

Holiday Hints

Living With Diabetes Doesn't Have To Mean "Bah, Humbug" Holidays

(NAPSA)—Whether you're in charge of planning an entire meal, or simply faced with bringing a dish to pass, food is in the spotlight during the holiday season. And for the 17 million people with diabetes and those who love them, navigating holiday eating occasions doesn't have to be a "Bah, Humbug" experience.

For many living with diabetes, the holiday eating "challenge" translates to poking at a bowl of sugar-free gelatin while family members drool over gooey holiday desserts. According to nutrition counselor and diabetes expert, Lorena Drago, MS, RD, CDN, CDE, diabetes doesn't mean you have to feel deprived—especially around the holidays.

"People with diabetes need to understand there are great ways to be satisfied through the holiday season, without feeling like you've given up great tasting foods," says Drago. "I tell my patients to stock the kitchen with foods made specifically for people with diabetes like Glucerna Shakes and Bars. They taste great and can be a delicious meal replacement for breakfast or lunch on days when you'll be eating a large meal later."

Whether you have diabetes or you'll be spending time with loved ones who do, some of Drago's simple tips to tackle the holidays will be the best gift you receive all year:

The Mall Isn't Just for Shopping—Get Moving! Exercise is extremely important, not only to keep your body in shape, but to ward off stress that the holiday season invariably brings.

Redefine power shopping this holiday and join the local mall



walkers group. Gather your family and take a walk around the block before dessert, instead of a second helping. It will get your blood pumping, help manage blood glucose levels and burn some extra calories.

Exchange More Than Gifts. Making simple substitutions in your favorite dishes can change them from an "off-limits" food to something that can be enjoyed by all guests, even those with diabetes. Several resources are available for "diabetes-friendly" recipes. For more recipes, smart meal planning ideas or to receive a free quarterly newsletter (*The Diabetes Health Connection*), visit www.glucerna.com or call 1-800-986-8501, extension 920.

Pumpkin Spice Muffins (makes 15 muffins)

Ingredients:

1 cup unsweetened applesauce
2 cups whole wheat flour
2 teaspoons baking powder
2 teaspoons ground cinnamon

2 teaspoons ground nutmeg
1 teaspoon baking soda
1/2 teaspoon salt
1 8-fluid-ounce can Vanilla Glucerna® Shake
1 cup solid pack pumpkin
1/2 cup egg substitute
1/4 cup granulated sugar
9 packets Equal® artificial sweetener
2 tablespoons vegetable oil
1 teaspoon almond extract
1/2 cup raisins

Directions:

- Preheat oven to 350°F.
- Place applesauce in sieve; drain 5 to 10 minutes. Discard liquid.
- In medium bowl, combine flour, baking powder, cinnamon, nutmeg, baking soda and salt. Set aside.
- In large bowl, combine applesauce, Glucerna, pumpkin, egg substitute, sugar, artificial sweetener, vegetable oil and almond extract.
- Slowly add flour mixture to pumpkin mixture. Mix just until moistened.
- Fold in raisins.
- Spray muffin pans with cooking spray or line with paper baking cups.
- Fill muffin pans to top.
- Bake 25 to 30 minutes or until toothpick inserted near center comes out clean.
- Cool 10 minutes before removing from muffin pans.

Dietary Exchanges Per Serving: 1 1/2 starch and 1 fat.

Calculated using "Exchange Lists for Meal Planning," American Diabetes Association and American Dietetic Association, 2003.