

Stress Less. Cook More.

Serving Size: 1 breast, 1/2 cup salsa

Calories _____ 225

Total fat _____ 8g

Total carbohydrates _____ 14g

Protein _____ 25g

Chicken with Pineapple Mandarin Orange

🕒 20 min 🗓️ 16 min 👤 4

Live well and save time
with Diabetes Food Hub.



Easy-to-make
recipes



Healthy Tips
from food and
nutrition experts



Innovative Meal
Planner



Grocery List
generator

Introducing Diabetes Food Hub, the new digital cooking and recipe destination from the American Diabetes Association® for people living with diabetes and their families. Solve your daily meal planning challenges using easy-to-make and delicious recipes approved by ADA's nutrition experts. Save favorite recipes, test drive the interactive Meal Planner, and explore more at diabetesfoodhub.org.

Let's get cooking at diabetesfoodhub.org

