

## Oatmeal Raisin Cookies for Diabetics

### Lesson overview

My topic is to teach people with diabetes how to make a healthier version of oatmeal raisin cookies. My general audience would be people with diabetes or knows someone who has diabetes. Desserts are often made up of many simple sugars, thus an increase in blood sugar levels, especially in those, who are insulin deficient/inactive. Since desserts is such a general category, I decided to narrow it down to cookies, specifically oatmeal raisin cookies.

### Goal

My goal is to teach everyone, diabetics or not, how to make lower sugar and carbohydrate desserts that they can still enjoy. Even though a person is diabetic, they should not be denied their right to consume sweets and desserts, unless it is on their own preference. I want my audience to know that they can manipulate the ingredients in any dessert to make it more diabetic friendly, such as replacing half or more of the all-purpose flour for whole wheat flour, or some other kind of flour that has more fiber.

### Objective

My objective is to be able to effectively teach my target audience how to make something unhealthy, more healthy friendly. After my presentation, participants will be able to demonstrate how to make a diabetic friendly oatmeal raisin cookie that has a higher fiber content. Fiber is good for our bodies because it keeps us full faster, longer, and it helps us with our digestive tract.

## Content Outline

My target audience are people living with diabetes or knows someone who has diabetes.

Good morning everybody! How are you doing today? Good to hear. So how many of you are diabetic or knows someone who is diabetic? Okay. So are you frustrated that you can't eat all the sweets and desserts in the world? (show of hands/agreement) Okay, well, you don't have to worry anymore! Today, I am here to teach you how to make a diabetic version of oatmeal raisin cookies. I got the ingredients from the American Diabetic Association website, which yields about two dozen cookies. I will have a demo to show you the preparation process in a bit. Now lets compare a normal version ingredient list for a regular oatmeal raisin cookie. I got the normal version ingredient list from the Quaker Oats Oatmeal box and it yields about four dozen cookies. You can already see the difference in amount of all-purpose flour and sugar used. The diabetic version replaces about half of the amount of all-purpose flour with whole wheat flour. Although both ingredient lists yields different amounts of cookies, the normal oatmeal raisin cookies has more simple sugars that as a diabetic, you would not be able to consume. Some nutritional facts about all-purpose flour and whole wheat flour. The calories are very similar, but the whole wheat flour has a higher fiber and protein content, which is better for our bodies. This will help keep us fuller faster and longer. Not only that, it can help your body's digestive tract (ie. going to poop). Now I have given you some information, I will show you how to put it all together. (do demo)

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