

handling the holidays

The holiday season is undeniably the most delicious time of year. But all that food can wreak havoc on your blood glucose! Here are some tips to help you stay on track.

Eat Low Carb

Carbohydrates ("carbs") make blood sugar rise.

Making good food choices is one of the best ways to keep your blood sugar in range. Avoid foods with sugar and starch, which contain lots of carbs.

Carbs break down into glucose during digestion

Glucose enters the blood stream

Limit the amount of carbs you eat to keep your blood glucose in range.

Avoid

Bread, Pasta, Rice, Potatoes, Cereal, Beans, Sweets



Eat

Meat, Fish, Eggs, Vegetables, Nuts and Seeds, High-Fat Dairy, Fats and Oils



Benefits



Decreased Need for Medication



Weight Loss



Lower Cholesterol

Plan Ahead

Holiday meals don't have to disrupt your healthy lifestyle: a little bit of preparation is all you need to enjoy the holidays stress-free!

If you're hosting:

1

Serve LOTS of low carb appetizers, e.g. veggies + dip, charcuterie + cheese, nuts

2

Try new things! Search online for delicious low carb recipes that everyone will enjoy

3

Plan activities to take the focus off food. Charades, poker, board games ... lots of fun distractions!

If you're a guest:

1

Before the party, ask the host what will be served, so you can plan ahead

2

Bring a healthy dish (or two!) that you LOVE, so you won't feel like you're missing out

3

Set limits ahead of time and have a plan for handling any social pressure. You've got this!

CHECK YOUR BLOOD GLUCOSE

Checking in with your body will help you stay mindful and focused on your goals.

AVOID HUNGER

Eat lots of healthy low carb snacks throughout the day, so you're not super hungry and can pace yourself at party time.

MENTALLY PREPARE

Picture yourself in tempting situations making healthy choices, instead of giving in. It feels good to reach your goals!

HYDRATE

Be sure to have a glass of water, and keep a bottle of h2o on you while you're on-the-go throughout the day.

Just walk away!

Remember, it takes 20 minutes for you to feel full.

Eat This, Not That

- | | |
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| <input checked="" type="checkbox"/> Cheese and Crackers | <input checked="" type="checkbox"/> Stuffing |
| <input checked="" type="checkbox"/> Cucumbers and guacamole | <input checked="" type="checkbox"/> Green Bean Casserole |
| <input checked="" type="checkbox"/> Hummus-Stuffed Peppers | <input checked="" type="checkbox"/> Candied Yams |
| <input checked="" type="checkbox"/> Shrimp Cocktail | <input checked="" type="checkbox"/> Candied Yams (sweetened w/ your fave non-sugar sweetener instead!) |
| <input checked="" type="checkbox"/> Radish/Cucumber slices and Dip | <input checked="" type="checkbox"/> Cheese Straws |
| <input checked="" type="checkbox"/> Spinach/Kale Chips | <input checked="" type="checkbox"/> Cheese Balls |
| <input checked="" type="checkbox"/> Crostinis | <input checked="" type="checkbox"/> Lasagna |
| <input checked="" type="checkbox"/> Deviled Eggs | <input checked="" type="checkbox"/> Zucchini Noodles |
| <input checked="" type="checkbox"/> Quesadilla | <input checked="" type="checkbox"/> Cured Pork Roast |
| <input checked="" type="checkbox"/> Mexican Omelet | <input checked="" type="checkbox"/> French Fries |
| <input checked="" type="checkbox"/> Huevos Rancheros | <input checked="" type="checkbox"/> Roasted Parmesan Carrots |
| <input checked="" type="checkbox"/> Pigs in a Blanket | <input checked="" type="checkbox"/> Sugary Sweet Cocktails |
| <input checked="" type="checkbox"/> Chicken Wings | <input checked="" type="checkbox"/> Eggnog w/ your favorite non-sugar sweetener |
| <input checked="" type="checkbox"/> Tater Tots | Wine Spritzers |
| <input checked="" type="checkbox"/> Broccoli Tots | Wine |
| <input checked="" type="checkbox"/> Mashed Potatoes | Cocktails made with soda water or sugar-free substitute mixers |
| <input checked="" type="checkbox"/> Mashed Cauliflower | |

Explore more online! A quick web search for the "keto" or "paleo" version of any dish is an easy way to find low-carb alternatives to your favorite foods.

Lots of people have adopted the low-carb lifestyle and there are many recipes to explore!