

## Jeanne Cullen’s Tips for Diabetes-Friendly Fast Food

### Beef Burrito

A beef burrito from a typical fast food restaurant ranges from 18 to 31 grams of fat and 440 to 650 calories.

By applying our diabetes cooking principles, you can get it close to or below 10 grams of fat and still have a pretty tasty burrito.



I would use extra lean ground beef or ground turkey breast and add onions, garlic, chili powder and cumin to it.

La Tortilla Factory® makes a high fiber, low carb tortilla in which you can place 2–3 oz. of beef, 1 oz. of reduced fat cheese, fat free sour cream and lots of lettuce, tomatoes, chilies and salsa. You can always add ½ cup of beans for extra fiber and protein.

Average Fast Food Beef Burrito		Homemade Beef Burrito**	
Calories:	440 - 650	Calories:	242 - 262
Fat:	18 - 31 grams	Fat:	7½ - 11 grams
Fiber:	9 grams	Fiber:	8
Carbohydrate:	50 - 66 grams	Carbohydrate:	12½ grams
Sodium:	1,210 mg	Sodium:	426 mg

\*\*Food composition will vary depending on ingredients and recipe used.

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### Cheeseburger and French Fries

Let's make the All-American Cheeseburger. Use extra lean ground beef or ground turkey, add a slice of Kraft 2% milk reduced-fat cheddar cheese, top it off with lettuce, tomato, roasted pepper, onion and serve it on a whole grain bun.

Ever try a veggie burger? These are very good, so don't knock them until you have tried one. The brands that I like best are Boca® burger and Gardenburger®. You can put the same toppings on these.



Average fast food Quarter Pounder® with cheese	Homemade extra lean quarter pound burger with low fat cheese on whole grain bun**	Gardenburger® with low fat cheese on whole grain bun**
Calories: 530	Calories: 430	Calories: 340
Fat: 30 grams	Fat: 15 grams	Fat: 7 grams
Saturated fat: 13 grams	Saturated fat: 6 grams	Saturated fat: 4 grams
Carbohydrate: 38 grams	Carbohydrate: 40 grams	Carbohydrate: 47 grams
Fiber: 0	Fiber: 4 grams	Fiber: 8 grams
Sodium: 1,310 mg	Sodium: 730 mg	Sodium: 900 mg

\*\*Food composition will vary depending on ingredients and recipe used.

You can make delicious baked fries in 30 minutes. Start with a 450° oven. You can use any type of potato. Cut it in half lengthwise, and then cut each half into 6 even size wedges. Put them in a bowl and drizzle with olive oil. Add salt and pepper to taste. Now you can get creative and add spices that you like, such as paprika, garlic powder, rosemary or cumin. Toss the wedges in the bowl, using tongs, so they are evenly coated with oil and spices, and then put them on a cookie tray that has been sprayed with Pam®.

Average fast food fries, medium size serving (about 4 oz.)	Oven baked fries using a 4 ounce potato, 1 tsp. olive oil, pinch of salt**
Calories: 365 - 450	Calories: 130
Fat: 18 - 22 grams	Fat: 4.5 grams
Saturated fat: 4 grams	Saturated fat: 0
Carbohydrate: 46 - 57 grams	Carbohydrate: 20 grams
Sodium: 290 mg	Sodium: 72 mg

\*\*Food composition will vary depending on ingredients and recipe used.

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### Chili

For the meat in the recipe, use extra lean ground beef or turkey.

If you want to get really radical you can replace all or half of the lean meat with textured vegetable protein, which will absorb whatever flavors you cook it with. Use plenty of onion, garlic and chili powder for seasoning and no one will know the difference.



Throw in a variety of sweet and hot peppers, and a tomato product (I like the Muir Glen® Fire Roasted canned tomatoes which give a nice smoky flavor).

Top with cilantro, lime and fat free sour cream and you will have a winner on your hands.

<b>Nalli® Original chili, 1 cup</b>	<b>Stagg® Classic® chili, 1 cup</b>	<b>Homemade chili using lean ground beef or turkey, no added sodium beans, 1 cup**</b>
Calories: 260	Calories: 310	Calories: 217
Fat: 7 grams	Fat: 17 grams	Fat: 4.6 grams
Carbohydrate: 32 grams	Carbohydrate: 24 grams	Carbohydrate: 19 grams
Fiber: 10 grams	Fiber: 6 grams	Fiber: 8 grams
Sodium: 1,140 mg	Sodium: 760 mg	Sodium: 420 mg

\*\*Food composition will vary depending on ingredients and recipe used.

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### Baked 'Fried' Chicken

Have a hankerin' for fried chicken? Try baked 'fried' chicken at about one half to one third of the calories.

Preheat oven to about 400°, then combine whole grain bread crumbs with a little paprika, Italian seasonings, garlic powder, parmesan cheese, and a pinch of salt.

Dip the skinless chicken breast in low fat buttermilk and then evenly coat with the bread crumb mixture.

Place on a lightly greased baking pan and lightly coat each piece with olive oil spray. Bake for about 30 – 40 minutes.



Fast food fried chicken (KFC® Breast)	Banquet® crispy chicken breast pieces	Baked 'fried' chicken breast (5 oz.)**
Calories: 400 Fat: 24 grams Carbohydrate: 16 grams Sodium: 1,116 mg	Calories: 380 Fat: 25 grams Carbohydrate: 13 grams Sodium: 1,040 mg	Calories: 244 Fat: 8½ grams Carbohydrate: 13 grams Sodium: 402 mg

\*\*Food composition will vary depending on ingredients and recipe used.

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### Macaroni and Cheese

Have a craving for macaroni and cheese? Start with whole wheat pasta which will give you more fiber and nutrients. You might have to use penne pasta, as it is hard to find whole wheat macaroni.

Make a cheese sauce by heating 1½ tbsp. of light butter in a saucepan. Stir in 1½ tbsp. of flour and then slowly add 1 cup of nonfat milk or evaporated skim milk.

Heat and stir continuously until thickened, and then add 1 cup of reduced fat cheddar cheese. You can also use a mix of low fat cheeses, including Velveeta® Light if you desire, as part of the cheese mixture.

Voila! A much lower fat version of mac 'n cheese. The carbohydrate count per serving is higher, however, so make sure that your total carb count for the meal is within the limits set by your doctor.



<b>Stouffers® frozen macaroni and cheese, 1 cup</b>	<b>Marie Callender’s® frozen macaroni and cheese, 1 cup</b>	<b>Homemade macaroni and cheese, 1 cup**</b>
Calories: 320	Calories: 370	Calories: 310
Fat: 15 grams	Fat: 18 grams	Fat: 8 grams
Carbohydrate: 32 grams	Carbohydrate: 36 grams	Carbohydrate: 52 grams
Fiber: 2 grams	Fiber: 3 grams	Fiber: 6 grams
Sodium: 950 mg	Sodium: 1,130 mg	Sodium: 308 mg

\*\*Food composition will vary depending on ingredients and recipe used.