

## Make the Right Diabetic Decision

**Q:** I was diagnosed with type 2 diabetes recently. What can I do to keep my blood sugar down over the holidays?

**A:** Diabetes is becoming increasingly more common. Complications of diabetes can include numbness and tingling in the extremities, heart disease, kidney disease, and in more severe cases, ulcerations on the skin. The most important way to manage your diabetes is to be aware of your blood sugar levels through testing. Choose foods that have a low glycemic level, such as whole grains, non-starchy vegetables that are high in fiber, healthy fats and proteins. Protein should be eaten at every meal so that blood sugar levels do not spike. Before a holiday party, eat a high protein snack such as tuna salad with celery sticks or a handful of almonds. This will help you to snack less on appetizers. Be wary of cocktails full of sugar or eggnog. Stevia, or dried fruits and nuts are an excellent substitute in baking as opposed to white sugar. Several nutrients are beneficial too. Vitamin B6 helps to prevent diabetic neuropathy; vitamins E and C help with glucose regulation; and vitamin B12 shots help with diabetic neuropathy and can increase energy levels. Chromium helps to regulate glucose metabolism in the cell. It is important to stay active, but keep a piece of fruit or cheese with you to avoid blood sugar drops. It is easy to enjoy the holidays with some planning and good nutrition. I would be happy to advise you on how to control your blood sugar levels naturally. Make your health a priority and have a great holiday!

### Ingredients for a Protein (Breakfast) Smoothie

Pumpkin seeds and flax seeds (1 tbsp each, ground)  
1 cup yogurt – soy yogurt also works well  
1/2 cup blueberries, raspberries or strawberries plus one banana  
Protein powder – whey or soy based 1-2 scoops (60 grams)  
1 tbsp Essential Fatty Acids (add after blending)  
1 tsp Greens Powder  
12 ounces of Water, Skim milk, or Soy milk

This protein shake contains antioxidants, healthy fats, fiber, and protein all of which help to stabilize blood sugar levels. The whole family can enjoy this recipe, or make it mid-day for a healthy snack.