

CELEBRATE THE HOLIDAYS WITH DIABETES

The holidays typically mean a break in your daily routine to take time off, relax, or enjoy spending time with family and friends. Holiday eating, traveling, and parties can also make it more challenging to manage your Diabetes.

Don't stress! Follow 10 Tips to Help Stay on Track:

- **Plan ahead and be prepared:** think of possible set-backs you may have during the holidays, and have an action plan to prevent or solve them.
- **Eat before the party:** having a meal or snack before the holiday party can help reduce appetite, and assist with glucose management. Do not skip meals in order to save up calories for your dietary splurge!
- **Control portion sizes:** Make half of your plate non-starchy vegetables, and limit starchy foods to $\frac{1}{4}$ of your plate. Ask to split or share your plate!
- **Stay active:** Be sure to include your 30-60 minutes of physical activity most days that week. Make it fun and involve the family; go to the park or for a walk together.
- **Keep hydrated:** Drink more water, avoid sugar-sweetened beverages, and limit alcohol intake if you are of age.
- **Make a healthy version of your favorite Holiday food:** offer to bring a plate, dessert, or appetizer to the next holiday gathering.
- **Choose smart:** Pick fruits for desserts, vegetables for appetizers, and whole grains for starches.
- **Listen to your body:** sit down to eat, chew foods slowly, stop when you are full, pass on the extra, and pack the leftovers!
- **Maintain your normal routine:** holidays can be crazy and hectic, but staying as close to your daily routine can improve glucose control.
- **Rest and hand hygiene:** Remember all the gatherings and activities increase risk for catching a cold or the flu. Include lots of rest, wash hands often, and follow tips above to have a happy, healthy holiday!