Breakthrough T1D®
Formerly JDRF



How to Thanksgiving with T1D

Plan your day

Holidays bring irregular and extended mealtimes, with more food and dessert options than you probably have in your typical day.

Skipping meals during the day can result in lows, followed by overeating and then high blood sugar, so:

- Have a balanced breakfast. Start your day with a small meal that includes whole grains, fruit, vegetables and some type of lean protein.
- If you're unsure of when dinner will be served, add a snack to help keep your blood sugar stable.

Coordinate timing with your insulin regimen or injection schedule based on the meals you plan to eat.

Monitor blood sugar regularly

Monitoring your blood sugar before and after meals can help you determine if you need to adjust insulin. **Consider delayed blood sugar spikes,** as some holiday dishes are high in fats and carbs and may take longer to show up in your blood sugar readings. Check more often when eating foods that are not part of your usual meals.

Enjoy your meal

Prioritize protein and non-starchy vegetables. If you eat those first, you are less likely to see a spike in your blood sugar.

Eat and enjoy your carbs; however, be mindful of insulin needs when consuming carb-heavy sides. **Make carbohydrate foods 1/3 or less of your plate** starting out.

Trying sugar-free options for sweeter items like cranberry sauce can be helpful. However, **sugar-free doesn't mean carb-free,** so you should still be sure to count those carbs!

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit **BreakthroughT1D.org**.

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Stay active and stay hydrated

Remember that light to moderate activity can help bring down your blood sugar. Make new family traditions by signing up for a Turkey Trot race or walking after dinner to catch up with family and friends. Throw the football around before sitting down to watch more football!



Mingle! Stretch often and move around. Go talk to cousin Eddie!

Stay hydrated by drinking water between and with meals. Hydration has been shown to help manage blood sugar.

Remember some alcoholic beverages can bring your blood sugar down too low; discuss insulin dosing for alcohol with your healthcare provider.



Be prepared for emergencies

Bring your T1D kit, which should include items such as your blood glucose meter, extra insulin, and fast-acting glucose sources. If you are traveling, bring extra pump site changes and CGM sensors—in case your T1D tech should fail.

"Yes, I can eat that!" and "No, thank you."

Let the well-meaning "food police" know that having T1D doesn't mean you can't have the foods you love; it just takes a little more planning.

Have friendly boundaries around family offering you food you may not want.

Let your family know that you may have to step away for a moment to help manage your blood sugar.

Created by Breakthrough T1D in partnership with EatWell Exchange

Content coordination and review by Diabetes, a dietetic practice group of the Academy of Nutrition and Dietetics. Experts in Diabetes Care and Education

