

# HEALTHFUL EATING

## To Eat Healthier, Try A Diabetes Lifestyle

(NAPSA)—For most families, balancing a hectic lifestyle and a healthy food regimen is a constant challenge. This challenge is not easily overcome, as evidenced by the U.S. obesity epidemic that has led to increased levels of heart disease, various cancers and type 2 diabetes—a disease affecting more than 21 million Americans and their families.

Despite these alarming health issues, only 10 percent of Americans have a good diet, according to the U.S. Department of Agriculture. This means that most people need to rethink what they eat. Fortunately, the recommended nutrition for people living with diabetes represents one of the healthiest diets and a surprisingly simple lifestyle for just about anyone. Even if diabetes has not affected your family, altering your diet as if it has could be one of the healthiest decisions you'll ever make.

"I've helped thousands of people adopt healthy eating habits to improve the quality and longevity of their lives. The foods and recipes I recommend to those with diabetes are the same for those without the condition," says Susan Weiner, a nutritionist and certified diabetes educator.

All people, like those with diabetes, need to focus on whole foods that are high in fiber and nutrient dense—meaning natural nourishment that gives you the most health and nutrition "bang" for your calories "buck." This includes virtually all plant foods, most dairy products, lean meat, poultry and fish. The foods that wreak havoc on diabetic blood



sugar levels—highly processed, "empty" carbohydrate foods full of refined flour and sugar—have similar effects on those without diabetes and should be kept to a minimum. By following a diabetes lifestyle, you can consume the whole foods and vitamins your body needs without exceeding the recommended levels of sugar and fat. Recipes and cooking practices that are diabetes friendly produce delicious and flavorful food—without the nutritional-value guesswork.

Finding diabetes-friendly recipes and learning great tips on how to cook and eat well is made easy by dLife, the No.1 online lifestyle resource for people with diabetes, featuring over 10,000 low-fat/low-carb/low-sugar recipes designed for anyone who is committed to leading a healthy lifestyle.

Here's a twist on a hearty, satisfying meat loaf recipe perfect for the cold winter months—minus the hefty calories, sugars and fat:

### Chili Meat Loaf *Makes 6 servings*

- 1 cup tomato sauce, divided
- 3 Tbsp. SPLENDA Granular, divided
- 2 tsp. prepared yellow mustard
- 1½ tsp. chili powder, divided
- 1 Tbsp. dried onion flakes
- 1 Tbsp. dried parsley flakes
- ½ tsp. salt
- 1 lb. extra-lean ground turkey or beef
- ¾ cup Italian seasoned breadcrumbs

Preheat oven to 350° and coat a 9x5-inch nonstick loaf pan with cooking spray. In a large bowl, combine ½ cup tomato sauce, 2 Tbsp. SPLENDA Granular, mustard, 1 tsp. chili powder, onion flakes, parsley flakes and salt. Mix well. Add ground meat and breadcrumbs to combined mixture and stir well. Shape into a loaf and pat into a loaf pan. In a small bowl, combine and mix remaining tomato sauce, chili powder and SPLENDA Granular. Spoon mixture over top of meat loaf. Bake 55 to 60 minutes. Remove meat loaf from oven and let cool for 5 minutes before slicing.

*Nutritional Information:* 120 Calories; 8g Total Carbohydrate; 5g Total Fat; 3g Saturated Fat; 30mg Cholesterol; 18g Protein; 1g Dietary Fiber; 2g Sugars.

*Exchanges per serving:* ½ Starch, 2 Meat.

For more information and recipes, visit [www.dlife.com/healthy](http://www.dlife.com/healthy).