



## RING IN THE HOLIDAYS WITH A TWIST!

With the holiday season right around the corner, it's time to start planning parties and get-togethers with family and friends. If you're in search of a fresh way to entertain that incorporates healthy food items, look no further!

Bring your own platter (BYOP), a unique twist on the traditional BYOB, is a great way to impress guests while keeping munchies/appetizers both delicious and nutritious.

### BRING YOUR OWN PLATTER (BYOP)

Use these creative tips to create your own platter:

- Balance carbohydrates and lean protein
- Stock up on colorful, fresh fruits and veggies
- Select whole grain alternatives
- Incorporate healthy fats (e.g., olives, nuts, etc.)
- Provide light dips (e.g., hummus, yogurt-based fruit dip, etc.)
- Choose a theme such as Mediterranean or Italian
- Keep the kids in mind!

*try one of our signature trays!*



### FESTIVE BYOP IDEAS

Angie's Holidrizzle dark chocolate sea salt kettle corn + sea salt roasted almonds + Zöet dark chocolate + dried cherries and cranberries

Celery sticks + Laughing Cow light white cheddar + pomegranate arils + pistachios + Mary's Gone Crackers

Anjou pear slices + Babybel cheese + dried apricots + pecans

### DIABETES-FRIENDLY BYOP IDEAS

2 Wasa crackers + 1 cubic inch Cabot cheese (50% reduced-fat) + 1 oz prosciutto + 3 green olives = **14 grams carbs**

1/2 cup Angie's Holidrizzle dark chocolate sea salt kettle corn + 2 tbsp Blue Diamond roasted dark chocolate almonds + 1 tbsp dried cherries = **18 grams carbs**

1/4 medium Anjou pear + 1 piece Babybel cheese + 3 dried apricots + 5 almonds = **14 grams carbs**

*yum!*



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# WHAT'S NEW & EXCITING



## BLUE DIAMOND ALMONDS HONEY NUT-THINS

Now your gluten-free Nut-Thin cracker combines the flavors of almonds and honey in two new flavors – Honey Cinnamon and Honey Mustard. Blue Diamond will make a donation to honeybee research, as honeybees pollinate almond trees and one-third of the food supply in the world.



## PIONEER GLUTEN-FREE GRAVY AND SEASONING MIXES

Just in time for holiday parties and entertaining – new gluten-free gravy and seasoning mixes from Pioneer. Varieties include taco and chili seasoning, and brown and country gravy mix.



## HY-VEE HEALTHMARKET COCONUT WATER

100% natural, unsweetened coconut water. Gluten-free. 50 calories per 8-oz. serving.

## Dietitian Pick of the Month HY-VEE POWDERED PEANUT BUTTER 5 Reasons to Eat Powdered Peanut Butter

1. Most of the fat and oil is removed, leaving a slow-roasted peanut taste.
2. Fewer calories and less fat than regular peanut butter.
3. Diabetes-friendly food choice.
4. Convenient, delicious way to boost protein in smoothies, dips and hot cereal.
5. Three delicious flavors available: Original, Chocolate, Hazelnut.



## HEALTHY HOLIDAY EATING TIPS FOR DIABETES

You've worked hard to maintain your blood sugar level this year, so don't let the holidays throw you off! These simple tips will help you stay on track:

- Don't skip breakfast, snacks or other small meals throughout the day (you'll be more tempted to overindulge later).
- Reach for fresh fruit and vegetables that are raw, steamed or grilled.
- Sip on calorie-free drinks such as water, unsweetened tea, diet beverages or sparkling water.
- Exercising after a meal is a great way to lower your blood sugar. Go for a brisk walk or dance at the party!
- Don't forget to check your blood sugar regularly.
- Simply choose a smaller plate to reduce portions.

Source: American Association for Diabetes Educators (AADE)

## Dietitian Recipe of the Month ORANGE CRANBERRY SAUCE

Serves 18 (¼ cup each)

### ALL YOU NEED

- 4 medium navel oranges, divided
- Water, as needed
- 2 (12-ounces each) bags fresh cranberries (6 cups)
- 1¼ cups packed Hy-Vee light brown sugar
- ¼ teaspoon Hy-Vee ground cloves
- Pinch of salt

### ALL YOU DO

1. Use a sharp knife to slice the ends off three oranges. Remove the peels and white pith; discard. Working over a bowl, cut the orange segments from their surrounding membranes. Squeeze the juice into the bowl before discarding the membranes. Leaving the segments in the bowl, pour the juice from the oranges into a measuring cup. Juice the remaining orange and add the juice to the measuring cup. If necessary, add water to make 2/3 cup liquid total.
2. Combine the juice, cranberries, brown sugar, cloves and salt in a large nonreactive saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low and cook, stirring occasionally, until thickened, about 15 minutes.
3. Let cool for 10 minutes. Stir in the reserved orange segments. Serve warm, room temperature or cold.

To make ahead: Cover and refrigerate for up to one week.

Nutrition facts per serving: 89 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 13mg sodium, 23g carbohydrate, 2g fiber, 0g protein

Daily Value: 38% vitamin C

Source: Adapted from Eating Well, Inc.

