



## MAKING THE RIGHT CHOICES ON THANKSGIVING

For some people living with diabetes, enjoying Thanksgiving AND managing your blood sugar can seem impossible. But, since many of the best foods on the Thanksgiving table are good for us, you can do both! Here are some tips to help you successfully navigate your holiday dinner.

### REMEMBER THE 3 P's

**Protein** – Enjoy your proteins. Protein has a minimal effect on blood sugar and help us feel more full. Choose lean proteins such as white meat or fish.

**Portions** – We all want to taste that stuffing or mashed potatoes. Go ahead! Just know your portions. These foods can be eaten as part of a balanced meal in proper portions to help control blood sugar. See your nutritionist if you are unsure of the proper portions for you.

**Physical Activity** – Get moving after your meal. Take a 15-minute walk after eating to help the body use some of that blood glucose.

- ❖ Always eat breakfast. Start your day with a balanced breakfast. **NEVER** “SAVE YOUR APPETITE” for the holiday dinner.
- ❖ Snack on raw veggies with lo-fat dips or unsalted nuts.
- ❖ Choose white rather than dark turkey meat, without the skin.
- ❖ Steam veggies like broccoli, carrots and green beans rather than in a casserole with sauces.
- ❖ Bake stuffing in a casserole dish instead of the turkey – less fat.
- ❖ Make fresh cranberry sauce – it has fewer calories than canned cranberries.

- ❖ If you're going to drink a glass of wine, do so with dinner and not before.
- ❖ Have some dessert with everyone else, but if you have a choice, choose pumpkin pie over pecan pie or bring a dessert you made yourself with no-fat whipped cream!
- ❖ Really good rule: Don't take home any leftovers!!!

ENJOY WHAT YOU DO EAT! SAVOR EACH BITE!  
IT'S NOT JUST ABOUT FOOD, IT'S ABOUT FAMILY  
AND FRIENDS, TOO.

*Happy Thanksgiving!*



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## Mock Mashed Potatoes (Mashed Cauliflower)

Recipe Yield: Makes 4 servings.

### *Ingredients*

- *1 medium cauliflower*
- *4 green onions, sliced, including half green stems*
- *2-4 cloves garlic*
- *1/4-1/2 cup unsweetened plain almond milk*
- *4 tsp. extra virgin olive oil, divided*
- *Salt and freshly ground black pepper to taste*
- *1 Tbsp. chopped chives*

1. Place cauliflower, onions and garlic in steamer basket and steam for 10-12 minutes or until very tender.
2. Place cooked cauliflower, onions and garlic in blender or food processor.
3. Add 1/4 cup almond milk and 2 teaspoons olive oil. Blend until desired consistency.
4. For creamier consistency add more milk in 1 tablespoon increments.
5. Season to taste with salt and pepper.
6. Transfer to serving bowl.

### **NUTRITIONAL INFORMATION PER SERVING**

Calories: 87 Fat: 5 grams Saturated Fat: less than 1 gram Fiber: 4 grams Sodium: 61 milligrams  
Protein: 3 grams Carbohydrates: 10 grams



## • Balsamic Roasted Carrots

Serving size: about ½ cup

### *Ingredients*

- *2 tablespoons balsamic vinegar*
- *1 tablespoon pure maple syrup*
- *2 tablespoons olive oil, divided*
- *1 pound carrots, preferably multicolored, cut into 2-inch pieces*
- *¼ teaspoon salt*
- *Preheat oven to 400°F. Whisk vinegar, maple syrup and 1 tablespoon oil in a small bowl; set aside.*

### Directions

- Combine carrots, salt and the remaining 1 tablespoon oil in a large bowl; toss to coat. Spread in a single layer on a rimmed baking sheet.
- Roast the carrots until starting to brown and almost tender but not completely cooked through, 16 to 18 minutes. Drizzle the balsamic mixture over the carrots, and, using a spatula, toss to coat completely. Continue roasting until the carrots are tender and glazed, about 5 minutes more. Sprinkle with toasted hazelnuts, if desired. Serve immediately.

### **NUTRITIONAL INFORMATION PER SERVING:**

- 130 calories; 7 g fat(1 g sat); 3 g fiber; 6g carbohydrates; 1 g protein;
- Nutrition Bonus: Vitamin A (379% daily value)



## CHOCOLATE SHORTBREAD COOKIES

Serving Size: 2 cookies

### *Ingredients*

- 1 cup unsalted butter
- 1/2 cup Splenda No Calorie Sweetener, Granulated
- 1/4 cup sugar
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 6 tablespoons Dutch cocoa powder
- 1 3/4 cups flour
- 2 tablespoons flour

### *Directions*

1. Preheat oven to 375 degrees F. Line a cookie sheet or jellyroll pan with parchment paper. Set aside.
2. Place the butter, Splenda Granulated Sweetener, sugar, vanilla and salt in a medium mixing bowl. Mix, using the paddle attachment of an electric mixer until the mixture is light and creamy (approx. 1-1 1/2 minutes). Add cocoa powder and all the flour. Mix until just blended.
3. Remove dough from bowl and form into a ball. Place the ball of dough on the parchment lined pan. Roll the dough into a rectangle approx. 6 1/2 inches wide by 11 inches long and 1/4 inch thick. Pierce the surface of the dough with a fork all over. This allows the air to escape during baking preventing air pockets from forming.
4. Bake in preheated 375 degrees F oven 20-25 minutes, rotating the pan after 10 minutes of baking. Remove shortbread from oven after 20-25 minutes and immediately cut into 24 fingers or rectangles while the shortbread is still warm. If allowed to cool, shortbread will not slice well.

### *NUTRITIONAL INFORMATION PER SERVING:*

Calories: 120 Fat: 8 grams Saturated Fat: 5 grams Fiber: 1 grams Sodium: 25 milligrams  
Cholesterol: 20 milligrams Protein: 1 grams Carbohydrates: 10 grams Sugars: 2 g