



A Diabetes-Friendly Guide to a HEALTHY THANKSGIVING PLATE

*Thanksgiving is all about eating...*and being with your loved ones, of course! With so many foods and snacks available, how can you make healthy choices that will keep your blood sugar stable? Use this "Thanksgiving Plate" as a visual guide for what foods to choose and how to balance your plate. You'll also find some healthy eating tips, a few diabetes-friendly recipes, and a Holiday Eating Contract on the following pages. Work with your diabetes educator to discuss healthy Thanksgiving meal planning and tips for managing your blood sugar during the holidays.

VEGETABLES

- ✦ Fill ½ of your plate with vegetables, such as carrots and green beans.
- ✦ Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.
- ✦ Other vegetables to consider include: broccoli, salad, brussel sprouts, or asparagus.
- ✦ If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.



GRAINS

- ✦ Fill ¼ of your plate with starches such as stuffing and sweet potatoes.
- ✦ Other choices for this section may include: mashed or baked potatoes, rice pilaf, or corn pudding.
- ✦ Skip the bread or rolls!

PROTEIN

- ✦ Fill ¼ of your plate with lean turkey slices (approx. 3-4oz).
- ✦ Avoid dark meat (including drumsticks!).
- ✦ Remove the skin from the turkey before eating.
- ✦ Instead of gravy, use a fruit-based relish for a special kick. See recipe on page 3.

**This visual guide for the Healthy Thanksgiving Plate is based on the Idaho Plate Method. See www.platemethod.com for more information.*



American Association
of Diabetes Educators

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THANKSGIVING RECIPES

MAPLE-ORANGE SWEET POTATO MASH

MAKES 6 SERVINGS

SERVING SIZE: ½ CUP



- ♦ 2 ½ lbs sweet potatoes (about 4 medium), peeled and cut into ½ inch cubes
- ♦ ¼ cup coarsely chopped walnuts
- ♦ 2 tsp sugar-free maple syrup, like Vermont Sugar-Free, divided
- ♦ 2 tsp grated fresh orange zest
- ♦ ¼ tsp ground cinnamon
- ♦ ¼ tsp kosher salt
- ♦ 1 Tbsp margarine
- ♦ 2 Tbsp fresh orange juice

1. Place the sweet potatoes in a saucepot with enough cold water to cover. Bring to a boil, reduce the heat and cook until tender, 10 to 13 minutes.
2. Add the chopped walnuts to a skillet over medium-high heat. Toss until the nuts are slightly toasted and fragrant, about 3 minutes. Remove the skillet from the heat. Drizzle 1 tsp sugar-free maple syrup over the nuts and toss to evenly coat. Remove the nuts from the skillet and set aside.
3. Drain the sweet potatoes and place them back in the saucepot on the hot burner with no heat. Let the sweet potatoes sit for 1 minute to let the excess water evaporate. Add the orange zest, cinnamon, salt, margarine, orange juice and remaining 1 tsp sugarfree maple syrup. Using a potato masher or fork, mash the potatoes until smooth, or until the desired consistency.
4. Remove to a warm serving bowl and garnish with the reserved nuts.

NUTRITION FACTS PER SERVING: Calories: 161, Fat: 6 g (saturated fat: 1 g), Cholesterol: 0 mg, Protein: 3 g, Carbohydrates: 30 g, Fiber: 5 g, Sodium: 167 mg, Sugar: 6 g

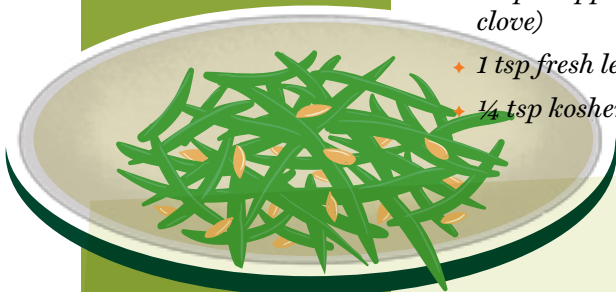
— Recipe courtesy of Kathleen Keating, reprinted with permission. ©2011 Diabetes Health Monitor.

