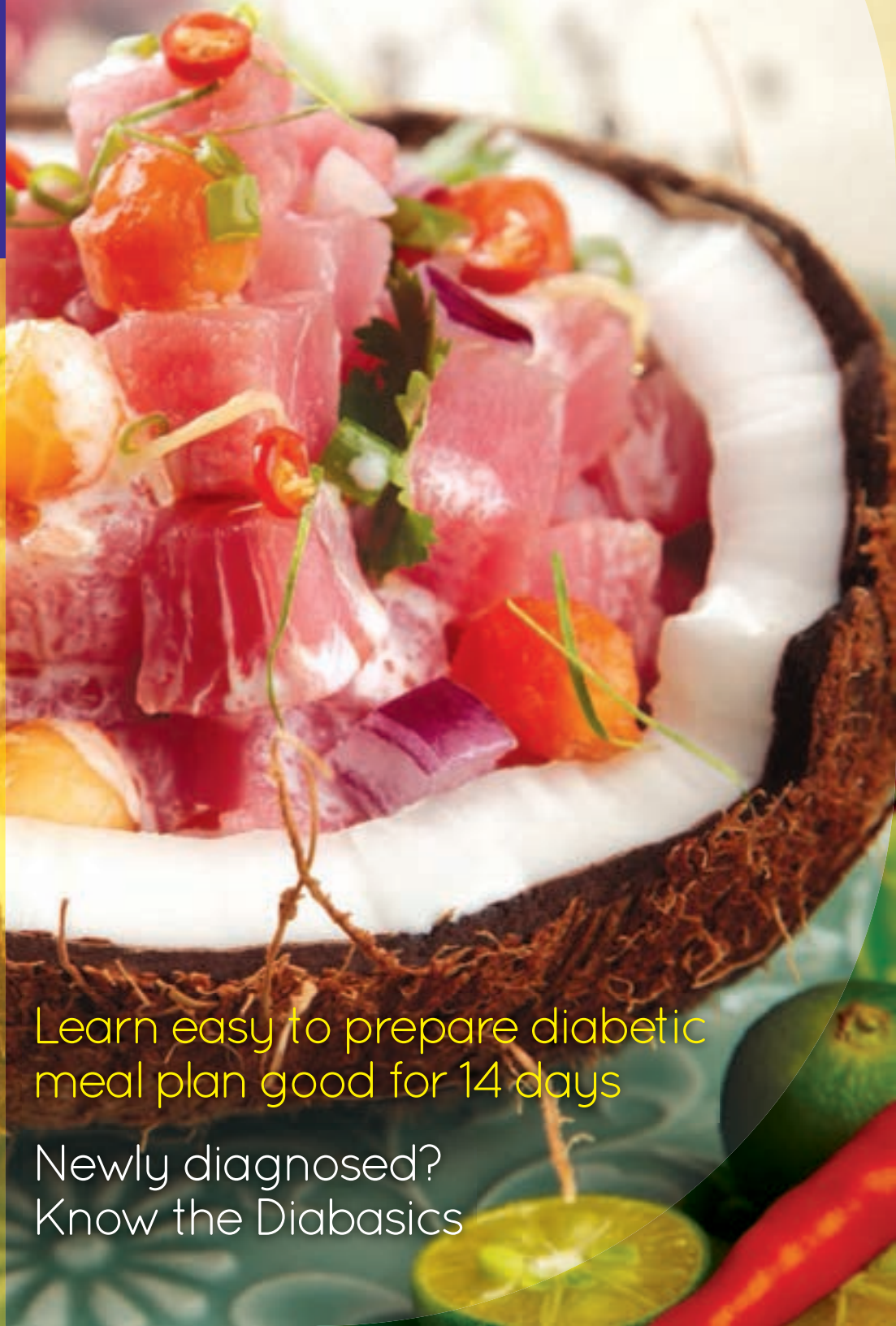


D

DELICIOUS,
DELIGHTFUL
DISHES FOR PEOPLE WITH
DIABETES

Enjoy Diabetic-Friendly Meals the Chef Sau Way



Featured Chef:
Sau del Rosario

Learn easy to prepare diabetic meal plan good for 14 days

Newly diagnosed?
Know the Diabasics

INTRODUCTION

Diabetes doesn't mean saying goodbye to certain indulgences like good food. Learning how to control your diabetes can empower you and help you enjoy life.

Eating the right food at the right amount will help you take charge of your diabetes.

This magazine is the start of your delicious journey towards healthy eating and a healthier way of life. Carefully planned and prepared by PASOO (Philippine Association for the Study of Overweight and Obesity) and renowned chef Sau del Rosario, this resource sets you on your way to a delicious, delightful experience amidst diabetes.

Inside you will find easy to prepare recipes set in a 2-week / 14-day meal plan. Try them and take control of your diabetes. Enjoy!

MESSAGE FROM PASOO PRESIDENT

Another cookbook? What's new? Do we truly need it?

For one thing, this is a cookbook cataloguing the works of one of the country's most sought-after chefs, Sau Del Rosario. His training and experience in several Michelin Star restaurants in France reflects the passion he stirs into every dish he prepares in his string of successful restaurants here in the country.

But what makes this cookbook unique? This is the culmination of Chef Sau's culinary wisdom and the expertise of two exceptional nutritionists from the Philippine Association for the Study of Obesity and Overweight (PASOO), Ms. Sanirose Orbeta and Dr. Celeste Tanchoco in creating a sumptuous mix of healthy and delectable meals you'll surely enjoy. Not only were the recipes chosen carefully for its flavorful taste, they were all meticulously tested for being nutritious and diabetic friendly.

