

# Nutrition and Wellness Newsletter

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**Happy Holidays!**

**Have an attitude of gratitude and celebrate family!**

**Give thanks and show kindness!**

What are you thankful for? Taking the time to answer this question can help us have a positive outlook on our day and allow us to enjoy our time with family and friends this holiday season.

## **November is National Diabetes Awareness Month!**

### **Healthful Eating with Diabetes During the Holidays**

- ***Eat a variety of foods.*** Choose foods from each food group every day. Don't be afraid to try new foods.
- ***Make half your plate fruits and vegetables.*** Fruit contains fiber, vitamins and minerals and can satisfy your sweet tooth. Include more non-starchy vegetables including leafy greens, asparagus, carrots and broccoli each day. Also, choose whole fruit more often and juice less often.
- ***Choose healthy carbohydrates.*** Increase the amount of fiber you consume by eating at least half of all grains as whole-grain foods each day. Brown rice, buckwheat, oatmeal, whole-wheat breads and cereals are good sources of fiber.
- ***Eat less fat.*** Choose lean meats, poultry and fish whenever possible. Bake, broil, roast, grill, boil or steam foods instead of frying. Also, choose low-fat or fat-free dairy products. Enjoy meatless meals by swapping out meat for lentils or tofu.
- ***Cut the salt.*** Use less salt and more pepper, herbs and seasoning. Eating low salt foods helps control high blood pressure.

- ***Avoid skipping meals.*** Skipping meals can make you more hungry, moody and unable to focus and make it difficult to control your blood sugars. Learn what works best for you. Some people like three meals a day, while others enjoy two meals and two snacks. Find an eating pattern that is healthy for you and stick with it.
  - ***Focus on your food.*** Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think.
  - ***Watch portion sizes.*** You don't need to cut out carbohydrate-rich foods but it is important to eat a balance of them spread evenly throughout the day. Read food labels and pay attention to portion sizes and carbohydrate content.
  - For more helpful healthy eating goals and tips click here: [aade7\\_healthy\\_eating.pdf \(diabeteseducator.org\)](https://www.diabeteseducator.org/aade7_healthy_eating.pdf)
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The infographic is titled "MyPlate Holiday makeover" and features a MyPlate logo at the top left. The background is decorated with colorful autumn leaves and a string of bunting. The central image shows a turkey, a bowl of fruit, a bowl of vegetables, and a pitcher of water. Below this, the text reads "visit [choosemyplate.gov](http://choosemyplate.gov) for healthier options during the holidays".

The infographic is divided into eight sections, each with a title and a comparison:

- tweak the sweets**: A bowl of fruit vs. a slice of pie. Text: "fruits make delicious desserts".
- cheers to good health**: A glass of water vs. a bottle of soda. Text: "drink water to manage calories".
- bake healthier**: A jar of apple sauce vs. a stick of butter. Text: "use recipes with pureed fruits instead of butter or oil".
- spice it up**: Jars of sage and cinnamon vs. a mound of sugar. Text: "use spices and herbs instead of sugar and salt".
- brighten your meal**: A plate with fruit and vegetables vs. a plate with bread and meat. Text: "fill half your plate with fruits and vegetables".
- skim the fat**: A can of skim milk vs. a can of heavy cream. Text: "try skim evaporated milk instead of heavy cream".
- swap the grains**: A roll made with whole wheat flour vs. a roll made with white flour. Text: "choose whole wheat flour instead of white flour".
- go easy on the gravy**: A plate with a small amount of gravy vs. a plate with a large amount of gravy. Text: "a little bit of gravy goes a long way".

USDA is an equal opportunity provider and employer.

The exchange list for diabetics is a simple way to keep blood sugars under control, to keep a healthy weight, and to allow for a good variety of foods in your diet to nourish your body. This is the best way to select the foods you need for the above goals, even if you are not diabetic. So, what about the pie in the picture above? You can have a smaller portion of pie with some fresh fruit. Or, if you like pumpkin pie and want a piece, you can exchange(choose) the piece of pie instead of a dinner roll but keep portion size in mind!

The way we eat should be about enjoying the taste and quality of

our food, satisfying our hunger and nourishing our bodies. We should have a positive relationship with food because food is a whole lot more than just eating the foods we like to eat or that are readily available to us.

Our world is comprised of a variety of delightful and unique eating choices that have built and supported communities, sustained life, and provided enjoyment as we sit down to share good conversation over a meal. Let's Eat!

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- **For some helpful tips regarding holiday eating**

[Click Here](#)

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### **Recipe Box**

Enjoy these recipes this holiday season:

[Click Turkey Recipe](#)

[Click Chopped Salad](#)

[Click Strawberry Chocolate Greek Yogurt Bark](#)

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Holiday meals can have more high sugar food choices, so you need to make wise choices in order to remain on track with your nutrition and health goals. It is recommended to reduce or keep sugar at a minimum in your diet, especially limiting refined sugars and food choices with little or no nutritional value. If you choose a dessert, try to select one that has some nutritional value such as apple crisp or a small piece of pumpkin pie.

The World Health Organization is dropping its sugar intake recommendations from 10 percent of your daily calorie intake to 5 percent. For an adult of a normal body mass index (BMI), that works out to about 6 teaspoons or 25 grams of sugar per day.

To calculate your BMI click [BMI Calculator](#)

Here are some guidelines to keep your sugar intake at the recommended levels. [Cut Back on Added Sugars](#)

Choose healthy foods for the holidays, bite by bite!

### **Upcoming Webinar**

November 17,2022 Power Up Your Congregate Meal Program-  
Tips to Keep  
Those We Serve at the Table 2-3 pm CST [Register](#)

### **Toolkit Available**

Long Live Illinois Toolkit is available [here](#) Please contact Amy Lulich at [Amy.Lulich@illinois.gov](mailto:Amy.Lulich@illinois.gov) if you have questions.

**For previous editions of the Newsletter or to find the newsletter offered in a different \*language [click here](#).**

\*Translated versions of the newsletter may not be posted on the site right away.  
Please check back often!

**Note:** *The content of this newsletter is not intended to diagnose, cure, or treat any medical, health or other condition. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*

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