

ANYTIME FRITTATA

1 wedge equals 138 calories, 6 g fat (3 g saturated fat), 116 mg cholesterol, 465 mg sodium, 6 g carbohydrate, 2 g fiber, 14 g protein. Diabetic Exchanges: 2 lean meat, 1 vegetable, 1/2 fat.

APRICOT-GLAZED TURKEY BREAST

3 oz. cooked turkey equals 156 calories, 1 g fat (trace saturated fat), 78 mg cholesterol, 64 mg sodium, 8 g carbohydrate, trace fiber, 28 g protein. Diabetic Exchanges: 4 lean meat, 1/2 starch.

ASIAN MANGO CHICKEN

1 chicken breast half with 1/2 cup salsa (calculated without peanuts) equals 342 calories, 11 g fat (2 g saturated fat), 94 mg cholesterol, 374 mg sodium, 26 g carbohydrate, 2 g fiber, 35 g protein. Diabetic Exchanges: 5 lean meat, 1 fruit, 1 fat, 1/2 starch.

ASIAN MEATBALLS

1 meatball with about 1/2 tsp. sauce equals 80 calories, 7 g fat (2 g saturated fat), 17 mg cholesterol, 239 mg sodium, 3 g carbohydrate, trace fiber, 2 g protein.

ASIAN TURKEY LETTUCE WRAPS

2 wraps (calculated without additional hoisin sauce) equals 275 calories, 8 g fat (1 g saturated fat), 45 mg cholesterol, 686 mg sodium, 19 g carbohydrate, 4 g fiber, 34 g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 vegetable, 1 fat.

ASPARAGUS HAM DINNER

1-1/3 cups equals 198 calories, 5 g fat (1 g saturated fat), 17 mg cholesterol, 559 mg sodium, 27 g carbohydrate, 3 g fiber, 12 g protein. Diabetic Exchanges: 1 starch, 1 lean meat, 1 vegetable, 1/2 fat.

AUTHENTIC CAJUN GUMBO

1-1/4 cups (calculated without rice) equals 319 calories, 19 g fat (3 g saturated fat), 73 mg cholesterol, 990 mg sodium, 20 g carbohydrate, 3 g fiber, 19 g protein.

BACON, CREMINI & BRIE POTATOES

1 stuffed potato equals 511 calories, 32 g fat (13 g saturated fat), 58 mg cholesterol, 781 mg sodium, 41 g carbohydrate, 4 g fiber, 16 g protein.

BAKED PARMESAN BROCCOLI

3/4 cup equals 191 calories, 10 g fat (5 g saturated fat), 41 mg cholesterol, 388 mg sodium, 19 g carbohydrate, 6 g fiber, 11 g protein.

BARBECUE BEEF SANDWICHES

1 sandwich equals 348 calories, 11 g fat (4 g saturated fat), 56 mg cholesterol, 719 mg sodium, 35 g carbohydrate, 2 g fiber, 27 g protein. Diabetic Exchanges: 3 lean meat, 2 starch.

BEEF BARLEY STEW

1-1/3 cups equals 269 calories, 7 g fat (3 g saturated fat), 37 mg cholesterol, 456 mg sodium, 33 g carbohydrate, 9 g fiber, 20 g protein. Diabetic Exchanges: 2 lean meat, 1-1/2 starch, 1 vegetable.

BEST MAPLE-CRANBERRY CHEESECAKE

1 slice with 2 Tbsp. compote equals 483 calories, 23 g fat (13 g saturated fat), 116 mg cholesterol, 284 mg sodium, 66 g carbohydrate, 1 g fiber, 6 g protein.

BLACK-AND-BLUE PIZZAS

1 piece equals 263 calories, 12 g fat (6 g saturated fat), 35 mg cholesterol, 657 mg sodium, 22 g carbohydrate, 2 g fiber, 15 g protein.

BLACKENED CHICKEN AND BEANS

1 chicken breast half with 3/4 cup bean mixture equals 297 calories, 7 g fat (1 g saturated fat), 63 mg cholesterol, 697 mg sodium, 30 g carbohydrate, 10 g fiber, 33 g protein. Diabetic Exchanges: 3 very lean meat, 2 starch, 1 fat.

BLT SALAD

1-1/3 cups equals 358 calories, 24 g fat (6 g saturated fat), 25 mg cholesterol, 564 mg sodium, 24 g carbohydrate, 2 g fiber, 12 g protein.

BLUE CHEESE-TOPPED STEAKS

1 steak equals 228 calories, 11 g fat (5 g saturated fat), 78 mg cholesterol, 197 mg sodium, 4 g carbohydrate, trace fiber, 26 g protein. Diabetic Exchanges: 3 lean meat, 1/2 fat.

BLUE-RIBBON RYE BREAD

1 slice equals 81 calories, 2 g fat (trace saturated fat), 0 cholesterol, 67 mg sodium, 15 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchange: 1 starch.

BRIE-APPLE PASTRY BITES

1 appetizer equals 85 calories, 6 g fat (2 g saturated fat), 5 mg cholesterol, 63 mg sodium, 7 g carbohydrate, 1 g fiber, 2 g protein.

BROILED SCALLOPS

1 serving equals 296 calories, 10 g fat (3 g saturated fat), 66 mg cholesterol, 506 mg sodium, 13 g carbohydrate, 1 g fiber, 30 g protein. Diabetic Exchanges: 4 very lean meat, 2 fat, 1 starch.

CAJUN SHRIMP AND RICE

1 cup equals 269 calories, 8 g fat (3 g saturated fat), 176 mg cholesterol, 550 mg sodium, 23 g carbohydrate, 1 g fiber, 21 g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 starch, 1/2 fat.

CARAMEL PUMPKIN TIRAMISU

1 piece with 4 tsp. sauce equals 332 calories, 15 g fat (9 g saturated fat), 68 mg cholesterol, 235 mg sodium, 47 g carbohydrate, 1 g fiber, 4 g protein.

CELERY ROOT AND PEAR SLAW

3/4 cup equals 132 calories, 8 g fat (3 g saturated fat), 12 mg cholesterol, 126 mg sodium, 13 g carbohydrate, 2 g fiber, 3 g protein. Diabetic Exchanges: 1 starch, 1 fat.

CHICKEN AND ASIAN SLAW

1 serving equals 302 calories, 13 g fat (3 g saturated fat), 63 mg cholesterol, 433 mg sodium, 21 g carbohydrate, 2 g fiber, 24 g protein.

CHICKEN SWISS BUNDLES

1/2 chicken bundle equals 214 calories, 9 g fat (5 g saturated fat), 32 mg cholesterol, 375 mg sodium, 21 g carbohydrate, 1 g fiber, 12 g protein. Diabetic Exchanges: 2 lean meat, 1 starch, 1 fat.

CHICKEN TACOS WITH PINEAPPLE PICO DE GALLO

2 tacos with 1/3 cup pico de gallo equals 257 calories, 4 g fat (1 g saturated fat), 54 mg cholesterol, 572 mg sodium, 33 g carbohydrate, 4 g fiber, 24 g protein. Diabetic Exchanges: 3 very lean meat, 1-1/2 starch, 1/2 fruit.

CHICKEN TAMALES

2 tamales equals 564 calories, 35 g fat (7 g saturated fat), 44 mg cholesterol, 835 mg sodium, 43 g carbohydrate, 7 g fiber, 20 g protein.

CHIPOTLE-SPARKED MUSTARD SALMON

1 fillet equals 260 calories, 16 g fat (3 g saturated fat), 70 mg cholesterol, 407 mg sodium, 4 g carbohydrate, 1 g fiber, 23 g protein. Diabetic Exchanges: 3 lean meat, 1/2 fat.

CHOCOLATE-ALMOND BANANA SPLITS

1 serving equals 579 calories, 33 g fat (16 g saturated fat), 57 mg cholesterol, 89 mg sodium, 70 g carbohydrate, 7 g fiber, 10 g protein.

CHRISTMAS CRANBERRY SALAD

1 piece equals 241 calories, 14 g fat (7 g saturated fat), 34 mg cholesterol, 100 mg sodium, 28 g carbohydrate, 1 g fiber, 3 g protein.

CHRISTMAS GOOSE WITH ORANGE GLAZE

8 oz. cooked goose equals 725 calories, 47 g fat (15 g saturated fat), 196 mg cholesterol, 394 mg sodium, 18 g carbohydrate, 1 g fiber, 55 g protein.

COCONUT CREAM YUMMY CAKE

1 piece (calculated without coconut) equals 491 calories, 29 g fat (21 g saturated fat), 66 mg cholesterol, 363 mg sodium, 52 g carbohydrate, 1 g fiber, 7 g protein.

COUNTRY CHICKEN WITH GRAVY

1 chicken breast half with 2 Tbsp. gravy equals 274 calories, 8 g fat (3 g saturated fat), 72 mg cholesterol, 569 mg sodium, 20 g carbohydrate, trace fiber, 28 g protein. Diabetic Exchanges: 3 very lean meat, 1 starch, 1 fat.

CRAN-ORANGE PORK TENDERLOIN

1 serving equals 242 calories, 4 g fat (1 g saturated fat), 63 mg cholesterol, 163 mg sodium, 29 g carbohydrate, 1 g fiber, 23 g protein.

CREAM-FILLED CHOCOLATE SUPREME MUFFINS

1 muffin equals 493 calories, 22 g fat (5 g saturated fat), 41 mg cholesterol, 477 mg sodium, 70 g carbohydrate, 2 g fiber, 6 g protein.

CREAMY VEGETABLE CHOWDER

1 cup equals 205 calories, 10 g fat (4 g saturated fat), 24 mg cholesterol, 956 mg sodium, 21 g carbohydrate, 3 g fiber, 6 g protein.

CREAMY WASABI SPREAD

1 oz. spread (calculated without crackers) equals 135 calories, 11 g fat (6 g saturated fat), 31 mg cholesterol, 483 mg sodium, 6 g carbohydrate, trace fiber, 3 g protein.

DELECTABLE MAPLE NUT CHOCOLATES

1 candy equals 67 calories, 3 g fat (1 g saturated fat), 2 mg cholesterol, 8 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein.

DIJON-CRUSTED CHICKEN BREASTS

1 chicken breast half equals 169 calories, 5 g fat (1 g saturated fat), 63 mg cholesterol, 380 mg sodium, 6 g carbohydrate, trace fiber, 24 g protein. Diabetic Exchanges: 3 lean meat, 1/2 starch, 1/2 fat.

DUTCH MEATBALLS (BITTERBALLEN)

1 meatball (calculated without mustard) equals 72 calories, 5 g fat (1 g saturated fat), 22 mg cholesterol, 88 mg sodium, 4 g carbohydrate, trace fiber, 4 g protein.

EASY MOLASSES STICKY BUNS

1 sticky bun equals 445 calories, 16 g fat (8 g saturated fat), 33 mg cholesterol, 523 mg sodium, 68 g carbohydrate, 3 g fiber, 8 g protein.

EASY SAUSAGE & RAVIOLI

1 1/2 cups equals 667 calories, 27 g fat (11 g saturated fat), 73 mg cholesterol, 1,720 mg sodium, 73 g carbohydrate, 5 g fiber, 30 g protein.

EASY YEAST ROLLS

1 roll equals 78 calories, 1 g fat (trace saturated fat), 4 mg cholesterol, 100 mg sodium, 14 g carbohydrate, trace fiber, 2 g protein. Diabetic Exchange: 1 starch.

FESTIVE NAPOLEONS WITH THYME CREAM

1 Napoleon (calculated without additional walnuts) equals 655 calories, 42 g fat (16 g saturated fat), 63 mg cholesterol, 198 mg sodium, 65 g carbohydrate, 4 g fiber, 10 g protein.

FINNISH CAULIFLOWER

1 serving equals 261 calories, 18 g fat (12 g saturated fat), 158 mg cholesterol, 387 mg sodium, 10 g carbohydrate, 2 g fiber, 14 g protein.

FONTINA HAM STROMBOLI

1 slice equals 314 calories, 14 g fat (5 g saturated fat), 39 mg cholesterol, 915 mg sodium, 29 g carbohydrate, 3 g fiber, 18 g protein.