We Filipinos love to eat! But alas, eating the wrong food can produce ill effects on our health. That's why we created this amazing cookbook to dispel the myth of rich, flavorful foods being unhealthy and that diabetics cannot cook and eat without restrictions.

We would like to thank you Chef Sau del Rosario for not compromising taste in these easy to cook recipes and AstraZeneca for its generous grant on this maiden issue.

Happy healthy cooking and happy healthy eating everyone!

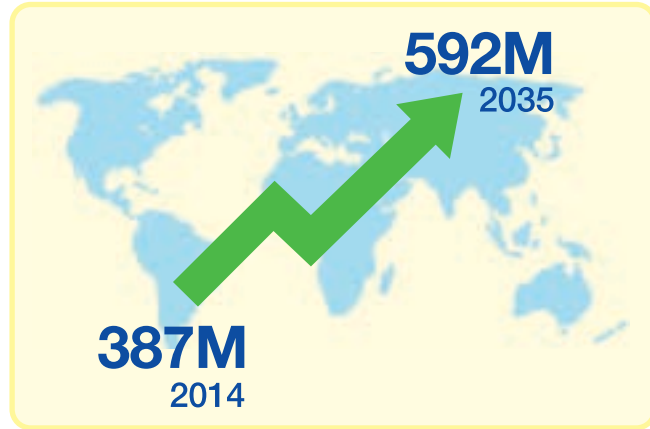


Dr. Bob Mirasol
President, PASOO



Did you know?

THE NUMBER OF PATIENTS WITH DIABETES WORLDWIDE IS EXPECTED TO **INCREASE FROM 387 MILLION IN 2014 TO 592 MILLION IN 2035.**



IN THE WESTERN PACIFIC (INCLUDING THE PHILIPPINES), **138 MILLION ADULTS HAVE DIABETES** – THE LARGEST NUMBER OF ANY REGION

EVERY 10 SECONDS 2 PEOPLE DEVELOP DIABETES.

EVERY 7 SECONDS 1 PERSON DIES FROM DIABETES.

1 in 12 PEOPLE HAVE DIABETES



1 IN 2 PEOPLE WITH DIABETES DO NOT KNOW THEY HAVE IT

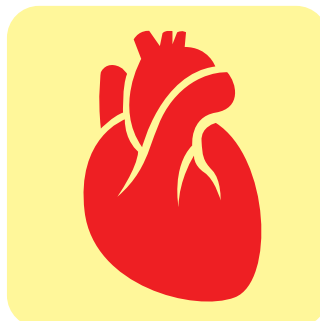


8%
NATIONAL PREVALENCE OF DIABETES

ONLY **15%**
OF DIABETIC PATIENTS ARE IN CONTROL

#1 CAUSE OF

- BLINDNESS IN THE PHILIPPINES
- END STAGE KIDNEY DISEASE IN THE PHILIPPINES
- NON-TRAUMATIC AMPUTATIONS IN THE PHILIPPINES



2-4X
INCREASE RISK OF HEART DISEASE AND STROKE

DIABETES AND ITS COMPLICATIONS CAN BE PREVENTED

D

Know Your Diabasics

Know your Diabasics

Diabetes is a chronic disease. It has no cure and is associated with a lot of complications—eye disease, kidney disease, nerve damage, heart disease and stroke among others. Knowing your numbers can decrease your risk of developing these dreaded complications.

GLYCOSYLATED HEMOGLOBIN (HbA1C) SHOULD BE LESS THAN 7%

HbA1c is your average blood sugar for the past three months. If your number is higher than 7%, you should check your diet and exercise more. See your endocrinologist who will then make some adjustments in your medications.

TOTAL CHOLESTEROL SHOULD BE

↓200 mg/dL

LDL CHOLESTEROL (BAD CHOLESTEROL) SHOULD BE

↓100 mg/dL

HDL CHOLESTEROL (GOOD CHOLESTEROL) SHOULD BE

>40 mg/dL FOR MEN >50 mg/dL FOR WOMEN

TRIGLYCERIDES SHOULD ALSO BE CHECKED SHOULD BE

<150 mg/dL

Avoid fatty foods. Go slow on fried foods and junk food. Don't eat too much of animal sourced fats (pork, beef, chicken skin, etc). Lowering your cholesterol can decrease risk of developing heart disease. If still elevated, your doctor will give you a statin. (A drug to bring down your cholesterol)



FOLLOW THE FOOD PLATE

1/2 OF YOUR PLATE SHOULD BE VEGETABLES, 1/4 MEAT OR MEAT EXCHANGE AND 1/4 GO FOODS SUCH AS RICE, CORN, BREAD OR PASTA.

It's the amount of food that you take in that matters. Cut down on the high energy-dense foods and the amount should be according to your meal plan. You can work this out with your dietitian.

BLOOD PRESSURE ACCORDING TO EXPERTS SHOULD BE BELOW

140/80



Keep it to this level by avoiding foods high in sodium which can help keep blood pressure down. Take your BP medications regularly. It has been shown that if blood pressure is controlled you decrease the risk of heart disease and stroke.

IF YOU ARE OVERWEIGHT OR OBESE



LOSE 5-10%

This can significantly reduce your risk. Losing this much will decrease your blood sugar. It will also decrease your blood pressure and cholesterol.

