

# D

DELICIOUS,  
DELIGHTFUL  
DISHES FOR PEOPLE WITH  
DIABETES

# Delectable Treats

For Sweet-Toothed Diabetics

Counting Carbs?  
There's more to that!

Glycemic Index  
vs Glycemic Load:  
What's the difference?

Get the lowdown on sugars  
and artificial sweeteners



Chef Jackie Laudico



# FOREWORD

Dear Friends,

Our second issue offers a slightly different take from our very well received maiden issue. We become bolder in showing that sweet food, when taken appropriately and judiciously, can be enjoyed by patients with diabetes. We made the effort in showing you, through our featured chef in collaboration with our PASOO nutritionists, that sweet food can be good and, on occasion, we can indulge without the guilt.

Our featured chef, Jackie Laudico, has prepared delectable desserts fit for diabetics; incorporating ingredients good for baking and removing the not-so-good ingredients or substituting them with better choices. Our nutritionists: Dr. Celeste Tanchoco and Ms. Sanirose Orbeta made sure that portion sizes remain the central theme in each recipe. The recipes still come with nutrition analysis—a very important component in our featured desserts.

Read on and satisfy your craving for knowledge as you munch on the articles prepared by former PASOO president Dr. Gabriel V. Jasul, Jr. We recommend that you take these facts as food—one small portion at a time. Digest them, take them to heart and claim them as your own.

Again, we thank AstraZeneca Philippines for their generous contribution to make this issue a reality. Enjoy the sweet foods this season has to offer.

SWEET HOLIDAYS everyone!



Dr. Bob Mirasol  
President, PASOO





# Carb Matters

## Diabetes Myths and Facts

from Diabetes Basics, American Diabetes Association website, [www.diabetes.org](http://www.diabetes.org)



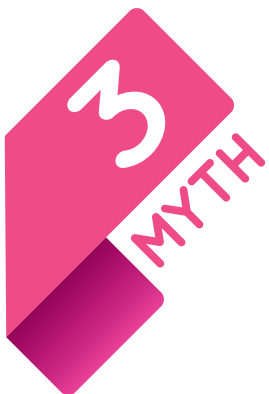
People with diabetes need to follow a special diet.

People with diabetes benefit from the same healthy diet that is good for everyone else (plenty of whole grains, fruits and vegetables, with a limited amount of fat and refined sugars).



If you have diabetes, you should only eat small amounts of starchy foods such as rice, bread, potatoes and pasta.

Starchy foods can be part of a healthy meal plan—BUT PORTION SIZE IS KEY.



People with diabetes can't eat sweets or chocolates.

If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. The key to sweets is to have a very small portion and save them for special occasions, so you can focus on more healthy foods.



# Carbohydrates

are the preferred source of energy of the body.

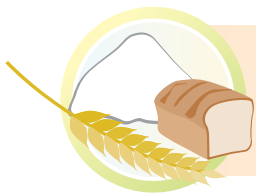
All carbohydrates, when consumed, are eventually broken into glucose (sugar) that goes into the bloodstream. With the help of the hormone insulin, the cells of the body can use the glucose in the blood for energy.

## Types of carbohydrates: starches, sugars and fibers



Starches and sugars are the main carbohydrates in our foods. Sucrose is often called table sugar or white sugar. Fructose is sugar commonly from fruit sources.

## Foods containing calories mainly from carbohydrates:



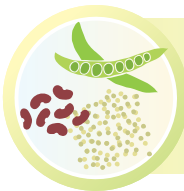
### Starches

rice, bread, cereal, crackers, pasta, potatoes and corn



### Non-Starchy Vegetables

green beans, lettuce, carrots (small amounts of carbohydrates only)



### Starchy Vegetables

peas, beans and lentils



### Fruits and Fruit Juices



### Dairy products

milk, yogurt, cheese (varying amounts of carbohydrate content)



### Sugary foods

candy (gum drops, jelly beans), regular soda, fruit punch, sweetened drinks, sports drinks



### Sweets

candy (chocolate bars), cakes, cookies and pies



# Here comes the Sweet Savior, Chef Jackie Laudico

I have always loved playing around with my recipes and making healthier versions of them for my family. Yes, it is always challenging, but knowing I have made a healthier version of their favorites without them knowing it, (Yehey!!!) gives me a natural high—and not the sugar-induced type.

So when I was given this opportunity to work on recipes that are low in calories, fat and sugar, I took on the challenge and happily started developing and kitchen testing them.

Working on these recipes and the amazing team behind them is an unforgettable experience for me and I am truly grateful. I am blessed to have been given the opportunity to work with such an esteemed group of doctors, nutritionists and professionals who have made it their advocacy to help people make better nutritional choices.

I hope you enjoy making these recipes for your loved ones as much as I did. Happy baking!



