

# Holiday Foods with Diabetes

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# Winter Holiday Celebrations

Many people celebrate different winter holidays.

They are a time for friends and families to gather together; and a time to make special foods and desserts.



# No dieting



- **Rule number 1 is no dieting around the holidays.**
- **This is not a time to start a weight loss diet**
- **Severely restricting your eating will only cause overeating and disappointment.**
- **This is a time to share with family and friends and not to get carried away by food.**

# No Guilt

- **Rule #2: No guilt about what you eat**
- **It's impossible to eat healthy every day**
- **Feeling guilty will only worsen the situation**
- **Recall all the healthful benefits of some of the most guilt-inducing foods.**
- **Always forgive yourself and then move on**

# Planning ahead

- **Planning ahead should be your first line of defense.**
- **If there is a family dinner this week and another event next week, make sure on the remaining days we have carbohydrate controlled meals..**

**Pick your free days – the rest of the month – will be the days you plan to choose healthier meals**

December 2006						
SUN	MON	TUE	WED	THU	FRI	SAT
					1 Office Party	2
3	4	5	6	7	8	9
10	11	12	13 Hanukkah	14	15	16
17	18	19	20	21	22	23
24	25 Christmas	26	27	28	29	30
31						

# Planning

It's all the days in  
between those  
special days that  
count



## **What Should I Eat?**

- **It is all about carbohydrates for blood glucose control**
- **Carbohydrates are sugars and starches**
- **Sugars and Starches break down into glucose**



# Carbohydrate Goals

- **Carbohydrate amounts vary per person**
- **Depends upon your individual needs**
- **Can start with**
  - 45-60 grams carbs per meal**
  - 0-30 grams carbs per snack**

# Carbohydrate List

*Each Serving = 15 grams carbs.*

Bread	1 slice
Roll	1 small
Tortilla	1 – 6”
Potatoes, Peas, Corn, Legumes Cooked Cereal Canned “lite” Fruit	½ cup
Rice, Pasta or Stuffing	1/3 cup
Apple, Banana, or Pear	1/2
Milk	1 cup
Ice Cream	½ cup

# What Doesn't Have Carbs

- Meats –such as Turkey, Oysters, Ham, Prime Rib
- Vegetables – *non-starchy* – such as green beans
- Assorted Cheeses
- Peanut Butter or Cream Cheese on Celery Sticks
- Fats such as Assorted Nuts, Olives
- Deviled Eggs

# Be Calorie Savvy

- **Choose leaner meats**
- **Reduce margarine, mayonnaise, oils, gravies**
- **Watch nuts and cheesy items**

# 45 gram carbohydrate meal

Sliced Roast Beef

6 ounce potato – 30 grams carbs.

½ cup canned Fruit – 15 grams carbs.

Salad

Salad Dressing

Butter/Margarine

Turkey	No carbs
Stuffing – 1 cup	40 grs.
Green Beans	0 grs.
Potatoes – 1 cup	30 grs.
Cranberry Sauce – 2 tablespoons	15 grs.
Gravy – 1/4 cup	0 grs.
Roll – 1	15 grs.
Butter/marg	No carbs
Pumpkin Pie – 1/8 pie	40 grs.
Whipped Topping	No carbs.
<b>Total Carbs.</b>	<b>140 grs.</b>

# Holiday Meal

- **Make it a free day**
- **Aim for the meats and non-starchy vegetables**
- **Divide the holiday meal into several meals**
- **Increase activity level after the meal**
- **Modify the meal to make it fit into your carbohydrate goals**

Turkey	No carbs
Stuffing – 1 cup	40 grs.
Green Beans	0 grs.
Potatoes – 1 cup	30 grs.
Cranberry Sauce – 2 tablespoons	15 grs.
Gravy – 1/4 cup	0 grs.
Roll – 1	15 grs.
Butter/marg	No carbs
Pumpkin Pie – 1/8 pie	40 grs.
Whipped Topping	No carbs.
<b>Total Carbs.</b>	<b>140 grs.</b>






# Reducing carbs

1. **L**ess sugar or replace with sugar substitute
2. **E**nrich carbohydrate foods with vegetables or meat
3. **S**maller portions
4. **S**elect the carbohydrate food you want in advance

