TEENAGE MUTANT DIABETIC.

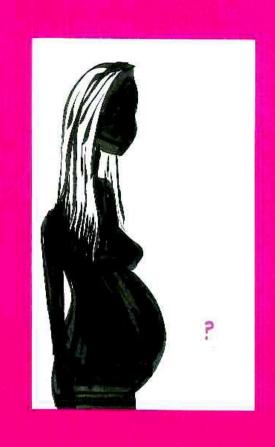
ART, SKETCHES, STORIES, AND RECIPES FOR A LIFE.

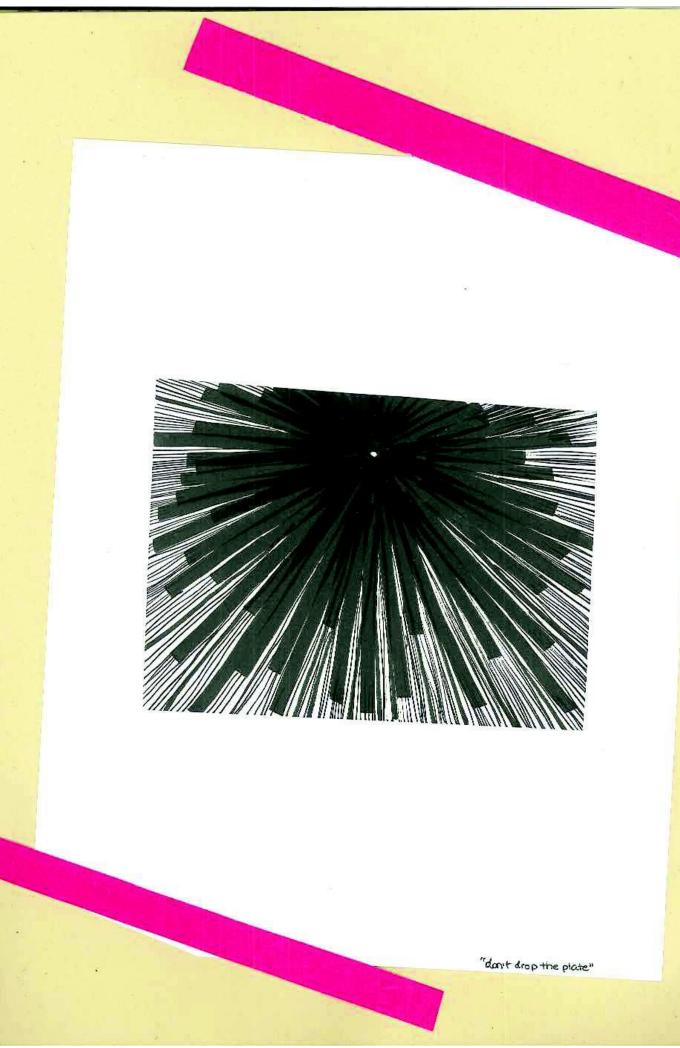
Amy is heterozygous for a missense mutation, A116V, in exon 2 of the HNF1A gene. This C>T mutation

at nucleotide 347 (c.347C>T) results in the substitution of the amino acid valine

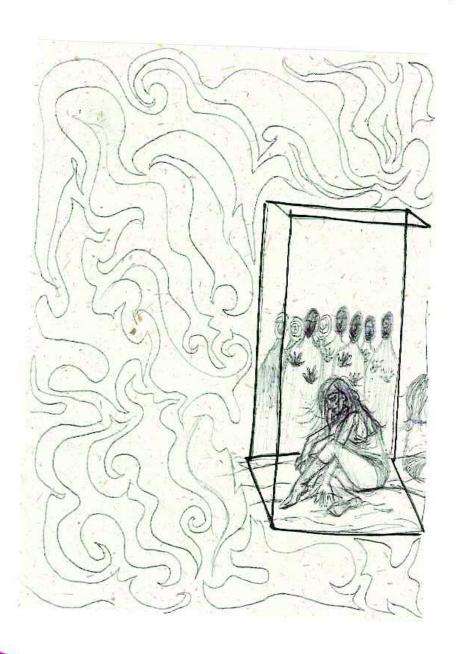
for alanine at codon 116 (p.Ala116Val.) This confirms a mutation resulting in maturity prest disperse of the

Any questions?