GREEN BEANS AMANDINE

MAKES 6 SERVINGS

SERVING SIZE: ½ CUP

- ♦ 1 lb fresh or frozen French-style green beans, trimmed
- ♦ 1 Tbsp extra-virgin olive oil
- ♦ ¼ cup sliced almonds
- ♦ 1 tsp chopped garlic (about 1 clove)
- ♦ 1 tsp fresh lemon juice
- ♦ ¼ tsp kosher salt



1. Bring 3 quarts of water to a boil in a large saucepot. Add the green beans to the boiling water and cook until bright green and tender, 3 to 4 minutes. Remove to a bowl of ice water, then drain.
2. Heat the olive oil in a skillet over medium heat, about 1 minute. Add the sliced almonds and cook until lightly toasted, about 4 minutes. Add the chopped garlic and cook until light golden brown, about 1 minute. Stir in the lemon juice.
3. Add the green beans to the skillet and toss until coated. Season with salt. Toss until the green beans are heated through, about 2 minutes. Remove the green beans to a warm serving plate. Serve immediately.

NUTRITION FACTS PER SERVING: Calories: 72, Fat: 15 g (saturated fat: 0 g), Cholesterol: 1 mg, Protein: 2 g, Carbohydrates: 7 g, Fiber: 3 g, Sodium: 101 mg, Sugar: 3 g

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THANKSGIVING RECIPES



TANGERINE CRANBERRY RELISH

MAKES: 12 SERVINGS

SERVING SIZE: ¼ CUP

YIELD: 3 CUPS

CARB GRAMS PER SERVING: 10

- ♦ 1 12-ounce package fresh cranberries (3 cups)
- ♦ 2 medium tangerines
- ♦ ¼ - ½ cup sugar or sugar substitute* equivalent to ¼ to ½ cup sugar



1. Rinse cranberries under running water and discard any soft or old berries; set aside. Slice each unpeeled tangerine into fifths; remove seeds. Place tangerine slices in a food processor; cover and process until coarsely chopped. Transfer to a medium bowl.
2. Add all but ½ cup of the cranberries to the food processor; cover and process until coarsely chopped. Add to tangerines in bowl; stir in the remaining ½ cup cranberries. Stir in enough of the sugar to sweeten to taste; cover and chill for 1 hour. Stir before serving. Makes 3 cups (twelve ¼ cup servings).

MAKE AHEAD TIP

Prepare as directed. Cover and chill for up to 2 days. Stir before serving.

NUTRITION FACTS PER SERVING: Servings Per Recipe: 12, Calories: 37, Carbohydrate(gm): 10, Dietary Fiber, total (gm): 2, Sodium (mg): 1

PER SERVING WITH SUBSTITUTE: Same as above, except 20 cal., 6 g carb.

***SUGAR SUBSTITUTES:** Choose from Splenda® granular, Equal® spoonful or packets, or Sweet 'N Low® bulk or packets. Follow package directions to use product amount equivalent to ¼ to ½ cup sugar.

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BASIC CRUSTLESS PUMPKIN PIE

MAKES: 8 SERVINGS

CARB GRAMS PER SERVING: 20

- ♦ 1 15-ounce can pumpkin
- ♦ ⅓ cup sugar or sugar substitute* equivalent to ⅓ cup sugar
- ♦ 2 Tbsp honey
- ♦ 1 ½ tsp pumpkin pie spice
- ♦ ½ cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- ♦ 1 tsp vanilla
- ♦ ¾ cup evaporated fat-free milk

1. Preheat oven to 350° F. Lightly grease an 8-inch springform pan. In a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly just until combined. Gradually stir in evaporated milk. Pour into prepared pan and place on a foil-lined baking sheet.
2. Bake for 45 to 50 minutes or until center appears set when gently shaken. Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.
3. To serve, loosen pie from sides of pan by running a thin metal spatula around the edge. Remove sides of pan. Cut pie into wedges to serve. Makes 8 servings (1 slice each).

NUTRITION FACTS PER SERVING: Servings Per Recipe: 8, Calories: 95, Protein (gm): 4, Carbohydrate (gm): 20, Cholesterol (mg): 1, Dietary Fiber, total (gm): 2, Sodium(mg): 59,

***SUGAR SUBSTITUTES:** Choose from Splenda® granular or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to 1/3 cup sugar.

SUGAR SUBSTITUTES: Same as above, except 67 cal., 13 g carb. Exchanges: 1 carb. Carb choices: 1.