Turkey	No carbs
Stuffing – 1 cup	40 grs.
Green Beans	0 grs.
Potatoes – 1 cup	30 grs.
Cranberry Sauce – 2 tablespoons	15 grs.
Gravy – 1/4 cup	0 grs.
Roll – 1	15 grs.
Butter/marg	No carbs
Pumpkin Pie – 1/8 pie	40 grs.
Whipped Topping	No carbs.
<b>Total Carbs.</b>	<b>140 grs.</b>

# Reducing carbs

- **Select the carbohydrate food you want in advance**

Turkey	No carbs
Green Beans	0 grs.
Stuffing – 1 cup 	40 grs.
Potatoes – 1 cup	30 grs.
Cranberry Sauce – 2 tablespoons	15 grs.
Gravy – 1/4 cup 	0 grs.
Roll – 1 	15 grs.
Butter/marg	No carbs
Pumpkin Pie – 1/8 pie	40 grs.
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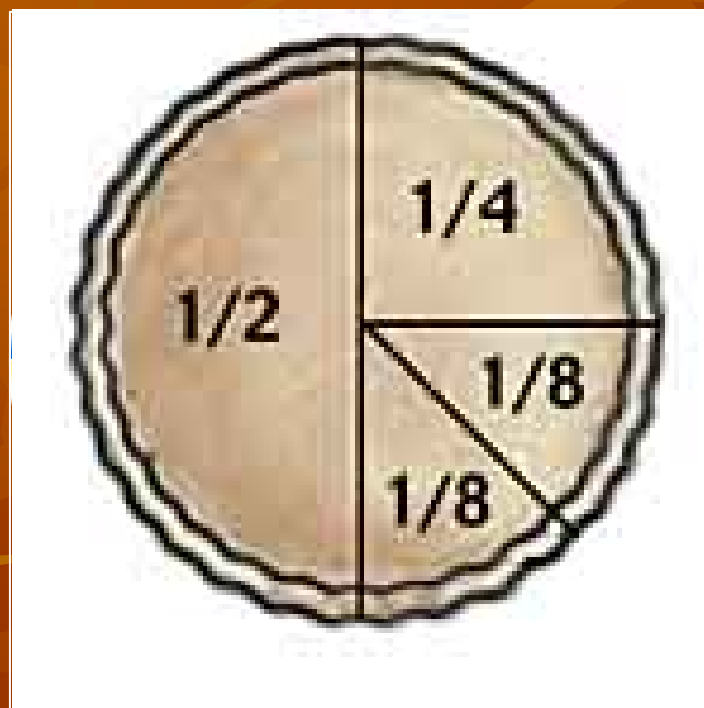
# Reducing carbs

- **Smaller portions**

Turkey	No carbs
Stuffing – 1 cup	40 grs.
Green Beans	0 grs.
Potatoes – 1 cup	30 grs.
Cranberry Sauce – 2 tablespoons	15 grs.
Gravy – 1/4 cup	0 grs.
Roll – 1	15 grs.
Butter/marg	No carbs
Pumpkin Pie – 1/8 pie	40 grs.
Whipped Topping	No carbs.
<b>Total Carbs.</b>	<b>140 grs.</b>

Turkey	No carbs
<b>Stuffing – 1/3 cup</b>	<b>13 grs.</b>
Stuffing – 1 cup	40 grs.
Green Beans	0 grs.
<b>Potatoes – 1/2 cup</b>	<b>15 grs.</b>
Potatoes – 1 cup	30 grs.
<b>Cranberry Sauce – 1 tablespoon</b>	<b>7 grs.</b>
Cranberry Sauce – 2 tablespoons	15 grs.
Gravy – 1/4 cup	0 grs.
Roll – 1 with butter/marg	15 grs.
<b>Pumpkin Pie – 1/10 pie</b>	<b>30 grs.</b>
Pumpkin Pie – 1/8 pie	40 grs.
<b>Total Carbs.</b>	<b>80 grs.</b>

