Holiday menu for diabetics

A free leaflet containing menus and recipes to help diabetics have worry-free holiday dining is being offered by the Michigan Affiliate of the Amer-ican Diabetes Association (ADA). It can also ald hostesses who will be entertaining a guest with dia-beter.

According to dietitian Barbara Loiquist, director of program at ADA, the recipes would be valuable for everyone.
"If everyone at a feed."

of program at ADA, the recipes would be valuable for everyone.

"If everyone are foods good for diabetics, they would be healther," she said.

The Diabetic meal plan is based on a number of items from each type of food diabetics should have at each meal. The foods in each list are equal, Within a list they can choose, or exchange any food. Some foods are called free. That's because they have so few calories they don't have to count as an item in a meal plan.

The ADA suggest that a hostess talk to the disbetic guest shout how the foods have been prepared.

Below are a few recipes that are included in the ADA leaflet:

CRANBERRY PUNCII

ME a sew recipes that are included in the ADA feaflet:

CRANBERRY PUNCII

Mix low calorie cranberry juice with an equal amount of club sods or a diet soda (Fresca, 1 cal Glinger Ale.) 's cup free.

BREED DRESSING

Use your own favorite recipe or one of the convenient packaged mixes, omitting the butter. Diabetic diet exchanges: 's cup - 1 bread exchange.

MASHED SQUASH WITH CRANBERRIES

1% cops cooked mashed whater squash (or 1 12-ounce package fromes Hak-H.

1% cups cooked mashed whiter squash (or 1 12-ounce package frozen Hobbard squash, thawed) 1 egg, beaten % cup coarsely chopped cranberries % teappoon salt

dash pepper 1 tablespoon margarine, melted dash nutmeg

dash notineg
Preheat oven to 400 degrees. Combine squash
with egg. Stir in cranberries, sait and pepper. Turn
into 14n quart casserole. Drizzle melted margarine
over top. Sprinkle with nutmeg. Bake for 33-40
minutes. Makes 2 cups. Diabelle exchanges: 4 cup
I bread and 1 fat exchanges.
LAYERED SALAD

I bread and 1 sat exchanges.

LAYERED SALAD

1 eavelope raspberry gelatin dessert (D'zerta or
Featherweigh brand, artificially sweetened)
1 envelope lime gelatin dessert, as above
1 carton 8 oance, plain unflavored low fat yogurt or
sour cream
Dissolve gelatins in separate bowls according to
package directions. Pour '& cup of green gelatin
into pan, about 11 x 7. Refrigerate until set, leaving
unused gelatins at room temperature. When lirno,
carefully apread '& cup of yogurt or sour cream
then green gelatin, yogurt/sour cream and red gelatin layers, letting gelatin set before next addition.
Refrigerate until serving time. Makes 8 servings.
For diabetics, this may be considered a Free Food
if made with yogurt; or 1 sit exchange if made with
sour cream.

STRAWBERRY SHORTCAKE

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STRAWBERRY SHORTCAKE
Propare homemade or frozen haking powder biscuits. Thaw unsweetened frozen stawberries (found in your grocer's frecers escolin, often in plastic bags.) If berries are too tart, sweeten to taste with a few packets of Equal — a new almost caloriofree sweetener which has no altertaste. Serve over biscuits.
ANGEL CAKE WITH CHERRY SAUCE
Angel Cake, homemade or purchased
2 tablespoons cornstarch
1 can red tart pic cherries
1/4 teappon almond extract
4.6 packets Equal, according to your taste

2 tablespoons cornstarch
1 can red tart ple cherries
¼ teaspoon almond extract
4 c spackets Egnal, according to your taste
few drops red food coloring, if desired
Drain Julee from cherries into monating cup.
The solution of the coloring in desired. Serve alsely warm over silices of angel cake. Serves 8-8. Diabetic exchanges in the coloring in the coloring in the coloring in the coloring in coloring in the coloring in th

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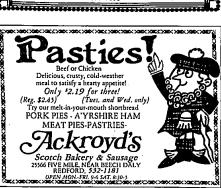


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