

# Dining

with Diabetes

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August 2016

Content, design and photos provided by  
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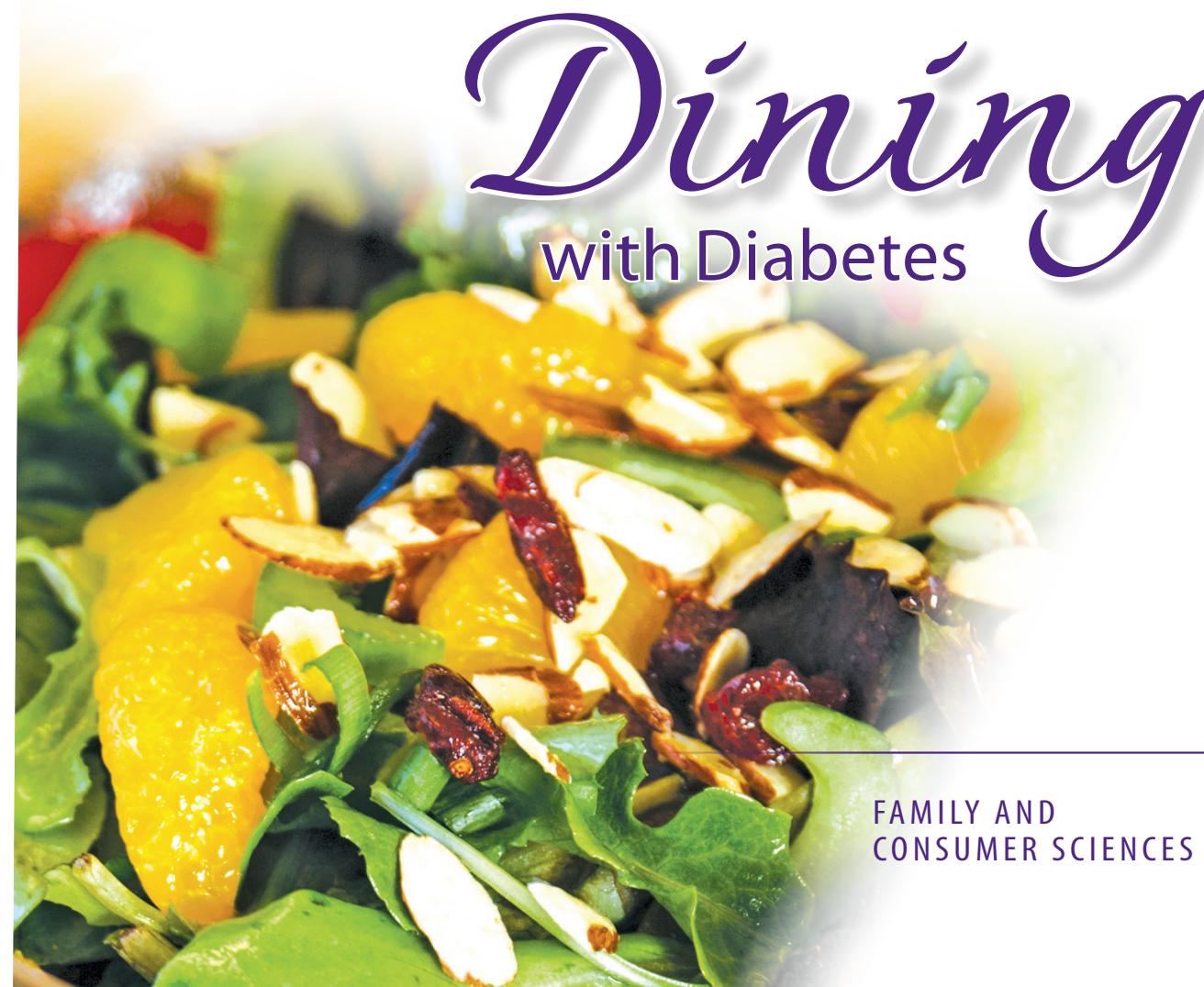
**K-STATE**  
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- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

# Dining

with Diabetes



FAMILY AND  
CONSUMER SCIENCES

# K-STATE

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**Nutrition and physical activity** are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help!

Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health.

*Dining with Diabetes* is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health

## *Spinach Lasagna*



*Chocolate Mousse Pie*

### **You will learn about:**

- reading food labels
- using a variety of sweeteners
- using seasoning to replace salt
- the role of fiber in the diet
- the difference between various types of fat
- the importance of exercise
- setting personal goals to manage your diabetes

*... and more!*

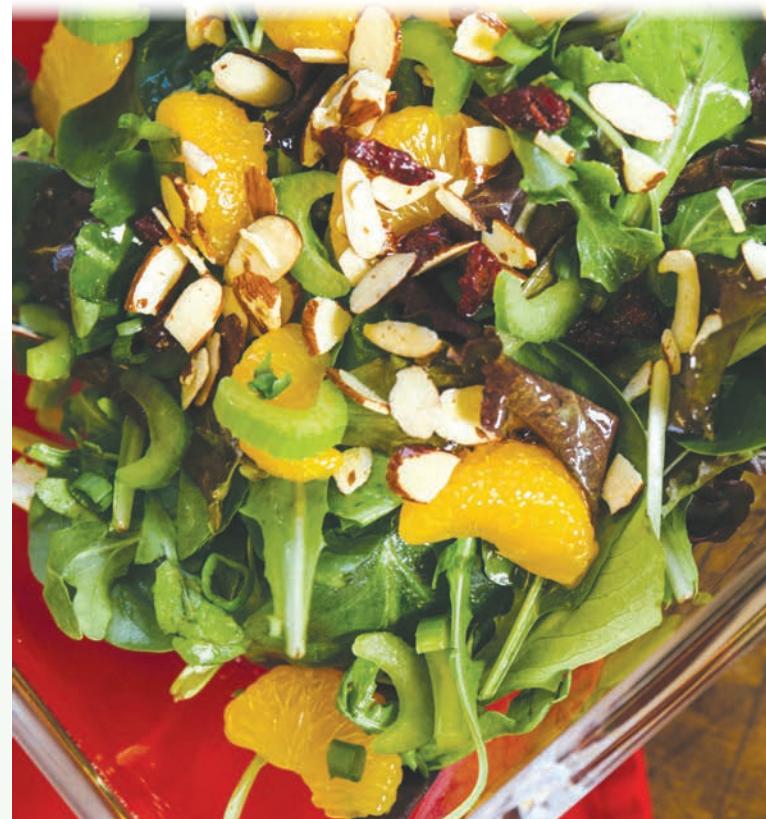
### **Participants say ...**

- *“Get the word out about this program. This is a must for people with diabetes.”*
- *“Being able to taste the food and see how easily it was prepared, and then getting the recipes was great.”*

### **About the program**

*Dining with Diabetes* consists of four sessions and a follow-up. Adults with type 2 diabetes and their family members, caregivers, and support persons are invited to participate. Individualized meal plans or guidance will not be provided.

### *Orange-Almond Salad*



## **Learn new ways to make the foods you love!**

*Dining with Diabetes* will show you how easy it is to prepare delicious and healthy recipes for you and your family. Get started now with this sample recipe.

### **Orange-Almond Salad**

#### **Ingredients**

- 3 cups assorted salad greens
- 2 navel oranges, peeled and sectioned
- ½ cup celery, thinly chopped
- 2 tablespoons green onion, chopped
- ¼ cup cider vinegar
- ¼ cup Splenda®
- 2 teaspoons olive or canola oil
- ¼ cup toasted slivered almonds
- ¼ cup Ocean Spray Craisins® (*optional; not in nutrition information*)

#### **Directions**

1. Combine salad greens, orange sections, celery, and green onion in a large bowl.
2. Combine vinegar, Splenda®, and oil in a small mixing bowl; whisk until well blended, and drizzle over greens immediately before serving.
3. Garnish with toasted slivered almonds and Craisins®, and serve.

**Serving size:** 1½ cups

**Servings:** 4

#### **Nutrition information:**

Per Serving: Calories 110, Total Fat 6g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 0mg, Sodium 25mg, Total Carbohydrate 14g (Dietary Fiber 4g, Sugars 8g), Protein 3g

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