Holiday Eating Tips

The holiday season is often a time of many eating “opportunities.” Some of the tempting special sweets or traditional foods that we usually avoid, such as pumpkin pie and cookies, appear at family and social gatherings. How do you navigate the holidays without blood glucose spikes and a lot of extra insulin? With a little planning and substitution, all foods, even traditional holiday treats, can fit into a good eating plan so you or your diabetic family member feels included.

- Experiment with your favorite holiday recipe by decreasing calories. Try using less sugar or use white “whole wheat” flour when baking.
- **Substitute Splenda Sugar Blend®** for sugar in baking. This product is heat stable and designed to replace sugar in baked goods. Try using half Splenda and half regular sugar.
- **Replace soda** in punches and slushes with lower-carbohydrate and lower-calorie options, such as sugar-free juice or soda.

Recipes and Ideas Online

Several websites have holiday recipes with reduced carbohydrates. Here are a few:

- diabeticconnect.com/holiday (free holiday recipe book)
- dlife.com (recipes and holiday ideas)
- tinyurl.com/splenda-cookie-recipes
- tinyurl.com/mini-pumpkin-tarts
A Quick Review of Diabetic Ketoacidosis (DKA)

For some, the signs and symptoms of diabetic ketoacidosis (DKA) may be the first indication of having diabetes. Because it’s important to recognize DKA, here’s a quick overview.

What happens in the body to cause DKA?
Sugar is a main source of energy for the cells that make up your muscles and other tissues. Normally, sugar enters your cells with the help of insulin. If you don’t have enough insulin in your body, your body won’t be able to use sugar properly for energy (diabetes). This prompts the release of hormones that break down fat as an alternate fuel. In turn, this process produces toxic acids known as ketones. Excess ketones accumulate in the blood and eventually “spill over” into the urine. You can test for ketones by using an over-the-counter test kit.

Who is at risk?
The risk of diabetic ketoacidosis is highest if your child:
- Has type 1 diabetes
- Is younger than age 19
- Frequently misses insulin doses

What are the signs and symptoms?
Diabetic ketoacidosis signs and symptoms often develop quickly, sometimes within 24 hours. While some signs, such as excessive thirst, are more obvious, testing is the only way to identify high blood sugar and high ketone levels. DKA signs and symptoms are:
- Excessive thirst
- Frequent urination
- Nausea and vomiting
- Abdominal pain
- Weakness or fatigue
- Shortness of breath
- Fruity-scented breath
- Confusion
- High blood sugar level (hyperglycemia)
- Moderate to high ketone levels in the urine

What usually triggers DKA?
- An illness. An infection or other illness can cause the body to produce higher levels of certain hormones, such as adrenaline or cortisol. Unfortunately, these hormones work against insulin—sometimes triggering an episode of DKA. Pneumonia and urinary tract infections are common culprits.
- A problem with insulin therapy. Missed insulin treatments or inadequate insulin therapy can leave the body with too little insulin, triggering an episode of DKA.
- Other triggers may include:
  - Stress
  - Physical or emotional trauma
  - High fever
  - Surgery

If your child feels ill or stressed, or they have had a recent illness or injury, check blood sugar levels often. Be sure to check ketones often, too, with an over-the-counter urine ketones testing kit.

Seek emergency care if:
- Your child’s blood sugar level is consistently higher than 300 milligrams per deciliter (mg/dL),
- They have ketones in their urine and you can’t reach their doctor for advice
- They have multiple signs and symptoms of diabetic ketoacidosis—excessive thirst or frequent urination, nausea and vomiting, abdominal pain, shortness of breath, fruity-scented breath, confusion

Remember, untreated diabetic ketoacidosis can be very serious. Get medical help right away.

Find Our Newsletter Online!
Find this and past issues of our Counterbalance newsletter, as well as links to resources on our website. Simply visit PacificSource.com/juvenile-diabetes.
Breakfast Veggie Power Frittata

This recipe is the perfect way to start your day with vegetables. Select vegetables you or your family like, and you will enjoy this treat even more!

Ingredients
- 6 eggs
- 4 egg whites
- ¼ cup water
- ½ tsp salt
- ½ tsp pepper
- ⅓ cup diced red bell pepper
- ½ cup diced yellow onion
- 2 cups chopped broccoli
- 2 cups fresh baby spinach
- 2 cups fresh baby kale
- 1 cup sliced Roma tomatoes
- 1 tsp olive or canola oil
- ½ cup crumbled feta cheese (optional)

Directions
1. Preheat oven to 375 degrees.
2. Dice red bell pepper and onion, chop broccoli, and slice Roma tomatoes. Then, beat the eggs, egg white, water, salt, and pepper in a bowl. Set aside.
3. In a large sauté pan, heat the oil on medium-high heat. Add onions and bell peppers and cook for 3–5 minutes or until soft.
4. Add broccoli, and sauté for an additional 5–7 minutes or until tender.
5. Turn off the heat, and mix in the spinach and kale. Cover, and allow the heat from the cooked vegetables to wilt the greens.
6. Spray an 8” x 8” baking dish (preferably glass) with cooking spray. Place vegetable mixture in the pan and top with sliced tomatoes. Then, slowly pour in the egg mixture, and top with cheese (optional).
7. Bake for 30–35 minutes or until golden brown and set. Cut into 6 servings, and enjoy!

Nutrition Facts
Serving Size: ⅛ of recipe
Servings: 8

- Calories: 160
- Calories from Fat: 80
- % Daily Value:
  - Total Fat: 9g (13%)
  - Saturated Fat: 3.5g (18%)
  - Trans Fat: 0g
  - Cholesterol: 105mg (68%)
  - Sodium: 480mg (20%)
  - Total Carbohydrate: 9g (3%)
  - Dietary Fiber: 2g (10%)
  - Sugars: 3g
  - Protein: 13g

Vitamin A: 100%   Vitamin C: 130%
Calcium: 15%   Iron: 10%

*Percent Daily Values are based on a 2,000 calorie diet.
Can you guess who these kids are dressed up as for Halloween?
1. Find the missing letters in the costume name next to each kid.
2. Then match the letter colors in the puzzle to decode the secret message.

**Spooky Word Puzzle**

To check your answers, look at the bottom of this page.

**Jack-o'-lantern, Jack-o'-lantern, you are such a funny sight.**
As you sit there by the window, looking out into the night,
You were once a sturdy pumpkin, growing on a curly vine.
Now you are a jack-o-lantern, see your night lights shine.

Poem by Leanne Guenther