

Healthy Hints

From The Perfectly Powerful Peanut



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Diabetes-Friendly Grocery Checklist

Choosing healthy foods at the grocery store can be especially challenging for those with diabetes. Special attention needs to be paid to the amount of carbohydrates, fiber, and protein foods contain.

Carbohydrates are found in foods like sweets, fruit, milk, dairy, baked goods, cereals, rice, pasta, and potatoes and other starchy vegetables. Carbs can affect your blood sugar faster than protein or fat, because your body breaks carbs down earlier during digestion¹.

According to the American Diabetes Association, these are foods that are great options for your shopping list:²

Nuts: Peanuts are a good source of fiber and mostly good fat. Peanuts also have more protein than any other nut.

High-fiber foods: Beans and legumes; black beans, kidney beans, pintos, chickpeas, white beans, and lentils are good choices. To save time use canned beans, but be sure to drain and rinse them to reduce sodium intake.

Fruits and vegetables, especially: Dark green leafy vegetables: spinach, collards, and kale

Citrus fruit: Grapefruit, oranges, lemons, and limes are good sources of soluble fiber and vitamin C.

Sweet potatoes: Full of vitamin A and fiber.

Berries: Blueberries and strawberries are packed with antioxidants, vitamins, and fiber.

Whole grains: Whole wheat pasta, whole-grain cereals, and whole-grain breads.

Fish high in omega-3 fatty acids: Salmon and sardines are great choices.





Seven-Minute Salmon

Start to Finish: 40 minutes

Yield: 4 servings

Ingredients:

2 small limes, zested and juiced
3 tablespoons creamy peanut butter
3 tablespoons reduced-sodium soy sauce
1-inch-piece fresh ginger, peeled and chopped
2 garlic cloves, chopped
nonstick cooking spray
4 boneless wild salmon fillets (6 ounces each), skin on

Preparation:

Preheat the oven to 425°F. In a small bowl, mix the lime zest, lime juice, peanut butter, soy sauce, ginger, and garlic. Heat a large skillet over high heat. Coat the skillet with cooking spray, and place the salmon fillets in the pan, flesh side down. Cook 1 to 2 minutes, until the salmon starts to brown. Turn the fillets over and turn off the heat. Spoon the lime mixture over the salmon, and slide the skillet into the oven. Bake 7 to 8 minutes, until the salmon flakes when pressed with a fork.

(Recipe created by Skinny Chef Jennifer Iserloh)

Nutrition Information Per Serving:

Calories: 329
Calories from fat: 153
Fat: 17g
Trans fats: 0g
Cholesterol: 94mg
Carbohydrate: 8g
Protein: 37g
Fiber: 2g
Sodium: 358mg

For this recipe and many more as well as for additional information about peanuts as part of a diabetes-friendly diet, visit nationalpeanutboard.org.



References

1. WebMD. Accessed on January 27, 2015. Available at <http://www.webmd.com/diabetes/understanding-carbohydrates-fiber>.
2. American Diabetes Association. Accessed on October 26, 2014. Available at <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/diabetes-superfoods.html>.