



Be SMART: Control Your Diabetes Tip: “Navigating Thanksgiving with Diabetes”

Thanksgiving is a day to be thankful and an excuse for many to throw their diet out the window and load up on a variety of high carbohydrate food choices readily available. However, for those with diabetes are already counting the carbs because they don't have the luxury of not caring, not even for one day. But don't DESPAIR, people with diabetes can still have all their favorite Thanksgiving foods.

Plan Ahead • Eat in Moderation • Fill up on veggies • Check your blood sugar often

Remember that diabetes doesn't have to stop you from enjoying the turkey and pumpkin pie.

Lenny's Word Search



DIABETES- what you have when your body can't make insulin or use it properly

GLUCOSE- what your body uses so you can have energy to play and stay active

INSULIN- what your body needs so it can use the glucose in your body

PANCREAS- the place in your body where insulin is made

BASAL- the insulin your body needs throughout the day and during the night when you are sleeping

CARBS- food that your body turns into glucose

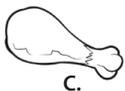
BOLUS- the extra insulin your body needs when you eat carbs or if your blood glucose is high

INSULIN PUMP- a small battery-operated device that fits in your pocket and delivers insulin without having to take shots

LENNY THE LION- a lion who has diabetes, wears an insulin pump, and teaches kids to have COURAGE with their diabetes



.....Match the Carbs with the Right Food



30 grams _____

0 grams _____

10 grams _____

15 grams _____

0 grams _____

