

# **Diabetic Living Offers Weight Loss Tips, Popular Diabetic Recipes and Diabetes Information in Time for December Holidays**

## **New website from Better Homes and Gardens Diabetic Living also provides tips to lower A1C levels and a free diabetic recipe for soft chocolate chip cookies**

Des Moines, IA (December 3, 2008) -- Diabetic Living Online ([www.diabeticlivingonline.com](http://www.diabeticlivingonline.com)) today unveiled weight loss tips, popular diabetic recipes approved by registered dietitians and diabetes information just in time for the December holidays.

Keeping weight and blood sugar levels on target during this season can be frustrating for people living with diabetes. The new website from Better Homes and Gardens Diabetic Living magazine offers 10 suggestions on how to prevent holiday weight gain to help you stick to their meal plan without feeling deprived.

Enjoy the free diabetic recipe for chocolate chip cookies below with only 12 grams carb each! Every Diabetic Living Online recipe is dietitian-approved, tested and tasted by the Better Homes and Gardens Test Kitchen, and provides the calorie, carb., and diabetes exchanges per serving. Diabetic Living Online also offers tips to lower blood sugar.

### **About Diabetic Living Online**

The companion site to the popular Diabetic Living magazine, Diabetic Living Online helps people with diabetes learn how to live the life they want and make the best choices for their health -- without feeling overwhelmed. Launched last month, Diabetic Living Online also helps people with diabetes find relief, feel in control, and experience encouragement from other people living - and thriving - with diabetes.

"People with diabetes are living longer and healthier lives than ever," says Richard Jackson, M.D., director of medical affairs for health-care services at the Joslin Diabetes Center in Boston. "Complications are becoming less common due to all the new tools we have for treatment." Diabetic Living Online provides tools and resources, from tips to lower blood sugar to what you can do today to avoid diabetes complications.

### **Diabetic Living Chocolate Chip Cookies**

When you're in the mood for something sweet, Diabetic Living Online offers a free diabetic recipe for these soft and satisfying chocolate chip cookies. It's easy to work one of these lightened cookies (just 12 grams carb each) into your daily meal plan.

1 cup rolled oats  
1/2 cup butter, softened  
1 cup packed brown sugar  
1 teaspoon baking soda  
1/4 teaspoon salt

1 8-ounce container plain low-fat yogurt  
2 eggs  
1 teaspoon vanilla  
2-1/2 cups all-purpose flour  
2 cups semisweet chocolate pieces (12 ounces)

1. Place oats in a shallow baking pan. Bake in a 375 degree F oven about 10 minutes or until toasted, stirring once. Place oats in a food processor bowl or blender container. Cover and process or blend until ground; set aside.

2. In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, baking soda, and salt; beat until combined. Beat in the yogurt, eggs, and vanilla until combined. Beat in as much of the flour as you can with the mixer. Using a wooden spoon, stir in the oats and any remaining flour. Stir in chocolate pieces.

3. Drop dough by rounded teaspoons 2 inches apart on an ungreased cookie sheet. Bake in the 375 degree F oven for 9 to 11 minutes or until bottoms are browned. Transfer to a wire rack to cool. Makes about 60 cookies.

Nutrition Facts Per Cookie:

Calories 82  
Total Fat 3 g  
Saturated Fat 2 g  
Monounsaturated Fat 1 g  
Polyunsaturated Fat 0 g  
Cholesterol 12 mg  
Sodium 54 mg  
Carbohydrate 12 g  
Total Sugar 7g  
Fiber 1 g  
Protein 2g

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