

## Holidays and Diabetes Can Go Together

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The holidays are upon us. The weather is a bit cooler. Fresh fruits and vegetables have changed with the season. These are all reasons why we need to keep a constant check on our blood sugars. Awareness of these changes and creative thinking to be able to adjust are important at this time. The holidays bring a lot of temptations: high carbohydrate foods make up most of our holiday meals. Homemade goodies as gifts for friends and family for the holidays.

Below are some tips to maintain good glycemic control during this wonderful season:

1. Plan ahead. Knowing what to bring, or how to cook foods allows you options. Bring a vegetable platter, a fresh fruit dessert and a few bottles of sparkling water with lemon/lime to a gathering. Eat a protein snack or drink protein shake before going to the event. You will be fuller, satisfied and be able to limit your portions.
2. If you are cooking, use less sugar or substitute Splenda.
3. Stay hydrated. We tend to not drink as much fluid when the temperatures are cooler.
4. Physical activity will allow your body to work more efficiently at using the sugar in your blood stream, thus maintaining better blood sugars. Put on a jacket or sweater and go for a brisk walk daily for 30 minutes. A 20 minute walk after overeating will help the food to be broken down faster and the blood sugars be more stable.
5. For the meal, be sure to have protein (ham, turkey, etc), lots of vegies, and be able to limit portions of foods, especially the starches (potatoes, yams, breads, stuffing). Choose a smaller plate if it helps to limit your portions.
6. If eating out, ask for a to-go box when you order your meal. Put in it the extra servings of your meal and take it home for another meal.
7. Enjoy your company. Thanksgiving is a time to give thanks for the special people in our lives. Take time to talk, catch up and support each other.

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