



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Hooray for Red, White, and Blue Foods!

Fruit (such as berries) contains fructose, a natural sugar that doesn't require insulin to be metabolized. Because of the fructose content, fruit tends to be well-tolerated by people with diabetes. But portion control is still key.

### One diabetic exchange for a serving of berries is:

Strawberries - 1-1/4 cup  
Blueberries - 3/4 cup  
Blackberries - 3/4 cup  
Raspberries - 1 cup

Berries contain flavonoids which are more powerful antioxidants than Vitamins C & E. Their presence helps Vitamin C work more effectively. Strawberries are also a good source of folate, which is important for heart health. Serve up some red, white, and blue for Memorial Day or anytime, and reap the benefits from their preventative powers!

## Strawberry Blackberry Quinoa with Honey Dressing

### Ingredients:

- 2 cups water
- 1 cup quinoa, rinsed
- 1 pkg. (16 ozs.) strawberries
- 2 Tbps. honey
- 2 Tbps. lemon juice
- 1/4 tsp. salt
- 1 tsp. salt
- 1 pkg. (6 ozs.) blackberries
- 3/4 cup toasted slivered almonds
- 1 Tbsp. chopped fresh mint leaves



### Directions:

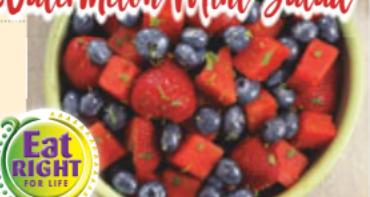
1. Place water and quinoa in a medium saucepan and bring to a boil, stirring occasionally. Reduce heat to low, cover and simmer 18-20 minutes or until most water has been absorbed. Remove from heat and let stand covered for 5 minutes.
2. Meanwhile, hull strawberries and chop. In a small bowl, whisk together honey, lemon juice, and salt until blended. Stir honey mixture into quinoa. Fold in strawberries, blueberries, almonds, and mint until evenly blended.

Recipe and image source: [Driscolls.com](http://Driscolls.com).

## Strawberry and Blueberry Watermelon Mint Salad

### Ingredients:

- 3 Tbps. sugar
- 3 Tbps. water
- 1 tsp. grated lime zest
- 1 pkg. (16 ozs.) strawberries
- 3 cups cubed watermelon
- 1 pkg. (6 ozs.) blueberries
- 5-6 Tbps. large mint leaves



### Directions:

1. Combine sugar, water, and lime zest in a small saucepan. Heat sugar mixture over medium-high heat until it comes to a boil. Remove sugar mixture from heat. Allow it to cool as rest of ingredients are prepared.
2. Hull strawberries. Cut watermelon into 1/2-inch to 3/4-inch cubes. Chop mint leaves.
3. Combine strawberries, watermelon, blueberries, mint, and sugar mixture in a large serving bowl. Toss salad gently to mix evenly. Serve immediately.

Recipe and image source: [Driscolls.com](http://Driscolls.com).