

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

November is American Diabetes Month

Healthy Holiday Cooking

- ✿ Many more food choices are offered during the holiday season. Taste them all but only eat small portions.
- ✿ Serve low fat, low calorie fruits and vegetables with your favorite high fat, high sugar holiday dishes.
- ✿ Do not skip breakfast the day of your holiday meal to save calories. Skipping breakfast can make you hungrier and you may overeat at mealtime.
- ✿ Don't stuff yourself. Split desserts and other large servings of food.
- ✿ Freeze leftovers for another time.



Cabbage and Apples Serves 6.

1 small head red cabbage, shredded
3 medium apples, cored, thinly sliced
1 small onion, sliced
1/2 cup apple juice

2 Tbsp. lemon juice
2 Tbsp. brown sugar
1 Tbsp. margarine



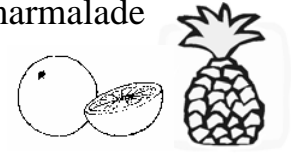
1. Combine all ingredients in a large pot.
2. Bring to a boil.
3. Reduce heat and cook for about 20 minutes.



NUTRITION FACTS (per serving) - Calories 120 ~ fat 3 g ~ calories from fat 20 ~ sodium 35 mg
~ total carbohydrate 25 g ~ fiber 4 g

Orange-Pineapple Sauce Serves 10.

1 can (15 oz.) mandarin oranges, drained 1 cup preserves; pineapple, apricot
1 can (20 oz.) pineapple, crushed or orange-marmalade
1/2 cup raisins 1/2 tsp. cinnamon



1. Combine all ingredients in a microwave-safe bowl.
2. Heat in microwave on HIGH for 5-7 minutes. Stir every 2 minutes.
3. Serve on low fat yogurt, angel food cake, frozen yogurt or pork/ham.

NUTRITION FACTS (per serving) - Calories 170 - fat 0 g - calories from fat 0 - sodium 10 mg - total carbohydrate 42 g - fiber 1 g

Control Your Diabetes

Some people can prevent or control their diabetes by eating a healthful diet and being physically active.

- ✓ See your health care provider to find out if you have diabetes.
- ✓ Achieve a healthful weight.
- ✓ Be physically active 30 minutes each day, most days of the week.
- ✓ Have a healthy diet. Follow the dietary recommendations suggested by your healthcare provider,