EXERCISE AT LEAST 30 MINUTES ON MOST DAYS OF THE WEEK



This again will lower blood sugar and cholesterol and will in fact, help you to lose weight. You may do household chores. You can brisk walk more, climb a flight of stairs, and clean your car. If you have not exercised for some time, check with your doctor to know what exercises you need to keep fit.

Keep these numbers to heart. These numbers are essential to control your diabetes and delay or even prevent complications. Keep counting!

Enjoy Diabetic Friendly Meals the Chef Sau Way



It is my pleasure to share these beautiful and healthy recipes to all especially to diabetics.

My inspiration in writing these recipes is my mother. She is diabetic. I served as a witness to her struggles in living the life that she wanted surrounded by good food. Being Kapampangan, good food is our way of life.

As a chef, I know that I can help her enjoy her food with the right portions, cooking methods and ingredients. While I am putting together the recipes for this magazine, it brought me down memory lane, remembering her.

As a way of paying tribute to my mother, I am sharing these recipes with you. I hope that you enjoy them as much as I did in creating them. May these recipes not only renew your passion in cooking delicious yet healthy food but also rediscover how meals can be a source of absolute joy.

Stay happy and healthy.

Chef Sau
Chef Sau Del Rosario

BREAKFAST

Mushroom Omelette
Boiled Rice
Coffee w/ Milk

LUNCH

Pork Pochero w/ Vegetables
Boiled Rice
Ripe Papaya

DINNER

**Roasted Pumpkin
Coconut Soup with Red Curry**
Beef Steak
Baked Potato
Apple

SNACKS

AM - Green Peas Snack
PM - Baked Macaroni



All nutritional data provided
by Dr. Celeste Tanchoco, PASOO, July 2015

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	2539	423
Protein, g	37.4	6.2
Fat, g	227.2	37.9
Sugar, g	17.5	2.9
Fiber, g	6.8	1.1
Sodium, mg	972	162
Cholesterol, mg	7.2	1.2

Pumpkin is low in fat and calories. It is also rich in potent antioxidants like Beta-carotene that help fight diseases.

INGREDIENTS:

- 4 tablespoons coconut oil
- 2 tablespoons garlic, minced
- 4 tablespoons onions, chopped
- 1 tablespoon ginger, finely sliced
- 1 tablespoon lemongrass, finely sliced
- 2 pieces kaffir, thinly sliced
- 1 tablespoon curry paste
- 4 cups pumpkin, peeled and cubed
- 2 cups coconut cream
- 2 cups chicken stock/water
- salt to taste
- pepper to taste
- Thai basil, fresh to garnish
- coriander, fresh to garnish

**ROASTED PUMPKIN
COCONUT SOUP
W/ RED CURRY**

PROCEDURE:

Sauté garlic and onions in hot coconut oil under medium fire. Stir until onions and garlic are transparent but not brown. Add ginger, lemongrass and kaffir. Cook for another 2-3 minutes and continue stirring. Add red curry and cook until the oil from the curry starts to come out (that's about 3-5 minutes). Add the pumpkin cubes. Cook until soft. Bring to a simmer and add the chicken stock/water. Continue to simmer for another 5 to 7 minutes. Using a blender, purée the soup in batches until smooth. Transfer the pureed soup to a saucepan and add the cream. Simmer for another 3 minutes. Season with salt and pepper as needed. Garnish with basil and coriander leaves

Good for 6. Preparation Time: 15 minutes. Cooking Time: 30 minutes.

Note: Chicken stock can be prepared by boiling some chicken bones with celery, onions, carrots with peppercorns and bay leaf simmered in water. Ideal for vegetarians.

INGREDIENTS:

1 pomelo fruit, peeled, segregated
1/4 cup crabmeat, extracted from
2-3 steamed fresh crabs
1 piece medium cucumber,
peeled and diced
1/4 cup shallots, finely chopped
1/4 cup fresh mint
1/4 cup fresh coriander leaves, chopped
1 red chili
2 tablespoons desiccated coconut, toasted
1/4 cup dry-roasted unsalted cashew nuts
a handful of fresh coriander leaves for garnishing

For dressing:

1/3 cup freshly-squeezed lime juice
2 tablespoons fish sauce
2 tablespoons sugar
2 tablespoons olive oil
Combine all dressing ingredients.

PROCEDURE:

Break the pomelo segments into bite-size pieces. Add pomelo with the cucumber, shallots, mint, coriander, and fresh chili. Add cooked crabmeat to the salad, then pour dressing. Toss well. Top with the toasted desiccated coconut, cashew nuts and some coriander leaves to garnish.

Good for 6. Preparation Time: 20 minutes.
Cooking Time: 20 minutes.

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	879	146
Protein, g	31.5	5.2
Fat, g	40.8	6.8
Sugar, g	39.3	6.6
Fiber, g	8.0	1.3
Sodium, mg	1829	305
Cholesterol, mg	88.4	14.7

Eating a naturally sweet food like Pomelo helps satisfy your sweet tooth and at the same time, it's a fruit low in calories and rich in Vitamin C.

