

Index

• A •

Abs Diet, 52
ACE inhibitor (angiotensin converting enzyme inhibitor), 19
acesulfame-K, 28
adult-onset diabetes, 11
advertisements, food, 328
aerobic exercise, 277
African American food (soul food), 55–56, 275
al dente, 355
alcoholic beverages, 19–20, 21. *See also* wine
almonds, 85, 147, 263–264
American Diabetes Association (ADA)
 The Diabetes Carbohydrate and Fat Gram Guide, 24
 Diabetes Forecast, 320
 The Official Pocket Guide to Diabetic Exchanges, 24, 343, 352
 Web site, 329, 364
American Dietetic Association
 The Official Pocket Guide to Diabetic Exchanges, 24, 343, 352
 Web site, 329
amino acids, essential, 90, 225
angiotensin converting enzyme inhibitor (ACE inhibitor), 19
appetizers. *See also* dips and spreads; salsas
 dining out, 273, 313
 Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce, 184–185
 shellfish as, 96–98
 Southwestern Hummus, 168
 Zucchini and Cucumber Linguine with Clams, 182
Applebee's, 284
Apple-Tarragon Dipping Sauce, 232
Arby's, 280, 292
arteriosclerotic cerebrovascular disease, 13
arteriosclerotic heart disease, 13
arteriosclerotic peripheral vascular disease, 13

Artichoke Frittata, 94
artichokes, 94, 160
artificial sweeteners
 equivalents/substitution chart, 362
 overview, 361
 sorbitol, 27, 361
 types of, 27–28
arugula, 131
Ashland Shakespeare Festival restaurants, 281–283
Asian food, 144
Asian Vegetable Stir-Fry, 186
asparagus, steamed, 192–193
aspartame, 28
Atkins Diet, 50–51
attitude, controlling diabetes and, 319
Au Bon Pain, 292
Avery Publishing Group (*The NutriBase Guide to Fast-Food Nutrition*), 327

• B •

bacon, 206–207, 216
bagel chips, 107
bagels, 16, 291
baked goods. *See also* bread
 for breakfast, 86–90
 Carrot-Pineapple Muffins, 87
 shopping for, 71
 Sweet Potato Biscuits, 89–90
baking, 64, 190, 355
Balsamic Syrup, 207
barbecue, 355. *See also* grilling
Barbecue Chicken Potato Hash with Oven-Dried Tomatoes, 213–214
Barbetta, 334
Baricelli, 334–335
Barley Pilaf, 157
basal caloric need, 44
basil, 138, 139
basting, 355
B.B.Q. Cedar-Planked Salmon, 202–203

beans

- Black Bean Pie, 166–167
- cannellini, 167, 234
- Chickpea Salad, 146
- for dips, 105
- kidney, 146
- Southwestern Hummus, 168
- White Bean Dip, 106
- White Beans all' Uccelletto, 234
- White Beans and Spinach, 167

beating, 355

beef

- ground, 223, 306
- hamburgers, fast-food, 282
- Oriental Beef and Noodle Salad, 148–149
- Thai Rare Beef with Red Onion and Kaffir Lime, 227

Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce, 230–232

Bennigan's, 284

berries

- Blueberry and Almond Pancakes, 85
- Chocolate Meringue Bits with Strawberries and Cream, 262
- Cranberry-Raspberry Granita, 259
- frozen blueberries, 86
- Rhubarb Soup with Fresh Strawberries, 127
- Summer Berry-Olive Oil Polenta Cake, 254–255

Warm Blueberry Oats, 86

Big Boy restaurants, 284

binding, 355

biscotti, chocolate-almond, 263–264

biscuits, 89–90

Black Bean Pie, 166–167

blanching, 175–177, 355

blending, 355

Blimpie, 292

blood fat, 24, 73

blood glucose level. *See also* glycemic index

- attitude and, 319
- breakfast and, 81
- carbohydrates and, 24
- casual, 10
- controlling/normalizing, 315–321
- driving and, 21
- exercise and, 16, 316–317
- fasting, 10
- fiber and, 25

high, 11–12

- low (hypoglycemia), 12, 19, 301
- measuring, 10, 315, 316
- new developments and, 320
- normal, 315
- planning for surprises and, 319–320
- protein and, 29, 225
- United Kingdom Prospective Diabetes Study, 305

blood glucose meter, 316

Blood Orange, Avocado, and Fennel Salad, 142

blood pressure

- controlling, 18–19
- diabetic complications and, 305
- potassium and, 38
- salt and, 305

blueberries

- Blueberry and Almond Pancakes, 85
- frozen, 86
- Warm Blueberry Oats, 86

Bob Evans Farms, 284

boiling, 306, 355

bok choy, 147

bone, 355

Boston Market, 293

braising

- Beer-Braised Pork and Crisp-Herb Cabbage with Apple-Tarragon Dipping Sauce, 230–232

Braised Chicken Legs with Mushrooms, 218–219

defined, 355

as healthy cooking method, 306

meat and vegetables, 230

Red-Wine-Braised Lentils, 164

bread. *See also* biscuits

dining out, 270

Panzanella (Italian bread salad), 132

whole wheat versus “wheat,” 84

Zucchini Bread, 88

breeding, 355

breakfast

- Artichoke Frittata, 94
- baked goods for, 86–90
- blood glucose level and, 81
- Blueberry and Almond Pancakes, 85
- Broccoli and Cheese Pie, 91
- Carrot-Pineapple Muffins, 87
- children's need for, 326–327

- Crunchy Granola Toast, 83
 - dining out, 272–273
 - eggs for, 82, 90–94
 - exchanges, 352–354
 - fast-food, 289–291
 - fruit for, 81–82
 - Greek Breakfast Pita, 92–93
 - Greek Omelet, 93
 - protein choices, 82
 - sample menu, 353
 - Sweet Potato Biscuits, 89–90
 - Warm Blueberry Oats, 86
 - Whole-Wheat Waffles, 84
 - Zucchini Bread, 88
 - Broccoli and Cheese Pie, 91
 - Broccoli with Creamy Lemon Sauce, 172
 - broiling
 - benefits of, 197, 306
 - Broiled Salmon with Herb Sauce and Cucumbers, 198–199
 - defined, 355
 - ground beef, 306
 - pan-broiling, 357
 - brown rice, 152, 153
 - brown rice flour, 162
 - Brown Rice Pasta with kasha, 162–163
 - brownies, 351
 - browning, 355
 - Brummel and Brown Yogurt Spread, 83
 - Brussels Sprouts Roasted with Lemon and Capers, 171
 - buffets, avoiding, 66, 328
 - Burger King, 280, 282–283
 - Burke, David (chef), 336
 - burrito, tips for making, 60
 - butter, 83, 195, 260
 - Butterfly Pasta with Sun-Dried Tomatoes and Artichoke Hearts, 160
- C •
- cabbage, Crisp-Herb, 231
 - calcium, 33, 38
 - calories. *See* kilocalories (kcalories)
 - Calories from Fat (food label), 76
 - canned and bottled food
 - legumes, 166
 - shopping for, 74–75
 - soups, 113–114
 - stocking, 117
 - cannellini beans
 - White Bean Dip, 106
 - White Beans all' Uccelletto, 234
 - White Beans and Spinach, 167
 - canola oil, 30, 187
 - cantaloupe, 256
 - Cantaloupe-Papaya Salad with Ginger Simple Syrup, 257
 - capers, brussels sprouts roasted with, 171
 - Caramelized Leeks, 216–217
 - caramelizing, 111, 355
 - carbohydrates
 - constant, 37
 - counting, 25, 36–37
 - daily intake guidelines, 24
 - exchanges, 34, 77
 - fiber as, 25, 310
 - food label, 77
 - glycemic index and, 25–26
 - grains as, 151
 - legumes as, 163
 - carrots
 - carrot cake, 310
 - Carrot-Pineapple Muffins, 87
 - Dry-Steamed Dilled Carrots, 175
 - cassava (yuca), 107–109
 - casual blood glucose level, 10
 - Cauliflower-Parmesan Soup, 121
 - cedar planks, 202
 - certified diabetes educator (CDE), 18, 320
 - Cetrella, 335
 - ceviche, 205, 206, 356
 - char-grilling, 293
 - chayote squash, 196
 - cheese
 - Broccoli and Cheese Pie, 91
 - Cauliflower-Parmesan Soup, 121
 - Corn and Gouda Ragout, 229–230
 - feta, 92
 - Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce, 184–185
 - Gorgonzola, 134
 - Parmigiano, 173, 214–215
 - shopping for, 72
 - chicken
 - Barbecue Chicken Potato Hash with Oven-Dried Tomatoes, 213–214
 - Braised Chicken Legs with Mushrooms, 218–219
 - char-grilled, 293

