Managing Your Diabetes
Over the Holidays

The holiday season is upon us! Baking and cooking, parties, concerts and shopping can make it hard to stay on track with your diabetes treatment plan. While managing your diabetes – and your weight – over this festive time of year can be tricky, there are steps you can take to keep your health in tip-top shape, while enjoying yourself at the same time.

Eat well, eat right
• Think about how you’ll use your carbohydrate choices to allow for special treats (remember, one carb choice = 15 grams of carb)
• Eat a small, low carb snack, such as raw vegetables or a handful of nuts, before going to a party. This will curb your appetite and can help prevent overeating.
• Picture your plate – aim to fill half of your plate with veggies, a quarter with lean protein, and a quarter with a whole grain carb, such as brown rice.
• Cut back on how much fat and sugar you use in your recipes by 1/3 to ½.

Get moving
• Keep up with your usual activity plan as much as possible. Break it up into several 10-minute segments if you can’t do it all at once.
• Try something new and fun, such as ice-skating, snowshoeing or dancing.
• Enlist a family member or friend to go for a walk around the block to look at holiday lights.
• Take a few extra laps around the mall.

De-stress
• Plan out your shopping, cooking and party schedule ahead of time.
• Set aside quiet time for yourself each day to unwind or treat yourself to a massage.
• Limit yourself to no more than one or two servings of alcohol.
• Learn to say “no” to requests or events that you don’t want to attend.

Keep on checking
• Know your blood glucose targets – 90-130 before meals and less than 160 2 hours after meals are targets for most people with diabetes.
• Keep tabs on your blood glucose by checking more than usual and recording your results.
• Write down your results in your logbook
• Call your healthcare team if your results are too high or too low and you’re not sure what to do.