



## Carb-Smart Cooking Substitutions

With diabetes, the most important dietary changes you can make are to reduce your intake of carbohydrates and decrease your consumption of “bad” fats. Use this chart as a handy kitchen reference.

To reduce carbs in cooking:

Instead of ...	A healthier choice is ...	When making things like ...
Milk	Low-carb milk product (e.g., Carb Countdown), unsweetened soy milk, half and half, or cream	Breakfast cereal, egg dishes, sauces, baked goods, etc.
White flour	A combination of whole wheat and soy flour (experiment, too, with spelt flour and nut meals)	All baked goods, coatings for chicken and fish, etc.
Instant oats	Old-fashioned oats (can be microwaved with water just as quickly)	Cookies, coatings, hot breakfast oatmeal
Jarred tomato sauce (with added sugar/corn syrup)	Canned tomato sauce (no added sugar) with your own seasonings	Pasta, lasagna, eggplant parmesan
Sugar, honey, molasses, etc.	For uncooked dishes: Aspartame or saccharin (use 12 packets of Equal or 8 packets of Sweet 'N Low per ½ cup of sugar); for baking: Splenda granular or Splenda-Sugar Blend	Homemade whipped cream, cold desserts, brownies, cookies, cakes, muffins, etc.
Corn starch	Low-carb thickener (e.g., Thicken/Thin)	Gravies, sauces, etc.
Syrup	Pureed fruit or sugar-free syrup	Pancakes, waffles, desserts
White pizza dough	Whole-wheat pizza dough	Pizza, garlic knots
White bread crumbs	Whole-grain bread crumbs or a mixture of crushed, high-fiber cereal flakes and nuts	Meatloaf, breaded chicken or fish
White bread, bagels, tortillas, and wraps	Whole-grain or sprouted-grain versions	Sandwiches, burritos, wraps
Potatoes	Parsnips, turnips or cauliflower	Shepherd's pie, garlic mashed potatoes
White pasta	Whole-grain pasta or spaghetti squash	Lasagna, pasta dishes
Baked beans	Canned black beans (slow cooked in their own liquid, with diced onion or artificial sweetener)	Hot dogs and beans
White rice	Pearled barley, brown rice, bulgur, or wild rice	Rice dishes