

Enjoying the Holiday's

*Having Diabetes doesn't mean you can't enjoy the holidays.
With a few exceptions holiday recommendations are the
same for people with diabetes as they are for every one else.*

Tips for Holiday eating:

1. Be realistic. Don't try to lose weight over the holidays, focus on maintaining your weight.
2. Don't skip meals to "save up" for a special meal. Instead make healthy choices at the meals before & after a big meal.
3. Look at all of your options before you decide what you actually want on your plate.
4. Incorporate fruits and vegetables with favorites so you are satisfied sooner without as many excess calories.
5. Eat until you are satisfied, not stuffed. Savor your favorites.
6. Don't forget to make time to exercise. Exercise reduces stress and helps your body use insulin more efficiently.
7. Practice healthy holiday cooking. Some dishes will taste just as good using lower fat options. Experiment with wheat flour when baking, use light sour cream or cream cheese, etc.
8. Consider some non food related activities to be part of your holiday traditions. If you're crafty make decorations. If you're not go somewhere as a group. *Christmas Caroling - Volunteer activities
9. Consider "feasting" guidelines. If you are eating a larger than normal meal it will take longer to digest. Don't be surprised by higher blood sugars. Try split meal dosing, or check blood sugars 3 hours after a meal to make corrections if necessary.
10. Be careful with alcohol. Alcohol lowers your inhibitions which may lead to overeating. Diabetics have the additional risk of going low after drinking. Incorporate drinks with food.

