

“I meet my diabetes goals with dishes that taste great!”

A type 2 diagnosis motivated Shelby Kinnaird to marry her passion for cooking with her commitment to better health.



No question, learning she had type 2 diabetes back in 1999 took then-37-year-old Shelby Kinnaird by surprise. But she didn't waste much time feeling bad for herself. A high-powered professional in a stressful job, she immediately looked at the silver lining: “I felt like I had an excuse to put my health first for once, and I was determined to educate myself and keep the bad effects at bay,” says Shelby. “I worked in a field that required reading lots of technical documentation, so I approached my new way of eating as another project!” She saw a diabetes educator, stocked her shelves with diabetes cookbooks and followed the eating plan her diabetes educator laid out for her. She also started walking every day after work.

The benefits kicked in right away: “I lost about 40 pounds in the first six months, and my blood sugars were always in

range, so that gave me a lot of confidence that I was on the right path.” There was just one problem: “I was extremely disappointed in the recipes I was following,” says Shelby, a whiz in the kitchen. “They tried to make diabetic-friendly versions of common dishes, so there was heavy use of fat-free products and artificial sweeteners. I even remember one cookbook that used a powdered butter replacement. Yuck!”

Shelby's solution? “I decided to focus on real foods that I didn't know how to cook—things like lentils, chickpeas and spaghetti squash—rather than lousy substitutes. It worked for me and my blood sugar!” says Shelby, who posts her creations on her award-winning blog, *DiabeticFoodie.com*. Read her top tips, *right*, and turn the page for one of her elegant entrées. 🍴

Shelby's top tips for getting your eating on a healthy track:

1. Get your guidelines.

“Learn what carbs are, which are “good” and which are not so good, and have a clear understanding of how many carbs you should be eating each day at each meal. Meet with a diabetes educator or a registered dietitian if you can.



2. Don't cut out, cut back! “I had always been of the mindset that it wasn't a meal if there was no bread! So I started by cutting back. If I normally ate two or three slices of pizza, I'd eat one slice plus a salad. If I was craving a burger, I'd eat it without the bun.”

3. Rethink snack time. “I always had some M&Ms and a Coke as a mid-afternoon snack, and I usually had some type of candy in a jar on my desk. I started bringing fruit or yogurt instead.”

4. Track and learn! “Write down what you eat, then check your blood sugar a couple hours later and write down the number. This is the only way you can determine what foods affect you most. For example, I can eat pineapple without negative effects, but some people can't. I have a hard time, though, if I eat even a single slice of pizza. Everyone is different, and you need to understand what makes your numbers go high.”

Light *and luscious*



Surprisingly satisfying and easy to make, Shelby's entrée is perfect for an elegant lunch or afternoon tea.

Just
2 grams
of carbs!

Shrimp Salad–Stuffed Avocado

Makes 2 servings.

1/2 Tbsp avocado oil
mayonnaise, plain Greek
yogurt, or regular mayonnaise

1/2 Tbsp white wine vinegar

1 Tbsp minced fresh parsley

1/2 tsp grated fresh ginger

1 scallion, thinly sliced
(white and green parts)

1/2 lb. shrimp, cooked and cut
into bite-sized pieces

Kosher salt

Freshly ground pepper

1 avocado

Lime wedges

- In a medium bowl, combine mayonnaise, vinegar, parsley, ginger and scallions. Mix well.
- Add shrimp to dressing mixture and season with salt and pepper.
- Slice avocado in half lengthwise and remove pit, but do not peel.
- Spoon shrimp salad into avocado halves. Squeeze a wedge of lime over each avocado and serve immediately.

NUTRITION FACTS

Calories 260, fat 15 g
(saturated fat 2 g), carbohydrates
7 g, sugar 1 g, sodium 360 mg,
fiber 5 g, protein 25 g,
cholesterol 225 mg

