, 144–147 eating healthier forever, 153–156 emotional attachment to food, 147–148 bolus, 48 basal rate, 48 brain beans about, 12-13, 149 black, 315 carbohydrates in. 188 diabetes exchanges, 330 as a "power food," 310-311 as sneaky foods, 207 beef, 183, 282, 285 bran, 124 beets, 318 bread beriberi, 93 Berman, Rachel (author) Mediterranean Diet For Dummies, 221 selecting, 182–183 beta carotene, 108 breakfast, 210-211 beta cells, 37, 46, 48 beverages. See also snacks about, 253 alcohol consumption, 254 budgeting, 176-177 calories and carbohydrates in alcohol, 254-255 bulk food, 177 coffee, 256-257 butter, 212 diabetic exchanges, 337 energy drinks, 258-259 • ( • flavored water, 257 hypoglycemia, 255-256 in restaurants, 246-247 soft drinks, 257 calcium sports drinks, 258-259 tea. 256-257 biotin, 94

using readings to stay on track, 169–170 blood lipid (fat) measures, conversions, 345 blood pressure, high, 69-70, 225 blood sugar. See blood glucose Celiac Disease For Dummies, 75 BMI (Body Mass Index) scale, 29, 67, 195 body mass, role of in Type 2 diabetes, 29–30 Body Mass Index (BMI) scale, 29, 67, 195 body weight, losing, 49, 67–68, 166, 167 emotional decision making, 13-14 impulsive eating, 14–15 logic and impulse, 150–151 mindless subconscious, 152-153 pleasure response, 149–150 diabetes exchanges, 328 in restaurants, 247-248 Brillat-Savarin, Jean Anthelme (author), 147 brown rice, carbohydrates in, 203 Brussels sprouts, 299, 302 buffets, in restaurants, 251-252 cabbage soup diet, 234-235 in DASH eating plan, 227-228 supplements, 98-99, 114 in vegetarian diets, 230

black beans, 315

36 9781118677537-bindex.indd 350 9/26/13 3:26 PM calculating CFSII (Continuing Survey of Food Intake by blood glucose, 2, 40-43 Individuals), 146 food choices, 136–138 checking ahead, for eating out, 242 nutrition facts, 236–237 cheese, 299, 300 calories Cheese Danish recipe, 299, 300 in alcohol, 254–255 cheese grater, 130 chicken, 282, 284, 286 from carbohydrates, 196 on nutrition facts labels, 134-135 Chicken with Lemon recipe, 282, 286 children, managing diabetes in, 72-73 Canadian bacon, 321 Chipotle Beef Tacos recipe, 282, 285 candy, 260-262 canned food, 176, 186-187, 324, 331 chips, swaps for, 323 Canning and Preserving For Dummies (Jeanroy chocolate, 260-262, 312-313, 323-324 and Ward), 186 cholesterol carb choices, 120-123, 136-138, 200, 202 about, 84-85 carb counting, 64, 120–123 LDL, 70-72 carbohydrate free, 208 choosing bread, 182-183 carbohydrates 36, about, 16-17, 50, 86-87, 115-116 canned food, 186-187 in alcohol, 254-255 cereal, 182-183 calories from, 196 condiments, 189 comparing, 121-123 crackers, 182-183 complex, 88-90 dairy, 184–185 diabetes exchanges, 328-332 doctors, 44-45 evaluating glycemic index/glycemic load, eggs, 184-185 fish, 183-184 118-120 fiber, 90 frozen food, 186-187 finding, 116-117 fruits, 181-182 insulin bolus dosing, 123 grains, 182-183 isolating, 202-204 legumes, 187-189 meats, 183-184 in Italian food, 216-217 oils, 189 managing, 117 meal plan, 126 pasta, 187-189 poultry, 183-184 portion size for, 199-201 produce, 181-182 recommendations, 124–126 staple, 125-126 protein, 201-202 cardiovascular risks rice, 187-189 snack foods, 189-190 about, 68-69 vegetables, 181-182, 204-205 lowering LDL cholesterol, 70–72 normalizing high blood pressure, 69-70 chromium, 99 carotenoids, 92, 107-109 chromium picolinate, 99 carrots, 317 cinnamon, 105-106 casseroles, 208-210 clostridium botulinum, 186 catechins, 109-110 cobalamin, 94 coffee, 256-257 CDEs (Certified Diabetes Educators), 44–45, 170 Celiac Disease For Dummies (Blumer and commitment Crow), 75 to diabetes management, 58 celiac sensitivity, 75 to your future, 158-161 cereals comorbidities, 195 diabetes exchanges, 328-329 comparing carb choices, 121-123 selecting, 182–183 complete proteins, 80, 202 cerebral cortex, 12, 149 complex carbohydrates, 88-90 Certified Diabetes Educators (CDEs), 44–45, 170 complications of diabetes, 11