chicken (*continued*)

- Chicken Breasts with Lemon and Garlic, 211
- Chicken Scampi, 212
- Church's Chicken, 293
- Cilantro-Lime Chicken Thighs, 220
- Crunchy Chicken Stir-Fry Salad, 147
- dark meat, 219
- fast-food, 288, 293
- Greek-Style Chicken Wraps, 246
- marinating, 216
- Paillard of Chicken Breast with Fennel and Parmigiano, 214–215
- Quick Chicken Tostadas, 247
- removing skin from, 293
- Roast Free-Range Chicken Breast Stuffed with Porcini Mushrooms, Caramelized Leeks, and Pancetta, 216–217
- roisserie, 213, 221
- shopping for, 73
- skinless, 73
- snacks, 246–247
- Chick-fil-A restaurant, 293–294
- Chickpea Salad, 146
- chickpeas (garbanzo beans), 146, 168
- chiffonade, 139, 185
- children
 - breakfast for, 326–327
 - diabetes in, 11
 - dining out and, 327–328
 - food preparation with, 325
 - healthy eating habits for, 323–329
 - obesity in, 23, 323
 - portion size and, 328
 - reading food labels, 324–325
 - snacks for, 243, 326
- Children with Diabetes (Web site), 364
- chili, lamb, 120
- Chilled Cucumber Soup, 126
- Chinese food, 56, 273
- chips
 - bagel, 107
 - baked, 75
 - making your own, 180
 - yucca, 107
- chocolate
 - Chocolate Decadence, 310
 - Chocolate Meringue Bits with Strawberries and Cream, 262
 - Chocolate-Almond Biscotti, 263–264
 - desserts, 261–264
- cholesterol
 - daily amount recommended, 30
 - eggs and, 30, 82, 90
 - fat and, 311
 - food label, 77
 - hardening of the arteries and, 280
 - as heart attack risk factor, 29–30
 - high-density lipoprotein cholesterol (HDL), 29
 - low-density lipoprotein cholesterol (LDL-C), 30, 190
 - lowering, 190
 - seafood and, 95
 - shellfish and, 98
- cholesterol-free food, 31
- chopping, 356
- Chunky Zucchini-Tomato Curry, 174
- Church's Chicken, 293
- cilantro, 139
- Cilantro-Lime Chicken Thighs, 220
- citrus fruit, 102, 260–261. *See also specific fruits*
- city-by-city restaurant guide, 341–342
- Civil War sights (Vicksburg to Natchez), 289–291
- clams, linguine with, 182
- Clementine, 335–336
- cocoa powder, 261
- coconut milk, 62
- coconut oil, 31
- Coco's, 284
- coffee, 263
- combination food, 47
- condiments. *See also salsas*
 - adding, 305–306
 - free foods, 352
 - snacks and, 243
 - types of, 306
- consequences of diabetes
 - irritations, 11
 - long-term complications, 12–13
 - short-term complications, 12
- constant carbohydrates, 37
- conversions
 - for common measurements, 359–361
 - milligrams per deciliter (mg/dl) to millimoles per liter (mmol/L), 10

- cookbooks, 363–364
- cooking methods. *See also* broiling; food preparation
- baking, 64, 190, 355
 - blanching and shocking, 175–177
 - boiling, 306, 355
 - braising, 230, 306, 355
 - deep frying, 187–188, 190
 - dry steaming, 174–175
 - frying, 186, 356
 - healthy, 306
 - pan-broiling, 357
 - pan-roasting, 194, 357
 - parboil, 357
 - poaching, 192, 357
 - roasting, 232, 236
 - searing, 226, 229, 358
- cooking temperatures
- conversions, 360–361
 - meat, 226
 - poultry, 210
- cooking terms, glossary, 355–358
- coriander, leg of lamb with, 238
- corn
- Corn and Sweet Potato Chowder, 122–123
 - Pan-Roasted Veal Chops with Corn and Gouda Ragout, 229–230
 - tip for eating, 178
- corn oil, 30
- counting carbohydrates, 25, 36–37
- counting kilocalories, 14–16
- Cousins, Norman (author and editor), 22
- crab
- Crab Puffs, 97
 - Pea Soup with Crabmeat and Truffle Oil, 118–119
- crackers, 107, 240, 270
- Cranberry-Raspberry Granita, 259
- Creamy Veggie Lover's Soup, 124–125
- crème fraîche, 191
- Crisp-Herb Cabbage, 231
- crudités, 270
- Crunchy Chicken Stir-Fry Salad, 147
- Crunchy Granola Toast, 83
- crust for tarts, 260
- cucumbers
- Broiled Salmon with Herb Sauce and Cucumbers, 198–199
 - Chilled Cucumber Soup, 126
 - cucumber salad, simple, 195
 - Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts, 140–141
 - Zucchini and Cucumber Linguine with Clams, 182
- curdling, 356
- curry, zucchini-tomato, 174
- D •
- daily intake guidelines
- calcium, 38
 - carbohydrates, 24
 - cholesterol, 30
 - dairy products, 33
 - fat, 31
 - fiber, 26
 - food guide pyramid for, 32–33
 - fruit, 33
 - grains, 33
 - protein, 29, 33
 - USDA and, 115
 - vegetables, 33
- Daily Value (food label), 76
- dairy products, 24, 33, 72, 312. *See also* cheese; milk
- DASH Diet, 51, 52
- DavidBurke and Donatella, 336
- Dean Ornish Program, 52
- deep frying, 187–188, 190
- deglazing, 356
- deli counter, 72
- Denny's, 284
- dental problems, 318–319
- depression, 319
- Derek's Bistro, 336–337
- dessert
- Cantaloupe-Papaya Salad with Ginger Simple Syrup, 257
 - chocolate, 261–264
 - Chocolate Meringue Bits with Strawberries and Cream, 262
 - Chocolate-Almond Biscotti, 263–264
 - citrus fruit, 260–261
 - Cranberry-Raspberry Granita, 259
 - dining out, 276–277
 - fruit for, 255–258, 309–310
 - Lemon Soufflé Tart, 260–261
 - meringues, 262
 - Orange Cream Pops, 242
 - Pears Baked in Red Wine alla Piemontese, 258

dessert (*continued*)

