

COMMUNITY NOURISHMENT

A CDPD RYAN WHITE DAILY TABLE NUTRITION PROGRAM NEWSLETTER



ISSUE No. 2
DECEMBER 2021



Managing Diabetes and Inflammation

During the Holidays

Tis the season for celebrations, spending time with friends and family and (what feels like) endless amounts of food! How is a person supposed to manage blood sugars and fight inflammation with all the tempting treats the holiday season brings? With good planning you can enjoy many of the holiday dishes and enjoy time with friends and family.

Follow these tips to stay on track this holiday season:

- **Try not to change eating habits** just because it is the holidays. Eat as close to usual times as possible to help keep your blood sugars steady.

- **Do not skip meals** to save up for a holiday gathering later in the day. You will be more likely to overeat if you skip a meal, making it more difficult to manage your blood sugars.

- **Start with vegetables**, the fiber and water in the vegetables will fill you up and help to take the hunger edge off from all those tempting treats.

- **Try using a small plate** when choosing favorite items.

Eat slowly and savor the flavors. It takes time for our brain to send us fullness signals, about 20 minutes after we have begun eating!

- **Try to limit alcoholic drinks to one or two**, alcohol can increase inflammation and interact with diabetes medications by lowering your blood sugar. Instead, try a festive holiday spritz by using sparkling water with a splash of pomegranate or cranberry juice.

- **Remember to keep your body moving** this holiday season. We tend to overschedule ourselves during this time of year, putting added stress into our lives. When we are stressed our body releases stress hormones that can increase inflammation and insulin resistance. Staying active helps manage blood sugars and to reduce stress and inflammation.

- **Finally, don't forget to get 7-8hrs of sleep every night.** Being sleep deprived can affect our blood sugars as well as increase our stress levels.

- **Most importantly, this time of year is for celebrations** and to focus on friends, family, and traditions – not the food!

RECIPE: HOLIDAY PARTY SNACKS



Homemade Ranch Dip with Fresh Vegetables

INGREDIENTS

For the dip:

- ¾ cup (6 oz) plain yogurt
- ¼ cup sour cream
- 1 ½ teaspoon apple cider vinegar
- 1 ¼ teaspoon dried dill
- 1 teaspoon dried parsley
- 1 teaspoon dried chives
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt, plus more to taste
- ¼ teaspoon black pepper

- Fresh chives and/or parsley for sprinkling on top (optional)

Vegetables:

Choose a combination of your favorite vegetables for dipping.

Suggestions:

Broccoli florets, green beans (trimmed and blanched), sugar snap peas, cucumber slices, cherry tomatoes, celery sticks, baby carrots

Optional: Olives, whole-grain crackers or pita chips

DIRECTIONS

1. In a medium bowl, stir together all ingredients for the dip. Chill for thirty minutes.
2. Garnish the dip with fresh chives/parsley and serve with vegetables, crackers and/or pita chips.

HEALTHY TIPS

THE PROBIOTICS IN YOGURTS MAY STRENGTHEN YOUR IMMUNE SYSTEM, REDUCING INFLAMMATION AND CHANCES OF CONTRACTING AN ILLNESS.

DAILY TABLE GROCERY LIST

- YOGURT (\$2.49/32 oz)
- SOUR CREAM (\$1.99/16 oz)
- ONION POWDER (\$1.59/2 oz)
- GARLIC POWDER (\$1.59/2 oz)
- FRESH PARSLEY (\$0.79/bunch)
- BABY CARROTS (\$1.29/lb)
- CUCUMBER (\$0.49 each)
- GRAPE TOMATOES (\$1.99/pint)
- BAKED WHOLE-WHEAT PITA CHIPS (\$2.49 ea)

FOOD SAFETY

Keep hot foods hot and cold foods cold

This time of year brings traditions and feasting during our holiday celebrations. However, thousands of people suffer from foodborne illnesses each holiday season from improperly cooked foods or from foods that are not held at proper temperatures when served. Food safety is probably not the first thing you are thinking about when planning a holiday gathering but you can have a delicious spread of holiday favorites while keeping foods safe for your guests!

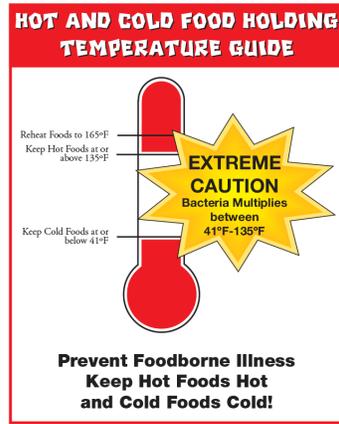
Keep Food Safe

■ **Wash your hands thoroughly** and often before, during and after food preparation.