FRENCH CANADIAN TOURTIERES

1 piece equals 469 calories, 29 g fat (12 g saturated fat), 76 mg cholesterol, 672 mg sodium, 31 g carbohydrate, 1 g fiber, 19 g protein.

FROSTED NUTMEG LOGS

1 cookie equals 148 calories, 7 g fat (4 g saturated fat), 23 mg cholesterol, 52 mg sodium, 21 g carbohydrate, trace fiber, 1 g protein.

FUDGY PEPPERMINT STICK TORTE

1 slice equals 635 calories, 32 g fat (19 g saturated fat), 144 mg cholesterol, 485 mg sodium, 82 g carbohydrate, 2 g fiber, 8 g protein.

GINGERED BEEF STIR-FRY

1 cup beef mixture with 3/4 cup rice equals 377 calories, 12 g fat (4 g saturated fat), 48 mg cholesterol, 618 mg sodium, 41 g carbohydrate, 2 g fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1 vegetable, 1/2 fat.

GINGERED CARROT CHUTNEY

1/4 cup equals 92 calories, 1 g fat (1 g saturated fat), 0 cholesterol, 43 mg sodium, 21 g carbohydrate, 2 g fiber, 1 g protein.

GOLDEN CLAM CHOWDER

1 cup equals 195 calories, 5 g fat (3 g saturated fat), 27 mg cholesterol, 574 mg sodium, 28 g carbohydrate, 2 g fiber, 10 g protein. Diabetic Exchanges: 1 starch, 1 lean meat, 1 vegetable, 1 fat.

GRANDMA EDNA'S CAJUN PORK

4 oz. cooked pork with 3 Tbsp. gravy equals 225 calories, 10 g fat (4 g saturated fat), 83 mg cholesterol, 167 mg sodium, 3 g carbohydrate, 1 g fiber, 29 g protein. Diabetic Exchanges: 4 lean meat, 1/2 fat.

GRANDMA'S OATMEAL RAISIN COOKIES

1 muffin equals 726 calories, 46 g fat (15 g saturated fat), 103 mg cholesterol, 439 mg sodium, 71 g carbohydrate, 3 g fiber, 11 g protein.

HAM AND BRIE SELTS

1 sandwich equals 500 calories, 27 g fat (16 g saturated fat), 104 mg cholesterol, 1,208 mg sodium, 39 g carbohydrate, 3 g fiber, 27 g protein.

HAWAIIAN CHICKEN

1 serving (calculated without rice) equals 463 calories, 11 g fat (2 g saturated fat), 94 mg cholesterol, 582 mg sodium, 54 g carbohydrate, 1 g fiber, 35 g protein.

HEARTY BACKYARD BURGERS

1 burger equals 307 calories, 12 g fat (4 g saturated fat), 70 mg cholesterol, 686 mg sodium, 25 g carbohydrate, 4 g fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 2 starch.

HERBED ITALIAN RIB ROAST

5 oz. cooked beef with 1/2 cup vegetables equals 411 calories, 21 g fat (11 g saturated fat), 24 mg cholesterol, 406 mg sodium, 28 g carbohydrate, 5 g fiber, 27 g protein.

HERB-RUBBED PORK CHOPS

1 pork chop with 3 Tbsp. pan juices equals 221 calories, 11 g fat (3 g saturated fat), 74 mg cholesterol, 282 mg sodium, 1 g carbohydrate, trace fiber, 26 g protein. Diabetic Exchanges: 3 lean meat, 1 fat.

HOLIDAY AMBROSIA CAKE

1 slice equals 613 calories, 25 g fat (13 g saturated fat), 91 mg cholesterol, 331 mg sodium, 95 g carbohydrate, 4 g fiber, 7 g protein.

HOMEMADE IRISH CREAM

1 serving equals 165 calories, 11 g fat (7 g saturated fat), 44 mg cholesterol, 53 mg sodium, 12 g carbohydrate, 0 fiber, 3 g protein.

