

Take Control Diabetes®

NEWSLETTER

Successfully

SURVIVING

the

Holidays

The holidays bring joy combined with an onslaught of sugary, high-calorie consumption possibilities. How do you cope and stay in control? Here are some tips that will help you navigate successfully from Thanksgiving through Super Bowl Sunday.



4 Tips for Eating and Staying Healthy

Tip #1 – Indulge Within Reason

Realize that the holiday season only consists of two or three actual days. Indulge only on those days and continue with your good weight loss goals and smart-eating strategies all of the days in between.

Tip #2 – Bring Your Own Dish & Beverage

Offer to bring a dish to a gathering, especially a dessert, where you already know the nutritional content including carb count and serving size. In this way, you can enjoy without worrying about the unknown. Or contribute a vegetable or fruit platter. Now you know there will be something there that won't lead you astray.

Many hosts don't offer diet sodas or low-carb juices or waters. Keep a backup supply in the trunk or back of your car. If you put flavored water in a wine glass, it will look like you are part of the festivities, and only you will know that you are "being good."

Tip #3 – Sample Wisely

Do not taste and sample all the dishes on the spread. Pick a couple that you know you like, and stick with them. Always include a high protein, meat-type choice. Also, fresh veggies are always a good choice.

Tip #4 – Avoid Feeling Guilty

Someone who spent all night making intricate gingerbread cut-outs from an heirloom family recipe is not going to take no for an answer when they offer you one. And refusal can seem like an insult. And you may feel bad about that, so you eat the cookie.

Instead, compliment the cookies and the cookie baker, and remark about the attention to detail, the craftsmanship, the artistic vision, the dedication and love that must have gone into each and every cookie. Then, take one. And walk away.

Wrap it in a napkin and give it to the first person you see.

Family guilt features the potential to haunt you long past the holidays, because your family knows where you live. You can try to say, "No, thank you" or "Make mine a small piece," but that's usually unsuccessful.

Diversion is a good tactic to follow here. Offer to help pass the goodies around. Serve everyone else, but forget to serve yourself. Go pour a cup of coffee. By the time you return, everybody else will be finished, and the treat will be a fading culinary memory on everyone's lips but yours. Or postpone the inevitable. Remark about how full you are right now, and might you have your helping later? In the fun and festivity of the family gathering, no one will ever notice that you never went back for that helping.



Low-Cal, Low-Carb Yet Delicious

If you're like us, you especially love the rich taste of sugar cookies at the holidays.

Here's a great alternative:
lower-calorie,
lower-carb
cookies
you'll love.

Nutrition Facts	
Serving Size:	2 Cookies
Number of Servings:	About 21
Exchanges Per Serving:	
1/2 Carbohydrate, 1 Fat	
PER SERVING	
Calories	87
Total Fat	4g
Saturated Fat	1g
Cholesterol	21mg
Sodium	50mg
Total Carbohydrate	10g
Dietary Fiber	0g
Sugars	2g
Protein	1g



Holiday Sugar Cookies

Beat butter and Equal in medium-size bowl, on medium speed, until well combined. Mix in egg and vanilla until blended. Add combined flour, baking powder and salt. Mix until blended. Drop dough by rounded teaspoons onto cookie sheets sprayed with nonstick cooking spray. Flatten slightly using a spoon. Sprinkle with sugar-free fruit flavored gelatin. Bake in preheated 350°F oven for 10-12 minutes. Remove from cookie sheet and cool completely on wire rack. Store in tightly covered container at room temperature. For rolled sugar cookies: wrap dough in plastic wrap and refrigerate several hours or overnight. Work with half of the dough at a time, keep the remaining dough in the refrigerator. Roll on lightly floured surface to 1/4 inch thickness. Cut with desired cookie cutters. Sprinkle with sugar-free gelatin. Bake in preheated 350°F oven 8-10 minutes. Proceed as recipe directs.

- 1/2 cup butter
- 1 cup Equal Sugar Lite
- 1 med. egg
- 1 tsp. vanilla
- 1 1/3 cup all-purpose flour
- 3/4 tsp. baking powder
- 1/4 tsp. salt
- 1 pkg. sugar-free fruit flavored gelatin

Source: American Diabetes Association, Western NY Office, 315 Alberta Drive, Suite 102, Amherst, NY 14226 via <http://diabetes.about.com/od/holidaycookies/r/holidaycookies.htm>

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