■ **Keep hot food hot!** Hot food should be held at 140°F or warmer. Use slow cookers, crock pots and warming trays to keep hot food hot.

■ **Keep cold food cold!** Cold food should be held at 40°F or cooler. Use plates/ bowls nesting in bowls of ice or small serving trays (replacing often) to keep food cold.

■ Perishable foods should not be left out more than **2 hours** at room temperature.



■ **Make multiple small platters and dishes ahead of time** and replace the serving dishes with the fresh ones throughout the party. Place cold back-up dishes in the refrigerator and keep hot dishes in the oven set at 200°F to 250°F prior to serving. This way, your late arriving guests can safely enjoy the same delicious dishes as the early arrivals.

■ If transporting pre-cooked foods for a holiday get together, keep cold foods safe by placing them in a **cooler** with ice or gel packs to keep them cold. If transporting hot foods, wrap dishes in **insulated bags** or towels to keep food hot.

■ Reheat already cooked hot foods to **165°F** before serving or warming to be held on a buffet.

■ **Use a food thermometer** to check the holding temperatures of hot and cold foods.

RECIPES: HOLIDAY PARTY SNACKS

Roasted Spiced Chickpeas

INGREDIENTS

- 1 15-ounce can chickpeas, rinsed
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon dried marjoram
- ¼ teaspoon ground allspice
- ¼ teaspoon salt

DIRECTIONS

1. Position rack in upper third of oven; preheat to 450 degrees F.
2. Pat chickpeas dry with kitchen or paper towel and toss in a bowl with the oil, cumin, marjoram, allspice and salt. Spread on a rimmed baking sheet. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes.

HEALTHY TIPS
CHICKPEAS ARE HIGH IN PROTEIN AND FIBER AND HAVE A LOW GLYCEMIC INDEX, WHICH HELPS TO KEEP YOU FEELING FULL AND SUPPORT HEALTHY BLOOD SUGAR MANAGEMENT.

DAILY TABLE GROCERY LIST

- 1 CAN GARBANZO BEANS (Chickpeas) (\$.99/15.5 oz)
- OLIVE OIL (\$4.99/25.5 fl oz)
- CUMIN (\$.69/packet)

Mississippi Roasted Nuts

INGREDIENTS

- 1 pound pecan halves, or other nuts
- 1 tablespoon packed dark brown sugar or honey
- 1½ teaspoons kosher salt
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- ½ teaspoon freshly ground black pepper
- Pinch of cayenne pepper
- 2 tablespoons extra-virgin olive oil

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Spread pecans on a large baking sheet. Roast until fragrant, about 12 minutes. Watch carefully so they don't burn.
3. Combine brown sugar, salt, thyme, rosemary, pepper, and cayenne in a small bowl. Transfer the roasted pecans to a large bowl, drizzle with oil and toss well to coat completely. Sprinkle with the spice mixture and toss again. Serve warm or let cool completely and store in an airtight container.

HEALTHY TIPS
PECANS ARE RICH IN HEALTHY FATS, FIBER AND MINERALS LIKE ZINC – WHICH HELPS WITH IMMUNE FUNCTION, WOUND HEALING AND DNA SYNTHESIS!

DAILY TABLE GROCERY LIST

- PECANS (\$3.69/8 oz)
- BROWN SUGAR (\$2.39/bag)
- HONEY (\$3.29/12 oz)
- THYME (\$.69/packet)
- ROSEMARY (\$.69/packet)
- CAYENNE (\$1.59/2 oz)
- OLIVE OIL (\$4.99/25.5 fl oz)

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 **XCLINIC**
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DORCHESTER, MA 02124
617-822-8350 | CODMAN.ORG/XCLINIC

DAILY TABLE

450 WASHINGTON ST., DORCHESTER, MA 02124 | ORDER ONLINE: DAILYTABLE.ORG
Mon – Sat: 9am – 8pm | Sun: 11am – 7pm
Closed: Sat, Dec. 25 (Christmas); Sat, Jan. 1 (New Year's Day)

Daily Table offers customers wholesome and nutritious foods at a fraction of regular grocery store prices making it easy for customers to make healthy food choices rather than food choices based on price. Customers can find everyday essentials as well as delicious, freshly prepared soups, sandwiches, salads, lunches, and dinners made in-house, keeping nutrition and health in mind.

Every day essential offered at Daily Table: Fruits/Vegetables, Dairy/Eggs, Bakery, Deli, Fresh Prepared Foods, Meat, Poultry, Seafood, Pantry & Dry Goods, Frozen Foods, Snacks, Beverages