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TIPS FOR REDUCING SUGAR INTAKE

AVOID:

White, Brown Sugar

Maple, Pancake syrup, Honey Jam, Jelly, Marmalade

NO regular pop

NO Juice

SOME types of yogurt

Bagels, Muffins

Chocolate milk

Canned Fruits

<u>Dried Fruit</u> (Raisins, dried cranberries etc)

BETTER:

Splenda=sucralose

Equal=aspartame

Sweet'n'Low/Sugar Twin**

E.D. Smith syrup

E. D. Smith jam

Diet pop

Flavored water, Crystal Light

Source/Astro Fat Free/Silhouette

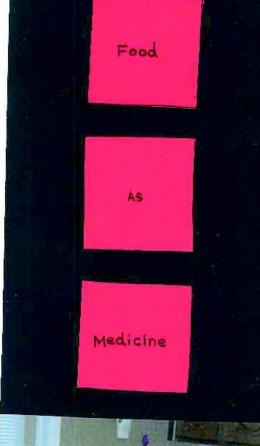
English muffin, Brown Toast

White milk

Fresh or frozen fruit

Fresh or frozen fruit

***Sodium cyclamates not safe during pregnancy; limit all caffeinated beverages to 2 cups/day (includes Diet Pepsi, Diet Coke)





The Zombie special:

- ·1 med. glass Orange Juice (with pulp)
- ·1 nectarine
- of cream cheese on it. (Toasted)







Breakfasts & Snacks and 45 of Carpolydrate (or Less)

Breakfast Sandwich

whole wheat english muffin, 1 (30g) poached egg (0g) cheese, sliced (0g) banana ½ (15g) = 45g Carbohydrate

Apple-Crisp Oatmeal

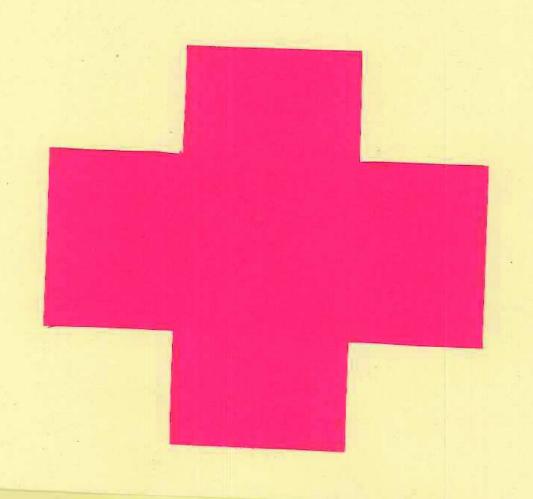
cooked oats, 1 cup (30g) apple, 1 small (15g) almond bits, 1/4 cup (0g) cinnamon & splenda to taste (0e)

Red Hot Pita Chips

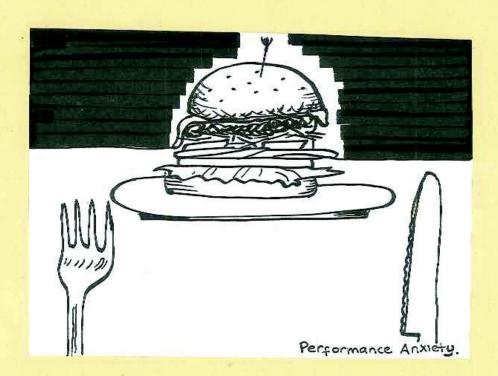
pita, 1 6-inch (15g) olive oil, 1 tsp (0g) dijon mustard, 1 tsp (0g) parmesan cheese, 1 tsp (0g) cumin, chili powder, paprika & garlic minced, to taste (0g) = 15g Carbohydrate

Apple & Cheese Snackwich

melba toast, 2 slices (8g)

