

## Let the season begin!

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November begins the holiday season and is also marked by National Diabetes month. You might not think you need to listen up, but obesity is one of the leading risk factors of diabetes.

Every 24 hours nearly 4000 adults are diagnosed with diabetes; controlling your weight can help you decrease your risk.

Keep in mind that celebrations don't always need to involve unhealthy eating choices. Turkey is a wonderful source of protein. Fall vegetables such as squash are a way to fill up on fiber. And desserts can include pears, apples and pomegranates. Pick your favorite "special" holiday treat, indulge in a small portion, and don't eat just to participate. Take advantage of the beautiful fall leaves by adding in some exercise like a walk or jog before your celebrations.

