



OLD FASHIONED
QUAKER OATS™

Nutrition Facts			
Serving Size 1/2 cup uncooked (40 g)			
Servings Per Container: about 30			
Amount Per Serving			
Calories 150	Calories from Fat 25		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0g	2%		
Polyunsaturated Fat 1g			
Monounsaturated Fat 1g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 27g	9%		
Dietary Fiber 4g	15%		
Soluble Fiber 2g			
Sugars 1g			
Protein 5g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 10%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Dietetic Exchanges: 2 starches

Quaker Oatmeal Nutrition Facts

WHAT'S IN A BOWL FOR PATIENTS WITH DIABETES?

COUNT YOUR CARBOHYDRATES!

TOTAL CARBOHYDRATE represents the amount of starches, fiber, and sugars in the product.

FILL UP ON OAT FIBER!

Quaker Oatmeal, a whole grain, contains both insoluble and soluble fiber. Studies show that fiber, especially soluble fiber, offers these potential benefits for people with diabetes.

- MAINTAINS BLOOD SUGAR CONTROL** by slowing down food digestion and smoothing out blood glucose levels.
- SATISFIES APPETITE** by helping you feel fuller longer!

SUGAR Remember, it is the amount of total carbohydrate that is most important, not whether it's a starch or sugar. Select a cereal that has fiber like Quaker Instant Oatmeal™ Apples and Cinnamon, along with sugar – the fiber helps to slow the absorption of sugar so you have better blood glucose levels.

GET HEART SMART!

People with diabetes are at an increased risk for heart disease. Including Quaker™ Oatmeal each day can help you reap these nutrition rewards:

- ♥ **LOWER BLOOD CHOLESTEROL LEVELS:** Oatmeal is a cholesterol-free food that is low in total fat and saturated fat. Additionally, clinical studies prove that as part of a healthy diet, oatmeal can help lower the “bad” LDL cholesterol levels in your blood.
- ♥ **THE BONUS IS IN THE FIBER:** Oat-soluble fiber helps to remove the cholesterol from your body. Eating 3 grams of oat soluble fiber daily (equal to 1½c cooked oatmeal), in a diet low in saturated fat and cholesterol, may reduce your risk of heart disease.
- ♥ **MAINTAIN A HEALTHY BLOOD PRESSURE:** Emerging research points to some positives for healthy blood pressure levels from eating more oatmeal. Oatmeal, along with a diet rich in fruits, vegetables, and low fat dairy, may help you maintain your blood pressure in healthy ranges.
- ♥ **OATMEAL IS A WHOLE GRAIN:** USDA recommends eating at least 3 servings of whole grain foods each day. The easiest way to get whole grains into your diet is to eat a bowl of oatmeal for breakfast. Eating whole grain foods may also help lower your risk of heart disease.

REFERENCES: Hallfrisch and Behall. *J. Am. Coll. Nutr.* 19:320S-325S, 2000; Saltzman, et al. *J. Am. Coll. Nutr.* 20:50-57, 2001; Ripsin et al. *JAMA.* 267:3317-3325, 1992; Keenan et al. *Soluble fiber and hypertension in: Dietary Fiber in Health and Disease*, ed. Kritchevsky and Bonfield. Plenum Press, New York: 1997; He et al. *Am. J. Clin. Nutr.* 61:366-372, 1995.

QUAKER INSTANT OATMEAL™ APPLES & CINNAMON

Nutrition Facts			
Serving Size 1 packet (35 grams)			
Servings Per Container: see table			
Amount Per Serving			
	Cereal Alone	with 1/2 cup of Vit. A&D fortified skim milk	
Calories	130	170	
Calories from Fat	15	15	
% Daily Value**			
Total Fat 1.5g*	2%	2%	
Saturated Fat 0.5g	2%	2%	
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 0.5g			
Cholesterol 0mg	0%	0%	
Sodium 170mg	7%	10%	
Total Carbohydrate 31g	9%	11%	
Dietary Fiber 3g	11%	11%	
Soluble Fiber 1g			
Sugars 12g			
Protein 3g			
Vitamin A	20%	25%	
Vitamin C	0%	2%	
Calcium	10%	25%	
Iron	20%	20%	
Thiamin	20%	20%	
Riboflavin	20%	30%	
Niacin	20%	20%	
Vitamin B6	20%	20%	
Folic Acid	20%	20%	
Phosphorus	8%	20%	
* Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 6g Total Carbohydrate (6g Sugars) and 4g Protein.			
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Dietetic Exchanges: 2 starches

2,000 Calorie Diabetic Sample Menu

BREAKFAST

- 1 cup cooked Quaker™ Old Fashioned Oatmeal made with 1 cup skim milk and sugar substitute
- 4 ounces orange juice
- ¼ cup 1% milk fat cottage cheese, topped with:
- ½ cup water-packed canned mixed fruit

