

Eating Healthy with Diabetes and Hypertension

Healthy Families at the Cranston Public Library (1/19/2022)



The **Diabetes Plate Method** (American Diabetes Association) is an easy way to create healthy meals that can help manage blood sugar. Using this method, you can create balanced and well-portioned meals with healthy servings of vegetables, protein, and carbohydrates — without any counting, calculating, weighing, or measuring. All you need is a **9” plate!**

<https://www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html>

American Diabetes Association

Fill **half** of your plate with non-starchy vegetables such as: asparagus, broccoli, carrots, celery, eggplant, + mushrooms.

One **quarter** of your plate is protein, such as lean poultry, fish, or beef. Plant protein suggestion: legumes, beans, tofu, nuts and hummus are a great substitute for meat.

Fill the other **quarter** of your plate with carbs such as whole grains (brown rice, quinoa, whole grain pasta), fruits, starchy vegetables (sweet potatoes, squash, + peas). Remember all these foods contain carbs.

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL “bad” cholesterol.

Eat This	Limit This
Vegetables	Fatty meats
Fruits	Full-fat dairy
Whole grains	Sugar sweetened beverages
Fat-free or low-fat dairy	Sweets
Fish	Sodium intake
Poultry	
Beans	
Nuts & seeds	
Vegetable oils	

www.nhlbi.nih.gov/DASH

DASH (*Dietary Approaches to Stop Hypertension*) is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

The **DASH** eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets
- Limiting sodium intake to 1500 mg. or less

<https://www.nhlbi.nih.gov/education/dash-eating-plan>

National Institutes of Health: National Heart Liver and Blood Institute



The Art of Cooking Along: Eating Healthy with Diabetes and Hypertension (1/19/2022)

Rustic Tuscan Bean Soup

There is nothing better on a cold winter night than a bowl of homemade delicious soup. If you are going to cook along, some advance preparation will be useful. The very first step in cooking is to carefully read the recipe. In the culinary arts world, this is known as a part of mise en place. This technique contributes to making cooking fun: organize the ingredients and equipment first, then enjoy the experience of cooking, so you aren't rushing, confused, or stressed. Easy breezy!

Mise en place (MEEZ ahn plahs) is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. **before** you start cooking. Pans are prepared. Mixing bowls, tools, and equipment set out. It is a technique chefs use to assemble meals quickly and effortlessly.

First get out your **equipment** that will be needed for the recipe.

- o measuring cups
- o measuring spoons
- o cutting board
- o vegetable peeler
- o paring knife
- o can opener
- o strainer or colander
- o large pot with lid
- o wooden spoon
- o small bowls (for measured seasonings)
- o small bowls (for chopped vegetables)
- o liquid measuring cup

Advance Preparation

1. Measure out 3 T olive oil
2. Wash, chop, and measure vegetables (onions, carrots, celery, and tomatoes)
3. Peel and mince garlic
4. Measure seasonings (salt, pepper, basil, bay leaf, & oregano)
5. Open cans (tomatoes, broth, and beans)
6. Rinse beans in strainer
7. Measure ½ cup pasta
8. Measure and wash spinach/kale

Grocery Order

olive oil
1 onion
carrots (baby or large)
celery
garlic
bay leaf
48 oz.(5-6 cups) unsalted or low sodium chicken or vegetable broth
cherry tomatoes
1-14 oz. can no salt diced tomatoes
whole grain small pasta: elbow, ditalini, orzo, or pastina
1 can cannellini beans, low sodium (14 oz.)
spinach or kale
fresh basil (optional)
Parmesan cheese
whole grain artisanal bread (optional)

Pantry Items

pepper
dried oregano
dried basil

Rustic Tuscan Soup

Nutrition Facts

Servings: 6

Amount per serving

Calories 187

% Daily Value*

Total Fat 7.9 g 10%

Saturated Fat 1.1g 6%

Cholesterol 8 mg 3%

Sodium 346 mg 15%

Total Carbohydrate 27.2 g 10%

Dietary Fiber 10.4 g 33%

Total Sugars 9.9 g

Protein 5.1g

Vitamin D 0mcg 0%

Calcium 61mg 5%

Iron 2 mg 10%

Potassium 994 mg 21%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Rustic Tuscan Bean Soup (makes 4-6 servings)

2 -3 Tablespoons olive oil	32 oz. unsalted or low sodium chicken or vegetable broth
1 medium onion, chopped	1 cup cherry tomatoes (cut in half)
1 cup sliced carrots (2-3 carrots)	1 14 oz. can no salt or low sodium diced tomatoes
1 cup chopped celery (2-3 stalks)	½ cup (whole grain) small pasta: elbow, ditalini, orzo, or pastina
3 cloves garlic, minced	1 14 oz. can rinsed low sodium cannellini beans
1 bay leaf	2 cups baby spinach or kale (washed, stemmed)
¼ teaspoon pepper	fresh basil (optional for garnish)
½ teaspoon dried oregano	Parmesan cheese
½ teaspoon dried basil	

1. In a dutch oven or large soup pot, over medium heat, add olive oil.
2. Place one slice of carrot or celery in oil. When it begins to sizzle, add onion, carrots, potatoes and celery to the pot. Sauté for 5 minutes or until the onion becomes transparent. Stir occasionally.
3. Add the garlic, bay leaf, pepper, salt, oregano, and basil into the pot. Cook for 2-3 minutes, while stirring.
4. Add the broth, cherry tomatoes, and canned tomatoes to vegetables. Simmer 10 minutes. Stir every few minutes.
5. Add pasta and beans to soup mixture. While stirring, bring soup up to a boil, by turning up the heat. (Do not use the highest heat setting.) When soup starts to boil, lower to a simmer. Soup has to be stirred often so the pasta does not stick to the bottom of the pot.
6. Cook 7-8 minutes until the pasta is soft.
7. Add spinach/kale to soup. Simmer another 2-3 minutes or until the greens wilt.
8. Makes 4-6 servings. Garnish with fresh basil and serve with Parmesan cheese.
9. To complete this dish, serve soup with a slice of artisanal whole grain bread or with a grilled or toasted crostini.

[Read more about Healthy Families at the Cranston Public Library](https://cranstonlibrary.org/healthy-families)

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This project is funded by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Cooperative Agreement Number UG4LM012347 with the University of Massachusetts Chan Medical School, Worcester.