

# 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, and enjoy, the holiday season:

- ◆ 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 overeat.
- ◆ Sit down to eat and minimize distractions.
- ◆ Eat slowly and mindfully for maximal enjoyment of every bite.