



# 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](https://BreakthroughT1D.org).

## 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 DDPG and EatWellExchange

**Diabetes**  
a dietetic practice group of the  
**Academy of Nutrition and Dietetics**  
Experts in Diabetes Care and Education



Breakthrough T1D HQ



@BreakthroughT1DHQ



@BreakthroughT1D



Breakthrough T1D



@BreakthroughT1D



Breakthrough T1D

# 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**

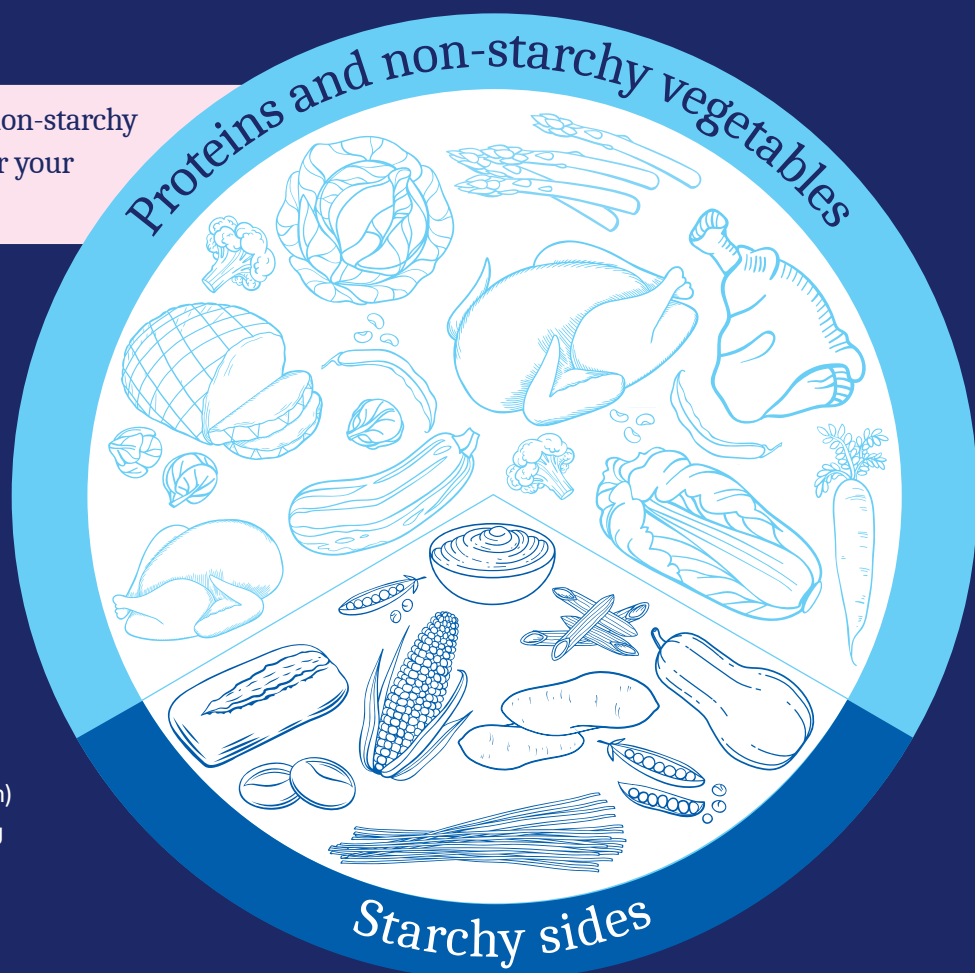
**Carrots (roasted)**

**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