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Eating Well with Diabetes

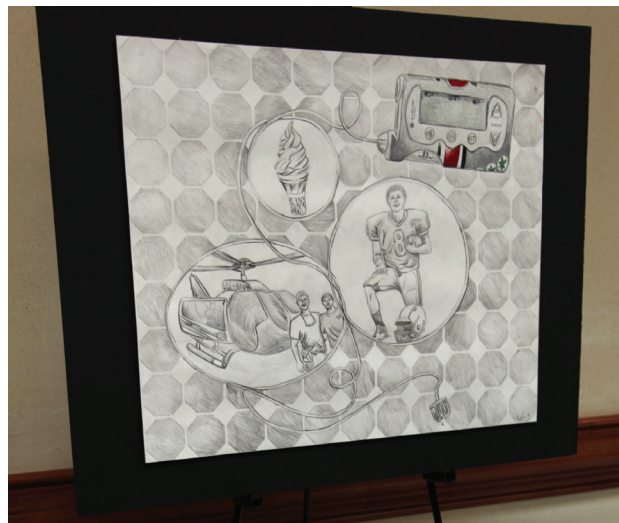
A Cookbook for Children with Diabetes and Their Families



Diabetes Discovery Day is an educational community event for children with diabetes and their families sponsored by University Hospitals Rainbow Babies & Children's Hospital Center for Childhood Diabetes, Activity & Nutrition. Diabetes Discovery Day 2011 included an art fair in which children could participate. We asked children to uncover their inner artist and create a piece of art expressing what diabetes means to them. Here are the pictures of the winning art project and the other participants in the art contest.



Katie McGuigan and Olivia Casey, Both Age 11



Nick Lachowyn, Age 14



Art Contest Winner: Dylan Diblik, Age 17



Sean Glove, Age 12

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Introduction

As a registered dietitian at University Hospitals Rainbow Babies & Children's Hospital and as a mother of two, I can understand the challenges of preparing a healthy family meal night after night. My hope is that you find ideas to help you serve a variety of wholesome foods in your home. In this cookbook, not only will you find new tasty recipe ideas, but you will also find valuable tools to ensure your family is getting the healthiest meals possible. Some sections in this cookbook will help you scrutinize food labels, manipulate current recipes to create more healthful ones, and learn how to get the most out of your grocery shopping trip.

A tremendous amount of gratitude goes out to all of the families and members of the diabetes team who were willing to share their favorite home recipes. This cookbook could not have been developed without their contributions and support for children with diabetes. The recipes that were donated to the cookbook were analyzed for nutrition content and then compared to the guidelines for healthy eating developed by the American Diabetes Association (ADA) and the American Heart Association (AHA). The goal was to have recipes that helped ensure an overall low-fat, low-sodium diet with a variety of healthy carbohydrates. Some recipes have been adapted to more closely reflect these guidelines, although the flavor and originality of the recipe was maintained. Please note desserts generally contain more fat and calories which is consistent with the recipes in this cookbook. Therefore, desserts should be provided in small servings and in moderation.

As a member of your diabetes team, I know carbohydrate counting and healthy eating represent a cornerstone of diabetes care. Our team wants to encourage you and your family to cook together, to eat together and to carbohydrate count together. Studies show families who have more meals together at home have children who eat more fruits and vegetables, less fried food and soda, more fiber, and overall lower fat diets. Studies also reveal when adolescents eat meals with their family they are less likely to develop poor eating behaviors.

With each family meal, I hope you become healthier families with better controlled diabetes. I hope you enjoy this cookbook and find it a useful resource.

Sincerely,
Jennifer Dorman, MS, RD, LD
Center for Childhood Diabetes, Activity & Nutrition
UH Rainbow Babies & Children's Hospital



Acknowledgments

This cookbook would not have been possible without the following families. Thanks to your love and support for the kids and love of cooking, we were able to put together a unique compilation of delicious, healthy recipes for all to enjoy:

The Anderson Family

The Benjamin Family

The Campbell Family

The Dickstein Family

The Dorman Family

The Holzheimer Family

The Joesten Family

The Kaiser Family

The Kramer Family

The McConnell Family

The McGuigan Family

The Mielnick Family

The Piper Family

The Sanchez Family

The Trimmer Family

The Wynne Family

Recommendations for a Healthy Diet and Lifestyle for Children with Diabetes







Recommendations for a Healthy Diet and Lifestyle for Children with Diabetes

There are many different variables that go into planning a healthy balanced meal for diabetes; below are some of the areas to consider. The meal plan for the child with diabetes should be individualized, taking into consideration the family's lifestyle, cultural needs and taste preferences. The goals of nutrition therapy in diabetes care are to help achieve and maintain an optimal Hgb A1C for age, blood pressure and cholesterol.

Carbohydrate counting is a valuable tool to maintain blood glucoses in normal ranges and is a flexible system of meal planning allowing you to accurately predict the impact carbohydrates will have on blood glucose levels. Children with diabetes should be taught and given the opportunity to practice carbohydrate counting. The American Diabetes Association recommends eating an overall healthy diet rich in essential nutrients while watching portion sizes. A healthy diet contains whole grains and fiber, fruits and vegetables, and lean meat or alternative protein sources and should be low in fat and sodium. Below are some guidelines to follow for a healthy balanced diet.

Caloric Needs:

- Calorie needs can be influenced by your age and physical activity. Calorie needs increase with age until growth is completed.
- A healthy weight is determined by your ability to maintain a balance between the calories eaten and calories burned.
- You may need to meet with a registered dietitian to determine how many calories you are eating and if your intake is appropriate.

Carbohydrates:

- Carbohydrates are the main source of energy for the body. Diets should contain a minimum of 130 grams of carbohydrates per day.
- You should consume about 45 to 60 percent of your total calorie intake from carbohydrates regardless of whether or not you have diabetes.
- Carbohydrates include sugars and fiber.
- A high-fiber diet is encouraged. Here are some benefits.
 - Fiber is absorbed slowly so it does not cause rapid increase in blood glucose level.
 - Recommendations depend on gender and age; some guidelines for children from the Academy of Nutrition and Dietetics include:
 - ages 1 – 3: 19 grams per day
 - ages 4 – 8: 25 grams per day
 - ages 9 – 13: 31 grams per day (boys), 26 grams per day (girls)
 - ages 14 – 18: 38 grams per day (boys), 26 grams per day (girls)
 - Good sources of fiber include fruits, vegetables, whole grains, nuts and beans.
- Sugar in moderation is allowed for individuals with diabetes. Remember to monitor your portion and frequency.

Fat:

- One study on children with diabetes revealed most children are consuming diets containing 37 to 38 percent fat!
- Total fat intake should be 20 to 35 percent of all calories with most coming from unsaturated fat sources such as fish, nuts and vegetable oil.
- Lower intakes of fat can lower your blood cholesterol level which can protect you from heart disease and obesity.
- There are three types of fat in food: unsaturated, saturated, and trans fat, with the first being the most desirable.
- Diets should be low in saturated fat and trans fat, with a goal of limiting saturated fat intake to 7 – 10 percent. Sources of saturated fat come from animal sources such as meat, milk and eggs.

Recommendations for a Healthy Diet and Lifestyle for Children with Diabetes

Protein:

- Protein needs do not change with the diagnosis of diabetes. All diets should contain about 15 to 20 percent of the total calorie intake from protein.
- It is recommended to eat two or more servings of fish per week. Obtain protein from nonmeat sources such as nuts and beans on a regular basis.

Artificial Sweeteners:

- Artificial sweeteners have been approved to be used in conjunction with the diabetes diet. Their use has been studied by the American Diabetes Association and the Academy of Nutrition and Dietetics.
- There are recommended daily maximums for each different sweetener; these values are typically recorded on the packaging or available through the company directly. Consider using a variety.
- You do not have to use artificial sweeteners in desserts, but they are often used in sugar-free drinks since they increase the variety of flavors you can enjoy.

Sodium:

- Limit sodium to 2,300 mg per day or less.
- Studies reveal that the estimated average intake for Americans of sodium is 3,400 mg.
- High levels of sodium can cause high blood pressure which may result in kidney damage, coronary artery disease, heart disease and eye diseases.

Be Active:

- Children should have at least 60 minutes of moderate to brisk activity per day.
- Physical activity should include both muscle strengthening activities and bone strengthening activities.
- Exercise increases insulin sensitivity.

What You Need to Know About Food Labels







What You Need to Know About Food Labels

The Nutrition Facts label developed by the U.S. Food and Drug Administration was created to educate people about food, because we know consumers who are more knowledgeable make healthier choices. It is a great tool to use and has helped evolve diabetes management. The Nutrition Labeling and Education Act of 1990 required that breads, cereals, canned and frozen items, snacks, desserts and drinks have a food label by 1994. It is voluntary that fruits, vegetables and fish have a food label. These guidelines are still being used today. Being able to accurately read and understand the information provided on the food label is a valuable skill to develop, although a recent nationwide survey revealed that only half of Americans are reading nutrition labels on a regular basis. Insulin regimens can be optimized when an individual with diabetes can consistently and accurately determine an insulin dose based on the carbohydrates they eat. This skill, along with being able to decide how healthy a food item is, can lead to improvements in health status and diabetes management. Once someone learns how to use the individual components of a food label, it becomes easy to utilize the Nutrition Facts as a key tool in food monitoring.

