



## **IDEAS FOR THOSE LIVING WITH DIABETES:**

As you may know, individuals living with diabetes need to be mindful of their carbohydrate intake at each meal. Of course, these needs vary by individuals. If you are unaware of your ideal carbohydrate intake, it is highly recommended that you seek the advice of a registered dietitian or a certified diabetes educator. Aside from lowering your carbohydrate intake, consuming adequate protein, fiber, and healthy fat can also assist in controlling blood sugar. The following best picks for pizza and salads have been selected based on carbohydrate content, fiber content, and overall calories.

If you're in the mood for pizza, you can go with two slices of the following 10 inch Gourmets, which contain less than 30 grams of total carbohydrates:

- The Duke City: 28 grams of carbohydrates
- The Santorini : 28 grams of carbohydrates
- The Kansas City: 30 grams of carbohydrates

A standard slice of cheese pizza (ordered individually) provides 51 grams of carbohydrates. All toppings are less than five grams of carbohydrates.

Salads are lower in grains and higher in non-starchy vegetables. Therefore, they are much lower in total carbohydrates, making them an ideal meal. Listed below are the half salad servings:

- Chicken Pecan Salad: 9 grams of carbohydrates
- Tossed Salad: 14 grams of carbohydrates
- Chicken Caesar Salad: 16 grams of carbohydrates
- Turkey Salad: 16 grams of carbohydrates
- Ranch Salad: 17 grams of carbohydrates
- Chef Salad: 17 grams of carbohydrates
- Greek Salad: 18 grams of carbohydrates
- Southwest Chicken Salad: 20 grams of carbohydrates
- Crunchy Spinach Salad: 23 grams of carbohydrates
- Best dressings under 10 grams of carbohydrates: Bleu Cheese, Caesar, Greek, Green Chile Ranch, Honey Mustard, Ranch, and Raspberry Vinaigrette

Please note the nutritional values provided are estimates based on our standard serving portions. Food servings may have a slight variance each time you visit. In addition, everyone's body is different and we urge you to seek guidance from your own physician and/or a registered dietitian to make the best decisions possible for *you*.