



# Insulin Dependent Diabetes Trust

Type 2 and You

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Welcome to the 10th issue of Type 2 and You. With Christmas nearly upon us, in this issue we are giving some tips for festive season. Dr Mabel Blades has prepared some menus for Christmas dinners with various options for reducing carbohydrates and calories. She also gives us a recipe for homemade Christmas pudding!

## First, Our Thanks to You!

We would like to take this opportunity to thank you all for buying our Christmas cards and for your donations throughout the year. Your generosity has helped IDDT to continue our work of offering help and support to people with diabetes. Your help has enabled us to supply thousands of free information leaflets and booklets to people with diabetes and to healthcare professionals for their patients.

**A Big Thank You!**



## Enjoy your Christmas

Christmas is a mixture of many things – presents, excitement for children [and adults] and a busy time for everyone. But if you or a member of your family has diabetes, Christmas can be a worrying and stressful time too, especially if this is your first Christmas with diabetes. Celebrating Christmas is not just a time for presents but also about food! We all eat a lot more than we should and we tend to eat much more of the sort of food that is not exactly ideal for people with diabetes. You can't really take a day off from diabetes but it is also important to remember that it is a time to be enjoyed with family and friends.

### Remember!

- Stress tends to raise blood sugars.
- Eating more than usual can raise blood sugars.
- Exercise lowers blood sugars, so a walk after a big Christmas dinner will help to lower them.
- Avoid keeping extra food around to avoid nibbling.
- Stay active - exercise reduces stress, burns excess calories and helps control blood sugars.
- Pamper yourself – whether this is taking a relaxing bath or curling up with a book, make time for yourself as this can help to prevent holiday stress from building up. Get plenty of rest to prevent holiday tiredness.
- Planning – make sure that you have enough medication and/or insulin to cover the Christmas and New Year holidays.

### If you are taking insulin or medication that can cause hypoglycaemia:

- Excitement tends to lower blood glucose levels, this especially applies to those taking insulin.
- Try to keep meal times as near as possible to your usual times but if meals are later, then you need to remember to have a snack.
- Maintain your blood glucose testing routine as far as possible and test more often if you're eating frequently or at irregular times.

- If you are taking insulin or medication that can cause hypos, alcohol lowers blood glucose levels increasing the risk of hypos, not just while drinking but for 24 hours afterwards.
- Having diabetes does not mean you can't have a drink but only drink in moderation – sensible advice whether or not you have diabetes.

### Christmas dinner - cutting calories and carbs but not the enjoyment

By Dr Mabel Blades, Consultant Dietician



Christmas is a time for celebration and enjoying lovely food. Many people go out to several functions at this time of year when a Christmas dinner is offered.

Here are some ideas for how to cut calories and carbohydrate in an easy way. All calculations have been based on average portion sizes, so if you eat

large ones, then the calories and carbohydrate will add up even more.

### *Traditional dinner*

Portion of roast turkey, chipolata wrapped in bacon, stuffing, roast potatoes, brussel sprouts and gravy  
Christmas pudding and brandy butter  
Mince pie  
3 small glasses of wine

**123g carbohydrate, 83g fat, 33.6g saturated fat and 4g salt, 1736kcal**

### **Traditional dinner with a few reductions - saves over 300 calories**

Portion of roast turkey, chipolata wrapped in bacon, stuffing, roast potatoes, brussel sprouts and gravy  
 Christmas pudding and custard made with skimmed milk  
 Mince pie  
 2 small glasses of wine but drunk as 3 glasses as a spritzer

**145g carbohydrate, 51g fat, 13.0g saturated fat and 3.7g salt, 1450kcal**  
**(Note the carbohydrate increases as the milk in the custard has more carbohydrate than the brandy butter but less calories and fat.)**

### **Traditional dinner with no mince pie or wine saves a further 400 calories and halves the amount of fat**

Portion of roast turkey, chipolata wrapped in bacon, stuffing, roast potatoes, brussel sprouts and gravy  
 Christmas pudding and custard made with skimmed milk

**114g carbohydrate, 39g fat, 13.0g saturated fat and 3.2g salt, 1040kcal**

#### **Further reductions can be made by:**

- Cutting down on the potatoes and dry roasting them.
- The chipolata wrapped in bacon can be omitted.
- The plate can be filled up with extra vegetables, such as carrots or brussels.
- The Christmas pudding can be home made to a lower calorie recipe.
- Fruit salad can be substituted for the Christmas pudding.