Serving Size: This is the first item listed on the label. The serving size must be looked at every time to appreciate the other components of the label. The serving size is what is recommended to be eaten for a particular food item by the United States Department of Agriculture (USDA). A serving size is often given as a household measurement such as 1 cup; this should be something you can easily measure out. The weight of the food in grams is often listed on the label by serving size, but this number is only helpful when you are using a gram scale to weigh your food. Underneath the serving size, the manufacturer indicates how many servings are in the package. Note that the serving size is not always the size of the package. It is important to remember that a lot of products contain more than one serving.

Calories: Calories are units of energy. The food label explains how many total calories the serving size provides as well as how many calories are from fat. A 40 calorie food item is considered a low calorie food and a 100 calorie food item is a moderate calorie food. A food item with 400 calories or more is considered a high calorie food item.

Daily Values: On the right side of the food label, you will see % Daily Values. This information is based on a 2,000 calorie diet. You can use the 5/20 rule to help you decide how much nutritional value a food item has. If the food item has 5 percent daily value or less, it is low in that particular nutrient. If it is 20 percent or more, it is considered high in that particular nutrient. This is particularly useful when looking at vitamins and minerals in addition to fat and cholesterol.

Fat: Fat is the most calorically dense of the three essential nutrients. On the food label, total fat is listed along with a description of the types of fat such as saturated fat, trans fat and unsaturated fat. Both saturated and trans fat have been linked to heart disease and should be limited. Unsaturated fat is the type of fat that has been found to be beneficial to heart health and should be consumed in appropriate amounts.

Start Here →

Check Calories

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
% Daily Value*		
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Potassium 700mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat 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

What You Need to Know About Food Labels

Carbohydrates: Carbohydrates provide the main energy source to the body. Carbohydrates are converted into blood glucose by the body. You should get at least 50 percent of energy from carbohydrates. Many individuals believe that they must limit the carbohydrate intake to control blood sugars. The diagnosis of diabetes does not change your body's need for carbohydrates as the primary source of energy. The carbohydrates listed on the food label are sugars and fiber. Sugars refer to sugar coming from sources such as milk (lactose), fruit (fructose), sucrose (table sugar), corn syrup, high-fructose corn syrup and others. You can look for the words: whole wheat, brown rice and whole oats to reveal your fiber source under the ingredients section.

Protein: Protein is the third essential nutrient to the body. Most Americans consume adequate protein daily. It is important to try to choose lean sources of protein such as chicken, turkey and fish. Individuals with diabetes are encouraged to try alternative protein sources such as nuts and beans.

Ingredient List: The ingredient list is not actually part of the food label, but is typically found toward the bottom of the label and lists every single ingredient that goes into making the particular product. The first ingredient is the most prevalent of all the ingredients and the last item the least prevalent.

Understanding Portion Sizes





Understanding Portion Sizes

The goal for children with diabetes is to learn to eat the correct portion sizes of a variety of foods to maintain a healthy weight. Over the past two decades, Americans have increased their portion sizes significantly, which can cause an increase in high blood sugars and weight gain. **Portion size** is the amount an individual chooses to eat. **Serving size**, on the other hand, is the amount that is recommended to eat of a particular type of food. Serving size is the information that is provided on food labels and is defined by the USDA. Remember that the serving sizes on the label are intended for adults, not necessarily children.

Studies have shown when adults and children are given larger portion sizes, they will eat increased amounts. Marketplace food portions are consistently larger than USDA standard portion sizes. Portion distortion takes place when larger portions are accepted as the new standard for a normal amount of food. Here are a few examples. In the mid-1950s, McDonald's offered only one size of French fries. This same size of fries from the 1950s is now considered a small fry serving. It is one third of the weight of the largest size fry available in 2001. The large fry today weighs as much as the supersize fry did in 1998. More examples include soda drinks and chips which have increased in size from 1977 to 1997 by more than half. Over time, portions keep increasing and Americans' perceptions of what is appropriate keep evolving.

In order to successfully plan your meal based on portion sizes, it is important to recognize how much you are actually eating. The most common way to measure is by using household measuring cups. It is particularly important that a child with diabetes learn to associate portions of foods containing carbohydrates with a household measurement – such as 1/2 cup of mashed potatoes or 1 cup of milk. This can be accomplished by measuring carbohydrate foods with measuring cups at home. There are two types of measuring cups – dry and liquid. With the dry measuring cup, try measuring cooked pasta, cereal and rice. The liquid measuring cup is helpful if you want to measure a glass of milk. Finally you can use a food scale to weigh carbohydrate food items, especially with varying carbohydrate amounts between different sizes of fruits and vegetables. Carbohydrate amounts vary depending on the weight of food – also known as your portion. Before you dose insulin based on grams of carbohydrates listed in one serving on the food label, you will need to determine how many servings you actually want to eat (your portion). Then multiply the number of servings you want times the grams of carbohydrates per serving to determine your total carbohydrate intake and dose accordingly.

You can also relate food to common household items. Use the following chart for assistance.

Measurement	Size Comparison	Appropriate Food Portion
1 cup	Size of a baseball	Two scoops of mashed potatoes
½ cup	Size of a light bulb	A scoop of ice cream
1/3 cup	Size of an egg	Small handful of crackers
2 tablespoons (Tbsp)	Size of a golf ball	Small scoop of peanut butter
1 tablespoon (Tbsp)	Size of your thumb	Dollop of whipped cream
1 teaspoon (tsp)	Size of a penny	Pat of butter
3 ounces (oz)	Size and thickness of a deck of cards	Small pork chop
1 ounce (oz)	Size of four dice	Slice of cheese

Understanding Portion Sizes

Portion sizes increase with age too. Here is what is recommended based on your child's age.

Food Group	Type of Food	2 – 3 Years	4 – 6 Years	7 – 12 Years
Fruits	Raw	½ small piece	½ – 1 small piece	1 medium piece
	Canned	1/3 cup	1/3 – ½ cup	½ cup
Vegetables	Cooked	¼ cup	¼ – ½ cup	¼ – ½ cup
	Raw	Few pieces	Several pieces	Several pieces
Grains	Whole grain or enriched bread, buns, bagels or muffins	¼ – ½ slice	1 slice	1 slice
	Pasta or rice	¼ cup – 1/3 cup	½ cup	½ cup
	Cooked cereal	¼ cup – 1/3 cup	½ cup	½ – 1 cup
	Dry cereal	¼ cup – 1/3 cup	1 cup	1 cup
	Crackers	2 – 3 crackers	4 – 6 crackers	4 – 6 crackers
Meats and Beans	Meat, Poultry, Fish	1 – 2 ounces	1 – 2 ounces	2 ounces
	Eggs (1 egg = 1 oz meat)	1 egg	1 egg	1 – 2 eggs
	Peanut Butter (2 Tbsp = 1 oz meat)	1 Tbsp	1 – 2 Tbsp	2 Tbsp
	Beans (1/4 cup = 1 oz meat)	2 – 4 Tbsp	¼ – ½ cup	½ cup
Dairy	Milk	½ cup	½ – ¾ cup	1 cup
	Yogurt	½ cup	½ – ¾ cup	1 cup
	Cheese	½ ounce	½ – 1 ounce	1 ounce

General Tips Regarding Portion Sizes and Portion Control

1. Use smaller plates and bowls.
2. Allow yourself some snacks. One to two snacks per day is generally appropriate. If snacks are exceeding 200 calories, then you may need to rethink the size of your snack.
3. Avoid eating chips out of the large bag because you will likely eat more than your intended portion size. Always take the amount you want to eat out of the bag or package. This will help you control your portion.

Adjusting Recipes to Improve Nutrition





Adjusting Recipes to Improve Nutrition

Nutrition is such an integral part of everyone's life. It becomes even more important when a person, especially a child, is diagnosed with an illness that is affected by their diet. Studies show that children are eating over the recommended amount of fat in their diets, with most of the excess coming from undesirable prepackaged foods such as chips, frozen pizza and desserts. It is essential to educate our children, both with and without diabetes, about the importance of eating a healthy, balanced diet. Some of the most important information is taught within our homes, so it is up to each family to demonstrate good eating practices and prepare healthy dishes regularly. There are multiple tools available, in print, online, or from your doctor and dietitian to aid you in preparing appropriate food options for your family.

This section will help you improve the nutritional content of recipes you use in your home to make them more diabetes-friendly and healthy. You can easily adjust recipes to reduce the fat and sugar content by switching out one key ingredient for a healthier alternative. Foods high in fat like butter, margarine, oil and shortening are calorically dense food items, and therefore can provide excess calories. Consider trying one of these changes to some of your recipes.