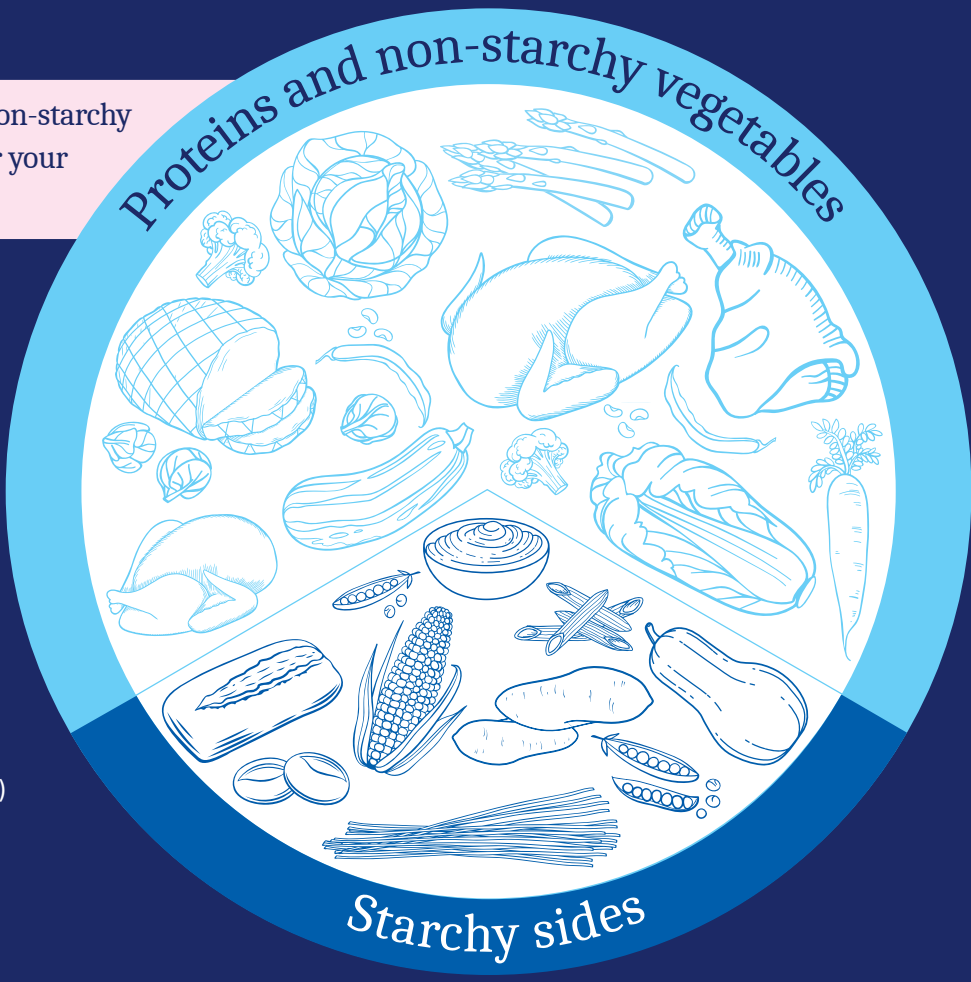
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Thanksgiving Carb Count Guide

Everyone's Thanksgiving plate is unique. Use this list of popular holiday foods across cultures and cuisines to build your Thanksgiving meal and count up your carbs!

PRO TIP!

Fill 2/3 of your plate with lean protein and non-starchy vegetables, and then pick and count carbs for your favorite starchy sides to round it out.



Proteins
any size serving, 0 carbs

Ham, Beef, Chicken, and Turkey
(don't forget the gravy! ¼ cup has 4 grams)

Starches

Stuffing ½c 20g
Butternut squash 1c 20g
Mashed potatoes 1c 30g
Candied yams ½c 45g
Green peas or corn ½c 15g
Pasta ½c 20g
1 Dinner roll 20g
1 Serving Cornbread 28g

Non-starchy vegetables
½ cup serving, 5g

Green beans
Brussel sprouts
Asparagus
Spaghetti squash
Yellow squash or Zucchini
Carrots (roasted)
Broccoli
Cabbage
Dark greens (collards, kale, spinach)
Salad (check dressing label for sugars)

Grains

Quinoa	½c	20g
Wild rice	½c	15g
Beans and lentils	½c	15g
Red beans & rice	½c	22g

Mixed dishes

Lasagna	1c	30g
1 Tamale		25g
Mac and cheese	1c	45g
Green bean casserole	½c	9g

Fruits

Cranberry sauce	¼c	25g
Fruit salad	1c	30g
Fruit compote	½c	15g

Beverages

Hot chocolate (milk)	1c	30g
Hot chocolate (water)	1c	15g
Eggnog (plain)	½c	30g
Apple cider	1c	30g
Sparkling juice	1c	30g
Wine	5oz	4g
Beer	12oz	12g
Light Beer	12oz	6g
Spirits	1oz	0g

Dessert
(1 serving = ⅛ slice of pie)

Sweet potato pie	35g
Pumpkin pie	35g
Apple pie	45g
Pecan pie	60g
Lemon meringue pie	50g
4 Ginger snap cookies	23g
4 Shortbread cookies	21g
2 Chocolate chip cookies	20g
2 Sugar cookies	22g
2 Peanut butter cookies	20g

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