Chef Jackie Laudico



# Low Sugar Apple Pie

## INGREDIENTS:

300g pâte brisée  
 30g raw cashew nuts,  
 ground or finely chopped  
 50g raisins  
 500g apples  
 2 pcs eggs  
 8 tbsp granulated sugar substitute  
 5g cinnamon powder  
 lemon zest  
 5g cornstarch  
 200ml fresh milk  
 25ml whipping cream  
 80g apricot gel

## PROCEDURE:

Roll out dough onto a greased pie mold.  
 Pierce dough with a fork all over.  
 Line the dough with foil and fill with raw rice grains. Bake for 15 minutes at 180°C.  
 Sprinkle empty crust with nuts and raisins.  
 Peel, core and slice apples into segments and arrange in the crust. Whisk eggs with granulated sugar substitute, flavorings and cornstarch. Add milk and cream and pour the mixture into the prepared pie and bake at 200°C for about 45 min. Bring apricot gel mixed with little water to a boil then glaze the pie. Serves 10.

| ENERGY & NUTRIENTS | TOTAL | PER SERVING |
|--------------------|-------|-------------|
| Energy, kcal       | 1456  | 146         |
| Protein, g         | 35.5  | 3.6         |
| Fat, g             | 51.3  | 5.1         |
| Carbohydrate, g    | 218.7 | 21.9        |
| Sugar, g           | 134   | 13          |
| Fiber, g (PH)      | 17.0  | 1.7         |
| Cholesterol, mg    | 550   | 55          |
| Sodium, Na mg      | 1664  | 166         |
| Vit A, IU          | 582.9 | 58.3        |
| Vit C, mg          | 11.4  | 1.1         |
| Thiamin, mg        | 0.52  | 0.05        |
| Calcium, mg        | 560.5 | 56.0        |
| Iron, FE mg        | 9.3   | 0.9         |

*Using granulated sugar substitute in place of sugar and 2 whole eggs instead of 4 egg yolks make the recipe lower in sugar and fat.*





# Bread Pudding

## INGREDIENTS:

5 slices sugar-free bread  
 500ml low-fat fresh milk  
 2 pcs eggs  
 1 cup granulated sugar substitute  
 1 tsp vanilla  
 1.5 tbsp margarine  
 8 tbsp dried fruits

## Sauce:

1 pc egg  
 4 tbsp margarine  
 1 tsp vanilla  
 4 tbsp low-fat fresh milk

## PROCEDURE:

Cut the bread into small pieces. Place the bread in a mixing bowl. Mix together the milk, eggs, granulated sugar substitute and vanilla and pour over the bread. Melt the margarine and add to the bread mix. Add the dried fruits. Leave in the refrigerator for 1-2 hours to allow the bread to absorb the mixture. Leave overnight for best results.

To make the sauce, put margarine and sugar in a bowl and place over a pan of simmering water. Add the eggs and mix well. Pour milk and whisk together until mixture is smooth.

Preheat oven to 180°C. Prepare a 10-inch round or 9x13 pan. Pour in the bread mixture and bake for 45 minutes. Add sauce before serving. Serves 12.



| ENERGY & NUTRIENTS | TOTAL | PER SERVING |
|--------------------|-------|-------------|
| Energy, kcal       | 1795  | 150         |
| Protein, g         | 48.6  | 4.0         |
| Fat, g             | 111.1 | 9.3         |
| Carbohydrate, g    | 185.6 | 15.5        |
| Sugar, g           | 92.3  | 7.7         |
| Fiber, g (PH)      | 17.6  | 1.5         |
| Cholesterol, mg    | 719   | 60          |
| Sodium, Na mg      | 1011  | 84          |
| Vit A, IU          | 544   | 43          |
| Vit C, mg          | 0     | 0           |
| Thiamin, mg        | 0.61  | 0.05        |
| Calcium, mg        | 819.4 | 68.3        |
| Iron, FE mg        | 9.6   | 0.8         |

*Using low-fat milk instead of cream makes this recipe more heart-friendly without sacrificing a lot of flavor. Make sure to choose a transfat-free margarine such as Fleischmann's Light Margarine or I Can't Believe It's Not Butter.*

# Flourless, Sugar-Free Chocolate Cake

## INGREDIENTS:

226g sugar-free dark chocolate  
 1 cup granulated sugar substitute  
 4 pcs eggs  
 6 pcs egg whites  
 5ml vanilla  
 113g unsalted butter  
 240ml peanut butter custard  
 (see recipe on page 19)

## PROCEDURE:

Preheat oven to 180°C. Prepare an 8-inch cake pan by lining the bottom with non-stick baking paper. Grease the bottom well so paper stays in place. In a medium bowl set over a pan of gently simmering water, melt the butter and chocolate. Set aside to cool. Beat the egg yolks and half of granulated sugar substitute together until eggs become pale. Whip the egg whites until medium peaks form. Add the rest of the granulated sugar substitute and whip until stiff. Slowly add the beaten egg yolks to the melted chocolate while beating. Fold in 1/3 of the egg whites to the chocolate mix. Once mixed, add the rest of the egg whites. Mix carefully so egg whites don't lose volume. Pour mixture into the prepared baking pan and bake for 40 to 45 minutes. Center must be very moist but not liquid when done. Serves 12.

