

Seasons Greetings

To the members of Native Council

I am sending this information sheet to wish each and everyone in your household a very Happy Holidays. I am looking forward to seeing you in the New Year.

Taking care of yourself over the Holidays means eating well, checking your blood sugar levels and keeping up with your regular activity routine.

Here are some tips to help keep you and your family healthy during the holidays.

Beverages

*** Try combining sugar-free pop with sugar free Kool-Aid or Crystal Light of various Flavors for a delicious “sugar-free” drink that will have little effect on your blood sugar.**

*** Combine light (calorie reduced) cranberry juice with sugar free ginger ale to make a tasty party beverage.**

*** Use light hot chocolate (sweetened with aspartame) as a drink to warm up friends and family.**

SNACK FOODS

*** Rather than having the traditional bowls of fruit and candy around the house have a bowl of unsalted nuts.**

*** Have a section of low- fat cheese and low-fat crackers available for parties and get together.**

*** Choose low-fat, less salt popcorn as a party snack instead of other high fat snack foods**

*** Prepare a low fat dip and keep it on hand together with a tray of vegetables. This can be used for a pre meal snack or when company “drops in”.**

Desserts

If you choose to indulge in regular high carbohydrate (sugar) desserts keep your portions small eat with meals and fit them into your meal plan instead of your fruits and vegetable choices. For example one small candy cane contains about 10 grams of carbohydrate, the same as would be found in ½ cup of carrots or 1 orange.

Candy and Cookies

No sugar added candies could be enjoyed in moderation. Recommended intake is about 4 candies per day.

No sugar added chocolate products are high in fat and should be enjoyed in small amounts you may choose instead to fit a small amount of the “real thing” in at meals as suggested with the desserts.

Get active after meals

Remember that blood sugars rise after eating; it would be a good idea to do some extra blood testing to make sure that your blood sugar is staying in line. Exercise can help to reduce your blood sugar.

Some ways to keeping active would be to go for a family walk, family skate, play a game of “holiday family hockey”.

Here is a good light & fruity dessert cup recipe

½ cup halved red and green grapes

½ cup sliced strawberries

¾ cup boiling water

1 pkg (4 serving's size) Jell-O Light Strawberry Jelly power

2 cups ice cubes

1/3 cups Cool Whip light whipped topping, thawed

- 1. Divide fruit among 6 dessert cups, Stir boiling water into jelly power in bowl until completely dissolved. Add ice cubes, stir until jelly thickens. Remove any unmelted ice.**
- 2. Pour: ¼ cup of jelly over fruit in each of the cups. Chill until set but not firm**
- 3. Add: 1 cup of the whipped topping to remaining jelly, stir with whisk until well blended. Spoon over jelly in cups. Chill until firm, about 1 hour serve with remaining topping.**

**Once again have safe and happy holidays
From my family to yours**

**Kim Gallant
Diabetes Coordinator**