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Treating Diabetic Ketoacidosis

Diabetes is one of the most common diseases faced with people these days. Diabetes need a lot more care than other diseases so as to see that the blood sugar level is controlled in the body at regular intervals. If the blood sugar gets so high that ones body starts burning fats stores for energy, one may start producing ketones bodies which build up and spill over in to the urine. Ketoacidosis is a condition which is commonly found in Type1 diabetes, where the combination of high blood glucose, ketones bodies, dehydration, and various chemical imbalances and when not taken care of results in the same. But studies have shown this is not found in Type 2 diabetes.

One has to be more careful and more aware, if one is suffering with other illness along with diabetes, as ketoacidosis have more chances to attack the body system, therefore it is vital to check ones blood glucose frequently. One should be very careful when home sick, one should always be prepared with one's spouse or a close friend in case if emergency occurs. One should make them instruct that if in any case one may not answer the phone after frequent rings they should come to the house, give a check and if found in conscious state should be referred to hospital or they should call an ambulance without

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any delay.

Intravenous fluids are used to treat diabetic ketoacidosis, as they dilute the blood glucose and rehydrate you. Chemicals like potassium and sodium are used with intravenous fluid in order to balance the boy's imbalances. Insulin is also used to push glucose out of the bloodstreams and eventually into the cells. As soon as the blood glucose level comes down to normal, the body immediately needs some fuel in the form of glucose to prevent the formation of ketones. That is why glucose is added to the intravenous fluid. In emergency situations, you will be stabilized in the emergency room by physicians and later they keep you in hospital for a day or two to make sure that you have passed the crisis period safely and there is no threat left over.

Mathew is a diabetic child and he got food poisoning or stomach flu for some reasons and began to vomit. As far as insulin is concerned, he knew nothing, but to take prescribed dose of insulin. Besides this, he had no idea about it. His condition became severe and his mother called for doctor help. Doctor suggested her to take her son immediately to emergency. Mathew was dehydrated. Doctors took some blood and began intravenous fluid treatment. He was admitted to intensive care

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unit as he was so dehydrated, he took eight liters of fluid before he had to urinate.

The purpose of giving this example here is to let you know that how important is your immediate response to diabetic ketoacidosis. If you show any carelessness, the things get worse for you. So, if you feel that the things are getting worse rather than improving, contact your doctor immediately.

You might also want to learn about [Treating Diabetic Ketoacidosis](#) and [Dealing with Hypoglycemia](#)

Related [Diabetic Diet Articles](#)

Alpha Lipoic Acid Diabetic Neuropathy

Alpha lipoic acid [ALA] is an antioxidant that has shown tremendous promise in not only reducing the pricking, cutting and searing pain associated with diabetic neuropathy but also

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in providing a boost in the effectiveness of other vital vitamins in diabetics. Hence, with alpha lipoic acid diabetic neuropathy can certainly be tamed to a certain extent.

Diabetics might unfortunately find out that over a period of time, due to poor blood circulation and nerve damage, they might start getting a feeling of numbness followed by bouts of pricking, cutting and searing pain in the muscle of their leg or hand. Diabetics will need to increase their level of care in such cases since they might not even realize if a nail has punctured through the sole of their feet. Regular foot and hand inspections will become mandatory in such cases. However, the arrival of alpha lipoic acid in capsule form can at least alleviate the pain related to diabetic neuropathy.

In addition to relieving pain, ALA has also been shown to remove glucose from blood, which in turn helps in regulating blood sugar levels to a certain extent in diabetics. Again, while there are no sure-shot cures for diabetes, this antioxidant is also helpful in mopping up harmful chemicals in a diabetic patient's blood cells due to its antioxidant properties. However, blood sugar levels will need to be continuously monitored for patients taking these capsules to maintain a proper balance in levels. Alpha lipoic acid is

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anyway better than any current alternative in the market since analgesics might just make the patient drowsy while narcotics could quickly turn into a habit.

