

Manage Your Blood Sugar This Holiday Season

November is American Diabetes month. And, we can't forget about the Thanksgiving holiday. This Thanksgiving we all have a lot to be thankful for. Although, the traditional celebration may look and feel different compared to past holidays for many families. The tradition of celebrating with family and friends, whether you are connected virtually or gathered around the dinner table, is sure to be memorable.

The aroma of sweet and savory dishes is a good way to bring holiday cheer to your home. Did you know you can prepare your favorite holiday dishes to be diabetes-friendly? Managing your blood sugar levels can help reduce your risk for prediabetes. Whether you are living with Type 2 diabetes or at-risk for prediabetes, either condition can increase your risk for heart disease and stroke.

Eating healthy this holiday season isn't impossible. Your family can enjoy in the same holiday meals using recipes passed down from generations, with a few added tweaks using healthier ingredients. For an added bonus, with portion control and moderation in mind, you can still leave room to enjoy your favorite desserts.



Here are a few tips to maintain your blood sugar this holiday:

- ♥ Don't skip meals to make room for the feast. You are likely to be very hungry and overeat. This can make it harder to manage your blood sugar.
- ♥ Eat slowly. It takes at least 20 minutes for your brain to realize you are full.
- ♥ Avoid or limit alcohol.
- ♥ Swap the carbs for more fiber: instead of the traditional mac and cheese, swap the noodles for whole-wheat noodles, use skim milk or plain nonfat yogurt to add calcium and reduce the fat content.
- ♥ Skip the cheese and cracker tray to indulge in a platter of colorful raw veggies. Serve with a dip of plain Greek yogurt seasoned with pepper, garlic and onion powder.
- ♥ After dinner, take a walk with family. Exercise is a good way to maintain your blood sugar.

To learn more tips on how to manage your blood sugar, visit www.knowdiabetesbyheart.org.

COMMUNITY RESOURCES

Community Flu Clinic at Masterpiece Barber School

Friday, November 13, 2020 • 11 a.m. – 1 p.m.
3510 E. Bonanza Rd. • Las Vegas, NV 89110

Other Flu Vaccine Clinics

To find a list of no-cost community flu clinics or learn about Southern Nevada Health District's immunization clinics, visit www.snhd.info/flu or call (702) 759-0850.

RECIPE SPOTLIGHT

Sweet Potato Pie

As featured in *Diabetic Living Magazine*, this sweet potato pie recipe is a delicious heart-healthy, low-calorie, high-fiber, low-sodium dessert for any holiday celebration.

[View recipe on EatingWell.com](#)



To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.