



LIVING WELL WITH DIABETES

Anderson County Health Department

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Healthy Eating During Winter Gatherings

Winter is a season of holiday celebrations, football play-offs, and other occasions when family and friends get together over meals and snacks. For people with type 2 diabetes, it can be especially challenging to stick to a meal plan. Mouth-watering options such as honey-baked ham, buttery mashed potatoes, and sweet yams are popular for festive dinners, while chicken wings, cheesy nachos, and chips are among the favorites at football play-offs and other gatherings. However, you don't have to completely sacrifice all of your favorite foods. The key is to make a variety of healthy food choices and limit portion sizes.

Follow these tips from the National Diabetes Education Program (NDEP) to help you eat healthy during gatherings throughout the winter season:

Eat a healthy snack. Eating a healthy snack prior to leaving home can prevent overeating at the party.

Plan ahead. Check out the party food options before you begin eating, and make a mental note of what and how much you will eat. Your food choices should fit into your meal plan.

Bring a dish. Share your healthy dish with family and friends.

Move away from the buffet. Fix your plate, and then step away from a table of finger foods to avoid grazing while chatting.

Savor the flavor. Eating slowly reduces your chances of overeating.

Drink H2O. Water is a healthy, no-calorie beverage. Drink plenty of it.

Trim it down. Eat smaller portions of food. Trim off extra skin and fat from meat.

Party hard! Focus on family, friends, and activities rather than food. Stay active by participating in games or dancing.

Follow these tips if your goal is to serve healthy feasts to your guests:

Bake it. Broil it. Grill it. Consider healthy alternatives to traditional meats. Choose skinless meat or poultry and avoid fried dishes.

Increase fiber. Serve whole grain breads, peas, and beans as part of your meals.

Easy on the toppings. Lighten your recipes by using reduced-fat or fat-free mayonnaise, butter, sour cream, or salad dressing.

Focus on fruits. Serve fresh or canned fruits instead of ice cream, cake, or pie. Transform high fat, high-calorie desserts by replacing whole milk or whipped cream with 1 percent or nonfat milk.

Serve low-calorie beverages. Offer your guests sparkling water or diet beverages.

We're all in this together. Support your family and friends by encouraging them to eat healthy during the winter months and throughout the year.

To find out more information about the *Control Your Diabetes. For Life.* campaign and to order free materials and resources, visit <http://www.YourDiabetesInfo.org> or contact the National Diabetes Education Program (NDEP) at 1-888-693-NDEP (6337).



ANDERSON COUNTY HEALTH DEPARTMENT

ANDERSON COUNTY HEALTH DEPARTMENT
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FOR MORE INFORMATION ABOUT THE
DIABETES SUPPORT GROUP PLEASE
CONTACT:

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THE ANDERSON COUNTY DIABETES SUPPORT
GROUP WILL MEET

MONDAY, DECEMBER 3 AT 7:00PM

IN THE COMMUNITY ROOM OF THE
ANDERSON COUNTY HEALTH DEPARTMENT.

Postmaster, please deliver to:

Important Dates in December

3 - Diabetes Support Group Meeting

7 - Pearl Harbor Day

19 - ACHD Staff Meeting (Health Dept CLOSED)

22 - First Day of Winter

24 - Christmas Eve (Health Dept CLOSED)

25 - Christmas Day (Health Dept CLOSED)

31 - New Year's Eve Health Dept CLOSED)

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Recipe of the Month

Cranberry Scones

16 servings

Ingredients

cooking spray
¼ cup dried cranberries, raisins, or currants
2 tablespoons brandy or orange juice
1 cup rolled oats (or quick oats)
1 ½ cups all-purpose flour
¼ cup egg substitute
1 tablespoon sugar
¼ teaspoon ground nutmeg
½ teaspoon ground cinnamon
3 tablespoons reduced-fat margarine, melted
2 ½ teaspoons baking powder
¾ cups skim milk

Directions

1. Preheat oven to 400 °F. Spray a nonstick cookie sheet with cooking spray.
2. Place the cranberries, raisins, or currants

in a small bowl with the brandy or orange juice. Allow to soften by soaking for 15 minutes. Drain and set aside, discarding any excess brandy or orange juice.

3. In a large bowl, combine remaining ingredients, mixing lightly until just moistened (don't over-mix).
4. Flour your hands and form dough into two 8-inch circles about 1/2-inch thick.
5. Place on prepared cookie sheet about 4 inches apart. Dip a sharp knife into flour and cut each round into 8 pie-shaped wedges. Separate the scones about 1/2 inch from each other.
6. Bake for 12 to 15 minutes, until nicely browned. Cool on a rack.
7. Store in airtight plastic wrap until ready to serve. (These may be made ahead and frozen.)



Nutrition Facts

Calories: 91 Carbs: 15g Fiber: 1g Cholesterol: 0g
Total Fat: 2g Sodium: 103mg Protein: 3g