

American Diabetes Association Offers Online Resource For Healthy Eating

(NAPSA)—Eating right helps with weight loss, managing diabetes and preventing the development of type 2 diabetes. But making healthy choices can be challenging.

However, it can be easier with MyFoodAdvisor: Recipes for Healthy Living, an online resource featuring recipes, meal plans and tips for healthy eating. The site also includes interactive videos with cooking demonstrations of diabetes-friendly recipes, showing users how to use and prepare fresh, healthy foods.

MyFoodAdvisor: Recipes for Healthy Living helps assist in food and nutrition-related decisions, as they are a key component of diabetes management and type 2 diabetes prevention. Research shows that losing weight can prevent diabetes complications such as blindness, kidney disease, heart attack and stroke. Additionally, by losing 7 percent of your body weight through diet and with 30 minutes of physical activity, five days a week, you can reduce your risk of type 2 diabetes by 58 percent.

The recipes from Recipes for Healthy Living are delicious enough for the whole family to enjoy.

You can learn more and register for free at www.diabetes.org/recipes.

Crisp Pecan Tilapia (Serves 2)

Ingredients:

- 2 tablespoons yellow cornmeal
- 2 tablespoons panko or plain dried bread crumbs
- 1 teaspoon cornstarch
- ½ teaspoon salt-free lemon pepper
- 2 tilapia fillets (about 4 ounces each), rinsed and patted dry
- 2 teaspoons fresh lemon juice



Crisp Pecan Tilapia from “Diabetes & Heart Healthy Meals for Two.”
Photographer: Peter Papoulakos

- 2 tablespoons coarsely chopped pecans, dry roasted
- 1 tablespoon snipped fresh Italian (flat-leaf) parsley

Instructions:

1. Preheat the broiler. Lightly spray an 11x7x2-inch baking pan with cooking spray.
2. In a shallow dish, stir together the cornmeal, panko, cornstarch and lemon pepper. Add the fish, turning to coat, shaking off any excess. Transfer to the baking pan. Lightly spray both sides of the fish with cooking spray.
3. Broil for 3–4 minutes on each side, or until the fish flakes easily when tested with a fork. Transfer to plates. Drizzle with the lemon juice. Sprinkle with the pecans and parsley.

Serving Size: 3 ounces; Calories 190; Carbohydrates 7 g; Protein 24 g; Fat 8 g; Saturated Fat 1.5 g; Cholesterol 75 mg; Sodium 35 mg; Dietary Fiber 1 g

McNeil Nutritionals, LLC, the marketer of SLENDA® No Calorie Sweetener, is a proud supporter of MyFoodAdvisor: Recipes for Healthy Living.