

Diabetes Discourse

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CHRISTMAS SUPPLEMENT

November, 2018

Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)

This Free Newsletter is a Vital Resource for Diabetes Prevention and for anyone Living with Diabetes

Our Vision

- Enriching lives, one person at a time

Our Mission

- To enrich the lives of people living with or at risk for cancer and diabetes by providing financial resources, support, preventive and management education.

BCDF Activities Include:

- Modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life
- Prevention and management education, and small-group workshops
- Advocacy and referrals to resources for individuals/families affected by cancer or diabetes
- Writing grant proposals and fundraising

BCDF relies on donations to carry out its mission. We are an incorporated, charitable Foundation in the Republic of Trinidad and Tobago. BCDF functions with volunteers only and no paid staff. To contact us with comments, questions or articles, phone 868) 667-2576 or e-mail: adelia@bovellcancerdiabetesfoundation.org; <http://www.bovellcancerdiabetesfoundation.org>

Disclaimer: This newsletter is meant to educate and inform. It is not to be used as medical advice. Please consult your doctor for medical advice.

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The Board of Directors, Members and Volunteers of the Bovell Cancer Diabetes Foundation (BCDF) wish each of you a very merry Christmas and a happy 2019! We truly appreciate all the support you have given us through 2018 and hope that you would continue to support us in our fight to stamp out diabetes.

A Healthier Christmas

(Taken from <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/have-a-healthier-christmas->)

If you have diabetes, or are close to someone who does, you might find that Christmas can be a stressful time as you are confronted with lots of different food and drink options, through the season.

Tender Roast Turkey

A healthier way to cook turkey



Serves

10



Preparation time

30 minutes



Cook

3 hours +

30 minutes resting time

Each 492g serving contains (excludes serving suggestion)

KCAL	CARBS
422	0.0 g
PROTEIN	FAT
64.9 g	17.9 g
SATURATES	SUGARS
5.60 g	0.0 g
SALT	PORTION FRUIT & VEG
0.90 g	0

Ingredients

- 5 kg turkey, fresh or thoroughly defrosted
- 1 lemon, quartered
- 1 onion, unpeeled and quartered
- 2-3 whole garlic cloves, unpeeled and crushed lightly
- 2 bay leaves
- Good sprig of fresh thyme
- 12 thin rashers of streaky bacon (optional)

Methods


- Preheat the oven to 220°C or 425°F.
- Cook turkey at this temperature for the first 30 minutes and then lower the oven temperature to 190°C or 375°F.
- Stuff the turkey's cavity with the lemon, onion quarters, garlic, bay leaves and thyme.
- Put the turkey into a large roasting tin. Lay the bacon across the turkey breast (see chefs tips), then cover it with foil.
- Cook for at least 3 hours, removing the foil for the last 30 minutes of cooking time so that the bacon and skin can brown.
- Check the turkey is cooked, then remove from the oven, cover loosely with the foil and leave to one side to rest for 30 minutes before carving.


Chef's Tips


- Different sized turkeys will require different cooking times; cooking time will be approximately 30-35 minutes per kg
- Your turkey should be moist and succulent. It is ready when the juices run clear. Test by plunging a fork into the deepest part of the thigh or breast. If using a thermometer, the internal cooked temperature will be 74°C or 165°F
- To make a bacon weave: simply interweave the rashers of bacon on a piece of cling film, once you have a neat weave carefully place it on the turkey breast and remove the film
- Serve with stuffing

Rosemary, onion and sweet potato stuffing



 **Serves**
6

 **Preparation time**
15 minutes

 **Cook**
30 minutes

Each 50g serving contains (excludes serving suggestion)

KCAL	72
CARBS	12.7g
FIBRE	2.0g
PROTEIN	1.5g
FAT	1.2g
SATURATES	0.10g
SUGARS	6.1g
SALT	0.10g
PORTION FRUIT & VEG	0

Ingredients

2 large onions, roughly chopped
2 tsp. olive oil
1 Tbsp. freshly chopped parsley
1 tsp. dried thyme or use oregano or rosemary instead
1 slice whole wheat bread, in breadcrumbs
100 g mashed sweet potato
Pinch pepper

Method

- ✚ Add the onions to a pan with the olive oil and cook gently for 6–7 minutes until softened and starting to brown.
- ✚ Add the pepper and rosemary. Then add the breadcrumbs, sweet potato and 200 mL water from the boiled potato.
- ✚ Mix well, place the mixture in a lightly oiled ovenproof dish and bake for 20 minutes until the top has browned.

