

Living Well with Diabetes

Suggestions for Packed Lunches or Picnics

Sandwiches	Tuna, salmon, or chicken salad using mayonnaise as the fat exchange. Add unsweetened pickle, green onion, or green pepper as a free choice. Luncheon meats, cheese, hot dogs (high-fat list exchange), or a cold sliced roast beef, veal, fowl, pork, ham, or lamb as lean or medium-fat list exchange.
Salad or Relish with Sandwich	Green onions, celery sticks, green peppers, lettuce, tomatoes, unsweetened pickles, radishes, and carrot sticks—one vegetable exchange is free. Green vegetable salads molded in D-Zerta® may be taken.
Soups	Fat-free vegetable soup packed in a thermos may be taken for vegetable. Fat-free broths or bouillon may be taken for free.
Fruits	Fresh fruits, juice or water-packed fruits may be taken as a fruit exchange. Small plastic containers are good for taking cooked fruits or fruits that have been set in D-Zerta®.
Skim Milk	If it cannot be purchased at the place of work, milk may be taken in a thermos.

General Food Preparation Tips

- Substitute evaporated skim milk for whole milk or cream.
- Substitute two egg whites or egg substitute for one egg.
- Make salt-free, broth-based soups instead of cream soups.
- Avoid baking potatoes and carrots with roast; they act as sponges and soak up fat.
- Put all soups and gravies in refrigerator, let fat come to the top and harden, then skim off fat and reheat before serving.
- Avoid battering, breading, or deep-frying meat, poultry, or fish. Instead, pan broil or stir-fry it.
- Avoid mayonnaise-based dressings in salads and burgers to reduce fat and calories; instead serve mustard for burgers and oil-based or fat-free dressings for salads.
- Opt for thin crust over thick crust pizza.
- Avoid stuffing a baked potato with sour cream, butter, bacon, and cheese, which adds about 648 calories and 6 teaspoons of fat. Use non-fat sour cream, green onions, favorite herbs, spices, or hot sauce instead.
- Reduce sugars in recipes by 1/3 to 1/2 without affecting food quality.
- Reduce fat in recipes by 1/3 to 1/2 without affecting food quality.

Adapted from the Texas Cooperative Extension's *Special Food Needs*