Managing Diabetes this Holiday Season

- Continue to check blood sugars, even on holidays.
- Stay active! Moving around helps improve blood sugar control, especially when eating larger meals.
- Carb count!
  - Know carb amounts and bring a cheat sheet! Quick guide to candy amounts [here](#) and thanksgiving meals [here](#).
- Use the MyPlate method-make ½ of your plate veggies.
- Remember that high-fat foods can cause a delayed increase in blood glucose levels. Check blood sugars 3 hours after a larger meal.
- If traveling, be sure to carry extra supplies. Make sure all supplies are in carry-on luggage and not checked baggage.

Flu and Sick Days:
Flu season has arrived-
Here are tips for if you’re feeling under the weather:
- The flu shot is recommended for all people with diabetes.
- Continue to take your insulin! If your blood glucose is running lower, you may need less insulin, but should not stop taking.
- Illness can raise or lower blood glucose levels so check every 2-3 hrs.
- Hydrate with water!
- Check your Ketones, even if your blood sugar is normal.
- Call the diabetes team!
  - Especially if you have moderate to large ketones, are vomiting, or have consistently high blood sugars.

What’s happening at NewYork-Presbyterian Weill Cornell?

**Upcoming events:**
- **Tech Night**
  - Emily Coppedge, NP, will review insulin pumps and sensors
  - Nov 14, 2019 at 5:30pm
  - 505 East 70th street, 3rd Floor Conference Room
  - If interested, please RSVP to pedsendotele@med.cornell.edu

- **World Diabetes Day**
  - Nov 14, 2019

- **Coffee Talk**
  - “Coping with my child’s diagnosis” with Corinne Catarozoli, PhD
  - Dec 5th 2019 at 9:15am
  - 505 East 70th Street, 3rd Floor Conference Room

**Diabetes Resources:**
- JDRF
- Joslin Diabetes Center
- Beyond Type 1
- American Diabetes Association (ADA)
- Academy of Nutrition and Dietetics
- T1 Everyday Magic
- Weill Cornell Pediatric Diabetes Program
Emily Coppedge, CPNP, CDE, is our diabetes team Nurse Practitioner and Diabetes Educator

About: “I live with my husband, adorable children and sweet dog, Bailey, in Brooklyn. I have worked with kids with diabetes for almost 15 years. I am an avid UNC Basketball fan (Go Heels!) and a University of Georgia Football fan (Go Dawgs!) In my spare time, I love to go running.”

Advice/Tip: Use the small holiday candy packets (Halloween, Easter, etc.) as a way to treat low blood sugars. Always make sure you have something on you to treat a low because they can happen at any time.

Reminder: You can always reach out to your doctors with any questions at 646-962-3442 or email pedsendotele@med.cornell.edu

Dietitian Corner:

Fall Recipe: Parmesan Butternut Squash Fries

Ingredients
1 butternut squash
1 cup= 16 grams of carbs
¼ cup of olive oil
¼ cup of grated parmesan cheese
Optional seasonings: rosemary, pepper, salt

1. Cut butternut squash into fry shape and place on a baking sheet
2. Add the olive oil and spices
3. Bake in the oven for 30 minutes or until crispy (at 400 degrees)
4. Top with parmesan cheese and enjoy!

*Butternut squash is high in fiber and potassium. Fiber helps keep of full, our digestion, and is good for blood sugar control! Potassium supports muscle strength and heart health!