



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

November 2015 | Tips for A Healthy Thanksgiving

Here are some tips to ensure your Thanksgiving is plentiful and fun, but also healthy.



A Diabetes-Friendly Guide to a HEALTHY THANKSGIVING PLATE

*Thanksgiving is all about eating...*and being with your loved ones, of course! With so many foods and snacks available, how can you make healthy choices that will keep your blood sugar stable? Use this "Thanksgiving Plate" as a visual guide for what foods to choose and how to balance your plate. You'll also find some healthy eating tips, a few diabetes-friendly recipes, and a Holiday Eating Contract on the AADE website. Work with your diabetes educator to discuss healthy Thanksgiving meal planning and tips for managing your blood sugar during the holidays.

VEGETABLES

- Fill 1/2 of your plate with vegetables, such as carrots and green beans.
- Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.
- Other vegetables to consider include: broccoli, salad, brussel sprouts, or asparagus.
- If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.



GRAINS

- Fill 1/4 of your plate with starches such as stuffing and sweet potatoes.
- Other choices for this section may include: mashed or baked potatoes, rice pilaf, or corn pudding.
- Skip the bread or rolls!

PROTEIN

- Fill 1/4 of your plate with lean turkey slices (approx. 3-4oz).
- Avoid dark meat (including drumsticks!).
- Remove the skin from the turkey before eating.
- Instead of gravy, use a fruit-based relish for a special kick.

**This visual guide for the Healthy Thanksgiving Plate is based on the Idaho Plate Method. See www.platemethod.com for more information.*



Member Highlight

York Technical College is a Member of the Upper Midlands Rural Health Network. The Practical Nursing Program at York Technical College helps prepare men and women for the practice of nursing to provide direct patient care across the lifespan. A practical nurse graduate is qualified to function in the role of provider of care, and manager of care, for individuals and families with common health problems. This nurse functions dependently, while under supervision, as a healthcare team member in a variety of healthcare settings. Nursing classes include both campus and clinical laboratory hours. York Technical College offers the Practical Nursing Program both in Chester, S.C. and Lancaster, S.C.

Check out York Technical College at yorktech.edu



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