In Baking (To Substitute) – Butter, Margarine, Oil, Shortening

1. Unsweetened Applesauce
 - Has a neutral flavor and adds moisture and fiber
 - How Much: Replace half of the butter, oil or shortening with an equal amount of applesauce. For example, a recipe calling for 1 cup butter will become ½ cup butter and ½ cup applesauce.
 - Try It In: baked breads and cakes
2. Pumpkin Puree (plain)
 - Adds moisture and increases vitamins
 - How Much: Replace half the butter, oil or shortening with an equal amount of pumpkin puree.
 - Try It In: breads, cakes, muffins, brownies
3. Prune Puree (i.e., baby food prunes)
 - Has a rich flavor that blends well with chocolate and spices
 - How Much: Replace half the butter, oil or shortening with an equal amount of prune puree.
 - Try It In: Chocolate baked goods, brownies, spice cake
4. Bananas (i.e., mashed bananas and baby food bananas)
 - Adds flavor, fiber, moisture; not ideal for light, fluffy recipes
 - How Much: ½ mashed banana for every 1 cup of oil
 - Try It In: breads, pancakes
5. Nonfat yogurt or Lowfat Buttermilk (unsweetened and unflavored)
 - Cuts fat content, adds some nutrients
 - How Much: Replace the entire amount of oil with plain or vanilla yogurt.
 - Try It In: brownies, muffins, breads, cakes
6. Black Bean puree
 - Substitute for both the eggs and oil when making packaged brownies to reduce the saturated fat content, lower calories and add fiber
 - How Much: Normal 15.5 oz can of black beans, undrained and pureed smooth
 - Try It In: brownies

In Baking (To Substitute) – Eggs

1. Egg Whites
 - How Much: Use two egg whites to replace one egg; if the recipe has several eggs, consider one whole egg and the rest egg whites.
 - Try It In: baked goods, casseroles
2. Egg Substitutes
 - How Much: Use ¼ cup for every egg you replace.
 - Try It In: casseroles
 - Avoid It In: baked goods
3. Unsweetened Applesauce
 - Can serve as a binder in recipes and will keep the food moist
 - How Much: ¼ cup of applesauce for an egg
 - Try It In: brownies, cakes, breads
4. Silken Tofu (pureed or whipped)
 - This will keep the food more moist and dense
 - How Much: ¼ cup pureed tofu per egg
 - Try It In: brownies, pancakes, cakes (only heavy, dense ones though)
5. Vinegar and baking soda
 - Can be used to help cakes rise and stay light
 - How Much: 1 tsp of baking soda + 1 Tbsp of apple cider vinegar per egg
 - Try It In: breads, cakes

In Baking (To Substitute) – Sugar

1. Reduce the sugar in the recipe by one-third to one-half.
2. Increase spices such as cinnamon, nutmeg and extracts.
3. Try mini chocolate chips instead of regular chocolate chips and reduce the amount of chocolate chips by half.
4. Try an artificial sweetener like Splenda® brown sugar to replace some of the sugar in a recipe.

Cooking in General

1. Leave off the toppings such as frostings and whipped cream.
2. Reduce condiments – mayonnaise, butter, margarine and salad dressings are calorically dense.
3. Cheese – decrease cheese in the recipe by half. Use sharp cheddar cheese when you decrease amounts.
4. Use evaporated skim milk to replace heavy cream or evaporated milk.
5. Consider potato puree to thicken soups instead of cream.
6. With higher fat meats like ground beef, try adding finely chopped vegetables or beans.
7. Use low-fat or fat-free sour cream instead of regular sour cream.
8. Use low-fat or fat-free cream cheese instead of regular cream cheese.
9. Use nonstick cooking spray.
10. Choose liquid vegetable oils instead of butter or margarine.
11. Drain ground beef in a colander after browning and then rinse with water.
12. Try Canadian bacon or turkey bacon instead of regular bacon.

Determining the Nutrients in Your Own Recipes





Determining the Nutrients in Your Own Recipes

Although no foods are forbidden, you will want to take a few steps to improve the overall quality of the foods you are serving by making small changes in your recipes. This section will also teach you how to determine the nutritional components like carbohydrates and calories from your own recipes. Try these steps if you want to determine a nutrient or nutrients from your own recipe.

Step 1: Write down the ingredients and determine how many servings the recipe makes.

Step 2: Determine which nutrients you are interested in. For example, you may want to know how many carbohydrates there are in your favorite cookie recipe or you may need to know how much sodium is in a cookie.

Step 3: Make a chart with all the information you will need. Put the nutrients (calories, carbohydrates, etc.) you want to know across the top row and the ingredients (peanut butter, egg) down the left column.

Step 4: You can use the food labels or a website, such as calorieking.com, to look up the nutritional information for each item. The tricky part with the food label is adjusting the portion from the label to the one used in the recipe. On the calorieking.com website, you can adjust your portion to match what is in the recipe.

Step 5: Total your columns. This gives you the information for the entire recipe. Then divide by the number of servings per recipe. Here is the example of the Quick and Easy Gluten Free Peanut Butter Cookies (recipe found on page 60):

Cookies Made = 24

Ingredients	Calories	Carbohydrate	Fat	Sodium
1 cup peanut butter	1517	51	130	1184
1 cup of sugar	720	200	0	0
1 egg	72	0	5	71
Totals	2309	251	135	1255
Per Cookie	96	10	6	52

(÷ by 24)

Look how similar the Nutrition Facts we calculated are to the Quick and Easy Gluten Free Peanut Butter Cookies. If you take the time to figure out a recipe, make sure to put it on your recipe card or in a place where you can refer to it in the future.





Being Healthy While Eating Out







Being Healthy While Eating Out

In our society it has become common to eat many meals away from home. With the prevalence of fast food chains, comfort food in restaurants, and the overall fast pace of our lives, it may seem like a daunting task to find healthy food options while eating out that also fit into your budget. Below are many tips and guidelines that can help aid in making good choices.

General:

- Share with someone.
- Ask for half a portion or order the lunch portion size.
- Eat your portion, then bring the rest of your meal home for another meal.
- Avoid all you can eat/buffets.

Fast Food:

- Order the salads, yogurt and fruit as your side instead of French fries to add nutritional elements and take away the added fat content.
- Do not supersize – though it is a better deal, it also adds hundreds of unnecessary calories to your meal.
- Do not add cheese or sauces to your meal.
- Buy a large sub and save half for another meal.
- Use coupons and advertised specials.
- Get water as a beverage – it is both healthy and free.
- Try not to make your food choice impulsively but rather plan the trip ahead of time.

Restaurants:

- Choose a restaurant for both taste and savings.
- Take advantage of early bird specials.
- Order the lunch portion which is usually smaller.
- Breakfast items are usually the best deal.
- “Specials” are not always less expensive and rarely the healthiest option; the advertised dish could just be the cook’s specialty.
- Avoid ordering alcohol and appetizers.
- Try ordering a few entrees for the table and sharing family style; this saves money and aids in controlling portions.
- Order a dessert to share with everyone.
- Purchase a coupon book.
- Take advantage of places where “kids eat free.”



Grocery Shopping While on a Budget







Grocery Shopping While on a Budget

There are many misconceptions about eating healthy, including inconvenience and higher costs. Neither of these need to be true; with the correct tools and practice, you can feed your family healthier, more nutrient-dense foods. The most important thing needed for eating as healthy as possible is knowledge; once you learn how to spot healthy food, you will find it more quickly. When you go to the grocery store, think about putting most of your items in your cart from the periphery of the store. You want most of your items to be from the fruits and vegetables section, then the protein and dairy sections. You should not be taking a lot of food from the inside aisles where snack items and processed foods are generally located. Another important concept to keep in mind when grocery shopping is to plan to prepare only appropriate portion sizes. You do not need to buy specialty food items; some products created for patients with diabetes are high in cost and generally not needed. If you are stocking up on healthy foods, then you are serving good nutrition in your home and to your family member with diabetes.

Successful practices that help lower food cost:

- Make a shopping list of items you need and stick to it as closely as possible.
- Take advantage of weekly sales.
- Do not impulse buy.
- Start serving smaller portions. Use your label to determine appropriate portions.
- Drink water as your main beverage.
- Save and actually use leftovers.
- Cook large quantities and freeze portions for future use. Most prepared meals can stay frozen for two to three months. Spaghetti sauce freezes well.
- Plan meals for the week ahead of time.
- Skip the “special” high-priced diabetes foods.
- Keep food storage areas neat and organized so you don’t buy things you already have.
- Be open to trying new foods.
- Grow your own garden (herbs can even be grown inside).

Tips on lowering your grocery bill:

- Buy generic brands whenever possible (grocery stores usually get the generic items from the same manufacturer of their regular brands).
- Make your list based on the layout of the store to make the trip fast and efficient; the less time you spend in the store the less money you are likely to spend.
- Stock up on the appropriate items (canned and frozen) when these items go on sale.
- Frozen or canned fruits and vegetables may have the same, if not better, nutritional content as their fresh counterparts. Use your food label as a guide and avoid choices with excessive sodium and increased calories.
- Compare the prices of similar items in different areas of the store; for example a packet of fresh spinach might be cheaper than the same amount of frozen spinach.
- Stay away from high calorie, processed foods.
- Use coupons, but only on the items you usually buy and actually need.
- Use a basket instead of a cart when you do not need many items. You can fill the basket quickly and once it gets heavy you are more likely to leave.
- Compare “unit price” for different brands, products and sizes to find the best deal (price per ounce, pound or pint).
- Buy economy size only when you have the storage space and the time to use it before it spoils.
- Pay close attention to expiration dates before you purchase an item.
- Be flexible – if a similar food is on sale and cheaper than one on your list, swap it out and purchase the cheaper one instead.
- See if your local grocery store has a buyers club you can join – members often get special prices, deals and rebates.
- Check your receipt before leaving the store for any mistakes.



Breakfast and Breads





Breakfast and Breads

Bango Smoothie

Ingredients

6 ounces lowfat yogurt – plain
1 medium banana
1/2 cup of sliced mangoes

Directions

1. Mix all ingredients together in a blender.
2. Enjoy.

Nutrition Facts

Servings	1
Serving size	1 smoothie (10 ounces)
Calories	262 kcal
Protein	11 g
Carbohydrates	51 g
Fiber	4 g
Fat	3 g
Sodium	121 mg

Get your kids cooking!

- Think up different fruit combinations that would work together to create a delicious, healthy smoothie.
- If you would like your smoothie to be more frozen, try adding some ice cubes in with the fruit.