Spiced Infusion with Tropical Fruits, 256
Summer Berry-Olive Oil Polenta Cake,
254–255

deveining shrimp, 96, 356

diabetes. *See also* treatment of diabetes

consequences of, 11–13

diagnosing, 9–10, 364

type 1, 10, 33, 301

type 2, 11, 33, 323

The Diabetes Carbohydrate and Fat

Gram Guide (American Diabetes
Association), 24

Diabetes For Dummies (Rubin, Alan), 1, 12

Diabetes Forecast (American Diabetes
Association), 320

diabetic nephropathy, 13

diabetic neuropathy, 13

diabetic retinopathy, 13

diagnosing diabetes, 9–10

dicing, 101, 356

Dickenson, Derek (owner of Derek's Bistro),
336–337

diet. *See also* daily intake guidelines; eating
habits; meal plans

affect on diabetes, 23–24

carbohydrates and, 24–28

counting carbohydrates, 36–37

creating and following, 53–55

diabetic exchanges, 34–36

ethnic cuisines and, 55–63

fat and, 29–32

food guide pyramid and, 32–33

holidays and, 66–67

lapses and, 67

micronutrients and, 38

modifying recipes and, 62, 66

protein and, 28–29

stocking ingredients for, 63–65

substitutions, 307–313

timing food and medication, 38–40

diet drinks, 289, 327

diet meals, shopping for, 73–74

diet programs, popular, 50–52

dietitians, 55, 329

dill, 139, 195

diluting, 356

dining out. *See also* fast-food restaurants;
restaurants

African American food, 275

appetizers, 273

bread, 270

breakfast, 272–273

children and, 327–328

Chinese food, 273

chips and crackers, 270

choosing a restaurant, 268–269

dessert, 276–277

French food, 274

high-fat entrees, 271–272

Indian food, 274

insulin, administering, 39, 270

Italian food, 274

Japanese food, 275

Mexican food, 275

ordering from the menu, 270–272

portion size and, 14–15, 269, 270, 313

preparing for, 268–269

Russian food, 275

salad, 273

salad dressings and sauces, 271, 272

seafood, 273

soup, 273

Thai food, 61–63, 276

tips for, 270, 276

vegetarian food, 268

wine, 270, 276

dinner

exchanges, 352–354

fast-food, 285–287, 293–295

potluck, 67

sample menu, 353

dips and spreads. *See also* salsas

Apple-Tarragon Dipping Sauce, 232

Brummel and Brown Yogurt Spread, 83

Chunky Zucchini-Tomato Curry, 174

healthy dippers for, 107–108

list of ingredients, 105

Roasted Veggie Dip, 244

Smart Balance Buttery Spread, 83

for snacks, 243–245

Southwestern Hummus, 168

Tuna Pâté, 106–107

White Bean Dip, 106

discretionary calories, 33

diver scallops, 206–207

Dominguez, Juan (chef), 336

Domino's Pizza, 286–287

draining, 356

dredging, 186

dried fruit, 72, 75, 240–241

drinking water, 74, 302–303

drinks
 diet, 289, 327
 free foods, 352
 fruit juice, 7–9, 74, 82, 259
 sodas, 74, 302–303, 327
 sugar-free drink mix, 240
 drippings, 356
 driving safety, 21
 drugs, illicit, 21
 dry rub, 221
 dry steaming, 174–175, 356
 Dry-Steamed Dilled Carrots, 175
 dusting, 356

● E ●

eating habits. *See also* diet; meal plans;
 portion size
 affect on diabetes, 13, 23
 condiments, herbs, spices and, 305–306
 consulting experts about, 329
 diet programs and, 51, 52
 dining out, 276, 327–328
 drinking water, 302–303
 food diary and, 299–300
 food preparation, 326
 missing meals and, 301–302, 326–327
 planning for surprises, 319–320
 problem foods, 326
 reading nutrition labels, 324–325
 reducing fat, 304
 salt, leaving out, 305
 sitting down for meals, 302
 vegetables and, 303
 Eccolo, 337
 egg whites, 90
 Eggplant Lasagna, 180–181
 eggs
 Artichoke Frittata, 94
 Broccoli and Cheese Pie, 91
 cholesterol and, 30, 82, 90
 food guide pyramid and, 33
 Greek Breakfast Pita, 92–93
 Greek Omelet, 93
 emulsifying, 137, 356
 ethnic cuisine. *See also* Mexican food
 African American, 55–56, 275
 Chinese, 56, 273
 Filipino, 62
 French, 57, 274
 Indian, 57–58, 274

Italian food, 58–59, 274
 Russian, 60–61, 275
 soup, 119
 Thai, 61–63, 276
 exchanges
 carbohydrates, 34, 77, 351
 fat, 35, 78, 350–351
 food label and, 77–78
 free foods, 351–352
 fruit, 36, 347–348
 meat/meat substitutes, 36, 345–347
 milk, 78, 349
 1,800-kilocalorie diet, 34–36, 354
 1,500-kilocalorie diet, 352–353
 1,200-kilocalorie diet, 44–47
 poultry, 209
 protein, 34, 78
 starch, 77, 343–344
 vegetables, 78, 169–170, 349–350
 exercise. *See also* walking
 aerobic, 277
 benefits of, 16–18, 317
 blood glucose level and, 16, 316–317
 kilocalories burned with, 16
 length of time for, 17, 317
 pedometer for, 17
 weight loss and, 17, 42
 weight training, 18, 52

● F ●

farmer's market, 71
 fast-food restaurants. *See also* dining out;
 snacks
 about, 279–281
 Arby's, 292
 books on, 327
 breakfast, 289–291
 Burger King, 280, 282–283
 chicken group, 288, 293
 Chick-fil-A restaurant, 293–294
 Denny's, 284
 dinner, 285–287, 293–295
 Domino's Pizza, 286–287
 hamburgers at, 282–283, 288
 high-calorie, high-fat diet promoted by, 327
 lunch, 283–285
 Manhattan Bagel Company, 291
 McDonald's, 279, 290–291
 Mexican food, 294–295
 sandwiches, 291–292

fast-food restaurants (*continued*)

- sit-down type, 284
- Sonic Drive-In, 288–289
- Taco Bell, 294–295

fasting blood glucose level, 10

fat. *See also* monounsaturated fat; saturated

fat; trans fats

- calories in, 31
- cholesterol and, 311
- coconut oil, 31
- cooking methods and, 306
- creamy sauces and, 198
- daily intake guidelines, 31, 311
- exchanges, 35, 78, 350–351
- fat-free food, 31
- kilocalories per gram, 304, 311
- lean meat, 31, 309
- in legumes, 163
- lowfat food, 31, 312
- meat and, 28–29, 304, 345
- omega-3 fatty acids, 145, 190
- palm oil, 31, 324
- reducing in recipes, 66, 304
- shellfish and, 98
- triglycerides, 24, 29, 30
- unsaturated, 30

fat-free food, 31

FDA (Food and Drug Administration),
199, 364

fennel, 142, 143, 214–215

Fernandez, Chris (chef), 340

feta cheese, 92

fiber

- adding to diet, 310
- benefits of, 25
- food label, 77
- insoluble, 26, 310
- soluble, 26, 166, 310
- sources of, 26, 310, 349

Filipino cuisine, 62

fillet, 356

fish. *See* seafood

flour, 158, 162

folate, 192

folding, 356

Food and Drug Administration (FDA),
199, 364

food diary, 299–300

food guide pyramid, 32–33

food label

- based on 2,000-kilocalorie diet, 47
- calculating exchanges from, 77–78
- shopping and, 75–78
- teaching children about, 324–325
- trans fats listed on, 280

food preparation. *See also* cooking methods

- best cooking methods, 306
- teaching children about, 325
- time and, 54
- tools needed for, 65

foot problems, 318

Framingham Study, 69

free foods

- defined, 34
- exchanges, 351–352
- list of, 312–313, 351–352
- vegetables, 170, 352