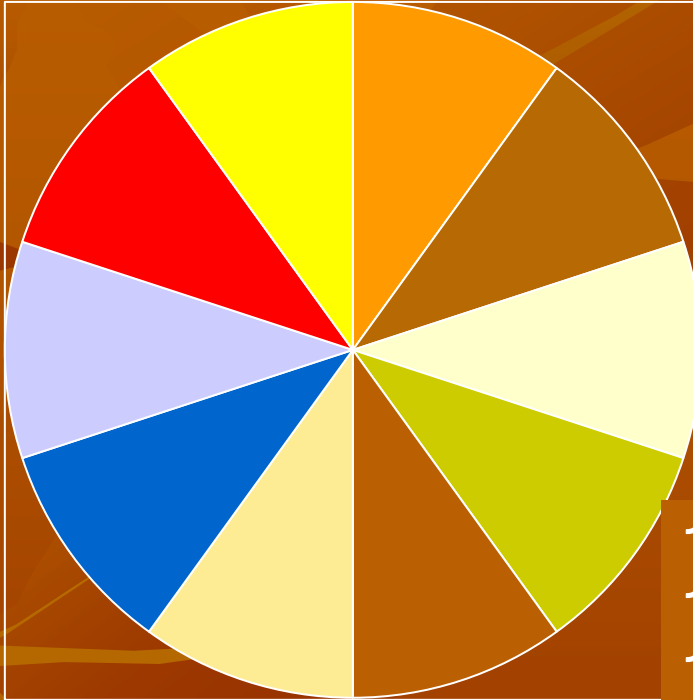
# Slice of Pie



- 1/8 pumpkin pie = 40 grs. carbs.
- 1/8 meringue pie = 50 grs. carbs.
- 1/8 fruit, 2 crusted pie = 60 grs. carbs.



# Slice of Pie



1/10 pumpkin pie = 30 grs. carbs.

1/10 meringue pie = 40 grs. carbs.

1/10 fruit, 2 crusted pie = 50 grs. carbs.

# Reducing carbs

- **Replace sugar with sugar substitute**

# Using Sugar Substitute



- Sugar is vital
- Can reduce sugar by 50%
- Can use Sugar Substitute/Sugar Blends  
*(replace 1 cup sugar with 1/2 cup blend)*



Turkey	No carbs
Stuffing – 1 cup	45 grs.
Green Beans	0 grs.
Potatoes – 1 cup	30 grs.
Cranberry Sauce – 2 tablespoons	15 grs.
Gravy – ½ cup	15 grs.
Roll – 1	15 grs.
Butter/marg	No carbs
Pumpkin Pie – 1/8 pie	40 grs.
Whipped Topping	No carbs.
<b>Total Carbs.</b>	<b>135 grs.</b>

Turkey	No carbs
Green Beans	0 grs.
Stuffing – 1 cup	40 grs.
Potatoes – 1 cup	30 grs.
<b>Sugar Free Cranberry Sauce</b>	<b>0 grs.</b>
Gravy – 2 tablespoons	0 grs.
Roll – 1	15 grs.
Butter/marg	No carbs
<b>Sugar Free Pumpkin Pie – 1/8 pie</b>	<b>20 grs.</b>
Whipped Topping	No carbs.
<b>Total Carbs.</b>	<b>105 grs.</b>

# Reducing carbs

- **Enrich carbohydrate foods with vegetables or meat**

Turkey	No carbs
Green Beans	0 grs.
Stuffing – 1 cup	40 grs.
Potatoes – 1 cup	30 grs.
<b>Sugar Free Cranberry Sauce</b>	<b>0 grs.</b>
Gravy – 2 tablespoons	0 grs.
Roll – 1	15 grs.
Butter/marg	No carbs
<b>Sugar Free Pumpkin Pie – 1/8 pie</b>	<b>20 grs.</b>
Whipped Topping	No carbs.
<b>Total Carbs.</b>	<b>105 grs.</b>

# Low Carbohydrate Vegetables

- Turnips
- Celery Root
- Rutabagas
- Carrots
- Zucchini
- Cabbage
- Cauliflower
- Water Chestnuts





Turkey	No carbs
Green Beans	0 grs.
<b>Stuffing with added meat and vegetables – 1 cup</b>	<b>20 grs.</b>
<b>Potatoes/non-starchy vegetables– 1 cup</b>	<b>15 grs.</b>
Sugar Free Cranberry Sauce	0 grs.
Gravy – ¼ cup	0 grs.
Roll – 1	15 grs.
Butter/marg	No carbs
Sugar Free Pumpkin Pie – 1/8 pie	20 grs.
Whipped Topping	No carbs.
<b>Total Carbs.</b>	<b>70 grs.</b>

# Holiday Meal



Roast Turkey

Green Beans Almondine

Turkey Sausage Stuffing – 1 cup

Whipped Potato Blend – 1 cup

Sugar-Free Cranberry Sauce

1 Roll

Gravy –  $\frac{1}{4}$  cup

Butter/marg

$\frac{1}{8}$  Sugar-Free Pumpkin Pie with  
whipped topping

Glass of Wine (optional)

# If Sugar-Pie is Not Available

1/8 apple pie – 60 grams carbs.