Blue-Strawberry Smoothie

Ingredients

1/2 cup low-fat, plain yogurt
1/4 cup frozen strawberries
1/4 cup frozen blueberries
1/2 cup skim milk
1 packet artificial sweetener

Directions

Combine all ingredients in blender and blend until smooth.

Nutrition Facts

Servings	1
Serving size	10 ounces
Calories	171 kcal
Protein	11 g
Carbohydrates	28 g
Fiber	3 g
Fat	2 g
Sodium	139 mg

Get your kids cooking!

- Experiment and see what different fruit combinations work for you. Remember frozen fruit is probably cheaper than fresh and many grocery stores carry a large selection of fruit.
- Smoothies work well for breakfast or a healthy mid-day snack.



Breakfast and Breads

Cheesy Egg Bake

Ingredients

- 4 sliced English muffins
- 1 pound turkey sausage, cooked and drained
- 8 ounces fat-free sour cream
- 4 ounces low-fat Colby cheese, shredded
- 4 ounces low-fat Monterey Jack cheese, shredded
- 8 ounces of egg substitute
- 2 – 4.5 ounce cans chopped green chilies (optional)
- 1/2 tsp dry mustard
- Salt and pepper

Directions

1. Preheat oven to 350°.
2. Lightly spray 9x13 pan with cooking spray.
3. Place the English muffin halves in the bottom of the pan face up.
4. Brown sausage on stovetop and spread on top of the English muffins.
5. Place egg substitute in a bowl. Then add sour cream, salt, pepper and dry mustard. Mix.
6. Pour egg mixture over sausage. Sprinkle cheeses and green chilies over top.
7. Cover with foil and bake 1 hour.

Nutrition Facts

Servings	18
Serving size	1 square
Calories	141 kcal
Protein	14 g
Carbohydrates	9 g
Fiber	1 g
Fat	5 g
Sodium	413 mg

Get your kids cooking!

Have them help by:

- Shredding the cheese.
- Adding the ingredients in the bowl and mixing them.

Egg-tastic Quiche

Ingredients

- 16 ounces fat-free cottage cheese
- 1-1/2 cups egg substitute
- 3 tsp flour
- 1 package frozen chopped broccoli or spinach (10 ounce box)
- 1 cup cheddar cheese

Directions

1. Preheat oven to 350°.
2. In a large bowl, mix all the ingredients together and pour into a greased deep dish pie pan.
3. Bake for 1 hour or until fully cooked. Serve hot or at room temperature. Refrigerate after cooling.

Nutrition Facts

Servings	16
Serving size	1 cup
Calories	68 kcal
Protein	8 g
Carbohydrates	4 g
Fiber	1 g
Fat	3 g
Sodium	198 mg

Get your kids cooking!

- Have them measure out the egg substitute.
- Let them choose which vegetable to include in your quiche.



Breakfast and Breads

Irish Soda Bread

Ingredients

4 cups all purpose flour
1 cup raisins
1/2 cup sugar
1 tsp baking soda
1/4 tsp salt
2 Tbsp butter
1 egg
2 cups low-fat buttermilk
1/4 cup caraway seeds (optional)
1/4 cup chocolate chips (optional)

Directions

1. Preheat oven to 350° and grease large loaf pan.
2. Combine 1 egg and 1 cup buttermilk; set aside.
3. Mix together flour, raisins, sugar, baking soda, salt, butter and 1 additional cup buttermilk.
4. Add both mixtures together and combine until smooth. Add caraway seeds or chocolate chips if desired.
5. Pour into pan and bake for 37 minutes or until toothpick comes out clean when inserted.

Nutrition Facts

Servings	12
Serving Size	1 slice
Calories	266 kcal
Protein	7 g
Carbohydrates	52 g
Fiber	2 g
Fat	4 g
Sodium	213 mg

Get your kids cooking!

- Tell them the history of Irish Soda Bread. It comes from the 19th century when baking soda was introduced into the poor households of Ireland as a way to make their breads rise more effectively.

Just Like the Pie Pumpkin Bread

Ingredients

3 cups flour
2 tsp salt
2 tsp baking soda
1 tsp cinnamon
1 tsp nutmeg
1 tsp ground cloves (can be found in the spice section)
1/2 tsp baking powder
3 cups sugar
3/4 cup oil
2 cups canned pumpkin mix
4 eggs
2/3 cup water

Directions

1. Preheat oven to 350°.
2. Sift together flour, salt, baking soda, cinnamon, nutmeg, cloves and baking powder in a bowl.
3. In a separate bowl, combine sugar, oil, pumpkin, eggs and water.
4. Mix the dry ingredients into the wet ingredients until well blended.
5. Pour mixture into 2 loaf pans and bake about 1 hour and 20 minutes or until a toothpick comes out clean when inserted.

Nutrition Facts

Servings	24 (12 slices per loaf)
Serving size	1 slice
Calories	235 kcal
Protein	3 g
Carbohydrates	39 g
Fiber	1 g
Fat	8 g
Sodium	324 mg

Get your kids cooking!

- Have them measure out the ingredients and help mix them all together.



Sides





Sides

Baked Rice Dish

Ingredients

- 1 cup long grain white rice
- 1/2 stick butter, melted
- 1 Tbsp dry butter replacement (like Butter Buds® or Molly McButter®)
- 1 can beef broth, low sodium

Directions

1. Preheat oven to 350°.
2. Melt butter in microwave.
3. Combine all ingredients in oven-safe dish.
4. Bake for 1 hour.

Nutrition Facts

Servings	6
Serving size	1/3 cup
Calories	199 kcal
Protein	3 g
Carbohydrates	27 g
Fiber	0 g
Fat	8 g
Sodium	498 mg

Get your kids cooking!

- Let them help measure out 1 cup of rice.
- Try experimenting with different types of broth, such as sodium-free vegetable broth.
- Try pairing it with vegetables to make it a main dish.

Creamy Mashed Potatoes

Ingredients

- 5 Idaho potatoes, washed and cubed
- 1 Tbsp unsalted butter
- 1/3 cup low-fat sour cream
- 1/4 cup cream cheese
- 2 tsp salt
- ¾ cup skim milk (to taste)

Directions

1. Place cut potatoes in pot and add cold water. Bring to boil and cook until tender.
2. Drain potatoes and return to pot.
3. Add butter, sour cream and cream cheese. Mash with a potato masher or mixer thoroughly. If too lumpy, add milk until desired consistency.
4. Add salt.
5. Keep warm until ready to serve.

Nutrition Facts

Servings	12
Serving size	1/2 cup
Calories	102 kcal
Protein	3 g
Carbohydrates	17 g
Fiber	2 g
Fat	3 g
Sodium	426 mg

Get your kids cooking!

- Let them add the butter, sour cream and cream cheese. If old enough, they can help with the mashing, too.

Sides

Jarlsberg Vidalia Onion Pie

Ingredients

- 2 tsp butter
- 3 medium Vidalia onions, thinly sliced
- 2 pie crusts (9 inches)
- 3/4 cup Jarlsberg cheese – low-fat, shredded
- 3/4 cups half and half, fat-free
- 3 whole eggs
- 3/4 tsp of salt

Directions

1. Preheat oven to 350°.
2. Cook empty pie crusts for 10 minutes, remove and set aside.
3. Melt butter in pan and add onions. Cook over medium-low heat until translucent.
4. Drain onions on paper towel.
5. Arrange onions in bottom of pie crusts and cover with cheese.
6. In bowl, beat eggs and half and half. Add salt.
7. Pour egg mixture into 2 pie crusts.
8. Place in oven and bake 35-40 minutes or until golden brown.

Nutrition Facts

Servings	12 (6 slices with 2 pies)
Serving size	1 slice
Calories	116 kcal
Protein	5 g
Carbohydrates	12 g
Fiber	1 g
Fat	5 g
Sodium	296 mg

Get your kids cooking!

- Kids can help spread the cheese on the pie crust.
- Have them start the timer for 35 minutes.



One Potato Two Potato Soup

Ingredients

- 1 Tbsp butter
- 1 cup onions, chopped
- 2 cloves garlic, minced
- 1 cup celery, chopped
- 1 tsp ground cumin
- 3 cups vegetable broth
- 2-1/2 cups yams, thinly sliced
- 2-1/2 cups Russet potatoes, thinly sliced
- 1 cup skim milk
- 1 tsp salt
- 1 tsp pepper

Directions

1. Sauté butter, onions, garlic and celery in stock pot. Cook 5-8 minutes.
2. Add cumin, broth, yams and potatoes. Bring to boil.
3. Simmer, covered, about 30 minutes or until all vegetables are cooked.
4. Remove from heat and cool.
4. When cooled, puree in blender or food processor (may be easier depending on size of your machine to do this in batches).
5. Return to pot and gradually add milk while reheating on low heat (do not boil). Add salt and pepper to taste, serve warm.

Nutrition Facts

Servings	10
Serving size	1 cup
Calories	86 kcal
Protein	2 g
Carbohydrates	17 g
Fat	1 g
Fiber	2 g
Sodium	560 mg

Get your kids cooking!

- If old enough, you can have them help prepare the potatoes by washing and cutting them.

Sides

Pan Roasted Asparagus

Ingredients

1 pound asparagus
1 tsp butter, cubed
1 tsp olive oil
Dash of salt
Dash of pepper

Directions

1. Preheat oven to 375°.
2. Heat large saucepan over medium-high heat. Add oil.
3. When oil is hot, add asparagus and season with salt and pepper.
4. Add butter.
5. Place saucepan in oven for 6 – 7 minutes or until tender.