French food, 57, 274

French toast, crunchy granola, 83

Fresh Choice, 284

Fresh Mushroom Salad, 133

fried food, 280

frittata, artichoke, 94

frozen food

- blueberries, 86
- diet meals, 73–74
- Orange Cream Pops, 242
- shopping for, 73–74
- snacks, 241–242
- stocking up on, 64
- yucca, 108

fructose, 27, 361

fruit. *See also specific fruits*

- breakfast, 81–82
- dessert, 255–258, 309–310
- dried, 72, 75, 240–241
- exchanges, 36, 347–348
- food guide pyramid and, 33
- free foods, 352
- glycemic index and, 82
- juice, 7–9, 74, 82, 259
- purée, 255
- salads with, 141
- shopping for, 71–72
- soup, 126–127
- Spiced Infusion with Tropical Fruits, 256
- USDA guidelines, 115

fruit and fig bars, 75

frying, 186, 356
fumet, 196, 356

• G •

game birds, 309
garam masala, 119
garbanzo beans (chickpeas), 146, 168
garlic, 117, 211
garnishes
 defined, 356
 fennel as, 215
 for hummus, 168
 Oven-Dried Tomatoes, 214
 for soups, 123–124
gazpacho, watermelon, 128
gestational diabetes, 11
*The Get With The Program! Guide to
 Fast Food and Family Restaurants*
 (Greene, Bob), 327
Ginger Simple Syrup, 257
glossary of cooking terms, 355–358
glucose, 9. *See also* blood glucose level
glucose meter, 316
glycemic index
 carbohydrates and, 25–27
 fruit and, 82
 pasta and, 158
 starchy vegetables and, 178
 whole grains and, 84
gnocchi (potato pasta), 249–251
Goat-Cheese-Stuffed Zucchini with
 Yellow Tomato Sauce, 184–185
Gorgonzola cheese, 134
GORP, whole-grain, 241
grains
 Barley Pilaf, 157
 food guide pyramid and, 33
 Middle Eastern Brown Rice Pilaf, 153
 Moroccan Quinoa, 156
 pilafs, 153, 157, 357
 quinoa, 155
 rice, 152, 153
 Risotto alle Erbe Made with Extra-Virgin
 Olive Oil, 154–155
 whole versus refined, 84
granita, 259
granola, 75, 83
grating, 356
greasing, 356

Greek Breakfast Pita, 92–93
Greek Omelet, 93
Greek-Style Chicken Wraps, 246
green beans, Haricot Vert, 178
Greene, Bob (*The Get With The Program! Guide
 to Fast Food and Family Restaurants*), 327
greens, salad. *See also* salad
 free foods, 352
 growing your own, 136
 iceberg lettuce, 134
 ready-to-use, 135–136
 romaine lettuce, 131
 shopping for, 131
 storing, 131
 types of, 129–130
grilling
 Barbecue Chicken Potato Hash with
 Oven-Dried Tomatoes, 213–214
 B.B.Q. Cedar-Planked Salmon, 202–203
 cedar planks for, 202
 char-grilling, 293
 defined, 356
 flames from fat and, 304
 Grilled Ahi Tuna with Asian Slaw, 200–201
 as healthy cooking method, 306
 seafood, 199
ground beef
 broiling, 306
 ground turkey substituted for, 223
 hamburgers, fast-food, 282
Guide to Healthy Restaurant Eating
 (Warshaw, Hope), 281

• H •

hamburgers, fast-food, 282
hardening of the arteries, 280
Haricot Vert (green beans), 178
haute cuisine, 57
HDL (high-density lipoprotein)
 cholesterol, 29
Health on the Net Foundation (Web site), 321
Healthy Choice, 74
heart disease
 alcoholic beverages and, 21
 cholesterol and, 29–30
 as complication of diabetes, 13
 monounsaturated fats and, 31
Hearty Vegetable Soup, 116
hemoglobin Alc, 23

herb sauce and cucumbers, 198–199
 herbs and spices
 adding, 305–306
 for dips, 105
 ethnic, 119
 free foods, 352
 garam masala, 119
 Herbes de Provence, 236
 for salads, 139
 for salsa, 100
 salt-free seasoning mix, 118
 for soups, 117
 stocking up on, 65
 high blood glucose level, 11–12
 high blood pressure, 19
High Blood Pressure For Dummies
 (Rubin, Alan), 18–19
 high-density lipoprotein
 (HDL cholesterol), 29
 holidays, 66–67
 Hometown Buffet, 284
 homocysteine, 192
 hors d'oeuvres, 356. *See also* appetizers
 Horseradish-Crusted Cod with Lentils, 191
 hot peppers, 101
 humor, 22
 hunger, 50, 54, 70, 269
 hydrogenated oils, 30, 324
 hyperosmolar syndrome, 12
 hypoglycemia (low blood glucose level),
 12, 19, 301

• I •

ice cream, 351
 ice cubes, flavored, 241
 Indian food, 57–58, 274
 Indian-Inspired Lamb and Legume Chili, 120
 infections, 318
 infusion, 357
 insoluble fiber, 26, 310
 insulin
 carbohydrates and, 37
 defined, 10
 depth and location of injections, 39
 dining out and, 39
 inhaled, 10
 Lantus, 39
 longer-acting, 39
 rapid-acting lispro, 37, 39, 54, 301

regular, 38–39, 54
 timing of injections, 38–40, 54
 International System (SI), 10
 iron supplements, 38
 irritations of diabetes, 11
 Italian food, 58–59, 274

• J •

jalapeños, slicing and dicing, 101
 Japanese food, 275
 Jenny Craig, 51
 jicama, 123
The Journal of the American Medical Association, 50
 julienne, 180, 357
 Juvenile Diabetes Research Foundation
 (Web site), 329

• K •

Kasha and Brown Rice Pasta, 162–163
 Kenny Rogers Roasters, 293
 Ketchum Kyle (chef), 128, 337–338
 ketoacidosis, 12
 ketones, 12
 KFC, 293
 kidney beans, 146
 kidney damage, 13, 23
 kilocalories (kcalories)
 alcoholic beverages and, 20
 basal caloric need, 44
 controlling, 14–16
 daily requirement, determining, 42–44
 defined, 16, 42
 discretionary, 33
 empty, 14
 fat, 31, 304
 fat substitutions and, 198
 fiber and, 25
 food label, 76
 free (no-calorie) foods, 34
 meat, 345
 modifying recipes and, 66
 olive oil and, 59
 in one pound of body fat, 44
 portion sizes and, 14–15
 salad dressing and, 272
 storing, 42

sweeteners and, 27–28, 361
vegetable oil, 304
kneading dough, 90, 357

● L ●

Labbe, Didier (chef), 118, 127, 335
lamb
 Indian-Inspired Lamb and Legume Chili, 120
 Roast Leg of Lamb Scented with Coriander, 238
 Roasted Lamb Sirloin with Herbes de Provence, Spinach, and Onion Ragout with Lamb Au Jus, 236–237
 shopping for, 236
Lantus insulin, 39
The Lark, 337–338
lasagna, eggplant, 180–181
laser devices, 316
LDL-C (low-density lipoprotein cholesterol), 30, 190
Lean Cuisine, 74
lean meat, 31, 309
leaven, 357
Lee, Christopher (chef), 337
leeks, 114–115, 195, 216–217
leftovers, 148
legumes. *See also* beans; lentils
 about, 163
 canned, 166
 Indian-Inspired Lamb and Legume Chili, 120
 protein in, 117, 163
 as source of fiber, 26
lemon
 Creamy Lemon Sauce, 172
 Lemon and Capers, 171
 Lemon and Garlic, 211
 Lemon Soufflé Tart, 260–261
 Lemon-Dill Butter Sauce, 195
lentils
 about, 164
 Horseradish-Crusted Cod with Lentils, 191
 Lentil Salsa, 100–101
 Olive and Lentil Salad, 165
 Red-Wine-Braised Lentils, 164
lifestyle issues, 19–22
lime, kaffir, 227
linguine, with clams, 182
liqueurs, 204, 205
lispro insulin, 37, 39, 54, 301

