

# Diabetes Discourse

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CHRISTMAS SUPPLEMENT

November, 2019

*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.

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**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.*



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 2020! We truly appreciate all the support you have given us through 2019 and hope that you would continue to support us in our fight to stamp out diabetes.

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## TIPS FOR MANAGING CHRISTMAS DINNER

To help manage diabetes at this time, try these tips to make your Christmas meal a little healthier:

- Fill up on the array of vegetables available, but watch out for added festive extras like **honey**
- Keep an eye on your portion sizes, there is likely to be an array of extra dishes so keep in mind how much you are eating
- If you are having a dessert, try to stick to one portion of your sweet treat and think about what it is served with, could you have natural yogurt instead of double cream for example?
- Remember there are no 'forbidden' foods, but go easy on the treats. Be mindful about what food you are eating, but do not beat yourself up if you do eat more than you usually would, or choose foods that are not as good for you
- A slight break from the norm is to be expected - enjoy it, then get back on track the next day. Escape the hustle and bustle on Boxing Day and go for an exhilarating walk in the community

## ALCOHOL AND DIABETES



Alcohol is often part and parcel of celebrating, but, when you are enjoying yourself, drinking a little more mulled wine than you intended is a common pitfall.

Regardless of whether you have diabetes or not, guidelines recommend that men and women should not regularly consume more than 14 units a week and if you do have as much as 14 units, spread this over three days or more.

If you are trying to manage your weight, remember alcoholic drinks can contain a lot of calories. For a festive alternative to alcoholic Christmas tipples, shake up a virgin mojito (recipe below) when family and friends come to call. If you are drinking, limit drinks with high sugar contents such as liquors, cocktails made with fruit juice and sweet wines. Some festive drinks are higher in saturated fat too, like cream liquors. And, remember if you treat your diabetes with insulin and certain type 2 diabetes medications that can cause hypoglycaemia, be aware that drinking alcohol can make hypoglycaemia more likely.

## VIRGIN MOJITO



### Ingredients

16 large fresh mint leaves, plus 4 sprigs to serve

2 fresh limes, washed and cut into small chunks

4 tsp. granulated artificial sweetener (add more if desired)

750 mL sparkling water

12 ice cubes

1 fresh lime, sliced or cut into wedges, to serve

### Method

Divide the mint leaves and lime chunks between four individual glasses, giving each chunk a squeeze as you add it.

Add the sweetener and squash together with the handle of a wooden spoon to bring out the juice and flavours.

Add the ice cubes to each glass, top up with sparkling water, stir and serve with a sprig of mint, a couple of pieces of lime and a straw.

### Chefs tips

You could use oranges, or try lemons instead.

Virgin mojito is also ideal served from a big jug.

**Serves: 4; Preparation time: 5 minutes**

Every 207 g contains

<b>Kcal</b>	<b>5</b>
<b>Carbs</b>	0.8 g
<b>Fibre</b>	0.0 g
<b>Protein</b>	0.3 g
<b>Fat</b>	0.0 g
<b>Saturates</b>	0.00 g
<b>Sugars</b>	0.0 g
<b>Salt</b>	0.00 g

## EATING OUT AT CHRISTMAS WHEN YOU HAVE DIABETES



If you are eating out, see if the menu is available, so you can plan ahead and pick a healthier option. Here are some more tips: Make sure you are the first to take your food, research shows you are more likely to be swayed by other people's choices if you wait. If you have a smaller appetite, there is no reason why you cannot eat a starter as a main meal especially if you know the large portions are being served. Only order dessert after you have eaten your main meal, as you may find you are too full for one, or that now that you have eaten you feel less tempted to order one. Also, it is always useful to follow the golden rule of filling most of your plate with tasty vegetables or salad – this can help you to feel full and provide helpful nutrients. Eat slowly and put your knife and fork down between mouthfuls. Research shows it takes about 20 minutes for your brain to register you are full and consequently people who hurry their meals are more likely to overeat. If your meal is delayed, and your blood glucose levels are in danger of going too low, ask if there is a bread roll to tide you over. Add extra vegetables to your plate. Research shows that the volume of food is important in helping us feel full and vegetables provide the bulk. Protein foods are filling – try to include a serving of lean meat, egg, fish or beans or dried peas.



## Buffets

At some point in December, you will probably find yourself close to a buffet, with loads of tasty temptations. Do not be deceived by the tiny portions – it is really easy to overeat in a short space of time. A little planning will help you to enjoy the food without going overboard. Rather than taking one of everything, take time to browse what is there and pick up your favourites so you really enjoy the taste of the food rather than just eating it because it is there. Select a small plate to help you manage how much you are eating. Choose vegetables and salads first, and use the space leftover for other offerings like meat, fish or other veggie options. Don't pile the different foods on each other. Resist the temptation to keep going up and grazing, as you are likely overeat and lose track of what you've eaten. Try not to sit facing the buffet and do not stand next to it, as you will probably end up eating more than you planned to if you do. If someone else serves you, and you end up with something you do not want on your plate, do not feel obliged to eat it – it is fine to leave it on your plate.

## DIABETES-FRIENDLY CHRISTMAS FRUIT CAKE



### Ingredients

Butter or oil, to grease  
250 g unsalted butter, chopped  
125 mL water  
165 mL brandy

80 g xylitol 375 g raisins 250 g sultanas  
250 g currants 125 g pitted prunes, chopped  
100 g dried mixed peel  
4 large eggs, lightly beaten  
1 tsp. lemon zest, finely grated  
1 tsp. orange zest, finely grated  
270 g almond meal  
100 g natural almonds, chopped  
1½ tsp. mixed spice ½ tsp. bicarbonate soda  
16-20 whole natural almonds, to decorate

### METHOD

1. Preheat oven to 160°C/140°C fan.  
Brush a 23cm round cake pan with unsalted butter or oil to grease. Line base and side with two layers of baking paper.
2. Place butter, water, brandy and xylitol in a medium saucepan and stir over low heat until melted and combined. Add raisins, sultanas, currants, prunes and peel. Bring to the boil, reduce heat and simmer, uncovered for 8 minutes, stirring often.
3. Place mixture into a large bowl and cool to room temperature.
4. Add eggs, lemon zest and orange zest to fruit mixture and use a wooden spoon to mix well. Stir in almond meal, chopped almonds, mixed spice and bicarb soda, mixing well. Spoon mixture into prepared pan. Decorate the top with whole almonds and cover the top of cake with baking paper.
5. Loosely wrap pan in brown paper and bake for 1 hour. Remove the brown paper and reduce temperature to 150°C/130°C fan-forced. Bake for a further hour or until a skewer inserted into the centre comes out clean.
6. Drizzle hot cake with the brandy and set aside to cool completely.

### THANKS



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