Nutrition Facts

Servings	5
Serving size	3 ounces
Calories	33 kcal
Protein	2 g
Carbohydrates	4 g
Fat	2 g
Fiber	2 g
Sodium	33 mg

Healthy Tips

- *Asparagus can spoil quickly! Make sure to wrap the ends in a paper towel while storing in the refrigerator and try to consume within 48 hours of the purchase date.*

Seriously Creamy Tomato Soup

Ingredients

1 pound plum tomatoes, chopped
2 Tbsp garlic, minced
1/4 cup turkey bacon, diced
6 cups chicken broth
12 ounce can tomato paste, low sodium
3/4 cup onions, chopped
1/3 cup carrots, chopped (~1 carrot)
1/3 cup celery, chopped (~1 celery stalk)
1/4 cup basil, chopped
1 cup half and half
2 Tbsp vegetable oil
1/4 cup flour
1/4 tsp pepper

Directions

1. Heat large pot over medium heat. Add bacon and small amount of oil. When bacon is fully cooked, remove from pot and set aside.
2. Add onions, carrots and celery to pot. Cook until tender.
3. Add garlic and flour. Cook 10-12 minutes stirring frequently.
4. Add tomato paste, broth, pepper, chopped tomatoes and basil. Stir to combine and simmer 45 minutes. Continue to stir while simmering.
5. Puree entire pot with blender or stick in food processor until smooth.
6. Meanwhile, heat cream in small pot until hot, but not boiling. Add to pureed soup. Simmer 10-12 minutes and adjust seasoning as needed.
7. Garnish with bacon and basil.

Nutrition Facts

Servings	10
Serving size	1 cup
Calories	110 kcal
Protein	5 g
Carbohydrates	14 g
Fiber	3 g
Fat	4 g
Sodium	618 mg

Get your kids cooking!

- *Let them find the ingredients for this recipe.*
- *Let them garnish with bacon and basil once the soup is finished.*

Sides

Yummy Ranch Pasta Salad

Ingredients

- 1/2 package (8 ounces) rotini noodles
- 1 cup frozen peas
- 1/3 cup mayonnaise
- 1 Tbsp ranch dressing dip mix
- 1/2 tsp garlic powder
- 1/4 tsp paprika
- 1/4 cup bacon bits

Directions

1. Cook pasta according to package. During last minute of cooking time, add frozen peas.
2. Drain and rinse thoroughly with cold tap water.
3. In separate bowl, combine mayonnaise, ranch dressing dip mix, garlic powder and paprika.
4. Add pasta to sauce mixture.
5. Toss until thoroughly coated.
6. Sprinkle with bacon bits before serving. Serve cold.

Nutrition Facts

Servings	6
Serving size	1 cup
Calories	227 kcal
Protein	10 g
Carbohydrates	39 g
Fiber	3 g
Fat	3 g
Sodium	478 mg

Get your kids cooking!

- Have them help toss all ingredients together once pasta has cooled.
- Explain to them that the frozen peas have the same, if not more, health benefits than fresh ones since they were frozen right after being harvesting, preserving all of the nutrients and vitamins.

Zesty Roasted Vegetables

Ingredients

- 7 medium carrots
- 4 large mushrooms
- 1 medium squash, cut into 1-1/2 inch chunks
- 1 medium zucchini, cut into 1-1/2 inch chunks
- 1 pound of red potatoes, quartered
- 1 medium onion, cut into wedges
- 1 large green pepper
- Cooking spray
- 2-1/2 Tbsp of olive oil
- 2 tsp of Creole seasoning
- 1/2 tsp dried basil
- 1/4 tsp ground pepper

Directions

1. Preheat oven to 450°.
2. Spray a roasting pan with nonstick cooking spray; add the prepared vegetables.
3. Drizzle vegetables with olive oil.
4. Sprinkle vegetables with seasoning – Creole, basil and pepper.
5. Toss gently to coat all of the vegetables with the olive oil and seasonings.
6. Bake for 45 minutes or until desired tenderness.
7. Stir vegetables every 15 minutes.

Nutrition Facts

Servings	9
Serving Size	1 cup
Calories	111 kcal
Protein	3 g
Carbohydrates	17 g
Fiber	4 g
Fat	4 g
Sodium	50 mg

Get your kids cooking!

- If they are old enough, let your children help prepare the vegetables by peeling and cutting them.

Main Courses





Main Courses

A Better “Fried” Chicken

Ingredients

16 chicken tenderloins
8 ounces pretzels (1/2 of 16 ounce bag), crushed
1 Tbsp thyme
2 tsp black pepper
2 eggs, beaten
2 Tbsp canola oil

Directions

1. Place pretzels in large plastic bag, crush with hands, rolling pin or meat mallet until reaching a breadcrumb-like texture.
2. Combine crushed pretzels with thyme and pepper in separate shallow bowl.
3. Dip chicken in eggs, then roll in pretzel mixture.
4. Heat oil in large skillet over medium heat.
5. Add chicken to oil and cook at least 5 minutes on each side or until chicken is fully cooked. Serve while still warm.

Nutrition Facts

Servings	8
Serving size	2 pieces
Calories	313 kcal
Protein	32 g
Carbohydrates	23 g
Fiber	1 g
Fat	9 g
Sodium	468 mg

Get your kids cooking!

- Have them crush the pretzels in the bag.

Basic Pizza Dough

Ingredients

1 tsp yeast
1/2 cup + 1 Tbsp warm water
1-1/2 cups bread flour
2 tsp sugar
1 tsp salt
1 Tbsp + 1 tsp olive oil

Directions

1. Dissolve the yeast in the water and set aside for 5 – 10 minutes. Be sure the water is not too hot or the yeast will be killed and the dough will not rise.
2. Combine the bread flour, sugar and salt, and about 1 Tbsp of the olive oil in a larger bowl.
3. Make a well in the middle of the dry ingredients to pour in the dissolved yeast liquid mixture.
4. Mix with a wooden spoon initially.
5. Once combined, put some olive oil on your hands and knead the dough for 5 minutes.
6. The dough should be slightly tacky.
7. Place dough in a bowl that has been sprayed with nonstick spray and let the dough rise for 1.5 to 2 hours.
8. Before rolling out dough, punch down the dough to deflate.
9. Cut it in half with a sharp knife into two equal portions for two separate pizzas.
10. Roll out the dough using a rolling pin.
11. Sprinkle bottom with cornmeal or nonstick cooking spray and place the dough on a pizza stone or cookie sheet.
12. Top with pizza sauce, low-fat cheese and your favorite vegetables.
13. Cook in 425° oven for 15 – 20 minutes or until cheese melts and crust is golden brown.

Nutrition Facts

Servings	12 (2 pizzas with 6 slices each)
Serving size	1 slice
Calories	79 kcal
Protein	2 g
Carbohydrates	13 g
Fiber	1 g
Fat	2 g
Sodium	197 mg

Get your kids cooking!

- Use your dough to make pizzas or calzones, using lots of different vegetables, low-fat cheeses and types of sauces.
- Your kids can top their pizzas with their favorite toppings in cool designs and shapes.

Main Courses

Broccoli Beef Sauté

Ingredients

- 1/2 bag (6 ounces) egg noodles
- 2 Tbsp canola oil
- 1 pound boneless beef roast
- 2 broccoli heads
- 2 carrots, shredded
- 1 – 8 ounce can sliced water chestnuts
- 1 small onion, minced
- 1 Tbsp garlic, minced
- 1 can beef broth – reduced sodium
- 1/2 cup cold water
- 3 Tbsp cornstarch
- 2 Tbsp soy sauce – low sodium
- 2 tsp garlic powder
- 1/2 tsp pepper

Directions

1. In bowl, combine broth, water, cornstarch, soy sauce, garlic powder and pepper. Set aside.
2. Heat oil in saucepan.
3. Cut meat into chunks or slices and sauté with carrots, onions and garlic in oil until the meat is browned but not fully cooked.
4. Add broccoli, water chestnuts and sauce mixture.
5. Heat on medium-high heat until broccoli is tender and sauce thickens, stirring occasionally until everything is cooked fully, about 5 – 10 minutes.
6. Serve over cooked egg noodles.

Nutrition Facts

Servings	8
Serving size	1/2 broccoli beef + 1/2 cup of noodles
Calories	336 kcal
Protein	21 g
Carbohydrates	34 g
Fiber	7 g
Fat	12 g
Sodium	325 mg

Get your kids cooking!

- Teach them this new vocabulary word: *Sauté* – to cook quickly in shallow pan with small amount of oil or fat. *Sauté* is based off the French term meaning “to jump.”



Chinese Chicken Salad

Ingredients

- 2 cups cooked chicken, shredded (about 2 boneless chicken breasts)
- 2 Tbsp sesame seeds
- 4 green onions chopped
- 2 Tbsp sliced almonds
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 Tbsp sugar
- 3 Tbsp white vinegar
- 2 Tbsp toasted sesame oil
- 8 slices of whole wheat bread

Directions

1. If using raw chicken breasts, cook in 350° oven in greased baking pan until completely cooked (about 10 minutes each side). Then when cooled, pull apart with fork or any other utensil.
2. Combine all ingredients thoroughly in large bowl.
3. Refrigerate several hours or overnight before serving to ensure all flavors get combined.
4. Serve with 2 slices of whole wheat bread.

Nutrition Facts

Servings	4
Serving size	1/2 cup + 2 slices of bread
Calories	408 kcal
Protein	30 g
Carbohydrates	32 g
Fiber	5 g
Fat	18 g
Sodium	577 mg

Get your kids cooking!

