



GUILT FREE OVERNIGHT PUDDING OATS

MACROS | SERVING SIZE

Protein 14g | Fat 9g* | Carbs 49g

% CALORIES OF MACROS | SERVING SIZE

Calories 323 | Protein 17% | Fat 24% | Carbs 59%

NUTRIENTS | SERVING SIZE

Fiber 11g | Sodium 438mg | Sat. Fat 1g

INGREDIENTS (SERVES 4)

- 11 oz. box of sugar free pudding (lemon, vanilla, banana or cheesecake flavor)
- 1½ cup frozen or fresh unsweetened fruit (thawed) and sliced
- 1½ cups unsweetened almond or cashew milk
- 1 tbsp. chia seeds
- 6 oz. nonfat plain, or no sugar added, Greek yogurt
- 1 cup of rolled oats

DIRECTIONS

In a large bowl, mix the pudding and milk together until the pudding is dissolved. Add the remaining ingredients and stir until well mixed. Cover and refrigerate for at least 10 hours. Place 1/4th of the mixture in a dish and consume cold or warm in the microwave for 20-30 seconds.

NOTES

Nutrition analysis based on the use of unsweetened almond milk and 10 oz of frozen strawberries.

DIETITIAN TIPS

Use this recipe as the template to experiment with different sugar free pudding, yogurt, and fruit combinations.

Portion into servings in separate containers and use for a quick breakfast or an evening snack in place of a high fat, sugar indulgence.

Using fruit and sugar-free items for sweetness and treats is a strategy to decrease empty calories for "added sugar".

Is all sugar the same? It depends on the context on what is being asked. For those managing chronic conditions such as diabetes, all carbohydrates (all the "sugars") in the food may need to be accounted. This is done by looking at the total carbohydrates. "Total carbohydrates" on the Nutrition Facts Panel means all "sugars" or carbohydrates which includes the sugars that naturally occur in the item, the sugar that has been added during processing, and fiber.

The Dietary Guidelines for Americans rarely sets limits on substances in the diet, but "added sugar" is targeted because it adds no nutritional value and if consumed in excess quantities may result in excess calories and oxidative stress. The recommendation is to limit added sugar intake to no more than 50 grams per day.

The "sugars" or carbohydrates that naturally occur in fruits, grains, and dairy products do not count towards the 50 grams/day limit. For example, the amount of "sugars", (naturally occurring sugars or carbs) in a banana is approximately 15 grams. Because this fruit sugar is naturally occurring these 15 grams are not counted towards the 50-gram limit. However, the total carbohydrates in a frozen chocolate covered banana totals 22 grams. Upon closer look at the facts panel, it lists total carbohydrates as 22 grams, fiber as 2 grams, and added sugars as 5 grams. If this is consumed, then 5 grams of added sugar is applied to the total limit of 50 grams per day, leaving approximately 45 grams remaining.

The guidance provided here relates only to the term "added sugars" and is for the general public. For those diagnosed with a chronic condition such as diabetes or heart disease, further considerations are required such as the total daily carbohydrate intake, the amount consumed at a time as well as when consumed, etc. For individualized guidance or meal planning, for the management of diabetes or another chronic condition, it is best to consult directly with a medical doctor and/or a registered dietitian.

This dish contains approximately 50 grams of total carbohydrates (sugars), per serving. Take a moment to look at the Nutrition Facts Panel of the processed items used in the recipe. Remember carbohydrates or "sugars" that are present in whole, unprocessed fruits, is naturally occurring. This dish is a great choice for those with a sweet-tooth and/or wanting an optimal fuel for energy, without worry of empty calories from "added sugar".



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