good eating good living

FOR PEOPLE WHO CARE ABOUT DIABETES

Savor summer
49 tips, recipes & seasonal favorites

A father's success
one man's life-changing story

Get fit with a splash
shed calories and shape muscle
kick off the grilling season with Kraft Foods summer favorites. Smart treat choices under 200 calories, easy-to-make recipes like Zesty Pork Chops and Grilled Vegetables and new twists on summer classics like Best Baked Beans and Grilled Potato Salad are all at your fingertips. Keep cool and get active with our handy swim and water exercise tips (bonus: determine your aquatic personality) and then beat the heat with frosty CRYSTAL LIGHT Floats.

A father’s success story showcases his journey, his inspiring weight loss and the family meal he just can’t live without. Check out all this and more to keep the fun and flavor(!) in summer.

Want more simple & delicious recipes? Check out your favorites at kraftfoods.com/diabetes.

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One morning, just before his 40th birthday, Jimmy Blass got on the scale. He knew he had steadily gained weight over the years, but nothing prepared him for the number that stared back at him: 299.

Shocked, Blass vowed to make better food choices, then called the person he had avoided for years: his doctor.

After his visit, the physician called to review his blood work: He had Type 2 diabetes.

“It was an eye-opener, but I always knew it was within the realm of possibility,” said Blass, whose father and grandfather also had diabetes.

Blass sought nutrition and diabetes counseling at his local hospital, but beyond testing his blood sugar and remembering to take three diabetes medications, Blass’ biggest challenge was making smart food choices.

“I felt like I didn’t have any control,” he said.

But knowing that his father had learned to manage his own diabetes gave Blass strength. “Having my father as a role model was the single biggest thing,” he said.

With the nutrition knowledge he gained, Blass tracked his carbohydrates, fats and proteins. Using this system, the husband and father of three can still enjoy his favorite summer meals: grilled pork chops. He uses lean meat to reduce the fat and a digital kitchen scale to measure 4- or 5-ounce portions before brushing them with KRAFT Light Original Barbecue Sauce.

To stay hydrated, Blass opts for water or CRYSTAL LIGHT Iced Tea Drink Mix. When he’s on the road, he keeps CRYSTAL LIGHT On The Go Drink Mix within reach and packs snacks, such as reduced-fat cheese, to keep hunger at bay. Blass also walks more now than ever. Once or twice a day, he climbs the 100 steps that lead to his seventh-floor office. “I never take the elevator,” he said, unless he’s talking to a colleague and wants to be polite.

Twelve years after his diagnosis, Blass has stuck with his simple yet effective plan. At 51, he’s lost 100 pounds and needs only one of his original three diabetes medications—at a fraction of the dosage.

“In the beginning, I didn’t think I could do it,” he said. “Saying you have no control and that you can’t do anything about it is an easy attitude to believe. But you can make a difference. It’s just a matter of understanding how and then sticking with it.”

“I didn’t know how to eat right, but I had desire to learn.”

FIND OUT MORE about Jimmy Blass and how his diagnosis affected his family at the Kraft Foods Diabetes Center.
get fit with a splash

Exercising in the water is a great way to refresh yourself, burn some calories and tone your muscles at the same time. The first step is assessing your skill level and comfort in the water to choose an activity that’s right for you. Here are some tips to help you determine your aquatic personality:

**Exerciser**
Exercisers do not have to be proficient swimmers; they work out in the shallow end with a class. Activities might include running in place, kicking from a side wall, body twists, arm movements and various bends and stretches. Be sure to wear water shoes with good non-slip rubber soles to protect your feet from injury. The bottoms of pools can be rough, and lakes can have hidden sharp objects.

**Swimmer**
Swimmers focus on making workouts fun and interesting. You can alternate strokes to use different muscles, such as two lengths each of front crawl, breaststroke, backstroke and sidestroke. If you’re rusty on stroke mechanics, see if your local pool has a swim coach who can offer you a lesson.

**Gadget guru**
Gadget gurus take advantage of water tools that help with buoyancy and activity. One of the most popular is a simple kickboard that lets you power back and forth in the pool using your leg muscles to really burn calories. For a fun workout, use leg buoys while playing volleyball to help you tread water.

A few simple tips can help you stay cool (and safe) while exercising outdoors in the summer at kraftfoods.com/diabetes.

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**REMEmber** to check with your health care professional before beginning any new exercise plan.
Summer’s here and it’s time to get grillin’.