POMELO SALAD W/ CRABMEAT, FRIED SHALLOTS & DESICCATED COCONUT



BREAKFAST

Goto Arroz Caldo w/ Tokwa
Banana
Coffee w/ Low-Fat Milk

LUNCH

Wanton Noodle Soup
**Pomelo Salad w/ Crabmeat,
Fried Shallots and
Desiccated Coconut**
Ripe Mango

DINNER

Fish Sinigang sa Miso
with Mustasa
Boiled Rice
Watermelon Slice

SNACKS

AM - Mini Ensaymada
PM - Siopao Asado

T

TUESDAY Meal Plan WEEK 1

INGREDIENTS:

1/2 cup olive oil
 4 tablespoons garlic, minced
 1/2 cup onions, minced
 1 cup red bell pepper, sliced
 1 teaspoon saffron
 water
 1 teaspoon paprika
 1/2 teaspoon cayenne pepper
 2 cups mussels, fresh
 2 crabs, cut into quarters
 4 cups clams, soaked overnight
 1/2 cup white wine
 2 cups black rice
 2 branches parsley
 16 pieces prawns,
 fresh and shelled
 1 cup squid, cut across thinly
 4-6 cups seafood stock
 salt to taste
 pepper to taste
 2 lemons, quartered
 1 cup green peas, frozen
 2 eggs, boiled

PROCEDURE:

Simmer two halves of the clams with onions, white wine and parsley for 4 minutes. Strain. Save the stock. Meanwhile, sauté garlic and onions with olive oil on a hot flat pan over medium fire until soft and translucent. Add saffron, bell peppers, cayenne and paprika and continue cooking/stirring for another 2-3 minutes. Add black rice to the mixture and stir well. Pour clam stock into the rice, season with salt and pepper and distribute well, then cover with aluminum foil--continue cooking for 45 minutes over low fire. Top the rice with the squid, mussels, clams, prawns and peas. Cook rice for another 15 minutes and top with boiled egg.

*Good for 6. Preparation Time: 25 minutes.
 Cooking Time: 1 hour and 15 minutes.*

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	3313	552
Protein, g	208.1	34.7
Fat, g	152.1	25.4
Sugar, g	10.3	1.7
Fiber, g	28.2	4.7
Sodium, mg	5506	918
Cholesterol, mg	1638.3	273.1

Black rice supplies complex carbohydrates while seafood and egg provide Protein, Calcium, Iron and other vitamins. Vegetables are packed with fiber and Beta-carotene.

BLACK RICE SEAFOOD PAELLA



BREAKFAST

Strawberry
 Oatmeal
 Poached Egg
 Low-Fat Milk

LUNCH

Spareribs Sinigang w/
 Kangkong and Radish
 Boiled Rice
 Fried Turon

DINNER

Chicken Chopsuey
Black Rice Seafood Paella
 Fruit Medley

SNACKS

AM - Cucumber slices
 PM - Veggie Lasagna





BREAKFAST

Mango Juice
 Sauteed Corned Beef
 w/ Potatoes
 Buns
 Hot Low-Fat Milk

LUNCH

Silken Tofu Tinola w/ Squash and Malunggay

Chicken Teriyaki
 Boiled Rice
 Fresh Pineapple

DINNER

Pesang Lapu-lapu
 w/ Tahure Sauce
 Boiled Rice
 Ube Halaya

SNACKS

AM - Singkamas Slices
 PM - Adobo Roll

SILKEN TOFU TINOLA W/ SQUASH & MALUNGgay

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	846	141
Protein, g	45.3	7.5
Fat, g	23.5	3.9
Sugar, g	56.0	9.3
Fiber, g	9.1	1.5
Sodium, mg	3516	586
Cholesterol, mg	43.2	7.2

Tofu is a good source of Protein, Calcium and phytochemicals that can also be found in Squash and Malunggay.

INGREDIENTS:

1 tablespoon oil
 1 tablespoon ginger, sliced thinly
 1/2 piece red onion
 1 teaspoon turmeric, sliced thinly
 2 tablespoon lemongrass
 1 tablespoon light fish sauce
 4-6 cups chicken stock/water
 2 cups papaya, cubed
 2 cups squash, cubed
 1 piece green chili
 1 cup silken tofu, cut into squares
 1 cup malunggay fruit,
 peeled and cut into
 1 1/2 inch stalks
 1 cup malunggay leaves

PROCEDURE:

In a medium hot pot, sauté ginger, turmeric, onions, lemongrass in oil for few minutes. Add light fish sauce; stir in for a few more minutes. Add pumpkin, malunggay fruit and papaya. Pour broth until vegetables are soft but not soggy. Throw in green chili and tofu and continue to simmer for another 5 minutes. Turn off the fire and place the malunggay leaves on top of the cooked tinola.

*Good for 6. Preparation Time: 15 minutes.
 Cooking Time: 10 minutes.*



BREAKFAST

Fried Daing na Pusit
Cucumber Slices
Boiled Rice
Coffee w/ Low-Fat Milk

LUNCH

Meatballs with Miswa
and Green Onions
Pako Salad
Boiled Corn
Ripe Papaya

DINNER

Asparagus Soup
Beef Caldereta
Boiled Rice
Lakatan

SNACKS

AM - Boiled Peanuts
PM - **Pandan Flavored Palitaw
w/ Sesame Seeds and
Fresh Coconut Shreds**



PANDAN FLAVORED PALITAW W/ SESAME SEEDS & FRESH COCONUT SHREDS

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	1494	249
Protein, g	27.6	4.6
Fat, g	6.9	1.2
Sugar, g	5.4	0.9
Fiber, g	12.2	2.0
Sodium, mg	16	3
Cholesterol, mg	0.0	0.0

This supplement meal or snack increases your body's supply of fiber and carbohydrates.