| ENERGY & NUTRIENTS | TOTAL  | PER SERVING |
|--------------------|--------|-------------|
| Energy, kcal       | 2497   | 208         |
| Protein, g         | 113.7  | 9.5         |
| Fat, g             | 190.8  | 15.9        |
| Carbohydrate, g    | 213.0  | 17.7        |
| Sugar, g           | 48     | 4           |
| Fiber, g (PH)      | 4.0    | 0.3         |
| Cholesterol, mg    | 1136   | 95          |
| Sodium, Na mg      | 1166   | 97          |
| Vit A, IU          | 1468.0 | 122.3       |
| Vit C, mg          | 0.0    | 0.0         |
| Thiamin, mg        | 0.85   | 0.07        |
| Calcium, mg        | 578.3  | 48.2        |
| Iron, FE mg        | 41.2   | 3.4         |

**Using good quality sugar-free 65%-70% chocolate makes for a more pronounced and full-flavored chocolate cake that is not only sugar-free but gluten-free as well.**





# Tropical Pudding

## INGREDIENTS:

|       |                       |
|-------|-----------------------|
| 480ml | low-fat fresh milk    |
| 380ml | coconut milk          |
| 80g   | tapioca (sago, small) |
| 250g  | ripe mango            |
| 250g  | pineapple chunks      |
| 250ml | apple juice           |
| 5ml   | vanilla               |
| 5g    | salt                  |
| 10ml  | calamansi juice       |

## PROCEDURE:

Simmer together in a saucepan the low-fat milk and the coconut milk. Add the tapioca and cook on low heat. In about 30 minutes the tapioca will be soft and translucent with no white solid center. Set aside to cool. Cook the pineapple chunks in apple juice and simmer for 20 minutes or until the juice thickens. Add half of the mangoes. Add vanilla, salt and cooked fruit to the warm tapioca mix. Place in serving cups and chill for 4 hours to overnight. Toss the remaining mangoes in calamansi juice and place on top of the pudding before serving. Serves 16.

| ENERGY & NUTRIENTS | TOTAL  | PER SERVING |
|--------------------|--------|-------------|
| Energy, kcal       | 2290   | 143         |
| Protein, g         | 40.2   | 2.5         |
| Fat, g             | 139.3  | 8.7         |
| Carbohydrate, g    | 216.0  | 13.5        |
| Sugar, g           | 97.3   | 6.1         |
| Fiber, g (PH)      | 9.4    | 0.6         |
| Cholesterol, mg    | 24.0   | 1.5         |
| Sodium, Na mg      | 2220.2 | 138.8       |
| Vit A, IU          | 770.2  | 48.1        |
| Vit C, mg          | 166.4  | 10.4        |
| Thiamin, mg        | 0.6    | 0.0         |
| Calcium, mg        | 868.4  | 54.3        |
| Iron, FE mg        | 9.8    | 0.6         |

*Using low fat milk with coconut milk instead of whole milk and cream retains the creaminess.*



# Rice Pudding with Fresh Fruit Salad

## INGREDIENTS:

|       |  |
|-------|--|
| 60g   | black rice   |
| 5g    | gelatin  |
| 400ml | fresh milk   |
| 1 pc  | vanilla pod  |
| 2g    | salt   |
| 80g   | sugar  |
| 250ml | cream (reduced fat or non-dairy creamer)             |
| 400g  | fresh fruit salad<br>(see recipe on page 19)         |
| 100ml | cream (reduced fat or non-dairy creamer) for topping |

## PROCEDURE:

Blanch the rice in water for 5 minutes. Sprinkle the gelatin in cold water. Boil the milk with the vanilla pod (cut lengthwise) and salt. Add the rice to the milk and simmer until cooked. Place the rice in a bowl and take out vanilla pod. Add the gelatin and sugar and mix. Leave the rice to cool. Whip the cream and fold into the rice. Spoon into glasses and garnish with fruit salad. Top with whipped cream. Serves 12.

| ENERGY & NUTRIENTS | TOTAL  | PER SERVING |
|--------------------|--------|-------------|
| Energy, kcal       | 3426   | 286         |
| Protein, g         | 48.8   | 4.1         |
| Fat, g             | 22.6   | 1.9         |
| Carbohydrate, g    | 748.7  | 62.4        |
| Sugar, g           | 279.8  | 23.3        |
| Fiber, g (PH)      | 50.9   | 4.2         |
| Cholesterol, mg    | 271.0  | 22.6        |
| Sodium, Na mg      | 1125.5 | 93.8        |
| Vit A, IU          | 829.4  | 69.1        |
| Vit C, mg          | 495.3  | 41.3        |
| Thiamin, mg        | 1.4    | 0.1         |
| Calcium, mg        | 1033.9 | 86.2        |
| Iron, FE mg        | 15.9   | 1.3         |

**High fiber black rice is a healthier substitute to regular rice.**





# Strawberries & Cream Cake

## INGREDIENTS:

|        |  |
|--------|--|
| 12 pcs | low sugar angel food cake<br>(see recipe on page 19) |
| 500g   | strawberries   |
| 1 cup  | fresh orange juice                                   |
| 8 tbsp | low-fat yoghurt, plain                               |
| 1 cup  | cream (reduced fat<br>or non-dairy creamer)          |
| 1 pack | gelatin  |

