



Dear Friend,

As the hectic winter days melt away, we approach the elevated season of Kabalas HaTorah. In that spirit, we present two recipes for cheesecake, which is among the dairy foods customarily eaten on Shavuos.

Why, in fact, do we have this tradition? Seforim explain that on Shavuos, when Klal Yisroel accepts the Torah afresh, we are compared to a newborn child - like the infant, we are told to exist on a diet of milk. Remember that milk is one of the few food products which contain all of the vital macronutrients - fat, protein and carbohydrates, thus having a complete and well balanced diet for the newborn.

These days, adults are faced with a lot of contradictory information regarding a balanced diet. You will note that the two recipes presented here epitomize two opposing extremes: the "low carb - high fat" diet, and the "low fat - high carb" diet.

It is worth emphasizing a point on which we are often questioned: Exactly what is the definition of a "diabetic recipe"? For a type 1, insulin dependant diabetic who is using a method of tight control, a diabetic recipe is any recipe which supplies nutrition facts, specifically for its carbohydrate (and fiber) content. [Even if nutrition facts are not provided, you can really figure them yourself for any recipe, see our past winter issue.] Things are somewhat more restrictive for the non-insulin dependant type 2 diabetic who needs to follow a lower carbohydrate diet, or one which limits calorie intake.

Remember that dairy foods are not carb free! Although they contain fewer carbohydrates, they are still important for our insulin calculations, as they will affect some rise in blood sugar. One gram of carbohydrate will raise the average person's blood glucose by 5 mgdl, but it may cause a rise in BG that is twice as high (10 mgdl), primarily in children. For these reasons, we

included a chart listing nutrition facts for ingredients commonly used in dairy recipes.

Finally dear friends and members, we turn to you with a piercing question and a simple answer.

Have you ever contemplated, for just a moment, the staggering amount of support and expenses Friends With Diabetes continuously entails? Perhaps you have minimal contact with FWD turning to us for assistance just a few times a year, but multiply this by the hundreds - if not thousands - of families who rely on our organization for comfort, advice, and support. Then add the hours, weeks and months of complicated planning and physical work that comes with just one support group meeting, Shabbos gathering, or publication. The responsibilities are sometimes logistically impossible.

Of course, while FWD volunteers are available around the year and free of charge the work is not free of charge for us. Who helps us meet our expenses, which rise with each additional member who joins FWD?

And here's the answer: There are companies who are willing to sponsor some of our events, but these companies have one thing in mind - to generate business. Please be so kind and read the advertisement of "Door to Door" a company who distributes your diabetes supplies by mail at no extra out-of-pocket cost to you. When you order your diabetic supplies through Door To Door, more funding will be forwarded to FWD. It's so easy for you and will mean so much to us. Please go ahead and call them, making sure to mention FWD, and then continue to anticipate new FWD events and more publications!

Thank you!

Wishing you a freilichen Yom Tov,

*Rabbi Hirsch Meisels*

NUTRIENT ANALYSIS FOR COMMON CHEESECAKE INGREDIENTS				
Item	Carbohydrate	Protein	Total Fat (Sat Fat)	Calories
1 ounce cream cheese	1.0 g	2.0 g	10 g (6 g)	100
1 ounce cottage cheese	0.8 g	3.6 g	1.3 g (0.8 g)	29
1 ounce farmer cheese	0.3 g	5 g	2.4 g (1.6 g)	43
1 ounce sour cream	2.0 g	1.0 g	4.7 g (1.6 g)	57
1 fluid ounce (2 tbsp.) heavy cream	0.8 g	0.6 g	11 g (6.9 g)	103
1 large egg (50 g)	0.6 g	6.3 g	5 g (1.6 g)	75
1 tsp. vanilla extract	0.6 g	0 g	0 g (0 g)	12
1 cup Splenda	24 g	0g	0 g (0 g)	96

Dairy products, due to their low carb content, require the precise dosing that an insulin pump can best provide.

So let's take a moment to talk about insulin pumps - or, more specifically, about choosing the pump that's right for you.

Your diabetes educator and your Friends With Diabetes will be helpful in deciding which pump provides the features that will best meet your needs. But an experienced pumper can tell you that the features are only half the story. **Customer service** is just as vital for a successful pumping experience. And talking about customer service - we have yet to find a pump company that beats ANIMAS in the field! Animas will not only stand behind its pump, but also behind you. You can count on Aminas support every minute of every day.

At this opportunity, we would like to thank Animas for being a true friend to Friends With Diabetes!

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# Cheesecake Choices



By: Norene Gilletz

Life presents us with many choices. However, there is so much conflicting nutritional information, it is often difficult to make wise choices. Current dietary recommendations have become much more flexible because health experts realize that different individuals have different nutritional needs, medical histories and lifestyles. The bottom line is - "Food that's good for you should taste good!"

Whether you choose to follow a low-carb or a low-fat diet, the following two cheesecake recipes will offer you delicious options that are sure to please family and friends for Shavuos, or all year 'round. The choice is yours!