HOT BUTTERED RUM

1 serving equals 428 calories, 30 g fat (19 g saturated fat), 85 mg cholesterol, 221 mg sodium, 33 g carbohydrate, trace fiber, 2 g protein.

HOT MALTED CHOCOLATE

1 cup with about 1/3 cup whipped cream equals 578 calories, 32 g fat (18 g saturated fat), 88 mg cholesterol, 181 mg sodium, 63 g carbohydrate, 1 g fiber, 11 g protein.

INSIDE-OUT VEGGIE DIP

1 appetizer equals 23 calories, 2 g fat (1 g saturated fat), 6 mg cholesterol, 45 mg sodium, 1 g carbohydrate, trace fiber, 1 g protein.

JIFFY GROUND PORK SKILLET

1-1/4 cups equals 263 calories, 12 g fat (4 g saturated fat), 50 mg cholesterol, 339 mg sodium, 22 g carbohydrate, 2 g fiber, 18 g protein. Diabetic Exchanges: 2 lean meat, 2 vegetable, 1 starch, 1/2 fat.

KIELBASA APPLE KABOBS

1 kabob equals 136 calories, 3 g fat (1 g saturated fat), 35 mg cholesterol, 636 mg sodium, 17 g carbohydrate, 1 g fiber, 10 g protein. Diabetic Exchanges: 1 starch, 1 lean meat.

MAKE-AHEAD MARINATED SHRIMP

1/3 cup equals 81 calories, 4 g fat (trace saturated fat), 57 mg cholesterol, 210 mg sodium, 3 g carbohydrate, trace fiber, 9 g protein. Diabetic Exchanges: 1 lean meat, 1/2 fat.

MAKEOVER DELUXE GRILLED CHEESE

1 sandwich equals 225 calories, 12 g fat (6 g saturated fat), 30 mg cholesterol, 400 mg sodium, 18 g carbohydrate, 2 g fiber, 12 g protein. Diabetic Exchanges: 2 medium-fat meat, 1 starch.

MAKEOVER RANCH HAM 'N' CHEESE PASTA

1 cup equals 306 calories, 9 g fat (5 g saturated fat), 27 mg cholesterol, 612 mg sodium, 38 g carbohydrate, 2 g fiber, 20 g protein. Diabetic Exchanges: 2-1/2 starch, 2 lean meat.

MAPLE HORSE RADISH BEETS

3/4 cup equals 152 calories, 6 g fat (3 g saturated fat), 10 mg cholesterol, 252 mg sodium, 23 g carbohydrate, 3 g fiber, 2 g protein. Diabetic Exchanges: 2 vegetable, 1 fat, 1/2 starch.

MARGHERITA PITA PIZZAS

1 pizza equals 340 calories, 12 g fat (6 g saturated fat), 33 mg cholesterol, 588 mg sodium, 38 g carbohydrate, 2 g fiber, 20 g protein. Diabetic Exchanges: 2 starch, 2 medium-fat meat, 1/2 fat.

MERRY MULLED CIDER

1 cup equals 142 calories, trace fat (trace saturated fat), 0 cholesterol, 24 mg sodium, 36 g carbohydrate, trace fiber, trace protein.

OLD-FASHIONED FRUIT COMPOTE

1/4 cup equals 126 calories, trace fat (trace saturated fat), 0 cholesterol, 4 mg sodium, 31 g carbohydrate, 2 g fiber, 1 g protein.

OVEN-FRIED FISH NUGGETS

1 serving equals 171 calories, 2 g fat (1 g saturated fat), 66 mg cholesterol, 415 mg sodium, 7 g carbohydrate, trace fiber, 29 g protein. Diabetic Exchanges: 5 very lean meat, 1/2 starch.

PARTY PITAS

1 appetizer equals 48 calories, 3 g fat (trace saturated fat), 3 mg cholesterol, 239 mg sodium, 4 g carbohydrate, trace fiber, 2 g protein.

PASTITSIO

1 serving equals 614 calories, 26 g fat (13 g saturated fat), 147 mg cholesterol, 1,206 mg sodium, 57 g carbohydrate, 3 g fiber, 38 g protein.