Loin of Pork Glazed with Roasted Vegetable Salsa, 234–236
low blood glucose level (hypoglycemia), 12, 19, 301
low carbohydrate diets, 50–51
low saturated fat food, 31
low-density lipoprotein cholesterol (LDL-C), 30, 190
lowfat foods, 31, 75, 311–312
lunch, 283–285, 352–354
luncheon meat, 66, 72, 304

● M ●

macrovascular complications, 13
Maioglio, Laura (owner of Barbetta), 133, 334
mandoline, 180
Mango Salsa, 104
Manhattan Bagel Company, 291
mannitol, 27, 361
margarine, 3, 30, 223
margaritas, 270
marinades, 216, 220
marinating, 357
Mashed Sweet Potatoes, 179
mayonnaise, 30, 75
McDonald's, 279, 290–291
meal plans. *See also* daily intake guidelines; diet; exchanges; meals
 caloric needs per day and, 43–44
 ideal weight range and, 42–43
 low carbohydrate diets, 50–51
 1,800-kilocalorie diet, 49–50
 1,500-kilocalorie diet, 47–49, 352–353
 1,200-kilocalorie diet, 44–47
 portion control diets, 51
 portion sizes and, 48
meals. *See also* breakfast; dinner; lunch; snacks
 mini-meals, 245–251
 missing, 301–302, 326–327
 one-pot, 120, 165, 218–219
 sitting down for, 302
 three-per day, benefits, 54–55
measurements
 conversions for, 359–361
 International System (SI), 10
 milligrams per deciliter (mg/dl), 10, 315
 millimoles per liter (mmol/L), 10, 315

- meat. *See also* beef; lamb; pork; veal
 benefits of, 225
 braising, 230
 cooking temperatures, safe, 226
 exchanges, 36, 345–347
 fat in, 28–29, 304, 345
 lean, 31, 309
 removing attached fat, 304
 roasting, 232, 236
 searing, 226, 229
 shopping for, 72–73, 309
- meatloaf, turkey, 222
- medallion, 214, 228
- medication. *See also* insulin
 dental problems and, 319
 for high blood pressure, 19
 importance of taking, 317–318
 injection locations and, 39
 insulin shots, 38–40
 oral, 40
 overview, 13
 planning ahead and, 320
 timing, 38–40, 54
- medication box, 318
- Mediterranean diet, 59
- menus. *See also* meal plans; meals
 ordering from, 270–272
 sample, 353
 substituting items on, 268
- mercury in seafood, 199
- meringues, 262, 357
- meters, blood glucose, 316
- Metro Bis, 122, 338
- Mexican food
 described, 60
 dining out, 275
 fast-food, 294–295
 Mexican Salsa, 101
 quesadillas, shrimp, 98
 Quick Chicken Tostadas, 247
- mg/dl (milligrams per deciliter), 10, 315
- micronutrients, monitoring, 38
- microvascular complications, 13
- Middle Eastern Brown Rice Pilaf, 153
- milk. *See also* dairy products
 evaporated, 117
 exchanges, 78, 349
 lowfat, 311–312
 1 percent, 72
 2 percent, 121
- milligrams per deciliter (mg/dl), 10, 315
- millimoles per liter (mmol/L), 10, 315
- mincing, 357
- Mindel, Larry (restaurateur), 340
- mini-meals, 245–251
- Minnillo, Paul (chef/owner of Baricelli), 334
- mint, 139
- mirepoix, 114
- missing meals, 301–302, 326–327
- mmol/L (millimoles per liter), 10, 315
- monounsaturated fat. *See also* olive oil
 in avocados, 142
 canola oil, 30, 187
 in nuts, 30, 139
 protecting against heart disease, 31
- Moroccan Quinoa, 156
- muffins, carrot-pineapple, 87
- mushrooms
 chanterelle, 228
 chicken legs with, 218–219
 dried, 117
 Fresh Mushroom Salad, 133
 porcini, 133, 216–217
 Portobello Sauce, 222–223
 rehydrating, 216
 types of, 218
- Mussels with Pastis, 204–205

• N •

- nonstick pan spray, 352
- Noodle Salad, 148–149
- nursing mothers, 199, 200
- The NutriBase Guide to Fast-Food Nutrition*
 (Avery Publishing Group), 327
- nutrition label. *See* food label
- nuts and seeds, 30, 139, 140–141

• O •

- oatmeal, blueberry, 86
- obesity, 23, 27, 323
- octopus, 203
- The Official Pocket Guide to Diabetic Exchanges* (American Diabetes Association and American Dietetic Association), 24, 343, 352
- Olive and Lentil Salad, 165

olive oil
 calories and, 59
 in Mediterranean diet, 59
 Risotto alle Erbe Made with Extra-Virgin
 Olive Oil, 154–155
 for soups, 118
 Summer Berry-Olive Oil Polenta Cake,
 254–255

olives, 105

omega-3 fatty acids, 145, 190

omelet, Greek, 93

one-pot meals
 Braised Chicken Legs with Mushrooms,
 218–219
 Indian-Inspired Lamb and Legume Chili, 120
 Olive and Lentil Salad, 165

onions, 118, 236–237

oral medication, 40

Orange Cream Pops, 242

oranges, blood, 142

Oriental Beef and Noodle Salad, 148–149

Oven-Dried Tomatoes, 214

• p •

Paillard of Chicken Breast with Fennel and
 Parmigiano, 214–215

Paley, Vitay (chef), 137, 339

Paley's Place, 339

palm oil, 31, 324

pan-broiling, 357

pancakes, blueberry and almond, 85

Pancetta (Italian bacon), 216

pancreas, 10

Pan-Roasted Cod with Shrimp and Mirliton
 Squash, 196–197

Pan-Roasted Salmon Fillet with Lemon-Dill
 Butter Sauce, 195

Pan-Roasted Veal Chops with Corn and
 Gouda Ragout, 229–230

pan-roasting, 194, 357

Panzanella (Italian bread salad), 132

papaya, 256, 257

parboil, 357

pare, 357

Parmigiano cheese, 173, 214–215

parsley, 139

partially hydrogenated oil, 30, 324

pasta
 al dente, 355
 benefits of, 158–159
 Butterfly Pasta with Sun-Dried Tomatoes
 and Artichoke Hearts, 160
 flours for, 158, 162
 Kasha and Brown Rice Pasta, 162–163
 portion size, 159
 Seafood Farfalle Salad, 161
 shapes and sizes, 158, 159
 for snacks, 249–251
 Spinach-Ricotta Gnocchi, 250–251
 vegetables as substitutes, 179–180

