

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 nearly 21 million people with diabetes and those who love them, navigating holiday eating occasions doesn't have to be a "bah, humbug" experience.

Many people with diabetes think holiday eating means poking at a bowl of sugar-free gelatin while family members indulge in goey holiday desserts. According to registered dietitian and certified diabetes educator 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 giving up great-tasting foods," says Drago. "I remind my patients that they can eat what the rest of the family is eating, but moderation is key. And for busy days on the go, foods made specifically for people with diabetes—like the Glucerna line of shakes, bars and cereal—are great options that help take the guesswork out of meal planning."

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 help to lower the fat and sugar content to help you better manage your blood sugar. Several resources are available for "diabetes-friendly" recipes. For more recipes, smart meal planning ideas, articles and more, visit www.DiabetesControlforLife.com.

Glucerna Almond Peanut Butter Caramel Bars *Makes 20 servings*

Ingredients:

- 3 cups Glucerna® Crunchy Flakes 'n Almonds Cereal
- ¾ cup unbleached all purpose flour
- 2 teaspoons baking powder
- ½ cup non-hydrogenated butter spread
- ½ cup reduced fat peanut butter
- 1½ teaspoons vanilla
- ¼ cup Splenda® Sugar Blend for Baking
- ¼ cup Splenda Brown Sugar Blend

- ¼ cup fat free milk
- Topping: sugar free, fat free caramel topping

Preheat the oven to 375°. Coat 8x8 inch sq. baking pan with cooking spray and set aside. Chop Glucerna cereal in a food processor or blender into coarse crumbs. In a bowl, combine the cereal crumbs, flour and baking powder. In another bowl, cream together the butter and peanut butter until smooth. Gradually add the vanilla and sugars and beat well after each addition. Add in the milk and beat again. Add dry ingredients into the peanut butter mixture. Mix until well blended. Pour into prepared pan and bake for 25 minutes until lightly browned and cake tester comes out clean. Let cool for 5 minutes. Cut into 20 squares. Cool completely. Decoratively drizzle ¼ teaspoon of the caramel topping over each piece.

Variations:

This recipe may also use Glucerna Crunchy Flakes 'n Strawberries and Glucerna Crunchy Flakes 'n Raisins

Nutrition Information: Serving size: 1 bar. Calories: 140. Total fat: 6g. Saturated fat: 1.5g. Cholesterol: 0mg. Sodium: 160mg. Total carbohydrates: 17g. Dietary fiber: 2g. Sugars: 7g. Protein: 3g.

Carb Choices = 1

Exchanges = 1 starch and 1 fat

Use Glucerna products under medical supervision as part of your diabetes management plan.