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Tips for a Happy Healthy THANKSGIVING

THANKSGIVING TIPS FOR PEOPLE WITH DIABETES

- ✦ Don't skip meals or snacks earlier in the day to "save" calories and carbs for the Thanksgiving feast. If you skip meals, it may be harder to manage your blood sugar.
- ✦ Be sure to eat breakfast and if your main meal is later in the day, eat a small snack or meal at midday, so that your blood sugar will remain more stable.
- ✦ Take a look at the food on the whole table before you take any. Use the Thanksgiving Plate as a guide for choosing the foods you will eat.
- ✦ Limit the number of grains (starches) on your plate. It might be tempting to have some mashed potatoes, sweet potato casserole, and stuffing—however, limit them to $\frac{1}{4}$ of your plate.
- ✦ Choose raw fruits and vegetables. Avoid vegetables in creams, gravies, and butter.
- ✦ Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch, or mixed drinks.
- ✦ Have a dessert, but take a small portion, eat slowly, and enjoy the taste.

ARE YOU A GUEST AT A FAMILY MEMBER OR FRIEND'S HOUSE?

- ✦ Talk to the host before the day and find out what will be served.
- ✦ Offer to bring along a lower-calorie dish that you know you will enjoy. Check out our diabetes-friendly recipes.
- ✦ After the meal, try not to hang out near the food to avoid snacking. Find a comfortable spot across the room and focus on socializing instead of eating.



- ✦ After your meal, take a walk with family and friends. Exercise will get you moving, keep you focused on your goals, and give you a break from being surrounded by food. Exercise is also a great way to lower blood sugar levels.
- ✦ Plan a family game of tag, flag football, or Wii™...or any other game that will get everyone up and moving.
- ✦ If you eat too much on Thanksgiving, don't beat yourself up. Don't think you have failed, just make a plan to get back on track.
- ✦ Make a "Healthy Eating Contract" with yourself to set goals for your Thanksgiving meal. Clearly state how you will approach eating during the day, and what you want to accomplish. Be sure to sign and date this contract so that it's official.

ARE YOU HOSTING THANKSGIVING DINNER?

- ✦ Make sure the menu includes lower-calorie foods, such as fruits, vegetables, and lean meats (such as turkey).
 - ✦ Roasting is a good way to cook your turkey. Avoid frying or adding extra fat (like butter) during cooking.
- ✦ When you're cooking, avoid tasting the dish more than you need to. These calories add up and can affect your blood sugar.
- ✦ If you're the host of the dinner, clear the table and put unused food away to help guests avoid snacking.

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HOLIDAY EATING CONTRACT

CONTRACT

I know that it is possible to enjoy the wonderful food of this holiday **and** keep my blood sugar stable.

Today, I make a promise to myself to make healthy food choices on Thanksgiving. I will balance my plate and fill it with the recommended portions of protein, grains, and vegetables. I will limit the sweets and desserts I eat. I will avoid snacking between meals. If I drink, I will do so in moderation. I will pick something active to do after my holiday meal.

And I will check my blood sugar throughout the day to make sure that I am within my target ranges.

I promise to enjoy this holiday and give thanks for my health, happiness, and the love of my friends and family.

Signature

Date

Sign and date this contract and place it on your refrigerator, or take it with you wherever you go to celebrate the holiday. Read it before you sit down to dinner for some extra motivation!

Carbohydrates have been the mainstay of diets around the world for thousands of years, but recently they've been under attack on the web and in some best-selling diet books, leaving the average person thoroughly confused.

It may help you to think of carbohydrate choices on a continuum, starting with the healthiest, top-quality choices and progressing to less healthy choices. Make more of your carb choices from the beginning of this list than from the end, and you'll be eating well.



FRUITS, VEGETABLES AND LEGUMES

You can't go wrong with fruits, vegetables, and legumes (beans), all-stars that deliver lots of vitamins, minerals and fiber for relatively few calories. As Dr. David Katz says, "You find me one person who can legitimately blame their obesity or diabetes on apples or carrots, and I will give up my day job and become a hula dancer."



INTACT WHOLE GRAINS

Running neck-in-neck with fruits and vegetables are intact whole grains. Like fruits and veggies, intact whole grains are powerhouses of nutrition. But keep portions moderate; they have less water, so they're a more concentrated carb. Best choice of all? Eat your intact whole grains with lots of vegetables, as in the quinoa bowl shown here.