36\_9781118677537-bindex.indd 351 9/26/13 3:26 PM

#### **Diabetes Meal Planning & Nutrition For Dummies**

condiments, 189, 211-212, 337-338 conditioned response, 144 Continuing Survey of Food Intake by Individuals (CSFII), 146 continuous glucose monitors, 41 controlling carbohydrates, 117 diabetes, 10-12, 18-19, 72-74 high blood pressure with diet, 225 conversions, 139, 345-348 converting glucose to energy, 36–37 cooked measures, compared with dry measures, 347 Cooking Basics For Dummies (Adamson, Miller and Rama), 129 corn oil, 84 cost cutting, 176–177, 315–318 counting carbohydrates, 64, 120-123 coupons, 176 crackers diabetes exchanges, 329 selecting, 182–183 Creutzfeldt-Jakob disease, 79 Crow, Sheila (author) Celiac Disease For Dummies, 75 crystalline candies, 260 cues, 146, 154 culture, connection with food, 147–148 cups, measuring, 129 customizing meals about, 193 add ons, 211-212 Asian food, 216 breakfast, 210-211 carb portions, 199-201 casseroles, 208-210 ethnic foods, 213–217 foundation for, 194–206 isolating carbohydrates, 202-204 Italian food, 216–217 lunch, 210-211 Mexican food, 215-216 mixed dishes, 208-210 mixing and matching meals, 205–206 MyPlate, 197-198 personal meal plan, 194-197 selecting proteins, 201-202 sneaky foods, 207-208 soul food, 213-215 Southern food, 213-215 starting simple, 201 vegetables, 204–205



D vitamin about, 95-97 supplements, 114 in vegetarian diets, 230 daily calorie needs, 195 daily recommendations, 240 daily value, 185 dairy butter, 212 cheese, 299, 300 in DASH eating plan, 225–227 low-fat, 131 milk, 331-332 as a "power food," 314 selecting, 184-185 as sneaky foods, 207-208 sour cream, 212, 321 swaps for, 322 yogurt, 316, 321 dark chocolate, 312–313 DASH (Dietary Approaches to Stop Hypertension) about, 17-18 on high blood pressure, 70 modifying, 224-228 on potassium, 100–101 recommended servings, 226 DAWN (Diabetes Attitudes, Wishes and Needs study), 43, 45 DCCT (Diabetes Control and Complications Trial), 42, 66 decision making before eating out, 240-242 emotional, 13-14 what to eat, 15–18 deli counter, 185-186 dentist, 45 depression, 171 deprivation, 165 desserts. See also sweets diabetic exchanges, 339-340 in restaurants, 247–248 diabetes. See also specific topics about, 9-10 complications of, 11 management of, 10-12, 72-74 potential complications of, 32-34 prevalence of, 21 Diabetes Attitudes, Wishes and Needs study (DAWN), 43, 45

36\_9781118677537-bindex.indd 352 9/26/13 3:26 PM

diabetes belt, 213 Diabetes Control and Complications Trial (DCCT), 42, 66 Diabetes Cookbook For Dummies (Rubin and James), 5, 165, 171 diabetes exchanges about, 140, 327 carbohydrates, 328-332 fats, 335–337 free foods, 337-339 fruits, 330-331 meat and meat substitutes, 332-335 milk, 331-332 starches, 328-330 sweets and desserts, 339-340 Diabetes For Dummies (Rubin), 2, 24, 32, 39, 41, 44, 76, 168, 169, 171 Diabetes Forecast, 171 diabetes mellitus, 22-24 Diabetes Prevention Program (DPP), 28 Diabetes Self-Management, 171 diabetes self-management education (DSME), 44–45 diabetic, 3 diabetic diet, 15, 48, 126 Diabetic Exchange System, 140, 327-340 diabetic foot disease, 34 diabetic ketoacidosis (DKA), 25 Diabetic Living, 171 diabetologist, 44 diastolic pressure, 69, 225 diet plans, modifying about, 219 Atkins Diet, 234 DASH, 224-228 fads, 234-236 heirloom recipes, 236-238 Jenny Craig, 233 Mediterranean diet, 220-224 Nutrisystem, 232-233 vegetarian, 228–231 Weight Watchers, 231–232 Dietary Approaches to Stop Hypertension (DASH). See DASH (Dietary Approaches to Stop Hypertension) dietitian, registered, 44, 48–50 dips, swaps for, 323 disaccharides, 36, 88 DIY management, 18-19 DKA (diabetic ketoacidosis), 25 doctors about, 43 choosing, 44-45

insulin therapy, 47-48 medications, 45-47 dopamine, 149 DPP (Diabetes Prevention Program), 28 dried fruit, 331 drinks. See also snacks about, 253 alcohol consumption, 254 calories and carbohydrates in alcohol, 254-255 coffee, 256-257 diabetic exchanges, 337 energy drinks, 258-259 flavored water, 257 hypoglycemia, 255-256 in restaurants, 246-247 soft drinks, 257 sports drinks, 258-259 tea, 256-257 drug interactions, with supplements, 113 dry measures, compared with cooked measures, 347 DSME (diabetes self-management education),

#### • E •

eating deciding what to, 15-18 emotional, 147-148 healthy, 153-156 at home, 162-163 impulsive, 14–15 mindless, 152, 215 eating out about, 239, 242 appetizers, 247-248 asking questions, 244–245 bar snacks, 246-247 bread, 247-248 bringing your own food, 245 buffets, 251-252 checking ahead, 242 decision-making before, 240–242 dessert, 247-248 drinks, 246-247 meal plan, 240-241 menus, 243-244 salad bar, 248-250 sticking to plans, 242 taking food home, 245-246 edamame, 202

