

# WebMD<sup>®</sup>

## DIABETES

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### HOT TOPICS

News You Can Use  
pg. 2

### HEALTH CHECK

Do You Know Your A1c?  
pg. 14

### HEALTHY HABITS

Tips to Navigate Holiday Fetes  
pg. 5

### FITNESS & EXERCISE

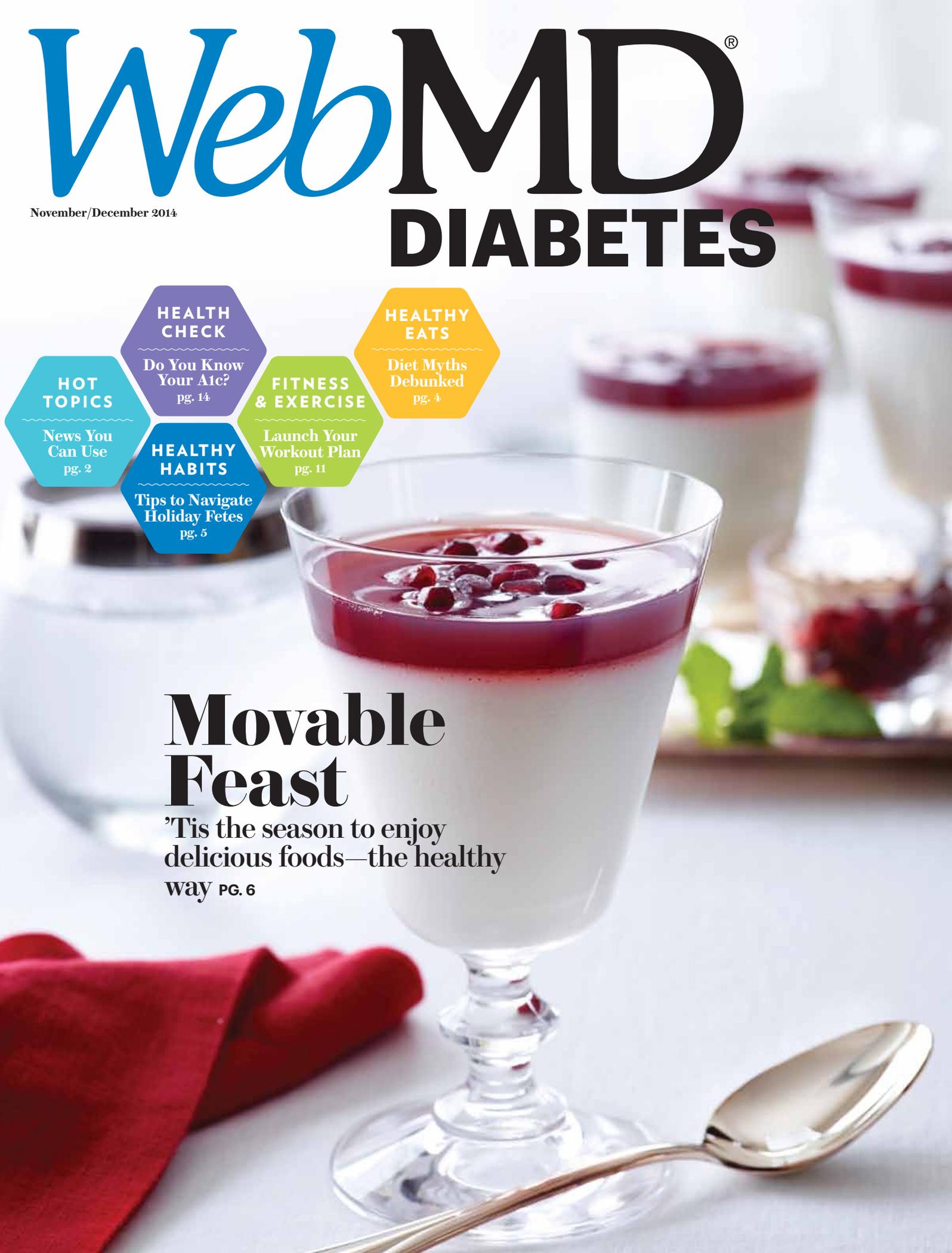
Launch Your Workout Plan  
pg. 11

### HEALTHY EATS

Diet Myths Debunked  
pg. 4

## Movable Feast

'Tis the season to enjoy delicious foods—the healthy way PG. 6



•• *Movable*

# FEAST

*'Tis the season to enjoy delicious foods—the healthy way*

From family feasts to seasonal cocktail parties, tempting food seems to be everywhere you turn during the holidays. While it takes some extra effort to enjoy the food-focused celebrations without paying for your indulgences later, you don't have to go overboard. With a few simple strategies, you can plan ahead to avoid weight gain and keep your blood sugar levels on track.

"First of all, know what your carb budget is and try to plan your holiday meals and social occasions with that in mind," says Constance Brown-Riggs, MEd, RD, CDE, author of *The African American Guide to Living Well With Diabetes*.

"That can often save you from escalating blood sugars during the holidays."

Ideally, figure out your carbohydrate budget *before* the holidays by monitoring how many carbs are in a meal and then measuring your blood sugar two hours after. Most women need between 30 and 45 grams of carbohydrates per meal, while men can sometimes go up to 60 grams per meal. Also, keep an eye on saturated fat and sodium; both can contribute to heart disease, Brown-Riggs says.

**By Kerri-Ann Jennings**

**Cover and photography by Leigh Beison**

Food Stylist: Kim Kissling

Prop Stylist: Leila Nichols

## Turkey Breast With Mushroom-Leek Gravy

If you're cooking for a smaller crowd, buying a turkey breast is a smart choice. Find one that hasn't been brined—that will significantly reduce the sodium in this dish.

Makes 8 servings

### Ingredients

#### Turkey

- 1 split bone-in turkey breast (about 3 lbs)
