

DIABETES

Holiday Foods for Diabetics

A Guide to Surviving the Holiday Food Fest

By

Laurence J. Browner

Copyright 2015 - all rights reserved

ISBN: 9781311886262

Distributed by Smashwords

Smashwords Edition, License Note

Thank you for downloading this e-book. This book remains the copyrighted property of the author, and may not be redistributed to others for commercial or non-commercial purposes. If you enjoyed this book, please encourage your friends to download their own copy from their favorite authorized retailer. Thank you for your support.

Table of Contents

[A Guide to Surviving the Holiday Food Fest](#)

[APPETIZERS](#)

[SOUPS and SALADS](#)

[MAIN DISHES](#)

[SIDE DISHES](#)

[BEVERAGES](#)

[DESSERTS](#)

[EXTRAS](#)

A Guide to Surviving the Holiday Food Fest

Everyone looks forward to this time of year. At least most of us do. The holiday season runs from thanksgiving to Easter, or thereabouts. Truth be told, it runs all year long. At least that's the way it seems when your one of the unlucky ones that has to keep an eye on what they eat. Halloween is no cake walk and don't get me started on the barbeque fest which is the Fourth of July. What makes this time of year so holiday-ish, is the fact that there are a lot of celebrations so close together. Throw in the office parties and extra family functions and you may have dozens of holiday type feast before the first of spring. If you're diabetic, it's not so much the problem of keeping the weight off as keeping your blood sugar number down. Everything you look at seems to have truckloads of sugar on it. And if it's not sweet, it's salty, really salty. This book will hopefully give you a good idea of what to eat so you can enjoy the holidays like everyone else.

If you read my earlier book, (Diabetes: A Short Guide to Getting Your Number Under Control) I put forth five things you need to keep in mind when you shop for food. Or, for that matter, keep track of on a daily basis.

Carbs = 130 grams

Fiber = 24 grams

Saturated fats = 12 grams

Sodium = 1.5 grams

Sugar = 12 grams

These numbers indicate what your daily intake should be. Of course, they will vary depending on your size and activity level. Each ones importance is explained in more detail in the first book (Diabetes: A Short Guide to Getting Your Number Under Control). This book will concentrate on what you should eat on the holidays and what things you may want to avoid, or at least, cut down on.

This is not a diet book. You're not going to drop a ton of weight by following the guidelines. It's just trying to help you from running up your blood sugar number. After all, the holidays are meant to be spent with your family and friends, not the interns at the emergency room.

APPETIZERS

There's always going to be piles of goodies to munch on before you even sit down for a meal. This is true for any get-together, but especially true on the holidays. And speaking from experience, you feel bad when you pass up something that someone has gone through great lengths to make for that special event. You'll Have to try a little of everything – the key word is, little. Look at your index finger. That's a good indicator of a little amount. Keep each appetizer at the same volume, or smaller, of that of your finger. It's easy to do, since most snacks need to be picked up by this finger. Your gage is right there in front of you. As far as what snacks are good for the diabetic? The same rules apply for snacks as the ones for food. The less processed the better. If you can recognize it, (carrot, cauliflower, celery, etc...) then it's probably going to be okay to eat a lot of it.

The following pages will give you a breakdown of some popular items people consume during this time of year. I'm going to add the Calories count to these items, solely because most of us still want to keep the weight off, if we can at all help it.

Food Item Serving Size
Green Olives - 1 large (4.4 g)

<u>Calories</u>	<u>Saturated fat</u>	<u>Fiber</u>	<u>Carbs</u>	<u>Sodium</u>	<u>Sugar</u>
(5 Cal)	(0.1g Sat. Fat)	(0.1gFiber)	(0.3g Carbs)	(32mg Sodium)	(0.0g Sugar)



These little green devils can actually be good for you. They are low in saturated fats, but high in Monounsaturated fat, a fat that will actually lower your bad cholesterol. But be mindful of their sodium content. That's where they get most of their taste, after all.

Note: Sodium will be listed in milligrams, not grams, throughout this book. If you what to think of them all in the same weight (grams) just multiply the milligram number by 0.001. In this case, the 32mg of Sodium in the olive will be 0.032grams or 0.032g. Why is this important? Because you what to keep your daily intake of Sodium under 1.5 grams, or in this book, 1500mg.