36\_9781118677537-bindex.indd 353 9/26/13 3:26 PM

#### **Diabetes Meal Planning & Nutrition For Dummies**

Egg Muffin recipe, 299, 300 fat content, of protein, 81-82 egg substitutes, 202 fat soluble, 83 eggs fat soluble vitamins, 96 for cost cutting, 317–318 fat-free milk/yogurt products, 332 Egg Muffin recipe, 299, 300 fats about, 82 selecting, 184-185 elderly, managing diabetes in, 73-74 calories from, 196 electrolyte, 227 cholesterol, 84-85 diabetic exchanges, 335-337 emotional attachment, to food, 147-148 emotional decision making, 13-14 energy production of, 83 emotional eating, 147–148 monounsaturated, 83-84, 335-336 empty calories, 134 for the pantry, 131–132 endocrinologist, 44 polyunsaturated, 83–84, 336 saturated, 84-85, 336-337 endorphins, 150 endosperm, 124 trans, 84, 179 unsaturated, 83-84 energy conversion of glucose to, 36-37 feedback, positive, 172 production by fats, 83 fenugreek, 105 energy drinks, 258-259 fiber, 17, 36, 90, 122 entrées 15 grams Chicken with Lemon recipe, 282, 286 of carbohydrates, 202, 347 Chipotle Beef Tacos recipe, 282, 285 counting to, 120-121 in portion sizes, 136-138 Panko Chicken Tenders recipe, 282, 284 Spiced Pork Tenderloin with Gala Apples snacks, 263-264 recipe, 282, 283 fight or flight response, 56-57, 151 Teriyaki Salmon with Ginger and Orange fish Juice recipe, 282, 287 in Mediterranean diet, 222-224 environment, creating the right, 153–155 salmon, 84, 282, 287, 311 epicatechin, 110 selecting, 183-184 essential amino acids, 79-80, 201-202, 229 tuna, 294, 295, 324 estimating portion sizes, 138 5/20 rule, 132 ethnic foods, 213-217, 341-344 Flatbread pizza recipe, 288, 289 flavonoids, 18, 109-110 ethnicity, in Type 2 diabetes, 30–32 flavored waters, 257 evaluating glycemic index/glycemic load, 118-120 flax, 84 folate, 94 **Exchange System** about, 140, 327 food. See also specific types carbohydrates, 328-332 being overwhelmed by, 146–147 fats, 335-337 bulk, 177 free foods, 337-339 calculating choices, 136–138 fruits, 330-331 canned, 176, 186-187, 324, 331 meat and meat substitutes, 332-335 changes in environment, 144-147 milk, 331-332 emotional attachment to, 147-148 starches, 328–330 free, 337-339 sweets and desserts, 339-340 frozen, 176, 186-187, 279 exercise, 54-56, 69 generic, 176 glycemic index value of, 119 matching with medication, 64-65 • *F* • measuring, 128 organic, 180 fad diets, 234-236 potentially hazardous, 130

36\_9781118677537-bindex.indd 354 9/26/13 3:26 PM

prepackaged, 178–179

Fancy Fruit Salad recipe, 303, 304

fasting blood glucose, 40

prepared, 177 processed, 179 recycling amino acids from, 79-80 sneaky, 207–208 whole, 124-125, 199 food grater, 130 food swaps, 319-324 food thermometer, 130 For Dummies Cheat Sheet (website), 4 free foods, 337-339 free radicals, 104 fresh fruit, 272, 330-331 frozen food, 176, 186-187, 279 fructose, 22, 116 fruit. See also specific fruit Baked Apples recipe, 303, 304 balancing in Mediterranean diet, 221–222 Banana Pudding recipe, 303, 306 carbohydrates in, 203 in DASH eating plan, 225–227 diabetes exchanges, 330-331 dried, 331 Fancy Fruit Salad recipe, 303, 304 fresh, 272, 330-331 for the pantry, 131 selecting, 181-182 whole, 124 Whole-Wheat French Toast with Red Berry Sauce recipe, 303, 305 fruit juice, 331

### • G •

gadgets, 128-130 garlic, 106, 324 gastroparesis, 75 Generally Recognized As Safe (GRAS), 348 generic food, 176 genetics, in Type 2 diabetes, 30-32 genistein, 110 germ, 124 gestational diabetes, 32 GFR (glomular filtration rate), 76 ghrelin, 149 ginger, 282, 287 glomuler filtration rate (GFR), 76 GLP-1 hormone, 46 glucagon, 38 glucose balancing, 39-40 conversion to energy of, 36–37 homeostasis of, 10-11

metabolism of, 11-12 role of, 22-23 storing, 38-39 glucose tolerance factor, 99 gluten sensitivity, 75 glycated blood hemoglobin, 346 Glycemic Index Cookbook For Dummies (Raffetto), 5, 120 Glycemic Index For Dummies (Reffetto), 118 glycemic index/glycemic load, 89, 118-120, 199, 221, 232 glycerin, 82 glycerol, 82 glycogen, 86 glycosylated blood hemoglobin, 346 goals, achieving your, 168–172 grains Baked Polenta with Turkey Sausage Ragu recipe, 288, 292 balancing in Mediterranean diet, 221–222 in DASH eating plan, 225-227 diabetes exchanges, 328–329 Flatbread pizza recipe, 288, 289 Lindsey's Quinoa Salad recipe, 288, 293 for the pantry, 130-131 Rice Pilaf with Currants recipe, 288, 290 selecting, 182–183 Shrimp Salad Rolls recipe, 288, 291 whole, 124 grams, on nutrition facts labels, 135 GRAS (Generally Recognized As Safe), 348 Greek yogurt, 321 grocery stores about, 174-175 making lists, 175–176 ground, standing your, 161 guilt, 13