LIGHTLY PROCESSED GRAINS

Sometimes intact whole grains are very lightly processed, as when oats are steamed and rolled to make rolled oats, or grains are crushed, mixed with water and extruded to make whole grain pasta. These are also good choices. Little-known fact: Flour and water made into pasta digests much more slowly than if the same flour and water were made into bread. That makes pasta a healthier choice for controlling blood sugar swings.



WHOLE GRAIN FOODS

Grains count as "whole" whenever all of their original bran, germ, and endosperm are still present—even if the grains have been made into breads, crackers and cereals. Look for whole grain foods made without extra ingredients—just good whole grains, without added sugar.



REFINED GRAINS

When whole grains aren't available and white bread or other refined grains are the only choice, pay special attention to what you're eating with your grains, making sure to add lots of vegetables, beans, fish and other healthy "partners." Tip: true sourdough breads are less likely to spike blood sugar than yeast breads.



TREATS AND DESSERTS

Grain foods high in sugar and extra fats are meant to be eaten rarely—at most a few times a week, not every day. While most whole grain versions are marginally healthier than their refined counterparts, a whole grain cookie is still a cookie, so save these treats for special occasions.

Type 2 Diabetes Information

Type 2 diabetes is the most common form of diabetes, accounting for about 95 percent of all cases. Find out more about this disease as well as how to treat it.

By Rachel Martin

Many people with type 2 diabetes don't show any symptoms of having the disease. In fact, more than 6 million people have type 2 diabetes and don't know it, according to the National Diabetes Information Clearinghouse.

However, some individuals do experience what are sometimes called "classic" diabetes symptoms, including:

- increased thirst
- increased hunger
- weight loss
- blurred vision
- fatigue
- frequent urination, particularly at night
- frequent infections and/or slow-healing cuts or sores

If you experience these symptoms, schedule an appointment with your doctor and ask about getting tested for diabetes.

The Cause of Type 2 Diabetes

Diabetes is a progressive disease and is diagnosed when an individual's glucose level (sometimes called **blood sugar**) is above normal.

Glucose—from digested food—is the main source of energy for the body's cells. When glucose enters the bloodstream, the pancreas releases insulin to help cells use glucose for energy.

In people with type 2 diabetes, the pancreas does not produce enough insulin to keep blood glucose levels normal. This causes several problems:

- Glucose continues to flow through the bloodstream but cannot be used by the cells.
- Over time, glucose levels increase while the cells don't get the energy they need.
- Left untreated, this can lead to complications such as neuropathy, heart disease, eye damage, and kidney disease.

Risk Factors for Type 2 Diabetes

There are several risk factors for type 2 diabetes, including:

- **Weight:** People who are overweight—particularly those who tend to carry extra weight around their middle—have an increased risk.
- **Family History:** Having a parent or sibling with type 2 diabetes increases the chances of developing the disease.
- **Race:** For reasons that aren't understood, African-Americans, Hispanics, Asian-Americans, and Native Americans have a higher risk.
- **Age:** People older than 45 tend to have a higher risk of developing type 2 diabetes, but younger adults—including children—are also developing the disease.

Type 2 Diabetes Information

- **Sedentary Lifestyle:** Individuals who are inactive (exercise less than three times per week) have a higher risk.
- **Gestational Diabetes:** Women who had gestational diabetes while pregnant or delivered a baby weighing more than 9 pounds are at an increased risk.
- **Pre-diabetes:** Men and women who have pre-diabetes—a condition with elevated glucose levels—are at a higher risk.

How Type 2 Diabetes Is Diagnosed

Type 2 diabetes is typically diagnosed with a simple blood test. There are two types of tests:

- **Fasting blood-glucose test:** Taken after 12 hours of fasting (though water is permitted), diabetes is diagnosed if blood glucose levels are **higher than 126 mg/dL** for two tests.
- **Random blood-glucose test:** Taken during a doctor's exam (non-fasting), diabetes is suspected if blood glucose levels are **higher than 200 mg/dL** and includes other symptoms of diabetes (i.e., thirst, blurred vision, weight loss).