- Explain that using a dressing made of white vinegar and oil is healthier than those made of mayonnaise or other high-fat dressings typically found on chicken salad.
- Make a sandwich for a meal or use as a spread with crackers as a mid-day snack.

Main Courses

Good for You Chicken Pot Pie

Ingredients

- 1 ready-to-use, rolled pie crust
- 1 can heart-healthy, low-sodium cream of mushroom soup
- 1/2 soup can full of skim milk
- 2 bouillon cubes, low sodium, crushed
- 1 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp black pepper
- 1 cup frozen peas
- 1 cup frozen corn
- 1 – 14.5 ounce can potatoes, cubed, rinsed
- 1 can sliced carrots, rinsed
- 1 cup cooked chicken, shredded
- 1 egg white, beaten

Directions

1. Preheat oven to 450°.
2. Use nonstick spray to coat the sides of 4 oven-safe bowls. Place bowls on a cookie sheet.
3. Combine soup, milk, bouillon and seasonings. Add peas and corn. Mix thoroughly.
4. Gently fold in potatoes, carrots and chicken.
5. Divide evenly between 4 oven-safe bowls.
6. Cut pie crust into 4 sections. Cut these quarters into 3 equal wedges (you should have 12 wedges total).
7. Lay three wedges per bowl across top of the filling, alternating wide end and skinny end. Trim with knife so no crust hangs over edge of bowl.
8. Brush tops with beaten egg white.
9. Bake 30 – 45 minutes or until golden brown.
10. Allow pies to cool 10 – 15 minutes before serving.

Nutrition Facts

Servings	4
Serving size	1 pie
Calories	456 kcal
Protein	19 g
Carbohydrates	63 g
Fiber	8 g
Fat	15 g
Sodium	1095 mg

Get your kids cooking!

- Have your children pick out the vegetables needed for this recipe from the freezer or refrigerator. Explain to them what the specific names are and how vegetables can help them get all the vitamins and nutrients needed for a healthy diet.

Honey Wheat Pizza Dough

Ingredients

- 1 tsp yeast
- 1/2 cup + 1 tsp warm water
- 1 cup bread flour
- 1/2 cup whole wheat flour
- 5 tsp honey
- 1 tsp salt
- 1 Tbsp olive oil

Directions

1. Dissolve the yeast in the warm water and set aside for 5 – 10 minutes. Be sure the water is not too hot or the yeast will be killed and the dough will not rise.
2. Combine all the other ingredients in a larger bowl.
3. Make a well in the middle of the dry ingredients to pour in the dissolved yeast liquid mixture.
4. Mix with a wooden spoon initially.
5. Then, put some olive oil on your hands and knead the dough for 5 minutes.
6. The dough should be slightly tacky.
7. Place dough in a bowl that has been sprayed with nonstick spray and let the dough rise for 1.5 to 2 hours.
8. Before rolling out dough, punch down the dough to deflate.
9. Cut it in half with a sharp knife into 2 equal portions for two separate pizzas.
10. Roll out the dough using a rolling pin.
11. Sprinkle bottom with cornmeal or nonstick cooking spray and place the dough on a pizza stone or cookie sheet.
12. Top with pizza sauce, low-fat cheese and your favorite vegetable toppings.
13. Cook in 425° oven for 15 – 20 minutes or until cheese melts and crust is golden brown.

Nutrition Facts

Servings	12 (2 pizzas with 6 slices each)
Serving size	1 slice
Calories	78 kcal
Protein	2 g
Carbohydrates	14 g
Fiber	1 g
Fat	1 g
Sodium	198 mg

Get your kids cooking!

- Use your dough to make pizzas or calzones, using lots of different vegetables and types of sauces.
- Your kids can top their pizzas with their favorite toppings in cool designs and shapes.

Main Courses

Kid Friendly Cashew Chicken

Ingredients

- 4 cups rice, cooked
- 4 green onions, thinly sliced
- 2 tsp canola oil
- 1 Tbsp garlic, minced
- 2 carrots, shredded
- 3 celery stalks, chopped
- 1 small onion, finely chopped
- 1 pound chicken breast, cut in small cubes
- 1 – 12 ounce bag frozen broccoli florets
- 1 – 8 ounce can sliced water chestnuts
- 1 – 9.25 ounce can cashew pieces, unsalted
- 1 can chicken broth
- 2 Tbsp cornstarch
- 1 Tbsp soy sauce
- 1 tsp garlic powder
- 1 bouillon cube, crushed

Directions

1. Heat oil in large skillet. Sauté chicken until it is no longer pink.
2. In separate bowl, combine broth, cornstarch, soy sauce, garlic powder and bouillon cube.
3. Add celery, onion, garlic and carrots to chicken. Cook until tender.
4. Add broccoli, water chestnuts and 2/3 can of cashews. Stir.
5. Add sauce mixture. Stir and cover.
6. Heat on medium-high heat until broccoli is tender and sauce thickens. Stir occasionally.
7. Serve over rice and top with green onions and remaining cashews.

Nutrition Facts

Servings	8
Serving size	1 cup of cashew chicken + 1/2 cup of cooked rice
Calories	458 kcal
Protein	24 g
Carbohydrates	49 g
Fiber	5 g
Fat	19 g
Sodium	562 mg

Get your kids cooking!

- If old enough, have your children help prepare the vegetables by washing and chopping them.

Lean Turkey and Veggie Lasagna

Ingredients

- 1 – 9 ounce box oven-ready lasagna noodles
- 1 pound ground turkey
- 1 medium onion, chopped
- 1/2 box frozen spinach, thawed and minced
- 1 – 16 ounce bag frozen broccoli florets
- 3 carrots, peeled and minced
- 2 Tbsp garlic, minced
- 2 jars spaghetti sauce (48 ounces)
- 2 bags (3 cups) part skim milk mozzarella cheese, shredded
- 1 cup parmesan cheese, grated

Directions

1. Brown turkey with onion; drain if necessary.
2. In covered glass bowl, combine spinach, broccoli, carrots, garlic and salt. Cook in microwave on high for 4 minutes; stir after 2 minutes; do not drain liquid.
3. Cover bottom of 9x13 inch pan with thick layer of spaghetti sauce. Place a layer of noodles, 1/2 of total veggies, 1/3 of total mozzarella cheese, 1/3 of total parmesan cheese, and cover completely with sauce.
4. Then place another layer of noodles, all the meat, 1/3 of total mozzarella cheese, 1/3 of total parmesan cheese, and cover completely with sauce.
5. Then place another layer of noodles and remaining veggies. Cover completely with remaining sauce and top with remaining mozzarella cheese and parmesan cheese.
6. Bake according to noodle directions.

Nutrition Facts

Servings	15
Serving size	2.5" x 3"
Calories	328 kcal
Protein	20 g
Carbohydrates	36 g
Fiber	4 g
Fat	13 g
Sodium	678 mg

Get your kids cooking!

- If old enough, they can help prepare the vegetables by washing and chopping them.
- They can help shred and grate the cheese.

Main Courses

Pasta with Peanut-Ginger Sauce

Ingredients

- 1/2 pound spaghetti noodles, cooked
- 2 Tbsp sesame oil
- 1/2 cup peanut butter
- 1-1/2 Tbsp brown sugar
- 3 Tbsp soy sauce
- 1 Tbsp Worcestershire sauce
- 1/2 cup water (if possible, use the water you used to cook the noodles)
- 1 Tbsp garlic, minced (about 3 fresh cloves)
- 1-1/2 tsp dried ginger
- 1 tsp olive oil

Directions

1. Cook spaghetti noodles as directed on box.
2. Sauté garlic in the olive oil over low heat in a medium saucepan.
3. Mix in all other ingredients except the water and noodles and simmer over low until warm.
4. Once warm, add the water in small amounts at a time until the desired consistency is reached.
5. Toss with spaghetti noodles and serve warm.

Nutrition Facts

Servings	8
Serving size	1/2 cup
Calories	272 kcal
Protein	10 g
Carbohydrates	35 g
Fiber	2 g
Fat	11 g
Sodium	458 mg

Did you know?

- *Ginger is a root that is sometimes used medicinally to help treat many different illnesses from headaches to certain types of cancer. It can be found in fresh, dried, crystallized or pickled forms.*



Savory Beef Stew

Ingredients

- 2 pounds stew meat
- 1 medium onion, cubed
- 1 small carrot, cubed
- 1 stalk celery, cubed
- 2 Tbsp tomato paste
- 3 Tbsp garlic, minced
- 1 Tbsp shallot, minced
- 2-1/2 cups beef broth
- 3/4 cup red wine
- 1/4 cup flour
- 2 tsp rosemary
- 1 Tbsp thyme
- 2 tsp oregano
- 1 tsp salt
- 2 tsp black pepper
- 1/2 cup pearl onions
- 2 Tbsp cornstarch
- 1 tsp vegetable oil

Directions

1. Place stock pot over medium high heat.
2. In plastic Ziploc bag, toss stew meat and flour until evenly coated.
3. Coat bottom of pot with oil and add stew meat. Cook until browned and then remove from pot and set aside.
4. In same pot, add onions, carrots, celery and tomato paste. Cook until onions are translucent.
5. Add garlic, shallots, rosemary, thyme and oregano. Stir.
6. Add stew meat back into pot along with beef broth and wine. Bring to boil. Then lower heat to simmer and simmer for 2 hours or until meat is tender.
7. After 1-1/2 hours, add the pearl onions. Season with salt and pepper.
8. If consistency of stew is too thin, add 2 Tbsp cornstarch. If too thick, add more broth.
9. Serve with creamy mashed potatoes.

