



10 Tips for Conquering and Enjoying Thanksgiving Dinner with Diabetes

1. **Try to schedule your holiday meal as close to your normal meal time as possible**, If the meal is at an “off” time plan to have a snack at your regular meal time
2. **Have foods to nibble on while you are cooking or waiting that won’t “sabotage” your blood glucose before the big meal.** This is a great time to take advantage of “free” foods on the exchange list such as 5 carrot or celery sticks or ½ cup of cucumber sticks with ranch dip.
3. **If you drink alcohol**, remember to eat something first to prevent low blood glucose levels later. Keep it to no more than 1 drink for women and 2 drinks for men
4. **Be selective about your carbohydrate choices**, if you really like stuffing then skip on the rolls.
5. **Not all starchy vegetables are created equal**; for example one carbohydrate choice can either be 1 cup of acorn or butternut squash or just ½ cup of mashed potato.
6. **Watch your portion sizes.** If you must sample everything on the table then split your carbohydrate portions into smaller sizes. For example, instead of having a ½ cup portion of just one starchy vegetable, have a ¼ cup of peas and ¼ cup of potato.
7. **Do load your plate with non-starchy vegetables** like green beans, carrots, brussels sprouts, turnips, and greens. Three ½ cup servings of these vegetables only count as 1 carbohydrate choice, compared to only one ½ cup serving of potato.
8. **Lighten up.**
 - a. Watch out for hidden sugar. Marshmallows or honey on sweet potatoes, and green beans made with cream soups and onion toppers mean extra carbohydrates, so take smaller portions of these items. Better yet, find new recipes for sweet potatoes or green beans without these extras.
 - b. Try stuffing recipes made with whole wheat bread, wild or brown rice, or whole grains like bulgur or cracked wheat. The fiber may blunt a rise in blood glucose.
9. **Just because you are diabetic does not mean you can’t have pie:**
 - a. Plan to serve pie about 2 hours after the meal, take that time to clear the table, catch up with loved ones and spend time enjoying the outdoors taking a walk or playing games. Try to eat some protein with your pie such as a slice of sharp cheddar cheese.
 - b. If you know that pie will be served immediately after the meal then plan ahead and account for those carbohydrates by consuming less of them during the meal. Split a piece of pie with your loved one if you need to.
10. **Enjoy yourself. Focus on the fun not the feast!**





Exchanges for common thanksgiving foods

Food	Serving Size	counts as
Cranberry sauce	1/4 C	1.5 CHO
Gravy	1/2 C	1/2 CHO +1 fat
Bread stuffing	1/3 C	1 CHO + 1 fat
Fruit Pie	1/6 of 8 inch pie	3 CHO + 2 fats
Pumpkin Pie	1/8 of 8 inch pie	1.5 CHO +1.5 Fats
1 roll	(1 oz)	1CHO
Mashed potato w/milk & fat	1/2 C	1CHO+ 1 fat
sweet potato (plain)	1/2 C	1 CHO
Peas	1/2 C	1 CHO
Winter Squash	1 cup	1 CHO
Extras		
Beer (light)	12 fl oz	1/2 CHO +1 alcohol
Beer (regular)	12 fl oz	1 CHO + 1 alcohol
Honey	1 tbsp	1 CHO
Cream soup (made w/ water)	1 cup	1 CHO + 1 fat