Haas, Elson (author)

Vitamins For Dummies, 111
habits, adopting better, 161–164
hard candies, 261
HCG (human chorionic gonadotropin), 235
HDL (high-density lipoproteins) cholesterol, 71, 85
health, prioritizing your, 57–60
"health food" aisle, 190
healthy eating
making time for, 158–159
planning meals, 173–174

36\_9781118677537-bindex.indd 355 9/26/13 3:26 PM

#### **Diabetes Meal Planning & Nutrition For Dummies**

healthy eating, barriers to about, 143-144 brain, 149–153 changes in food environment, 144–147 eating healthier forever, 153–156 emotional attachment to food, 147-148 heart, 17-18 heart attack, 33-34 heart disease, 49 heirloom recipes, modifying, 236-238 help, asking for, 170–172, 244–245 hemoglobin A1C (HbA1C/A1C). See A1C (hemoglobin A1C) herbal remedies about, 104 alpha lipoic acid, 104-105 cinnamon, 105-106 fenugreek, 105 garlic, 106 hesperidin, 109 high blood pressure controlling with diet, 225 normalizing, 69-70 High Blood Pressure For Dummies (Rubin), 69 high density lipoprotein (HDL) cholesterol, 71.85 High prevalence of low plasma thiamine in diabetes linked to a marker of vascular disease study, 95 High-dose thiamine therapy for patients with diabetes and microalbuminuria study, 95 high-fat meat/meat substitute, 334-335 high-fructose corn syrup, 86 Hobbs, Christopher (author) Vitamins For Dummies, 111 homeostasis, 10-11, 35, 162-163 hors d'oeuvres. See starters and sidekicks human chorionic gonadotropin (HCG), 235 hydrogenated fat, 84 hydrophobic, 82 hyperglycemia, 33 hyperlipidemia, 85 hypertension, 224–225 Hypertension Cookbook For Dummies (Kleckner), 5, 70 hypoglycemia about, 24, 65 alcohol and, 255-256 as short-term complication, 33

treating, 265–266

hyponatremia, 102



icons, explained, 3-4 ignoring quick fixes, 166–168 imbalance, 39-40 impaired glucose tolerance, 40 imperfection, 165-166 impulse, relationship with logic, 150-151 impulsive eating, 14–15 in season produce, 176 incomplete protein foods, 80 inconvenience, accepting, 159–160 infusion set, 48 ingredients, modifying, 237–238 insulin about, 16, 23-24, 37 losing capacity to produce, 25-26 as a mineral, 103 insulin bolus dosing, 123 insulin hexamer, 103 insulin pumps, 48 insulin therapy, 47–48 insulin to carbohydrate ratio (I:C ratio), 47, 64-65 insulin-dependent diabetes about, 24 causes of, 27 compared with Type 2 diabetes, 10 latent autoimmune diabetes of adults (LADA), 26 losing capacity to produce insulin, 25–26 intermediate-acting insulin, 48, 65 International Units (IUs), 346–347 Internet resources Academy of Nutrition and Dietetics, 50 American Association of Diabetes Educators, 50 Diabetes Every Day, 155 For Dummies Cheat Sheet, 4 mindless eating, 152 National Institutes of Health, Office of Dietary Supplements, 113 as references, 138-139 Rubin, Alan, 171 Smithson, Toby, 171 U.S. Department of Agriculture, 139 weight loss, 166 Islets of Langerhans, 37 isolating carbohydrates, 202-204 isotopes, 99 Italian food, 216–217 IUs (International Units), 346–347

36\_9781118677537-bindex.indd 356 9/26/13 3:26 PM

• 1 •

James, Cait (author)

Diabetes Cookbook For Dummies, 5, 165, 171

Jeanroy, Amelia (author)

Canning and Preserving For Dummies, 186

Jenny Craig, 233

journal, 168–169

Journal of Molecular Biology, 103

juvenile diabetes

about, 24

causes of, 27

compared with Type 2 diabetes, 10

latent autoimmune diabetes of adults

(LADA), 26

losing capacity to produce insulin, 25–26



kale, as a "power food," 312
Kessler, David (doctor), 213
ketchup, 212
ketoacidosis, 83
kidney disease, 34
kidney failure, 75–76
kilocalorie, 134
kitchen, stocking your, 127–132
kitchen scale, 128–129
Kleckner, Cynthia (author)
Hypertension Cookbook For Dummies, 5, 70
knives, sharp, 130



lactose, 88
lactose intolerant, 185
LADA (latent autoimmune diabetes of adults), 26
lamb, 183
latent autoimmune diabetes of adults
(LADA), 26
LDL (low density lipoprotein) cholesterol, 70–72, 85
lean meat/meat substitute, 333–334
leftovers, from restaurants, 245–246
legumes
balancing in Mediterranean diet, 221–222
selecting, 187–189
lemons, 282, 286

carbohydrates in, 188 for cost cutting, 317 diabetes exchanges, 330 leptin, 83, 149 lifestyle about, 53-54 physical activity, 54-56 smoking, 56 stress, 56-57 Lindsey's Quinoa Salad recipe, 288, 293 lipids, 82 logic, relationship with impulse, 150-151 long-acting insulin, 48, 65 losing body weight, 49, 67-68, 166, 167 low density lipoprotein (LDL) cholesterol, 70–72, 85 low-carb healthy snacks, 262-264 lowering LDL cholesterol, 70-72 low-fat dairy, 131, 332 lunch, 210-211 lutein, 107 lycopene, 108