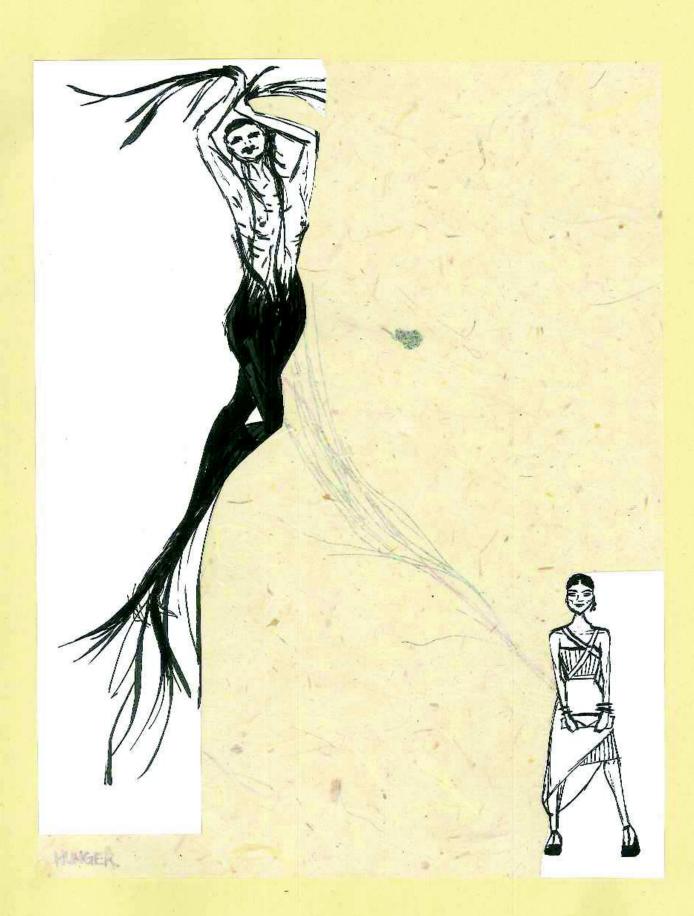






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Haunting





THE MARKET AS A MAZE ...

Food as Memory (or) This one time I ate a rib and a half, and it was more emotional than an episode of Days of Our Lives.

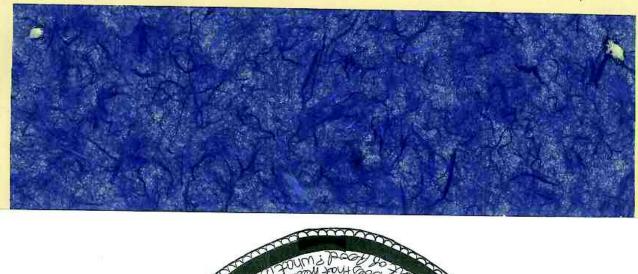
The last time I had ribs was years ago, before I stopped eating meat. It was a late summer day.

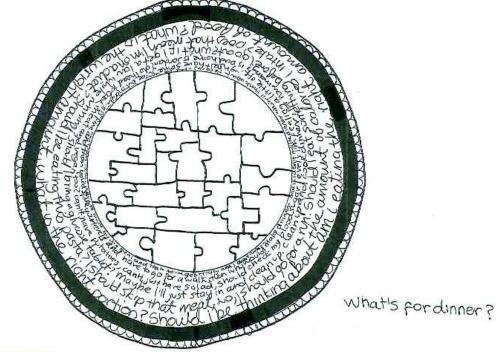
We were all out on the deck eating a feast on the new cedar table my dad made; it added a spicy scent to the meal. Fresh corn on the cob, carrots and tomatoes from the garden, iced tea, and not that crappy powdered stuff. Potatoes wrapped in foil and BBQ ribs. Everyone was laughing at the mess we'd made of ourselves. I remembered this when assigned to break a food rule this fall, and thought I would try ribs again. My mom cooked them up, and placed them on the table in front of me with a flourish. Suddenly the memory seemed distant and vague, a sense of dread filled me as I cut one off and put it on my plate.