Mixed Nuts --- 1 cup (134g)

(813 Cal) (12g Sat. Fat) (9g Fiber) (28g Carbs) (366mg Sodium) (6g Sugar)



If only you could enjoy the unsalted one just as much as the salted. The oil in nuts is good for you in so many ways. They are high in fiber, which is good for keeping your blood sugar number down. Most doctors suggest a hand full of nuts a day is good for anyone, diabetic or not. If you have the unsalted kind in front of you, don't be afraid to grab a couple handfuls. Just remember, if the sodium doesn't get you, the Saturated fat will.

Ritz Crackers --- 5 crackers

(79 Cal) (0.9g Sat. Fat) (0.4g Fiber) (10g Carbs) (141mg Sodium) (1.3g Sugar)



A lot of parties go with Ritz cracker for the simple reason that people of all ages seem to like them. Plain or with toppings, you will find them just about everywhere you go. The thing I like the most about them is their makers have your heart in mind. As you can see in the picture above, they put five of the most important number you need to know on some of their boxes. Hopefully, someday, all companies will do the same.

On another note: Strangely, a lot of crackers have sugar in them. It makes the salt more favorable. Or so I've been told.

Onion Dip --- 2 Tablespoons

(60 Cal) (3g Sat. Fat) (0.0g Fiber) (4g Carbs) (230mg Sodium) (1g Sugar)

Ranch Dip --- 2 Tablespoons

(120 Cal) (1g Sat. Fat) (0.0g Fiber) (2g Carbs) (230mg Sodium) (1g Sugar)

It's a killer. Not the dips, but the way we eat them. Chips are designed for you to scoop up as much of the tasty white stuff as possible. We just have to develop some form of self-control. Think of it like paint. Dip your chip or vegetable as if you were dipping a paint brush, straight in and straight out. All you what to do is get the brush wet, not heap the paint on it. The same with your chip or that piece a carrot in your hand.

Popcorn (microwave, extra buttery) --- (4 cups popped)

(240 Cal) (4g Sat. Fat) (8g Fiber) (34g Carbs) (630mg Sodium) (0.0g Sugar)



If it isn't extra buttery, why even bother eating it? One thing one may not be aware of is that a bag of microwave popcorn is supposed to be two servings. I haven't eaten a bag of microwave popcorn in years, myself. It isn't that I think that they are unhealthy. It's more along the lines that they are just too small. The large box of popcorn at the theater is nothing, but a warm-up.

Popcorn, by itself, is great for you. The fiber is so high that it will lower you blood sugar level faster than medication in some cases. The drawback is that not too many of us eat the fluffy white stuff plain. If you can, try it with garlic power of garlic salt. Garlic has been touted as a magic bullet on a lot of things, Blood pressure, cholesterol and yes, diabetes, to name just a few. Putting some on your popcorn may be one way to get it into your system and reap the benefits of allicin, the compound in garlic. Unfortunately, there's no way to be sure you're getting any of it at all in store bought powder. It's not something they put on the label. Maybe that will change in the future, once more people become aware of the benefits of allicin. Unless you can create your own garlic powered, you'll just have to make sure the garlic powder you buy is made from real garlic and not artificially flavored.

NOTE: Allicin is produced when raw garlic is chopped or crushed. Most of it will be destroyed when garlic is cooked.

So if you're looking for something to snack on at home, try popping your own popcorn and add your own ingredients. Try onion power and garlic power and even a little hot sauce. For that buttery kick, look in the store for sodium free butter salt or at least butter salt with less sodium.

SOUPS and SALADS

I can usually pass on the soup or salad part of the menu, but that doesn't mean everyone else will. You should have at least one of these side dishes to offer your guest if you're having a holiday meal. And having one that's diabetic friendly is always a good idea in this day and age. In any large gathering, you'll probably have some with this disease at your get-together.

Oyster Stew - 1 cup

(118 Cal) (5g Sat. Fat) (0.0g Fiber) (8.2g Carbs) (891mg Sodium) (0.0g Sugar)

The only drawback with this soup, or any soup for that matter, is its high Sodium content. Shop around for soups which have low or no Sodium in them. And keep the serving sizes small. After all, you're not supposed to fill up on the side dishes.

