

Holiday SEASON EATING Tips

FOR PEOPLE WITH DIABETES

During this holiday season make a promise to put yourself at the top of your list. As hard as you've worked to stay on course with managing your diabetes throughout the year, the holiday season has the potential to throw you off. Travel, parties, big meals, snack foods at the office and drinking all create a challenging environment for eating healthy. Add to that the days of travel with little scheduled exercise, and it becomes a real effort to stay on track.

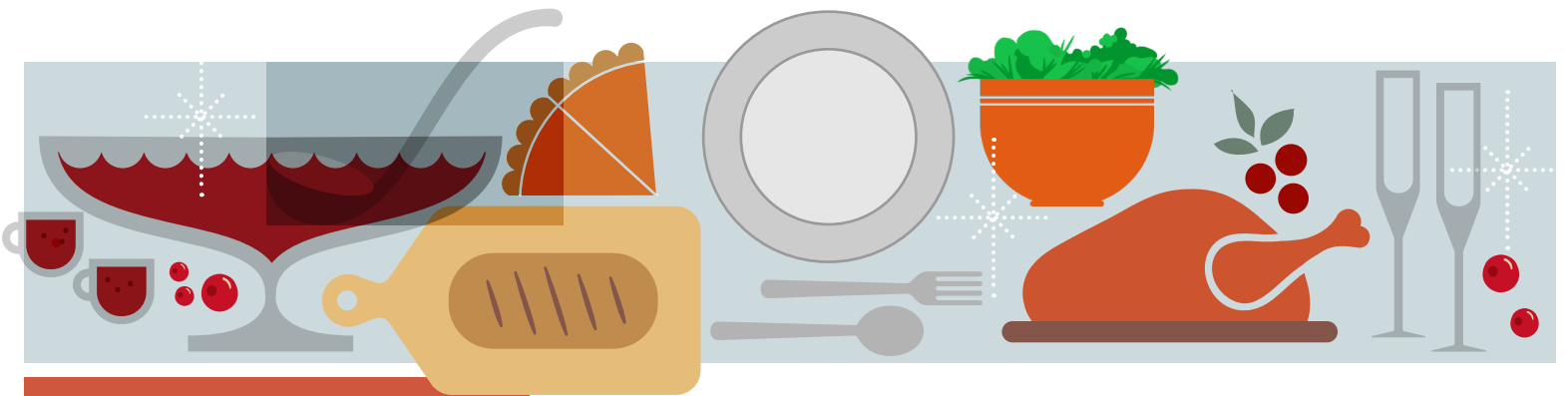
Here is our promise to you: If you follow these strategies, you can maintain your blood sugar levels and enjoy the parties and gatherings along with everyone else. But, just like everything else with diabetes, you have to take a few extra steps.

The last page of this resource is a Healthy Eating Contract. Take a moment to put your commitment in writing and place it in a spot where you will see it every day. If you need help with your diabetes management this holiday season, such as adjusting insulin with carbohydrate intake, talk with your diabetes educator.

HOLIDAYS WITH A BIG MEAL

- ◆ Eat breakfast or snacks earlier in the day and avoid the idea of saving carbs for the big feast later on. If you skip meals, it may be harder to manage your blood sugar.
 - ◆ Limit the number of servings of starchy foods on your plate. It might be tempting to have some mashed potatoes, sweet potato casserole and rolls, however, try to choose just one of these items. Or just take a few spoonfuls or bites of each.
 - ◆ Choose fruits and vegetables served raw, grilled or steamed. Avoid vegetables in creams, gravies and butter.
 - ◆ Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch or mixed drinks.
 - ◆ If you choose to drink alcohol, limit the amount and have it with food. Talk with your healthcare team about whether alcohol is safe for you. Women should drink no more than one alcoholic beverage a day and men should drink no more than two.
- A DRINK IS:**
- ◆ 12 fluid ounces (fl oz) of beer
 - ◆ 5 fl oz of wine
 - ◆ 1½ fl oz of 80-proof distilled spirits
 - ◆ 1 fl oz of 100-proof distilled spirits
 - ◆ Enjoy your favorite holiday treats, but take small portions, eat slowly, and savor the taste and texture.
- ◆ After your meal, take a walk with family and friends. Exercise will also get you moving, keep you focused on your goals, and give you a welcome break from being surrounded by treats. Exercise is also a great way to lower blood sugar levels.
 - ◆ If you overindulge, don't beat yourself up. If you eat more carbs or food than you planned for, don't think you have failed, just make a plan to get back on track.

