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Individualized Service for You & Your Customers

Dear Valued Customer,

They are going to be here before we know it...the holidays. Time with family, friends, and food. Lots of food. Most of us worry about putting on a little extra weight over the holidays, but for the diabetic, a Thanksgiving meal can be extremely challenging.

Encourage your diabetic customers to enjoy their Thanksgiving holiday safely with these five tips:

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1. Keep as close as possible to a regular schedule

The timing of meals is always important for the diabetic. Because Thanksgiving dinners are served at different times throughout the day, they need to plan ahead.

Diabetics mistakenly believe if they don't eat all day, they can "save up" for the big meal. This can lead to overeating high-calorie foods and not eating all day can cause dangerously low blood sugar levels.

Suggest they eat a healthy breakfast on Thanksgiving morning and have a snack at their regular mealtime. Remaining consistent with testing and insulin injections, like any other day, ensures a healthier Thanksgiving.

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2. Physical activity

No matter where they enjoy their Thanksgiving meal, be sure they include physical activity after dinner. Whether it's a brisk walk on a cold autumn afternoon or a friendly game of volleyball on the beach, your diabetic customers need to get exercise.

Perhaps their family could start a new tradition by participating in a local Turkey Day Run/Walk for charity or suggest a game of frisbee, soccer, or touch football. Physical activity after the meal helps with digestion, burns calories, relieves stress, and stabilizes blood sugar levels.

3. Be selective in the foods they choose

Although it's extremely tempting to taste everything, the diabetic needs to be selective in the foods they choose. Much of the Thanksgiving meal is high in carbohydrates. Whether they come in the form of mashed potatoes, stuffing, dinner rolls, or pumpkin pie, carbohydrates cause a surge in blood sugar just like a piece of candy.

Turkey is the focus of most Thanksgiving meals and luckily it's high in protein and has no carbohydrates. Encourage customers to choose a green salad or a side of steamed or roasted veggies. If they can't resist the mashed potatoes, then skip the dinner roll. Making wise meal choices means a happier Thanksgiving for everyone.

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4. Eat smaller portions

Teach your diabetic customers about the ADA's [Diabetes Plate Method](#). As they view their plate, imagine two lines. One line down the center and another line dividing one half of the plate into two sections.

Fill half of their plate with non-starchy vegetables such as broccoli, cauliflower, carrots, and leafy greens. On the other side of the plate, fill one-half with protein (which is usually turkey), and the other half, with carbohydrates.

If possible, they should opt for drinking water or a low-calorie drink such as unsweetened tea or coffee.

5. Healthy Snacking

Thanksgiving should be focused on time with family and friends, but it's often more focused on the food. As the snacks are laid out before the meal, everyone tends to graze. If possible, encourage your diabetic customers to bring an appetizer to the party. They can offer to bring raw veggies with a healthy spinach yogurt dip or hummus, a cheese board, or shrimp cocktail.

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Diabetics need to take the Thanksgiving meal into consideration, but it shouldn't be their sole focus. With proper planning and the diabetic

supplies they need, they can enjoy Thanksgiving as much as the rest of the family.

More and more Americans are traveling these days. After a year of missed holidays and time with the family, they're wanting to be together again. Make sure you have everything your diabetic customers need well in advance, especially if they're traveling. Since 1968, Ixthus Medical Supply has been faithfully serving the independent pharmacist with quality products at competitive prices.

We want to take this time to let all of our customers know we appreciate their business and hope everyone has a happy, healthy Thanksgiving holiday!

Great prices, timely service, and personal attention are just a phone call away.

How can we serve you?



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"Be joyful in hope, patient in affliction, faithful in prayer."

Romans 12:12

Product Highlights



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