

## Eating Well during the Holidays

One of the most enjoyable aspects of the holiday season is THE FOOD! There are many traditions related to food that you only get to experience during the holidays. Although there will be an array of dishes that may seem tempting, you can still indulge during the holiday season without sacrificing flavorful foods. Take a look at these simple substitutions to keep you healthy during the holiday season.

Instead of THIS.....

EAT THIS.....

and SAVE:

4 ounces Spiral Ham

4 ounces Pork Tenderloin

1218 mg Sodium

4 ounces Egg Nog

4 ounce glass Red Wine

9 grams Fat

½ cup Sweet Potato Casserole ½ cup mashed Sweet

Potatoes 155 Calories

1/3 cup Rice Pudding

1 Frosted Sugar Cookie

40 grams Carbs

Nutrients analyzed from [www.calorieking.com](http://www.calorieking.com) and [www.nutritiondata.com](http://www.nutritiondata.com).

### Extra Holiday Tips for Diabetics

- Maintain consistent meal time
- Increase glucose monitoring during the holidays
- Be aware of sugary food

### *Cranberry-Cinnamon Poached Pears*

½ cup cranberry juice  
1/8 teaspoon cinnamon  
2 ripe pears, peeled, cored, halved  
1 tablespoon sugar

- Mix cranberry juice & cinnamon in a small microwave-safe baking dish.
- Arrange pears in a single layer & sprinkle with sugar.
- Cover & microwave for about 6 min
- Toss in liquid & let cool about 20 min