

# Make your **HOLIDAY SEASON** Diabetes Friendly

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The holiday season is a special time to gather with friends and family and sharing good times. Eating traditions, limited time, more tempting food exposure, and heightened emotions easily leads to extra pounds over the holidays. In keeping with the season, you can enjoy holiday traditions and at the same time take care of your diabetes.

With a little bit of planning, the holidays can be enjoyed by everyone, regardless of diabetes. Challenge yourself this year to focus on your new lifestyle and to implement the following strategies to ensure that there are many more holiday seasons to be enjoyed in the future:

- Continue to check your blood glucose regularly as this feedback constantly reminds you of your personal blood glucose goals. Values higher than your usual range indicates that there may be a little too much holiday cheer going on.
- Maintaining a food journal during the holidays may help you avoid overeating.
- Volunteer to bring a favorite light dessert, such as plain cookies, baked apples, or sugar-free puddings, or fruit, light cheese, plain/roasted nuts and vegetable trays, to social functions.
- Grab a snack or quick light meal before going shopping or to a party avoids food temptations.
- Wait 20 minutes after eating before considering “seconds”. Chances are, you will not want more food.
- Go in for fresh vegetables and fruits with a light dip.
- Get involved in fun activities/hobbies that are not centered solely around food (i.e., picture albums, card games, ping pong, walking in the mall, window shopping, music, reading, decorating for holidays etc.)
- If you get fatigued, nap instead of snack. Also, use exercise to boost your energy.
- Try to focus on socializing instead of eating.

Best wishes for a healthy and happy holiday season low on stress and packed with special memories!

**The Elliot.**  
*Live Better!*

## Indian Carrot Soup

(Makes 4 Servings)

### Ingredients:

- Cooking spray
- 1 lb peeled, chopped carrots
- 1 small onion, chopped
- 1 tablespoon minced fresh ginger
- 1 teaspoon olive oil
- 1½ teaspoons curry powder
- ½ teaspoon ground cumin
- 2 cans (about 14 oz. ea) fat free low sodium chicken broth, divided
- 1 tablespoon Splenda
- ¼ teaspoon ground cinnamon
- 2 teaspoons fresh lime juice
- 3 tablespoons chopped cilantro
- ¼ cup plain nonfat yogurt

### Preparation:

1. Spray large saucepan with cooking spray; heat over medium heat.
2. Add onion and ginger; reduce heat to low. Cover; cook 3 to 4 minutes or until onion is transparent and crisp-tender, stirring occasionally.
3. Add olive oil; cook and stir, uncovered, 3-4 minutes or until onion just turns golden.
4. Add curry powder and cumin; cook and stir 30 seconds or until fragrant.
5. Add 1 can of chicken broth and carrots; bring to boil over high heat. Reduce heat to low; simmer, covered, 15 minutes or until carrots are tender.
6. Ladle carrot mixture into food processor; process until smooth.
7. Return to sauce pan; stir remaining can chicken broth, splenda, cinnamon; bring to boil over medium heat.
8. Remove from heat; stir in lime juice. Ladle into bowls; sprinkle with cilantro. Top each serving with 1 tablespoon of yogurt.

Nutrients per serving: Calories: 99 Kcal, Total fat: 2 g, Protein: 3 g, Carbohydrate: 17 g