

## 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

*Reference in this publication to any specific commercial product, process, or service, or the use of any trade, firm, or corporation name is for general informational purposes only and does not constitute an endorsement, recommendation, or certification of any kind by Purdue Extension.*

Photos by Bailey Ritchie

PURDUE<sup>™</sup>  
EXTENSION

# Dining

with Diabetes

Contact Us

Purdue Extension

Phone: 888-398-4636 (toll free)

Website: [www.purdue.edu/hhs/extension/](http://www.purdue.edu/hhs/extension/)

PURDUE<sup>™</sup>  
EXTENSION

HEALTH AND  
HUMAN SCIENCES

August 2014

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran.

Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

PURDUE<sup>™</sup> | LOCAL FACES  
EXTENSION | COUNTLESS CONNECTIONS  
1-888-EXT-INFO • [www.extension.purdue.edu](http://www.extension.purdue.edu)

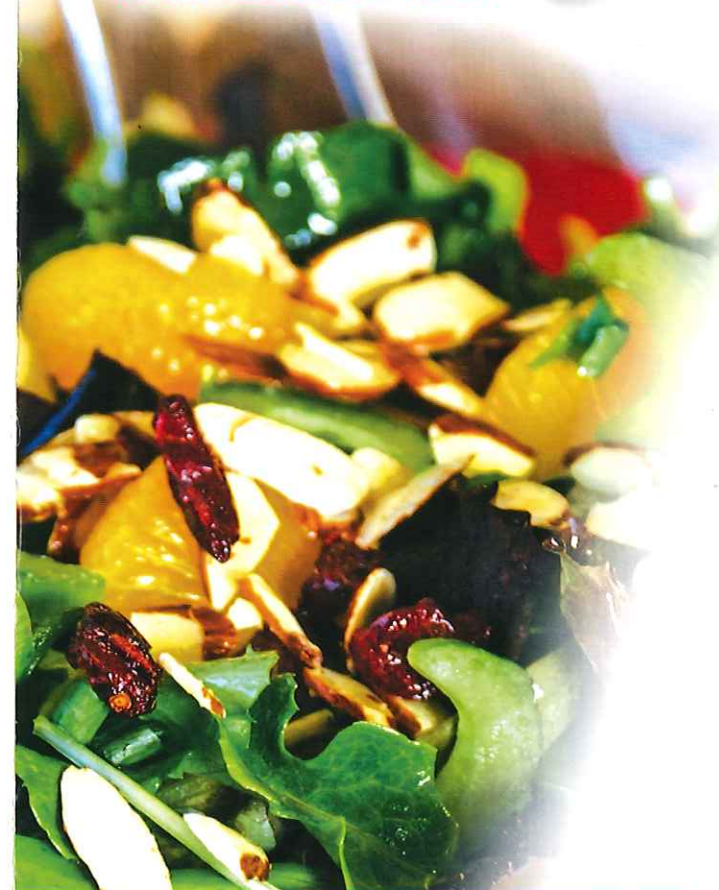
PURDUE<sup>™</sup>  
EXTENSION

- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

# Dining

with Diabetes



HEALTH AND  
HUMAN SCIENCES

**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!

**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. Enrollment costs vary by location.

**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."

**Orange-Almond Salad**