Chef's Tips

- ✚ Freezing instructions: Freeze in portions then defrost in the fridge, or defrost in a microwave and reheat until piping hot.

Christmas Day Swap

Try this simple, healthy swap on Christmas Day:

Turkey

Swap 100 g butter-basted turkey with skin on (146Kcal; 5g fat)

for

100 g skinless turkey (104Kcal; 2g fat)

Save 42 Kcal; 3 g fat

Tips for a Diabetes-Friendly Christmas Season

(Taken from: <https://www.diabetes.ca/publications-newsletters/diabetes-current-newsletter/diabetes-current-archive/diabetes-current-november-2013/healthy-living/7-tips-for-a-diabetes-friendly-holiday-season>)

There is no reason a healthy diet and lifestyle cannot fit into your Christmas season fun.

Most recipes can be made more healthy by cutting down on their fat or sugar content (try baking your cake with a sugar substitute or use less sugar + more substitute). And, as always, stay active and manage your portions. To help make the season a little more diabetes-friendly, here are some essential tips for managing your weight and blood sugar:

Stay active. Remember to try and maintain your usual activity level regardless of how busy the season is. Or better yet, add a little more exercise than usual to ward off the added calories

Use the plate method to keep track of what you are eating. It is simple; just allot half your plate for a pile of veggies, then leave a quarter of your plate for carbs and a quarter of your plate for lean protein

Keep track of your portions. Enjoy your favourite foods, but only eat as much as you normally would. Besides, the less you eat during the big holiday meals the more leftovers you will have for later

Do not get saucy. Limit your added sauces, gravies and other fats, like butter. Chances are your food tastes great as it is, so there is no reason to drown it in added fat

Stay hydrated. Drink plenty of water, and skip or limit the rich holiday beverages (Punch a Crème, eggnog)

Limit alcohol consumption. Alcohol is full of empty calories, and the more you drink the more likely you are to make poor dietary choices. Most importantly, always remember to test blood sugar often after drinking to prepare for potentially dangerous blood sugar drops.

Do not skip meals. If you show up hungry, you are increasing your odds of overeating.



Festive Rice

Makes 16 servings

Ingredients

8 cups (2 L) low-sodium chicken or vegetable broth
2 cups (500 mL) wild rice or brown rice

1 tsp salt (5 mL), optional
2 tbsp canola oil (30 mL)
1 medium white onion, chopped
1 cup (250 mL) diced red bell peppers
½ cup (125 mL) chopped nuts
½ cup (125 mL) golden raisins
¼ cup (60 mL) finely diced parsley

Instructions

1. In a large saucepan, bring broth to a boil, and then stir in wild rice and salt. Reduce heat and simmer, covered, for 40 to 45 minutes or just until kernels puff open. Uncover and fluff with a fork and simmer for five minutes more. Drain any excess liquid.
2. In a large serving bowl, place cooked rice and set aside.
3. In a large sauté pan, heat canola oil over medium heat. Add onion and sauté for 1 to 2 minutes or until translucent.
4. Add peppers, nuts, and raisins. Cook until lightly browned and fragrant.
5. Add sautéed mixture and fresh parsley to rice. Stir to combine and serve warm.

Nutritional Information

Per Serving

Calories	120
Total fat	5 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	180 mg
Carbohydrates	17 g
Fibre	2 g
Protein	3 g
Sugars	6 g

Thanks



Thank you for making our work possible over the past year!