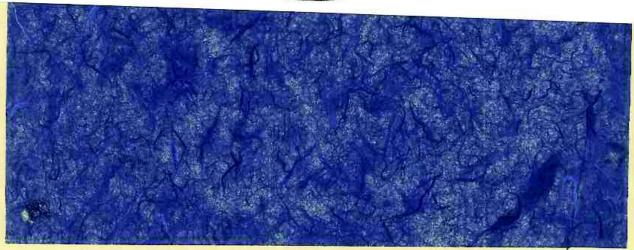
I touched it. I smelt it...It smelt...good? I felt horrible, like I was betraying myself. No, the sauce is what I smell, I told myself. It smelt smokey. I tried to remember the ribs from those summer days. I drew it up towards my mouth, and then it snapped back down to the plate. My family urged me on, again I picked it up and forced it in the general direction of my lips. Back down it went, my dad sighed. My mind was a tornado of thoughts. Where was this animal from? How did it live? Was it stuck in a cage it's entire life? What did it eat? How did it die? Where was it processed? How ridiculous, how utterly absurd that a piece of meat on a bone could draw such emotion from me. Finally, I took a deep breath and tried again, thinking of how enjoyable this meal used to be to me. The moment it touched my lips tears welled up in my eyes, I stopped, I put it down. O Fortuna or Requiem for a Dream could have been playing in the background while a camera zoomed in on the tear creeping down my cheek, curving in beside my nose and sliding down onto my lip, mixing with the barbeque sauce on my mouth. Such a stupid thing to be worked up over, but every time I brought it to my mouth the same thing happened. This lasted for half an hour, until I finally took a bite. I managed to eat one and a half ribs before the guilt overcame me, as well as the revulsion of the bone against my teeth and the texture of meat in my mouth. I realized then, that I didn't want the ribs; I wanted the memory that came with them. I wanted my family, together and happy on a warm summer day. And, as I looked around the table I realized that's exactly what I got.

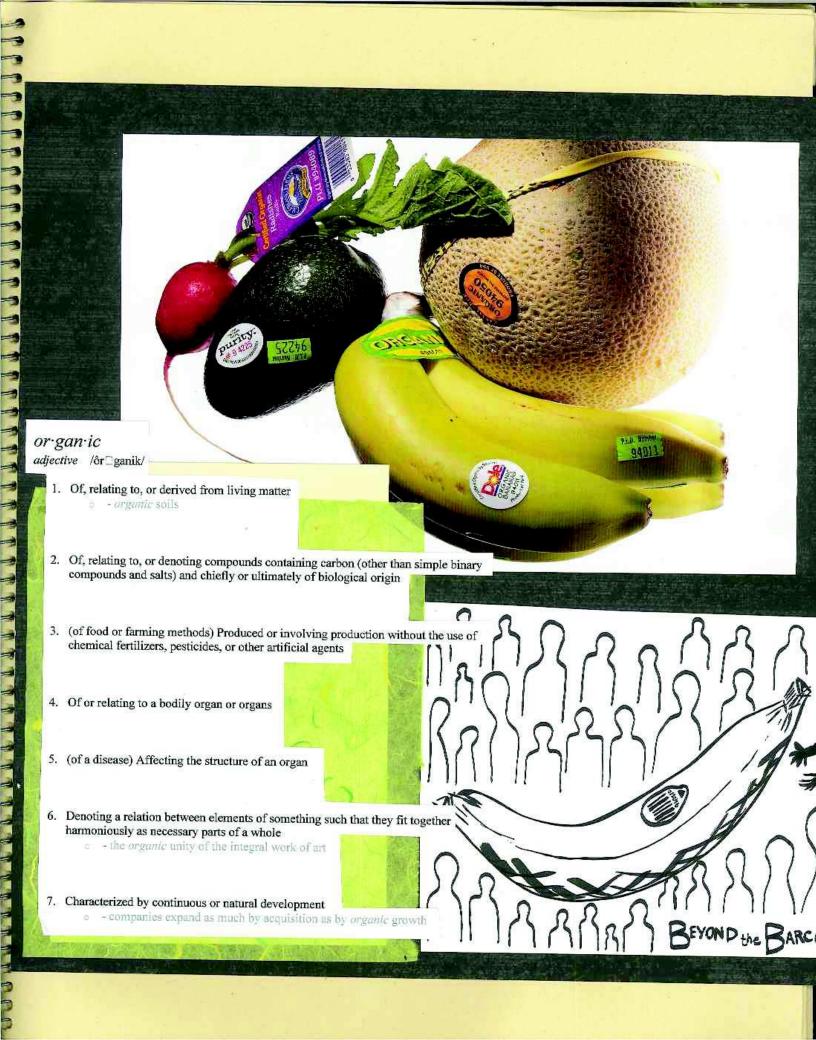


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THE BUN. NO FUNL

Shame.