INGREDIENTS:

2 cups rice flour
4 pieces pandan leaves
1 cup water
4 tablespoons sesame seeds
6 tablespoons coco sugar
1 cup coconut, freshly grated

PROCEDURE:

How to make pandan water: Cut washed pandan leaves into pieces and place in the blender. Add water and blend very well until the liquid turns green in color. Strain. Set aside.

In a bowl, add rice flour and pandan water; then mix until it forms like a ball-shape. Make round flat doughs about 3 inches in diameter and 1/4 inch thick.

Then, in boiling water, poach the round shape dough one at a time until it floats to the surface. Strain. Set aside. Do the same with the rest of the doughs.

In a separate bowl, add sugar, sesame seeds and coconut shreds. Toss the cooked doughs well and place on the plate. Serve with fruits if you wish.

Good for 6. Preparation Time: 15 minutes. Cooking Time: 15 minutes.

INGREDIENTS:

2 cups boneless chicken breasts
4 pieces pandan leaves cut into halves
water for steaming

For the marinade:

2 tablespoons cornstarch
1 tablespoon oyster sauce
1 tablespoon light soy sauce
pepper to taste

For the sesame sauce:

1/2 cup warm water
1/4 cup tamarind paste
1/4 cup brown sugar
1/2 tablespoon fish sauce
1 tablespoon sesame oil
1 teaspoon sesame seeds

PROCEDURE:

In a bowl, combine ingredients for the marinade. Add chicken and marinate for at least half an hour or overnight.

Wrap the marinated chicken with pandan leaves. Steam wrapped chicken in bamboo basket for at least 15 minutes or until cooked inside.

To make sesame sauce:

Pour warm water over tamarind paste and mix thoroughly. Strain the juice and place in a saucepan with the rest of the ingredients. Simmer for 10 minutes. Serve with the steamed chicken.

Good for 6.

Preparation Time: 20 minutes.

Cooking Time: 15 minutes.

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	850	142
Protein, g	63.4	10.6
Fat, g	29.6	4.9
Sugar, g	187.7	31.3
Fiber, g	2.0	0.3
Sodium, mg	1936	323
Cholesterol, mg	238.0	39.7

This recipe is a good source of protein, necessary for the growth and repair of cells.

STEAMED CHICKEN WRAPPED IN PANDAN W/ TAMARIND SAUCE



BREAKFAST

Rolled Baked Salami w/ Cheese
Toasted Bread
Low-Fat Milk

LUNCH

Carrot-Abitsuelas Guisado
Liver Steak with Onion Rings
Boiled Rice
Watermelon

DINNER

Vegetable Soup
**Steamed Chicken
Wrapped in Pandan
w/ Tamarind Sauce**
Boiled Rice
Mangosteen

SNACKS

AM - Sotanghon Guisado
with vegetables
PM - Hopia mongo

S

SATURDAY Meal Plan WEEK 1

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	3957	660
Protein, g	199.4	33.2
Fat, g	99.9	16.6
Sugar, g	23.6	3.9
Fiber, g	38.3	6.4
Sodium, mg	3560	593
Cholesterol, mg	631.2	105.2

This fusion recipe is high in Protein, Calcium, Iron, Vitamin A, fiber, Niacin, and is low in sugar.

INGREDIENTS:

For the sauce:

2 tablespoons olive oil
 2 cloves garlic, minced
 2 cups ground beef
 1/4 cup annatto water
 4 tablespoons celery, chopped
 1 teaspoon salt
 pepper to taste

For the palabok sauce:

1 cup beef stock
 1/4 cup annatto water
 6 tablespoons flour dissolved in 1/2 cup water
 1/2 teaspoon salt
 12 pieces lasagna sheets, cooked

For the toppings:

2 hard boiled eggs, chopped
 1/2 cup spring onions, sliced thinly
 4 pieces kalamansi
 1 tablespoon fish sauce

PROCEDURE:

To make red sauce:

In a saucepan, sauté garlic in hot oil. Add beef until slightly brown. Add the annatto water and bring to a boil. Add the celery and season with salt and pepper.

Meanwhile, boil beef stock and annatto water in the saucepan. Disperse the flour and add to mixture. Bring to a boil while stirring constantly. Season with salt.

Layer the meat, sauce and the lasagna sheets alternately for 4 portions in a deep oven-proof glass or ceramic container. Cook in the oven for 10 minutes at 350 degrees. Serve.

Good for 6. Preparation Time: 15 minutes.
 Cooking Time: 30 minutes.

BEEF PALABOK “LASAGNA STYLE”



BREAKFAST

Tinapa with Atchara
 Boiled Rice
 Hot Chocolate

LUNCH

Chicken Tinola with Sayote and Sili Leaves
 Boiled Rice
 Dalanghita

DINNER

Kare-kare
 Boiled Rice
 Kamote Cue

SNACKS

AM - Strawberry Yoghurt
 PM - **Beef Palabok
 “Lasagna Style”**

S

SUNDAY Meal Plan WEEK 1



BREAKFAST

Scrambled Egg
with Onions and Tomatoes
Sliced Bread
Coffee with Low-Fat Milk

LUNCH

Fried Dalagang Bukid
Sautéed Mongo
w/ Ampalaya Leaves
Rice
Latundan

DINNER

Macaroni Vegetable Soup
Beef Morcon Capampangan
Watermelon Slice

SNACKS

AM - Cheese Sticks
PM - Lumpiang Ubod
with white sauce

BEEF MORCON CAPAMPANGAN

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	2700	338
Protein, g	294.1	36.8
Fat, g	130.0	16.3
Sugar, g	1101.3	137.7
Fiber, g	5.8	0.7
Sodium, mg	5156	644
Cholesterol, mg	2091.4	261.4

Beef is a good source of Protein, Zinc, Selenium, Phosphorus, Potassium, Magnesium and B-Vitamins.