- ½ tsp olive oil
- ¼ tsp dried thyme
- ¼ tsp dried rosemary
- 1 garlic clove, minced
- pepper to taste

#### Gravy

- 1 garlic clove, minced
- 2 cups sliced mushrooms
- 1 cup sliced leeks
- salt
- ¼ tsp pepper
- ¼ tsp dried thyme
- ½ cup dry white wine
- 2 cups no-sodium-added chicken stock

### Directions

1. Preheat oven to 325°F. Place turkey breast, skin side up, on a roasting rack in a Dutch oven or roasting pan (if you don't have a roasting rack, crumple aluminum foil to form two tubes and place under turkey). Mix oil, herbs, garlic, and pepper together. Lift skin and rub turkey breast with the oil mixture. Roast turkey in bottom third of oven until it reaches an internal temperature of 165°F, about 1 hour and 40 minutes.
2. Drain off all but 1 tbsp fat from the roasting pan. Place roasting pan over medium heat on the stove and sauté garlic, mushrooms, and leeks in pan drippings until soft, about 5 to 8 minutes. Season with salt, pepper, and thyme. Add white wine, stir, and simmer until reduced by half.

Add stock and simmer until reduced by one-quarter.

3. Slice turkey, and pass gravy at the table.

### Per serving

212 calories, 33 g protein, 3 g carbohydrate, 6 g fat (2 g saturated fat), 74 mg cholesterol, 1 g sugar, 577 mg sodium. Calories from fat: 27%

## Celery Root-Potato Mash

Celery root, also called celeriac, is a so-called "skinny starch." Low in carbohydrates (9 grams per cup), it cuts the carb load and imparts a fresh celery flavor to classic mashed potatoes.

Makes 8 servings

### Ingredients

- 2½ lbs russet potatoes, peeled and cut into chunks
- 1 lb celery root, peeled and cut into chunks
- 1 tbsp unsalted butter, softened
- 1 tbsp olive oil
- ½ cup light sour cream
- ¼ tsp onion salt
- celery leaves, for garnish

### Directions

1. Place potatoes and celery root in a medium pot and cover with water, bring to a boil, and simmer until potatoes and celery root are tender, about 25 minutes. Drain, reserving some of the cooking liquid.