Campbell's Low Sodium/Mushroom Soup --- (298Grams or one can)

160 Cal – 2.5g Sat. Fat – 0.0g Fiber – 19g Carbs – 60mg Sodium – 6g Sugar



A fine example of low Sodium soups is this one offered by Campbell's. But there is a tradeoff. Its high sugar level is half your daily allotment, according to the American Diabetes Association. Try going with half a can if you are making it for yourself.

Waldorf salad --- 2 ounces

120 Cal. – 1.1g Sat. Fat – 1.2g Fiber – 12g Carbs – 40mg Sodium – 10g Sugar

Don't let the 10grams of sugar throw you. It's in the grapes and any sugar that is natural will not be as bad for you as added sugar.

Cranberry/Walnut Salad --- 4.5 ounces

210 Cal. - 3g Sat. Fat – 2g Fiber – 26g Carbs – 450mg Sodium – 15g Sugar

As with the Waldorf salad above, the Walnuts are a good source of fiber. Keep that in mind if you're at a buffet. Put an extra table spoon of crushed nuts on your salad. The fiber is good for you plus the oils in any nut will raise you good cholesterol.

Potato Salad ---1 cup

358 Cal. – 3.6g Sat. Fat – 3.2g Fiber – 28g Carb – 1322mg Sodium – 0.0g Sugar

That's an awful lot of Sodium for such a small amount of salad. If you are able to possibly avoid it, excellent. If you have to have some because someone made it just for the occasion, try and get by with about half a cup's worth. Your heart and blood sugar will thank you in the morning.

MAIN DISHES

As Johnny Cage stated in the old movie, Mortal Kombat, “This is where you fall down.” Nothing you eat will be good for you, simply because there will be so much to eat. Most gatherings allow you, the consumer of the food, to fill your own plate. Make sure you fill your plate with things that will not elevate your blood sugar. Remember, a good rule of thumb is, if you can recognize it, it’s probably going to be okay for you to eat. Peas, green beans, even a baked potato. These are all things that you know what they are just by looking at them.

Potatoes have gotten a bad rap lately, but they can still go good for you. Their high Carb content is bad for someone with diabetes or a person looking to lose weight. Just don’t eat the thing down to the skin. Try and eat about half of the baked potato and don’t pile on the butter and cream. And remember if you can recognize it, it’s probably going to be okay for you to eat; baked potato – good, mash potatoes – bad. That doesn’t mean you shouldn’t eat them. There will be a lot of things that fit that description; Cranberry sauce, gravy, stuffing, to name a few. All you need to do is keep the serving size much smaller than you used to have when you were a kid. I know that hard to do. Just keep filling your plate with green beans and the like, and you’ll be full in no time.

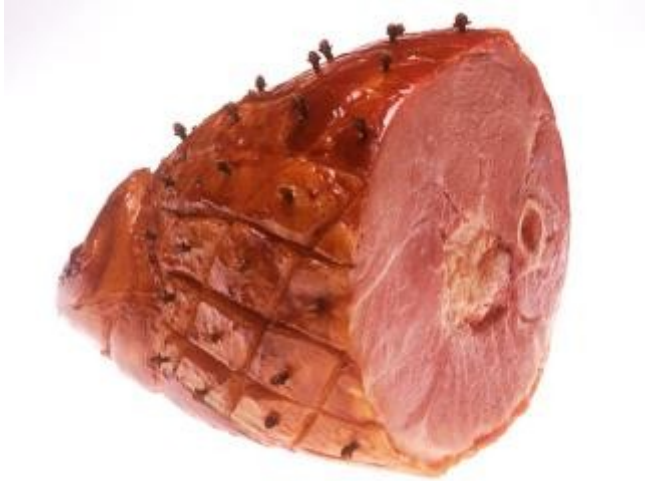
Roasted Turkey (no skin) --- 4 slices (4 oz.)

116 Cal – 0.4g Sat. Fat – 0.7g Fiber – 5.5g Carbs – 980mg Sodium – 4g Sugar

If it was nothing but a cooked bird, it would be one of the healthiest things you could eat. Unfortunately, we add a lot of things to it, before, during and after its time in the oven. Those little extras are what can turn good meat into something you need to think twice about. At least, think twice about going for seconds. Try not to eat more than your hand in meat. If that was all you were eating, turkey, you could eat a lot more of it. But we all know that’s not going to happen. Turkey is just one of the many culinary delights we’ll be choking down during the holiday meals.

