


The **CED**  **R** *Review*
Associates

Eating disorders, general psychotherapy, nutrition, and recovery

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News & Information:

New Support Group Added:

[Cognitive Behavioral
Therapy Group for
Bulimia Recovery](#)

Groups at CEDaR:

**FREE MONTHLY SUPPORT GROUP
FOR**

family members, friends and
partners of eating disorder sufferers

Next Meeting: Fall 2006

[Support Group Info & Meeting Dates](#)

Tip of the Month:

Healthy =

*Physical, mental and
emotional awareness
+ development*

Nutrition Focus: Diabetes Cooking 101

By Laura Cipullo, RD, CDE

Many people with diabetes would never think of eating another pasta meal, although they would love to. You can help your spouse or friend enjoy a balanced meal that includes carbohydrates in a healthy way. Carbohydrates and sugar are no longer the enemy of someone diagnosed with diabetes, and with a few basic principles to follow, all home chefs can serve conscious cuisine to their loved ones.

First, stop stressing over sugar and start thinking about carbohydrates. People with diabetes need to consume a consistent amount of carbohydrates throughout the day to help manage their blood sugar levels. Table sugar, chocolate cake, and pasta are all on the diabetes diet. However, you must not serve all of these carbohydrates at one meal, and the carbohydrate consumption should be spread

throughout the day. A piece of hot crusty bread can be served with a main entrée, but as the chef you would need to ensure the entrée is not another source high in carbohydrates. The main focus is on the total carbohydrate content of a meal rather than the source or type of carbohydrate.

The second basic principle is to serve a carbohydrate with a protein. Unlike carbohydrates, the ingestion of protein does not cause a significant increase in blood sugar concentration. Therefore, if you moderate the amount of carbohydrates and protein in a meal, the effect on the blood sugar level is less severe. The protein actually slows the absorption of the carbohydrate, thereby preventing a surge of sugar being released into the blood.

Carbohydrates not only include breads, grains, and potatoes, but fruits, vegeta-

bles, and low fat milk. A vegetable dish is not considered a serving of carbohydrate unless it is greater than a one and a half-cup portion. Although dairy is a source of carbohydrate, it also contains a significant amount of protein and fat. Some dairy products such as milk and yogurt are higher in carbohydrates (one cup of 1% milk is equivalent to about 11 grams of carbohydrate) whereas other sources of dairy like ricotta and parmesan cheeses have minimal amounts of carbohydrates (ricotta has less than three grams of carbohydrates per serving). When in doubt, use a true source of protein like poultry rather than a dairy based sauce. Go ahead and create a dish including pasta, but be sure to reduce the amount of pasta and add a protein source such as lean ground veal or skinless chicken breast.

[Click here to read more](#)

Smart Summer Snacks



Apple and String Cheese

Yogurt topped with Trail Mix

Celery with natural peanut butter

Banana Malted Milk Shake

Popcorn and Peanuts

* Remember to use internal cues to determine portion sizes