Brought to you by:



ARE YOU HOSTING A DINNER?

- ✦ Make sure the menu includes healthy food choices such as fruits, vegetables and lean meats.
- ✦ Baking, broiling and barbequing are good methods for cooking meats such as turkey. Avoid frying or adding extra fat during cooking.
- ✦ When you're cooking, avoid sampling the foods more than necessary. These calories add up and can affect your blood sugar.
- ✦ If you're the host of the dinner, clear the table and put unused food away to help guests avoid grazing.

ARE YOU A GUEST AT A FAMILY MEMBER'S OR FRIEND'S HOUSE?

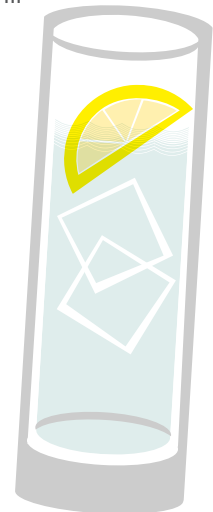
- ✦ Offer to bring along a healthy dish that you know you will enjoy and can substitute for a not so healthy option.



HOLIDAY PARTIES AND NEW YEAR'S EVE



- ✦ Eat a small, balanced meal or snack before you leave home. If you arrive to the party hungry, you'll be more likely to overindulge (another great reason to NOT skip breakfast and lunch).
- ✦ Study ALL of the food options, and think about what you are going to have before you put anything on your plate. Decide which foods are worth eating and which can be ignored, and then stick to that decision.
- ✦ If you taste something that you don't enjoy, leave it on your plate—don't finish it!
- ✦ Choose vegetables first. Broccoli, baby carrots, cauliflower and tomatoes are good choices that are usually on the appetizer table. Take only a small spoonful of dip or skip it entirely.
- ✦ Eat chips and crackers in moderation, and definitely avoid eating them straight from the bag. Put some on a small plate and don't load them down with creamy mayo-based dips.
- ✦ Try not to hang out near the food to avoid grazing. Find a comfortable spot across the room and focus on socializing instead of eating.
- ✦ Remember to regularly check your blood sugar throughout the holidays and adding a few extra checks on a party day may help guide your choices.
- ✦ Sip a large glass of water or mineral water. This will keep you hydrated and provide you with a better option than alcohol.
- ✦ Take a walk or attend your usual exercise session the day of a party. Make it a priority rather than saying there isn't time. It is probably more important than the party!



HEALTHIER HOLIDAY RECIPES



SPINACH-ROASTED RED PEPPER DIP

SERVING SIZE: 1 TABLESPOON, SERVINGS PER RECIPE: 36

- ◆ *½ cup shredded part-skim mozzarella cheese*
 - ◆ *½ cup plain low-fat or fat-free yogurt*
 - ◆ *½ cup light mayonnaise dressing or salad dressing*
 - ◆ *¼ cup grated Parmesan cheese*
 - ◆ *1 tablespoon all-purpose flour*
 - ◆ *1 teaspoon Dijon-style mustard*
 - ◆ *1 cup loosely packed fresh spinach leaves, coarsely chopped*
 - ◆ *¾ cup bottled roasted red sweet peppers, drained and chopped*
 - ◆ *¼ cup thinly sliced green onions*
 - ◆ *3 red and/or yellow sweet peppers, seeded and cut into strips, or desired dippers*
1. Preheat oven to 350°F. In a large bowl, stir together mozzarella cheese, yogurt, mayonnaise dressing, 2 tablespoons of the Parmesan cheese, the flour, and the Dijon mustard.
 2. Stir in the spinach, roasted red peppers, and 2 tablespoons of the green onions. Spread the cheese vegetable mixture evenly into a 1-quart ovenproof shallow dish or a 9-inch pie plate. Sprinkle with the remaining 2 tablespoons grated Parmesan cheese.
 3. Bake the dip, uncovered, for 15 to 20 minutes or until the edges are bubbly and the mixture is heated through. Sprinkle with the remaining 2 tablespoons green onions. Serve with red and/or yellow sweet pepper strips. Makes 2¼ cups.