Roasted Ham --- (3 ounces)

207 Cal. – 5.1g Sat. Fat – 0.0g Fiber – 0.0g Carbs – 1009mg Sodium – 0.0g Sugar



You may think that ham isn't so bad. If it wasn't for the high Sodium count, it would be better for you than turkey. And you would be right. It's high in protein, something your body needs no matter what your health condition is. But do you know how small 3 ounces of ham is? It would fit in the palm of your hand. Ham is eaten by some like steak. So look at these numbers before you put a big cut of ham on your plate.

A real serving of Ham --- 16 ounces

1102 Cal. – 27.2g Sat. Fat – 0.0g Fiber – 0.0g Carbs – 5384mg Sodium – 0.0g Sugar

No sugar! And 98 grams of protein, you can't beat that. But if your diabetic, the Sodium is going to kill you.

Beef Brisket --- (4 oz.)

176 Cal. – 3.0g Sat. fat – 0.0g Fiber – 0.0g Carbs – 90mg Sodium - 0.0g Sugar



Beef is one of the meats which are low in Sodium. Just remember to not eat the visible chunks of fat. If you can do that, beef is one of those things you can fill up on. Unfortunately, it isn't something you see on many holiday tables. And, like ham, it not the cheap. 4 ounces per person can add up to a lot of money.

Pot Roast --- (4 ounces)

142 Cal. – 1.4g Sat. Fat – 0.0g Fiber – 0.0g Carbs – 384mg Sodium – 0.0g Sugar



As the photo above illustrates, pot roast is made with a lot of vegetables. Try and make sure you have both.

Steak --- New York Strip (14 oz.)

712 Cal. – 16.6g Sat. Fat – 0.2g Fiber – 0.7g Carbs – 694mg Sodium – 0.0g Sugar



Something to keep in mind for the fourth of July, that's a holiday too.

SIDE DISHES

Cornbread --- 1 square

183 Cal. – 1.2g Sat. Fat – 1.6g Fiber – 27.5g Carbs – 317mg Sodium – 4.4g Sugar



One square or one little round thing, it's all the same. The only difference would be that these muffin style one will be golden brown all the way around. According to studies, the brown crust is due to the caramelization of the sugar. So, in theory, if you don't the golden crust, you will be eating less sugar. I don't think it's going to make much of a difference, unless you intend to choke down ten or so.

Buttermilk Biscuits --- 1, 2-1/2" roll

212 Cal. – 2.6g Sat. Fat – 0.9g Fiber – 26.8g Carbs – 348mg Sodium – 1.3g Sugar

Crescent Roll --- 1roll

100 Cal – 2.5g Sat. Fat – 0.0g Fiber – 11g Carbs – 220mg Sodium – 3g Sugar

If you cooked them the way they are here, plain, you have a fine bread to snack on during the meal. The problem is that must cocks have a tendency to put toppings on them during the cooking or serving phase of the meal. If it's shining like a wet seal, maybe you should just eat one.

Giblet Gravy --- 1 cup

181 Cal. – 2.8g Sat. Fat – 1g Fiber – 11.4 Carbs – 1252mg Sodium – 1.1g Sugar

Beware the Sodium in this tasty topping. It's hard to eat your mash potatoes without it, but try... just wet the lump, don't drown it. And besides you should know by now to ease up on the mash potatoes. One lump is more than enough for you.

Mashed Potatoes --- 1 cup

210 Cal. – 1.7g Sat. Fat – 2.7g Fiber – 33g Carbs – 485mg Sodium – 2.9g Sugar

Sweet Potato Casserole --- 1 cup

360 Cal. – 0.0g Sat. Fat – 4.2g Fiber – 88g Carbs – 500mg Sodium – 54g Sugar

High in fiber, this is good for you, but also high in sugar, which is bad for you. But take heart, if the sugar is only from the Sweet Potatoes, then it isn't as bad as it looks. Think of it as live weight/dead weight. If you've ever picked up 50 pound bag of anything, you know it's heavy. If you ever picked up a 50 pound kid, you think they were nothing but skin and bone. They both weigh 50 pounds but they just don't seem to have the same weight in them. The same can be said for foods. If the food had the sugar already in it, Sweet Potato, it doesn't have the same negative effects on your body as those things that have sugar added. The marshmallows on top of this dish have a lot less sugar in them, but it's all bad sugar.