**go lean**
Easy-grilling beef steaks such as strip, flank and top sirloin—best for Steakhouse Salad—are all lean and should be grilled quickly over high heat.

**grilling veg**
Grilling adds fabulous flavor to vegetables, but they can dry out before they’re cooked. Cooking for 1 to 2 minutes before placing them on the grill means they grab all that flavor and stay crisp-tender. Onion rings can be microwaved for 1 minute, then grilled.

**the flip**
Let your grill do its work efficiently: Don’t mess with the meat. When grilling steaks or boneless, skinless chicken like Easy Grilled Chicken Breasts, put them on a hot grill. Let them cook and develop a delicious crust of grill marks and then flip them with tongs just once to cook the other side. You’ll end up with juicer meat in the end.

**skewer success**
Leave spaces between the items on your skewers: They’ll cook more evenly. If you’re using wooden skewers, soak them for at least 30 minutes before threading the food on them—it keeps them from burning on the grill. Cowboy Kabobs, Tangy Grilled Chicken Kabobs and Pork and Pineapple Kabobs are three great recipes to try using these tips.

**sauce secrets**
To keep barbecue sauce from burning, brush it on during the last few minutes of cooking. If you used a marinade, throw away what’s left over: Don’t risk contaminating cooked food with sauces that touched raw food.

**walk the plank**
Cedar plank grilling gives foods like Grilled Cedar-Planked Salmon a smoky flavor. Soak the untreated plank for 4 hours before use.

**easy portions**
Skewers are a perfect option for keeping portions on track. And you can customize.

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**zesty pork chops and grilled vegetables 🌟**
prep time: 5 min. | total time: 36 min. | makes: 4 servings | carb choices: ½

**what you need**
4 bone-in pork chops, ½ inch thick (1¼ lb.)
¼ cup KRAFT Light Zesty Italian Dressing
1 Tbsp. GREY POUPON Dijon Mustard
2 red peppers, cut lengthwise into wedges
2 zucchini, cut diagonally into ¼-inch-thick slices

**make it**
PREHEAT grill to medium heat. Pierce both sides of chops several times with fork; place in shallow dish. Combine dressing and mustard. Pour half of the dressing mixture over chops; cover dish.

REFRIGERATE at least 15 min. to marinate. Set remaining dressing mixture aside for later use. Remove chops from marinade; discard marinade.

GRILL chops and vegetables 7 to 8 min. on each side or until chops are cooked through (160°F) and vegetables are crisp-tender, brushing occasionally with the reserved dressing mixture.

**NUTRITION** (per serving): 240 calories, 10g total fat, 3g saturated fat, 75mg cholesterol, 400mg sodium, 8g carbohydrate, 3g dietary fiber, 4g sugars, 29g protein

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Red peppers in this low-calorie main dish are rich in vitamin C.
steak salad with corn & tomatoes

prep time: 10 min.  |  total time: 55 min.  |  makes: 4 servings  |  carb choices: 1

what you need
- 3 Tbsp. chopped cilantro, divided
- 2 Tbsp. lemon juice
- ½ cup KRAFT Light House Italian Dressing, divided
- 1 beef flank steak (½ lb.)
- 8 cups torn romaine lettuce
- 12 cherry tomatoes, cut in half
- ½ cup frozen corn, thawed
- ¼ cup KRAFT 2% Milk Shredded Cheddar Cheese

make it
MIX 1 Tbsp. cilantro, lemon juice and 2 Tbsp. dressing; pour over steak in shallow dish. Turn steak to coat both sides. Refrigerate 30 min. to marinate, turning steak after 15 min.

HEAT grill to medium heat. Remove steak from marinade; discard marinade. Grill steak 10 min. or until medium doneness (160°F), turning after 5 min. Remove from grill. Let stand 5 min. Cut across the grain into thin slices.

COVER platter with lettuce; top with meat, tomatoes, corn, cheese, remaining dressing and cilantro.

substitution suggestion:
Substitute beef skirt steak for flank steak and lime juice for the lemon juice.

NUTRITION (per serving): 210 calories, 11g total fat, 4.5g saturated fat, 35mg cholesterol, 430mg sodium, 12g carbohydrate, 3g dietary fiber, 5g sugars, 18g protein

grilled potato salad

prep time: 15 min.  |  total time: 25 min.  |  makes: 12 servings  |  carb choices: 1

what you need
- 2 lb. small red potatoes, quartered
- 1 red pepper, halved, seeded
- 3 green onions
- 1 Tbsp. chopped fresh basil
- ½ cup KRAFT Natural Three Cheese Crumbles
- ¾ cup KRAFT Zesty Italian Dressing

make it
HEAT grill to medium-high heat.