## PROCEDURE:

Slice strawberries in quarters and soak in orange juice. Leave overnight for the juices to develop. Drain the juice and set aside. Divide the cake into 2 layers. Brush the layers generously with orange juice. Sprinkle gelatin over leftover juice. Heat lightly to melt. Add the yoghurt and mix well. Whip the cream and fold into the yoghurt. Allow to set slightly in the chiller. Assemble the cake by topping the layers with some strawberries and whipped cream. Place remaining strawberries in the middle of the cake. Frost completely to cover. You may garnish with fresh strawberries. Serve with sugar-free vanilla ice cream if desired. Serves 16.



| ENERGY & NUTRIENTS | TOTAL | PER SERVING |
|--------------------|-------|-------------|
| Energy, kcal       | 2863  | 179         |
| Protein, g         | 83.0  | 5.2         |
| Fat, g             | 7.7   | 0.5         |
| Carbohydrate, g    | 634.2 | 39.6        |
| Sugar, g           | 300.7 | 18.8        |
| Fiber, g (PH)      | 22.4  | 1.4         |
| Cholesterol, mg    | 86.4  | 5.4         |
| Sodium, Na mg      | 825.1 | 51.6        |
| Vit A, IU          | 71.9  | 4.5         |
| Vit C, mg          | 611.0 | 38.2        |
| Thiamin, mg        | 1.3   | 0.1         |
| Calcium, mg        | 741.3 | 46.3        |
| Iron, FE mg        | 12.4  | 0.8         |

*Low-fat yoghurt is used to substitute half of the cream. It adds a tangy richness which works perfectly with the strawberries.*

# Super Moist Pineapple Cake

## INGREDIENTS:

2 cups all-purpose flour  
 1.5 cups granulated sugar substitute  
 1.5 tsp baking soda  
 1 cup camote (sweet potato),  
 cooked and puréed  
 1 cup pineapple, puréed  
 120ml pineapple juice  
 3 tbsp sugar-free syrup  
 vanilla (optional)  
 nuts (optional)

## PROCEDURE:

Combine flour, granulated sugar substitute and baking soda. Mix together camote purée, puréed pineapple and pineapple juice. Add a teaspoon of vanilla if desired. Carefully mix in the flour. Do not over mix. Let the batter rest in the chiller for 4 hours or overnight. This will make for a more tender cake. Pour mixture in a 9x13 cake pan lined with non-stick baking paper. Sprinkle with nuts if desired. Bake in a 160°C oven for 45 minutes. Cool and unmold. Glaze with syrup. Serves 16.

| ENERGY & NUTRIENTS | TOTAL  | PER SERVING |
|--------------------|--------|-------------|
| Energy, kcal       | 3023   | 189         |
| Protein, g         | 34.2   | 2.1         |
| Fat, g             | 5.3    | 0.3         |
| Carbohydrate, g    | 735.2  | 45.9        |
| Sugar, g           | 383.2  | 23.9        |
| Fiber, g (PH)      | 21.2   | 1.3         |
| Cholesterol, mg    | 0.0    | 0.0         |
| Sodium, Na mg      | 2152.3 | 134.5       |
| Vit A, IU          | 156.7  | 9.8         |
| Vit C, mg          | 76.0   | 4.8         |
| Thiamin, mg        | 0.6    | 0.0         |
| Calcium, mg        | 342.5  | 21.4        |
| Iron, FE mg        | 12.4   | 0.8         |

*Pineapple purée and sweet potato makes for a moist cake without adding fats.*





# Frozen Banana Mousse

## INGREDIENTS:

250g bananas, puréed  
100ml lemon or calamansi juice  
5g gelatin  
100g egg white  
0.5 cup granulated sugar substitute  
300ml cream (reduced fat  
or non-dairy creamer)

## PROCEDURE:

Sprinkle the gelatin over a tablespoon of cold water mixed with the lemon juice. Warm the mixture until the gelatin has melted, then add to the puréed bananas. Whip the egg white and granulated sugar substitute in a stainless bowl placed over a pot of simmering water. When warm and the sugar has dissolved, whip the egg whites and mix with the bananas. Fold into the whipped cream. Pipe into a ramekin using a decorative tip and freeze for at least 4 hours. Serve with chopped nuts, sugar-free melted chocolate and fresh bananas. Serves 10.



| ENERGY & NUTRIENTS | TOTAL | PER SERVING |
|--------------------|-------|-------------|
| Energy, kcal       | 1330  | 133         |
| Protein, g         | 114.0 | 11.4        |
| Fat, g             | 59.7  | 6.0         |
| Carbohydrate, g    | 87.0  | 8.7         |
| Sugar, g           | 36    | 4           |
| Fiber, g (PH)      | 4.8   | 0.5         |
| Cholesterol, mg    | 198   | 20          |
| Sodium, Na mg      | 299   | 30          |
| Vit A, IU          | 539.0 | 53.9        |
| Vit C, mg          | 64.9  | 6.5         |
| Thiamin, mg        | 0.18  | 0.02        |
| Calcium, mg        | 720.1 | 72.0        |
| Iron, FE mg        | 6.9   | 0.7         |