## LOW-CARB CHEESECAKE

*This is a delicious family-sized cheesecake to serve for Shavuos!*

### Filling:

- 7.5 oz. package farmer cheese
- 12 oz. package firm cream cheese (not whipped)
- 2 tbsp. sour cream
- 3 eggs
- 1/2 cup Splenda (12 packets)
- 1 tsp. vanilla

### Topping:

- 8 oz. sour cream
- 2 tbsp. Splenda (or 3 packets)
- 1 tsp. coffee (flavored), dissolved in 1 tsp. hot water (optional)

1. Preheat oven to 350 degrees F. If you want to make it with a crust, crumble up some leftover cookies (low-carb of course) in the bottom of a 9-inch pie plate sprayed with nonstick spray.
2. Combine all ingredients for filling in a blender or food processor. Process until smooth. Pour into pie plate (or on top of cookie crumbs). Bake for 25 to 30 minutes.
3. Combine ingredients for topping; mix well. Spread evenly on top of hot cheesecake and bake 10 minutes longer. Let cool completely. Cover cheesecake carefully and refrigerate until needed. If desired, decorate with strawberries at serving time.

Yield: 8 servings.

294 calories per serving (without strawberries), 24.9 g fat (15.0 g saturated), 156 mg cholesterol, 11 g protein, 6 g carbohydrate, 305 mg sodium, 65 mg potassium, trace iron, 0 g fiber

Low-Fat  
Strawberry  
Cheesecake

Nutrition Facts	
Serving Size (124g) Servings Per Container	
Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 220
% Daily Value*	
<b>Total Fat</b> 25g	<b>38%</b>
Saturated Fat 15g	<b>75%</b>
<b>Cholesterol</b> 155mg	<b>52%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	
<b>Protein</b> 11g	
Vitamin A 20%	Vitamin C 0%
Calcium 6%	Iron 2%

Low-Carb  
Cheesecake

Nutrition Facts	
Serving Size (131g) Servings Per Container	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>13%</b>
Saturated Fat 3.5g	<b>18%</b>
<b>Cholesterol</b> 40mg	<b>14%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 9g	
Vitamin A 10%	Vitamin C 35%
Calcium 8%	Iron 4%

## LOW-FAT STRAWBERRY CHEESECAKE

*This makes a large, elegant cheesecake which is berry, dairy good! Place a pan of water on the bottom oven rack to help prevent the cheesecake from cracking during baking. For a smaller version, make half the recipe and bake it in a 9-inch pie plate at 350 degrees F for 30 minutes.*

### Crust:

- 1 1/4 cups graham wafer crumbs
- 2 tbsp. Splenda
- 3 tbsp. canola oil
- 2 tbsp. orange juice
- 1/2 tsp. cinnamon

### Filling:

- 1 lb. light cream cheese
- 1 lb. nonfat dry cottage cheese
- 1 1/4 cups Splenda
- 2 eggs plus 4 egg whites (or 4 eggs)
- 1 tbsp. lemon juice

### Topping:

- 4 cups strawberries, washed, hulled and dried
- 1/2 cup sugar-free apricot preserves
- 1 tbsp. orange juice or liqueur

1. Preheat oven to 350 degrees F. On the lower oven rack, place a baking pan partly filled with water. Spray a 10-inch springform pan with nonstick spray. Combine ingredients for crust and mix well. Press evenly into the bottom of pan.
2. In the processor or electric mixer, beat cream cheese, cottage cheese and Splenda until smooth and blended. Add eggs and egg whites. Beat just until well mixed, scraping down sides of bowl as needed. (If you overbeat after adding the eggs, cheesecake will rise during baking, then fall back and crack.) Blend in lemon juice. Pour mixture over crust.
3. Place on middle rack of oven and bake for 45 to 55 minutes at 350 degrees F. When done, edges will be golden and set but the center will be slightly jiggly. Turn off oven, open door partially and allow cheesecake to cool in the oven for an hour. It will firm up as it stands. When cool, cover and refrigerate. (Can be made up to 2 days in advance before topping it.)
4. Using a flexible metal spatula or knife, carefully loosen cheesecake from sides of pan. Remove side of pan but do not remove the metal base. Place on a flat serving plate.
5. Wash, hull and dry strawberries; set aside. Heat apricot preserves with orange juice or liquor just until melted, about 45 seconds on HIGH in the microwave. Strain if necessary. Brush tip of chilled cheesecake with a very thin layer of glaze. Arrange berries in an attractive design on top of cheesecake. Brush with remaining glaze. Chill before serving.

Yield: 16 servings.

174 calories per serving, 8.5 g fat (3.6 g saturated), 41 mg cholesterol, 9 g protein, 16 g carbohydrate, 300 mg sodium, 144 mg potassium, trace iron, trace fiber.

Note: If you eliminate the strawberry topping, one serving contains 158 calories, 8.4 g fat (3.6 g saturated), 8 g protein and 11 g carbohydrate.

# Protein Precision



While it is not very common, there are people who find that they need to take insulin not only to counteract their carbohydrate intake, but to balance their protein as well. Medical opinion is still debating this issue, but ultimately, you are the one who can notice and decide how your body reacts to protein.

(Even for those of us who do not usually count protein it may be necessary to do so in the event of a meal with high protein contents.)

If you notice a rise in blood sugar following the consumption of protein, discuss this with your doctor. Together, you may decide to read nutrition labels to find a product's protein content. You would then take insulin for half the amount of the protein, treating that amount as if it were carbs.

For example: Our low carb cheesecake contains 11 grams of protein per serving. You would divide that number in half, counting 5.5 g as carbohydrates (in addition to the 6 grams of actual carbohydrates).

However, be aware that since protein is not quickly converted into usable glucose, you may want to cover for it using an extended bolus option or a longer-lasting insulin.