COOK potatoes in boiling water 10 min. or just until tender; drain.

GRILL potatoes, peppers and onions 10 min. or just until browned, turning occasionally.

PLACE potatoes in bowl. Chop pepper and onions. Add to potatoes with remaining ingredients; mix lightly. Serve warm.

substitution suggestion:
Substitute 2 tsp. dried basil leaves for the fresh basil.

NUTRITION (per serving): 120 calories, 5g total fat, 1.5g saturated fat, 5mg cholesterol, 190mg sodium, 14g carbohydrate, 2g dietary fiber, 2g sugars, 3g protein
grilled stuffed portobello mushrooms for two
prep time: 10 min. | total time: 27 min. | makes: 2 servings | carb choices: 1½

what you need
2 portobello mushrooms (1¼ lb.)
⅛ cup KRAFT Light Balsamic Vinaigrette Dressing, divided
½ cup cooked long-grain brown rice
½ cup chopped seeded tomatoes
⅓ cup KRAFT 2% Milk Shredded Italian* Three Cheese Blend
¼ cup chopped fresh basil

make it
HEAT grill to medium heat.

USE spoon to remove stems and brown gills from undersides of mushroom caps. Discard gills; chop stems. Brush both sides of mushroom caps evenly with 2 Tbsp. dressing.

HEAT remaining dressing in small skillet on medium heat. Add chopped stems; cook and stir 6 min. or until tender. Stir in rice, tomatoes, cheese and basil.

GRILL mushrooms, top-sides up, 5 min; turn. Top with rice mixture; grill 5 min. until mushrooms are tender and cheese is melted.

special extras:
Stir ¼ tsp. ground ginger into barbecue sauce mixture before using as directed.

Grill additional chicken and vegetables to use later, sliced, in salads or wrap sandwiches. Refrigerate until ready to use.

substitution suggestion:
Prepare using KRAFT 2% Milk Shredded Mozzarella Cheese.

*Nutrition information is based on nutrition data for KRAFT 2% Milk Shredded Mozzarella Cheese, Made with quality cheeses crafted in the USA.

nutrition (per serving): 160 calories, 4.5g total fat, 2g saturated fat, 10mg cholesterol, 450mg sodium, 22g carbohydrate, 3g dietary fiber, 4g sugars, 10g protein

grilled bbq chicken with grilled vegetables
prep time: 15 min. | total time: 33 min. | makes: 4 servings | carb choices: 1½

what you need
½ cup KRAFT Original Barbecue Sauce
⅛ tsp. orange zest
2 Tbsp. fresh orange juice
4 small boneless skinless chicken breast halves (1 lb.)
1 zucchini, cut lengthwise in half
1 yellow squash, cut lengthwise in half
1 red pepper, cut into quarters
⅛ cup KRAFT Zesty Italian Dressing

make it
HEAT grill to medium heat.

MIX barbecue sauce, zest and juice until well blended.

GRILL chicken 6 min., turning after 3 min. Brush with half the sauce.

ADD vegetables to grill. Cook chicken and vegetables 9 to 12 min. or until chicken is done (165°F) and vegetables are crisp-tender, turning occasionally and brushing chicken with remaining sauce and vegetables with dressing.

special extras:
Stir ¼ tsp. ground ginger into barbecue sauce mixture before using as directed.

Nutrition information is based on nutrition data for KRAFT Zesty Italian Dressing, Made with quality cheeses crafted in the USA.

nutrition (per serving): 250 calories, 7g total fat, 1.5g saturated fat, 65mg cholesterol, 660mg sodium, 19g carbohydrate, 2g dietary fiber, 15g sugars, 26g protein

Go meatless with our BOCA Blue Cheese Burger and Santa Fe Quick Burger at kraftfoods.com/diabetes.
market-fresh salad

prep time: 15 min. | total time: 27 min. | makes: 4 servings | carb choices: 1½

what you need
4 small boneless skinless chicken breast halves (1 lb.)
½ cup KRAFT Light CATALINA Dressing, divided
5 cups torn romaine lettuce
1 carrot, peeled lengthwise into ribbons
1 avocado, sliced
1 cup chopped cucumbers
½ cup ATHENOS Crumbled Reduced Fat Feta Cheese

make it
HEAT grill to medium heat.
BRUSH chicken with 2 Tbsp. dressing. Grill 5 to 6 min. on each side or until done (165°F).
TOSS lettuce with carrots, avocados and cucumbers in large bowl. Add remaining dressing; mix lightly. Place on 4 plates.
CUT chicken into thin slices; place on salads. Top with cheese.

