

# The GrapeVine

November 2021



## A Healthy Start to the Holiday Season

November marks the start of the holiday season, a time for family, food, and celebrations. November is also American Diabetes Month. About 1 in 10 Americans have diabetes. Diabetes is a condition in which the body doesn't make enough insulin and/or use it properly. When insulin can't do its job, blood sugar is left too high and can cause serious health problems. One of the most significant risk factors for the most common type of diabetes, Type 2 diabetes, is excess weight. Healthy eating and exercise during the holiday season and throughout the year can significantly lower diabetes risk. Here are a few tips to get started.

### Eat a well-balanced diet and maintain a healthy weight:

- Choose a diet that's rich in fruits, vegetables, whole grains, low-fat dairy products, skinless and lean meats, fish, nuts, legumes (beans, peas & lentils) and olive oil. The DASH diet or Mediterranean diet are both great examples of this diet (learn more here: [DASH Diet](#) and [Mediterranean Diet](#))

### Take a closer look at added sugar in your diet:

Too much added sugar contributes to overweight and obesity, which, in turn, increases risk for diabetes. Here are some tips for finding/limiting added sugar in your diet:

- Use the Nutrition Facts panel on food labels to keep track of the added sugar in your diet. Try to keep your added sugar intake to less than 6 tsp. per day. Each 4 grams of sugar is equal to 1 tsp. of sugar. Divide added sugar by 4 to get the number of tsp. in a serving.
- Choose fresh fruits or fruits canned in water or natural juice, these have no *added* sugar.
- Watch beverages, they can be a major source of added sugar, stick to water, unsweetened seltzer, and unsweetened low-fat milk/milk substitutes.

### Exercise regularly:

Physical activity can help with blood sugar level control and healthy weight maintenance or weight loss, if needed. Talk to your healthcare provider about a program that is right for you.

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Focus on added sugar. This food has 46% added sugar--20% or higher Daily Value is high in sugar. Aim for products with No added sugar or less than 5%.

## Kids' Activity Corner Mr. Squirrel's Thanksgiving

Can you help Mr. Squirrel collect his food and get home in time for his Thanksgiving Dinner?

Answer the questions and fill in the blanks to complete his dinner menu!

**1** I am a white drink. I am good for your bones.  
Who am I?  
M \_ \_ K

I am the same color as a pumpkin and I am sweet. I have lots of Vitamin C to keep you healthy!  
Who am I?  
OR \_ N \_ E

**3** I am orange. Rabbits eat me. I am good for your eyes.  
Who am I?  
C \_ R \_ \_ T

ANSWERS:  
1. MILK  
2. ORANGE  
3. CARROT

Happy Thanksgiving!!

**Empire**   
An Anthem Company  
**Gigliola Manrique**  
Medicare Territory Developer  
9 Pine St Fl 14  
New York, NY 10005  
Cell 917-548-9278

**MediBlue**

MEMBER OF  
**FEEDING AMERICA**

**Our Family FOUNDATION**  
by 8 members



**NUTRITION  
RESOURCE CENTER**

**Diabetes Plate Method for  
Healthy Eating**



The American Diabetes Association (ADA) has developed a new “Diabetes Plate Method” for managing diabetes. The ADA notes that this method is “the easiest way to create healthy meals that can help manage blood sugar.” Use the link below to access information about how to use this method to create healthy, well-balanced meals.

[American Diabetes Assn.](#)



**Creative Uses for Turkey  
Leftovers**



Need help figuring out what to do with all that leftover turkey or tips on improving the nutritional quality of your Thanksgiving meal? Visit this USDA site for some quick and easy tips and recipes on using leftovers and healthy holiday ingredient swaps.

[USDA Nutrition Infographics](#)

**Turkey Stuffing Makeover**

This recipe takes a holiday favorite and improves the nutritional value- it is higher in fiber, lower sodium, less saturated fat, and extra veggies.



**Ingredients:**

- 12 ounces whole-grain bread, cut into 3/4-in. cubes
- 2 tbsp. olive or other vegetable oil
- 2 tbsp. unsalted butter, melted
- 2 cups chopped yellow onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 1 tbsp. minced garlic
- 1 tsp. poultry seasoning
- 3/4 tsp. black pepper
- 2 1/2 cups unsalted chicken broth
- 2 large eggs
- Cooking spray

**Directions:**

1. Preheat oven to 400°F.
2. Place bread on a baking sheet; bake for 20-25 minutes or until golden brown. Place toasted bread in a large bowl. Reduce heat to 350°F.
3. Heat oil in a large skillet over med-high heat, add onion, celery, garlic, carrot, and sauté until veggies are tender. Remove from heat and stir in poultry seasoning and pepper, then add mixture to the bowl with bread and stir together.
4. In a separate small bowl, combine chicken broth, butter and eggs and pour over bread mixture; toss to coat.
5. Transfer stuffing into a 2-quart ceramic or glass baking dish coated with cooking spray. Bake at 350°F for 30 to 35 minutes or until browned.