2. Press vegetables through a ricer into a mixing bowl. Add butter, oil, sour cream, and onion salt and mix. Thin, if desired, with the reserved cooking liquid. Garnish with celery leaves.

### Per serving

161 calories, 3 g protein, 24 g carbohydrate, 7 g fat (3 g saturated fat), 10 mg cholesterol, 4 g fiber, 2 g sugar, 120 mg sodium. Calories from fat: 36%



Check out **The Naughty List of Holiday Foods** slideshow at [WebMD.com](http://WebMD.com).  
[LEARN HOW ON PAGE 14](#)

*The key to stable blood sugar is to spread out carbs throughout the day.*



### TIP LINE

Holiday cooking and eating tips to lighten the season.

#### Use a sugar substitute:

Splenda brown sugar is excellent for baking, says nutrition expert Constance Brown-Riggs. It can cut the carbs in a recipe by a third without changing the flavor.

**Trim the fat:** Most recipes don't need as much oil and butter as they call for, so try cutting back.

**Prioritize:** Enjoy those family recipes you don't want to tamper with! Just have a smaller portion and factor it into your total meal.

**Choose low-fat dairy:** You can easily lower the saturated fat in a recipe by going for a lower-fat or fat-free version of cheese, milk, or half-and-half. When cooking with cheese, as in mac and cheese, use half regular cheese and half low-fat.

**Break it up:** The key to stable blood sugar is to spread out carbs throughout the day. If you want to try lots of carb-rich dishes, have some at the main meal and others a couple hours later.

**Keep the crunch:** When oven-frying fish or chicken, dip in egg or milk and then coat with millet for a crunch that makes it taste fried.

**Focus on family:** Remember that food is only part of the celebration—have fun with family and friends by going for a walk or playing on the Wii.



## Pomegranate Panna Cotta

This pretty panna cotta takes some planning, since it needs to completely cool before layering, but it takes surprisingly little hands-on effort. The single-serving cups keep portions in check. (Panna cotta will work with lower-fat dairy, but will be less rich-tasting and a little looser. Go full-fat and stick to one serving.)

*Makes 8 servings*

*Plan holiday meals with your carb budget in mind.*

### Ingredients

#### *Panna cotta layer*

- ¼ cup water
- 2½ tsp powdered unflavored gelatin
- 2 cups whole-milk Greek yogurt
- 1 cup half-and-half
- 1 cup whole milk
- ½ cup granulated sugar
- 1 tsp orange blossom water
- ½ cup pomegranate seeds for garnish

#### *Pomegranate jelly layer*

- ¼ cup hot water
- 1½ tsp powdered unflavored gelatin
- 8 oz pomegranate juice

### Directions

1. To make the panna cotta layer, place ¼ cup water in a small bowl. Stir in 2½ tsp gelatin and set aside until gelatin softens, about 15 minutes.
2. In a large bowl, whisk yogurt and half-and-half.
3. In a small saucepan, combine milk and sugar and bring to a simmer. Stir in water-gelatin mixture and remove from heat. Whisk this mixture into the yogurt mixture, then stir in orange blossom water.
4. Let cool for half an hour before pouring into eight 6- to 8-oz glasses or glass ramekins. Continue to cool in the refrigerator until completely set (at least 4 hours).
5. To make the pomegranate jelly layer, stir ¼ cup hot water and 1½ tsp gelatin together until gelatin dissolves. Pour pomegranate juice into the mixture and stir. Set aside to cool for one hour.
6. When the panna cotta layer has firmed, pour a layer of pomegranate gelatin over each panna cotta and let set in refrigerator until firm. You can make this up to two days before serving. When ready to serve, sprinkle pomegranate seeds to garnish.

### Per serving

160 calories, 7 g protein, 18 g carbohydrate, 7 g fat (4 g saturated fat), 24 mg cholesterol, 16 g sugar, 51 mg sodium. Calories from fat: 38%

Reviewed by  
**Hansa Bhargava, MD**  
WebMD Medical Editor

