

Jeanne Cullen’s Tips for Diabetes-Friendly Fast Food

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.



Stouffers® frozen macaroni and cheese, 1 cup	Marie Callender’s® frozen macaroni and cheese, 1 cup	Homemade macaroni and cheese, 1 cup**
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.