



DIABETES AND HOLIDAY EATING



Meal Planning this Holiday Season!

Holiday foods can easily fit into your meal plan. This list will help you enjoy the holiday season. Please note the following serving info:

- 1 carb = 15 grams carbohydrate**
- 1 meat = 7 grams or 1 oz. protein**
- 1 fat = 5 grams fat**



Due to variations in food ingredients and serving sizes, use nutrition label as a guide if available. Ask your Registered Dietitian for more information about any other holiday foods you may like to eat.

Beverages

- Diet Soda**.....free
- Juice (4 oz)**.....**1 carb**
- Egg Nog (4 oz)**.....**1 carb, 2-3 fats**

Milk:

- Fat-free/low-fat (8 oz)**....**1 carb**
- Reduced fat (8 oz)**.....**1 carb, 1 fat**
- Whole (8 oz)**.....**1 carb, 2 fats**

- Punch (4 oz)**.....**1 carb**

- Sugar free beverages**...free

Alcohol *:

- Beer (12 fl oz)**.....**2 fats, 1 carb**
- Light Beer (12 fl oz)**.....**2 fats**
- Liquor (2 fl oz)**.....**2 fats**
- Wine (4 fl oz)**.....**2 fats**
- Wine Coolers (12 oz)**....**2 fats, 2 carbs**

*** Check with your doctor before drinking alcohol.**



Appetizers

- Cheese (1 oz)**.....**1 meat, 1 fat**
- Crackers:**
 - Regular (4-6)**1 carb, 1 fat**
 - Low-fat (4-6).....**1 carb**

- Fruit (1 med)**.....**1 carb**
- Mints (8)**.....**1 carb**

Nuts: (servings listed = 1 fat)

- Almonds (6-8)
- Brazil (2 medium)
- Cashews (6)
- Hazel (5-6)
- Macadamia (3 medium)
- Mixed (6-7)
- Peanuts (1/2 oz)
- Pecans (6 halves)
- Pistachios (17)
- Walnuts (5 halves)
- Pumpkin seeds (1/2 oz)



- Sausage (1 oz)**.....**1 meat, 1-2 fats**

- Smoked Salmon (1 oz)**....**1 meat**

Vegetables, raw

- Up to 3 cups.....Free
- More than 3 cups.....**1 carb**

Salads

Fruit Salad (3/4 cup).....**1 carb**
Gelatin, regular (1/2 cup).....**1 carb**
Gelatin, sugar-free (1/2 cup)....free
Pasta Salad (1/2 cup).....**1 carb**, 1 fat
Waldorf Salad (1/2 cup).....**1 carb**, 1 fat



Entrees

3 oz portion = the size of a deck of cards
1 oz portion = 1 meat exchange.

Very Lean Meats:

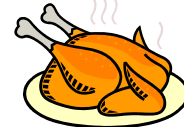
Cornish Game hen Pheasant
Turkey, white Venison

Lean Meats:

Duck Ham
Turkey, dark Lutefisk

Higher Fat Meat:

Kielbasa
Polish sausage



Vegetables and Side Dishes

Bread, any type (1 slice).....**1 carb**
Bread, lite (2 slices)**1 carb**
Dinner Roll (1 small).....**1 carb**

Cranberry sauce (1/4 cup)**1 carb**

Gravy (2 Tbsp).....**1 fat**

Potato
baked (1 small)..... **1 carb**
mashed (1/2 cup)**1 carb**, 1 fat
scalloped, 1/2 cup**1 carb**, 1 fat

Sweet Potato/Yam (1/2 cup)....**1 carb**
Sweet Potato:
sweetened (1/2 cup) **2 carbs**

Stuffing (1/3 cup)..... **1 carb**, 1 fat

Winter Squash:
acorn, butternut (1 cup).....**1 carb**

Vegetables, Cooked:
Peas & Corn (1/2 cup).....**1 carb**
Baked beans (1/4 cup).....**1 carb**
All other vegetables
(up to 1 1/2 cups).....free
(more than 1 1/2 cups)....**1 carb**

Sweets and Desserts

(Can be safely eaten by most people with diabetes. Limit if you have high triglycerides).

Chocolates:

Regular (2 pieces).....**1-2 carbs**, 2 fats
Sugar-free (2 pieces)...**1-2 carbs**, 3 fats

Fruit Cake (1/16).....**2 carbs**, 1-2 fats

Frozen Yogurt, 1/2 cup**1 carb**, 0-1 fats

Ice Cream, 1/2 cup**1 carb**, 1-2 fats

Sherbet, 1/2 cup**2 carbs**

Peanut Brittle, 2 oz.**3 carbs**, 2 fats

Popcorn (3 cups).....**1 carb**, 0-1 fat

Popcorn Ball (1).....**1/2 carb**, 0-1 fat

Fruit Pies:

Single-crust (1/8).....**2-3 carbs**, 2 fats

Double-crust (1/8).....**3-4 carbs**, 3 fats

Pie, pecan (1/8).....**4-5 carbs**, 6 fats

Pie, pumpkin (1/8).....**2-3 carbs**, 2-3 fats

Sugar Cookies:

Unfrosted (1 small)**1 carb**, 1 fat

Frosted (1 small)**2 carbs**, 1 fat