Nutrition Facts

Servings	8
Serving Size	3 oz
Calories	276 kcal
Protein	23 g
Carbohydrates	11g
Fiber	1 g
Fat	13 g
Sodium	661 mg

Get your kids cooking!

- *Have your kids help with step 2. You can place the meat in the bag, but have them shake it around until coated with the flour.*

Main Courses

Sloppy Toms

Ingredients

- 1 tsp olive oil
- 1 medium onion, finely chopped
- 1 small green pepper, finely chopped
- 2 cloves garlic, minced
- 2 tsp chili powder
- 2 pounds lean ground turkey
- ½ cup water
- 1 bottle chili sauce
- 1 Tbsp Worcestershire sauce, low sodium
- 1 Tbsp barbeque sauce
- 1 Tbsp tomato paste, low sodium
- 3 scallions
- 8 hamburger buns

Directions

1. Heat oil in skillet. Add onion and green pepper, sauté over high heat until soft.
2. Stir in garlic and chili pepper. Sauté for another minute.
3. Add ground turkey to the skillet, breaking up the meat with a wooden spoon. Cook the meat thoroughly until no longer pink.
4. Add the water, chili sauce, Worcestershire sauce, barbecue sauce and tomato paste. Stir the mixture and bring to a boil.
5. Cover with lid and simmer for 7 minutes over low heat, stirring occasionally.
6. Uncover the lid and cook the mixture over low heat for an additional 7 minutes or until it thickens, stirring occasionally.
7. Serve on hamburger buns.

Nutrition Facts

Servings	8 (3 oz of turkey + 1 bun)
Serving size	1 sandwich
Calories	361 kcal
Protein	29 g
Carbohydrates	32 g
Fiber	5 g
Fat	12 g
Sodium	858 mg

Get your kids cooking!

- Explain to them that making meals with a lean meat such as turkey instead of beef can cut down on the amount of fat and calories they are consuming.

Spicy Tofu Nuggets

Ingredients

- 1 pound tofu, low-fat
- 3 Tbsp oil
- 1/2 tsp dill weed
- 1/2 tsp tumeric
- 1/2 tsp basil
- 1/2 tsp thyme
- 1/2 tsp ground cumin
- 1/2 tsp curry powder
- 1/2 tsp garlic powder
- 2 Tbsp soy sauce, low sodium
- 1/4 cup parmesan cheese
- 2 whole wheat pita bread

Directions

1. Cut tofu into 1/2 inch cubes. Pat with paper towel to remove excess water.
2. Heat oil in skillet and add tofu. Sauté for 5 minutes.
3. Reduce heat and add spices. Stir well between each spice added.
4. Increase heat and add soy sauce. Sauté until golden brown.
5. Top with parmesan cheese and serve as desired.

Nutrition Facts

Servings	4
Serving size	1/2 cup (1/2 pita)
Calories	192 kcal
Protein	15 g
Carbohydrates	20 g
Fiber	5 g
Fat	8 g
Sodium	483 mg

Get your kids cooking!

- Have your children help you cut up the tofu into cubes.
- Tofu is a great source of protein with a low amount of calories and no cholesterol.

Desserts





Desserts

Chocolate Fudge Brownies (Gluten Free)

Ingredients

- 1-1/4 cups sugar
- 3/4 cup butter or margarine
- 1/2 cup unsweetened cocoa powder
- 2 eggs
- 1 tsp vanilla
- 1 cup milk
- 1-1/2 cups gluten-free flour mix (1 cup rice flour + 1/4 cup potato starch + 1/4 cup tapioca flour)
- 1 tsp xanthan gum
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 cup chopped walnuts or pecans

Directions

1. Preheat oven to 350°.
2. Grease 15x10x1 baking pan and set aside.
3. In saucepan, heat butter, sugar and cocoa gently until melted, stirring constantly. Remove from heat.
4. Add eggs and vanilla to heated mixture. Using a wooden spoon, mix lightly just until combined.
5. In a separate bowl, mix together thoroughly the flour, xanthan gum, baking powder and baking soda.
6. Add flour mixture and milk alternately to the chocolate mixture, stirring after each addition.
7. Stir in nuts.
8. Pour into prepared pan and bake for about 20 minutes or until a toothpick comes out clean when inserted.
9. Cool for at least 2 hours on wire rack.
10. Try brownies with chocolate fudge frosting.

Nutrition Facts

Servings	24
Serving Size	1 brownie
Calories	173 kcal
Protein	2 g
Carbohydrate	21 g
Fiber	1 g
Fat	10 g
Sodium	90 mg

Get your kids cooking!

- You can either purchase gluten-free flour blends from your local grocery store or make your own by purchasing the different ingredients and mixing yourself (as noted above). If making your own, have your child help.

Chocolate Fudge Frosting (Gluten Free)

Ingredients

- 6 Tbsp butter or margarine, softened
- 6 Tbsp cocoa powder
- 2 Tbsp corn syrup
- 1 tsp vanilla
- 2 cups powdered sugar
- 2 to 4 Tbsp milk

Directions

1. In mixing bowl, beat butter, cocoa, corn syrup and vanilla until blended.
2. Add powdered sugar and a little milk at a time. Beat to spreading consistency.
3. Use on favorite cookies, brownies or cake recipes.

Nutrition Facts

Servings	24
Serving Size	2 Tbsp
Calories	74 kcal
Protein	0 g
Carbohydrates	12 g
Fiber	0 g
Fat	3 g
Sodium	28 mg

Get your kids cooking!

- Since this recipe does not use an oven or stovetop, it is an ideal recipe for children to help with. They can probably do the entire recipe themselves with proper adult supervision.

Desserts

Decadent Chocolate Fudge

Ingredients

- 2 packages (8 ounces each) cream cheese, softened
- 4 squares (1 ounce each) unsweetened chocolate, melted and cooled
- 18 packets artificial sweetener
- ¼ cup of sugar
- 1 tsp vanilla extract
- ½ cup chopped pecans

Directions

1. Line an 8-inch square baking pan with aluminum foil or wax paper.
2. In a bowl, melt chocolate in microwave. Allow to cool, but not harden.
3. In a small mixing bowl, beat the cream cheese, chocolate, sweetener, sugar and vanilla until smooth.
4. Stir in pecans.
5. Pour entire mixture into baking pan.
6. Cover and refrigerate overnight, serve chilled.

Nutrition Facts

Servings	16
Serving size	1 square
Calories	170 kcal
Protein	3 g
Carbohydrates	7 g
Fiber	1 g
Fat	16 g
Sodium	93 mg

Get your kids cooking!

- *Have them help add the sweetener packets.*
- *Explain that it is okay to eat some sweets occasionally, but it becomes a problem when they are eating too many of them.*

Delicious Peanut Butter Cookies (Gluten Free)

Ingredients

- 1 cup shortening
- 1 cup peanut butter
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 2 Tbsp milk
- 2 tsp baking powder
- 2 tsp baking soda
- 1 tsp salt
- 2 tsp xanthan gum
- 1/2 cup soy flour (or try garbanzo + fava bean flour mix)
- 2 cups gluten-free flour blend (1-1/3 cups white rice flour + 1/3 cup potato starch + 1/3 cup tapioca flour)
- 2 Tbsp granulated sugar for rolling

Directions

1. Preheat oven to 325°.
2. In a large mixing bowl, cream together the shortening, peanut butter, sugar, brown sugar, eggs and milk.
3. In separate bowl, mix together the soy flour, gluten-free flour blend, baking powder, baking soda, salt and xanthan gum.
4. Add flour mixture to the peanut butter mixture and combine well.
5. Roll rounded teaspoonful of dough into balls.
6. Roll dough balls in the granulated sugar on countertop or plate and place on ungreased cookie sheet.
7. Press with fork to make criss-cross pattern on the top.
8. Bake for 13 minutes or until just set, not brown.

Nutrition Facts

Servings	48
Serving Size	1 cookie
Calories	135 kcal
Protein	2 g
Carbohydrate	16 g
Fiber	0 g
Fat	7 g
Sodium	151 mg

Did you know?

- *It takes about 800 peanuts to make a jar of peanut butter.*

Desserts

Fruity Frozen Treats

Ingredients

- 2 cups of liquid – water, decaf tea, diet juice (like diet Ocean Spray Cranberry Juice)
- 2 Packets of Crystal Light – preferably different flavors – like Strawberry and Grape OR Fruit Punch and Sunrise
- 2 packets of artificial sweetener

Directions

1. Combine all ingredients in large bowl or pitcher.
2. Pour in container of choice (try different sizes and options such as small cups, popsicle molds or ice cube trays).
3. Freeze and enjoy!

Nutrition Facts

Servings	depends on container
Serving Size	1 popsicle
Calories	0 kcal
Protein	0 g
Carbohydrates	0 g
Fat	0 g
Fiber	0 g
Sodium	0 mg

Get your kids cooking!

- Allow them to create their combination of ingredients.
- Experiment with adding either fresh or frozen fruit to the mixture, berries work really well when frozen.

