

## Healthy Thanksgiving Dinner with Diabetes!

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<http://diabetes.about.com/od/nutrition/a/healthythanksgiving.htm>

Wondering how to enjoy a healthy Thanksgiving dinner when you've got [type 2 diabetes](#)? Thanksgiving is a holiday of family, friends and food with dinner as the focal point as everyone gathers around the table to give thanks.

A holiday like Thanksgiving Day isn't always easy for someone who has diabetes. Much of the traditional food on the table is rich, and laden with calories and [carbohydrates](#). Many times Thanksgiving Day is one long smorgasbord of eating.

How can you enjoy the holiday while watching what you eat? Here are some ideas to get you through.

### Help yourself to some turkey.

The turkey itself is actually a very healthy bird. It's a good source of protein, high in niacin, phosphorous, selenium, vitamin B6 and zinc. It is also all protein, no carbs. A three ounce serving of turkey breast meat is just 87 calories, 15 grams of protein and 3 grams of carbs.

### Don't stuff yourself on stuffing.

The stuffing can pack a calorie, fat and carb wallop. It's dense, usually made with bread, saturated in butter and has more molecular weight than a black hole in outer space. If you have control over how it's made, substituting fat-free chicken broth for the butter goes a long way towards cutting the fat grams. Adding a lot of chopped vegetables to the recipe can also help. If you aren't in charge of making the stuffing, try to keep your helping small, around 1/2 cup.

## *November is American Diabetes Month!*



### Make a game plan.

A wide variety of foods make up the typical Thanksgiving dinner. Several kinds of side dishes, lots of old family favorites and many kinds of desserts, are often on the table, beckoning you to try each and every one of them. But, do you have to eat them all? Not if you plan in advance what you're going to eat. Some strategic planning can help you make good choices and keep your carb intake from shooting through the roof. Offer to bring a low calorie dish.. or two.

There are many delicious low calorie or low carb recipes around. Make a few healthy dishes and bring them with you, if you've been invited for Thanksgiving dinner. If Thanksgiving is at your house, so much the better. You have control over what goes into, or stays out of the food. Continued.....

NOVEMBER 2014

### Start a new tradition.

Take the spotlight off the food. Suggest an after dinner walk around the neighborhood, or play charades or other group activities, to get your blood moving, and to keep you occupied so you don't pick at leftovers, or succumb to that second piece of pie.

With a plan of action, you can embrace the holiday, enjoy the festivities and have a healthy Thanksgiving Day.

### Type 2 Diabetes

Diabetes affects nearly 26 million Americans. Up to 95% of all people diagnosed with the disease have type 2 diabetes. Although type 2 diabetes is not always caused by obesity, being overweight is a risk factor for developing the disease.

Risk factors for type 2 diabetes:

1. Obesity
2. Poor diet
3. Sedentary lifestyle
4. Increased age - 21% of people over 60 have diabetes
5. Family history - Diabetes tends to run in families
6. Ethnicity - Diabetes is more common in the African-American, Native American, Latino, Pacific Islander and Asian-American populations
7. History of metabolic syndrome
8. History of gestational diabetes

*For More Information*

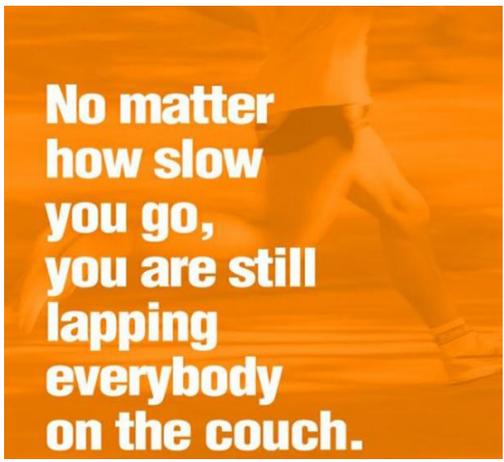
<http://www.diabetes.org/>



Have Questions?

We Can Help:

**1-800-DIABETES (800-342-2383)** Monday-Friday,  
8:30 a.m. to 8:00 p.m. ET



**No matter  
how slow  
you go,  
you are still  
lapping  
everybody  
on the couch.**

**DID YOU  
KNOW?**

**Flu Immunizations!**

**No appointment needed! All Family Medical Home and Pediatric Medical Home Enrolled Patients, ages 6- 35 months and 4 years and older while supplies last. (3 Year old vaccinations are NOT available at this time). Visit the MACH Pediatric Medical Home, from 0900-1140 and 1300 - 1630, Monday-Friday. If you are already at a scheduled appointment in the Family Medical/Pediatric Home Clinic, you may request your flu immunization during that time.**

You and your family are invited to join in  
a community Thanksgiving service



Thursday, 20 November 2014  
at 1900 (7:00pm)

The Infantry Chapel  
(Main Post, 124 Sigerfoos Rd.  
Building 101)

*Speaker - CH (COL) Thomas Waynick,  
Fort Benning Garrison Chaplain*

*"I am the bread of life: he that comes to me shall never hunger,  
and he that believes in me shall never thirst."*

- John 6:35

For more information call 706-545-2050

**NEWCOMER ORIENTATION**

The Newcomer Orientation will change locations beginning on 5 November 2014 from ACS Bldg 7, 7117 Baltzell Ave to The Benning Club - Supper Club, Bldg 128, Morrison Ave. The Orientation is held every Wednesday from 0900-1100. Spouses are encouraged to attend

**ARMED SERVICES BLOOD DRIVE**

**THE ARMED SERVICES BLOOD DRIVE WILL BE HELD SEPT. 2, OCT. 7, AND NOV. 18 IN MCGINNIS-WICKAM HALL'S EAST WING, ROOM 106. THE MINIMUM TIME ALLOWED BETWEEN DONATIONS IS 57 DAYS. FOR MORE INFORMATION, VISIT [WWW.MILITARYBLOOD.DOD.MIL/BENNING](http://WWW.MILITARYBLOOD.DOD.MIL/BENNING)**

## Healthy Eating Holiday 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 healthy 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.*

Source: AADE American Association of Diabetes Educators



[Benning/Community/Health](#)

Check out our Community  
Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