pastis, 204–205

pastry blender, 90

Pea Soup with Crabmeat and Truffle Oil,
 118–119

Pears Baked in Red Wine alla Piemontese, 258

pecans, roasted, 135

pedometer, 17

Peristyle, 339–340

Perkins' Family Restaurants, 284

pesto sauce, 274

phyllo, 357

Pickled Vegetables, 183

pickling, 357

pie, 91, 166–167, 351

pie crust, 260

pilaf, 153, 157, 357

pinch, 357

pine nuts, salad with, 140–141

pineapple
 Carrot-Pineapple Muffins, 87
 Spiced Infusion with Tropical Fruits, 256
 Warm Pineapple Salsa, 103

pita, 92–93, 107

pizza, Domino's, 286–287

Poached King Salmon with Steamed
 Asparagus and Tapenade Salsa, 192–193

poaching, 192, 357

Poggio, 340

polenta cake, 254–255

polyunsaturated fats, 30, 145, 190

popcorn, 16, 75

Popeye's Chicken and Biscuits, 293

pops, sugar-free, 242

pork
 Beer-Braised Pork and Crisp-Herb Cabbage
 with Apple-Tarragon Dipping Sauce,
 230–232
 Loin of Pork Glazed with Roasted Vegetable
 Salsa, 234–236
 Spit-Roasted Pork Loin with White Beans all'
 Uccelletto, 233–234

- portion size. *See also* daily intake guidelines
- children and, 326, 328
 - diet programs and, 52
 - dining out and, 14–15, 269, 270, 313
 - “half portion plan,” 313
 - meal plans and, 48
 - pasta, 59, 159
 - poultry, 210
 - rice, 59, 152
 - vegetables, 350
 - visualizing, 14–16
- potassium, 38
- potatoes. *See also* sweet potatoes
- Barbecue Chicken Potato Hash with Oven-Dried Tomatoes, 213–214
 - potato pasta (gnocchi), 249–251
 - Potato-Leek Soup, 114–115
 - for soups, 118
 - tip for eating, 178
- potluck dinner, 67
- poultry. *See also* chicken; turkey
- cooking temperatures, 210
 - dry rub for, 221
 - exchanges, 209
 - game birds, 309
 - portion size, 210
 - removing fat from, 304
 - sanitary practices for, 210
 - shopping for, 73
- pre-diabetes, 10, 12–13
- pregnancy, 11, 199
- preparing food. *See* food preparation
- Pritikin Eating Plan, 52
- proof, 357
- Prosperi, Christopher (chef/owner), 122, 338
- protein
- breakfast choices, 82
 - eggs, 90
 - exchanges, 34, 78
 - food guide pyramid and, 32
 - food label, 77
 - legumes, 117, 163
 - low-fat choices, 29, 31
 - meat, 225, 345
 - nonmeat sources, 308–309
 - nuts, 139
 - for salads, 146
 - servings recommended, 29
 - sources of, 28–29
- puddings, 351
- purée, 357
- pyramid, food guide, 32–33
- **Q** •
- quesadillas, shrimp, 98
- Quick Chicken Tostadas, 247
- quinoa, 155, 156
- **R** •
- radicchio, 131
- raisins, 75, 241
- raspberries, granita, 259
- Rathbun, Kevin (chef), 340–341
- Rathbun’s, 121, 340–341
- ready-to-use salads, 135–136
- recipes
- chefs contributing to, 333
 - cookbooks, 363–364
 - guidelines for using, 2–3
 - modifying, 62, 66
 - reducing fat in, 66, 304
 - removing salt from, 305
 - stocking ingredients for, 63–65
 - sugar in, 27
- red wine vinegar, 165, 272
- Red-Wine-Braised Lentils, 164
- Redi-Base (Web site), 193
- reduce, 357
- reduced cholesterol food, 31
- reduced fat food, 31
- regular insulin, 38–39, 54
- relationships, personal, 22
- restaurants. *See also* dining out; fast-food restaurants
- children and, 327–328
 - choosing and preparing for, 268–269
 - city-by-city guide, 341–342
 - portion sizes and, 14–15, 313
 - recommended, 333–342
- Rhubarb Soup with Fresh Strawberries, 127
- rice
- pilaf, 153, 157, 357
 - portion size for, 59, 152
 - risotto, 154–155
 - types of, 152, 153
- rice cakes, 75

- ricotta-spinach gnocchi, 250–251
 Risotto alle Erbe Made with Extra-Virgin Olive Oil, 154–155
 Roast Free-Range Chicken Breast Stuffed with Porcini Mushrooms, Caramelized Leeks, and Pancetta, 216–217
 Roast Leg of Lamb Scented with Coriander, 238
 Roasted Lamb Sirloin with Herbes de Provence, Spinach, and Onion Ragout with Lamb Au Jus, 236–237
 Roasted Vegetable Salsa, 235–236
 Roasted Veggie Dip, 244
 roasting, 135, 232, 236, 357
 Rock Shrimp Ceviche, 206
 Rossman, Lewis (chef), 335
 rotisserie chicken, 213, 221
 rotisserie pork, 233
 “Rotisserie”-Roasted Turkey Breast, 221
 Rubin, Alan
 Diabetes For Dummies, 1, 12
 High Blood Pressure For Dummies, 18–19
 Web site, 18, 315
 Ruby Tuesday, 284
 Russian food, 60–61, 275
- S •
- saccharin, 28
 salad. *See also* greens, salad
 Asian Slaw, 200–201
 Blood Orange, Avocado, and Fennel Salad, 142
 Cantaloupe-Papaya Salad with Ginger Simple Syrup, 257
 Chickpea Salad, 146
 Crunchy Chicken Stir-Fry Salad, 147
 Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts, 140–141
 dining out, 273
 Fresh Mushroom Salad, 133
 with fruit, 141
 with herbs, 139
 leftovers for, 148
 with nuts and seeds, 139–140
 Olive and Lentil Salad, 165
 Oriental Beef and Noodle Salad, 148–149
 Panzanella, 132
 protein for, 146
 ready-to-use, 135–136
 seafood, 143
 Seafood Farfalle Salad, 161
 shopping for, 72
 Shrimp Salad, 144
 Summer Tomato Salad, 138
 Teriyaki Salmon Salad, 145
 vegetables for, 138
 Watercress Salad, 134–135
 Zucchini and Parmigiano-Reggiano Salad, 173
 salad dressing
 calories in, 272
 diabetic-friendly vinaigrette, 137
 dining out, 271, 272
 olive oil, 132
 red wine vinegar, 165, 272
 shopping for, 75
 simple, 137
 tahini, 140
 Truffle Vinaigrette, 137
 salmon. *See also* seafood
 B.B.Q. Cedar-Planked Salmon, 202–203
 Broiled Salmon with Herb Sauce and Cucumbers, 198–199
 Pan-Roasted Salmon Fillet with Lemon-Dill Butter Sauce, 195
 Poached King Salmon with Steamed Asparagus and Tapenade Salsa, 192–193
 Salmon Mousse, 99
 Teriyaki Salmon Salad, 145
 salsas. *See also* dips and spreads
 adding fruit to, 102
 Lentil Salsa, 100–101
 Mango Salsa, 104
 Mexican Salsa, 101
 Roasted Vegetable Salsa, 235–236
 seasonings for, 100
 Tapenade Salsa, 193
 Warm Pineapple Salsa, 103
 salt. *See* sodium
 salt-free seasoning mix, 118
 sandwiches, fast-food, 291–292
 Santa Fe Trail, Kansas restaurants, 287–289
 saturated fat
 coconut oil, 31
 food label, 76
 goat cheese and, 184
 hardening of the arteries and, 280