PEACH-GLAZED BEEF FILLETS

1 fillet with 3-1/2 tsp. glaze equals 350 calories, 12 g fat (4 g saturated fat), 89 mg cholesterol, 422 mg sodium, 28 g carbohydrate, trace fiber, 30 g protein. Diabetic Exchanges: 4 lean meat, 2 fruit, 1/2 fat.

PEACHY GINGERBREAD CAKE ROLL

1 slice (calculated without peaches) equals 425 calories, 20 g fat (12 g saturated fat), 127 mg cholesterol, 301 mg sodium, 55 g carbohydrate, 1 g fiber, 7 g protein.

PEAR PERFECTION

1 serving equals 379 calories, 7 g fat (3 g saturated fat), 1 mg cholesterol, 37 mg sodium, 79 g carbohydrate, 6 g fiber, 3 g protein.

PECAN KRINGLE STICKS

1 serving equals 201 calories, 13 g fat (6 g saturated fat), 27 mg cholesterol, 60 mg sodium, 19 g carbohydrate, 1 g fiber, 2 g protein.

PEPPERMINT CREAM POUND CAKE

1 slice equals 649 calories, 35 g fat (18 g saturated fat), 181 mg cholesterol, 107 mg sodium, 77 g carbohydrate, 1 g fiber, 7 g protein.

PHYLLO SHRIMP WITH DIPPING SAUCES

1 shrimp appetizer with 1 tsp. cilantro sauce and 1/2 tsp. spicy mayonnaise equals 112 calories, 8 g fat (2 g saturated fat), 26 mg cholesterol, 150 mg sodium, 7 g carbohydrate, trace fiber, 3 g protein.

PORK CHOPS WITH BLUE CHEESE SAUCE

1 pork chop with 3 Tbsp. sauce equals 263 calories, 11 g fat (5 g saturated fat), 94 mg cholesterol, 176 mg sodium, 5 g carbohydrate, trace fiber, 33 g protein. Diabetic Exchanges: 5 lean meat.

PORTOBELLO BEEF STEW WITH CRANBERRY PILAF

3/4 cup stew with 1/2 cup rice equals 330 calories, 10 g fat (3 g saturated fat), 55 mg cholesterol, 324 mg sodium, 39 g carbohydrate, 2 g fiber, 20 g protein. Diabetic Exchanges: 2-1/2 starch, 2 lean meat, 1 fat.

POTECA CAKE

1 slice equals 509 calories, 26 g fat (11 g saturated fat), 92 mg cholesterol, 182 mg sodium, 66 g carbohydrate, 4 g fiber, 8 g protein.

PRESTO BEEF STEW

1 cup with 1 biscuit equals 710 calories, 40 g fat (18 g saturated fat), 176 mg cholesterol, 1,595 mg sodium, 38 g carbohydrate, 2 g fiber, 54 g protein.

ROOT FOR WINTER VEGETABLES

3/4 cup equals 117 calories, 5 g fat (2 g saturated fat), 5 mg cholesterol, 279 mg sodium, 17 g carbohydrate, 4 g fiber, 2 g protein. Diabetic Exchanges: 1 starch, 1 fat.

SHRIMP & TORTELLINI IN TOMATO CREAM

1-1/2 cups (calculated without shredded cheese) equals 449 calories, 14 g fat (6 g saturated fat), 182 mg cholesterol, 723 mg sodium, 46 g carbohydrate, 5 g fiber, 33 g protein. Diabetic Exchanges: 4 lean meat, 2 starch, 2 vegetable, 1 fat.

SMOKY PECAN PUFFS

1 appetizer equals 2 g fat (1 g saturated fat), 6 mg cholesterol, 19 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein.

SOFT FISH TACOS

2 tacos (calculated without optional toppings) equals 310 calories, 8 g fat (2 g saturated fat), 66 mg cholesterol, 542 mg sodium, 31 g carbohydrate, 4 g fiber, 29 g protein. Diabetic Exchanges: 4 very lean meat, 2 starch, 1 fat.

SOUTHWEST TURKEY SOUP

1-1/2 cups (calculated without optional ingredients) equals 381 calories, 14 g fat (4 g saturated fat), 54 mg cholesterol, 1,163 mg sodium, 41 g carbohydrate, 9 g fiber, 24 g protein.