Type 2 Diabetes Treatment

With good blood glucose control, people with type 2 diabetes can live a long and healthy life. Prompt and consistent diabetes treatment is essential for achieving good blood glucose control and reducing the risk of complications. While treatment varies from person to person, there are typically several steps:

1. Monitoring: Keeping track of glucose levels is vital to diabetes control. It's also essential for detecting glucose extremes such as high blood sugar (**hyperglycemia**) and low blood sugar (**hypoglycemia**).

To monitor blood glucose:

- Prick the finger with a small needle (**lancet**).
- Place a drop of blood on a **test strip** and insert it into a glucose meter to measure the amount of glucose in the blood.

The glucose meter keeps track of glucose readings over time, which a physician uses to make recommendations on treatment. The physician also decides how many times a day an individual should test blood glucose.

In addition, physicians recommend A1C testing (also called glycosylated hemoglobin), which tracks how blood glucose levels changed over the prior three to four months. The American Diabetes Association recommends people with diabetes have an A1C of less than 7.

2. Medications: Some people are able to control diabetes through lifestyle modifications alone. Eventually, however, most people with type 2 diabetes will require some form of medication—including insulin—to keep their glucose on track.

Common medications include:

- Insulin, which helps the cells process glucose
- Sulfonylureas, which stimulate the pancreas to produce more insulin (ex: Glyanase, Prestabs, Diabeta, Micronase, Glucotorol, Amaryl)
- Meglitinides, which stimulate the pancreas to produce more insulin but are fast-acting (ex: Prandin, Starlix)
- Metformin, which helps stop the liver from generating extra glucose (ex: Glucophage, Fortamet XR, Riomet Liquid)
- Alpha Glucosidase Inhibitors, which prevent the digestive system from absorbing glucose (ex: Precose, Glyset)
- Exenatide, which increases insulin response (ex: Byetta)
- Pramlintide, which helps insulin function more efficiently (ex: Symlin)

Type 2 Diabetes Information

3. Healthful Meal Plan: Meal planning is necessary to maintain good glucose control. To manage diabetes and prevent complications, a good meal plan should be rich in whole grains, fresh fruits, and vegetables and low in saturated and trans fat. Speak with a registered dietitian to create an individual meal plan.

4. Weight Loss: Some individuals can improve diabetes control by losing weight. In addition, weight loss—particularly around the midsection—can improve insulin response. Maintaining a healthy weight also reduces the risk of diabetes-related complications such as heart disease and neuropathy.

5. Physical Activity: Exercise helps reduce blood glucose levels and prevent insulin resistance. In addition, it helps people maintain a healthy weight and reduce the risk of diabetes-related complications.

Preventing Type 2 Diabetes

Type 2 diabetes is a progressive disease that is diagnosed when the beta cells in the pancreas no longer produce enough insulin to meet the body's demands (a condition known as insulin deficiency). If you are at risk or have been told you have pre-diabetes, there are steps you can take to help prevent or delay the onset of type 2 diabetes, including:

Reach a healthy weight: Talk with your doctor about a healthy weight for you. Studies have shown that losing 5-7 percent of your body weight (a 10- to 14-pound weight loss for a 200-pound person) can prevent or delay pre-diabetes from progressing to type 2.

Know your risk for pre-diabetes: Talk with your doctor about how frequently your glucose levels should be evaluated and mention any diabetes symptoms you may be experiencing.

Start exercising: Getting in shape improves insulin efficiency, controls glucose, and helps weight control.

Eat healthfully: To maintain a healthy weight, eat a well-balanced diet full of fresh fruits and vegetables, whole grains, and lean protein. Steer clear of high-fat, high-calorie foods.

Non-Starchy Vegetables List

The following is a list of non-starchy vegetables – they are lower in carbohydrates compared to starchy vegetables. Filling up on non-starchy veggies at meals and snacks can help keep your carbohydrate intake in check while also helping to fill you up!

