A Diabetes-Friendly Guide to a HEALTHY THANKSGIVING PLATE

Thanksgiving is all about eating...and being with your loved ones, of course! With so many foods and snacks available, how can you make healthy choices that will keep your blood sugar stable? Use this "Thanksgiving Plate" as a visual guide for what foods to choose and how to balance your plate. You'll also find some healthy eating tips, a few diabetes-friendly recipes, and a Holiday Eating Contract on the following pages. Work with your diabetes educator to discuss healthy Thanksgiving meal planning and tips for managing your blood sugar during the holidays.

VEGETABLES

- Fill ½ of your plate with vegetables, such as carrots and green beans.
- Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.
- Other vegetables to consider include: broccoli, salad, brussel sprouts, or asparagus.
- If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.

GRAINS

- Fill ¼ of your plate with starches such as stuffing and sweet potatoes.
- Other choices for this section may include: mashed or baked potatoes, rice pilaf, or corn pudding.
- Skip the bread or rolls!

PROTEIN

- Fill ¼ of your plate with lean turkey slices (approx. 3-4oz).
- Avoid dark meat (including drumsticks!).
- Remove the skin from the turkey before eating.
- Instead of gravy, use a fruit-based relish for a special kick. See recipe on page 3.

**This visual guide for the Healthy Thanksgiving Plate is based on the Idaho Plate Method. See www.platemethod.com for more information.*

AADE American Association of Diabetes Educators

Healthy THANKSGIVING RECIPES

MAPLE-ORANGE SWEET POTATO MASH

MAKES 6 SERVINGS

SERVING SIZE: ½ CUP

- *2 ½ lbs sweet potatoes (about 4 medium), peeled and cut into ½ inch cubes*
- *¼ cup coarsely chopped walnuts*
- *2 tsp sugar-free maple syrup, like Vermont Sugar-Free, divided*
- *2 tsp grated fresh orange zest*
- *¼ tsp ground cinnamon*
- *¼ tsp kosher salt*
- *1 Tbsp margarine*
- *2 Tbsp fresh orange juice*

1. Place the sweet potatoes in a saucepot with enough cold water to cover. Bring to a boil, reduce the heat and cook until tender, 10 to 13 minutes.
2. Add the chopped walnuts to a skillet over medium-high heat. Toss until the nuts are slightly toasted and fragrant, about 3 minutes. Remove the skillet from the heat. Drizzle 1 tsp sugar-free maple syrup over the nuts and toss to evenly coat. Remove the nuts from the skillet and set aside.
3. Drain the sweet potatoes and place them back in the saucepot on the hot burner with no heat. Let the sweet potatoes sit for 1 minute to let the excess water evaporate. Add the orange zest, cinnamon, salt, margarine, orange juice and remaining 1 tsp sugarfree maple syrup. Using a potato masher or fork, mash the potatoes until smooth, or until the desired consistency.
4. Remove to a warm serving bowl and garnish with the reserved nuts.

NUTRITION FACTS PER SERVING: Calories: 161, Fat: 6 g (saturated fat: 1 g), Cholesterol: 0 mg, Protein: 3 g, Carbohydrates: 30 g, Fiber: 5 g, Sodium: 167 mg, Sugar: 6 g

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GREEN BEANS AMANDINE

MAKES 6 SERVINGS

SERVING SIZE: ½ CUP

- *1 lb fresh or frozen French-style green beans, trimmed*
- *1 Tbsp extra-virgin olive oil*
- *¼ cup sliced almonds*
- *1 tsp chopped garlic (about 1 clove)*
- *1 tsp fresh lemon juice*
- *¼ tsp kosher salt*

1. Bring 3 quarts of water to a boil in a large saucepot. Add the green beans to the boiling water and cook until bright green and tender, 3 to 4 minutes. Remove to a bowl of ice water, then drain.
2. Heat the olive oil in a skillet over medium heat, about 1 minute. Add the sliced almonds and cook until lightly toasted, about 4 minutes. Add the chopped garlic and cook until light golden brown, about 1 minute. Stir in the lemon juice.
3. Add the green beans to the skillet and toss until coated. Season with salt. Toss until the green beans are heated through, about 2 minutes. Remove the green beans to a warm serving plate. Serve immediately.

NUTRITION FACTS PER SERVING: Calories: 72, Fat: 15 g (saturated fat: 0 g), Cholesterol: 1 mg, Protein: 2 g, Carbohydrates: 7 g, Fiber: 3 g, Sodium: 101 mg, Sugar: 3 g

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Healthy THANKSGIVING RECIPES

TANGERINE CRANBERRY RELISH

MAKES: 12 SERVINGS
SERVING SIZE: ¼ CUP
YIELD: 3 CUPS
CARB GRAMS PER SERVING: 10

- *1 12-ounce package fresh cranberries (3 cups)*
- *2 medium tangerines*
- *¼ - ⅓ cup sugar or sugar substitute* equivalent to ¼ to ⅓ cup sugar*

1. Rinse cranberries under running water and discard any soft or old berries; set aside. Slice each unpeeled tangerine into fifths; remove seeds. Place tangerine slices in a food processor; cover and process until coarsely chopped. Transfer to a medium bowl.
2. Add all but ½ cup of the cranberries to the food processor; cover and process until coarsely chopped. Add to tangerines in bowl; stir in the remaining ½ cup cranberries. Stir in enough of the sugar to sweeten to taste; cover and chill for 1 hour. Stir before serving. Makes 3 cups (twelve ¼ cup servings).

