

# Diabetes Newsletter

## Dietitian Kate's Top 12 Food Picks

By: Kate Hilliard, MS, RD, LD

**1** KIND Bars. Upgrade your granola bar – these are made with all natural, less than 6 whole ingredients. Sweetened with honey or dried fruit so you will never see high fructose corn syrup in this product. Nuts give you a nice release of energy to avoid the 3:00pm slump.



**2** Dave's Killer Breads. Whole grain bread can be frustrating to find, especially ones that do not use sugar, or soybean oil (I was shocked to find Nature's Own 100% Whole Wheat bread had not only soybean oil but soy flour as well). Dave's Killer Bread gives you none of the fuss, just a quality – nutritionally dense product. They make everything from whole grain to sprouted breads. Great for toast and topping with avocado slices and tomatoes for a satisfying lunch.



**3** Natural Peanut Butter. All I want in my peanut butter is peanuts and maybe some salt. Freshly ground nut butters from Sprouts or Natural Grocers are excellent choices. If you can't make it out there HEB and Walmart carry Laura Scudder's and Smucker's Natural which come in a glass jar and store well – just remember to mix. Peanut butter should never have sugar or added oils – stick to the real deal.



**4** Berries. This is the one fruit I tell any group I teach to have in their refrigerators. Strawberries, blueberries, blackberries, raspberries – whichever or all you prefer keep these on hand. The boost of antioxidants you get from ¾ - 1 ¼ cup serving (depending on the berry) is one of the best things you can do for your im-



mune system. Berries also contain anti-inflammatory properties, high in fiber, vitamin c, potassium, magnesium...I could go on...

**5** Spinach. This leafy green is a powerhouse of nutrition. Loaded with vitamin K, folate, vitamin A, vitamin C, fiber, zinc, choline – these are a must for your vegetable bin. Spinach stays fresher much longer than any other lettuce, and freezes well to add in casseroles or smoothies. Throw some in pasta or egg dishes to add bulk without changing the flavor profile. Spinach has been researched to increase brain and eye health.



**6** Salad Kits. Paying for convenience sometimes pays off. Salads I make never seem to taste as good as from a restaurant, these kits fix the problem. At only \$4 a bag (less than what you pay for a restaurant salad) you can have a flavorfully-packed lunch that will keep you filled up and fueled up. There are so many options with dressings and toppings – try them all and find the ones you love. Chopped Chipotle & Cheddar from HEB is usually my first grab.



**7** Almond Milk, Unsweetened Vanilla. Perfect for cereals or smoothies, almond milk has a nice creamy texture like a whole milk would have with a lot less calories and a great source of monounsaturated fats. Dairy is not always nice on the stomach so it's a great substitution. Almonds give you a nice dose of vitamin E, an antioxidant, along with fiber for fullness. Get creative and make your own almond or nut milk with just some water, a food processor and a cheese cloth.



**8** Farmer Market Eggs. The gorgeous golden yellow yolk when you crack open one of these babies for breakfast is no comparison to the conventional eggs. Rich in lutein, choline – for



brain and eye health, and omega 3 fatty acids from the chicken's open range diet. If you can't make it to Farmer's Market to support your local farmer and grower (promise to go just once?), free range chicken eggs are available in the store. Pay for better quality – your brain and eyes will thank you.

**9** Wild Caught Alaskan Salmon. If you're going to eat salmon go for the best. One of the best Omega-3 sources you will find, which is accredited to the salmon's natural diet in krill. Atlantic



Salmon is a disgrace to fish, being farm raised and wreaking havoc on our environment. Unfortunately, most fish varieties (not just salmon) are imported. If you get canned look for the Wild Caught Alaskan and do your body and the environment a favor.

**10** Greek Yogurt. Creamy, rich texture with little to no fat in most products makes it a healthy dessert alternative. High in potassium, yogurt can help lower blood pressure as well as boost your calcium. Probiotics have been given a huge spotlight recently, and for good reason – a healthy gut is a healthy body.



**11** Walnuts. Omega-3's please. Fiber, magnesium and vitamin E keep your skin, gut and cells younger. Toast them in a skillet before tossing in a salad to bring out the natural oils. They add a great crunch to yogurt parfaits, broccoli salads (recipe below!), or regular salads.



**12** Broccoli. Packed with potassium to help lower blood pressure and vitamin C (as much as 1 orange per cup) for immune system. Roasting broccoli will bring out the natural sugars to make it sweet and satisfying. No more soggy, over boiled broccoli – here's the grown up way to make it: Toss florets in some oil, salt and pepper and lay on a baking sheet to bake at 425 degrees for 15-20 minutes.



## Your Local Health Food Store

Visit Natural Grocers located at 3750 S Staples St. on the cross intersection of Staples and Weber. It has been in Corpus Christi since February 2016. Only stocked with USDA Organic produce and very strict on foods sold (no preservatives, no artificial anything and safe food sourcing practices). Hop on in and grab a schedule for classes taught in their prestigious cooking demonstration kitchen. Show your support for health in our hometown!



# BROCCOLI SALAD WITH HONEY-TOASTED WALNUTS

PREP TIME: 10 MINUTES

COOK TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES

## INGREDIENTS

2 crown broccoli chopped into florets  
1/4 red onion thinly sliced  
4.5 ounces fresh blueberries  
1/2 cup dried cranberries  
2/3 cup plain whole milk yogurt  
Zest of 1 lemon  
2 tablespoons fresh lemon juice  
2 tablespoons honey  
1 teaspoon kosher salt

## FOR THE HONEY-TOASTED WALNUTS:

2/3 cup raw walnut halves  
2 teaspoons olive oil  
1.5 tablespoons honey  
1/2 teaspoon kosher salt



## INSTRUCTIONS

### TO PREPARE THE HONEY TOASTED WALNUTS:

1. Add all ingredients for the walnuts to a small skillet and heat over medium. Cook 5 to 8 minutes until mixture is very bubbly and walnuts have caramelized and turned golden-brown. Set aside and allow to cool. Chop the walnuts when cool enough to handle.

### TO PREPARE THE BROCCOLI SALAD:

1. Chop the broccoli crowns into small florets, and chop the broccoli stems. Add stems and florets to a large serving bowl.
2. In a small bowl, stir together the yogurt, lemon zest and juice, honey, and salt.
3. Pour this mixture over the broccoli and stir well to coat all of the broccoli with dressing.
4. Add the red onion, blueberries, dried cranberries, and toasted walnuts. Toss everything together and serve with your favorite entree.

AUTHOR: JULIA retrieved from: <https://www.theroastedroot.net/broccoli-salad-blueberries-honey-toasted-walnuts/>

Serving Size: 1 cup serving

Calories 213.8, Total Fat 11.5, Saturated Fat 3.1 g, Polyunsaturated Fat 1.9 g, Monounsaturated Fat 2.5 g, Cholesterol 12.3 mg, Sodium 251.9 mg, Potassium 824.1 mg, Total Carbohydrate 23.9 g, Dietary Fiber 6.8 g, Sugars 0.6 g, Protein 8.9 g, Vitamin A 64.0 %, Vitamin C 316.5 %, Vitamin E 21.6 %, Calcium 12.1 %, Folate 37.0 %