



Catholic Healthcare West

Ask the Expert
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Janet Ward R.D., C.D.E.

Q: This will be my first Thanksgiving since I was diagnosed with Type 2 diabetes. What do I need to be aware of as I'm preparing our family's meal?

A: The Thanksgiving holiday is synonymous with high carbohydrate foods, such as cranberry sauce, rolls, mashed potatoes, stuffing and pumpkin pie. It's fine to indulge once in a while, even if you have diabetes. Some ways to make choices to help keep your blood sugar in control on this day include:

- Consider serving smaller portion sizes of higher carbohydrate foods that you love. The good news is that turkey is not carbohydrate.
- Choose carbohydrate-free drinks such as iced tea, sugar-free soft drinks or water with lemon instead of juice or regular soft drinks.
- Take a walk before dessert is served.
- Pumpkin pie is a one-crust pie that has half the carbohydrates of a two-crust pie.

When it comes to celebrating the Thanksgiving holiday, the American Diabetes Association (ADA) recommends the following:

- If you are going to eat at a different time than you normally do, plan ahead. You'll want to snack before the meal to keep your blood sugar levels within the normal range.
- Keep active. Take a walk or play flag football before or after the meal to make up for consuming a little extra food.
- Be careful of alcoholic beverages. Women with diabetes should only have one drink and men should have no more than two.
- Stay away from all of the foods sitting around the celebration. It's easy to keep snacking when you are standing right next to the chips and dip.

For more suggestions on how to keep healthy this holiday season, visit the ADA's Web site at www.diabetes.org.

Janet Ward R.D., C.D.E., is a Registered Dietitian and Certified Diabetes Educator at Chandler Regional Medical Center's Diabetes Center, located at 485 South Dobson Road. For more information, or to learn more about diabetes education classes, please call 480.728. 3535 or e-mail Janet.Ward@chw.edu.