Gult.

Judgement.



Ginger Snaps

3/4 cup Butter
1 cup Sugar
1 Egg
1/4 cup Molasses
2 cups flour
1 1/2 teaspoons Baking Soda
3/4 teaspoon Allspice
1 teaspoon Ginger
1 teaspoon Cinnamon
1/4 cup Sugar

Mix together in order listed, ROLL into 1" balls. Roll in 1/4 cup sugar (optional). Place on UNGREASED cookie sheets. Bake at 350 degrees for 15 minutes.



Birthday Blueberry Cheesecake

CRUST.

1 1/4 cups graham cracker crumbs 1/4 cup Splenda Granular 1/3 cup butter, melted

Preheat oven to 350 degrees. Spray an 8-inch square baking pan with nonstick cooking spray; set aside.

Combine the graham cracker crumbs, Splenda granular and butter; mix together well. Firmly press the mixture onto the bottom of the prepared pan. Bake at 350 degrees for 5 minutes. Remove from oven and set aside.

FILLING:

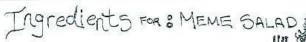
12-oz cream cheese, softened 2/3 cup Splenda Granular 2 large eggs 1/3 cup sour cream

2 tsp vanilla extract

3/4 cup fresh blueberries

With an electric mixer, beat cream cheese at medium speed until smooth. Gradually add the Splenda, beating until well blended. Add eggs, one at a time, beating well after each addition. Add the sour cream and vanilla, beating just until blended. Gently stir in the blueberries. Pour the mixture over the crust in the pan. Bake for 30 to 35 minutes or until firm. Remove from the oven and cool on a wire rack for 30 minutes. Cover and chill in the refrigerator for 2 hours.





- · Spinach (as much as you want!)
- · One cup streed strawberries
- · 1/2 cup diced wainuts
- Y3 cup crambled goat's cheese

Put everything in a bowl, toss, then eat! (* must laugh while eating-alone) I spent two years in a relationship with a 'foodie'. He had a passion for food, rich expensive fancy food. At first I liked it; he was always getting me to try new things and go to new places. He seemed to understand and respect my choices and rules around food, and we compromised happily on much. He took to going out to eat with other 'foodies' whom did indeed eat things like duck fat and bison burgers and veal and prosciutto. I was actually fine with this, because I didn't share his passion for food. To me food was another form of medication, to be monitored and eaten in doses according to a variety of factors. It was enjoyable, and it could taste wonderful, but it was also stressful. I mean, I enjoyed the food, it was delicious...but there just wasn't that...connection. I couldn't wax poetic about a dish for an hour, I didn't care how old the wine was, and I couldn't carry on a conversation about the different tastes and merits of a duck verses a lamb dish.

As the months went on I realized that the fact that I didn't eat meat bothered him more than he let on. Every so often he would ask me if I had reconsidered eating meat again, and I'd always say no. I tried explaining my reasoning but he would always sigh and change the topic. Sometimes it really bothered him, and he would complain about how difficult it was to find places that we could both eat. I always thought that his passion for food and my complete ambivalence towards it would be a factor in our relationship's failure, but in fact it was BEER that did us in.

One night he mentioned it was too bad that I could never hang out with him and his friends. I was confused, because we had done just that two nights prior (or so I thought). Apparently even more than my choice not to eat meat, my choice not to drink beer bothered him even more. I was told that because I didn't drink beer we could all never just hang out, it was inconvenient. Anything I ordered was too feminine or too time consuming, we couldn't just pick up a case of beer and all crack one open together. The implication given was that in order to earn the respect of his friends...and apparently him, I would need to drink something more masculine. I could not believe that something as simple as a choice of beverage would have such an impact on the level of respect I was given. I'm not going to sit there and let someone tell me that I am too feminine or not feminine enough, and there is no way I'm going to let a choice of drink define me.

