

Nutrition News You Can Use

November, 2010



Eat Right This Thanksgiving

Remember to attend the
5th annual

Diabetes Health Day

Thursday, November
4th from 2-6 pm in the
hospital lobby

FREE services:

- Healthy Eating Tips by Registered Dietitians
- Hearing Screens by Paul Ashbrook, Audiologist
- Diabetic Shoe Measurement by MedXpress
- Diabetes Education by physicians and nurses
- Foot Screens by The Wound Center
- ***Free Life Scan One Touch glucometer***
- And much more...

Health Snacks will be available!

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Make Thanksgiving Healthier

Thanksgiving gatherings mean special people, special foods and lots of temptation to indulge. But while celebrations often lead to overeating, it is easy to keep things under control if you've got a plan.

Start your day with a small meal that includes whole grains, fruit, dairy products and protein like eggs (egg whites for a low cholesterol option), lean ham or peanut butter.

Don't starve yourself before the meal. The longer you go without eating, the more you eat when you sit down for a meal. Grab low-calorie snacks throughout the day.

Pumpkin Pie Dip

Ingredients:

- 16 oz container of light frozen whipped topping, thawed
- 5 oz (1 pkt) of fat free instant vanilla pudding
- 15 oz (1 can) of Pumpkin
- 1 tsp pumpkin pie spice

In a large bowl, mix together instant vanilla pudding mix, pumpkin, and Pumpkin spice. Fold in the whipped topping. Serve chilled.



Great served with apples, graham crackers, or pretzels

November is American Diabetes Month!

