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The Lakeshore Community Diabetes Self-Management Training Program is offered at the following locations:

Deckerville Community Hospital
3559 Pine Street
Deckerville, MI 48427
(810) 376-2835

Harbor Beach Community Hospital
210 S. First Street
Harbor Beach, MI 48441
(989) 479-3201

As part of our Diabetes Education Program, we will be mailing you a quarterly newsletter with information on upcoming diabetes education programs and related information.

If you prefer not to receive this newsletter, please contact us at: (989) 479-3201, ext 202

Meals for One...

You don't have to be eating alone to have a use for Heat & Eat meals - Here are some suggestions from Diabetic Living Magazine...

- Look for meals with 600 milligrams of sodium or less
- Choose frozen dinners with 400 calories or less and 10 grams of total fat or less
- Pick meals with 45-60 grams of carbohydrate (based on your plan) and 3 grams of fiber or more.

This past October, eight "taste-testers" joined us for our "Meals for One" program. It included sampling some Heat & Eat entrees. Here are their opinions, rated from one to five stars.

Healthy Choice Steamers Balsamic Garlic Chicken



- Sodium - 540 mg
- Calories - 250, Total Fat - 3.5 g
- Carbohydrate - 36g, Fiber - 5 g
- Rating - **
- Comments: Very bland, with a hint of sugar. Texture mushy.



Michelina's Meatloaf

- Sodium - 850mg
- Calories - 190, Total Fat - 6g
- Carbohydrate - 22g, Fiber - 2g
- Rating - ****
- Comments: I like gravy/comfort food, so this was OK as far as frozen meals go.



Stouffer's Roast Turkey

- Sodium - 910 mg
- Calories - 270, Total Fat - 9 g
- Carbohydrate - 30g, Fiber - 2 g
- Rating - ***
- Comments: No vegetable - a lot of salt. Did not need potatoes AND dressing.



Marie Callender's Honey Roasted Chicken

- Sodium - 1030 mg
- Calories - 320, Total Fat - 10 g
- Carbohydrate - 38g, Fiber - 7 g
- Rating - ***
- Comments: The green beans were not cooked enough.



Healthy Choice Oven Roasted Chicken

- Sodium - 590 mg
- Calories - 230, Total Fat - 4 g
- Carbohydrate - 33g, Fiber - 5 g
- Rating - ***
- Comments: I liked the chicken and the veggies - The potatoes I liked without the gravy.



Boston Market Turkey Breast Medallions

- Sodium - 1460 mg
- Calories - 360, Total Fat - 15 g
- Carbohydrate - 33g, Fiber - 5 g
- Rating - ***
- Comments: The Meat was tender, the vegetables were very good, the potatoes were soupy.



Lean Cuisine Roasted Turkey Breast

- Sodium - 630mg
- Calories - 290, Total Fat - 4g
- Carbohydrate - 49g, Fiber - 3g
- Rating - *****
- Comments: Very Tasty. Apples sweet, meat moist and tender. Add a salad and you'd have dinner.



Michelina's Lean Gourmet Salisbury Steak

- Sodium - 720 mg
- Calories - 180, Total Fat - 6g
- Carbohydrate - 20 g, Fiber - 1g
- Rating - *
- Comments: Flavor Artificial, too salty. Garlic - Ugh!

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