*Generous portion of puréed banana is substituted for most of the cream to keep texture.*



# Chocolate Cashew Meringue Cookies

## INGREDIENTS:

|         |                             |
|---------|-----------------------------|
| 2 tbsp  | sugar                       |
| 3 packs | granulated sugar substitute |
| 1.5 tsp | cocoa powder                |
| 1g      | salt                        |
| 2 pcs   | egg whites                  |
| 0.5 tsp | vanilla flavoring           |
| 0.5 tsp | cream of tartar             |
|         | almond essence or extract   |
| 100 g   | cashew nuts, chopped        |
| 3 tbsp  | sugar-free fruit preserve   |

## PROCEDURE:

Preheat oven to 120°C. Combine sugar substitute and cocoa powder. Beat egg whites and cream of tartar together until soft peaks form. Add salt. Add granulated sugar substitute and cocoa mixture and beat until stiff peaks form. Fold in the chopped nuts. Reserve some to sprinkle on top. Spoon or scoop into a non-stick baking tray then bake for 1 hour. Turn off oven and leave cookies inside for 2 hours or until it completely dries. Top with a small dollop of fruit preserve. Serves 16.

| ENERGY & NUTRIENTS | TOTAL | PER SERVING |
|--------------------|-------|-------------|
| Energy, kcal       | 851   | 53          |
| Protein, g         | 25.3  | 1.6         |
| Fat, g             | 96.6  | 6.1         |
| Carbohydrate, g    | 85.7  | 5.4         |
| Sugar, g           | 24.8  | 1.5         |
| Fiber, g (PH)      | 6.3   | 0.4         |
| Cholesterol, mg    | 0     | 0           |
| Sodium, Na mg      | 460   | 29          |
| Vit A, IU          | 2.4   | .1          |
| Vit C, mg          | 0     | 0           |
| Thiamin, mg        | 0.48  | 0.03        |
| Calcium, mg        | 819.4 | 68.3        |
| Iron, FE mg        | 9.6   | 0.8         |

*An all egg white cookie with nuts makes for a sugar-free chewy treat.*





# Mango Coconut Muffin

## INGREDIENTS:

|       |                             |
|-------|-----------------------------|
| 130ml | coconut milk                |
| 250g  | ripe mango, puréed          |
| 175g  | applesauce                  |
| 1 cup | granulated sugar substitute |
| 3 pcs | eggs                        |
| 2g    | salt                        |
| 1ml   | vanilla extract / essence   |
| 1ml   | lemon extract / essence     |
| 1g    | cinnamon powder             |
| 200g  | flour                       |
| 60g   | cornstarch                  |
| 10g   | baking powder               |
| 75g   | coconut flakes              |
|       | chopped nuts (optional)     |

## PROCEDURE:

Prepare muffin pans and line with paper cups. Blend together the mango purée and the coconut milk. Mix together the sugar substitute and the applesauce. Add the eggs, vanilla, lemon extract and continue mixing. Mix the flour, salt, baking powder, cinnamon and cornstarch. Pour the egg and coconut milk mixture over the dry ingredients and mix until well blended. Add the coconut flakes. You may add chopped nuts to the batter if desired. Place mixture in the prepared molds. Bake at 180°C for 25 minutes. Serves 20.



| ENERGY & NUTRIENTS | TOTAL  | PER SERVING |
|--------------------|--------|-------------|
| Energy, kcal       | 2870   | 143         |
| Protein, g         | 49.6   | 2.5         |
| Fat, g             | 52.0   | 2.6         |
| Carbohydrate, g    | 570.4  | 28.5        |
| Sugar, g           | 272.4  | 13.6        |
| Fiber, g (PH)      | 16.7   | 0.8         |
| Cholesterol, mg    | 669.6  | 33.5        |
| Sodium, Na mg      | 1277.1 | 63.9        |
| Vit A, IU          | 780.4  | 39.0        |
| Vit C, mg          | 118.0  | 5.9         |
| Thiamin, mg        | 0.9    | 0.04        |
| Calcium, mg        | 389.1  | 19.4        |
| Iron, FE mg        | 15.4   | 0.8         |

*Using applesauce instead of butter makes this recipe moist yet heart-friendly.*

# No Bake Cheesecake

## INGREDIENTS:

|          |  |
|----------|--|
| 10 packs | granulated sugar substitute              |
| 1 tsp    | vanilla                                  |
| 5ml      | calamansi juice                          |
| 1 pack   | low-fat cream cheese                     |
| 1 pack   | gelatin                                  |
| 100g     | plain yoghurt                            |
| 240ml    | cream (reduced fat or non-dairy creamer) |
| 100g     | graham crackers                          |
| 2.1 tbsp | unsalted butter                          |

