

# Diabetes Information Group

## DIVERSITY IN DIABETES

*a cultural approach for care*

### COMFORT FOOD FOR WINTER

Everyone loves comfort food especially when it's cold and snowy - but when you live with diabetes, you have to be mindful about what you choose to eat. Here are a few things to consider:

Even if you're just trying to control your weight, revising recipes to be more diabetic-friendly can be healthier than the original by taking advantage of fresh, vitamin-rich fruits and vegetables.

1. Many traditional comfort foods are high in carbohydrates and can limit your options.
2. Managing diabetes doesn't mean you have to pass up these cold weather favourites.
3. Making a few simple substitutions can transform conventional dishes into diabetes-friendly meals for the entire family to enjoy.



Keep reading for delicious ideas on choosing diabetic-friendly options and substitutes for winter comfort food.



# SIMPLE SUBSTITUTIONS MAKE A BIG DIFFERENCE

## Five Diabetes-Friendly Comfort Food for the Winter Season

### Hot Cereal

Warm yourself on a chilly morning with a bowl of hot, whole-grain cereal. While steel-cut oatmeal is always a good choice, you might be surprised to learn that whole grains traditionally served at lunch or dinner make tasty breakfast options as well – and the fiber helps keep you satisfied until lunch.

- Brown rice can be delicious topped with a sprinkle of brown sugar and a splash of low-fat milk. For more flavour and crunch, add protein with Greek yogurt, low-fat milk, almonds or walnuts and toss in apple slices, berries, dried fruit or cinnamon.



### Mashed Sweet Potatoes

Mashed potatoes are popular comfort foods for people of all ages. Since potatoes are rich in carbohydrates, they will cause a person's blood sugar to rise quickly.

- Choose the sweet potato for the most powerful nutritional punch and they have a slightly lower glycemic index. This means blood sugar may rise a little more gradually with sweet potatoes than with white potatoes. Plus, they're more flavourful than white potatoes, so you can skip the butter and sour cream. Try mashing them with a little olive oil to add flavour.



### Spaghetti Squash

A steaming pot of pasta warms up the whole kitchen, but the simple carbohydrates in white pasta can add up fast. Instead of regular wheat spaghetti, substitute spaghetti squash which when cooked separates into long orange strands that mimic pasta, but without the high carbohydrate count.

- A cup of spaghetti squash has just 10 grams of carbs.



# SIMPLE SUBSTITUTIONS MAKE A BIG DIFFERENCE

## Roasted Vegetables

Roasting vegetables like broccoli, cauliflower, brussels sprouts and garlic brings out their flavours. Toss or spray lightly with olive oil, spread them out on a baking sheet, roast until crispy on the outside and tender inside. Season as needed.

- You can add a few pieces of squash or sweet potato, but take into account the higher carbs.



## Baked Apples

Apples such as red delicious and granny smith to newer favourites such as honeycrisp and pink lady are an easy and satisfying dessert or snack that provide sweetness without added sugar. Try baking apples whole or sliced.

- Apples are a fruit, so they do have sugar but the high fibre helps keep blood sugar levels steady.



## YOU'RE NOT ALONE

### Did You Know...

The prevalence of diabetes ranges from 1% of Canadians aged 20 to 39 to almost one in five seniors aged 60 to 79 (18%)

## These 3 Drinks Help Keep Your Blood Sugar Balanced

**Water** - water indirectly lowers blood sugar by giving us the sensation of feeling full



**Unsweetened teas** - contain antioxidants that reduce inflammation and lower our overall blood sugars

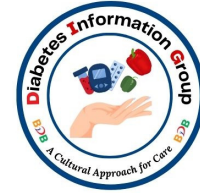


**Black coffee**



# IN THE KNOW AT

BREAKING DOWN BARRIERS  
Independent Living Resource Centre  
Simcoe • Grey • Bruce



To further expand our reach beyond our existing social media platforms, on January 15th we launched our very own BDB YouTube channel that will feature videos on the following topics:

Health and Wellness, Do It Yourself (DIY), Recipe Demos, Mental Health, Arts & Crafts, Accessibility Awareness Spotlight, Community News, Consumer Profiles

