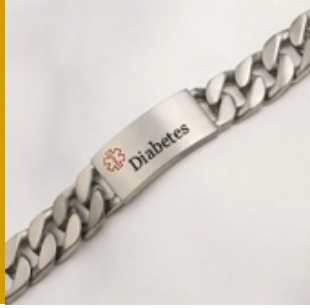


DIABETIC MONTHLY

Nov. 7, 2012



November Support Groups - Surviving the Holidays!

by: Kristy Segó RN, DE

The holidays are a joyful time of year, filled with parties and other celebratory events. They are a time to be thankful for what we have and to catch up with family and friends. But the focus on food and eating during this season can be very tough, especially for families dealing with diabetes.

Remember that holiday meals and traditions don't have to disrupt your diabetes control. With a little preparation, you'll be ready to face any holiday head-on and still enjoy it.

Support group this month will focus on preparing properly for the holidays to maintain good diabetic control. There will be many Holiday Survival Tips to help you plan ahead.

There are so many wonderful recipes and tips on line! Here are a few of my favorite websites: diabetes.org, forecast.diabetes.org, diabeticlivingonline.com, eatingwell.com, diabeticgourmet.com, and americandiabetes.com. If you have a healthy recipe or a great website that has helped you, please come and share with the group! Support group is FREE and everyone is invited!!

Gunnison Support Group

**Homecare Building 45 East 100 North
November 20, 2012 at 3:00 pm - 4:00 pm**

Monroe Support Group

**140 West 100 South , Monroe, Utah
November 27, 2012 at 11:00 am - 12:00 pm**

Inside This Issue

1. Support Groups
2. Holiday Tips
3. Holiday Stress Tips
- 3/4. Recipes of the Month

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." Melody Beattie



Seven Holiday Tips!

Want to enjoy the holidays and the food and still stay healthy? Planning ahead is important, especially if you have diabetes. The seven tips below can help guide you through your next holiday event:

1. **Focus on friends and family instead of food.** Remember, the holidays are a time to slow down and catch up with your loved ones. Play games, volunteer, or spend time outdoors enjoying the winter weather together.
2. **It's a party, but don't overdo it.** Eat slowly, and really enjoy the foods that you may only have once a year. If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course. Make sure your portions are reasonable and resist going back for second helpings.
3. **Eat before you eat.** Don't skip meals or snacks earlier in the day to "save" calories and carbs for the large holiday feast later on. If you skip meals, it will be harder to keep your blood glucose in control. Also, if you arrive somewhere hungry, you will be more likely to overeat.
4. **Bring what you like.** Don't spend time worrying about what will be served. Offer to bring your favorite diabetes-friendly dish. It could be a low-sugar or low-fat version of recipe. If you count carbs, check your recipe's nutrition facts so you know how big a serving is and how many carbs it has.
5. **Drink in moderation.** If you drink [alcohol](#), remember to eat something beforehand to prevent low blood glucose levels later. Whether it's a glass of eggnog or red wine, holiday drinks can add a significant amount of calories to your holiday intake. Keep it to no more than 1 drink for women and 2 drinks for men.
6. **Stay active.** One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!
 - Off from work or school? Use this extra time to do some physical activity.
 - Train for and participate in a local holiday run or walk (like a turkey trot or reindeer run).
 - Start a game of pick-up football or play other games in the yard.
 - Bundle up and go for a walk with your loved ones after eating a holiday dinner.
 - Offer to help clean up after a meal instead of sitting in front of leftover food. This will help you avoid snacking on it and get you moving around!
7. **If you overindulge, get back on track.** If you eat more carbs or food than you planned for, don't think you have failed. Stop eating for the night and focus on spending the rest of your time with the people around you. Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward

Tips for Fending off Holiday Stress

The holidays can be a very busy and stressful time of year. When stress builds up, it causes the release of “fight or flight” hormones. These hormones then cause an increase in blood glucose. Here are some tips to decrease holiday stress:

Try to simplify this holiday season. Avoid taking on extra duties or extra cooking for holiday events. Focus on spending time with people and less on the other holiday hype around gifts and food.

Stay organized and do things ahead of time. Plan diabetes-friendly meals in advance. Make a plan so you know how to deal with the pressure of indulging in holiday food. Try to get a head start on your shopping and plan time for physical activity.

Use food to your advantage. As someone with diabetes, it is easy to get caught up in choosing foods for the purpose of managing blood glucose levels. But managing blood glucose and eating healthy, nutrient-rich foods should go hand-in-hand. Don't sacrifice good nutrition during this busy time. Eating healthy and sticking to your meal plan will keep your immune system strong. Adequate rest and regular exercise can also help regulate blood glucose and strengthen your immune system.

Candied Yams

Ingredients

- 6 medium yams, boiled in skin until tender (about 20 - 30 minutes)
- 1/3 cup raisins
- 1 Tbsp brown sugar
- 3 Tbsp sugar substitute
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- Ground cloves to taste
- 1/3 cup low-calorie margarine
- 1 cup cold water



Directions

1. Preheat the oven to 350°F. Cool yams, peel, and slice lengthwise. Place the yam slices in a covered baking dish. Sprinkle the raisins over the yams.
2. In a separate bowl, mix the brown sugar, sugar substitute, and spices; sprinkle over the yams. Dot with margarine and add water.
3. Cover the baking dish and bake for 30 minutes. Remove the cover, then bake another 15 - 20 minutes.

Nutritional Information (Per Serving/ 1/4 cup)

Calories: 81, Protein: 1g, Sodium: 63mg, Cholesterol: 0mg, Fat: 3g, Carbs: 14g

Try to be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.

Discretely carry your glucose meter with you. Check your glucose midway through the holiday party to see if your glucose levels are being maintained in the normal range.

Creamy Cheesy Cauliflower

Cauliflower like you've never had it before! This recipe makes a great Thanksgiving Day side dish. It's better for you than those cheesy potatoes or traditional green bean casserole – with just as much flavor!

Prep Time: 25 minutes; **Cook Time:** 25 minutes; **Serving Size:** 1/3 cup; Serves 16

Nutritional Facts

Calories	Carbs	Protein	Fat	Sat. Fat	Cholesterol	Sodium	Dietary Fiber
90	12 g	6 g	2.5 g	1.4 g	10 mg	80 mg	2 g

Ingredients

- 10 cups coarsely chopped cauliflower, about 2 heads**
- 2 teaspoons butter**
- 2 large onions, chopped**
- 3 garlic cloves, minced**
- ½ cup all-purpose flour**
- 3 ½ cups 1% milk**
- Salt and pepper to taste**
- ¾ cup freshly grated Parmesan cheese**
- 3 tablespoons finely minced parsley**



Instructions: 1. Add 4 quarts of water to a 6-quart saucepan. Bring the water to a boil. Add the cauliflower, and cook for about 10 to 12 minutes or until tender. Drain. Set aside.

2. In a large skillet, melt the butter over medium-high heat. Add the onions and garlic, and sauté for 6 to 7 minutes until soft, making sure the onions and garlic do not turn brown. Combine the flour and milk, and whisk until very smooth. Add to the onions and garlic, bring to a simmer, and cook for 2 minutes. Season with salt and pepper. Whisk in the cheese, and fold in the cauliflower. Garnish with parsley.