

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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November 2019

5 Ways to Eat Mindfully At Thanksgiving

As the holidays draw near, most of us start salivating at the mere thought of eating some of our favorite foods. However, if you have diabetes or weight issues the holiday can be a minefield when it comes to navigating your way around the Thanksgiving table. Fortunately there are ways to enjoy the holiday without overindulging by following these simple tips.

Eat Ahead of Time

Although it may seem logical to skip breakfast on Thanksgiving Day, the experts say that eating a small meal earlier in the day can help you control your desire to over eat later on. Eat a breakfast with protein like eggs instead of having your usual coffee and toast. Protein will last longer in your body and you won't be starving when you arrive at the dinner table.

Consider The Ingredients

You may be hosting Thanksgiving or bringing a dish to share--either way there are ways you can choose ingredients that will be healthier for you and the guests.

- Cut back on sugar - many recipes for Thanksgiving are loaded with sugar. Consider the classic yam dish with marshmallows on top. Yams already contain sugar which is what makes them super delicious. If you want to add zest to them, add spices such as cinnamon, nutmeg, and cloves. Consider substituting white sugar with maple syrup or honey.
- Use fat free chicken broth to baste the turkey and as the base for gravy
- Skip the butter when serving mashed potatoes. Try using Yukon gold or red skinned potatoes. Because of their smooth and buttery nature they taste great without it. (over)



Thanksgiving Roasted Vegetables

- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2" pieces
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries

Directions:

- Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper.
- Bake for 20 to 25 minutes, until the vegetable are tender, shaking the pan halfway through.
- Before serving, toss roasted vegetables with pecans and cranberries.

Recipe Source: Delish.com

Change Up Your Plates To Cut Calories

It's been shown that people will choose less food if their plate size is smaller. If you're hosting let your guests choose their plate size. If your celebrating somewhere else ask the person hosting to provide you with a smaller plate.

Choose Must Have Foods Only

Instead of scrambling to get everything on your plate--take a deep breath, look around the table, and take only your must haves. For example, rolls are almost always a staple at Thanksgiving but so is stuffing. If you know you must have stuffing to feel like you've really celebrated, pass up the rolls.

Savor The Food And The Experience

Because most of us eat so quickly, we don't realize we're full until we've already eaten too much. Put down your fork after each bite and actually taste the delicious food you just put in your mouth. Enjoy the company in addition to the food and you'll eat more slowly.



Alegria

Shoes for Bunions and Hammertoes

It can be difficult to find shoes if you're living with bunions or hammertoes. Fortunately you don't have to look further than your local shoe store. Alegria offers a Mary Jane style shoe in a variety of colors—subdued and wild with a wide toe box. You can find them at Sole Perfection in Shoreline. San Antonio Shoes (SAS) carries a shoe that will flex to accommodate your bump. Their Bliss shoe also comes in a variety of colors.



SAS Bliss



Gobble Gobble Day May Not Be Good For Those With Gout

Thanksgiving can be problematic for people prone to gout. Unfortunately some of your favorite foods can be high in a compound called purines which convert to uric acid. When uric acid can't be flushed from the body by the kidneys (as in gout) it can cause crystals to deposit in the joints, which is very painful.

Feet are often the first place gout sufferers feel the pain. According to the American College of Foot and Ankle Surgeons the big toe is particularly vulnerable since it's the coolest part of the body and uric acid is sensitive to temperature changes.

Men tend to develop gout more often than pre-menopausal women but after menopause women's risk approaches that of men. High blood pressure and diabetes can also make it more likely to develop it.

Because we live in Seattle and the Pacific Northwest we are likely to find seafood as well as turkey on our holiday table. Mussels, scallops and tuna are among the foods high in purines. Other foods to avoid or minimize are red meat, particularly organ meats like liver, red wine and beer, and drinks containing fructose. Gout triggers can vary from person to person so learning your own triggers is important. On Thanksgiving and at other times be sure to drink plenty of water since it helps remove uric acid from your body.

Besides controlling your diet, there are medications that can block the production of uric acid and can improve uric acid removal.

If you're experiencing foot pain or diabetes and need to see a podiatrist, call the Foot and Ankle Center of Lake City at 206-368-7000 for an appointment, often same day. You can also request an appointment online.