NUTRITION FACTS PER SERVING: Calories: 21, Total Fat: 2 g (0 g sat. fat), Cholesterol: 3 mg, Sodium: 47 mg, Carbohydrates: 1 g, Fiber: 0 g, Protein: 1 g.

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HEALTHIER HOLIDAY RECIPES



TRADITIONAL HERBED ROAST TURKEY

SERVING SIZE: 4 OUNCES, SERVINGS PER RECIPE: 24

- ◆ 1 12-14 pound turkey
 - ◆ 1 tablespoon snipped fresh rosemary or 1 teaspoon dried rosemary, crushed
 - ◆ 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
 - ◆ 1 tablespoon snipped fresh sage or 1 teaspoon dried sage, crushed
 - ◆ 1 teaspoon kosher salt or ½ teaspoon regular salt
 - ◆ ½ teaspoon ground black pepper
 - ◆ 3 small onions, quartered (12 oz total)
 - ◆ 3 medium carrots, peeled and cut into 2-inch chunks
 - ◆ 3 stalks celery, trimmed and cut into 2-inch chunks
 - ◆ 1 cup water
 - ◆ 1 tablespoon olive oil
 - ◆ Fresh rosemary sprigs, fresh sage leaves, pomegranate wedges, tiny apples or pears, and/or kumquats (optional)
1. Preheat oven to 425°F. Remove neck and giblets from turkey, reserving neck bone. Rinse the inside of the turkey; pat dry with paper towels. In a small bowl, stir together snipped or dried rosemary, thyme, snipped or dried sage, salt, and pepper. Season inside of body cavity with half of the herb mixture. Pull neck skin to the back; fasten with a skewer. Tuck the ends of the drumsticks under the band of skin across the tail. If there is no band of skin, tie the drumsticks securely to the tail with 100 percent cotton kitchen string. Twist wing tips under the back.
 2. Place turkey, breast side up, on a rack in a shallow roasting pan. Arrange onions, carrots, celery, and neck bone around turkey in roasting pan. Pour the water into the pan. Brush turkey with oil. Sprinkle turkey with remaining herb mixture. Insert an oven-going meat thermometer into the center of an inside thigh muscle; the thermometer should not touch bone. Cover turkey loosely with foil.
 3. Roast for 30 minutes. Reduce oven temperature to 325°F. Roast for 2½ to 3 hours more or until the thermometer registers 180°F. About 45 minutes before end of roasting, remove foil and cut band of skin or string between drumsticks so thighs cook evenly. When turkey is done, the juices should run clear and the drumsticks should move easily in their sockets.
 4. Remove turkey from oven. Transfer to a serving platter (reserve mixture in pan for gravy). Cover; let stand for 15 to 20 minutes before carving. If desired, garnish platter with rosemary sprigs, sage leaves, pomegranate wedges, tiny apples or pears, and/or kumquats. Makes 24 (about 4-ounce) servings.

