



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 Tbsps. honey
- 2 Tbsps. 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.

Strawberry and Blueberry Watermelon Mint Salad

Ingredients:

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