Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Diabetes Facts:

- More than 30 million US adults have diabetes – 1 in 4 of them do not know
- More than 84 million US adults have pre-diabetes – 90% of them do not know
- People with diabetes are 2x more likely to have heart disease or a stroke – and at an earlier age.
- Smokers are 30–40% more likely to develop type 2 diabetes.
- Smokers with diabetes are more likely to develop heart and kidney disease.

*SOURCE: Centers for Disease Control and Prevention - **www.cdc.gov***

## Eating to Prevent and Manage Diabetes:

- Serve meals that model **MyPlate** for portion control - ***Choosemyplate.gov***
- Use the **Create My Plate** tool on ***Diabetes.org*** to build a balanced meal.
- Limit processed foods and those with added sugars.

## Burrito Bowls

**Ingredients:**

- 12 Bibb lettuce leaves
- 2 cups canned beans, drained (black, pinto, kidney)
- 2 cups cherry tomatoes, quartered lengthwise
- 1 cup corn kernels
- 2 cups brown rice, cooked
- 1 cup cooked chicken, thinly sliced or diced
- 1 cup sliced scallions or red onions, diced
- 1 avocado, diced
- 1/4 tsp. ground cumin
- 1/4 tsp. chili powder
- 1/2 cup salsa verde
- 4 lime wedges

**Directions:**

- Stir together the beans, tomatoes, corn, scallions or red onion, cumin and chili powder in a medium bowl. Set aside.
- Divide the lettuce leaves among 4 dinner plates or pasta bowls, loosely forming a "bowl" with the leaves.
  Top each "bowl" with ½ cup rice, then ¼ of the bean mixture.
- Top the rice and beans with chicken and diced avocado.
  Then drizzle with salsa verde and serve with a lime wedge on the side.