macronutrients

lentils

about, 77 carbohydrates, 86-90 fats, 82-85 protein, 78-82 Mad Cow disease, 79 magnesium, 99-100, 227-228 maltose, 88 managing carbohydrates, 117 diabetes, 10-12, 18-19, 72-74 high blood pressure with diet, 225 mayonnaise, 211, 320-321 meal customization about, 193 add ons, 211-212 Asian food, 216 breakfast, 210–211 carb portions, 199-201 casseroles, 208-210 ethnic foods, 213-217 foundation for, 194-206 isolating carbohydrates, 202-204 Italian food, 216-217

#### Diabetes Meal Planning & Nutrition For Dummies \_

meal customization (continued)
lunch, 210–211
Mexican food, 215–216
mixed dishes, 208–210
mixing and matching meals, 205–206
MyPlate, 197–198
personal meal plan, 194–197
selecting proteins, 201–202
sneaky foods, 207–208
soul food, 213–215
Southern food, 213–215
starting simple, 201
vegetables, 204–205
Meal in a Potato recipe, 294, 296
meal plan
for eating out, 240–241
following your, 126
starting a, 173–174
sticking to your, 242
meal skipping, 164
measuring
blood glucose, 2, 40–43
food, 128
nutrition facts, 236–237
measuring cups, 129
meat substitutes, 332–335
meats
bacon, 321
beef, 183, 282, 285
chicken, 282, 284, 286
diabetic exchanges, 332–335
diabetic exchanges, 332–335 lamb. 183
lamb, 183
lamb, 183 in Mediterranean diet, 222–224
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224 Mediterranean Diet Cookbook For Dummies
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224 Mediterranean Diet Cookbook For Dummies (Raffetto and Peterson), 5, 221
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224 Mediterranean Diet Cookbook For Dummies (Raffetto and Peterson), 5, 221 Mediterranean Diet For Dummies (Berman), 221
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224 Mediterranean Diet Cookbook For Dummies (Raffetto and Peterson), 5, 221
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224 Mediterranean Diet Cookbook For Dummies (Raffetto and Peterson), 5, 221 Mediterranean Diet For Dummies (Berman), 221 medium-fat meat/meat substitute, 334 melons, 276
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224 Mediterranean Diet Cookbook For Dummies (Raffetto and Peterson), 5, 221 Mediterranean Diet For Dummies (Berman), 221 medium-fat meat/meat substitute, 334 melons, 276 mental health professional, 45 menus
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224 Mediterranean Diet Cookbook For Dummies (Raffetto and Peterson), 5, 221 Mediterranean Diet For Dummies (Berman), 221 medium-fat meat/meat substitute, 334 melons, 276 mental health professional, 45 menus
lamb, 183 in Mediterranean diet, 222–224 pork, 183, 282, 283 selecting, 183–184 medical nutrition therapy, 44, 120, 194, 240 medications about, 45–47 matching with food, 64–65 Mediterranean diet, 18, 220–224 Mediterranean Diet Cookbook For Dummies (Raffetto and Peterson), 5, 221 Mediterranean Diet For Dummies (Berman), 221 medium-fat meat/meat substitute, 334 melons, 276 mental health professional, 45

metabolism, 11-12, 92

metformin, 46 metric measures, 2, 91 Mexican food, 215–216, 343–344 micronutrients about, 91-92 antioxidants, 104-106 herbal remedies, 104-106 minerals, 97-103 phytonutrients, 107-111 supplements, 111-114 vitamins, 92-97 milk, 331-332 milk sugar, 86 Miller, Bryan (author) Cooking Basics For Dummies, 129 milligrams, on nutrition facts labels, 135 millimoles per liter (mmol/l), 39 mindless eating, 152, 215 mindless subconscious, 152-153 minerals about, 97 calcium, 97-99 chromium, 99 insulin, 103 magnesium, 99-100 potassium, 100-101 sodium, 101-102 zinc, 103 miracle foods, 235-236 mixed dishes, 208-210 modifying diet plans. See diet plans, modifying ingredients, 237-238 monosaccharide, 116 monounsaturated fat, 83-84, 335-336 morbidly obese, 67-68 Mushroom Lasagna with Zucchini Noodles recipe, 294, 297 mushrooms, 294, 297 MyPlate, 197-198



National Health and Nutrition Examination Survey (NHANES), 229 National Institutes of Health, Office of Dietary Supplements (website), 113 National Mustard Museum, 211–212 National Weight Control Registry, 164, 168–169 nephrologist, 76 nephropathy, 76