To find us on YouTube  
Google You Tube, then search:  
breakingdownbarriersilrc

## DIG's Cultural Initiative

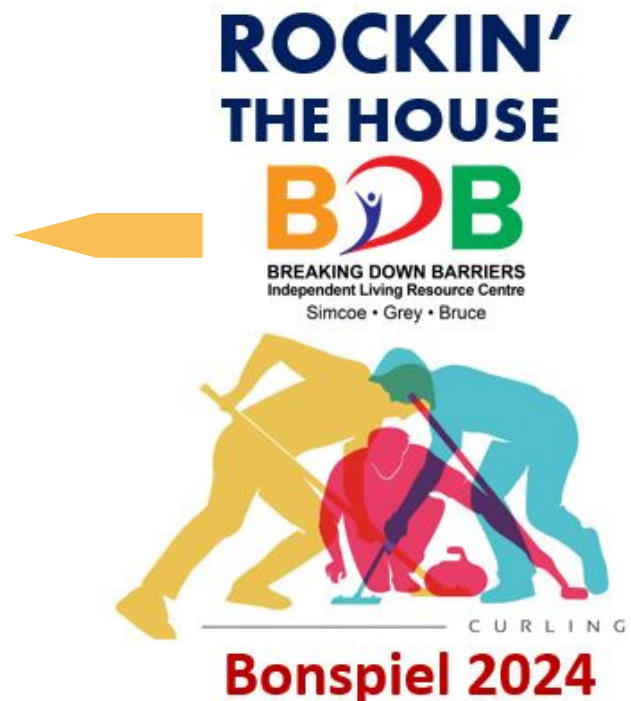
In January of 2023, we introduced a cultural element to our DIG program that included field trips, cooking demo's and presentations related to cultures and diabetes wellness. This was made possible by a cultural grant from the Town of Collingwood.

Tell us your thoughts on this cultural approach. Did you like the variety in topics, field trips and cooking segments? Your input is important to us. Drop us an email ([cvc@bdbilrc.ca](mailto:cvc@bdbilrc.ca)) with your thoughts.

BDB is celebrating 39 years of providing programs, supports, services and resources for individuals with diverse disabilities. What a great time to bring back our signature fundraising event which will support the growing demand for our programs and services.

If you would like to volunteer, participate, get pledges or just cheer on the teams, please contact Maureen [adminsupport@bdbilrc.ca](mailto:adminsupport@bdbilrc.ca) to register

**It will be a fun day!**



# Coming Up Next



## Diabetes Information Group (DIG) Presents:

*Diversity in Diabetes: a cultural approach for care*

### SPECIAL GUEST: Chef Greg Godfrey



Chef Godfrey is a graduate from the Culinary Institute of Canada. With his Red Seal certification in-hand, Greg began making his mark as a Chef on traditional cuisine in highly regarded kitchens throughout Canada including the Delta Lodge Kananaskis, Fairmont Chateau Lake Louise, Silvertip Golf Resort and Fairmont Hot Springs Resort. A willingness to learn, a desire to be different and a focus on staying down-to-earth, Chef Godfrey experienced a rapid rise through the ranks at Delta Hotel's by Marriott – Fredericton from First Cook to Executive Sous Chef to Executive Chef.

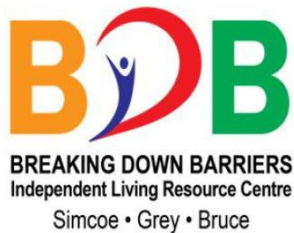
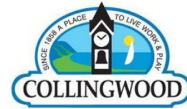
## JOIN US . . .

as Chef Godfrey Zooms in from beautiful Nova Scotia to take us on a culturally inspired culinary journey. Enjoy his food demos, learn a few recipes and share in his passion and excitement for delicious cuisine.

**Tuesday, February 28 @ 1:30 PM**

**Contact Tracey to Register and to Receive  
the Zoom Link**

**ilskills@bdbilrc.ca / 705-445-1543, ext 305**



### Breaking Down Barriers, ILRC



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