



Winchester
District
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Preventing Diabetes Newsletter

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Quote of the Day

“Christmas is doing a little something extra for someone.” -- Charles Schulz (creator of the comic *Peanuts*)

Enjoying the Holidays

‘Tis the seasonwhen we eat too much and do too little! The holiday season can be a difficult time when you’re trying to maintain a healthy lifestyle. It takes a little planning and effort to balance all the temptations with your health goals.

In this issue, we share our tips for keeping active and eating healthy during the holidays. On page 2 you’ll find a very low calorie soup recipe that you can use as a snack (or a meal) to help keep you full and away from those high calorie treats. Keep reading!



Rachelle C.’s tips

- Always fill half your plate with vegetables. It leaves less room on your plate for the higher calorie foods.
- Make having a walk after meals part of your Christmas tradition.
- Avoid drinking your calories. Popular holiday cocktails and drinks such as eggnog often contain a high amount of sugar. To reduce calories from drinks, drink a glass of water in between every alcoholic or sugary beverage.



Nancy’s tips

- Fill up on Fibre! Before you go out, there’s nothing wrong with a little Metamucil. Fibre can help curb your appetite and may help you decrease the amount of the delicious food you see.
- Don’t use the holidays as an excuse to load up on junk food and stop moving! Be kind to yourself and keep an 80/20 rule at this busy time of year. Remember a 10 minute walk is better than none.



Rachel W.’s tips

- Schedule downtime by allowing some space between festivities. It’s not the quantity but the quality of social experiences that leads to a sense of connection with others.
- Use your time off to be more active and discover winter sports like snowshoeing, skating and skiing.
- Remember that exercise is not a license to eat more.



Deirdre’s tips

- Bring a healthy dish to holiday get-togethers. That way you can be sure there will be a tasty and nutritious option for you to enjoy.
- Don’t be afraid to enjoy some of your favorite foods but remember that limiting the portion size helps prevent blood glucose from going out of control.
- Don’t go to a party feeling hungry. Having a small snack before a party will make you less likely to overfill your plate or return to the buffet table for seconds.



Our nursing student Melanie’s tips

- Don’t let the stress of the holidays get to you. Take some time for yourself to relax and do something you really enjoy.
- Practice mindful eating habits. Eat slowly - pay attention to your body’s cues and to that delicious piece of pie you’ve treated yourself to!

Small batch Creamy Vegetable Soup

Ingredients

- 3 stalks of celery, sliced
- 1 leek (white and light green parts only), sliced
- 1 small carrot, chopped
- 1 small turnip, peeled and chopped
- 1 kohlrabi (or 1/4 small cabbage), chopped
- 1 potato, peeled and chopped
- 1/2 cup frozen green peas
- 3 cups reduced sodium chicken or vegetable broth
- 2 cups water
- 1 tbsp. fresh cilantro or parsley

This is Kohlrabi



Both recipes from "Canada's 250 Essential Diabetes Recipes" by Sharon Zeiler

Instructions

Makes 5 cups

1. In a large saucepan combine celery, leek, carrot, turnip, kohlrabi, potato, peas and stock. Bring to a boil over high heat. Reduce heat and boil gently for 20 minutes or until vegetables are tender.
2. **This part is optional and only if you want your soup to be creamy.** Working in batches, transfer soup to blender (or use immersion hand held blender in saucepan) and purée until smooth. Return to pan (if necessary) and reheat over medium heat, stirring often, until steaming.
3. Ladle into bowls and garnish with cilantro.

Nutritional analysis per serving

Serving size is 2/3 cup

Calories 59kcal, Protein 4g, Carbohydrate 11g, Fibre 2g, Fat 0g, Sodium 277mg

Easy Dilly Dip

Ingredients

- 2 cups 2% cottage cheese
- 1/2 cup light sour cream
- 2 tbsp. chopped dill pickle
- 1 tsp dried dillweed
- 1/4 tsp ground black pepper

Instructions

Makes about 2 1/2 cups

1. In blender, purée cottage cheese, sour cream, pickle, dillweed and pepper until smooth

Nutritional analysis per serving

Serving size is 3 tbsp

Calories 36kcal, Protein 4g, Carbohydrate 2g, Fibre 0g, Fat 1g, Sodium 141mg

FYI

- ⇒ For those of you interested in finding out more on how to maintain your weight or promote a bit of weight loss, we will be running a 'Your Best Weight' class January 24th, 2019. To register, please call (613) 774-2420 x6765.
- ⇒ Interested in free workshops and webinars on living a healthy life with chronic health conditions or chronic pain? Check out www.livinghealthyhamplain.ca.
- ⇒ Looking for exercise classes in your community—some are even free! Check out <https://www.champlainhealthline.ca/libraryContent.aspx?id=20751#SDG>