

# Thanksgiving Tips

## { For Diabetes }

Don't let questions about what to eat, how much to eat, and meal timing dampen your holiday. Plan in advance, so you can fully enjoy the day and keep your diabetes management on track.

-American Diabetes Association

### Eating Tips

- Thanksgiving carbs count too, so remember to count them.
- Keep your eye on portion sizes, a double portion=double carbs.
- Anticipate your meal. Whether you are the cook or the guest, know the menu. That way you will have an idea of what (and how much) you will want to eat. Balance carbs with insulin.
- Try to introduce some activity into the day, physical activity is one of the best ways to lower blood sugars and is a way to keep the focus of the day away from eating. After the meal, try playing frisbee or touch football outside with the family for a new Thanksgiving tradition.
- Eat smaller portions, that way you can taste everything without going overboard on carbs.
- Eat your veggies. Veggies are low in carbs, colorful, and filling so they will help prevent you from overeating.
- Bring a scale with you to dinner to weigh foods before eating.

### Meal Planning

#### -Tips-

-Thanksgiving can be a holiday of "grazing." Plan some low-carb snacks like veggies and dip or cheese cubes for children to snack on before the meal without having to give insulin.

-Compare recipes! Keeping similar carbohydrate intake can be difficult as traditional Thanksgiving foods are high in carbs. Finding recipes that are lower in carbs and higher in protein or fiber can help keep intake consistent with a typical day.

-Make substitutions. Try some roasted sweet potatoes (recipe pg. 2) instead of traditional candied sweet potatoes to cut down on carbs. You may find it fun to try some new things this holiday!

-It can be tricky to count carbs in homemade foods. Ask friends and family to give you their recipes in advance and figure out the carbs using one of these websites:

<http://tracker.diabetes.org/myfoodadvisor.html>

<http://www.caloriecount.com/>

# Recipes

## Pumpkin Pie (tracker.diabetes.org)

Servings: 9    Serving Size: 1-inch Slice

### Ingredients:

2 cups crushed graham crackers	1 12 oz can evaporated skim milk
3 Tbsp margarine	2 eggs, beaten
2 Tbsp brown Sugar	1 tsp cinnamon
2 tsp Cinnamon	½ tsp nutmeg
2 cups pumpkin puree	½ tsp allspice

### Directions:

Preheat oven to 425 degrees F. Combine graham crackers, margarine, sugar, 2 tsp cinnamon and press into the bottom and sides of a 9-inch pie plate. Place in oven and bake for 5 minutes. Remove and set aside. Next beat together the remaining ingredients in the order given. Pour into crust and bake for 15 minutes. Lower temperature to 350 degrees and bake for 35 minutes. Cool slightly or chill before serving.

Calories: 181    Total Carbs: 28 g    Total Fat: 2.5 g    Total Protein: 7 g

## Thyme-Roasted Sweet Potatoes (epicurious.com)    Servings: 8    Serving Size: 3.5 oz. (100 g)

### Ingredients:

4 medium sweet potatoes, peeled and cut into 1 ½ inch thick rounds	
1/3 cup fresh thyme leaves, plus 6 thyme sprigs for garnish	
3 Tbsp olive oil	½ tsp salt
4 large garlic cloves, minced	½ tsp red pepper flakes

### Directions:

Preheat Oven to 450°F. In large mixing bowl, combine all ingredients and toss. Arrange sweet potatoes in an even layer in a 9x13 glass baking dish or a heavyweight rimmed baking sheet. Place on top rack of oven and roast until tender and slightly browned, about 40 minutes. Serve warm or at room temperature, garnished with thyme sprigs.

Calories: 154    Total Carbs: 26 g    Dietary Fiber: 4 g    Protein: 2 g

## Apple Cranberry Pecan Stuffing (Food and Family Magazine, Holiday 2006)

Servings: 16 Serving Size: ½ C

### Ingredients:

3 cups apple juice  
¼ cup margarine  
2 small apples, chopped

1 cup dried cranberries  
2 packages (6 oz) Stove Top Stuffing Mix for Chicken  
½ cup pecans, toasted, chopped

### Directions:

Bring juice and margarine to a boil in a medium saucepan on high heat. Stir in apples, cranberries, and stuffing mix; cover. Remove from heat. Let stand 5 minutes. Stir in pecans.

Calories: 173 Total Carbs: 33g Total Fat: 3g Protein: 3g

## Orange-Scented Green Beans (eatingwell.com) Servings: 4 Serving Size 1 Cup

### Ingredients:

1 lb green beans, trimmed  
1 tsp extra virgin olive oil  
½ tsp freshly grated orange zest

¼ tsp salt  
Freshly ground pepper, to taste  
¼ cup sliced almonds, toasted

### Directions:

Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Put green beans in the basket and steam until tender, about 6 minutes. Toss the green beans in a large bowl with oil, orange zest, salt, pepper and almonds.

Calories: 84 Total Carbs: 10 g Total Fat 4g Protein: 3g



## Carbohydrate Reference Sheet

Use the graph below to reference the amount of carbohydrates in popular Thanksgiving foods. Measuring and weighing your foods will give you the most accurate carbohydrate count.

If your blood sugar is over 100, give insulin 10-15 minutes before the meal. If you want seconds, count the carbs for the second portions and dose accordingly.

Emphasize being with family and friends and enjoy this holiday!

Food	Portion Size, Weight	Total CHO
Mashed Potatoes	1 Cup (242 g)	35
Stuffing	½ Cup (100 g)	22
Cranberry Sauce	1 Tbsp. (17 g)	6
Candied Yams	½ Cup (142 g)	46
Rolls	1 2"x2" roll (25 g)	13
Green Bean Casserole	1 Cup (164 g)	12
Pumpkin Pie	1 slice (133 g)	46
Apple Pie	1 slice (155 g)	58