## PROCEDURE:

Crush graham crackers and mix with melted butter. Press at the bottom of a square 9x9 or 8-inch round cake pan. Beat together the cream cheese, vanilla, calamansi and granulated sugar substitute. When cream cheese is fluffy, add the yogurt. Sprinkle the gelatin in 2 tbsp of cold water. When bloomed, warm slightly to melt. Add to the cream. Whip and fold the cream and cream cheese together. Pour into the prepared crust. Chill overnight or until set. You may also freeze if preferred. Top with fresh fruits like mango, strawberries or blueberries and/or drizzle with sugar-free syrup if desired. Serves 12.

| ENERGY & NUTRIENTS | TOTAL  | PER SERVING |
|--------------------|--------|-------------|
| Energy, kcal       | 1963   | 163         |
| Protein, g         | 50.1   | 4.2         |
| Fat, g             | 145.3  | 12.1        |
| Carbohydrate, g    | 114.6  | 9.6         |
| Sugar, g           | 241.2  | 20.1        |
| Fiber, g (PH)      | 3.6    | 0.3         |
| Cholesterol, mg    | 210.3  | 17.5        |
| Sodium, Na mg      | 1990.0 | 165.8       |
| Vit A, IU          | 530.2  | 44.2        |
| Vit C, mg          | 0.7    | 0.05        |
| Thiamin, mg        | 0.4    | 0.03        |
| Calcium, mg        | 844.0  | 70.3        |
| Iron, FE mg        | 4.8    | 0.4         |

*Substituting yoghurt for a portion of the cream cheese retains the creaminess while lowering the fat content.*





# Watermelon & Ginger Bavarian

## INGREDIENTS:

|        |   |
|--------|---|
| 1 cup  | watermelon, puréed                          |
| 1 pack | gelatin                                     |
| 240ml  | lime soda<br>or sugar-free Sprite or 7up    |
| 5g     | ginger, grated                              |
| 120ml  | cream (reduced fat<br>or non-dairy creamer) |
| 1 pack | granulated sugar substitute                 |
| 1ml    | vanilla extract/essence                     |
| 200g   | non-fat yoghurt, plain                      |

## PROCEDURE:

Sprinkle gelatin in cold water and some drained watermelon juice and set aside. Heat but don't boil the lime soda and add the grated ginger to steep for 15 minutes. Strain. Add warm mix to the gelatin and dissolve. Warm the liquids a little more if gelatin doesn't dissolve. Set aside to cool. Blend together the yoghurt and the watermelon purée. Add the cooled lime soda. Add granulated sugar substitute or honey to taste if needed. Pour into serving cups and chill until it sets. Whip the cream and add sugar substitute and vanilla. Spoon or pipe over the chilled cups and garnish with diced watermelon and mint leaves. Serves 8.

| ENERGY & NUTRIENTS | TOTAL | PER SERVING |
|--------------------|-------|-------------|
| Energy, kcal       | 679   | 85          |
| Protein, g         | 21.8  | 2.7         |
| Fat, g             | 4.3   | 0.5         |
| Carbohydrate, g    | 136.3 | 17.0        |
| Sugar, g           | 28.5  | 3.6         |
| Fiber, g (PH)      | 7.2   | 0.9         |
| Cholesterol, mg    | 91.2  | 11.4        |
| Sodium, Na mg      | 218.5 | 27.3        |
| Vit A, IU          | 54.3  | 6.8         |
| Vit C, mg          | 11.6  | 1.45        |
| Thiamin, mg        | 0.1   | 0.0         |
| Calcium, mg        | 454.2 | 56.8        |
| Iron, FE mg        | 2.1   | 0.3         |

*Sugar substitute and sugar-free soda makes a refreshing low-sugar dessert.*



# Coconut Almond Macaroons

## INGREDIENTS:

2 cups granulated sugar substitute  
180g grated coconut  
5 pcs egg whites  
50g nuts or almonds flakes

## PROCEDURE:

In a heavy bottom pan, heat together the sugar substitute, coconut and egg whites until nearly boiling. Allow to cool then place the mixture in a piping bag with a star tip. You may also use a small scooper or spoon. Pipe into a baking tray lined with non-stick baking paper. Sprinkle the almonds on top and press lightly. Bake at 200°C for 8 to 10 minutes until light. Turn off and open the oven and leave the cookies inside for 30 minutes. Take out and let them cool. Store in an airtight container. Makes 3 dozen cookies at 3pcs/serving.

| ENERGY & NUTRIENTS | TOTAL | PER SERVING |
|--------------------|-------|-------------|
| Energy, kcal       | 1056  | 88          |
| Protein, g         | 21.9  | 1.8         |
| Fat, g             | 73.3  | 6.1         |
| Carbohydrate, g    | 85.9  | 7.2         |
| Calcium, mg        | 195.5 | 16.3        |
| Phosphorus, mg     | 412.2 | 34.3        |
| Iron, mg           | 4.8   | 0.4         |
| Retinol, RE        | 1.8   | 0.1         |
| Beta-carotene, mg  | 0.0   | 0.0         |
| Thiamin, mg        | 0.11  | 0.01        |
| Riboflavin, mg     | 0.73  | 0.06        |
| Acorbic acid, mg   | 5.4   | 0.5         |
| Niacin, mg         | 3.4   | 0.3         |
| Fiber, g           | 21.1  | 1.8         |
| Sugar, g           | 52    | 4           |
| Sodium, mg         | 96    | 8           |
| Cholesterol, mg    | 0     | 0           |