SOUTHWESTERN BEEF STRIPS

1-1/3 cups beef mixture (calculated without fettuccine) equals 291 calories, 11 g fat (3 g saturated fat), 63 mg cholesterol, 777 mg sodium, 22 g carbohydrate, 5 g fiber, 27 g protein.

SOUTHWESTERN GOULASH

1-1/3 cups equals 224 calories, 6 g fat (2 g saturated fat), 37 mg cholesterol, 567 mg sodium, 24 g carbohydrate, 4 g fiber, 19 g protein. Diabetic Exchanges: 2 lean meat, 2 vegetable, 1 starch.

SPECIAL OCCASION SALAD

3/4 cup equals 83 calories, 7 g fat (2 g saturated fat), 9 mg cholesterol, 121 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g protein.

SPICED NUTS

1/3 cup equals 349 calories, 27 g fat (6 g saturated fat), 12 mg cholesterol, 196 mg sodium, 22 g carbohydrate, 3 g fiber, 8 g protein.

SPICY CHICKEN TENDERS

3 oz. cooked chicken equals 108 calories, 1 g fat (trace saturated fat), 67 mg cholesterol, 343 mg sodium, 1 g carbohydrate, trace fiber, 26 g protein. Diabetic Exchange: 3 very lean meat.

SPICY SWEET-SOUR PORK

1 cup pork mixture (calculated without rice) equals 277 calories, 9 g fat (2 g saturated fat), 63 mg cholesterol, 661 mg sodium, 24 g carbohydrate, 2 g fiber, 24 g protein. Diabetic Exchanges: 3 lean meat, 1 fruit, 1 fat, 1/2 starch.

SPINACH AND MUSHROOM SMOTHERED CHICKEN

1 chicken breast half equals 203 calories, 9 g fat (2 g saturated fat), 68 mg cholesterol, 210 mg sodium, 3 g carbohydrate, 2 g fiber, 27 g protein. Diabetic Exchanges: 3 very lean meat, 1 vegetable, 1 fat.

SQUASH APPLE SOUP

1 cup (calculated without croutons and cheese) equals 97 calories, 4 g fat (1 g saturated fat), 7 mg cholesterol, 620 mg sodium, 15 g carbohydrate, 4 g fiber, 2 g protein. Diabetic Exchanges: 1 starch, 1/2 fat.

STEAMED PORK AND SHRIMP DUMPLINGS

1 dumpling with about 1/4 tsp. sauce equals 40 calories, 1 g fat (trace saturated fat), 10 mg cholesterol, 103 mg sodium, 4 g carbohydrate, trace fiber, 3 g protein.

STUFFED PORK LOIN WITH CURRANT SAUCE

3 oz. cooked pork with 5 tsp. sauce equals 351 calories, 16 g fat (4 g saturated fat), 84 mg cholesterol, 206 mg sodium, 27 g carbohydrate, 1 g fiber, 26 g protein.

SUSAN'S FAVORITE MOCHA CAKE

1 slice equals 687 calories, 46 g fat (26 g saturated fat), 128 mg cholesterol, 302 mg sodium, 62 g carbohydrate, 2 g fiber, 7 g protein.

SWEDISH RASPBERRY ALMOND BARS

1 bar equals 165 calories, 8 g fat (4 g saturated fat), 15 mg cholesterol, 53 mg sodium, 21 g carbohydrate, 1 g fiber, 2 g protein.

SWEET CITRUS ICED TEA

1 cup equals 82 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 21 g carbohydrate, trace fiber, trace protein.

SWEET ONION 'N' SAUSAGE SPAGHETTI

1-1/4 cups (calculated without Parmesan cheese) equals 305 calories, 11 g fat (4 g saturated fat), 48 mg cholesterol, 442 mg sodium, 33 g carbohydrate, 6 g fiber, 18 g protein. Diabetic Exchanges: 2 lean meat, 1-1/2 starch, 1 vegetable, 1 fat.

