



# Dietitian's Dish

What and how we eat affects blood sugar levels.

Three methods can help reduce the spikes from carbohydrates.

Learn more at [Diabetes.org](http://Diabetes.org).

## “Carb” Counting

- 1 “carb choice” = 15 grams of total carbohydrates
- Target 2-3 choices per meal and 1-2 choices per snack

## Plate Method:

- Include non-starchy vegetables (½ plate), grains/starchy foods (¼ plate), protein (¼ plate)
- Add 1 serving of dairy or fruit on the side

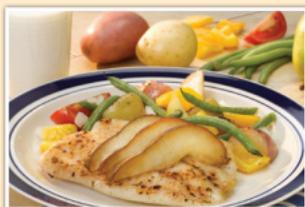
## Glycemic Index (GI):

- Foods containing carbohydrates are ranked based on how they raise blood sugar
- Try choosing low (<55) and medium (56-69) GI foods
- Lower GI = less processing, higher fiber and fat content



*Fiber and fructose sugar in pears make for a lower GI addition to this weeknight meal.*

## Caribbean Tilapia with Pears and Roasted Vegetables



### Ingredients:

- 4 cups chopped vegetables
- 1 garlic clove, minced
- 1/2 tsp. cumin
- 1/4 tsp. salt
- 1 Tbsp. olive oil
- 4 (4-ounce) tilapia fillets, fresh or frozen
- 1 Tbsp. Caribbean citrus spice seasoning blend
- 2 tsps. olive oil
- 3 Anjou pears, sliced in thin wedges

### Directions:

- Heat oven to 425 degrees.
- In a large bowl, toss vegetables with seasonings and olive oil. Spread mixture in a 2-quart baking dish and place in oven. Roast until vegetables are tender, about 25-35 minutes.
- Meanwhile, prepare the fish packets. Place each fillet in the center of a square of foil. Brush fish with olive oil, coat with seasoning blend. Top each fillet with 6-8 pear wedges. Bring the foil over the fish and fruit. Fold and pinch the seams. Place foil packets on a cookie sheet.
- About 15 minutes after the vegetable dish was placed in the oven, put in the cookie sheet with fish packets. Bake about 20 minutes until tilapia is cooked and fruit is tender.