Needless to say that relationship didn't last.



Family Foods

-23-

Mile High Pancakes

cup sifted flour tsp. baking powder tsp. baking soda tsp. salt beaten egg cup buttermilk tbsp. oil

Angela Nystrom -#5α

Fluffy Pancakes

cups flour tbsp. sugar tsp. baking powder tsp. salt eggs cups milk tbsp. melted butter

asure dry ingredients into mixing bowl. Add the lk, eggs, and melted butter. Grease hot griddle ghtly for first pancake only. Bake until bubbly d turn before bubbles break.

- Ruth Wood - #3c

Pancakes

cup flour (3/4 cup whole wheat - 3/4 cup white) tbsp. sugar tbsp. baking powder tsp. salt tbsp. oil 1½ cup milk

- Heather Wood - #65

When I was younger my Dad and Brothers and I loved to make Pancaleo for dinner. We would all gether bouls and ingredients and pick a recipe and take (impatient) turns pouring and striving. Sometimes we would make shapes on the grill, sometimes we would add cinnamon and apple chunks or blueberries. On the rare occasion we got to use drocolate chips. Once I was diagnosed we ate a lot less pancakes—they were so high in carbohydrates. But the memory of cooking with my dad and brothers has stayed with me through the years...

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Pancakes so bad, they were supposed to be like the Pancake house onea!

But "Mile High Pancakeo" always won, and because of its poor name "Pancakes" hover had a chance, our child minds took insult to its lack of inventive naming.

an 8 year old's Blueberry sauce:

you'll need:

1 bag frozen blueberries or 3 cups fresh blueberries

instructions:

pour bernes in sauce pan, or pot. Turn heat on and cover. Stir occassionally. when they smell like they might be burnt hastily remove from heat and scoop on pancakes!

Zucchini Loaf

I cup brown sugar
1 cup white sugar
2 cup veg. oil
3 eggs
2 cups raw zucchini
(grated & Peeled) packed
1 tsp. soda
2 tsp. baking powder
2 tsp. salt
2 tsp. cinnamon
2 tsp. mapeline
1 cup chopped nuts

1 tsp. vanilla 3 cups flour

Beat the first 6 ingredients together. Sift the dry ingredients together in given order. Add to first ingredients. Add mapeline and chopped nuts. Pour into two loaf pans. Bake at 350°for 1 hour.

- Shirley Nystrom -#56

Zucchini Loaf

Beat Together:
1½ cups sugar
1 cup oil
2 eggs
Stir in: 2 cups peeled, grated zucchini
Add:
1 tsp. salt
2 tsp. baking powder
1 tsp. baking soda
2½ cups flour
3 tsp. vanilla
Dust: ½ cup candied fruit (no peel)
½ cup raisins in cup more flour

Stir into above mixture and bake in two loaf pans at 325 for 1 hour.

- Ruth Wood -#3c

·My Grandma used to add orange rind to her loafs, no matter what kind-sheld always stick a sprinkling of them in. It made her banana loaf smell so fresh, and gave her zucchini loaf a pop of colour. The combination of orange and chocolate in her waf (2) is a Sunday morning memory from her kitchen.

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· In my neighbourhood one summer, the Bay all grew Zucchini and gave them to my mother. She and a friend spent a whole weekend baking loaves for the whole Street, and everyone brought spreads and drinks to the part. Oll my neighbours had a yoichic as a community with my mombs delicious Zucchini Loaf.