36\_9781118677537-bindex.indd 358 9/26/13 3:26 PM

neuropathy, 34, 104-105 neurotransmitter, 149-150 NHANES (National Health and Nutrition Examination Survey), 229 niacin, 93, 94 no sugar added, 208 no-calorie sweeteners, 265 non-nutritive sweeteners, 348 nonstarchy vegetables, 131, 204-205 normalizing high blood pressure, 69-70 NPH, 48 nutrient dense calories, 134 Nutrisystem, 232-233 nutrition facts labels about, 132-133 calculating, 236-237 calories, 134-135 grams, 135 milligrams, 135 serving sizes, 135–136 Nutrition For Dummies (Rinzler), 134, 190 nutrition requirements about, 63 blood glucose control, 64-67 cardiovascular risks, 68–72 special circumstances, 72-76 weight loss, 67-68 nuts about, 259-260 almonds, 84 in Mediterranean diet, 223 peanuts, 84 as a "power food," 311 unsalted, 278 walnuts, 84



oats, as a "power food," 309–310 OGTT (oral glucose tolerance test), 40 oil mister, 129 oils, 84, 189, 222–224 oligomeric procyanadins, 111 oligosaccharides, 88, 116 olive oil, 84, 222–224 omega-3 fatty acids, 84, 311 ORAC (oxygen radical absorbing capacity), 104 oral glucose tolerance test (OGTT), 40 oranges, 282, 287, 312 organic compounds, 79 organic food, 180 ovo-lacto vegetarians, 229–230 oxygen radical absorbing capacity (ORAC) score, 104



pancreas, 103, 167 Panko Chicken Tenders recipe, 282, 284 pantothenic, 94 pantry, 130-132 pasta, 187-189, 217, 294, 297 Pavlov, Ivan (physiologist), 144 peanut butter, 318 peanuts, 84 peas, 330 peeler, 130 pellagra, 93 personal meal plan, knowing your, 194–197 Peterson, Wendy Jo (author) Mediterranean Diet Cookbook For Dummies, 5, 221 pharmacist, 44 phosphatidylcholine, 223 photosynthesis, 116 physical activity, 54-56 phytonutrients about, 107 carotenoids, 107-109 flavonoids, 109-110 resveratrol, 110-111 pico de gallo, 212 planning, 155-156, 173-174 plant sources, of protein, 81 pleasure response, 149-150 podiatrist, 45 polenta, 279, 288, 292 pollo-pescetarian vegetarian, 229 polysaccharide, 36, 116 polyunsaturated fat, 83-84, 336 pork, 183 portion distortion, 128 portion size about, 136-138 for carbohydrates, 199-201 specificity of, 196 positive feedback, 172 postprandial, 41 potassium, 100-101, 227-228 potato growth factor, 104

36\_9781118677537-bindex.indd 359 9/26/13 3:26 PM

#### **Diabetes Meal Planning & Nutrition For Dummies**

potatoes, 294, 296, 316, 321 Rama, Marie (author) potentially hazardous foods, 130 poultry, selecting, 183–184 "power foods," 309–314 recipes prediabetes, 40 Prediabetes For Dummies (Rubin), 171 preferred customer plan, 176 pregnancy, Type 2 diabetes during, 32 prepackaged food, 178-179 prepared food, 177 prevention, value of, 59-60 primary physician, 44 primary structure, of proteins, 78 prioritizing your health, 57-60 priority-setting. See also track, staying on about, 157 achieving your goals, 168–172 adopting better habits, 161-164 committing to your future, 158-161 processed food, 179 produce, selecting, 181–182 protein about, 78-79 animal sources of, 80-81 calories from, 195 complete, 80, 202 fat content of, 81–82 for the pantry, 131 plant sources of, 81 primary structure of, 78 recycling amino acids from food, 79-80 secondary structure of, 78 selecting, 201–202 tertiary structure of, 78 protein digestibility corrected amino acid score, 202 pyridoxine, 93, 94



quercetin, 110 Quick Soy Stir Fry recipe, 294, 298 quinoa, 276, 288, 293



Raffetto, Meri (author) Glycemic Index Cookbook For Dummies, 5, 120 Mediterranean Diet Cookbook For Dummies, 5, 221

Cooking Basics For Dummies, 129 rapid acting insulin, 47 about, 281 Baked Apples, 303, 304 Baked Polenta with Turkey Sausage Ragu, 288, 292 Cheese Danish, 299, 300 Chicken with Lemon, 282, 286 Chipotle Beef Tacos, 282, 285 collecting, 139 converting, 139, 345-348 Egg Muffin, 299, 300 entrées, 282-287 Fancy Fruit Salad, 303, 304 Flatbread pizza, 288, 289 fruit, 303-306 grains, 288-293 Lindsey's Quinoa Salad, 288, 293 Meal in a Potato, 294, 296 Mushroom Lasagna with Zucchini Noodles, 294, 297 Panko Chicken Tenders, 282, 284 Quick Soy Stir Fry, 294, 298 Rice Pilaf with Currants, 288, 290 Roasted Brussels Sprouts, 299, 302 Shrimp Salad Rolls, 288, 291 Spaghetti Squash, 299, 301 Spiced Pork Tenderloin with Gala Apples, 282, 283 starters and sidekicks, 299-302 Teriyaki Salmon with Ginger and Orange Juice, 282, 287 Tuna Niçoise, 294, 295 vegetables, 294-298 Whole-Wheat French Toast with Red Berry Sauce, 303, 305 recommendations adequate intake, 99 for carbohydrates, 124-126 recommended dietary allowances (RDA), 98 recommended servings in DASH (Dietary Approaches to Stop Hypertension), 226 recycling amino acids from food, 79–80 reduced-fat milk/yogurt products, 332 references, 138-139 Reffetto, Meri (author) Glycemic Index For Dummies, 118 registered dietitian, 44, 48–50 relative biological value, 81

