

Transcript

Title: Cooking Right With Noemi

Noemi: Hi there. I'm Noemi [Super: (by Noemi) Lantus[®] Mentor], and this is Martha [Super: (by Martha) Registered Dietician]

Super:

Noemi

Taking Lantus[®] (insulin glargine injection) 100 Units/mL SoloSTAR[®] since 2006

Noemi: and today we're going to make a diabetes-friendly dinner.

Super: Consult with your physician or registered dietitian before making any diet changes.

Martha: Making healthy food choices is part of a full diabetes treatment plan. So we're going to talk about simple ways to make smart food choices.

Noemi: Today, I want to share with you one of my favorite meals. The main dish is green chili chicken enchilada casserole. First, you need one can of green enchilada sauce. Four cups of cooked and cubed chicken. One cup of low-fat sour cream. One can of green diced chilies. And a cup of grated cheddar cheese.

Super: This recipe contains ingredients that may cause an allergic reaction in some people. Talk to your doctor about your allergies before you make any dietary changes. For those on a low sodium diet, low salt ingredients may be an option.

Martha: You really seem like you know what you're doing.

Noemi: I may seem like a pro now, but when I was first diagnosed, I had no idea what to eat.

Martha: So, how did you actually become a pro? What did you do?

Noemi: I think the first thing I did was portion control. Especially with this meal, you really have to take portion control into consideration because it's big and it's really, really delicious. And if it's in front of you, you're probably going to eat it all like I would.

Martha: I totally agree with you about portion control. Most people eat a lot more than they think they do.

Noemi: One thing I would say to everyone is, "You can't beat yourself up about it." You know we all make mistakes.

Martha: While the enchiladas are cooking, let's talk about things that you can do to stay on track when it comes to food.

Title: #1 Make the right portion, #2 Eat small meals, #3 Plan your meals.

Martha: The first thing is to always make the right portion. The second tip would be to eat several small meals a day instead of one or two large meals. The third tip is to plan out your meals a few days ahead of time.

Noemi: The fun part of all this is learning to make new meals like the one we're cooking here today, which leads me to our sweet cucumbers.

ON-SCREEN:

what you'll need

sweet cucumbers

rice vinegar 1/3 cup

sugar 1 tbsp

black pepper ¼ tsp

dillweed a pinch

sweet onions 1 cup

cucumber 1 medium size

Noemi: It's refreshing, light, and lots of fun.

Noemi: Now doesn't that look great?

Martha: That looks delicious!

Noemi: The next thing we're going to make is my favorite dessert.

ON-SCREEN:

frozen strawberry smoothie

what you'll need

low-fat yogurt

frozen strawberries

vanilla extract

Noemi: It's a frozen strawberry smoothie. I love this dessert because it's also a great snack.

Super: #1 Martha's Snacking Tips

Martha: Snacks can actually be quite healthy. Some of my favorite snacks would be an ounce of low-fat cheese with a small apple. That way you're getting the combination of some protein fat and some carbohydrates, which is a great combination.

Super: #2 Martha's Snacking Tips

Martha: Another good idea for a snack would be two teaspoons of peanut butter and two whole grain crackers.

Super: #3 Martha's Snacking Tips

Martha: And lastly, half a cup of cottage cheese and three-quarters of a cup of blueberries.

Noemi: Hmm, sounds yummy.

Noemi: You know cooking right doesn't happen overnight. I've had diabetes for over 16 years, and it has taken me a really long time to get to this point; to understand good food and how to make them part of my life. Be patient with yourself; it's okay to have a bad day. I think our casserole is ready.

Noemi: And there you have it. Now remember, this dinner serves a family of four plus guests. So here are portions served for one. The sweet cucumbers have zero carbs.

Super: 0 carbs

Noemi: The enchiladas are high in protein, low in fat.

Super: high protein, low fat

Noemi: And this is our dessert. One serving has 4 grams of fiber.

Super: 4 grams of fiber

Noemi: You can't go wrong with that. Now, doesn't that look delicious?

Martha: It looks like an absolutely delicious meal.

Noemi: I'm Noemi.

Martha: And I'm Martha.

Noemi: Thanks for watching "Cooking Right With Noemi."

Martha: Don't forget to check out the recipe section of lantusconnection.com for the tips and recipes you saw here today.

Title: Get Cooking Right @ lantusconnection.com/recipes

Title: Noemi's Tips for Lantus[®] (insulin glargine injection) 100 Units/mL

- 1. It's important to test your blood sugar levels. Your dose may increase based on your insulin needs. Your dose will probably change during your first few months taking Lantus[®].**

This is not uncommon. It's very important to work with your treating healthcare professional to find the dose that's right for you.

- 2. Tracking your blood sugar is a great tool to help make decisions about your diabetes treatment plan.**

Checking your blood sugar helps you know if you're getting the right dose of Lantus[®] for your insulin needs. Do not make changes to your dose or type of insulin without talking to your healthcare professional.

- 3. Help get the most from your treatment by making healthy choices.**

Remember that Lantus[®] works best as a part of an overall diabetes treatment plan. This plan includes a healthy diet and regular exercise, as well as other diabetes medications.

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Please click below for Full Prescribing Information.**

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