



# BootCamp for Betics

## Holiday & Special Event (formerly Thanksgiving) Survival Guide

Hey Betics,

If your family is anything like mine, you'll have ample opportunity to completely skyrocket your blood sugar levels any time there's a holiday or special event that involves food. Like Thanksgiving, for example.

When I was younger, here's what my Thanksgiving Day experience looked like:

My family starts Thanksgiving day drinking mimosas and eating something luxurious like quiche with fruit while wearing our pajamas.

Then, after breakfast, we munch on the pre-thanksgiving appetizers.

There's usually a cheese & cracker tray, a relish tray, cookies, at least three different kinds of chips, dip, salsa, pigs in a blanket, and, well, you know the drill.

By the time Thanksgiving dinner is ready, I'm usually too full to eat anything, but that doesn't stop me from eating a full plate of food or two, after which I'm so exhausted and stuffed that I have to lay down and go to sleep.

An hour or two later, I wake up and eat some pie. And ice cream.

By this time, one of two things happens. Either my blood sugar goes extremely LOW because I took way too much insulin for all the food I ate, or, my blood sugar goes extremely HIGH because, even though I took the correct amount of insulin, the insulin just can't catch up with all the food I'm eating.

Now, over the last few years, I've figured out how to protect my blood sugar from imminent annihilation by employing blood sugar stabilization techniques that I've compiled into my new Thanksgiving Survival Guide. These techniques will work whether you take insulin or not.

# The BootCamp for Betics Thanksgiving Survival Guide

*Note: I'm not a doctor. This is not medical advice. This is a process that I follow to keep my blood sugar in range during holidays. You can follow my advice, or you can make up your own. The goal is to keep blood sugar in target range as much as possible during Thanksgiving.*

1. Eat eggs (or another type of no-carb protein/fat) for breakfast, along with a very small (10-15g) amount of carbs. I plan to eat five butter crackers and then I'll take insulin for the crackers.
2. When the pre-dinner appetizers become available, stay away from the carb-filled ones. Be sure to eat only the appetizers that contain fat, protein or vegetables. Low or no-carb dips are fine, but eat them with veggies, not chips. Eat sour pickles, not sweet ones. Eat olives, meats and cheeses.
3. Ask the person in charge of Thanksgiving to give you a 1 hour heads-up AND a 30 minute heads up before dinner is served (In my house, dinner is never served on time, so it's best to closely monitor the progress). While dinner is being prepared, **do not snack on ingredients or uncooked batter**. Put a bowl of vegetables on the counter and eat those, instead.
4. Check your blood sugar 1 hour before dinner is served. If it's high and you take insulin, correct the high. If it's low, treat the low. Then, and this part is important, no matter what your blood sugar is, go for a 30 minute walk (if you take insulin or sulfonylureas, bring glucose tabs).
5. After your 30 minute walk, verify that dinner is still as scheduled. Check your blood sugar again. If it's still high, go for a walk for 15 more minutes.
6. 15 minutes prior to dinner, check your blood sugar. If you take insulin and your blood sugar is above 140, pre-bolus for 15-30 grams of carbs. Bolus for the rest of your meal as you eat it. If you take other meds at meals, such as Glipizide or Glimepiride, etc., don't forget to take the meds at dinner.
7. Decide how many grams of carbs you're going to have during dinner. Decide this before you start eating. **This is the most important part**. Write it down here. *My carb limit is:* \_\_\_\_\_
8. Fill up your plate with non-carb or extremely low-carb items (turkey, gravy, green beans, salad, etc.) for your first round of food. If you took insulin, add the number of carbs you bolused for to your plate. If you didn't take insulin, do not put carbs on your first plate.
9. After you finish your first plate (let's get real - thanksgiving dinner = multiple plates), load your second plate. Your second plate can contain carbs. MY goal for thanksgiving dinner is to eat no more than 80 grams of carbs, and this includes dessert. I don't eat crappy carbs. I eat the ones that matter. You can decide what your own Thanksgiving carb limit should be. :)
10. If you take insulin, bolus for your carbs as soon as you eat them (or shortly before)
11. After dinner, go for a walk for 30 minutes. Do not help with the dishes.
12. If you have any carbs remaining, eat dessert to top off your carb limit. If you have pie with ice cream, eat the ice cream first. If you take insulin, don't forget to bolus.
13. After dessert, go for a walk for 30 minutes.
14. Check your blood sugar 2 hours after you've eaten your carb limit. Congratulate yourself on your efforts (and feel pleased that if you hadn't used this process, your blood sugar could be much higher). If it's higher than 180, you need to correct the high, either with insulin, meds, or with mild to moderate exercise.

## Thanksgiving Day Carb Estimates (from calorieking.com and myfitnesspal.com)

*These are only estimates. Depending on the recipe, your meal could have more or fewer carbs than indicated here.*

<b>Food</b>	<b>Serving Size</b>	<b>Carbs</b>
Turkey	4oz	0g
Gravy	¼ cup	4g
Mashed Potatoes	1 cup	35g
Dinner Roll	Small	13g
Stuffing	½ cup	23g
Sweet Potatoes (mashed)	1 cup	59g
Cranberry Sauce	½ inch slice	22g
Pumpkin Pie	⅛ pie	45g
Ice Cream	½ cup	Varies (see package)
Baked Beans	½ cup	30g
Green Bean Casserole	1 cup	23g
Pecan Pie	⅛ pie	64g
Apple Pie	⅛ pie	43g
Corn Muffin	1 muffin	28g

# Thanksgiving Schedule/Activity Log

(where T=the start of Thanksgiving dinner)

**(My carb limit for Thanksgiving dinner is: \_\_\_\_\_ grams of carbs)**

T minus 60 minutes - blood sugar level is: \_\_\_\_\_ Notes: \_\_\_\_\_

T minus 60 minutes - walked for \_\_\_\_\_ minutes

T minus 30 minutes - blood sugar level is: \_\_\_\_\_ Notes: \_\_\_\_\_

T minus 30 minutes - walked for \_\_\_\_\_ minutes

T minus 15 minutes - blood sugar level is: \_\_\_\_\_ Notes: \_\_\_\_\_

T minus 0 - Eat Dinner (and complete the table below)

Food Item	Serving Size	Carbohydrates (g)
		Total Carbs:

T + dinner completion - walked for \_\_\_\_\_ minutes

T + dinner + walk - eat dessert (if applicable)

T + dinner + walk + dessert - walked for \_\_\_\_\_ minutes

T + dinner + walk + dessert + 2 hours - blood sugar level is: \_\_\_\_\_

Additional Notes: