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full.

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Remember, potatoes and corn count as carbs. Best Choices. Fresh veggies, eaten raw or lightly steamed, roasted, or grilled. Plain frozen vegetables, lightly steamed. Greens such as kale, spinach, and arugula. Iceberg lettuce is not as great, because it's low in nutrients. Low sodium or unsalted canned vegetables.

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Popular in Boydton. Steel-cut oats and qui-

noa breakfast cereal with almond meal, flax, and cinnamon is a quick and easy vegan meal to start the day with. Avocado toast, made with Meyer lemon juice and zest, is topped with chia seeds for a hearty, vegan snack or lunch that is quick and easy.

Experiment with flavor. Reach for ingredients other than sugar, salt, and fat to satisfy your taste buds. Try out different herbs, spices (cinnamon, cardamom, nutmeg), mustards, and vinegars (balsamic, sherry). Some spices may even have health benefits of their own. Cinnamon, for example, may help lower blood sugar levels.

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Louise Blair is a home economist and food stylist who specialises in healthy recipes. She was a consultant for Diabetes UK and is the author of a number of books including Quick Cooking for Diabetes and Low-GI Cookbook, both published by Hamlyn.

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