Homemade Chocolate Cake (Gluten Free)

Ingredients

- 1-½ cups gluten-free flour blend (1 cup of rice flour + ¼ cup of potato starch + ¼ cup of tapioca flour)
- 1 tsp xanthan gum
- 1 tsp egg substitute
- 1-¼ cup sugar
- ½ cup unsweetened cocoa
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1 cup buttermilk or soured milk
- 2/3 cup cooking oil
- 1 tsp vanilla
- 1 egg
- 2 egg whites

Directions

1. Grease and flour only the bottoms of two 8" round cake pans (or one 9x13 pan).
2. Preheat oven to 350°.
3. Mix together dry ingredients very thoroughly in electric mixer or large bowl with hand-held mixer.
4. Add milk, oil, vanilla and eggs. Blend to mix, then beat 3 minutes at medium speed.
5. Pour batter into prepared pans.
6. Bake round pans 25 – 30 minutes (9x13 pan bakes for 30 – 35 minutes) or until toothpick comes out clean when inserted.
7. Cool in the pans for 5 minutes, then invert to cooling racks by flipping them over.
8. Once completely cooled, frost as desired and enjoy.

Nutrition Facts

Servings	24
Serving Size	1 slice of cake
Calories	144 kcal
Protein	2 g
Carbohydrate	20 g
Fiber	1 g
Fat	7 g
Sodium	240 mg

Get your kids cooking!

- If making your own soured milk, have your kids help you! All you need to do is add 1 tsp of either lemon juice or vinegar for every cup of milk, let sit for 15 – 20 minutes and use. (The mixture may begin to curdle, but that is okay!)

Desserts

Ooey Gooey Brownies

Ingredients

2 eggs
1 cup sugar
1/4 cup cocoa powder
1/2 cup vegetable oil
1 tsp vanilla
1 cup flour
1/2 tsp baking powder
1/2 tsp salt
Nuts (if desired)
1/2 can of chocolate frosting

Directions

1. Preheat oven to 350°.
2. In medium sized bowl, combine flour, baking powder and salt. Set aside.
3. In separate bowl, mix eggs, sugar, cocoa powder, vanilla and oil until well blended.
4. Slowly add dry mix to wet ingredients and stir until smooth.
5. Bake in a greased 13x9 inch pan for about 25 minutes, or until a toothpick comes out clean.
6. Cover with frosting and nuts (optional) after brownies cool.

Nutrition Facts

Servings	24
Serving size	1 square
Calories	248 kcal
Protein	2 g
Carbohydrates	32 g
Fiber	1 g
Fat	13 g
Sodium	138 mg

Get your kids cooking!

- Let them help spread the frosting once the brownies cool, and sprinkle the nuts if using them.

Quick and Easy Peanut Butter Cookies

(Gluten Free)

Ingredients

1 cup sugar
1 cup peanut butter (smooth or chunky)
1 egg

Directions

1. Preheat oven to 350°.
2. Combine all ingredients in bowl. Use electric or hand-held mixer if available (mixture may be crumbly at first but it will stick together once rolled into balls).
3. Roll tablespoonful of dough into balls and place on greased cookie sheet.
4. Using a fork, press down lightly in the middle of the cookie, going both ways, in order to flatten it out (should make a "cross-like" shape).
5. Bake for 11 minutes.
6. Allow to cool for a few minutes then place them on a cooling rack to completely cool before enjoying.

Nutrition Facts

Servings	24
Serving size	1 cookie
Calories	99 kcal
Protein	3 g
Carbohydrates	10 g
Fiber	1 g
Fat	6 g
Sodium	52 mg

Get your kids cooking!

- Allow your children to help with step 4. Guide them with the first few cookies and then see if they can do it themselves.

Desserts

Summer Orange Cake

Ingredients

Cake:

- 1 box white cake mix
- 11 ounce can mandarin oranges
- 3 egg whites
- ½ cup canola oil

Frosting:

- 9 ounce container whipped topping
- 14 ounce can crushed pineapple with juice
- 3.5 ounce box instant sugar-free vanilla pudding

Directions

Cake:

1. Preheat oven to 350° and grease 13x9 pan.
2. Mix all of cake ingredients with a mixer for about 2 minutes.
3. Pour into pan and bake for 25 – 30 minutes.

Frosting:

1. Combine all ingredients in a bowl.
2. Mix using wooden spoon or spatula.
3. Top cooled cake with frosting.

Nutrition Facts

Servings	24
Serving size	1 slice
Calories	185 kcal
Protein	2 g
Carbohydrates	28 g
Fiber	1 g
Fat	8 g
Sodium	208 mg

Get your kids cooking!

- Since the frosting does not need a stove top or oven, it is safe to have your children help with almost every step of the process.
- Top your cake with your favorite fruits, especially oranges or cherries.

Tasty Toffee Square Bites

Ingredients

- 1 egg
- 12 Tbsp butter, softened
- 1 cup brown sugar
- 1 tsp vanilla
- 1/2 tsp salt
- 2 cups flour
- 1 cup semi-sweet chocolate chips
- 1/4 cup pecans, chopped

Directions

1. Heat oven to 350°.
2. Beat butter and brown sugar until fluffy.
3. Add egg and vanilla. Mix.
4. Add salt. Mix.
5. Gradually add flour. Mix.
6. Spread batter onto ungreased 15x10x1 inch jelly roll pan or 13x9 inch pan and bake for 22 minutes.
7. Sprinkle chocolate chips on top and bake about 1 minute until chocolate chips are spreadable.
8. Spread chocolate over top of bars and sprinkle with nuts. Allow to cool before cutting into squares.

Nutrition Facts

Servings	35
Serving size	1 square
Calories	116 kcal
Protein	1 g
Carbohydrates	15 g
Fiber	1 g
Fat	6 g
Sodium	73 mg

Get your kids cooking!

- Let them find the ingredients needed for this recipe.
- Let them sprinkle the chocolate chips on top or sprinkle the nuts once finished.





Just for Fun







Just for Fun

Homemade Play Dough (Not to eat, just for fun!)

Ingredients

- 1 cup flour
- 2 tsp cream of tartar
- 1/2 cup salt
- 1 tsp oil
- 1 cup warm water

Directions

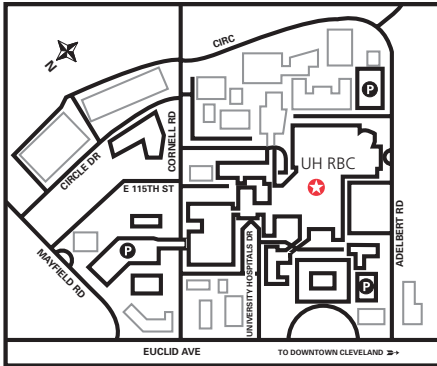
1. Mix all ingredients together in medium sauce pan over low heat.
2. Continue to mix until smooth and doughy.
3. Color with food coloring.
4. Allow to completely cool before playing.
5. Store in air tight container or plastic bag to prevent the play dough from drying out quickly.

Get your kids PLAYING!

- *This is an easy and cheap way to make a toy for your kids that can keep them busy while using their imaginations.*
- *Since all of the ingredients are completely edible, it is a safe and nontoxic toy (though it is not recommended to eat).*
- *Enjoy it with your child. See how many different things you can create together with your homemade play dough!*

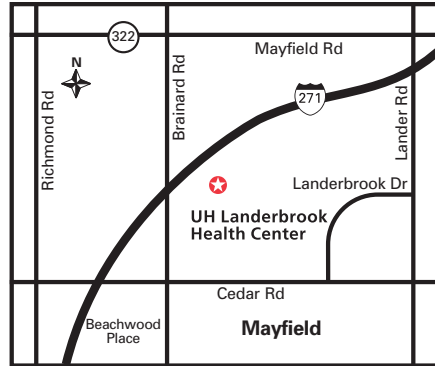


Locations



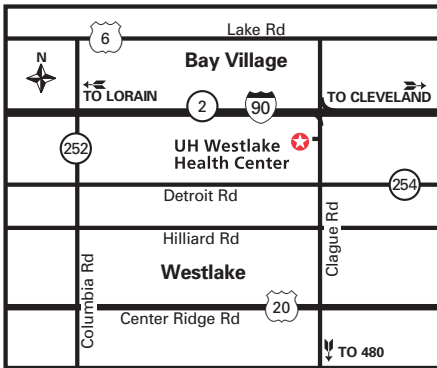
Deforia Lane Clinic

11100 Euclid Ave., Cleveland, OH 44106
216-844-7770



UH Rainbow Pediatric Specialty Center

UH Landerbrook Health Center
5850 Landerbrook Dr., Mayfield Heights, OH 44124
440-646-8055



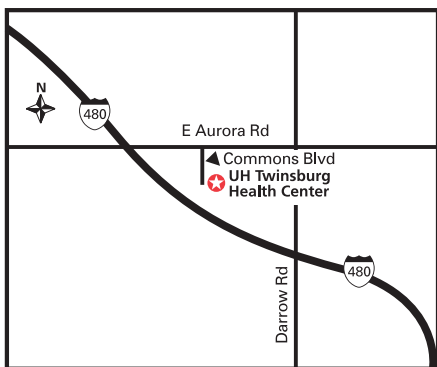
UH Rainbow Pediatric Specialty Center

UH Westlake Health Center
960 Clague Rd., Westlake, OH 44145
440-250-2800



UH Medina Health Center

4001 Carrick Dr., Medina, OH 44256
330-721-8522



UH Twinsburg Health Center

8819 Commons Blvd., Twinsburg, OH 44087
330-486-9616

UH Lab: 216-844-5227

UH Radiology: 216-844-7629

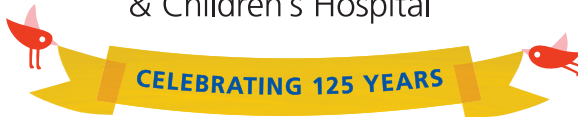
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