*Baking it in a hot oven for a short time makes for a moist, sweet treat.*





# Mango Mousse

## INGREDIENTS:

|        |  |
|--------|--|
| 1 cup  | ripe mangoes, puréed                     |
| 5ml    | calamansi juice                          |
| 4 tsp  | gelatin                                  |
| 4 pcs  | egg whites                               |
| 8 tbsp | granulated sugar substitute (optional)   |
| 300ml  | cream (reduced fat or non-dairy creamer) |

## PROCEDURE:

Mix together the mango purée and calamansi juice. Whip the egg whites and granulated sugar substitute to medium peaks. Sprinkle and bloom gelatin in 2 tbsp water. Warm the soaked gelatin with part of the purée over low heat. Set aside to cool, then fold it in the remaining purée. Fold carefully the whipped eggs into the mango purée in 3 parts. Whip the chilled cream. Fold together the mango egg white mixture and whipped cream and pipe into glasses. Serves 10.

| ENERGY & NUTRIENTS | TOTAL  | PER SERVING |
|--------------------|--------|-------------|
| Energy, kcal       | 575    | 58          |
| Protein, g         | 54.1   | 5.4         |
| Fat, g             | 7.0    | 0.7         |
| Carbohydrate, g    | 75.7   | 7.6         |
| Calcium, mg        | 257.4  | 25.7        |
| Phosphorus, mg     | 111.2  | 11.1        |
| Iron, mg           | 4.3    | 0.4         |
| Retinol, RE        | 55.2   | 5.5         |
| Beta-carotene, mg  | 3704.2 | 370.4       |
| Thiamin, mg        | 0.30   | 0.03        |
| Riboflavin, mg     | 0.34   | 0.03        |
| Ascorbic acid, mg  | 146.1  | 14.6        |
| Niacin, mg         | 3.4    | 0.3         |
| Fiber, g           | 7.1    | 0.7         |
| Sugar, g           | 41     | 4           |
| Sodium, mg         | 86     | 9           |
| Cholesterol, mg    | 20     | 2           |

*Using naturally sweet ripe mangoes lessens the need for additional sweetener.*



## LOW SUGAR ANGEL FOOD CAKE

(for Strawberries & Cream Cake)

### INGREDIENTS:

|          |                             |
|----------|-----------------------------|
| 1.5 cups | egg white                   |
| 1.5 tsp  | cream of tartar             |
| 1 tsp    | vanilla                     |
| 4 tbsp   | granulated sugar substitute |
| 60g      | corn syrup                  |
| 1 cup    | cake flour                  |
| 4 tbsp   | cornstarch                  |
| 12 tbsp  | granulated sugar substitute |

### PROCEDURE:

Preheat oven to 180°C and prepare tube pan by lining the bottom with non-stick baking paper. Make sure that the sides are clean and oil-free. Beat the egg whites and add the cream of tartar. Beat until stiff peaks form. Mix together vanilla, corn syrup and granulated sugar substitute. Gradually add to the beaten egg whites. Sift together the flour, cornstarch and granulated sugar substitute. Carefully fold in the dry ingredients to the beaten egg whites. Pour into prepared tube pan. Run a spatula around the pan to make sure no air pockets are trapped in the batter. Bake for 40 minutes. Test doneness by sticking a toothpick at the center. The toothpick should come out clean. Remove from the oven, invert the pan and let it cool. When completely cooled, run a knife around the pan to remove the cake. Serves 16.

## FRESH FRUIT SALAD

(for Rice Pudding recipe)

### INGREDIENTS:

|       |              |       |              |
|-------|--------------|-------|--------------|
| 46ml  | orange juice | 61.1g | mangoes      |
| 61.1g | pineapples   | 61.1g | grapes       |
| 61.1g | apples       | 30.5g | pears        |
| 61.1g | oranges      | 30.5g | strawberries |
| 61.1g | bananas      |       |              |

### PROCEDURE:

Peel and cube the fruits. Toss in orange juice and chill. Drain before mixing with rice pudding.



## PEANUT BUTTER CUSTARD

(for Flourless, Sugar-Free Chocolate Cake)

### INGREDIENTS:

|        |                           |
|--------|---------------------------|
| 8 tbsp | unsweetened peanut butter |
| 120ml  | soy milk                  |

### PROCEDURE:

Mix together peanut butter and soy milk.



# GLYCEMIC INDEX: An Insider



GI of a food can be affected by many factors. GI can be lower and therefore may cause less elevation in blood sugar if food has low fat and high fiber content, is less processed and is cooked for a shorter time.

It is important to remember however that our meals are a combination of different foods with different GIs. Therefore, the goal is to balance out the GIs of the foods we eat, that is, choosing more low GI foods and less high GI foods.

Using information from the GIs of foods will help fine tune blood sugar control. But what will matter most in the end is the amount of carbohydrates and the total amount of calories that we consume. Less carbohydrates, less fat, less calories will be better. TRULY, LESS IS MORE!