NUTRITION (per serving): 330 calories, 14g total fat, 3.5g saturated fat, 75mg cholesterol, 740mg sodium, 22g carbohydrate, 6g dietary fiber, 12g sugars, 12g protein

easy pasta salad

prep time: 20 min. | total time: 3 hr 20 min. | makes: 4 servings | carb choices: 2½

what you need
2 cups rotini pasta, uncooked
2 cups fresh broccoli florets
1 cup halved cherry tomatoes
¼ cup sliced black olives
½ cup KRAFT Light House Italian Dressing
¼ cup KRAFT Reduced Fat Parmesan Style Grated Topping

make it
COOK pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 2 min.; drain. Place in medium bowl.
ADD remaining ingredients; mix lightly.
REFRIGERATE several hours or until chilled.

NUTRITION (per serving): 240 calories, 5g total fat, 1.5g saturated fat, 5mg cholesterol, 390mg sodium, 40g carbohydrate, 3g dietary fiber, 5g sugars, 9g protein

Get more twists on summer classics such as our Sweet & Sour Slaw at the Entrées & Sides page at kraftfoods.com/diabetes.
**best baked beans**

*prep time: 10 min.  |  total time: 55 min.  |  makes: 12 servings  |  carb choices: 2*

**what you need**
- 4 slices OSCAR MAYER Bacon, finely chopped
- 1 large onion, chopped
- 2 cloves garlic, minced
- 4 cans (15 oz. each) pinto beans, drained
- ⅛ cup KRAFT Original Barbecue Sauce
- ¼ cup molasses

**make it**

HEAT oven to 375°F.

COOK and stir bacon, onions and garlic in large skillet on medium-high heat 5 min. or until bacon is cooked and onions are crisp-tender; drain. Stir in remaining ingredients.

POUR into 1½-qt. casserole; cover.

BAKE 45 min. or until hot and bubbly, stirring occasionally.

**substitution suggestion:**
Prepare using your favorite flavor of KRAFT Barbecue Sauce.

**NUTRITION** (per serving): 200 calories, 1.5g total fat, 0g saturated fat, 5mg cholesterol, 500mg sodium, 38g carbohydrate, 9g dietary fiber, 10g sugars, 10g protein

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**grilled parmesan vegetables**

*prep time: 10 min.  |  total time: 20 min.  |  makes: 8 servings  |  carb choices: ½*

**what you need**
- 2 each zucchini and yellow squash, cut into ½-inch-thick slices
- 2 each red, green and yellow peppers, cut into 1½-inch-wide strips
- ½ cup KRAFT Light Zesty Italian Dressing
- ¼ cup KRAFT Grated Parmesan Cheese

**make it**

HEAT grill to medium heat.

GRILL vegetables 10 min. or until crisp-tender, turning occasionally.

PLACE in large bowl. Add dressing; toss to coat.

SPRINKLE with cheese.

**substitution suggestion:**
Prepare using KRAFT Light Caesar Dressing.

**NUTRITION** (per serving): 60 calories, 2g total fat, 1g saturated fat, 5mg cholesterol, 230mg sodium, 10g carbohydrate, 3g dietary fiber, 5g sugars, 4g protein

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Get more appetizer options such as our Easy Layered Tomato Dip at the Appetizers & Snacks page at kraftfoods.com/diabetes.
low-fat chocolate-berry dessert

prep time: 15 min. | total time: 2 hr 15 min. | makes: 12 servings | carb choices: 2

**what you need**

- 7 oz. (½ of 14-oz. loaf) fat-free marble loaf cake, cut into ¼-inch-thick slices
- 2 pkg. (1.4 oz. each) JELL-O Chocolate Fat Free Sugar Free Instant Pudding
- 2½ cups cold fat-free milk
- 2 cups thawed COOL WHIP Sugar Free Whipped Topping, divided
- 2 cups fresh raspberries
- ¼ cup chocolate syrup

**make it**

**COVER** bottom of 9-inch square pan with cake slices, cutting and piecing slices to fit. Beat pudding mixes and milk with whisk 2 min. (Pudding will be thick.) Stir in 1 cup COOL WHIP; spread over cake slices.