ALA is also found naturally in the human body. It can also be found in foods such as beef, spinach, broccoli, and even in brewers yeast. But if it is not present in normal levels in a diabetic's body, then regular doses in the form of supplements can be recommended by the patient's doctor. Past studies have revealed that alpha lipoic acid works quickly upon ingestion and provides relief from the aches and pains related to diabetic neuropathy. Alpha lipoic acid also helps in enhancing the effectiveness of other vitamins such as vitamin C and E. Its antioxidant properties have also helped in defending vital brain tissue from the ravages of harmful chemicals.

Although ALA is beneficial for humans as well as pets, it is not recommended for cats since it could result in liver toxicity. Anyway, before starting any pet on alpha lipoic acid, it would be better to consult the pet's veterinarian. The healths of most humans and pets have definitely improved within a month of taking these capsules. Again, pregnant or lactating women should also avoid the intake of alpha lipoic acid capsules due to an absence of data of any long term

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effects.

Hence, antioxidants such as alpha lipoic acid in capsule forms can be of great help to diabetics that are suffering due to the painful effects of diabetic neuropathy. Diabetics should consult their doctor and get started immediately since with the right dosage of alpha lipoic acid diabetic neuropathy can certainly be reduced to quite an extent and the patient can concentrate on taking care of the other aspects of diabetes.

This article is submitted by Ola Martinsson, who just recently got the diagnosis diabetes. Trying to read and understand as much as possible. Found an interesting site at <http://adviceondiabetes.com> with a free ebook having more than 500 diabetes recipes

Healthy Diabetes Recipe – Watch What You Eat

Diabetes Recipe Books may be hard to understand but there are sites in the internet that offer different kinds of recipes that taste good. There are tips to help prepare their meals

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since you have to set aside some portion for them if they are on a strict sugar-free, salt-free and cholesterol-free diet. If you have a diabetic in your family, dining out at fast-foods may become a constant argument since they will tell you that their doctor said this their doctor said that so to cut the exchange of words, why not prepare food that is intended for people like them.

Diabetes Recipe meals are not exclusively made for them. You could also enjoy such meals if you think you are on the borderline to being a diabetic, diabetes runs in your family or you just want to loose weight. It would be best to inform and educate other members of the family that you are preparing a healthy concoction for the coming weeks so they would not be shocked that you seem to have forgotten that food has flavors. There will come a time that you may have exhausted all the fish in the sea to make several of the offered menus. Worry not since you still can introduce red meat to your diabetic mother or father and your whole family.

Did you know that eating red meat once in a while can be good for the body too? There are some people who get hungry more faster if they live on fish and if they are diabetics, it would be wiser to shift to something filling in order to avoid

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blood sugar drops. Keep in mind that when you prefer to serve meat, you must get the lean cut so as to not introduce fat in the diet. According to the Diabetes Recipe, a good way to cook meat is by grilling so excess fat just drips. Don't gather the drippings to make gravy! It's just like squeezing lemons on an open wound. Caring for a diabetic has its fair share of ups and down after all.

For more information on Diabetes Recipe visit the author's diabetes blog at <http://www.diabetesblogging.com>

Diabetes Type 2 – A Diabetic Meal Plan Can Reverse Your Diabetes

Has your physicians told you or your family member that you have diabetes type 2? I know that this information was the worst news that you have heard in a long time, but just know that there is something that you can do to reverse diabetes. Diabetes is just not a disease of the pancreas but it will affect every part of your body if the blood sugar is not under

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control. The complications of diabetes can be blindness, hypertension, stroke and even heart attack.

A diabetic diet is the most effective treatment for diabetes. If you change the way you eat then you can lose weight, reduce your blood sugar level and may even reverse this diabetes.

A diabetic diet will consist of a balance of carbohydrates, protein and fats. There is lot of discussion on how much carbohydrates you should have but most nutritionist would agree that the carbohydrates that you should eat will be a low glycemic index (or a carbohydrate that will not raise your blood sugar level) such as having for breakfast a piece of whole wheat toast vs. a doughnut.

Most people who start out on a diet do very well, but then fall back into their old ways. It is believed that if you want to succeed you need a plan. There are professionals on line that will create a diabetic meal plan for you to get your started today. Also have a plan for when you are eating out, decide before what you will order or eat before you leave so you will not be so ravenous and be tempted to eat some things that you should not eat.

