

# 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  $\frac{1}{2}$  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  $\frac{1}{4}$  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  $\frac{1}{4}$  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.idahoplatemethod.com](http://www.idahoplatemethod.com) for more information.



American Association  
of Diabetes Educators

# 2014 Diabetic Guide To A Healthy Thanksgiving

**Sophia Anderson**

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**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 Castillo, 2021-06-07 55% OFF for Bookstores NOW at 15.29 instead of 33.97 LAST DAYS Have you been diagnosed with type 2 diabetes Type 2 diabetes is a lifestyle disease that is a consequence of bad diet choices and sedentary lifestyle It is associated with a lot of diseases like coronary heart disease high blood pressure vision problems kidney problems and neuropathy Unfortunately there are many people all over the world who are suffering from this condition although it can be prevented with healthy lifestyle Type 2 diabetes can be prevented and managed Managing diabetes can be a difficult task because there are a lot of things to look into However if properly managed Type 2 diabetes patients will be able to live healthy and meaningful lives despite their conditions If you have type 2 diabetes you would already be aware that this condition has no cure But you can manage it with the right attention and care This includes changing your lifestyle constantly checking your blood sugar and regularly doing exercise And primarily you must change your poor dietary habits with healthy meals People who have type 2 diabetes can consume meals with different ratios of carbohydrates fats and proteins Among these the major sources of fats and proteins should be plants and that of carbohydrates should be low glycemic foods such as vegetables fruits low fat milk and whole grains Treatments for diabetes vary depending on the type number and severity of complications and health of the patient overall Luckily diabetes has been long studied by the medical community and therefore there is an abundance of resources and treatments available This book covers The Basics of Type 2 Diabetes Diabetes and Nutrition A Fresh Start Breakfast Appetizers Vegetable Sides Meatless Mains Beans Grains and Legumes Fish and Seafood Mains Desserts Staples 55% OFF for Bookstores NOW at 15.29 instead of 33.97 LAST DAYS You will Never Stop Using this Awesome cookbook Buy it NOW and get addicted to this amazing book

### **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 **The Diabetic Cookbook for Beginners** Lindsay Burton, 2021-07-11 The Diabetic Cookbook for Beginners The Guide for the Newly Diagnosed to Manage Type 2 Diabetes Effortlessly Detox Cleanse With 600 Healthy Low Carb Recipes get back to the good old days when you had no food restrictions How to Manage and Reverse Diabetes learn how to control your condition through proper nutrition and exercise An Incredibly Good 21 Day Meal Plan the recipes inside are well researched and consist only of healthy but tasty ingredients that promote well being The Most Effective And Efficient Way To Control Your Sugar And Carb Levels all recipes in this book are low carb and low sugar Wonderful Image for Each Recipe check out the explicative images ready for every recipe you ll find in this book Motivation To Keep Fighting For Your Health by speaking in a sympathetic tone the author will make you feel motivated by explaining the benefits of sticking to the meal plan You don t need someone to tell you what s best for your well being you already know that you should stop diabetes in its path This guide will show you how to do it Most importantly the recipes meal plans and exercises are made super easy so that you will have no difficulty taking care of your health Thanks to this guide you will know and transform a possible problem into a beautiful opportunity to easily change your lifestyle What are you waiting for

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Hersom, 2013-06-19 Five Star Reviews Amazing Resource I loved this book The recipes and suggestions for healthy eating are superb Everyone could benefit from the information contained here I would definitely recommend this to anyone wanting to improve their health as well as diabetics You can even eat dessert Great Food Guide for Diabetics As a sufferer of Type 2 diabetes I m always on the lookout for sources of good information about managing my diet and lifestyle Kay Herson has written a smart basic food guide for diabetics with a helpful food plan Even better she includes 18 recipes for breakfast meals appetizers lunch and dinner suggestions and even desserts I m cooking my first one today Love the Recipes My husband has type 2 diabetes and he loves to eat He was raised much like the authors Mom was and food is a comfort to him Well it s up to me to provide tasty and healthy food for him With these recipes and plan he will not feel deprived and not even know he s eating healthy food The recipes and pictures made me hungry Great job Diabetic Diet Plan The Beginners Guide Healthy Eating Keeping the Flavor My career exposes me to many individuals who have multiple medical issues relating to diabetes Unfortunately poor eating habits and mismanaging glucose blood sugar levels may have contributed to their poor health Heart disease loss of limbs poor eye sight or blindness and kidney failure that requires dialysis is common A year and one half ago my mother was diagnosed with type 2 diabetes My family immediately envisioned the worst as far as her future health We knew a change in her eating habits would need to improve so my family committed to helping her with a lifestyle

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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most Let s grab your copy now [Thanksgiving Cookbook for Diabetes](#) Stephanie Sharp,2020-10-02 Thanksgiving is the occasion of living laughing and celebrating the blessings you have in your life People who are sick or suffering are always vulnerable and during special occasions they need more care and affection How would you feel if you were on a diet for a health issue and your family did not prepare anything you can eat during thanksgiving It would be horrible So this book will provide you 30 delicious thanksgiving recipes that are diabetes friendly [Guide to Healthy Fast-Food Eating](#) Hope Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America **The Healthy Eating Food Guide for Diabetes** ,1995 [Anti-Diabetes Food Plan](#) Beverly Niles,2023-04-16 Are you struggling to control your diabetes Do you wish you could find a food plan that would help you take control of your health and well being Introducing the ANTI DIABETES FOOD PLAN It is based on the latest research in nutrition dietary science and diabetes management It provides an easy to follow step by step guide to help you make the right dietary choices to support your health This book is packed with delicious and nutritious recipes that will help you control your blood sugar levels reduce your risk of diabetes related illnesses and improve your overall health and well being The Benefits of Eating Healthy Food As a Diabetic Patient Maintaining a healthy diet can help regulate blood sugar levels reducing the risk of complications associated with diabetes Eating healthy foods can help reduce the risk of developing type 2 diabetes Eating a healthy diet can help reduce the risk of developing other chronic health conditions such as heart disease high blood pressure and stroke Eating a healthy diet may help reduce the risk of developing neuropathy a condition in which nerves become damaged due to high blood sugar levels Eating healthy foods can help reduce the risk of developing complications associated with diabetes such as eye and kidney disease Eating a balanced diet can help ensure that all necessary vitamins and minerals are consumed helping to minimize deficiencies Maintaining a healthy diet can help reduce the risk of developing obesity which is a risk factor for type 2 diabetes Eating healthy foods can help reduce the risk of developing depression which is more common among those with diabetes This comprehensive guide includes a detailed explanation of how to control your diabetes through diet exercise and lifestyle changes You ll learn how to choose the right foods and create delicious nutritious meals that are specifically tailored to your needs With easy to follow recipes and simple meal plans you ll be able to get your diabetes under control in no time Each meal plan includes a variety of healthy nutritious ingredients and dishes that are both delicious and easy to make You ll learn about the importance of physical activity in managing your diabetes Plus you ll get tips on how to manage stress and make lifestyle changes that can help you better manage your diabetes So don t wait take control of your health and order your copy of the Anti Diabetes Food Plan today With this book you will learn how to make healthier food choices stick to a diabetes friendly diet and create a personalized plan to manage your diabetes Take the first step toward reclaiming your health with the Anti Diabetes Food

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