- Amaranth or Chinese spinach
- Artichoke
- Artichoke hearts
- Asparagus
- Baby corn
- Bamboo shoots
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Chayote
- Coleslaw (packaged, no dressing)
- Cucumber
- Daikon
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Sprouts
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Swiss chard
- Tomato
- Turnips
- Water chestnuts



Test Your Diabetes and Food Knowledge

1. **How many teaspoons of sugar are in a can of soda?**
 - a. 15
 - b. 5
 - c. 20
 - d. 10
2. **A serving of 'light' pie with 'light' ice cream must have less sugar than regular?**

True or False
3. **Canned peaches in syrup have more sugar than canned peaches in juice?**

True or False
4. **Refined sugars are worse for you than sugars like raw sugar or honey?**

True or False
5. **If a food label says it has 'no added sugars,' it means:**
 - a. It is low in calories
 - b. It doesn't contain any sugar
 - c. Who knows?
 - d. No sugar or sugary ingredients were added in making it.
6. **There are more calories in sugar than in other nutrients like protein, fat, or alcohol?**

True or False
7. **Which of the following drinks contains the highest percentage of sugar content?**
 - a. Sports drinks (like Gatorade)
 - b. Energy drinks
 - c. Soda or soft drinks
 - d. Flavored milk
8. **Most breakfast cereals average over 2 teaspoons of sugar per serving?**

True or False
9. **To help better control your blood sugars, you should always read the nutrition facts label on food for:**
 - a. Sugar
 - b. Sodium
 - c. Carbohydrates
10. **Blueberry 100% fruit spread has a lot less sugar compared to blueberry jam?**
 - a. Always
 - b. Sometimes
 - c. Never

Answers

- 1. D (10)** – 1 teaspoon is around 4 grams of sugar.....and a can of coke has around 40 grams of sugar (that's 10 – 4gm teaspoons of sugar per can).
- 2. FALSE** – “Light” products don't have to be ‘light’ in everything...Light ice cream and desserts may be ‘light’ in fat and calories, but not necessarily light in sugar or carbohydrates.
- 3. TRUE** – Peaches in juice have around 8% sugar compared to 12% sugar for peaches that are canned in syrup (that's a saving of about 1 teaspoon of sugar in a ½ cup serving).
- 4. FALSE** – Sugar is Sugar is Sugar. Don't ever assume because a product sounds more “natural” that it is better for you. All types of sugars have about the same amount of calories.
- 5. C – (Who Knows?)** Until recently there was a clear definition of what ‘No sugar added’ meant in the Food Standards Code, but the new version of the Code has removed it. We now can only rely on the Trade Practices Act, which says manufacturers aren't allowed to mislead consumers.....The old definition was ‘D’ but ‘Buyer Beware’ let's hope they are following the old definition.
- 6. FALSE** – Protein has 4 calories per gram, Fat has 9 calories per gram, and Alcohol has 7 calories per gram.
- 7. C – (Soda or Soft drinks)**, however energy drinks are close behind. On average, sodas are about 12% sugar and the average energy drink around 11% sugar.
- 8. TRUE** – on average, many cereals have a little more than 2 teaspoons of sugar per serving and all too often most people are eating much more than what is considered a “serving” on the box (usually a ½ cup to 1 cup depending on the cereal). They are often highly processed and lack fiber, which means we do not feel full for very long.
- 9. C – (Carbohydrates)**, while it is important to note the amount of sugar in a product when comparing it to another product, it is Carbohydrates that turn to sugar into a person's blood stream and there are many components that make up carbohydrates other than just “sugars.” Looking at “carbohydrates” is a ‘Need to know’ and looking at “sugars” is a ‘Nice to know.’
- 10. B – (sometimes).** Some 100% fruit spreads have a lot less total sugar than the same brand of jam (almost half), but some have very similar levels. The Sucrose that would have been used in jam has been replaced by fruit sugars aka Fructose in varying degrees (in the 100% fruit spreads). That's why you should always read the food label before it goes in your cart.

10 Warning Signs of Alzheimer's disease

alzheimer's association®

KNOWthe
10 SIGNS

EARLY DETECTION MATTERS

- 1 **Memory loss that disrupts daily life**
- 2 **Challenges in planning or solving problems**
- 3 **Difficulty completing familiar tasks**
- 4 **Confusion with time or place**
- 5 **Trouble understanding visual images and spatial relationships**
- 6 **New problems with words in speaking or writing**
- 7 **Misplacing things and losing the ability to retrace steps**
- 8 **Decreased or poor judgment**
- 9 **Withdrawal from work or social activities**
- 10 **Changes in mood and personality**

If you or anyone you know experiences any of these warning signs, please see a doctor.