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Decide today that you will follow the diabetic diet. There are professionals that will plan the diet just for you. Don't let diabetes take over your life. Take back control today and decide that you will eat the right food in the right amounts.

I have found this resource for Free Diabetic Diet Plan and would like to share it with you.

Related [Diabetic Recipe Articles](#)

Diabetic Dessert Recipes – The Important Tips You Should Know

Being a diabetic does not mean that you have to go entirely and absolutely free of sweets in your meal plan. Occasional mildly sweet treats can be allowed at certain times provided that your blood sugar levels are maintained within your target range. Eating food that are low in sugar and carbohydrates – both usual components of most desserts, makes up part of a natural treatment for diabetes. Food intake and food choices should therefore be adjusted to ensure that only good food for diabetes are included in any diabetic low carb diet. There are

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menu planners and cookbooks in the internet that contain hundreds or even thousands of diabetic meal recipes as well as diabetic dessert recipes that are interesting, healthy, and delicious.

Studies have shown that there are ways to lower blood sugar just by altering how we eat and what we eat. There are cookbooks on the diabetic low carb diet that contain lists of food that are allowed in the diabetic diet. The meal plans for diabetics often vary from one individual to another. It is best to consult your physician and your dietitian so that they can draw up a meal plan for you. Generally, food that are low in sugar or those whose glycemic indices are low are allowed into these meal plans. Sites that help you draw out your meal plan would also have diabetic meal recipes and diabetic dessert recipes that would be easy for you to prepare and delicious enough for you to enjoy.

Dessert is one of the sweetest foods that we eat. It is not unlikely that this part of the meal will be the one that gets cut when one develops diabetes. It is a good thing that there are still ways to enjoy dessert without having to suffer the effects of having a high blood glucose level. Diabetic recipes use only those ingredients that are low in glycemic index and

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are prepared in a low fat manner. With these recipes, anyone suffering from diabetes can have his fill of a deliciously prepared meal without having to worry about his blood glucose levels shooting up. There are, however, differences by which each one who suffers from diabetes reacts to sugar in the food that they eat. This is why it is still best to consult with your physician if you wish to include certain recipes in your meal plan.

Eating a balanced and healthy diet prepared from diabetic meal recipes and diabetic dessert recipes is a good way to control the effects of diabetes. When done in conjunction with a good exercise program and a healthy lifestyle, the diabetic low carb diet will effectively help anyone suffering from diabetes live long years free of any adverse complications. Eat only those good food for diabetes and keep your life stress-free are the most common advice that diabetics get from their physicians. Medication is not the first and only solution to diabetes. In fact, there are no known cures for diabetes. Once you are diagnosed with diabetes, you are considered to be diabetic for life. You can only try and manage your diabetes by looking for ways to lower blood sugar levels in your system.

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Controlling blood sugar is an art. If you want to be an expert in it, you should know what Diabetic foods to eat & avoid. Discover 5 Simple Tips on How to Lower Blood Sugar Levels today.

Related [Diabetic Recipe Articles](#)

Cooking A Prime Rib

The average bovine has 13 ribs. Some younger ones have only 12 but most mature ones have 13 so I am referring to them when I say that a prime rib roast comprises 7 ribs, starting from the 7th rib at the shoulder and continuing back to the 13th rib at the loin, part of which is the most tender part of meat on the animal.

The reason the loin is so tender is because it is a muscle that is rarely used. The most heavily used and strongest muscles are the toughest cuts of meat.

The prime rib is the piece of meat that rib-eye steaks and rib steaks are cut from. A normal, full 7 rib roast will yield 14

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rib-eyes or 7 rib-eyes and 7 rib steaks. The only difference between a rib steak and a rib-eye steak is that the rib-eye does not have the rib bone attached as the rib steak does. When you remove the bone you have a rib-eye.

Many butchers will call a rib steak a bone-in rib-eye. Nevertheless, the rib steak, although it is the exact same cut of meat, should always be cheaper per pound than the rib-eye because you are paying for bone, which obviously, you cannot eat, but many times they are the same price.

The tenderloin is the cut of meat that continues back from the end of the prime rib roast, or 13th rib, along either side of the back and is usually cut into three sections called the sirloin, tenderloin and top sirloin. The tenderloin is the most tender piece of meat on the entire animal and is what the filet mignon is cut from.