36\_9781118677537-bindex.indd 360 9/26/13 3:26 PM

relieving stress, 56–57	salsa, 212
Remember icon, 4	satiety, 221
Research to Practice Series #6, 162	saturated fat, 84–85, 336–337
resentment, 13	saving money, 176–177
restaurants	scale, kitchen, 128–129
about, 239, 242	scarcity, 144–146
appetizers, 247–248	scoops, 129
asking questions, 244–245	scurvy, 92
bar snacks, 246–247	seasonings
bread, 247–248	diabetic exchanges, 338
bringing your own food, 245	for the pantry, 132
buffets, 251–252	secondary structure, of proteins, 78
checking ahead, 242	seeds, 259–260
decision-making before, 240–242	selecting
dessert, 247–248	bread, 182–183
drinks, 246–247	canned food, 186–187
meal plan, 240–241	cereal, 182–183
menus, 243–244	condiments, 189
salad bar, 248–250	crackers, 182–183
sticking to plans, 242	dairy, 184–185
taking food home, 245–246	doctors, 44–45
resveratrol, 110–111	eggs, 184–185
reward pathway, 150	fish, 183–184
riboflavin, 93, 94	frozen food, 186–187
rice, 187–189, 203, 273, 288, 290	fruits, 181–182
Rice Pilaf with Currants recipe, 288, 290	grains, 182–183
Rinzler, Carol Ann (author)	legumes, 187–189
Nutrition For Dummies, 134, 190	meats, 183–184
risks	oils, 189
cardiovascular, 68–72	pasta, 187–189
for heart disease, reducing, 49	poultry, 183–184
Roasted Brussels Sprouts recipe, 299, 302	produce, 181–182
Rubin, Alan (author)	protein, 201–202
contact information, 4	rice, 187–189
Diabetes Cookbook For Dummies, 5, 165, 171	snack foods, 189–190
Diabetes For Dummies, 2, 24, 32, 39, 41, 44,	vegetables, 181–182, 204–205
76, 168, 169, 171	selflessness, misplaced, 13
High Blood Pressure For Dummies, 69	self-management, 50–51, 58
Prediabetes For Dummies, 171	serotonin, 150
Type 1 Diabetes For Dummies, 2, 26, 39,	serving sizes, on nutrition facts labels,
123, 171	135–136
Vitamin D For Dummies, 95, 97	sesame seeds, 84
	setting priorities. <i>See</i> priority-setting
• 5 •	Seven Countries Study, 220
	7-day menu
saccharide, 115–116. See also carbohydrates	about, 269–270
salad bars, 248–250	Day 1, 270–271
salad dressings, 212, 322	Day 2, 271–272
salad spinner, 129	Day 3, 272–274
sales, 176	Day 4, 274–275
salmon, 84, 282, 287, 311	Day 5, 275–276
, , , , , ,	

36\_9781118677537-bindex.indd 361 9/26/13 3:26 PM

## Diabetes Meal Planning & Nutrition For Dummies \_\_\_\_\_

7-day menu (continued)	candy, 260–262
Day 6, 276–278	chocolate, 260–262
Day 7, 278–279	diabetes exchanges, 329
snacks, 279–280	low-carb healthy, 262–264
shopping	nuts, 259–260
about, 173	seeds, 259–260
bread, 182–183	selecting, 189–190
canned food, 186–187	in 7-day menu, 279–280
cereal, 182–183	treating hypoglycemia, 265–266
condiments, 189	sneaky foods, 207–208
crackers, 182–183	social connection, with food, 148
dairy, 184–185	soda, 257
deli counter, 185–186	sodium
eggs, 184–185	about, 101–102
fish, 183–184	in Asian food, 216
food terminology, 177–180	in dairy products, 185
frozen food, 186–187	in DASH eating plan, 228
grains, 182–183	sodium glucose co-transporter 2 inhibitor
grocery stores, 174–177	(SGLT2 inhibitors), 46
"health food" aisle, 190	soft drinks, 257
healthy meal planning, 173–174	soluble fiber, 17
legumes, 187–189	"soul" food, 213–215
making grocery lists, 175–176	sour cream, 212, 321
meats, 183–184	Southern food, 213–215
oils, 189	soy, 81, 275, 294, 298, 313–314
organic foods, 180	soy beans, 202
pasta, 187–189	soy sauce, 211
poultry, 183–184	soybean oil, 84
prepackaged, 178–179	spaghetti squash, 278, 299, 301
processed foods, 179	Spaghetti Squash recipe, 299, 301
rice, 187–189	special circumstances
saving money, 176–177	about, 72
selecting produce, 181–182	athletes, 74
snack foods, 189–190	celiac and gluten sensitivity, 75
temptation, avoiding, 177	children, 72–73
tips, 180–190	elderly, 73–74
shopping list, 175–176	gastroparesis, 75
short-acting insulin, 47	kidney failure, 75–76
shrimp, 288, 291	sphygmomanometer, 69
Shrimp Salad Rolls recipe, 288, 291	Spiced Pork Tenderloin with Gala Apples
simple sugar, 17	recipe, 282, 283
skipping meals, 164	spices
Smithson, Toby (website), 171	for the pantry, 132
smoking, 56	swaps for, 323
Smoking and Health: Report of the Advisory	spoons, 129
Committee to the Surgeon General, 56	sports drinks, 258–259
snacks. See also beverages	standing your ground, 161
about, 253	standing your ground, 101 staple carbohydrates, 125–126
advertising for, 147	starches, 36, 328–330
alternative sweeteners, 264–265	5 car 5 co, 6 car 6 co