INGREDIENTS:

800 grams beef, sliced
1/4 inch thick (4 pieces)
200 grams sliced
Vienna sausages
100 grams carrots,
peeled and cut lengthwise
100 grams whole pickles,
cut lengthwise
3 hard boiled eggs, sliced
200 grams grated
cheddar cheese
100 grams beef liver, ground
2 onions, chopped
2 bay leaves
1/2 cup vinegar
2 teaspoons salt
pepper to taste
2 cups water
2 meters butcher's string

PROCEDURE:

Spread and stretch the sliced beef on your working table. Arrange the filling on the sliced beef: sausages, cheese, sliced eggs, carrots and pickles. Roll the sliced beef with all the fillings inside and secure with a string. Repeat the procedure for the two remaining beef slices. In a pot, place the beef rolls and put the water, the remaining ground liver, chopped onions, bay leaves, ground black pepper and salt. Cover the pot and bring to a boil. Simmer for one hour. Add the vinegar and continue to simmer for another hour. Slice the beef morcon, arrange on a platter. Top with sauce.

*Good for 8. Preparation Time: 30 minutes.
Cooking Time: 2-3 hours.*



BREAKFAST

Kesong Puti
Pandesal
Hot Low-Fat Milk

LUNCH

Maya-Maya w/ Pechay and Red Rice
(or Brown Rice)
Melon Slice

DINNER

Tulya Soup w/ Young Corn and Sili Leaves
Crispy Fried Chicken Wings
Pancit with Vegetables
Ripe Papaya

SNACKS

AM - Pancake
PM - Lomi



MAYA-MAYA W/ PECHAY & RED RICE

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	269	45
Protein, g	43.9	7.3
Fat, g	2.9	0.5
Sugar, g	3.7	0.6
Fiber, g	2.2	0.4
Sodium, mg	3686	614
Cholesterol, mg	0.0	0.0

One-dish meals like this are a good source of fiber found in the vegetables, which are essential for digestion. This dish is also low in fat and cholesterol but rich in Vitamin B12 and Niacin.

INGREDIENTS:

4 fillets maya-maya
4 whole pechay
4 cups red rice washed with cold water
8 cups water
1 medium onion, sliced
2 thumb-size ginger, sliced in flat rounds
4 tablespoons light fish sauce
1 teaspoon whole peppercorns
1 teaspoon salt
pepper to taste

PROCEDURE:

In a pot, boil rice in water until almost cooked. Add the remaining ingredients, except the pechay. Simmer for 10 minutes or until the fish is cooked. Add the pechay, and season with salt and pepper to taste.

*Good for 6.
Preparation Time: 20 minutes.
Cooking Time: 30 minutes.*

INGREDIENTS:

For dressing:

2 tablespoons lemon juice
8 tablespoons extra virgin olive oil
1 medium onion, minced
1 tablespoon fresh thyme, minced
1 tablespoon fresh basil, minced
1 tablespoon mustard
1/2 teaspoon salt
pepper to taste

For salad:

1 cup canned tuna in water, drained
4 hard-boiled eggs, peeled, quartered
4 medium-sized boiled potatoes, cubed
salt and black pepper to taste
4 cups mixed lettuce
(romaine, iceberg and la rosa)
4 medium tomatoes, quartered
1 small red onion, sliced very thin
1/2 cup pasta, cooked
8 pieces black olives

PROCEDURE:

In a medium sized bowl, whisk together lemon juice, oil, red onion, thyme, basil and mustard. Season to taste with salt and pepper and set aside.

In a separate big bowl, mix all ingredients together and toss the dressing right before serving.

Note: Make sure all ingredients are chilled for better tasting result.

Good for 6. Preparation Time: 20-30 minutes.
Cooking Time: 15 minutes.

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	2943	490
Protein, g	113.5	18.9
Fat, g	150.1	25.0
Sugar, g	22.4	3.7
Fiber, g	26.4	4.4
Sodium, mg	2934	489
Cholesterol, mg	827.7	138.0

Tuna is a good source of Protein, Calcium, Vitamin C, Niacin, Fiber, Omega-3 Fatty Acids and is low in Cholesterol.

MEDITERRANEAN TUNA SALAD



BREAKFAST

Arroz Caldo w/ Egg
and Green Onion
Hot Chocolate

LUNCH

Sotanghon Soup w/ Vegetables
Inihaw na Baboy
Boiled Rice
Apple

DINNER

Maya-Maya Ceviche w/ Papaya,
Dayap and Ginger
Ginataang Kalabasa at Sitaw
Boiled Rice
Boiled Saba

SNACKS

AM - Mediterranean Tuna Salad
PM - Lettuce Salad w/ Croutons

W

WEDNESDAY Meal Plan WEEK 2

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	703	88
Protein, g	26.8	3.3
Fat, g	33.2	4.2
Sugar, g	50.6	6.3
Fiber, g	10.8	1.3
Sodium, mg	2291	286
Cholesterol, mg	1.8	0.2

This umami rich dish is low in calorie, fat, sugar, and cholesterol. It's also rich in phytochemicals because of the sautéed tofu.