A full prime rib roast is a very expensive cut of meat, so it is important to know many things about buying, preparing and cooking one before you ever attempt to do one, because a ruined prime rib roast is a lot of money wasted.

Before cooking a prime rib you'll need to know how much (how

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many ribs) you will need to buy as per how many hungry people you are going to feed. You also need to figure an estimated cooking time and you need to know exactly what temperature it needs to be when you take it out of the oven.

The roast will continue to rise 10 degrees in temperature during the resting period. The resting period is usually 20 to 30 minutes and that allows the juices to re-settle into the meat. If you carve a roast without letting it rest, you will lose a lot of juices and your roast will be dry.

So, since the roast will continue to rise in temperature, you will need to take it out of the oven 10 degrees before it reaches your desired temperature for the perfect doneness, whether you want it rare, medium rare, medium, medium well and well done.

To learn everything you need to know to about preparing and cooking a prime rib, and get the best recipe for prime rib visit our website. There is a chart for estimating cooking time and a chart that shows exactly what temperature it needs to reach to be done the way you want it. Our website is at <http://www.recipeforprimerib.com>

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Easy Chicken Recipe – Chicken Pies With Rice Crusts (And it is Diabetic Friendly!)

Chicken is economical, easy to prepare, and healthy, making it one of the most often prepared items in our kitchens. If you are tired of serving chicken the same old ways, check out this recipe for a new idea in your family meal planning. This recipe for Chicken Pies in a Rice Crust is a great way to serve chicken.

CHICKEN PIES WITH A RICE CRUST

Rice Crust:

1 cup raw brown Basmati rice

2 cups chicken stock

1/3 cup chopped pecans or almonds

2 tbsp chopped chives or green onion tops, finely chopped

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2 tbsp toasted sesame seeds

Salt and pepper to taste

2 egg whites

Wash rice. In a large saucepan with a lid, bring the chicken stock to a boil. Stir rice into boiling stock and bring back to a boil. Lower heat to simmer, add lid to pan and cook 45 minutes, until rice is tender and stock is absorbed. Preheat oven to 375 degrees. Cool rice to lukewarm and add pecans, chives, sesame seeds, salt, pepper, and egg whites. Pat onto the bottom and sides of 4 individual quiche dishes to form crusts. Bake in a 350 degree oven for 10 minutes.

Chicken Filling:

4 large skinless, boneless chicken breasts

1 tbsp olive or canola oil

1/2 tsp salt

1/4 tsp fresh ground black pepper

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1 cup water

8 tbsp Worcestershire sauce

1 tbsp Dijon mustard

2 garlic cloves, crushed

Cut chicken into small chunks. In a large frying pan, heat oil. Add chicken and cook to a golden brown. Season with salt and pepper. Remove chicken from pan and allow to drain on paper toweling. Wipe any excess oil from the pan. Return pan to heat and deglaze with water and Worcestershire sauce. Add mustard and garlic; bring to a boil. Lower heat to simmer, add chicken back to pan and cook for 5 minutes. Fill the rice crusts with the chicken mixture.

Yield is 4 servings at 490 calories, 45 g carbs, and 37 g protein each making this a good chicken and rice dish for diabetics.

Enjoy!

For more of Linda's recipes and diabetic information go to <http://diabeticenjoyingfood.squarespace.com>.

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Outdoor Cooking Accessories

If you are truly a “nature lover” such that you spend a lot of time outdoors, outdoor cooking is going to become a necessity at some point. Why not invest in some outdoor cooking accessories that are truly going to let you enjoy cooking (not to mention some really good food) that goes far beyond some hot dogs or marshmallows impaled on sticks and held over a campfire?

You need a few outdoor cooking accessories to really put on a good “spread” with your outdoor cooking, so to speak, but it can be done relatively easily.

The basics

*Hot dog forks or sticks

Some of the more basic outdoor cooking accessories are campfire forks or hotdog sticks. Again, although you certainly want your culinary efforts to go beyond this if you spend a lot of time outdoors, these are essential cooking utensils regardless – and good for the odd hotdog fix now and then too,

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if you wish. One of the best is Coghlan's Safety Fork, which instead of using straight prongs has prongs bent downward so that they're not as hazardous.