## LOW GI FOODS (55 or less)

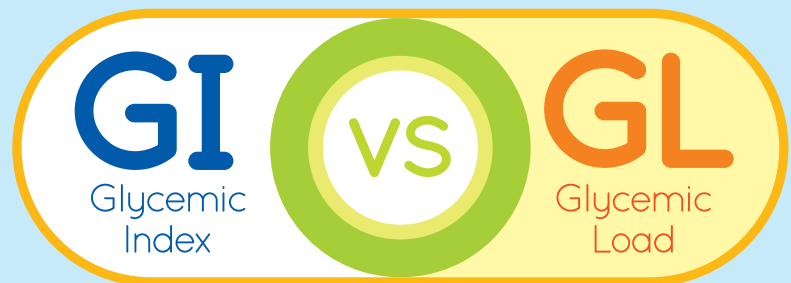
- 100% stone-ground whole wheat or pumpernickel bread
- Oatmeal, oat bran, muesli
- Pasta, converted rice, barley, bulgur
- Sweet potato, corn, yam, beans, peas, legumes and lentils
- Most fruits, non-starchy vegetables and carrots

## MEDIUM GI FOODS (56-69)

- Whole wheat, rye and pita bread
- Quick oats
- Brown, wild or basmati rice, couscous

## HIGH GI FOODS (70 or more)

- White bread or bagel
- Corn flakes, puffed rice, bran flakes, instant oatmeal
- Short grain white rice, rice pasta, macaroni and cheese mix
- Russet potato, pumpkin
- Pretzels, rice cakes, popcorn, saltine crackers
- Melons and pineapples



## GLYCEMIC INDEX (GI)

is a measure of how a carbohydrate-containing food raises blood glucose. Foods are ranked based on how they compare to a reference food, either glucose or white bread.

- Many factors related to the food itself like cooking, preparation, eating patterns, or medications taken may affect GI.
- Foods with high GI raise blood glucose more than foods with medium or low GI.



**Glycemic Load (GL)** is the product of GI times the total carbohydrate intake (amount)

$$GL = \frac{GI \times \text{carbohydrates in a given serving}}{100}$$

Substituting low GL foods for high GL foods may modestly improve glycemic control.

# SUCROSE vs. FRUCTOSE

table sugar fruit sugar



Fructose consumed as "free fructose" from fruits may result in better glycemic control compared with similar caloric intake of sucrose or starch.

Substituting sucrose-containing foods for similar caloric amounts of other carbohydrate food sources may have similar blood glucose effects.

Consumption of sucrose-containing foods should be minimized to avoid displacing nutrient-dense food choices.

## WHAT TO DRINK?

People with diabetes should limit or avoid intake of sugar-sweetened beverages (SSBs - from any caloric sweeteners including high fructose corn syrup and sucrose) to reduce risk of weight gain and worsening of cardiometabolic risk profile.



## BOTTOMLINE:

TOTAL AMOUNT OF CARBOHYDRATE IN THE MEAL, not the type of carbohydrate you eat, IS MOST IMPORTANT FOR CONTROLLING YOUR BLOOD SUGAR LEVEL!



# The Lowdown on Artificial Sweeteners

The use of non-nutritive sweeteners has the potential to reduce overall caloric and carbohydrate intake if substituted for caloric sweeteners **WITHOUT COMPENSATION** by intake of additional calories from other food sources.

## LOW-CALORIE SWEETENERS (LCS):

- Do not increase appetite and have no discernible effect on satiety.
- Help to reduce energy intake when used in place of high energy ingredients.
- Can enhance weight loss in real-life conditions when used as part of a weight loss program.
- May have beneficial effect on postprandial glucose and insulin in healthy individuals and in patients with diabetes.

### THE LATEST MATRIX ON THE NON-NUTRITIVE SWEETENERS (NNS)

APPROVED BY THE FDA

| NNS                          | COMMERCIAL NAMES   | USE IN FOOD                         |
|------------------------------|--|-------------------------------------|
| Acesulfame Potassium (Ace-K) | Sunnet, Sweet One, Sweet & Safe, Sweet n' Low**                            | Approved for General Use            |
| Aspartame                    | Equal*, Nutrasweet*, Sweet n Low**   | Approved for General Use            |
| Neotame                      | Newtame  | Generally Recognized as Safe (GRAS) |
| Saccharin                    | Sugar Twin, Nectasweet, Sweet Twin   | GRAS                                |
| Stevia (Stevioside)          | Sweet Leaf, PureVia, Truvia, OnlySweet, SunCrystals, Dolce*, Green Stevia* | GRAS                                |
| Sucralose                    | Splenda*, Nevella  | GRAS                                |
| Luo Han Guo (Fruit Extract)  |  | GRAS                                |
| Advantame                    |  | GRAS                                |

\*Available locally.

\*\*This is a combination of 2 sugar substitutes.

(References: Evert, AB et al. Nutritional therapy recommendations for the management of adults with diabetes. Diabetes Care November 2013; Gibson, S. et al. Consensus statement on benefits of low-calorie sweeteners. Nutrition Bulletin 2014; 39:386-389)

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