NUTRITION FACTS PER SERVING: Calories: 229, Protein: 38 gm, Total Fat: 7 gm (Saturated Fat: 2 gm), Cholesterol: 137 mg, Sodium: 155 mg

DIABETIC EXCHANGES: Very Lean Meat(d.e): 5, Fat(d.e): 1

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HEALTHIER HOLIDAY RECIPES



CRISPY POTATO LATKES

SERVINGS PER RECIPE: 12 LATKES, CARB GRAMS PER SERVING: 15

- ◆ *1½ pounds russet potatoes, (about 2), shredded*
- ◆ *1 medium white onion, shredded*
- ◆ *2 medium shallots, minced (about ¼ cup)*
- ◆ *1 teaspoon salt*
- ◆ *1 large egg, lightly beaten*
- ◆ *2 pieces whole-wheat matzo, (6-by-6-inch), broken into pieces*
- ◆ *½ teaspoon white pepper*
- ◆ *3 tablespoons peanut oil, or extra-virgin olive oil, divided*

NUTRITION FACTS PER SERVING: Calories: 100, Fat: 4 g (1 g sat, 2 g mono), Cholesterol: 18 mg, Carbohydrates: 15 g, Added Sugars: 0 g, Protein: 2 g, Fiber: 2 g, Sodium: 204 mg, Potassium: 278 mg.

DIABETIC EXCHANGES: 1 starch, 1 fat

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1. Toss shredded potato, onion, shallots and salt in a medium bowl. Transfer to a sieve set over a large bowl; let drain for about 15 minutes. Squeeze the potato mixture, a handful at a time, over the bowl to release excess moisture (don't oversqueeze—some moisture should remain). Transfer the squeezed potato mixture to another large bowl. Carefully pour off the liquid, leaving a pasty white sediment—potato starch—in the bottom of the bowl. Add the starch to the potato mixture. Stir in egg.
2. Put matzo pieces in a sealable plastic bag and crush with a rolling pin into coarse crumbs. Sprinkle the crumbs and pepper over the potato mixture and toss to combine. Cover and refrigerate until the matzo is softened, 20 to 30 minutes.
3. Preheat oven to 425°F. Coat a baking sheet with cooking spray.
4. Heat 1 tablespoon oil in a large skillet over medium-high heat. Stir the potato mixture. Cook 4 latkes per batch: place ¼ cup potato mixture in a little of the oil and press with the back of a spatula to flatten into a 3½-inch cake. Cook until crispy and golden, 1½ to 3 minutes per side. Transfer the latkes to the prepared baking sheet. Continue with 2 more batches, using 1 tablespoon oil per batch and reducing the heat as needed to prevent scorching. Transfer the baking sheet to the oven and bake until heated through, about 10 minutes.

HEALTHIER HOLIDAY RECIPES



PUMPKIN-MAPLE PIE

SERVINGS PER RECIPE: 8, CARB GRAMS PER SERVING: 32

- ◆ 1 recipe Lower-Fat Oil Pastry (see below)
- ◆ 1 15-ounce can pumpkin
- ◆ $\frac{1}{3}$ cup maple-flavored syrup
- ◆ 1 tablespoon all-purpose flour
- ◆ 2 packets heat-stable sugar substitute
- ◆ $1\frac{1}{2}$ teaspoons pumpkin pie spice
- ◆ $\frac{3}{4}$ cup refrigerated or frozen egg product, thawed
- ◆ 1 cup evaporated fat-free milk
- ◆ $1\frac{1}{2}$ teaspoons vanilla
- ◆ Frozen light whipped dessert topping, thawed (optional)
- ◆ Ground cinnamon (optional)

LOWER-FAT OIL PASTRY

- ◆ $1\frac{1}{4}$ cups all-purpose flour
- ◆ $\frac{1}{4}$ teaspoon salt
- ◆ $\frac{1}{4}$ cup fat-free milk
- ◆ 3 tablespoons cooking oil

In a medium bowl stir together flour and salt. Combine milk and oil; add all at once to flour mixture. Stir with a fork until dough forms. If necessary, add 1 to 2 teaspoons additional milk. Shape the dough into a ball.