*Cast iron sandwich maker

A sandwich maker is made of cast iron lets you put together a lot of "meals in pie format" very easily. Choose from a number of different recipes by searching the Internet, and then make toasty ready-to-eat hot "sandwiches" or meal "pies" that will easily cook over hot coals.

*Coffee pot

If you drink coffee, you'll also want something to provide you with your morning cup of joe; you can bring along instant coffee, of course, but if you want to brew coffee, you'll need a stainless steel or in animal coffee pot or coffee press so that you can brew your coffee right over the campfire.

*Cast iron skillet

Finally, a cast iron skillet (just like the one your grandma had) is the perfect adjunct to outdoor cooking accessories that you simply can't do without. You can buy them in a number

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of sizes, to meet your needs. Place them right on top of hot coals to do things as diverse as make scrambled eggs and pancakes to campfire “stir-fry.”

*Cast iron Dutch oven and/or jambalaya pot

Like the cast-iron skillet, the cast-iron Dutch oven or jambalaya pot lets you cook right over the open fire. These are perfect ways to make stews or other dishes that need a deeper receptacle than the cast-iron frying pan or sandwich maker can provide for you.

What to eat on?

Of course, if you don't camp a lot, paper plates and plastic forks make suitable and very portable dishware. If you're environmentally responsible, however, and you camp a lot, it's a good idea to invest in some sturdy dishware that's going to hold up to the test of time. Invest in stainless steel plates, forks, knives and spoons, so that they'll last as outdoor cooking accessories for years.

More than just a campfire for cooking?

Certainly, nothing beats cooking over an open fire when you're

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out camping. However, if you want to be able to control your heat a little more readily and you think it's a good investment, you can also invest in a portable outdoor camp stove or grill to take with you. Again, these aren't absolutely necessary, but they do make cooking a little bit easier since you can control temperature more easily on these devices than you can on a campfire. To go truly rustic, this isn't something you should need, but if you do want a little more control over your cooking, one of these may be a good investment for you.

Welcome to The Jambalaya Pot, inside you will discover an amazing selection of low priced and excellent outdoor cooking accessories, and help you understand just what is jambalaya.

Coping With a New Diabetic Lifestyle and Diabetic Medication

Many people find that coming to terms with being diagnosed as diabetic can prove to be emotionally overwhelming.

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Considerable changes need to be made to your lifestyle in order for you to properly treat your diabetes. It is very likely that you will need to alter your exercise and eating habits in order to minimize health risks associated with the disease. In addition to lifestyle changes, you will need to learn how to properly use a glucometer and diabetic testing supplies in order to regularly monitor your blood glucose levels. Depending on your diagnosis, you might also need to learn how to give yourself insulin injections or use other diabetic medications. Coping with the transition to your new healthier lifestyle can be made easier with the help of your friends and family, and there are many free diabetes support resources for you to take advantage of as well.

One of the most difficult things to get yourself accustomed to is pricking one of your fingers in order to get a blood sample for a glucose reading. Diabetic testing supplies can be tricky to master at first, occasionally resulting in you having to prick your finger multiple times before getting a true reading with your glucometer. This should happen less often as you gain experience with your glucometer and testing strips.

Even though diabetes affects over 20 million people in the United States, your body is still unique. Therefore, your

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doctor should tailor your diabetes medication regimen to your specific needs. Talk to your physician about what treatment options are best for your situation. Ask if your diabetes medication has negative side effects you need to be aware of, or if it has been known to interact with certain foods. If you require insulin shots, your health care provider should walk you through how to properly give yourself an injection. If the thought of giving yourself a shot every day causes you to feel anxious, remind yourself that diabetic medication is necessary in order to control the disease. After time, the shots will become part of your daily routine and the process will become less stressful for you.

It is important that you keep detailed records of your glucose levels, diet and exercise habits, medication dosages, and your day to day well being. By keeping track of this information it is helpful to narrow down the culprits of changes in your daily glucose levels. You will also find that these records will be beneficial to you when going to your doctor. A consistent record of your daily health can indicate whether or not your diabetic medication is working properly. Keeping a notebook dedicated to your diabetic records can help you better understand how your diabetes affects you, and can make you feel more in control of your health.