The Ultimate Chocolate Brownie Cookie

1 1/3 cup golden flavour crisco

cup sugar

2/3 cup firmly packed brown sugar

tbsp. vanilla

2 aggs, slightly beaten

24 cups flour

2/3 cup cocoa

tsp. baking soda

tsp. salt

Ya cup milk

1'2 cups large, broken pecan or walnut pieces | cup chocolate chips

Preheat oven to 350 degrees F. Combine crisco, sugar and vanilla in large bowl. Beat until creamy. Add beaten eggs. Combine flour, cocoa, baking soda and salt. Add to creamed mixture alternately with milk beating just until blended. Stir in nuts and chips. Drop dough by heaping spoonfuls (about 2 tbsp. for each cookie) on ungreased baking sheet. Bake 6 to 9 ata time, leaving about 3" between cookies for spreading. Bake at 350 for 10 to 12 minutes. Cookies will still appear soft and moist when baked, but firm upon cooling. Cool 2 minutes, then remove to cooling rack. Makes about 3 dozen cookies. Smaller cookies can be made using 1 tbsp. dough for each cookies. Bake 3 to 10 minutes. Makes about 6 dozen cookies.

- Leone Jackson - #6e

drop of spitt vanilla

If you are patient in one moment of anger, you will escape a hundred days of sorrow.

Christmas baking, spending time with my brother. We laugh so hard and are so busy catching up that we pour the milk on at the wrong time-effectivly runing the worlds easiest recipe. The bar is a disaster, but we laugh every year since at the christmas we made "ice cream crumble topping" for family dessert.

The most beaten up and frequently used recipe from my family cookbook, everyone in my family knows how to make these. The funny thing is that each one of us always ends up with a different consistency of cookie. They are perfect for birthdays, holidays, Putlucks, Meetings, Gifts, Everyday!

I like making cookies for other people, I can remember what it's like to eat fresh baked cookies home made, there is such a satisfaction in giving food to others, that I know they'll enjoy.

Magic Cookie Bars

½ cup butter
1½ cup graham wafer crumbs
1 can eagle brand milk
(recipe elsewhere in book)

l cup semi sweet chocolate chips l¼ cup flaked coconut l cup chopped nuts

Preheat oven to 350 or 325 for glass dish. In 13 x 9 baking pan melt butter. Sprinkle crumbs over butter, mix together and press into pan. Pour milk evenly over crumbs. Sprinkle with chips, then coconut and nuts. Press down firmly. Bake 25 to 30 minutes or until lightly browned. Cool well before cutting. Store loosely covered at room temperature. Makes 24 bars.

- Ruth Tetlock -#5c

Said a frustrated young mother as she heard her children crying and Looked over her dirty house, "Sometimes I wish I'd Loved and Lost."

Lentil and Lemon Soup Veg HT SP 70mins Yum, tred peppers on the side Serve 4 Hot Vegetarian Vegan Pulses Vegetables Soups Healthy Eating

Dairy Gluten Wheat Free Eggless

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100g/4oz Split Red Lentils Ingredients:

1 thsp Olive Oil

2 Sticks Celery, chopped

1 Onion, chopped 1L/2pts Fresh Vegetable Stock

Grated zest and juice of 1 Lemon

1/4 teasp Ground Cumin

1 Green Capsicum, deseeded and sliced Salt and Pepper

- 1. Melt the oil in a pan, add the onion and celery and sauté gently Instructions for about 4 minutes.
 - Remove from the heat and add the lentils, stock, lemon zest, lemon juice, cumin, salt and pepper. Bring to the boil then simmer, covered, for 30 minutes.
 - 3. Add the pepper and simmer for a further 30 minutes.

Serve hot sprinkled with parsley or chives.

Vegetable and Bean Soup Veg HT SP 45mins

Serve 4 Hot Vegan Vegetarian Vegetables Polses Soups Dairy Gluten Wheat Ingredients:

- I thisp Olive Oil
- 1 Onion, chopped
- 2 Leeks, chopped
- 3 Sticks of Celery, chopped
- 2 Carrots, sliced
- 2 Garlic Cloves, crushed
- 720ml/1-14 pts Fresh Vegetable Stock 1 x 400g/14oz tin Haricot Beans
- 1 x 225g/8oz tin Chopped Tomatoes
- I thsp Freshly Chopped Oregano Salt and Pepper

Instructions

- 1. Heat the oil in a saucepan and fry the onion for 2 minutes. Add the leeks, celery, carrots and garlic and cook for a further 2
- 2. Add the drained beans, stock, tinned tomatoes, oregano, salt and pepper. Bring to the boil then cover and simmer over a low heat for 30 minutes or until the vegetables and soft. Serve hot.