## Holiday Dinner

Prime Rib  
Green Beans  
Tossed Salad with Dressing  
1/8 apple pie



Don't forget the Whipped Topping – No Carbs.

# Myths of Holidays Past

- **Myth:** I shouldn't eat all day so that I can eat what I want at the party.
- **FACT:** Don't save up for a party, starving yourself all day only results in binging later on.



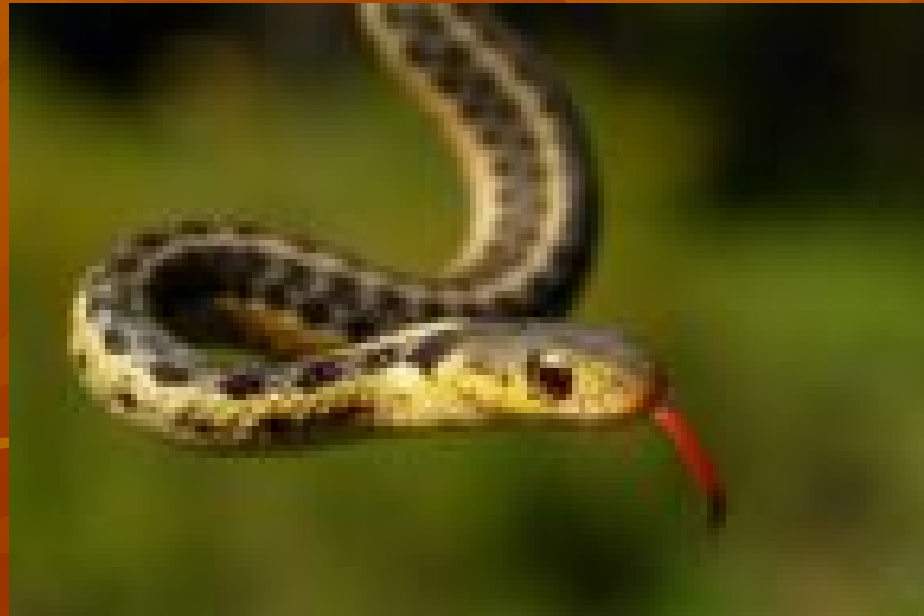
# Myths of Holidays Past

- **Myth: I don't have time to exercise, I am too stressed.**
  - **Fact: You do have time to exercise and you might not even know it.**
- **Don't forget exercising can help reduce stress which is important during the holiday season.**

# Myths of Holidays Past

- **Myth: Celery and carrot sticks are the only healthy options at holiday parties**
- **Fact: Remember all foods in moderation. And if you are still worried there won't be anything to choose from bring your own healthy dish**

# Sneaky Carbohydrates



## **“Hidden Holiday Carbs.”**

- **1 bite cookie dough – 10 grs.**
- **Frosting on the beaters – 15 grs.**
- **Last of the eggnog left in the carton – 15 grs.**
- **Cookie that didn't fit in the tin – 15 grs.**
- **Piece of fudge that overflows the candy dish – 20 grs.**
- **Pieces of ten broken crackers that don't look good enough to serve – 30 grs.**



# **“Hidden Holiday Carbs.”**

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# Sneaky Carbohydrates

- Think ahead and plan where you will eat
- Sit down for all meals and snacks and eat with full focus



# Mall Food



Food	Cal.	Carbs.
Pretzel	500	100
Cookie	350	60
Orange Chicken	545	45
Fried Rice	480	75
Cinnabon	813	117

# Healthier Mall Options

- Panda Express
  - Egg Flower or Hot and Sour Soup – 15 grs. carbs.
  - Wok Smart Meals – low carbohydrates
- Sub Sandwiches – 6 inch – 45 grs. carbs.
- Hard Shell Taco – 15 grs. carbs.
- Thai Restaurants – side order vegetables

# What About Alcohol???



- Moderation
- Only beer and mixed drinks contains carbohydrates
- Drinking may loosen our control over food portions

# Summary

- We can enjoy our favorite foods with planning
- It begins with deciding which days are the free days and which carbohydrate foods we plan to choose.
- It ends with planning the leftovers.
- Holidays are a time to enjoy with your family and friends
- New Traditions can always be started

*Happy Holidays from  
the  
Boldt Diabetes Center!*