LUNCH

- Turkey sandwich:
 - 3 ounces turkey breast
 - 2 slices whole wheat bread
 - 1 tablespoon light mayo
 - lettuce, tomato slice
- 5 baby carrots
- 8 ounces nonfat, sugar-free flavored yogurt
- Diet ice tea

SNACK

- 1 Quaker™ Blueberry Oat Muffin (see recipe)
- 1 cup skim milk

DINNER

- One Quaker™ Dill Salmon Cake (see recipe)
- 1 cup wild rice pilaf seasoned with
 - 1 teaspoon olive oil and fresh herbs
- 1 cup steamed broccoli with
 - 1 tablespoon light tub margarine
- Salad:
 - 2 cups mixed greens
 - 5 cherry tomatoes
 - 2 tablespoons light dressing
- 1 slice Angel food cake with
 - ½ cup sliced strawberries and
 - 2 tablespoons light whipped topping
- Diet lemonade

NUTRITION INFORMATION: Approximately 1,945 calories
Carbohydrates 250g (51%), Fiber 30g, Soluble Fiber 11g,
Protein 107g (20%), Fat 62g (30g), Saturated Fat 13g (6%)
Cholesterol 112mg, Sodium 3,900mg
9 starches, 6 Meats, 3 Milk, 3 Fruits, 6 Vegetables, 4 Fats

© 2001 The Quaker Oats Company / August 2001

Quaker™ Blueberry Oat Muffins

Makes 12 muffins

INGREDIENTS

- 1 cup Quaker™ Old Fashioned Oats (regular or quick oats, uncooked)
- 1 cup low-fat buttermilk
- ¼ cup liquid egg substitute (or 2 egg whites)
- 2 tbs. margarine, melted
- ½ tsp. grated lemon peel
- 1 cup all-purpose flour
- 3 tbs sugar or ¼ tsp Sweet One™ sugar substitute
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt (optional)
- 1 cup fresh or frozen blueberries

DIRECTIONS

Heat oven to 400°. Lightly spray 12 medium muffin cups with cooking spray. In a medium bowl, combine oats and buttermilk; let stand 10 minutes. Add egg substitute, margarine and lemon peel; mix well. In a large bowl, combine remaining ingredients except berries; mix well. Add wet ingredient to dry ingredients; stir just until dry ingredient are moistened. Gently stir in blueberries. Fill muffin cups almost full. Bake 20-25 minutes or until golden brown. Cool muffins in pan on wire rack 5 minutes; remove from pan.

NUTRITION INFORMATION (1 MUFFIN)

CALORIES: 110 (with sugar), 100 (with Sweet One™);
SUGAR: 5g (with sugar), 3g (with Sweet One™);
TOTAL FAT: 3g; SATURATED FAT: 0.5g; CHOLESTEROL: 0mg;
SODIUM: 130mg; FIBER: 1g; PROTEIN: 3g
EXCHANGES: ½ starch, ½ fruit, ½ fat
(with sugar); 1 starch, ½ fat
(with Sweet One™)



Quaker™ Dilled Salmon Cakes

Makes 5 Servings

INGREDIENTS

- ¾ cup Quaker™ Old Fashioned Oats (regular or quick oats, uncooked)
- 1 (14¾ oz) can boneless pink salmon, drained
- ⅓ cup fat-free milk
- 2 egg whites, beaten
- 1 small garlic clove, chopped
- ½ cup nonfat plain yogurt
- ⅓ cup chopped tomato
- ⅓ cup cucumber
- 3 tbs. chopped onion, divided
- 2 tbs. chopped dill (or 1 tsp. dried dill)

DIRECTIONS

YOGURT SAUCE: In a small bowl, combine yogurt, tomato, cucumber, 1 tablespoon onion, 1 tablespoon dill and garlic; mix well. Cover and chill.

SALMON CAKES: In a medium bowl, combine oats, salmon, milk, egg whites, remaining onion and dill, and salt; mix well. Let stand 5 minutes. Shape into 5 oval patties about 1-inch thick. Lightly spray nonstick skillet with cooking spray. Cook salmon cakes over medium heat, 3-4 minutes on each side or until golden brown and heated through. Serve with yogurt sauce.

NUTRITION INFORMATION (1 PATTY WITH SAUCE)

CALORIES: 250; TOTAL FAT: 7g; SATURATED FAT: 3g;
CHOLESTEROL: 45mg; SODIUM: 150mg; FIBER: 2g;
TOTAL CARBOHYDRATE: 16g; SUGARS: 3g, PROTEIN: 30g
EXCHANGES: 1 starch, 1 lean meat



FOR MORE GREAT IDEAS AND INFORMATION, VISIT

www.quakeroatmeal.com