



## DIABETES-FRIENDLY SUPERFOODS SPOTLIGHT: GRILLING TIPS TO LIGHT UP YOUR SUMMER

There's no need to wait for a summer get-together. Fire up the grill to sear that charbroiled flavor onto your favorite lean meats and veggies. Better yet, you can enjoy a tasty dinner without heating up your house.

### **Keep a lid on it:**

This is the best tool that will help you achieve that sought-after smoky flavor.

### **Boost flavor with spices:**

Kick grilled fish and lean chicken breast up a notch with a tasty marinade. For pro results, give it a second soak in a fresh batch after the meat is cooked.

### **Create your own concoctions:**

Store-bought grill rubs and marinades are convenient, but their sodium and sugar levels can be off the charts! Luckily, whipping up your own creations is super simple and you can customize them to your exact tastes.

### **Pack in the veggies:**

Grilled veggies are packed with flavor, making them the perfect addition to liven up your dinner plate. Ears of corn, spears of asparagus, slices of sweet potato — simply add a light application of oil and seasoning and the grill will do the rest!



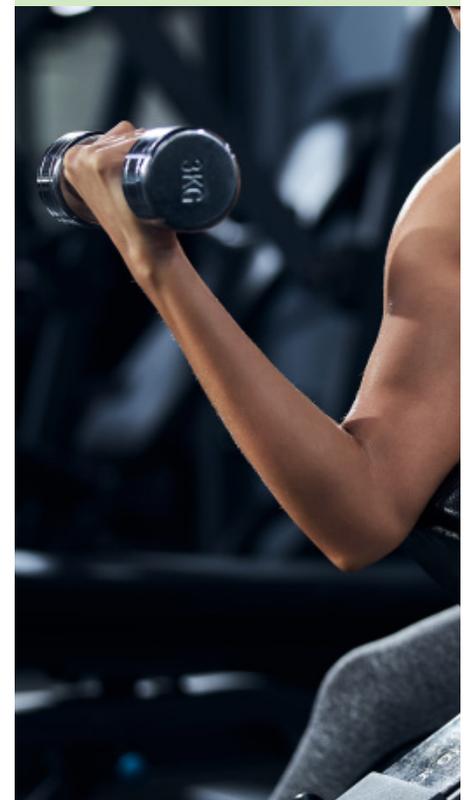
## Healthy Living Tip

### 5 good reasons to pump iron

**Making time for  
weight-bearing exercise  
pays off!**

**Adding muscle mass  
helps you:**

- Absorb more glucose
- Burn more calories
- Improve blood pressure and cholesterol
- Improve weight loss
- Boost bone density



**“Live in the sunshine, swim the sea, drink the  
wild air.”**

**— Ralph Waldo Emerson**



## Marinade 101

### Here's what you need to build your perfect diabetes-friendly marinade.

- Oil is the flavor carrier and facilitates an even distribution of heat. Use heart-healthy oil, like avocado or extra virgin olive oil.
- Acid penetrates the surface of the meat for a deeper flavor. Use the juice from a lemon or lime (including the zest), or try your favorite flavored vinegar.
- Seasoning like salt and pepper brings the flavors to life, but use the salt shaker sparingly!
- Savories and aromatics like minced garlic, onion or ginger bring depth to the flavor.
- Herbs can be fresh or dried. Oregano and rosemary make excellent choices.
- Spices like dried chilis can bring a kick to your grilled creation.
- Sugar balances the acidic notes, but it does tend to burn in high-heat cooking. For grilling, keep it to a minimum or leave it out altogether.



## Top tips on intuitive eating

Diabetes can be a grind, especially when it feels like life revolves around eating the “right” foods. Make peace with the turbulent feelings with these tips from the intuitive eating movement.

- Honor your hunger. When your stomach’s rumbling, don’t deprive yourself.
- Honor your emotions. Find non-food outlets.
- Listen to your fullness.
- Be kind to yourself (Seriously, don’t let the inner voice scold you.).
- Feel the satisfaction. Savor your food, and make mealtime a pleasurable experience.

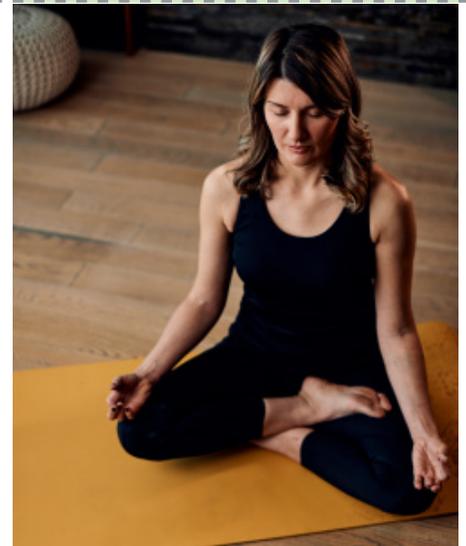
Learn more at [intuitiveeating.org](http://intuitiveeating.org)

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