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Once you pay closer attention to what you eat and how you treat your body, you will find that you feel less sluggish throughout the day. Regular exercise releases endorphins in your body, which make you feel more energized and content. Diabetics can live long and happy lives after being diagnosed. Though the initial diagnosis might make you feel uneasy, many diabetics find that their quality of life improves after they are diagnosed and they make necessary changes to their lifestyles.

Coping with a new diabetic lifestyle is not so difficult once you get into it and following the advice given from your doctor. Many diabetics have found that life is better knowing that with proper diabetic supplies and diabetic medication, the worry is basically non-existent. Visit <http://www.ValueMedical.com/> for all your diabetic testing supplies.

Fat Cooking Methods

Making small alterations in your diet can both help you lose weight and live a healthier lifestyle while preventing extra

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fat build-up within your system. Most of the time when you cook at home, you may use butter and oils without really thinking about how much you are putting into the dish and what kind of fat content it may have.

Home cooking can be a great way to save money and eat healthier, but one must be sure to utilize the best and healthiest ingredients. When you are searching for new and appetizing recipes that you can make for you or your family, try to find those that are marked as a low-fat or healthier option.

You can also substitute ingredients in your favorite recipes for those that are lower in calories and less likely to cause weight gain or cardiovascular disease over time. When it comes to increasing the nutrition of your meals, there are many things that you can do.

When cooking over the stove, many recipes call for the use of butter or oil; if you can at all substitute for these things with nonstick cooking spray, use a small amount prior to placing the items to be cooked into the pan. When this is not a possibility, try to use small amounts of vegetable or olive oil because they are the healthier choice, compared to butter.

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Though butter can offer very flavorful benefits, consuming fats that are solid at room temperature can contribute to weight gain and heart problems, over time. It is best to avoid these when possible.

Another way to avoid extra fats in your cooking is by chooses the leanest cuts of meat that you can. There are so many different types of dishes that one can create based on the type of meat that they use.

You may have favorites that focus mainly on red and fatty types, but if you make the switch to lighter and leaner meats, you may find something that you find to be very appetizing! Chicken, turkey, and pork are all great options that offer wonderful flavor.

When you do cook meat, make sure that you cut off as much of the extra fat as you can. Not only will this cut down on the amount of calories that are present in the dish, but it will also decrease the lipid content.

A dish that has already been cooked can be drained or blotted, removing any of the harmful or high calorie liquids that may cause high cholesterol or high blood pressure in the future.

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Paying close attention to the amount of fats that you consume and that are present in meals is a great way to keep your body in top shape.

Supplementing meats and fats for vegetables sounds like a silly idea to most cooks, but there are other lighter or vegetarian options that can be just as delicious and satisfying. When cooking burgers, pasta, meatloaf, or chili, try to replace part of the meat content with other vegetables.

Using spices to make up for a small lack of flavor can make these even more appetizing than the all-meat option! Bacon can be a scrumptious addition to any dish, but it can also drastically increase the calorie content.

Try replacing it with other options, like low-sodium ham or Canadian bacon. You can also do this when it comes to sausage; there are many that are made from other animal products, like turkey, and your family or friends should not even know the difference.

Making small changes like this in the meals that you cook can really do wonders on your diet and health. Breaded and fried options can be tasty comfort foods, but they have a tendency

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to pack on the pounds.

Try using bread crumbs or crackers instead of batters, and bake the options instead of frying. When it comes to the use of dairy products in soups and vegetable dishes, it may be best to use fat-free evaporated milk, as opposed to heavy creams that are loaded with fats and calories.

Always base your meals on fruits, vegetables, and lean meats, and then add other items in as you see fit. Try to make use of healthier options and those that are lower in fat; you will definitely notice a difference in how you look and feel as you make these small changes in the kitchen!

Ronald Pedactor has written hundreds of articles relating to food storage. He recommends food insurance for saving money with food storage.

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<http://www.foodstoragereviews.com/food-storage-reviews/review/brand/foodinsurance>

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