SWEET POTATO PRALINE PIE

1 piece with 1 Tbsp. whipped cream equals 512 calories, 26 g fat (11 g saturated fat), 96 mg cholesterol, 305 mg sodium, 64 g carbohydrate, 3 g fiber, 8 g protein.

SWISS SPINACH SALAD

1-1/2 cups (calculated without croutons) equals 159 calories, 13 g fat (5 g saturated fat), 26 mg cholesterol, 375 mg sodium, 2 g carbohydrate, 1 g fiber, 8 g protein.

TASTY ITALIAN CHICKEN

4 oz. cooked chicken with 3 Tbsp. sauce equals 163 calories, 3 g fat (trace saturated fat), 67 mg cholesterol, 287 mg sodium, 8 g carbohydrate, 1 g fiber, 27 g protein. Diabetic Exchanges: 3 very lean meat, 1/2 starch, 1/2 fat.

TEX-MEX PORK CHOPS

1 pork chop equals 223 calories, 8 g fat (3 g saturated fat), 68 mg cholesterol, 433 mg sodium, 9 g carbohydrate, 5 g fiber, 32 g protein. Diabetic Exchanges: 4 lean meat, 1 vegetable.

THAI PORK SALAD WRAPS

1 wrap equals 107 calories, 6 g fat (2 g saturated fat), 28 mg cholesterol, 265 mg sodium, 3 g carbohydrate, 1 g fiber, 9 g protein.

TINY TIM'S PLUM PUDDING

1 slice with 2 Tbsp. hard sauce equals 550 calories, 17 g fat (10 g saturated fat), 93 mg cholesterol, 292 mg sodium, 98 g carbohydrate, 5 g fiber, 5 g protein.

TOMATO WALNUT TILAPIA

1 fillet equals 205 calories, 10 g fat (3 g saturated fat), 67 mg cholesterol, 265 mg sodium, 7 g carbohydrate, 1 g fiber, 24 g protein. Diabetic Exchanges: 3 lean meat, 2 fat, 1/2 starch.

TOMATO-BASIL PITA PIZZAS

1 pizza equals 269 calories, 9 g fat (3 g saturated fat), 12 mg cholesterol, 362 mg sodium, 37 g carbohydrate, 2 g fiber, 10 g protein. Diabetic Exchanges: 2 starch, 1 lean meat, 1 vegetable, 1 fat.

TURKEY CUTLETS WITH COOL PEPPER SAUCE

4 oz. cooked turkey with 2 Tbsp. sauce equals 242 calories, 9 g fat (2 g saturated fat), 78 mg cholesterol, 296 mg sodium, 9 g carbohydrate, 1 g fiber, 31 g protein. Diabetic Exchanges: 4 very lean meat, 1-1/2 fat, 1/2 starch.

TWO-TONE POTATO WEDGES

6 potato wedges equals 151 calories, 4 g fat (1 g saturated fat), 1 mg cholesterol, 176 mg sodium, 27 g carbohydrate, 3 g fiber, 3 g protein. Diabetic Exchanges: 1-1/2 starch, 1 fat.

VEGGIE TUNA BURGERS

1 burger equals 275 calories, 8 g fat (4 g saturated fat), 58 mg cholesterol, 643 mg sodium, 32 g carbohydrate, 3 g fiber, 20 g protein. Diabetic Exchanges: 2 starch, 2 lean meat, 1 vegetable.

ZESTY WINTER VEGETABLES

3/4 cup equals 206 calories, 11 g fat (7 g saturated fat), 37 mg cholesterol, 89 mg sodium, 24 g carbohydrate, 3 g fiber, 4 g protein.

HOW WE CALCULATE NUTRITION FACTS

When a choice of ingredients is given in a recipe (such as 1/3 cup of sour cream or plain yogurt), the first ingredient listed is always the one calculated in the Nutrition Facts.

When a range is given for an ingredient (such as 2 to 3 teaspoons), we calculate the first amount given.

Only the amount of marinade absorbed during preparation is calculated.

Garnishes listed in recipes are typically included in calculations.

Diabetic Exchanges are assigned to recipes in accordance with guidelines from the American Diabetic and the American Dietetic Associations.