

7 Holiday Tips to prevent weight gain & keep your diabetes/blood sugars In good control



1. Don't buy candy and desserts that have that **"out of control" factor**. You know what they are, you may have even bought Holiday candy that **you liked**, and it never made it to the actual holiday, it was a dim memory as to what really happened to it ☹️.

2. **Eat breakfast or a snack on the day of a big meal** like Thanksgiving. Everyone thinks they'll save all the calories for that meal, but studies have shown that **when you skip breakfast, you eat more calories** in the day than when you ate breakfast.

3. Get in an **extra dose of exercise** before and especially after the meal. If you're going to consume more, then burn more. Make it a family event, go for a walk after the meal, or engage in an activity that burns calories.

4. Try **"low calorie" versions, or "make overs"** of your favorite foods. If you're having people over ask them to do the same. Google "lower calorie versions of favorite holiday meals" or something similar, and you will find lots of ideas. Share the new recipes.

5. **Decide how you want to think and feel** regarding your health during the holidays. Think back for a moment, were you more stuffed than the Turkey last Thanksgiving? **Did you feel energetic** after a meal, or maybe bloated and sleepy? Did you gain weight during the holiday despite your best attempts? What would it feel like to have reasonable portions, feel energetic, and maybe even focus more on the people than the food? If suddenly your favorite dessert or food item was no longer available, would you miss it more than your best friend? Hopefully not. But why not enjoy that best friend more than the food, and minus a large quantity of food?

6. **Be the leader in healthier eating**. See if you can create a **health minded community** of family and friends as you talk them. Chances are there are others in your circle, who need to do the same but don't have the support they need. If there is someone **already doing** what you want to do regarding healthy habits for food and exercise, talk to them about it, and ask them to share.

7. **Check your blood sugars regularly**, ignorance is not bliss. My patients are **shocked how high their blood sugars** go after celebrations. You may want to ask your Health Care Provider if you might need to increase your medicines/insulin for those occasions. The quickest way to bring them back down is to drink plenty of noncaloric fluids, and exercise. **Your blood sugars will come back down**. It's good to know just how high they rise. **Use the Information** for the next time you're in the situation, how you can improve the meal—it's either quality (lower fat or carbohydrate) of what you're eating, or the quantity. It's **usually a combination of both**.

Bottom line: Enjoy the holidays and your family and friends.