

KEEPING BLOOD SUGARS STEADY THROUGH THE HOLIDAYS

The holiday season can almost seem like a high-stakes game, maneuvering through carb-heavy meal options. This time might almost seem impossible, yet balancing nutrition and exercise can help you feel better physically and mentally during the holiday season.

FACTS FIRST: For people with diabetes, planning can help you stay on track. Always speak to your diabetes care provider before the holidays to best plan how to handle mealtimes and manage sweet/desserts, limit alcohol intake and monitoring blood sugars.

Try New Recipes

Time Your Meal

Portion Control

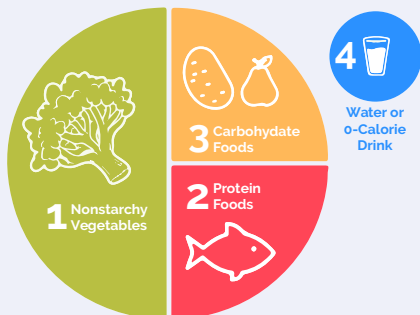
More Greens

Managing Sweets

Physical Activity

Try new recipes with your family. For ideas, we encourage you to click on this link from the [American Diabetes Association](#).

1. Try to schedule your holiday meals around your usual eating times. If your meal is being served at a different time, eat a small snack to make sure your sugar stays balanced. Check out our video on [Healthy Snacking](#).
2. Watch your portions and avoid skipping meals. Use the plate method as a guide:



3. Show your love for green by adding more vegetables without the added fats or salt. Some of those include broccoli, collard greens, carrots, jicama, squash, bok choy, eggplant, green beans, cabbage and Brussel sprouts.
4. Manage your sweets by cutting back on other carbs like potatoes or bread during your meal to make room for those special treats.
5. After your meal, encourage your family to take a walk. Exercising is a great way to lower blood sugar levels, and doing so with family enhances together-time.



What healthy snacks can you prepare, so they are ready to go when you need them?



What is one creative way, you can support your friend or loved one with diabetes?

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/