### **Christmas swaps**

<b>Food</b>	<b>Calorie Content (kcal)</b>	<b>Carbohydrate Value (g)</b>
<b>Starters</b>		
Bowl of soup	30-70	10-15
150g Melon	40-50	10
<b>Mains</b>		
Chipolata in bacon	102	1
80g vegetables like sprouts	20	0-5
50g stuffing	135	10-15
100g Roast potatoes	536	20
100g Dry roast potatoes	140	30
110 g Turkey roast	186	0
<b>Afters</b>		
80-100g fresh fruit salad or 2 satsumas	40-70	10-15
100g Christmas pudding	329	50-55
50 g Brandy butter	320	0
150g Custard with skimmed milk	120	20
25g Cheese	104	0
2 digestive biscuits	140	20
2 plain crackers	95	10
2 oat cakes	80	10
1 scoop of ice cream	70	10
Mince pie	239	30
<b>Alcohol</b>		
Small glass wine (125)	85	-
Spirits tot	55	

# Christmas pudding

By Dr Mabel Blades, Consultant Dietician



Having looked at most luxury style Christmas puddings as well as recipes for homemade ones using traditional ingredients like suet, I found that most provided around 600kcal and 80g carbohydrate per portion. I was given the challenge of developing a lower calorie and carbohydrate pudding.

This is what I made and it makes 8 small portions and each portion provides 204kcal 43g carbohydrate, 1.4 g fat, 0.3g saturated fat and 0.3g salt. It was quick to make and also cheap.

## Ingredients

200g dried mixed fruit  
100ml water  
10 ml red wine  
1 tbsp oat bran  
1 tbsp black treacle  
200g self raising flour  
1 tsp mixed spices  
1 420g can of prunes drained  
1 egg

- Mix the wine and water together.
- Pour the dried fruit into a dish then pour on the wine and water mixture.
- Leave overnight in the fridge. This soaking step is important as it plumps up the fruit.
- To this mix add the oat bran and return the dish to the fridge
- Take the stones out of the prunes and puree - if you have not got a liquidizer, a potato masher works well.
- Add to the mix, then add the treacle and mix through.
- Sift together the flour and spices and add to the mix.

- Finally beat in the egg.
- If the mix seems a bit dry add a little skimmed milk.
- Pour into a one and a half pint basin and smooth down or alternatively pour into 8 small basins.

## Cooking times

Put in the microwave and cook for 7 minutes on high.

Take out of the microwave and let stand for 5 minutes.

Cook again for 7 minutes on high and again let stand.

Test the inside is cooked with a knife or skewer – if not cooked, then cook again for 5 minutes and allow to stand then check it.

The smaller puddings will cook more quickly and so will a pudding in a shallower basin.

If you do not want to cook in a microwave, it can be baked for an hour in a medium oven in a covered basin standing in a bowl of water.

Serve with custard or ice cream or as it is very low in fat a little brandy butter

**NOTE:** The pudding will not keep for long so freeze it or cook a day or so before required.

## Variations

- You can use all wine, port or brandy to soak the fruit if you wish but this will boost the calories. If you do not want to use alcohol soak the fruit in apple juice
- Extra fruit can be added to the mixed dried fruit – dried cranberries are nice.
- If you want to have a cold pudding, the mixed dried fruit with added cranberries soaked in alcohol or fruit juice goes well with vanilla ice cream. You can even layer this up in a pudding basin and freeze it.
- If you want to use pureed apples instead of the prunes it will give a paler colour.

*If you do not want to cook a pudding then many of the supermarkets economy puddings seem to be lower in calories than the luxury ones.*

## ***And here are a few tips...***

### **How to decrease sugar in your favourite recipes**

Use less sugar, use sugar-free gelatins for desserts, substitute sweeteners for sugar and/or substitute sugar-free drinks in punches or other drinks.

**Mince Pies** – make your own so that they have thinner pastry and are smaller than bought ones! Adding finely chopped apples to bought mincemeat will reduce the sugar content.

**Nibbles** – as well as the usual carbohydrate-containing nibbles, have plates of raw vegetables and low calorie dips around. Nuts and dried fruit are a good idea too – two tablespoons of nuts are only 10 grams of carbohydrate and half to one tablespoon of dried fruit is the same. Fruit is always good too – there are 10 grams of carbohydrate in a medium sized banana, apple, orange, two plums, two tangerines and a handful of grapes or cherries.

**Good wishes for Christmas and the New Year**



## IDDT Quarterly Publications

IDDT produce a wide range of **free** information leaflets, including information on Carbohydrates, Hypoglycaemia, Diet and Exercise and Exercise and your Heart. These can be sent by post or downloaded from our new website.

For more information contact us!

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