MAKE AHEAD TIP

Prepare as directed. Cover and chill for up to 2 days. Stir before serving.

NUTRITION FACTS PER SERVING: Servings Per Recipe: 12, Calories: 37, Carbohydrate(gm): 10, Dietary Fiber, total (gm): 2, Sodium (mg): 1

PER SERVING WITH SUBSTITUTE: Same as above, except 20 cal., 6 g carb.

***SUGAR SUBSTITUTES:** Choose from Splenda® granular, Equal® spoonful or packets, or Sweet 'N Low® bulk or packets. Follow package directions to use product amount equivalent to ¼ to ⅓ cup sugar.

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BASIC CRUSTLESS PUMPKIN PIE

MAKES: 8 SERVINGS
CARB GRAMS PER SERVING: 20

- *1 15-ounce can pumpkin*
- *⅓ cup sugar or sugar substitute* equivalent to ⅓ cup sugar*
- *2 Tbsp honey*
- *1 ½ tsp pumpkin pie spice*
- *½ cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten*
- *1 tsp vanilla*
- *¾ cup evaporated fat-free milk*

1. Preheat oven to 350° F. Lightly grease an 8-inch springform pan. In a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly just until combined. Gradually stir in evaporated milk. Pour into prepared pan and place on a foil-lined baking sheet.
2. Bake for 45 to 50 minutes or until center appears set when gently shaken. Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.
3. To serve, loosen pie from sides of pan by running a thin metal spatula around the edge. Remove sides of pan. Cut pie into wedges to serve. Makes 8 servings (1 slice each).

NUTRITION FACTS PER SERVING: Servings Per Recipe: 8, Calories: 95, Protein (gm): 4, Carbohydrate (gm): 20, Cholesterol (mg): 1, Dietary Fiber, total (gm): 2, Sodium(mg): 59,

***SUGAR SUBSTITUTES:** Choose from Splenda® granular or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to 1/3 cup sugar.

SUGAR SUBSTITUTES: Same as above, except 67 cal., 13 g carb. Exchanges: 1 carb. Carb choices: 1.

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Tips for a Happy Healthy THANKSGIVING

THANKSGIVING TIPS FOR PEOPLE WITH DIABETES

- Don't skip meals or snacks earlier in the day to "save" calories and carbs for the Thanksgiving feast. If you skip meals, it may be harder to manage your blood sugar.
- Be sure to eat breakfast and if your main meal is later in the day, eat a small snack or meal at midday, so that your blood sugar will remain more stable.
- Take a look at the food on the whole table before you take any. Use the Thanksgiving Plate as a guide for choosing the foods you will eat.
- Limit the number of grains (starches) on your plate. It might be tempting to have some mashed potatoes, sweet potato casserole, and stuffing—however, limit them to ¼ of your plate.
- Choose raw fruits and vegetables. 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.
- Have a dessert, but take a small portion, eat slowly, and enjoy the taste.

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

- Talk to the host before the day and find out what will be served.
- Offer to bring along a lower-calorie dish that you know you will enjoy. Check out our diabetes-friendly recipes.
- After the meal, try not to hang out near the food to avoid snacking. Find a comfortable spot across the room and focus on socializing instead of eating.

- After your meal, take a walk with family and friends. Exercise will get you moving, keep you focused on your goals, and give you a break from being surrounded by food. Exercise is also a great way to lower blood sugar levels.
- Plan a family game of tag, flag football, or Wii™…or any other game that will get everyone up and moving.
- If you eat too much on Thanksgiving, don't beat yourself up. Don't think you have failed, just make a plan to get back on track.
- Make a "Healthy Eating Contract" with yourself to set goals for your Thanksgiving meal. Clearly state how you will approach eating during the day, and what you want to accomplish. Be sure to sign and date this contract so that it's official.

ARE YOU HOSTING THANKSGIVING DINNER?

- Make sure the menu includes lower-calorie foods, such as fruits, vegetables, and lean meats (such as turkey).
- Roasting is a good way to cook your turkey. Avoid frying or adding extra fat (like butter) during cooking.
- When you're cooking, avoid tasting the dish more than you need to. 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 snacking.

Healthy HOLIDAY EATING CONTRACT

CONTRACT

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

Today, I make a promise to myself to make healthy food choices on Thanksgiving. I will balance my plate and fill it with the recommended portions of protein, grains, and vegetables. I will limit the sweets and desserts I eat. I will avoid snacking between meals. If I drink, I will do so in moderation. I will pick something active to do after my holiday meal. And I will check my blood sugar throughout the day to make sure that I am within my target ranges.

I promise to enjoy this holiday 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 to celebrate the holiday. Read it before you sit down to dinner for some extra motivation!