36\_9781118677537-bindex.indd 362 9/26/13 3:26 PM

starchy vegetables carbohydrates in, 203 diabetes exchanges, 329 for the pantry, 130–131 starters and sidekicks Cheese Danish recipe, 299, 300 Egg Muffin recipe, 299, 300 in restaurants, 247–248 Roasted Brussels Sprouts recipe, 299, 302
Spaghetti Squash recipe, 299, 301
staying on track. See track, staying on
steamer basket, 130
sterol, 85
stocking your kitchen, 127–132
storing glucose, 38–39
stress effect on logic and impulse, 150–151 relieving, 56–57
stroke, 33–34
sugar, 17, 22, 87–88, 115–116. See also
carbohydrates
sugar alcohols, 122, 265
sugar free, 208
sugar substitutes, 264–265
sugar-free candies, 261
supermarkets, 174. See also grocery stores
supplements
about, 111–114 approval of, 167
calcium, 98–99, 114
swapping food, 319–324
sweeteners
alternative, 264–265
artificial, 264–265
non-nutritive, 348
zero-calorie, 265
sweets, 124, 339-340. See also desserts
sympathetic nervous system, 151
systolic pressure, 69, 225

#### • 7 •

tea, 256–257
Technical Stuff icon, 4
temptation, avoiding, 177
Teriyaki Salmon with Ginger and Orange
Juice recipe, 282, 287
terminology, grocery store, 177–180
tertiary structure, of proteins, 78

testing blood glucose at home, 41-42 thermometer, food, 130 thiamine, 93, 94 Thiamine deficiency in diabetes mellitus and the impact of thiamine replacement on glucose metabolism and vascular disease study, 95 thiazolidinediones, 46 30-gram snacks, 264 time, making for healthy eating, 158-159 timing, importance of, 163-164 Tip icon, 4 tools, 128-130 tortillas, whole-grain, 271 track, staying on, 164-168. See also prioritysetting trans fats, 84, 179 treating hypoglycemia, 265-266 Trial to Reduce IDDM in the Genetically at Risk (TRIGR), 27 triggers, 146, 154 triglycerides, 82 TRIGR (Trial to Reduce IDDM in the Genetically at Risk), 27 tropical oils, 189 tuna, 294, 295, 324 Tuna Niçoise recipe, 294, 295 turkey, 279, 288, 292 Type 1 diabetes about, 24 causes of, 27 compared with Type 2 diabetes, 10 latent autoimmune diabetes of adults (LADA), 26 losing capacity to produce insulin, 25–26 Type 1 Diabetes For Dummies (Rubin), 2, 26, 39, 123, 171 Type 2 diabetes about, 27 age, 30-32 in children, 73 compared with Type 1 diabetes, 10 in elderly, 73 ethnicity, 30-32 genetics, 30-32 medications for, 46-47 during pregnancy, 32 progression of, 28-29 role of body mass in, 29-30 testing for, 41

36\_9781118677537-bindex.indd 363 9/26/13 3:26 PM

#### **Diabetes Meal Planning & Nutrition For Dummies**

• U •

UKPDS (United Kingdom Prospective Diabetes Study), 42–43 unconditioned response, 144 United Kingdom Prospective Diabetes Study (UKPDS), 42–43, 66 unsalted nuts, 278 unsaturated fat, 83–84 urea, 79 U.S. Department of Agriculture (website), 139 U.S. measures, 3 USDA select, 184



vegan diet, 230-231 vegetable peeler, 130 vegetables. See also specific vegetables Meal in a Potato recipe, 294, 296 Mushroom Lasagna with Zucchini Noodles recipe, 294, 297 nonstarchy, 131, 204-205 Quick Soy Stir Fry recipe, 294, 298 selecting, 181-182, 204-205 starchy, 130-131, 203, 329 Tuna Niçoise recipe, 294, 295 whole, 124 vegetarian diet, modifying, 228-231 Vegetarian Society, 229 villi, 37 vision, 34 Vitamin D For Dummies (Rubin), 95, 97 vitamins about, 92 B, 93-95, 230-231 bread fortified with, 183 D, 95-97, 114, 230 fat soluble, 96 supplements, 114 Vitamins For Dummies (Hobbs and Haas), 111



walnuts, 84
Wansink, Brian (researcher), 152
Ward, Karen (author)
Canning and Preserving For Dummies, 186

Warning! icon, 4 water, flavored, 257 weakness, personal, 13 wearing the healthy halo, 212 websites Academy of Nutrition and Dietetics, 50 American Association of Diabetes Educators, 50 Diabetes Every Day, 155 For Dummies Cheat Sheet, 4 mindless eating, 152 National Institutes of Health, Office of Dietary Supplements, 113 as references, 138-139 Rubin, Alan, 171 Smithson, Toby, 171 U.S. Department of Agriculture, 139 weight loss, 166 weight loss, 49, 67-68, 166, 167 weight loss drugs, 167 Weight Watchers, 231–232 weight-training, 56 whole foods, 124-125, 199 whole milk/yogurt products, 332 whole-grain tortillas, 271 Whole-Wheat French Toast with Red Berry Sauce recipe, 303, 305 wine, with Mediterranean diet, 224



xanthophylls, 107



yogurt, 316, 321



zeaxanthin, 107 zero-calorie sweeteners, 265 zinc, 103 zucchini, 294, 297