



*Caring for Generations.*

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## Diabetes Education

### Holidays with Family, Friends and Food

During the holidays set a goal for yourself to enjoy the time with family, friends while having delicious food while managing your diabetes.

Below are some key things to implement into your holiday celebrations.

- Eat a small, balanced meal or snack before you leave home. If you arrive to the party hungry, you'll be more likely to overindulge (another great reason to NOT skip breakfast and lunch).
- Study ALL of the food options, and think about what you are going to have before you put anything on your plate. Decide which foods are worth eating and which can be ignored, and then stick to that decision.
- Choose vegetables first. Broccoli, baby carrots, cauliflower and tomatoes are good choices that are usually on the appetizer table. Take only a small spoonful of dip or skip it entirely.
- Try not to hang out near the food to avoid grazing. Find a comfortable spot across the room and focus on socializing instead of eating.
- Eat chips and crackers in moderation, and definitely avoid eating them straight from the bag. Put some on a small plate and don't load them down with creamy mayo-based dips.
- Remember to regularly check your blood sugar throughout the holidays and adding a few extra checks on a party day may help guide your choices.



**Happy  
Holidays**