

DRESSINGS:

citrus-marmalade vinaigrette

2 tablespoons equals 128 calories, 12 g fat (2 g saturated fat), 0 cholesterol, 113 mg sodium, 6 g carbohydrate, trace fiber, trace protein. **Diabetic Exchanges:** 2 fat, 1/2 starch.

light green goddess salad dressing

2 tablespoons equals 64 calories, 6 g fat (1 g saturated fat), 8 mg cholesterol, 153 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchange:** 1 fat.

tangy southwest salad dressing

2 tablespoons equals 27 calories, 1 g fat (trace saturated fat), 0 cholesterol, 76 mg sodium, 2 g carbohydrate, trace fiber, 2 g protein.

SALADS:

artichoke arugula salad

1 cup equals 158 calories, 9 g fat (2 g saturated fat), 5 mg cholesterol, 314 mg sodium, 16 g carbohydrate, 2 g fiber, 4 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 starch.

asian chicken pasta salad

1-2/3 cups equals 321 calories, 14 g fat (2 g saturated fat), 36 mg cholesterol, 344 mg sodium, 29 g carbohydrate, 6 g fiber, 21 g protein. **Diabetic Exchanges:** 2 lean meat, 2 fat, 1-1/2 starch, 1 vegetable.

BBQ ranch salad

1 cup equals 259 calories, 3 g fat (1 g saturated fat), 41 mg cholesterol, 612 mg sodium, 36 g carbohydrate, 7 g fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable.

beef orange salad

1 cup salad with 3 ounces cooked beef equals 265 calories, 12 g fat (3 g saturated fat), 46 mg cholesterol, 139 mg sodium, 10 g carbohydrate, 2 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 fat, 1 vegetable, 1/2 starch.

classic american salad

1-1/3 cups equals 153 calories, 12 g fat (5 g saturated fat), 23 mg cholesterol, 153 mg sodium, 5 g carbohydrate, 3 g fiber, 7 g protein. **Diabetic Exchanges:** 2 fat, 1 vegetable.

feta romaine salad

1-1/3 cups equals 139 calories, 11 g fat (3 g saturated fat), 10 mg cholesterol, 375 mg sodium, 6 g carbohydrate, 3 g fiber, 5 g protein. **Diabetic Exchanges:** 2 fat, 1 vegetable.

grapefruit shrimp salad

1 serving equals 266 calories, 12 g fat (2 g saturated fat), 221 mg cholesterol, 445 mg sodium, 14 g carbohydrate, 4 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 2 fat, 1 vegetable, 1/2 fruit.

hawaiian spinach salad

2 cups equals 184 calories, 2 g fat (trace saturated fat), 29 mg cholesterol, 615 mg sodium, 31 g carbohydrate, 3 g fiber, 13 g protein. **Diabetic Exchanges:** 2 lean meat, 2 vegetable, 1/2 starch, 1/2 fruit.

herbed chicken salad

1 cup equals 268 calories, 9 g fat (2 g saturated fat), 49 mg cholesterol, 340 mg sodium, 26 g carbohydrate, 7 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable, 1 fat.

layered tortellini herb chicken salad

1-1/2 cups equals 325 calories, 13 g fat (3 g saturated fat), 65 mg cholesterol, 437 mg sodium, 31 g carbohydrate, 4 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.

mediterranean salmon salad

1-1/3 cups salad plus 2 ounces cooked salmon equals 286 calories, 20 g fat (5 g saturated fat), 57 mg cholesterol, 422 mg sodium, 6 g carbohydrate, 3 g fiber, 21 g protein. **Diabetic Exchanges:** 2 lean meat, 2 fat, 1 vegetable.

mexicali chicken salad

2 cups equals 278 calories, 14 g fat (2 g saturated fat), 27 mg cholesterol, 399 mg sodium, 25 g carbohydrate, 2 g fiber, 18 g protein. **Diabetic Exchanges:** 2 lean meat, 2 vegetable, 1-1/2 fat, 1 starch.

portobello spinach salad

1 cup equals 129 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 90 mg sodium, 12 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 vegetable, 1/2 starch.

raspberry shrimp salad

1 serving equals 262 calories, 13 g fat (2 g saturated fat), 221 mg cholesterol, 557 mg sodium, 12 g carbohydrate, 5 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 2 fat, 1 vegetable, 1/2 starch.

taco salad with a twist

2 cups equals 277 calories, 14 g fat (3 g saturated fat), 10 mg cholesterol, 439 mg sodium, 29 g carbohydrate, 10 g fiber, 14 g protein. **Diabetic Exchanges:** 2 lean meat, 2 vegetable, 1-1/2 fat, 1 starch.

tofu szechuan salad

1-2/3 cups equals 312 calories, 15 g fat (2 g saturated fat), 0 cholesterol, 364 mg sodium, 32 g carbohydrate, 6 g fiber, 14 g protein. **Diabetic Exchanges:** 1 lean meat, 2 fat, 1-1/2 starch, 1 vegetable.

tortellini chicken salad

1-1/2 cups equals 337 calories, 13 g fat (4 g saturated fat), 62 mg cholesterol, 525 mg sodium, 32 g carbohydrate, 5 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.

turkey spinach salad

1-2/3 cups equals 239 calories, 2 g fat (trace saturated fat), 24 mg cholesterol, 589 mg sodium, 46 g carbohydrate, 3 g fiber, 13 g protein. **Diabetic Exchanges:** 2 lean meat, 2 vegetable, 1-1/2 starch, 1/2 fruit.

walnut apple salad

1 cup equals 153 calories, 10 g fat (3 g saturated fat), 11 mg cholesterol, 309 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 starch.