

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  $\frac{1}{3}$  to  $\frac{1}{2}$ .

**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.