



DIABETES-FRIENDLY SUPERFOODS SPOTLIGHT: CITRUS FRUITS

What's one sunny side to winter? It's peak season for many citrus fruits, so during your next grocery run, take home a bag or two of navel oranges, grapefruits, tangerines or mandarins. Or, if you're fortunate enough to be in the southern U.S., pick up a box at a roadside stand.

Packed with vitamin C, folate, potassium and other nutrients, citrus helps your body fight infection and fills you up with fiber. Best of all, they're low in carbohydrates making them

the perfect addition to your diabetes-friendly meal plan.

Citrus fruits not only add a tasty addition to your morning breakfast and anytime snack, you'll also want to have them on hand for your secret ingredient. A squeeze of juice or a dash of zested rind can help you balance soups, stews and sauces with a hint of acidity.

Citrus is also the perfect marinade for fish, chicken and other lean meats on the menu.



Healthy Living Tip

Bust out of the winter blues by "vacationing" at home.

- Get takeout from a new restaurant, and light candles for ambience.
- Stream a production from a local theater.
- Plan indoor beach night, complete with music, strings of lights and flowers.
- Go hiking at a state or national park. Pack a thermos of hot soup and camp chairs for a winter picnic.



"Friends are those rare people who ask how we are and then wait to hear the answer."

— Ed Cunningham



Winter Orange Salad

A great recipe to wake up winter meals!

In a large bowl layer in:

- Three cups mixed greens
- Two cooked chicken breasts, chopped or shredded
- 1/2 cup orange slices, cut into 1-inch pieces
- 1/2 cup grapefruit sections, cut into 1-inch pieces
- 1/3 cup thinly sliced red onion
- 1/8 cup chopped walnuts

Serve **orange vinaigrette dressing** on the side.

In a blender, combine:

- 1/4 cup freshly squeezed orange juice
- 1/4 cup white wine vinegar
- 1/2 cup olive oil
- 1/2 teaspoon dry mustard
- Salt and pepper to taste



Healthy eating tips on a budget.

- When you see a great price, buy extras to stock cupboards and freezers.
- Take meal planning a step further by making plans for leftovers.
- At week's end, put together a soup or stew using leftover veggies, meats and grains.
- The freezer is your friend. If leftover entrees bore you, freeze them in single portions. They make excellent lunches and quick choose-your-own suppers on nights you want to take the night off from cooking.

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