

# Surviving Parties

When you have diabetes

**Want to enjoy the holidays and the food and still stay healthy? Planning ahead is important, especially if you have diabetes. These tips can help guide you through your next holiday event.**



**Focus on Friends and Family Instead of Food** ~ Remember, the holidays are a time to slow down and catch up with those you love. Play games, volunteer, or spend time outdoors enjoying the weather together.



**Eat Before You Eat** ~ Eat a healthy snack before leaving home. This will reduce the risk of overeating at the party.



**Bring What You Like** ~ Don't spend time worrying about what will be served. Offer to bring your favorite diabetes-friendly dish.

**Don't Forget to Test** ~ Many times it can help you make wise choices. Testing can tell you that your blood sugar is:



- ◆ High and that it's time to take a walk, dance or maybe a reminder to take your medications.
- ◆ Low and that it's time to drink a little juice or to eat your next meal or snack.



**Drink Water and Trim Fat** ~ Water is a healthy, no-calorie choice. (compare it to one cup of eggnog that has 342 calories. And remember to trim the fat. Each tablespoon you trim off contains 100 calories.



**It's A Party, But Don't Overdo It** ~ Go to the party with a plan. Check out the buffet first, and then decide what and how much you will eat. Eat slowly, and really enjoy the foods that you may only have once a year. Try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course.



**Stay Active** ~ Holidays can be a busy time, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!

- \* Go for a walk with your loved ones after eating a holiday dinner.
- \* Offer to help clean up after a meal instead of sitting in front of leftover food.



**The important thing to remember** ~ If you overindulge, get back on track. If you eat more carbs or food than you planned for, don't think you have failed. Stop eating for the night and include extra exercise the next day. Monitor your blood glucose levels, and get back on track with your usual eating habits.

