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This document was developed by FDA's Office of Women's Health (OWH), the National Association of Chain Drug Stores (NACDS), and the American Diabetes Association (ADA). The OWH, NACDS, and ADA thank all of the participating organizations that have assisted in its reproduction and distribution.

Take Time To Care…About Diabetes

For more information:
1-800-342-2383
www.fda.gov/womens
www.diabetes.org
www.nacds.org

American Diabetes Association®
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FDA Office of Women's Health

NACDS
NATIONAL ASSOCIATION OF CHAIN DRUG STORES

FDA-032249

Front cover

inside/front

Chunky Apple Cake

1 c. all-purpose flour
1/2 tsp. ground nutmeg
1/2 tsp. ground cinnamon
1/4 tsp. salt
3/4 c. granulated sugar
3 Tbsp. stick margarine, softened
1 egg
2 Tbsp. low-fat milk (1%)
2 large baking apples, cored and sliced (3 cups)
1 tsp. granulated sugar
1/2 tsp. ground cinnamon

Exchanges: 1 1/2 carbohydrates
1/2 fat

Nutrition Facts
Serving Size is 1/12th recipe
Servings Per Recipe 12

Amount Per Serving	
Calories 136	Calories from Fat 31
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1g	**4%**
Cholesterol 18mg	**6%**
Sodium 88mg	**4%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 17g	
Protein 2g	**3%**
Vitamin A 3% •	Vitamin C 2%
Calcium 1% •	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Pre-heat the oven to 350 degrees. Spray an 8x8x2 baking pan with nonstick cooking spray.
2. In a medium bowl, whisk together the flour, nutmeg, cinnamon and salt.
3. In another medium bowl, with an electric mixer at medium speed, beat the sugar and the margarine together until fluffy (about 2 minutes). Beat in the egg and milk until smooth, about 1 minutes. Add the flour mixture to the margarine mixture in thirds, beating until smooth, (about 2 minutes). With a large spoon, stir in the apples until evenly distributed. Spread the batter in the prepared pan.
4. In a small bowl combine the sugar and cinnamon for the topping, then sprinkle evenly on the batter. Bake until brown and the sides start to pull away from the sides of the pan, approximately 40-45 minutes.

Grilled Shrimp with Pasta and Pineapple Salsa

2 15 oz. cans of pineapple chunks, packed in their own juice, drained
1 large red pepper, chopped
1 large red onion, chopped
1 jalapeno pepper, minced
1/2 c. orange juice
1/3 c. lime juice
1 1/2 lb. large shrimp, peeled and deveined
6 cups cooked rotini pasta

Exchanges: 3 1/2 starch
3 very lean meat

Nutrition Facts
Serving Size is 1/12th recipe
Servings Per Recipe 12

Amount Per Serving	
Calories 408	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**1%**
Cholesterol 165mg	**55%**
Sodium 196mg	**8%**
Total Carbohydrate 70g	**23%**
Dietary Fiber 4g	**18%**
Sugars 21g	
Protein 27g	**54%**
Vitamin A 16% •	Vitamin C 165%
Calcium 7% •	Iron 31%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. In a large bowl, combine all the salsa ingredients EXCEPT the shrimp and the pasta.
2. Prepare an outside grill with an oiled rack set 4 inches above the heat source. On a gas grill set the heat to high.
3. Grill the shrimp on each side for 2 minutes.
4. Toss the pasta with the salsa, arrange the shrimp on top and serve.

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Oven Fried Chicken

3 lbs. whole fryer chicken, cut-up
1 c. skim milk
1 tsp. thyme
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. parsley flakes
1 tsp. paprika
1 tsp. black pepper
1 tsp. salt
1/8 tsp. red pepper flakes
1 c. flour

Exchanges: 1 1/2 starch
4 lean meat
5 1/2 fat

Nutrition Facts
Serving Size is 1/4th recipe
Servings Per Recipe 4

Amount Per Serving	
Calories 344	Calories from Fat 76
	% Daily Value*
Total Fat 8g	**13%**
Saturated Fat 2g	**12%**
Cholesterol 98mg	**33%**
Sodium 706mg	**29%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 1g	**3%**
Sugars 3g	
Protein 37g	**74%**
Vitamin A 4% •	Vitamin C 1%
Calcium 10% •	Iron 15%

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Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pre-heat oven to 450 degrees. Skin chicken and place in the milk. Place all the seasonings into the flour and mix. Dredge chicken parts into flour, making sure all pieces are well coated, place on pan sprayed with non-stick cooking spray. After placing chicken on pan, spray top of chicken with non-stick cooking spray. Place in oven for 45 minutes until juices run clear.

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Collard Greens

1 large bunch of collard greens (64 oz. cut and washed)
3 c. low-sodium chicken broth or homemade chicken stock without meat
2 medium onions, chopped
3 whole garlic cloves, crushed
1 tsp. red pepper flakes
1 tsp. black pepper

Exchanges: 2 vegetables

Nutrition Facts
Serving Size is 1/8th recipe
Servings Per Recipe 8

Amount Per Serving	
Calories 61	Calories from Fat 4
	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 29mg	**1%**
Total Carbohydrate 14g	**4%**
Dietary Fiber 5g	**21%**
Sugars 3g	
Protein 3g	**5%**
Vitamin A 30% •	Vitamin C 37%
Calcium 5% •	Iron 2%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Wash and cut greens. Mix greens in large stock pot together with the remaining ingredients. Cook until tender. (Allow flavors to blend by preparing the dish early in the day. The longer it blends the better it tastes!)

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Fresh Salsa

3 lg. tomatoes, peeled and diced
1/2 c. white onion, chopped fine
1/2 jalapeno pepper, chopped
1 Anaheim pepper, seeded and chopped
1/2 sweet red pepper, chopped
2 tbsp. cilantro, chopped
1/4 tsp. salt
fresh juice from 1/2 lime
1 tsp. white wine vinegar
1 tbsp. water or tomato juice

Exchanges: 2 vegetables

Nutrition Facts
Serving Size is 2/3 cup
Servings Per Recipe 4

Amount Per Serving	
Calories 48	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 173mg	**7%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 2g	**10%**
Sugars 6g	
Protein 2g	**4%**
Vitamin A 12% •	Vitamin C 178%
Calcium 2% •	Iron 6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Place tomatoes in a colander to reduce the tomato liquid while you prepare the rest of the ingredients. Place a bowl under the colander if you want to collect the tomato juice.

Put all ingredients in a glass, ceramic or stainless steel bowl. Mix well , let stand for 30 minutes.

Serve salsa with baked tortillas, with meats, or with other main dishes.

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