INGREDIENTS:

200 grams high quality tofu, cut into small cubes
 2 cups fresh shiitake mushrooms, without stems
 4 stalks leeks (white part), cut into 2 inch sizes
 1 red pepper, cut into thin strips
 4 tablespoons soya sauce
 4 teaspoons brown sugar
 1 tablespoon honey
 1/4 cup chicken stock or water
 Olive oil for frying

PROCEDURE:

Cut the mushrooms into quarters. Heat oil in a sauté pan and add the mushrooms. Stir fry for 3-4 minutes and then add the tofu cubes. Continue stirring until the tofu browns. Add the peppers and leeks. Add water or chicken stock and continue to simmer for another 5 minutes. Then add the soya sauce, sugar and honey. Reduce heat to minimum and continue cooking until the sauce thickens and becomes darker. Remove from heat. Serve.

Good for 8.

Preparation Time: 10 minutes.

Cooking Time: 15 minutes.

SAUTÉED TOFU, LEEKS & SHIITAKE MUSHROOM TERIYAKI

T

THURSDAY Meal Plan WEEK 2

BREAKFAST

Hasa-hasa Paksiw
 w/ Eggplant
 Garlic Rice
 Coffee w/ Low-Fat Milk

LUNCH

Broccoli Cauliflower Salad
Sautéed Tofu, Leeks and Shiitake Mushroom Teriyaki
 Pasta w/ Tomato Sauce
 Molded Fruit Gelatin

DINNER

Beef w/ Ampalaya
 Boiled rice
 Guyabano Slice

SNACKS

AM - Carrot Sticks
 PM - Corn on the cob





BREAKFAST

Ham, Cheese & Tomatoes
Raisin bread
Coffee w/ Low-Fat Milk

LUNCH

Beef Nilaga and Veggies
Boiled Rice
Fresh Pineapple

DINNER

Grilled Lapu-Lapu w/ Citrus Cilantro Caper Sauce

Sauteed Mongo Sprouts
Boiled Rice
Ripe Mango

SNACKS

AM - Chicken Sandwich
PM - Palabok

GRILLED LAPU-LAPU W/ CITRUS CILANTRO CAPER SAUCE

INGREDIENTS:

6 fillets medium-sized lapu-lapu
1 lime, cut into wedges
1 teaspoon salt
pepper to taste
3 cloves garlic, coarsely chopped
1/2 cup chopped fresh cilantro
1 tablespoon lime juice
2 tablespoons capers
1 tablespoon olive oil

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	339	57
Protein, g	38.3	6.4
Fat, g	16.7	2.8
Sugar, g	0.9	0.2
Fiber, g	1.4	0.2
Sodium, mg	1363	227
Cholesterol, mg	0.0	0.0

Not only is this dish a good source of Protein but it's also low in fat, sugar and cholesterol.

PROCEDURE:

Preheat grill to high heat. Season fish fillets with salt and pepper. Grill fish fillets for about 5 minutes on each side until brown. Heat the oil in a skillet over medium heat. Add the garlic; cook and stir just until fragrant, about 2 minutes. Stir in the capers, the remaining lime juice and cilantro. Season with salt and pepper. Serve fish with the citrus cilantro caper sauce.

*Good for 6. Preparation Time: 20 minutes.
Cooking Time: 30 minutes.*



BREAKFAST

Fresh Fruit Medley
Chicken Enchilada
 Hot Chocolate

LUNCH

Fried Tilapia
 Puso ng Saging Guisado
 Boiled Rice
 Ginataang Kamote w/ Sago

DINNER

Adobong Pusit
 Dinengdeng
 Lakatan

SNACKS

AM - Boiled Kamote
 PM - Tuna Sandwich



CHICKEN ENCHILADA

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	3012	377
Protein, g	230.4	28.8
Fat, g	145.3	18.2
Sugar, g	264.6	33.1
Fiber, g	18.6	2.3
Sodium, mg	8786	1098
Cholesterol, mg	529.6	66.2

This sumptuous dish is low in cholesterol but loaded with Calcium, Vitamin C and Protein.

INGREDIENTS:

2 skinless, boneless chicken breast halves
 1 medium-sized onion, chopped
 1 cup sour cream
 1/2 cup shredded cheese
 1 tablespoon parsley
 1/2 tablespoon oregano
 1 teaspoon salt
 pepper to taste
 2 cups tomato sauce
 1/4 cup water
 1/2 teaspoon chili powder
 1/3 cup green bell pepper, chopped
 1 clove garlic, minced
 8 pieces (10 inch) flour tortillas
 1/2 cup shredded Cheddar cheese

PROCEDURE:

Preheat oven to 350 degrees Fahrenheit (175 degrees Celcius). In a non-stick skillet over medium heat, cook chicken. Cube the chicken and return it to the skillet. Add the onion, sour cream, cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in tomato sauce, water, chili powder, green pepper and garlic. Season with salt. Roll even amounts of the mixture in the tortillas. Arrange in a baking dish. Cover with taco sauce and 3/4 cup Cheddar cheese. Bake for 20 minutes. Cool for 10 minutes before serving.