Collard Greens (cooked) --- 1 cup

74 Cal. – 0.7g Sat. Fat – 4.7g Fiber – 8.42g Carbs – 471mg Sodium – 0.7g Sugar

Red Cabbage (cooked) --- 1 cup

76 Cal. – 0.7g Sat. Fat – 3.9g Fiber – 10.5g Carbs – 391mg Sodium – 5.0g Sugar



Cranberry Sauce --- 1/2 cup

220 Cal. – 0.0g Sat. Fat – 2g Fiber – 50g Carbs – 20mg Sodium – 42g Sugar



Carrots (glazed) --- 1 cup

200 Cal. – 2.2g Sat. Fat – 4.2g Fiber – 25.1g Carbs – 258mg Sodium – 18g Sugar



Remember to look for any added sugar on the can. If the sugar is only from the Cranberries, then you can think of the sugar content as half.

BEVERAGES

Eggnog --- 1 cup

343 Cal. – 11.3g Sat. Fat – 0.0g Fiber – 34.4g Carbs – 137mg Sodium – 21.4g Sugar



The sugar is usually coming from the milk, so you should be fine. But think about the Saturated fat before you start slamming them down. One drink is going to pretty much put you at the limit.

Cranberry Juice Cocktail --- 1 cup

110 Cal. - 0g Sat. Fat – 0.0g Fiber – 28g Carbs – 5mg Sodium – 28g Sugar

Apple Cider --- 1 cup

117 Cal. – 0.1g Sat. Fat – 0.2g Fiber – 29g Carbs – 7mg Sodium – 27g Sugar



Good old apple cider. It's a splendid drink as long as there is no added sugar. If you add alcohol, look out. Not that it adds anything bad to the drink, other than putting you in the mood to not care anymore what you're eating for the rest of the night.

DESSERTS

Cheesecake --- 1/piece (1/6 of 17 oz. cake)

257 Cal. – 8g Sat. Fat – 0.3g Fiber – 20.4g Carbs – 166mg Sodium – 27g Sugar



All desserts are going to have a lot of sugar in them, and you will be expected to eat them if you are sitting with others who don't suffer from diabetes. Not that they want to see you slip into a diabetic shock. To them it's just the way to wrap up the meal. Try and put it off as long as possible. Give your body time to breakdown the meal you just had. There are a lot of people that never eat the crust of the pie for one reason or another. Become one of those people. Leaving the crust behind with some of the filling is a way to cut down on the portion. Without making the host or hostess feel like you didn't like the pie.

Pumpkin Pie --- 1 piece (1/8 of 9" dia.)

316 Cal. - 5g Sat. Fat – 2.4g Fiber – 41g Carbs – 349mg Sodium – 25g Sugar



Apple Pie --- 1 piece (1/8 of 9" dia.)

411 Cal. – 4.7g Sat. Fat – 2g Fiber – 57.5g Carbs – 327mg Sodium – 24g Sugar



Pecan Pie --- 1 piece (1/8 of 9" dia.)

503 Cal. – 4.9g Sat. Fat – 4.3g Fiber – 63.7g Carbs – 320mg Sodium – 31g Sugar



Coconut Cream Pie --- 1 piece (1/8 of 9" dia.)

429 Cal. - 10g Sat. Fat – 1.9g Fiber – 53.6g Carbs – 367mg Sodium – 52.2g Sugar



Vanilla Ice Cream --- 1/2 cup

145 Cal. – 4.9g Sat. Fat – 0.5g Fiber – 17g Carbs – 58mg Sodium – 15.28g Sugar

EXTRAS

Butter --- 1 Tbsp.

102 Cal. – 7.3g Sat. Fat – 0.0g Fiber – 0.0g Carbs – 2mg Sodium – 0.01g Sugar

Whipped Cream --- 2 Tbsps.

50 Cal. – 3.5g Sat. Fat – 0.0g Fiber – 0.0g Carbs – 5mg Sodium – 0.0g Sugar



How about a little pie with you topping?

Discover other titles by Laurence J. Browner

Holiday Recipes
For
The Diabetic

Diabetes
A Short Guide
To Getting Your Number
Under Control