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Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

December 2019

CHOOSING HEALTHY FOODS ON HOLIDAYS AND SPECIAL OCCASIONS

Tips for People with Diabetes

WHEN YOU GO

- Plan ahead and think about the foods that might be served. Decide which foods will help keep your blood sugar under control and which foods you want to avoid
- Watch your portions
- Focus on family and friends, instead of the food

VEGETABLE TIPS

- **Fill half of a 10-inch plate** (the size of a regular dinner or paper plate) with colorful, non-starchy vegetables like broccoli, spinach and eggplant
- Choose fresh or steamed vegetables that are light on salad dressing, cheese, or cream
- Watch out for vegetable dishes loaded with butter and cheese
- Take just a taste of vegetable dishes cooked with fats like lard or high-fat meats such as ham hocks or pork belly

GRAINS AND STARCHES

- Take only as much grain or starchy vegetables, such as rice, bread, potatoes, or green peas, to **fill ¼ of your plate**
- Choose high-fiber grains like brown rice and whole-grain breads like whole wheat
- Avoid using butter or margarine
- Take small portions or avoid starches with heavy sauces

PROTEIN TIPS

- Take 2-3 ounces of protein, such as chicken or other lean meat, fish, or bean dishes (like three bean salad), to **fill ¼ of your plate**
- Pick dishes with baked or grilled lean meat, fish, game, or shrimp
- Take just a taste of meats that are breaded, fried, or cooked with a lot of fat or heavy sauces
- Choose protein-rich bean dishes

SWEET TIPS

- Choose fresh fruits like pears, apples or melons
- Have small servings of foods that are high in sugar and fat, like cookies, cake, cobblers, or pies. Or skip the sweets altogether.

DRINK TIPS

- Drink water, unsweetened coffee or tea, or other sugar-free beverages.
- If you drink alcoholic beverages, have no more than one drink a day if you're a woman and no more than two drinks a day if you're a man
- Always eat food when drinking alcohol, and never drink on an empty stomach

Millie White PharmD

https://www.cdc.gov/diabetes/ndep/pdfs/NDEP_Buffet_Table_Tips_General.pdf

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