



Enjoying

Surviving the Holidays with Diabetes

The holidays are often a time of friends, family and festivities. Many of these gatherings involve FOOD! Here are some tips to help you navigate the season.

Holiday Survival Tips

Get adequate sleep, exercise, and nutrition.

When you're hungry, consider what you want, what you need, and what you have to eat before choosing food.

Decide how you want to feel when you're finished eating; serve yourself accordingly (or adjust the portion if someone else served you).

When you crave unhealthy food, don't feel guilty. Remind yourself that all foods fit when you practice balance, variety, and moderation.

Choose small portions of your "must have" holiday foods.

At parties, carry a glass of mineral water, club soda or diet pop.

Wear fitted clothing so you are less likely to over eat.

Sit down to eat and minimize distractions.

Eat slowly and mindfully for maximal enjoyment from every bite.

