

Holiday Cooking Tips

Instead of using butter, lard, or salt to give flavor to meat or vegetables, use any combination of lemon juice, lemon peel and other fruits. Try these:

- Herbs such as rosemary, tarragon, or basil
- Onions and garlic
- Lemon juice, lemon peel and other fruits

Cranberry Sauce With Splenda

Cranberry sauce, prepared with real cranberries and a sugar substitute, is a healthy, diabetic-friendly option for your holiday dinner meal.

- 1 teaspoon cornstarch
- 1 cup Splenda
- 1/2 cup water
- 3 cups fresh or frozen cranberries
- 1 Tbs orange peel
- 1 tsp fresh grated ginger



Combine cornstarch, Splenda and water in a medium saucepan, stirring until Splenda and cornstarch dissolve. Stir in cranberries, ginger and orange peel; bring mixture to a boil, stirring constantly, over medium-high heat. Reduce heat, and simmer, stirring often, for 5 minutes or until cranberry skins begin to pop and mixture begins to thicken. Set aside to cool. Cover and chill at least 3 hours.

Serving Size: 1/4 cup cranberry sauce

Servings: 6

Carbohydrates per serving: 14g

Recipe from www.diabetesdaily.com

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact us at 212-633-0800 ext. 1232 or visit www.bronxhealthreach.org



**THIS IS
DIABETES
AWARENESS
SEASON**

Enjoy Holiday Food, but keep the weight off!



The holidays are a time to enjoy family, friends... and food. And while it's easy to over eat during the holidays, it's also possible to maintain our weight and health and still enjoy the meals.

Watching portion sizes and getting some exercise plays a key role in maintaining our weight and blood sugar levels.

Inside, learn what a healthy plate should look like, as well as some other tips for healthy cooking during the holidays.

What Does a Healthy Plate Look Like?

Use healthy oils:

- Canola oil
- Olive oil
- Oil spray for cooking
- Low fat mayonnaise
- Low-fat salad dressings



Eat more non-starchy veggies:

- Broccoli
- Peppers
- Okra
- Cabbage
- Salsa fresco
- Tomatoes
- Eggplant

Eat less starchy vegetables:

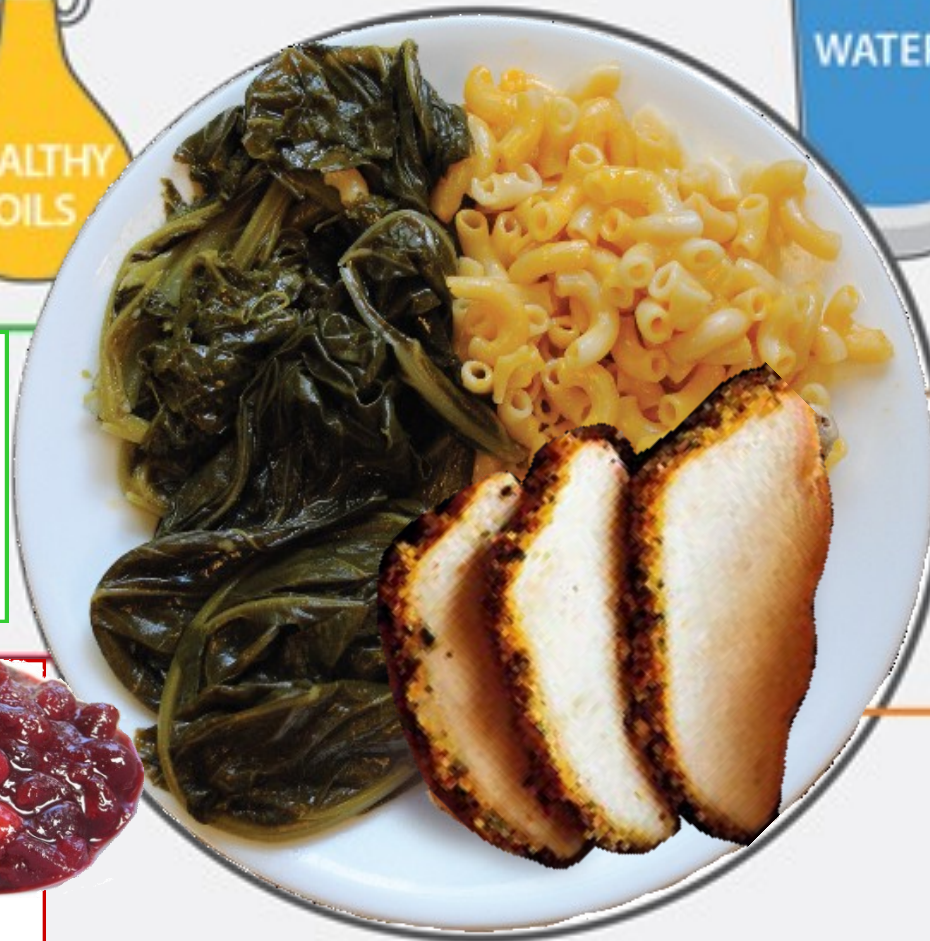
- Potatoes, plantains, yams, corn

Eat 2-4 fruits each day:

- Fresh fruit
- Frozen fruit
- Canned fruit in its own juice



- Vary your colors!



Drink:

- Water, Tea
- Coffee with little or no sugar
- Choose low-fat or fat-free milk when drinking or adding to other beverages and foods.
- Limit fruit juice - it is high in sugar.

Choose 100% whole grain:

- Bread
- Pasta
- Brown rice
- Crackers
- Cereal
- Limit white rice & white

Choose:

- Lean poultry
- Beans
- Nuts
- Fish
- Eggs
- Limit red meat, bacon, cold cuts, and processed meats.

Adapted from Harvard School of Public Health– The Nutrition Source www.hsph.harvard.edu/nutritionsource and
Institute for Family Health - Healthy Eating Plate www.institute2000.org/plates