

# Diabetic

SUMMER 2019

# LIVING®

**31**  
seasonal  
recipes

Your guide to  
**Summer**



*How to:*

get moving!  
(indoors  
& out)

drink more  
water (and  
enjoy it!)

travel with  
diabetes  
supplies

find your  
perfect  
sneaker

## Dress Up

You have lots of choices when it comes to dressing your salad. Here's how to find options that are both nutritious and full of flavor.

BY RACHEL MELTZER WARREN, M.S., RDN



### STRAWBERRY SPINACH SALAD

Baby spinach + chopped red onion + sliced strawberries + diced avocado + toasted walnut pieces + vinaigrette

296 CAL / 27G CARB

### Fall for Fat

Fat is not the enemy! In fact, pairing vegetables with a little fat (such as what you'll find in salad dressing) helps your body absorb valuable nutrients like lycopene and beta carotene, antioxidants that help keep arteries healthy. While limiting total fat can be a strategy to help limit calories, many low-fat or light dressings are not necessarily low-cal. When you look at fat on the Nutrition Facts label, focus on saturated fat rather than total fat. Limiting saturated fat may help lower your risk for heart disease.

### Get Smart About Sugar

High-fructose corn syrup, agave, honey, brown sugar, fruit juice, and plain old white table sugar are all types of sugar that can be found in salad dressings. Most salad dressings will have some form of sugar added, but fat-free salad dressings are often higher in sugar and carbohydrates than full-fat varieties. Check the Nutrition Facts label to see how many grams of sugar and carbs are in each serving.

### BUILD A BETTER SALAD

Aim to fill your plate with at least 2 to 3 cups of greens and ½ to 1 cup of other produce.

## Shake Out Sodium

Salad dressings can be a surprisingly high source of sodium: we found dressings that packed as much as 360 mg into one serving. Looking at the Nutrition Facts label can help you keep sodium in check, which is especially important if you're limiting your sodium for heart health.

## Mind Your Serving

A typical portion of salad dressing is 2 tablespoons. Check the Nutrition Facts panel to confirm the serving size of your favorite dressing—and then use a measuring spoon to see how your normal portion compares. If you're using more than 2 tablespoons, remember to account for the additional calories, sodium, and saturated fat.

## Know Your Numbers

Look for dressings that have the following per serving (2 tablespoons):

- ≤ 150 calories
- ≤ 5g carbohydrates
- ≤ 2.5g sat fat
- ≤ 180mg sodium

Mix & match dressings with these salad ideas!



### CHOPPED COBB SALAD

Romaine lettuce + chopped tomato + chopped cucumber + sliced mushrooms + sliced cooked chicken breast + chopped hard-boiled egg + cannellini beans + creamy dressing

410 CAL / 17G CARB

**DL**  
APPROVED

Sugar Free!



**Newman's Own Organic Oil & Vinegar Dressing**

Serving: 2 Tbsp.  
Cal 140, Carb 1g,  
Sat. Fat 2.5g,  
Sodium 135mg

VINAIGRETTE



**Bolthouse Farms Chunky Blue Cheese Yogurt Dressing**

Serving: 2 Tbsp.  
Cal 35, Carb 1g,  
Sat. Fat 1g,  
Sodium 135mg

CREAMY



**Annie's Lite Raspberry Vinaigrette**

Serving: 2 Tbsp.  
Cal 45, Carb 5g,  
Sat. Fat 0g,  
Sodium 55mg

FRUIT-BASED



**Annie's Organic Honey Mustard Vinaigrette**

Serving: 2 Tbsp.  
Cal 70, Carb 3g,  
Sat. Fat 0.5g,  
Sodium 170mg

FLAVORED