



# Holiday Eating

Recipes and tips for people with diabetes

## Tips for eating at your family's or friend's home over the holidays:

1. Bring a healthy, tasty dish that you will enjoy. Then you will know that there will be something nice for you to eat.
2. Eat a snack before you leave home. If you arrive hungry, you will probably eat too much.
3. If there is a buffet, look at all the options first. Choose foods that are worth eating, and decide which can be ignored.
4. To avoid grazing, don't stand near or around the food so that you are not tempted to snack.
5. Choose fruits and vegetables served raw. You won't eat too many if you have to chew a lot.
6. If you drink alcohol, have just one glass or pour it over ice in a small glass.

It can be hard to stick with your diet around the holidays. All your favorite foods are served together, the servings are big, and your family and friends have gone out of their way to make foods you like.

As with everything, moderation is the key to having a wonderful holiday season. Try these tips to help keep yourself healthy and happy at the same time. No one wants to spend the holidays not feeling their best.

A little planning can let you have your treats, without harming your health.

Pick your favorite foods and eat reasonable portions of them. If you don't like sweet potatoes, save the carbohydrates and calories they contain for your favorite pumpkin pie, and have a green salad with dinner instead. It's all about making good choices.

Try letting your family and friends know that holidays are a hard time to avoid foods you love, and see if you can arrange an activity that doesn't involve food. Ask them to go to the mall, go caroling, visit one of the holiday lighting displays at local parks or neighborhoods, go to a movie, or take a walk.





## Pumpkin Chiffon Pie

This pie has less carbs and is a yummy treat you can make ahead and take cold to a buffet. Make sure that you take your slice out before putting it on the table - there won't be any left by the time you get through the line!

1/4 cup cold water

1 tablespoon unflavored gelatin

1-1/4 cup pumpkin

1/2 cup sugar

3 egg yolks

3 egg whites

1/2 cup milk

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

Soak gelatin in cold water. Beat egg yolks slightly. Add pumpkin, sugar, milk and spices to egg yolks and cook over hot water in a double boiler or microwave until thick enough to coat the back of a spoon. Stir often. Stir in gelatin until dissolved. Cool.

Whip egg whites until stiff. When pumpkin mixture begins to set, stir in 1/2 cup sugar and fold in egg whites. Fill pie shell. Chill in the refrigerator for 4 hours or overnight.

**Nutritional Info:** Calories: 110, Carbohydrates: 17 g, Protein: 4 g, Sodium: 36 mg

## Wild Rice Stuffing

You can make this high fiber stuffing ahead of time, then take it to your friend's meal, and heat it in the microwave before serving.

4 tablespoons butter

2 cups mushrooms, sliced

1 large onion, chopped

1/2 cup dried cranberries, chopped

4 tablespoons fresh thyme (or 1 teaspoon dried)

4 tablespoons fresh tarragon (or 1 teaspoon dried)

1 cup diced water chestnuts, fresh or canned

1/2 cup shelled pistachio nuts, rinse if salted

3 cups rice (1 cup wild rice, 2 cups brown rice)

Ahead, cook 1 cup wild rice and 2 cups brown rice in 4 cups low-sodium turkey or chicken broth or water (follow package instructions). Sauté onions, mushrooms, and cranberries in butter. Add water chestnuts, pistachios and cooked rice. Cook, stirring, for about 5 minutes.

Add fresh herbs, put in greased baking dish, and bake about 30 minutes in 350 degree oven. You can reheat in microwave. Serve with turkey. You can double or triple the recipe and freeze it since it keeps well for months.

**Nutritional Info:** Calories: 130, Carbohydrates: 21 g, Protein: 5 g, Sodium: 65 mg



## Holiday 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 avoid grazing between meals. If I drink alcohol, I will do so in moderation.

I will continue to be physically active.

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