

Enjoying the Holly Days with Diabetes

Helpful Tidbits

- Plan fun activities that don't revolve around food
- Don't skip meals
- Offer to bring your favorite diabetic friendly foods to parties
- If you indulge don't feel bad, just get back on track the next day
- Don't add additional sugar loaded toppings such as cool whip, caramel or chocolate to desserts
- Compromise: if the sugar cookie is calling your name, skip out on the roll at dinner
- Incorporate winter produce into your meals: cabbage, kale, carrots, onions, sweet potatoes and winter squash
- Plan ahead for holiday treats
- Stuff stockings with presents like toy cars, movie/CD, gift cards, jewelry, games instead of candy
- Portion size is key! You can eat most desserts without it



significantly affecting blood sugar levels as long as the portion is small.

- Alter dessert recipes for less fat/sugar.

- Replace oil for applesauce
- Smash a can of white beans with a fork and substitute it for butter in baked goods
- Decrease sugar and add other flavors like cinnamon, nutmeg, and vanilla

Christmas Candy: The Facts

- 1 candy cane: 15 g CHO
- ½ cup Chex Party Mix: 30 g CHO
- 3 pieces Orange Stix: 15 g CHO
- 9 Hershey's Candy Cane Kisses: 25g CHO
- 3 Lindor Truffles: 16 g CHO
- ¼ cup (1.5 oz.) Peppermint M&M's: 28 g CHO
- 2 Cherry Cordials: 30 g CHO
- 2 large Reese's Peanut Butter Cups: 25 g CHO
- 5 pieces Chocolate Orange: 23 g CHO

Recipes to Enjoy



Sugar cookies

1 cup butter
1 cup sugar
1 egg
1 cup (8oz) sour cream
1½ tsp vanilla

Frosting

1 cup butter, softened
9 cups powdered sugar
3 tsp vanilla extract

4 cups flour
1 ½ tsp. baking soda
¼ tsp salt

¾ cup milk
Food coloring (opt)

Cream butter and sugar in a large bowl until light and fluffy. Beat in egg, sour cream, and vanilla. Combine flour, baking soda, and salt. Gradually add to creamed mixture and mix well. Chill thoroughly. Roll out ¼-inch thick. Bake at 350 for 8-10 minutes.

For frosting: cream butter and until light and fluffy. Beat in powdered sugar and vanilla. Add milk until desired consistency.

One (1 oz.) cookie with frosting: 200 calories 30gm CHO

Caramel Popcorn

6 cups popped popcorn
2 Tbsp honey
2 Tbsp margarine

Spread popcorn into a large shallow baking pan. In a small sauce pan, melt margarine, and blend in honey. Pour over popcorn, stirring to coat all pieces. Bake at 325 for 8-10 minutes, stirring often. Cool in pan before removing. Store in air tight container.



2 cups popcorn: 95 calories 14gm CHO
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Delicious Pumpkin Bread

5 eggs
1 ¼ cup canola oil—try substituting all or some for applesauce to decrease calories and fat
1 can (15oz) pumpkin puree
2 cups flour
2 cups sugar—if you use applesauce, cut out ½ cup sugar out.
2 packages (3oz) cook-and-serve vanilla pudding
1 tsp baking soda
1 tsp. ground cinnamon
½ tsp salt

In a large bowl, beat the eggs. Add oil (applesauce) and pumpkin; beat until smooth. Combine remaining ingredients; gradually beat into pumpkin mixture. Pour batter into two greased 8-in x 4-in x 2-in loaf pans. Bake at 350°F for 75-80 minutes or until an inserted tooth pick comes out clean. Cool for 10 minutes before removing from pans to cool on a wire rack.

1 slice (1/8) of loaf: 150 calories 20 gm CHO



Spaghetti Squash with Italian Meat Sauce

Yield: 2 servings

1 medium-sized spaghetti squash	1 cup water
1 medium onion, diced	1 tsp dried oregano
2 cloves, minced	1 tsp dried rosemary
8oz. lean ground beef	¼ tsp dried red pepper flakes
1 (14.5oz) can diced tomatoes	Salt/pepper to taste
¼ cup red wine or ¼ cup grape juice (opt.)	

Preheat oven to 375° F. Cut squash in half length wise and scoop out seeds. Place squash cut side down onto a baking dish. Add about ¼ inch water around squash. Bake approximately 40-45 minutes or until a knife can easily pierce the skin. Remove from oven and let cool until easily handled. Using a fork, scrape the inside of the squash until the inside is all shredded. Place shredded squash in a bowl. Top with meat sauce.

To make meat sauce, in a large frying pan over medium high heat, add meat, onion, and garlic. Cook until meat is browned and onions are soft. Add rest of ingredients, let simmer 30 minutes stirring occasionally until liquid has is to your liking.

1 serving: 455 calories 30 gm CHO