- saturated fat (*continued*)
 - palm oil, 31, 324
 - reducing, 223
 - types of, 30
- saucés
- Apple-Tarragon Dipping Sauce, 230–232
- chicken marinades, 216
- cilantro-lime marinade, 220
- Creamy Lemon Sauce, 172
- dining out, 271, 272
- Herb Sauce and Cucumbers, 198–199
- Lemon-Dill Butter Sauce, 195
- lowering fat calories in, 198
- Muscat Veal Reduction Sauce, 228
- pesto, 274
- Portobello Sauce, 222–223
- Wolfe’s BBQ Sauce, 245
- Yellow Tomato Sauce, 185
- sausage, 304
- sauté, 358
- sauté pan, 194
- scallops, 206–207
- scaloppine, 214
- seafood. *See also* salmon; shellfish
 - baking, 190
 - benefits of, 189–190
 - breaded or battered, 73
 - broiling, 197
 - dining out, 273
 - Fish Stock, 193
 - Grilled Ahi Tuna with Asian Slaw, 200–201
 - grilling, 199
 - Horseradish-Crusted Cod with Lentils, 191
 - mercury in, 199
 - nutrients in, 95
 - pan roasting, 194
 - Pan-Roasted Cod with Shrimp and Mirliton Squash, 196–197
 - salads, 143–145
 - Seafood Farfalle Salad, 161
 - shopping for, 72–73, 308
 - for snacks, 248
 - Tapenade Salsa, 193
 - Tilapia Franchise, 194–195
 - Tuna Pâté, 106–107
 - Seared Diver Scallops with Bacon and Shallot Reduction, 206–207
 - searing, 226, 229, 358
 - seasonal foods, 54
 - seasonings. *See* herbs and spices
 - sedentary activities, 18
 - selenium, 198
 - semolina flour, 158
 - Serving Size (food label), 76
 - servings. *See* daily intake guidelines;
portion size
 - Servings Per Container (food label), 76
 - Shakespeare Festival, Ashland, 281–283
 - shellfish. *See also* seafood; shrimp
 - as appetizers, 96–98
 - Crab Puffs, 97
 - Mussels with Pastis, 204–205
 - overcooking, 203
 - Pea Soup with Crabmeat and Truffle Oil, 118–119
 - Seared Diver Scallops with Bacon and Shallot Reduction, 206–207
 - shopping for, 182, 203
 - Zucchini and Cucumber Linguine with Clams, 182
 - shocking vegetables, 175–177
 - shopping
 - bakery, 71
 - canned and bottled food, 74–75
 - with children, 324–325
 - dairy products, 72
 - deli counter, 72
 - diet meals, 73–74
 - farmer’s market, 71
 - food labels and, 75–78
 - frozen foods, 73–74
 - fruit, 71–72
 - list for, 65, 70
 - meat, 72–73, 309
 - preparing for, 69–70
 - produce, 71–72
 - rotisserie chicken, 213, 221
 - salad greens, 131
 - seafood, 72–73, 308
 - shellfish, 182, 203
 - snacks, 75
 - turkey, 221
 - shredding, 358
 - shrimp
 - cleaning and deveining, 96, 356
 - cocktail, 99
 - Pan-Roasted Cod with Shrimp and Mirliton Squash, 196–197
 - peeling, 99
 - Rock Shrimp Ceviche, 206

- shopping for, 96, 197
- Shrimp Quesadillas, 98
- Shrimp Salad, 144
- SI (International System), 10
- simmer, 358
- sleep, 18
- slicing, 101, 180
- Smart Balance Buttery Spread, 83
- smoking, 20
- snacks
 - dips and sauces for, 243–245
 - exchanges, 353, 354
 - frozen treats, 241–242
 - Greek-Style Chicken Wraps, 246
 - kid-friendly, 243, 326
 - list of choices, 239–240
 - lowfat, 312
 - mini-meals, 245–251
 - Orange Cream Pops, 242
 - prepackaged, 240
 - Quick Chicken Tostadas, 247
 - Roasted Veggie Dip, 244
 - sample menu, 353
 - shopping for, 75
 - Spinach-Ricotta Gnocchi, 250–251
 - Tuna Dijon Brochettes, 248
 - vegetables for, 303
 - Whole-Grain GORP, 241
 - for workplace, 249
- snails, 335–336
- snap peas, 147
- sodas, 74, 302–303, 327
- sodium
 - canned food and, 74, 113–114
 - daily intake guidelines, 113
 - deli food and, 72
 - excess and, 38
 - in fast foods, 282
 - food label, 77
 - leaving out, 305
 - rotisserie chicken and, 221
- sodium-restricted diet, 113
- soluble fiber, 26, 166, 310
- Sonic Drive-In, 288–289
- sorbitol, 27, 361
- soufflé, 358
- soul food (African American food), 55–56, 275
- soup. *See also* stock (soup)
 - basics of, 111–112
 - canned, 113–114
 - Cauliflower-Parmesan Soup, 121
 - chilled, 125
 - Chilled Cucumber Soup, 126
 - cooking times for add-ins, 112
 - Corn and Sweet Potato Chowder, 122–123
 - creamy, 120–121
 - Creamy Veggie Lover's Soup, 124–125
 - dining out, 273
 - ethnic, 119
 - fruit, 126–127
 - garnishes, 123–124
 - Hearty Vegetable Soup, 116
 - Indian-Inspired Lamb and Legume Chili, 120
 - Pea Soup with Crabmeat and Truffle Oil, 118–119
 - Potato-Leek Soup, 114–115
 - Rhubarb Soup with Fresh Strawberries, 127
 - seasonings and spices, 119
 - supplies to stock up on, 117–118
 - vegetables to add, 122
 - Watermelon Gazpacho, 128
- sour cream, 66, 105
- South Beach Diet, 51
- South Jersey Shore restaurants, 291–295
- Southwestern Hummus, 168
- soy flour, 162
- soybeans, 308
- Spiced Infusion with Tropical Fruits, 256
- spices. *See* herbs and spices
- spinach
 - lamb with, 236–237
 - Spinach-Ricotta Gnocchi, 250–251
 - storing, 131
 - White Beans and Spinach, 167
- Spit-Roasted Pork Loin with White Beans all'Uccelletto, 233–234
- Splenda for Baking, 254
- spreads. *See* dips and spreads
- squash, 196
- starches, 24, 77, 343–344
- starchy vegetables, 169, 170, 178, 344
- steaming, 358
- steeping, 358
- steroids, 318
- stevia, 28
- stew, 358
- stir-fry, 147, 186, 358
- stock (soup)
 - defined, 113, 358
 - Fish Stock, 193
 - fumet, 196, 356
 - vegetable, 114

