

# A Diabetes-Friendly Eating Plan FOR THE BIG GAME



- ★ The Big Game is right around the corner...and you know what that means: hosting or attending a party and being tempted with a large number of “unhealthy” foods. This can be particularly hard if you have diabetes and are trying to make healthy choices.
- ★ However, if you follow these strategies, you can maintain your blood sugar levels and enjoy the party along with everyone else.
- ★ So let's get ready for the party by making a **Healthy Eating Game Plan**.

Here are the basics:



## 1 DON'T PLAY ON AN EMPTY STOMACH.

- » Eat a small, balanced meal or snack before you leave home for the game. If you arrive at a party hungry, you'll be more likely to overindulge.

## 2 EXAMINE THE PLAYING FIELD.

- » Study ALL of the selections, and think about what you are going to have before you put anything on your plate.
- » If you taste something that you don't enjoy, leave it on your plate—don't finish it!



## 3 FOCUS ON THE FUNDAMENTALS.

- » Choose raw vegetables first. Broccoli, baby carrots, cauliflower, and tomatoes are good choices that are usually on the buffet table. Take only a small spoonful of dip or skip it entirely.
- » Choose lean proteins that are not breaded or fried. Select chicken, veggie or turkey burgers, or baked beans.
- » Take only a small portion of cheese—1oz is approximately 5-7 small cubes.
- » Eat chips and crackers in moderation. Don't eat them straight from the bag—put some on a

small plate and don't load them down with creamy mayo-based dips.

- » If you want to eat a high-fat or high-calorie item—like wings, pizza or nachos—take a small portion and put it on your plate last, after you've filled up the space with healthier options.
- » Remember to regularly check your blood sugar the day of the game.
- » Try not to hang out near the food to avoid grazing.

## 4 STAY HYDRATED.

- » Stick to calorie-free drinks so that you can eat your calories, instead of drinking them.

- » Drink only moderate amounts of alcohol (2 drinks for men, 1 drink for women).

## 5 GO FOR THE EXTRA POINT!

- » Before the game, play your own game of flag football, or participate in some other type of physical activity. Regular exercise is key to managing your diabetes.
- » If you ate more carbs or more food in general than you planned for during the game, shake it off. Don't replay the error; instead, make a plan to get back on track and stick to it.



# Healthy GAME DAY RECIPES



## TURKEY AND BEAN CHILI

SERVING SIZE: 1 2/3 CUPS, SERVINGS PER RECIPE: 8

- ◆ 2 stalks celery, thinly sliced
  - ◆ 2 medium carrots, thinly sliced
  - ◆ 1 medium onion, finely chopped
  - ◆ 3 cloves garlic, minced
  - ◆ 2 tablespoons chili powder
  - ◆ 1 tablespoon olive oil
  - ◆ 2 teaspoons ground cumin
  - ◆ ½ teaspoon salt
  - ◆ ½ teaspoon ground black pepper
  - ◆ 2 15-ounce cans dark red kidney beans, rinsed and drained
  - ◆ 1 pound uncooked ground turkey breast
  - ◆ 5 14 ½-ounce cans no-salt-added diced tomatoes, undrained
  - ◆ 1 4-ounce can diced green chile peppers (optional)
  - ◆ ½ cup reduced-fat shredded cheddar cheese (optional)
1. In an airtight storage container or resealable plastic bag, combine celery, carrots, onion, garlic, chili powder, oil, cumin, salt, and pepper. Cover or seal and chill for up to 24 hours. Place beans in a separate airtight storage container or resealable plastic bag. Cover or seal and chill for up to 24 hours.
  2. In a 6- to 8-quart Dutch oven, combine vegetable mixture and turkey. Cook until turkey is no longer pink and vegetables are tender, stirring occasionally to break up turkey. Stir in beans, undrained tomatoes, and, if desired, chile peppers. Bring to boiling; reduce heat. Cover and simmer for 20 minutes, stirring occasionally.
  3. If desired, sprinkle individual servings with cheese.

**NUTRITION FACTS PER SERVING:** Calories: 232, Total Fat: 3 g (1 g sat. fat), Cholesterol: 23 mg, Sodium: 502 mg, Carbohydrates: 34 g, Fiber: 12 g, Protein: 23 g.

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## SPINACH-ROASTED RED PEPPER DIP

SERVING SIZE: 1 TABLESPOON, SERVINGS PER RECIPE: 36

- ◆ *½ cup shredded part-skim mozzarella cheese*
  - ◆ *½ cup plain low-fat or fat-free yogurt*
  - ◆ *½ cup light mayonnaise dressing or salad dressing*
  - ◆ *¼ cup grated Parmesan cheese*
  - ◆ *1 tablespoon all-purpose flour*
  - ◆ *1 teaspoon Dijon-style mustard*
  - ◆ *1 cup loosely packed fresh spinach leaves, coarsely chopped*
  - ◆ *¾ cup bottled roasted red sweet peppers, drained and chopped*
  - ◆ *¼ cup thinly sliced green onions*
  - ◆ *3 red and/or yellow sweet peppers, seeded and cut into strips, or desired dippers*
1. Preheat oven to 350°F. In a large bowl, stir together mozzarella cheese, yogurt, mayonnaise dressing, 2 tablespoons of the Parmesan cheese, the flour, and the Dijon mustard.
  2. Stir in the spinach, roasted red peppers, and 2 tablespoons of the green onions. Spread the cheese vegetable mixture evenly into a 1-quart ovenproof shallow dish or a 9-inch pie plate. Sprinkle with the remaining 2 tablespoons grated Parmesan cheese.
  3. Bake the dip, uncovered, for 15 to 20 minutes or until the edges are bubbly and the mixture is heated through. Sprinkle with the remaining 2 tablespoons green onions. Serve with red and/or yellow sweet pepper strips. Makes 2 ¼ cups.

**NUTRITION FACTS PER SERVING:** Calories: 21, Total Fat: 2 g (0 g sat. fat), Cholesterol: 3 mg, Sodium: 47 mg, Carbohydrates: 1 g, Fiber: 0 g, Protein: 1 g.

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## BAKED CHICKEN TENDERS

SERVING SIZE: 3 TENDERS, SERVINGS PER RECIPE: 4

- ◆ *4 skinless, boneless chicken breast halves (1 to 1 ¼ pounds total)*
  - ◆ *2 egg whites, lightly beaten*
  - ◆ *1 teaspoon finely shredded lemon peel*
  - ◆ *½ cup seasoned fine dry bread crumbs*
  - ◆ *¼ cup finely shredded Parmesan cheese*
  - ◆ *¼ cup low-calorie barbecue sauce (optional)*
1. Preheat oven to 400°F. Lightly coat a large baking sheet with nonstick cooking spray; set aside. Cut each chicken breast half lengthwise into three strips.
  2. In a bowl, beat together egg whites, 1 tablespoon water, and lemon peel. In another bowl, stir together bread crumbs and cheese. Dip chicken in egg mixture, then in crumb mixture, turning to coat. Arrange strips on baking sheet. Lightly coat strips with cooking spray.
  3. Bake 15 minutes or until chicken is no longer pink (170°F), turning once halfway through baking. If desired, serve with barbecue sauce.

**NUTRITION FACTS PER SERVING:** Calories: 207, Total Fat: 3 g (1 g sat. fat), Cholesterol: 70 mg, Sodium: 534 mg, Carbohydrates: 11 g, Fiber: 0 g, Protein: 32 g.

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