1. Prepare Lower-Fat Oil Pastry. On a lightly floured surface flatten pastry. Roll into a 12-inch circle. Wrap pastry circle around the rolling pin; unroll into a 9-inch pie plate. Ease pastry into pan, being careful not to stretch pastry. Trim to $\frac{1}{2}$ inch beyond edge of pie plate. Fold under extra pastry. Crimp the edge as desired. Do not prick pastry.
2. For the filling, in a medium bowl combine the pumpkin, maple-flavored syrup, flour, sugar substitute, and pumpkin pie spice; add egg product. Beat lightly with a rotary beater or fork until just combined. Gradually stir in evaporated milk and vanilla; mix well.
3. Place pastry-lined pie plate on oven rack. Carefully pour filling into pastry shell. To prevent overbrowning, cover edge of pie with foil. Bake in a 375°F oven for 25 minutes. Remove the foil. Bake 20 to 25 minutes more or until a knife inserted near the center comes out clean. Cool on a wire rack. Cover and refrigerate within 2 hours. If desired, top with dessert topping and sprinkle with ground cinnamon.

NUTRITION FACTS PER SERVING: Calories: 216, Protein: 8 gm, Carbohydrate: 32 gm, Total Fat: 6 gm (Saturated Fat: 1 gm), Cholesterol: 1 mg, Dietary Fiber: 2 gm

DIABETIC EXCHANGES: Milk(d.e): 1, Starch(d.e): 2, Fat(d.e): 1

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HEALTHIER HOLIDAY RECIPES



GINGERBREAD COOKIES

SERVINGS PER RECIPES: 36 (3-INCH) COOKIES, CARB GRAMS PER SERVING: 12

- ◆ *¼ cup butter, softened*
 - ◆ *¼ cup 50% to 70% vegetable oil spread*
 - ◆ *½ cup packed brown sugar**
 - ◆ *2 teaspoons ground ginger*
 - ◆ *1 teaspoon baking soda*
 - ◆ *1 teaspoon ground cinnamon*
 - ◆ *¼ teaspoon salt*
 - ◆ *¼ teaspoon ground cloves*
 - ◆ *¼ cup full-flavor molasses*
 - ◆ *¼ cup refrigerated or frozen egg product, thawed, or 1 egg*
 - ◆ *2 cups all-purpose flour*
 - ◆ *¾ cup white whole wheat flour or whole wheat flour*
1. In a large bowl, combine butter and vegetable oil spread; beat with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, ginger, baking soda, cinnamon, salt, and cloves. Beat until well mixed, scraping side of bowl occasionally. Beat in molasses and egg. (Mixture will look curdled.) Add all-purpose flour and whole wheat flour, beating just until combined. Divide dough in half. Cover and chill the dough for 2 to 3 hours or until easy to handle.
 1. Preheat oven to 375°F. Lightly grease cookie sheets or line with parchment paper; set aside. On a lightly floured surface, roll dough, half at a time, to 1/8-inch thickness. Using a 2- to 3-inch gingerbread person cookie cutter, cut out shapes; reroll scraps as necessary. Place cutouts 1 inch apart on prepared cookie sheets.
 1. Bake for 4 to 6 minutes or until edges are firm and centers are set. Cool on cookie sheets on wire racks for 1 minute. Transfer to wire racks; cool.
- *Test Kitchen Tip:** We do not recommend using brown sugar substitutes for this recipe

NUTRITION FACTS PER SERVING: Calories: 73, Protein: 1 gm, Carbohydrate: 12 gm, Total Fat: 2 gm (Saturated Fat: 1 gm), Cholesterol; 3 mg, Sodium: 73 mg

DIABETIC EXCHANGES: Other Carb(d.e): 1

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HEALTHY HOLIDAY EATING CONTRACT

CONTRACT

I know that it is possible to enjoy the wonderful food of this holiday season **and** keep my blood sugar stable.

Today, I make a promise to myself to make healthy food choices during this holiday season. I will balance my food intake. I will limit the sweets and desserts I eat. I will avoid grazing between meals. If I drink, I will do so in moderation. I will maintain my activity level. And I will check my blood sugar throughout the day, everyday, to make sure that I am within my target ranges.

I promise to enjoy this special time of the year and give thanks for my health, happiness, and the love of my friends and family.

Signature

Date

Sign and date this contract and place it on your refrigerator, or take it with you wherever you go this holiday season.