

Rethinking the Thanksgiving Feast

10 Thanksgiving Tips for Diabetics



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As a diabetic on Thanksgiving, you are left with a few of choices:

You can stay home and not celebrate with you family and loved ones.

Sleep in late and watch the Macy's Thanksgiving Day parade.

Watch Texas A&M beat University of Texas!

You can make sure you have a game plan for healthy diabetic eating before you sit down to eat.

Diabetes Expenditures in Alaska

Social and Monetary Losses

- ❖ Total direct and indirect costs associated with diabetes - \$418.8 million dollars
- ❖ Medicaid expenditures
 - Children- \$ 2.5 million
 - Adults - \$42.9 million
- ❖ Lost productivity: 10% unable to work
- ❖ Disability: 46% of Alaska diabetics
- ❖ Death: Since 1996, 7th leading cause of mortality

Obesity and Diabetes in Alaska

- ❖ In 2006, the prevalence of diabetes among obese Alaskans was 6X higher than non obese adults.
 - 60% of Alaskans are obese.
 - 27,000 Alaskans have diabetes, an increase of 63% since 2001.
- ❖ In 2007-2008 school year, 18% of ASD students were obese
 - 75% of obese children become diabetic.



10 Thanksgiving Tips

- Have Thanksgiving at your home
- Eat a good breakfast
- Eat small snacks on prior to the main meal
- Check your blood sugar levels several times during the day
- Prepare extra side dishes that are healthy



10 Thanksgiving Tips

- Prepare sugar free desserts
- Eat slowly and small portions. No overeating!
- Avoid alcohol
- Avoid stress as much as possible
- Fit a walk into your Thanksgiving morning routine

Food



If you want to save your appetite for the big Thanksgiving meal, please don't.
Thanksgiving is not an all access pass to gluttony and guilt free eating.

Modify each and every traditional dish served Thanksgiving *and don't tell anyone.*

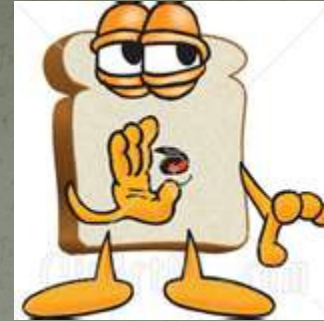
Foods higher in fiber satiate the appetite and help control blood sugar spikes. Eat more of green veggies vs sweet /mashed potatoes. *Go Green!*

Desserts

- ❖ Bring your own dessert made with sugar substitutes
- ❖ Wait 2 hrs after eating dinner.
- ❖ Do not fall victim to “no sugar added” or “sugar free” desserts.
- ❖ Eat a smaller portion of a regular dessert, if no other choices.
- ❖ Take a brisk walk after eating your dessert.



Avoid or limit breads and gravies



Breads

- Bread is *delicious!* Preferably pick bread or stuffing not both.
- Stuffing can be made without 2 sticks of butter. 1/3 cup of stuffing has 40g of carbs. Bake in a casserole dish rather than inside the turkey for less fat.
- Dinner rolls- Find the smallest one break it in half and only eat only 1 side.
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Gravies

- Do not add carbs to something that is carb-less.



Be Practical

- ❖ Strategic planning is the key to keeping your diabetes under control during the holidays
- ❖ With a plan of action, you can embrace the holidays, enjoy the festivities and a healthy Thanksgiving day
- ❖ Remember, get right back on track!

Last thoughts

- Diabetes is a very personal disease that has different effects on people individually.
- While these tips may work for some, it may not work for you. *Will and determination* are necessary components for any plan.
- Consult with your doctor or provider before the holidays for medication adjustments and other suggestions
- Lastly, BE THANKFUL!!



Resources

American Dietetic Association

www.eatright.org

American Diabetes Association

www.diabetes.org

Calorie King

www.calorieking.com