*Good for 8. Preparation Time: 20 minutes.
 Cooking Time: 30 minutes.*

INGREDIENTS:

500 grams yellow fin tuna fillets
1/2 tablespoon garlic,
peeled and crushed
1 tablespoon thumb-sized piece
of ginger, peeled and sliced
1 red onion, thinly sliced
2 green chili peppers,
cut diagonally into 1/4-inch thick slices
1 red or green bell pepper, minced
1/2 cup of vinegar
1 1/2 teaspoon salt
pepper
4 pieces kalamansi, extracted
2 tablespoons cilantro, sliced
1 cup ripe papaya, cubed
1 cup coconut cream

PROCEDURE:

Wash the fillets and trim any remaining skin and bones. Cut into one-inch cubes. Place in a glass bowl and sprinkle with salt and pepper. Mix well. Pour in the vinegar and mix well. Cover loosely and chill for about two hours.

Drain the fish. Add the kalamansi juice, garlic, bell peppers, chili peppers, ginger, cilantro, red onion, coriander and diced papaya. Toss well and chill for another 30 minutes. Pour in the coconut cream, mix well and serve cold.

Good for 8. Preparation Time: 30 minutes.

NUTRIENT	PER RECIPE	PER SERVING
Energy, kcal	1566	196
Protein, g	137.2	17.2
Fat, g	97.7	12.2
Sugar, g	6.4	0.8
Fiber, g	6.5	0.8
Sodium, mg	849	106
Cholesterol, mg	195.0	24.4

This dish is rich in omega-3 fatty acids that helps reduce the risk of cardiovascular diseases.

TUNA KINILAW W/ COCONUT & PAPAYA



BREAKFAST

Chicken Noodle Soup
w/ Carrots and Cabbage
Coffee w/ Low-Fat Milk

LUNCH

Sayote-Carrot Guisado
**Tuna Kinilaw w/
Coconut and Papaya**
Boiled Rice
Orange Fruit

DINNER

Stir-Fried Green Beans
Pork Chop in Pineapple
Boiled Rice
Guapple Slices

SNACKS

AM - Graham Crackers
PM - Beet Salad

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SUNDAY Meal Plan WEEK 2

Dining Out

The diabetic's guide

1

PLAN AHEAD

Check the menu first before going to a restaurant or a fast food chain. This way, you can identify their food choices that may have fewer calories, fat and sodium.

2

ASK AWAY

Don't be afraid to ask about food preparation before you order. Ask how it's cooked (in butter, oil, fried, grilled etc.) If possible, request for a special food preparation (steamed, grilled, medium-rare, etc.) Request for healthier items (double the portion of veggies, chicken rather than beef or pork, etc.)

3

DON'T CONSUME ALL

Some restaurants have large serving sizes that are usually good for two persons. You can always share your meal with a friend or take home half of it.

4

EAT SLOWLY

Focus on the aroma, texture, appearance and of course the taste of your food. Pace yourself with the slowest eater at the table, this way you'll enjoy your food more and be satisfied with less.

101

to dining out



5

DON'T SUPERSIZE YOUR MEALS

Making your drinks and fries larger will not just cost you more money but will also double your calorie intake

6

SKIP THE CHEESE AND ADD MORE VEGGIES

Cheese adds 100 calories per slice and extra fat and sodium. Instead of adding cheese to your burger try adding lettuce, tomatoes and onions.

7

LIMIT YOUR SWEETS

Satisfy your sweet cravings with a low-fat frozen yoghurt or just consume a small ice cream cone.

8

COOK AT HOME

In the end, to be successful with your food management, cook at home most of the time and rarely eat out or buy take-outs. Always remember that you don't have to cook like a professional chef. There are lots of recipes that are quick, easy and healthy for you to do at home.

Daly, A., Delahanty, L., & Wylie-Rosett, J. (2002). 101 Weight Loss Tips for Preventing and Controlling Diabetes. USA: ADA, 96.

American Diabetes Association (2010). Month of Meals Diabetes Meal Planner. Canada. ADA, 3-5.

Weisenberger, J. (2014). Enjoy Eating Out. Diabetic Living. Diabetes - What To Eat, 114-124.

Label

Using label lingo to your advantage

Lookout

MADE WITH

The words “Made with” are often used on different products including juices, burgers, and cookies. These words are actually clues that the product probably contains less of what it’s “Made with”. To avoid being fooled look for the words “whole” (ex: whole grain), “made of” (made of 100% beef) or “100%” (ex: 100% real fruit juice) to be sure.

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Companies may claim that there are no sugar added in their products but that doesn’t mean it’s sugar-free or low in carbs. It may contain ingredients with natural sugars, artificial sweeteners or sugar alcohols. “Low sugar” does not mean the product is low in calories or fat.

NO SUGAR
ADDED
OR LOW
SUGAR

FAT
FREE
DAIRY

.....

Avoid “fat-free” dairy products. They are sweetened with sugar and loaded with carbohydrates just like flavored milk products.

.....

Pay attention to the portion sizes listed on food labels. All of the nutrition information on the label relates back to the serving size. Always remember, sometimes a product may contain more than one serving.

SERVING
SIZE



LIQUID COOKING OIL

The oil should start with an “S” (Soybean, Safflower, Sesame, or Sunflower) and “C” (Corn, Cottonseed, or Canola). Look for oils that contain no more than 1 gram or a tablespoon of saturated fat per serving.

TRANS FATTY ACIDS

The hydrogenation process used to make stick margarine is not heart-healthy. Trans fatty acids are formed during the process which raises LDL cholesterol (bad) and decreases HDL cholesterol (good).

Avoid breaded and battered meat products for they are high in sodium and the breading is not made from whole grains. Choose only fresh and lean meat, fish and chicken for they only contain 30-35 calories and about 1 gram of fat per ounce.

BREADED
&
BATTERED

In partnership with



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