THIS EDITION FEATURES:

Gobble, Gobble!
Healthy Options for Turkey Day

- Move Over Diabetes!
- Self-Care for a Sore Throat
- Change Your Outlook!
- It’s Quittin’ Time!
Thanksgiving is a great time to reconnect with our families and sit down to a big meal together. However, Turkey Day meals are often unhealthy and begin a downward spiral of poor choices that lasts through the holidays and into the New Year.

Here are some tips for a healthy Thanksgiving Dinner:

• **Starting out.** Instead of putting appetizers like chips and dips out, opt for vegetables and a homemade dip made from Greek yogurt instead of sour cream.

• **The main event.** Make things from scratch. For the gravy, use the turkey drippings, herbs, and a thickening agent instead of the pre-made kind. Make your own stuffing with whole wheat bread, vegetables, and cranberries.

• **Healthier sides.** Skip the mashed potatoes, and make sweet potatoes or mashed cauliflower instead. Choose carrots or squash instead of pasta. Forget the green bean casserole and serve green beans instead.

• **Don’t forget dessert!** Even though most of us are full by the time dessert comes, you don’t have to skip it! After all, for some people, dessert is the best part of the meal! Instead of sugary store-bought pies and tarts, try making your own healthier version. Up the nutrition content by using healthier ingredients such as oats and whole-wheat flour and look for recipes with natural sweeteners like honey.

Just a few simple changes to your Thanksgiving menu can make all the difference. Opting for homemade sides and desserts might take more time, but it will also keep your family healthier. If the preparation feels too daunting, ask each person to bring something. This will make it fun and encourage wellness for everyone!

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**Recipe of the Month:**

Maple-Glazed Sweet Potatoes

**Ingredients:**

<table>
<thead>
<tr>
<th>6 – 8 medium-sized sweet potatoes</th>
<th>2 tablespoons of melted butter</th>
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</thead>
<tbody>
<tr>
<td>½ cup pure maple syrup</td>
<td>½ teaspoon sea salt</td>
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</table>

**Instructions:**

Preheat oven to 400° F. Peel potatoes, then cut into 2-inch pieces and arrange in a glass baking dish. Pour the maple syrup and butter over the potatoes, toss to coat, and sprinkle with salt. Bake for 50 – 60 minutes.
Move Over Diabetes!

It’s no secret that being active is a key to health and well-being. It helps improve your body and mind from strong bones to flexible joints, a stronger heart, and even lower stress for a better mood.¹ Did you know that physical activity and keeping a healthy weight can also help to manage and even prevent diabetes problems?²

According to the National Institute of Diabetes and Digestive and Kidney Disease (NIDDK), regular exercise:

- Has been shown to help manage blood sugar levels over time²
- Helps the hormone insulin absorb glucose into all your body’s cells and muscles for energy²

There are four kinds of important physical activity:

1. Aerobic exercise, such as a brisk walk, should be done every day
2. Strength training, done three times a week
3. Stretching, or even better, practicing yoga
4. Regular daily activity including gardening, carrying groceries, or cleaning up around the house

If you have diabetes, talk to your health care team before you start an exercise plan, and learn how to plan your meals around your physical activity. You can also visit the American Diabetes Association website for their recommendations.

1. Centers for Disease Control and Prevention. Physical Activity and Health. Available at: https://www.cdc.gov/physicalactivity/basics/pa-health/
2. NIDDK. Diabetes and Physical Activity. Available at: https://www.niddk.nih.gov/health-information/diabetes/diabetes-physical-activity

Visit the American Diabetes Association at diabetes.org for a list of healthy activities.

Self-Care for a Sore Throat

Scratchy, itchy, or dry, there’s nothing like that moment you swallow and feel a slight burn in your throat. You hope you aren’t coming down with something, but what can you do besides keep your fingers crossed?

First of all, don’t panic! There’s no reason to automatically assume it’s a cold, flu, or even worse, strep throat, right away. Other causes of throat pain can include allergies, irritants or dry air, cigarette smoke, or even too much talking.

According to the American Academy of Family Physicians (AAFP), to ease the painful raw feeling of a sore throat:

- Try gargling with warm saltwater
- Drink some warm tea with a little honey or soup
- Take a lozenge
- Reduce inflammation with ibuprofen or acetaminophen

AAFP also recommends seeing a health care provider if you have any of the following along with your throat irritation:

- A temperature over 101° F
- White spots on the throat
- Great difficulty swallowing
- Trouble breathing
- A skin rash
- Recent exposure to someone with strep
Unhealthy behaviors can often be disguised as a way of unwinding. A glass of wine or an unhealthy meal is fine from time to time, but what happens when “once in a while” gets to be a little too regular?

We often think of unhealthy behaviors as more obvious things like smoking cigarettes or drinking too much, but they could be hiding in our more “passive” indulgences like the cookie we sneak in before bed, or the second (or third) helping of pasta. What do you do when it’s time to cut back or quit?

Have a goal.
If you feel you’ve been unwinding with a glass of wine or unhealthy foods more often than you’d like, have a specific goal. Maybe that goal is allowing yourself to indulge only on weekends, or maybe it is having a “dry month” to reset your habits. Whatever your goal is, make sure it is specific and lay out a plan.

Don’t overwhelm yourself. If you are a smoker who also copes with stressful situations by indulging in unhealthy eating habits, don’t try to quit both at the same time. Start with one behavior and focus on making progress. Once you’ve made some headway with your first goal, it will be much easier to move on to the second one.

Hold yourself accountable. Let a friend or family member know what you are doing, and ask them to hold you accountable. Make sure they keep you focused on one goal at a time and encourage you when you need it. The support will help you stay strong when the process gets difficult. Hold yourself accountable as well!

If life seems to have a recurring pattern that keeps landing you in the same negative situation, ask yourself if your typical responses are getting you anywhere besides in an emotional rut? You have the choice to respond differently. Learn to choose your path a bit differently and the result will be a shift in your outlook.

Have you ever wished you could have a different, more positive outlook? No matter how great things are going, we all know the feeling of wishing things were different. Whatever the situation, you are the only one who can change your outlook. The process of change begins the very moment you think about something differently.

Try this:

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wishing things were different</td>
<td>Being at peace with today</td>
</tr>
<tr>
<td>Assigning blame to others</td>
<td>Looking at the decisions you make every day</td>
</tr>
<tr>
<td>Reacting</td>
<td>Slowing down and consciously considering how you want to respond</td>
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</table>

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It's Quittin' Time (cont.)

Ask for help. If you don’t think you can do it on your own, ask for help. Reach out to a professional, call a hotline, or consult your doctor. The guidance of a professional can help you avoid becoming overwhelmed.

Although it takes commitment, realizing you have to make healthier decisions is the first step in focusing on your wellness. Healthy coping skills will eventually replace unhealthy behaviors. Don’t give up!

Monthly Quiz:

1. Physical activity can help manage diabetes by:
   a. Managing blood sugar levels over time
   b. Helping insulin absorb glucose into the body's cells and muscles
   c. Both a and b

2. Which is not a suggestion to ease the pain of a sore throat?
   a. Gargling with warm saltwater
   b. Drinking warm tea with honey
   c. Humming your favorite tune

3. Which statement is most true, according to the "It's Quittin' Time!" article:
   a. Unhealthy behaviors are okay if they help you unwind
   b. Healthy coping skills can replace unhealthy behaviors
   c. It's best to give up all unhealthy behaviors all at once

Answers: 1) c, 2) c, 3) b

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