**REFRIGERATE** 2 hours or until firm.

**TOP** with remaining COOL WHIP and berries just before serving. Drizzle with syrup.

**substitution suggestion:**
Substitute sliced fresh strawberries for the raspberries.

**NUTRITION** (per serving): 130 calories, 1g total fat, 1g saturated fat, 0mg cholesterol, 310mg sodium, 28g carbohydrate, 2g dietary fiber, 14g sugars, 3g protein

fluffy layered orange dessert

prep time: 20 min. | total time: 2 hr 20 min. | makes: 6 servings | carb choices: 2

**what you need**

- 1 pkg. (1 oz.) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding
- 1⅛ cups cold fat-free milk
- 1 cup thawed COOL WHIP Sugar Free Whipped Topping
- 1½ tsp. orange zest
- 1 pkg. (3 oz.) ladyfingers, split
- ¼ cup orange juice, divided
- 2 navel oranges, chopped
- ½ cup PLANTERS Sliced Almonds, toasted
- ¼ tsp. ground nutmeg

**make it**

**BEAT** pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP and zest.

**ARRANGE** half the ladyfingers, rounded-sides down, in 8- or 9-inch square baking dish; drizzle with 2 Tbsp. orange juice. Cover with half the pudding mixture. Repeat. Refrigerate 2 hours.

**TOP** with oranges, nuts and nutmeg just before serving.

**make ahead:**
Dessert can be stored in refrigerator up to 2 days before serving. Oranges can also be chopped ahead of time; refrigerate up to 2 hours before using as directed.

**NUTRITION** (per serving): 180 calories, 6g total fat, 2g saturated fat, 50mg cholesterol, 240mg sodium, 28g carbohydrate, 2g dietary fiber, 17g sugars, 5g protein

Enjoy the sweet life with seasonal berry desserts such as our Strawberry Fruited Pie at the Desserts page at kraftfoods.com/diabetes.
low-fat raspberry summer sensation

prep time: 15 min.  |  total time: 3 hr 25 min.  |  makes: 12 servings  |  carb choices: 1½

what you need

- 2 cups raspberry sorbet, softened
- 1 pkg. (1 oz.) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding
- 1 cup cold fat-free milk
- 1 tub (8 oz.) COOL WHIP Sugar Free Whipped Topping, thawed
- 1 cup fresh raspberries

make it

SPOON sorbet into foil-lined 9x5-inch loaf pan; freeze 10 min.

BEAT pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP; spread over sorbet.

FREEZE 3 hours or until firm. Unmold onto plate; remove foil. Let dessert stand 10 min. to soften slightly before slicing to serve.

TOP with berries.

substitution suggestions:
Prepare using your favorite flavor of sorbet and try using COOL WHIP Sugar Free Whipped Topping.

NUTRITION (per serving): 110 calories, 2.5g total fat, 2.5g saturated fat, 0mg cholesterol, 115mg sodium, 21g carbohydrate, 1g dietary fiber, 13g sugars, 1g protein

Beat the heat with fun and fruity beverages such as our Mock Sangria at the Beverages page at kraftfoods.com/diabetes.

CRYSTAL LIGHT floats

prep time: 5 min.  |  total time: 3 hr 5 min.  |  makes: 10 servings  |  carb choices: 1

what you need

- 1 pkt. (makes 2 qt. drink) or 2 pkt. (makes 1 qt. drink each) CRYSTAL LIGHT Drink Mix, any flavor*
- 2 qt. (8 cups) cold water
- 1 pt. (2 cups) lemon sorbet

make it

PLACE drink mix in large plastic or glass pitcher. Add water; stir until drink mix is dissolved. Refrigerate several hours or until chilled.

FOR each serving, place small scoop of sorbet in tall glass; fill with prepared drink mix.

substitution suggestion:
For a flavor adventure, substitute different flavors of sorbet or sherbet for lemon sorbet.

NUTRITION (per serving): 60 calories, 0g total fat, 0g saturated fat, 0mg cholesterol, 5mg sodium, 13g carbohydrate, 0g dietary fiber, 13g sugars, 0g protein

*NOTE: CRYSTAL LIGHT Packets come in two sizes. Please note packet size before preparing recipe.
When you’re looking for savory snack ideas, try these appetizer favorites: TRISCUIT Bruschetta Bites and California Shrimp Topper at kraftfoods.com/diabetes.