For more information, call 800.272.3900 or visit alz.org/10signs.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS:

Cremini Mushroom, Onion & Brown Rice Stuffing

Preparation/Cook Time: 35 minutes

Number of Servings: 3 – 1 cup servings

Ingredients:

- ½ cup uncooked brown rice, rinsed well
- ¾ cup low sodium chicken or vegetable broth
- ½ cup water
- ½ tablespoon olive oil
- ½ small white onion, diced
- ½ tablespoon minced garlic
- ¼ cup celery, diced
- ¼ cup carrots, diced
- Pinch of salt (optional)
- Freshly cracked pepper to taste
- 4 oz pre-sliced, fresh baby portabella mushrooms
- Optional: parmesan cheese



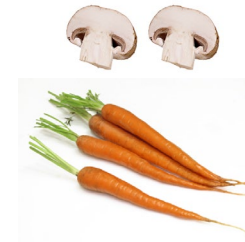
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Cremini Mushroom, Onion & Brown Rice Stuffing

Directions:

1. Cook the rinsed brown rice in broth and water according to package directions.
2. Meanwhile, in a large sauté pan add the olive oil, white onion, and garlic and sauté for 1-2 minutes on medium heat. Add the diced celery, carrots, salt (optional), and black pepper to taste. Cook about 12-15 minutes over medium heat, until vegetables are tender.
3. Add the mushrooms to the pan and cook for another 5 minutes while stirring or until they shrink and are cooked through.
4. Add the cooked brown rice to the pan and mix until evenly distributed. Top with parmesan cheese (if using).

Tip:

- To cut down on salt you can use a salt-free seasoning instead.

Nutrition Facts (per serving):

Calories: 82 Protein: 2.8gm Total Carbohydrates: 12gm Fiber: 2gm
Total Fat: 2.8gm Cholesterol: 0mg Sodium: 225mg

Cremini Mushroom, Onion & Brown Rice Stuffing

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Calories: 82 Protein: 2.8gm Total Carbohydrates: 12gm Fiber: 2gm
Total Fat: 2.8gm Cholesterol: 0mg Sodium: 225mg

Cremini Mushroom, Onion & Brown Rice Stuffing

Directions:

1. Cook the rinsed brown rice in broth and water according to package directions.
2. Meanwhile, in a large sauté pan add the olive oil, white onion, and garlic and sauté for 1-2 minutes on medium heat. Add the diced celery, carrots, salt (optional), and black pepper to taste. Cook about 12-15 minutes over medium heat, until vegetables are tender.
3. Add the mushrooms to the pan and cook for another 5 minutes while stirring or until they shrink and are cooked through.
4. Add the cooked brown rice to the pan and mix until evenly distributed. Top with parmesan cheese (if using).

Tip:

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Roasted Squash with Spinach & Cranberries

Preparation/Cook Time: 55 minutes **Number of Servings:** 2

Ingredients:

- 2-3oz fresh baby spinach, chopped
- 1 ¼ LB (16oz to 20oz) butternut squash, pre-cubed, skins/seeds removed (found near pre-cut veggies in most produce sections)
- Black pepper, to taste
- 1 tablespoon extra-virgin olive oil
- ¼ cup chopped walnuts (you can buy pre-chopped)
- ¼ cup dried cranberries (Tip: look for pre-chopped variety)
- 1 tablespoon parmesan cheese



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Roasted Squash with Spinach & Cranberries

Directions:

1. Preheat your oven to 400 degrees. Place squash in a baking dish and season with freshly ground black pepper and extra virgin olive oil. Toss to coat.
2. Bake for 45 minutes or until the squash is tender and remove the squash from the oven.
3. Add the spinach and toss.
4. Sprinkle the walnuts and dried cranberries on top and bake for another 5 minutes until the nuts are lightly toasted.
5. Sprinkle with parmesan cheese just before serving.

Tips:

- ✓ Look for the reduced sugar variety of dried cranberries.
- ✓ You can cut a whole butternut squash rather than buying it pre-cut to save money, but it will take longer to prepare.

Nutrition Facts (per serving):

Calories: 339 Protein: 7gm Total Carbohydrates: 46gm Fiber: 11gm
Total Fat: 18gm Cholesterol: 2mg Sodium: 92mg

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