- stocking food
 - dip ingredients, 105
 - for eating plan, 63–65
 - legumes, 163
 - salad greens, 131
 - for soups, 117–118
 - strawberries, 127, 262
 - Subway, 292
 - sucralose, 28
 - sugar. *See also* artificial sweeteners; sweeteners
 - diabetics and, 253
 - food label, 77
 - recommendations for, 26–27
 - substitutes, 27–28, 352, 361
 - substitution/equivalents chart, 362
 - sugar alcohols, 27
 - Summer Berry-Olive Oil Polenta Cake, 254–255
 - Summer Tomato Salad, 138
 - Super Size Me* (film), 327
 - support groups, 22
 - surprises, 319–320
 - sweat, 358
 - sweet potatoes. *See also* potatoes
 - Corn and Sweet Potato Chowder, 122–123
 - Mashed Sweet Potatoes, 179
 - nutrients in, 89
 - Sweet Potato Biscuits, 89–90
 - sweeteners. *See also* artificial sweeteners; sugar
 - canned foods and, 74
 - equivalents/substitution chart, 362
 - fructose, 27, 361
 - kilocalories and, 27, 361
 - stocking up on, 65
 - syrups, 207, 257
- T •**
- Taco Bell, 294–295
 - tahini, 140–141
 - Tapenade Salsa, 193
 - tapioca, 108
 - tarragon-apple dipping sauce, 230–232
 - teeth, caring for, 318–319
 - television food ads, 328
 - temperatures
 - conversions, 360–361
 - cooking meat, 226
 - cooking poultry, 210
 - Teriyaki Salmon Salad, 145
 - Thai food, 61–63, 276
 - Thai Rare Beef with Red Onion and Kaffir Lime, 227
 - Tilapia Franchise, 194–195
 - toast, crunchy granola, 83
 - toasting, 358
 - tobacco, 20
 - tomatoes
 - Butterfly Pasta with Sun-Dried Tomatoes and Artichoke Hearts, 160
 - canned, 117
 - Chunky Zucchini-Tomato Curry, 174
 - Cucumber-Tomato Salad with Tahini and Toasted Pine Nuts, 140–141
 - Goat-Cheese-Stuffed Zucchini with Yellow Tomato Sauce, 184–185
 - oven-dried, 214
 - Summer Tomato Salad, 138
 - tools for cooking, list, 65
 - Total Fat (food label), 76
 - trans fats
 - fast-food and, 280
 - listing on food labels, 311
 - margarine and, 223
 - palm oil, 31, 324
 - partially hydrogenated oil, 30, 311, 324
 - reasons to avoid, 324
 - treatment of diabetes. *See also* diet; exercise; medication
 - blood pressure and, 18–19
 - calories and, 14–16
 - exercise and, 16–18
 - ineffective, 321
 - lifestyle issues, 19–22
 - new developments, 18, 320
 - overview, 13
 - triglycerides, 24, 29, 30
 - truffle oil, 118–119, 137
 - Truffle Vinaigrette, 137
 - tuna
 - Grilled Ahi Tuna with Asian Slaw, 200–201
 - grilling, 199
 - Tuna Dijon Brochettes, 248
 - Tuna Pâté, 106–107
 - turkey
 - benefits of, 220–221
 - “Rotisserie”-Roasted Turkey Breast, 221
 - shopping for, 221
 - Turkey Loaf with Portobello Sauce, 222–223

• U •

- Ultimate Weight Solution, 51
- United Kingdom Prospective Diabetes Study, 305
- unsaturated fats, 30
- U.S. Department of Agriculture Dietary Guidelines, 115

• V •

- veal
 - Pan-Roasted Veal Chops with Corn and Gouda Ragout, 229–230
 - Veal Tenderloin with Chanterelle Mushrooms in a Muscat Veal Reduction Sauce, 228
- vegetable oil, 30, 187, 304
- vegetable protein, 308–309
- vegetables. *See also specific vegetables*
 - Asian Vegetable Stir-Fry, 186
 - blanching, 175–178
 - braising, 230
 - consuming throughout the day, 303
 - Creamy Veggie Lover's Soup, 124–125
 - daily intake guidelines, 33
 - for dips, 107
 - dry steaming, 174–175
 - exchanges, 78, 169–170, 349–350
 - free foods, 170, 352
 - frying, 186
 - growing, 136
 - Hearty Vegetable Soup, 116
 - microwaving, 174
 - as pasta substitute, 179–180
 - Pickled Vegetables, 183
 - Roasted Vegetable Salsa, 235–236
 - Roasted Veggie Dip, 244
 - in salads, 138
 - shopping for, 71–72
 - for soups, 122
 - starchy, 169, 170, 178
 - stock (soup), 114
 - USDA guidelines, 115
 - Vegetable Fritto Misto, 187
- vegetarian food
 - dining out, 268
 - Indian cuisine and, 57–58
 - legumes as protein for, 163
 - recipes in this book, 3

- Vegetarian Resource Group (Web site), 364
- Vicksburg to Natchez, restaurants, 289–291
- vinaigrettes. *See also* salad dressing
 - basic diabetic-friendly, 137
 - defined, 358
 - sherry vinegar, 134
 - Truffle Vinaigrette, 137
- vinegar, 134, 165, 272
- vitamins and minerals (food label), 77

• W •

- waffles, whole-wheat, 84
- walking. *See also* exercise
 - benefits of, 16, 17
 - burning kilocalories with, 42, 277
 - preventing onset of diabetes, 50
 - recommended amount, 317
- Warm Blueberry Oats, 86
- Warm Pineapple Salsa, 103
- Warsaw, Hope (*Guide to Healthy Restaurant Eating*), 281
- water, 74, 302–303
- Watercress Salad, 134–135
- Watermelon Gazpacho, 128
- Web sites
 - American Diabetes Association (ADA), 329, 364
 - American Dietetic Association, 329
 - Arby's, 292
 - Burger King, 283
 - calorie counting, 364
 - Chick-fil-A restaurant, 293
 - Children with Diabetes, 364
 - Denny's, 284
 - diabetes experts, 329
 - Domino's Pizza, 287
 - Food and Drug Administration (FDA), 199, 364
 - food and recipes, 364
 - food guide pyramid, 32
 - Health on the Net Foundation, 321
 - Juvenile Diabetes Research Foundation, 329
 - McDonald's, 290
 - Redi-Base fish stock, 193
 - Rubin, Alan, 18, 315
 - Sonic Drive-In, 288
 - Taco Bell, 295
 - Vegetarian Resource Group, 364

- weight. *See also* weight loss
 conversions, 360
 fast-food and, 280
 gaining, 15
 ideal body weight, 42–43
 maintaining, 17, 49–50
 weight loss. *See also* weight
 alcoholic beverages and, 20
 controlling calories and, 14, 15, 44
 exercise and, 17, 317
 1,500-kilocalorie diet and, 47–49
 1,200-kilocalorie diet and, 44–47
 slower approach to, 42
 weight training, 18, 52
 Weight Watchers, 51, 74
 Wendy's, 280
 whipping, 358
 White Bean Dip, 106
 White Beans all' Uccelletto, 234
 White Beans and Spinach, 167
 white flour, enriched, 253
 whole grain food, 26, 240–241
 Whole-Grain GORP, 241
 whole-wheat crackers, 107
 whole-wheat flour, 86, 162
 Whole-Wheat Waffles, 84
 wild game, 309
 wine
 dining out, 270, 276
 Pears Baked in Red Wine alla
 Piemontese, 258
 red wine vinegar, 165, 272
 Red-Wine-Braised Lentils, 164
 safety issues, 19–20
 Wolfe, Tom (chef/owner), 339
 Wolfe's BBQ Sauce, 245
 wraps, Greek-style chicken, 246
- X •
- xylitol, 27, 361
- Y •
- yams, mashed, 179
 yogurt, 105, 220, 242
 Yosemite National Park, restaurants, 283–287
 Yucca Chips, 108–109
- Z •
- zest, 358
 Zone Diet, 51
 zucchini
 about, 184
 Chunky Zucchini-Tomato Curry, 174
 Goat-Cheese-Stuffed Zucchini with
 Yellow Tomato Sauce, 184–185
 Zucchini and Cucumber Linguine
 with Clams, 182
 Zucchini and Parmigiano-Reggiano
 Salad, 173
 Zucchini Bread, 88