Crock-pot white bean and mushroom chowder

Serves 6

Ingredients

- 1 cup dry navy beans
- 2 cups sodium reduced vegetable broth
- 3 cups water
- 1 cup diced onion
- 1 cup diced celery
- 1 tsp dried thyme
- 4 cups sliced mushrooms (button for cremini mushrooms work well)
- 1/2 cup evaporated skim milk

Place beans, broth and water in a crock pot and turn the setting up to high while you are preparing the other ingredients.

Add the onion, celery, thyme and mushrooms. Cook on high for 4 to 5 hours or low for 7 to 8 hours. Beans should mash easily when done.

Right before serving, add the evaporated milk. Sprinkle parsley on top of each serving. Serve.

Tuna & Bean Salad CD HD Italian 10mins plus chilling

Serves 4 Cold Fish Pulses Herbs Hors d'oeuvre Starter Appetizer Healthy Eating Dairy Free Eggless Italy Europe

Ingredients

1x 400g/14oz fin Kidney Beans

2 thsp Onion, finely chopped

2 thsp Parsley, finely chopped

100g/4oz Tin Tuna, flaked

12 small Onion rings

12 Black Oliver

1 Clove of Garlic, finely chopped

For the Dressing

2 thsp Wine Vinegar

1/2 teasp Dijon Mustard

Salt & Pepper

Ratatouille

Veg HT CD ACC French 45mins

plus standing

Serves 4 Hot Cold Vegetarian Vegan Healthy Eating Accompaniment Dairy Gluten Wheat Free Eggless France Europe

Ingredients

1 Aubergine, (eggplant) thickly sliced

Salt and Black Pepper

4 tbsp Olive Oil

2 Onions, sliced

3 Courgettes, thickly sliced

4 Tomatoes, quartered

1 Garlic Clove, crushed

1 Bay Leaf

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Instructions

- Place the aubergine slices in a colander, sprinkle generously with salt and leave for 20 minutes. Drain, rinse under cold running water and dry well on kitchen paper.
- Heat the oil in a large pan, add the onions and garlic and sauté gently until soft and transparent.
- Add the remaining ingredients to the pan, cover and simmer very gently for about 30 minutes, stirring from time to time. Serve hot or cold.



Zucchini Hash Browns

Ingredients

Sub a BeetS

- 2 medium zucchini
- 1/2 cup egg substitute (Egg Beaters) or 2 egg
- 1/2 cup onion (chopped)
- 3/4 cup dry breadcrumb
- 1 teaspoon salt
- 1 teaspoon garlic powder
- · Vzcup corrots shredded

Directions

- 1. Shredd the zucchini as you would potatoes for bash browns.
- 2. 2Mix all ingredients together in a large bowl.
- 3. 3Place on a George Foreman Grill in 1/2 cup portions. Cook for about 7 minutes or until
 golden brown. Note: If you do not have a George Foreman, you can pan fry each side until
 golden brown. Frying them is still tasty but less healthy (because of the oil), and they fall
 apart more easily.

Vegan Minestrone

Olive oil

Half an onion, diced

2 stalks celery, diced small

4-5 medium carrots, sliced

3 garlic cloves, minced

2 bay leaves

1 small unpeeled zucchini, diced

796 ml (28oz) can diced tomatoes

1750 ml (7 cups) water

540 ml (19 oz) can kidney beans, drained and rinsed

Pepper and Salt to taste

5 ml (1 tsp) dried cilantro

2 ml (1/2 tsp) dried basil

2 ml (1/2 tsp) dried rosemary leaves

15 ml (1 tbsp) dried oregano

Approx. 2 cm (3/4 inch) bundle of whole wheat spaghetti broken into thirds (or any kind of pasta)

Wilt onions, celery, carrots, garlic, and bay leaves in hot oil. Stir in zucchini. Add tomatoes, water, beans and seasonings. Bring water to a boil and then simmer for 45 minutes. Add more water if needed. Bring back to a slow boil and ass spaghetti. Cook for an additional 15-20 minutes.