



A Diabetes-Friendly Guide to a HEALTHY THANKSGIVING PLATE

*Thanksgiving is all about eating...*and being with your loved ones, of course! With so many foods and snacks available, how can you make healthy choices that will keep your blood sugar stable? Use this "Thanksgiving Plate" as a visual guide for what foods to choose and how to balance your plate. You'll also find some healthy eating tips, a few diabetes-friendly recipes, and a Holiday Eating Contract on the following pages. Work with your diabetes educator to discuss healthy Thanksgiving meal planning and tips for managing your blood sugar during the holidays.

VEGETABLES

- Fill ½ of your plate with vegetables, such as carrots and green beans.
- Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.
- Other vegetables to consider include: broccoli, salad, brussel sprouts, or asparagus.
- If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.



GRAINS

- Fill ¼ of your plate with starches such as stuffing and sweet potatoes.
- Other choices for this section may include: mashed or baked potatoes, rice pilaf, or corn pudding.
- Skip the bread or rolls!

PROTEIN

- Fill ¼ of your plate with lean turkey slices (approx. 3-4oz).
- Avoid dark meat (including drumsticks!).
- Remove the skin from the turkey before eating.
- Instead of gravy, use a fruit-based relish for a special kick. See recipe on page 3.

**This visual guide for the Healthy Thanksgiving Plate is based on the Idaho Plate Method. See www.platemethod.com for more information.*



American Association
of Diabetes Educators

2014 Diabetic Guide To A Healthy Thanksgiving

Sophia Anderson



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Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.),1976 **Catalog** Food and Nutrition Information Center (U.S.),1974

Inventing the Thrifty Gene Travis Hay,2021-09-10 Though First Nations communities in Canada have historically lacked access to clean water affordable food and equitable health care they have never lacked access to well funded scientists seeking to study them Inventing the Thrifty Gene examines the relationship between science and settler colonialism through the lens of Aboriginal diabetes and the thrifty gene hypothesis which posits that Indigenous peoples are genetically predisposed to type 2 diabetes and obesity due to their alleged hunter gatherer genes Hay s study begins with Charles Darwin s travels and his observations on the Indigenous peoples he encountered setting the imperial context for Canadian histories of medicine and colonialism It continues in the mid twentieth century with a look at nutritional experimentation during the long career of Percy Moore the medical director of Indian Affairs 1946 1965 Hay then turns to James Neel s invention of the thrifty gene hypothesis in 1962 and Robert Hegele s reinvention and application of the hypothesis to Sandy Lake First Nation in northern Ontario in the 1990s Finally Hay demonstrates the way in which settler colonial science was responded to and resisted by Indigenous leadership in Sandy Lake First Nation who used monies from the thrifty gene study to fund wellness programs in their community Inventing the Thrifty Gene exposes the exploitative nature of settler science with Indigenous subjects the flawed scientific theories stemming from faulty assumptions of Indigenous decline and disappearance as well as the severe inequities in Canadian health care that persist even today

Mad Diet Suzanne Lockhart,2017-12-28 Science reveals the truth about how our food is making us mad and fat Are you depressed or struggling to lose weight You are not alone 1 in 4 people are taking antidepressants and two thirds of us are obese or overweight Something is clearly very wrong Mad Diet lifts the lid on what is really going on with our food and provides an easy guide to restoring your mind and waistline Mad Diet provides a fresh new approach to healthy eating in a market full of gurus who don t have the scientific knowledge to back up their claims Suzanne Lockhart provides an accessible scientific and empowering approach to healthy eating By detailing how harmful processed foods are and showing you how to eat better for your body and your mind Mad Diet enables you to change your outlook on food with positive outcomes for your mental health As Suzanne says We really are what we eat If we change what we eat we can change ourselves And if we do that we might just change the world Forthcoming Books Rose Arny,2001 Eating Healthy with Diabetes ,2003

Grateful Waters Matthew Petchinsky,2025-09-15 Grateful Waters A Thanksgiving Survival Guide for Diabetes Insipidus is the essential companion for navigating one of the most food and family focused holidays of the year while protecting your

health and balance For those living with Diabetes Insipidus DI Thanksgiving presents unique challenges salty traditional dishes long meals at crowded tables unpredictable travel and social expectations that can disrupt hydration routines This guide transforms those challenges into opportunities for awareness preparation and empowerment Inside readers will discover practical strategies to manage fluid balance during big holiday feasts lower sodium recipe alternatives that preserve flavor without risk and hydration planning tips for both car rides and flights The book also addresses the emotional side of the holiday offering advice on setting healthy boundaries explaining DI needs to family without guilt and enjoying traditions without setbacks From handling desserts and beverages to managing fatigue after large meals each chapter equips readers with tools to stay steady strong and fully present Grateful Waters reminds us that Thanksgiving is not about restriction it s about celebrating abundance with intention With thoughtful preparation balance and gratitude those with DI can enjoy the season s joys while keeping health at the heart of every gathering

The Complete Diabetes Cookbook Joanna

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Diabetic Meal Prep for Beginners

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diabetes there is a genetic predisposition numerous scientific studies have now shown that people at risk can reduce the chances of getting sick with proper lifestyles In particular according to experts to prevent diabetes without making unnecessary sacrifices just follow a few basic rules Years and years of resources to find a cure for diabetes when the solution could be under our noses all along It is in fact in what we choose to put in our pantry and at the table to be able to remedy what has been called a real global emergency A proper diet and moderate physical activity can drastically reduce the chances of a person at high risk of developing diabetes in a very simple way But an adequate lifestyle has also been shown to lead to remission of the disease But don't think that nutrition is boring and tasteless for a diabetic It's not like that at all That's why I thought to offer you a cookbook with over 100 healthy and tasty recipes to cook in simple and fast way All the meals in this guide have been studied and tested to prevent and control diabetes stay healthy and boost energy and then live better Thanks to this book you will discover What are the Causes and Symptoms of Diabetes Effective Techniques and Methods to Prevent and Control Diabetes How Diabetes Can Be Effectively Managed When Caught Early How to Improve Your Lifestyle and Eating Habits through Easy Steps Best Foods to Control Diabetes if You Already Have It 100 Tasty Recipes only low sugar and low salt 30 Day Meal Plan with Quick and Enjoyable Recipes This guide contains all the information which will help you or your loved ones to eat healthy diabetic diet and do not limit yourself By following this healthy balanced lifestyle there is a strong chance to keep your blood sugar level in control And lower your chances of obesity Healthy eating healthy living will give you More peace of mind and a healthy body Lower risk of obesity and type 2 diabetes Lower risk of certain cancer and other diseases as well More energy to do everyday tasks Better management of diabetes symptoms Happy mood So do not wait Start a healthy happy living today and minimize your risk of obesity and diabetes enjoying the foods you love the most Let's grab your copy now

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change Momma was raised in rural America where carbs and sugars were part of the staples of life A common meal was meat usually fried and potatoes covered with lots of gravy biscuits or cornbread lathered with butter sweet tea and dessert after every meal And evidently vegetables were not tasty enough naturally because equal parts of bacon or some kind of pork fat was always added Ironically at that time my younger sister was dealing with gestational diabetes during her pregnancy so she volunteered to come over and taste test the new recipes I created she s always been helpful that way After hours of researching the Internet gathering data and ideas and trying recipes I put together this guide to help Momma and others get started with their diabetic diet plan without giving up the delicious flavors of food only the frustration Diabetic

Guidebook Brandy May,2015-09-18 This Guidebook provides very helpful tips and advice on how to avoid serious medical problems due to unhealthy food choices Discover these healthy and tasty food recipe s without risking diabetic complications

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