

# handling the holidays

Summer can be tough when it comes to managing diabetes. Barbecues, picnics, and parties – temptation is everywhere! So, we've put together this quick and easy guide to living it up while staying on track.

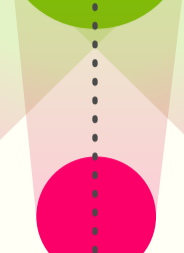


## Eat Low Carb

**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



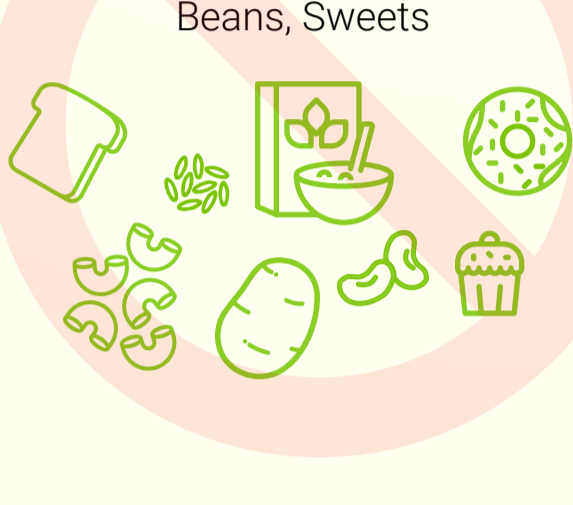
Glucose enters the blood stream



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

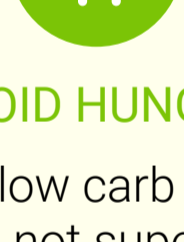
3

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



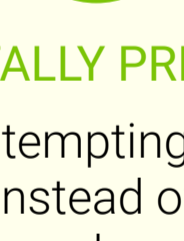
### CHECK YOUR BLOOD GLUCOSE

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!

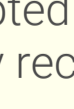


Just walk away! Remember, it takes 20 minutes for you to feel full.



## Eat This, Not That

- |  |                                 |
|--|---------------------------------|
| ❌ Chips and Dip                                    | ❌ Pigs in a Blanket             |
| ✅ Cucumbers and salsa                              | ✅ Chicken Wings                 |
| Baked Spinach, Radish, or Zucchini Chips           |                                 |
| Pickles  | ❌ Hamburgers/Hot Dogs with Buns |
| Air-popped popcorn                                 | ✅ Lettuce Wraps instead of Buns |
|  | Bacon-Wrapped Hot Dogs          |
| ❌ Bruschetta                                       | Ribs in Sugar Free BBQ Sauce    |
| ✅ Caprese Salad                                    |                                 |
|  | ❌ Cake, cookies, ice cream      |
| ❌ Potato Salad                                     | ✅ Sugar Free Jello              |
| ✅ Cauliflower Salad                                | Fruit Mousse                    |
|  | Flourless Brownies              |
| ❌ Sugary Cocktails                                 | Fruit with Cool Whip            |
| ✅ Wine or Sugar-free Cocktails made with Diet Soda | Berry Cream Cheese Tarts        |
|  | Sugar Free Popsicles            |
|  | Sugar Free Pudding              |



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!



Navigating diabetes, together.

[www.onedrop.today](http://www.onedrop.today)



References:  
 1. Calorie for Calorie, Dietary Fat Restriction Results in More Body Fat Loss than Carbohydrate Restriction in People with Obesity, \*Cell Metab.\*, Sept 2015, Volume 22, Issue 3, pp 427-436, available at [http://www.cell.com/cell-metabolism/fulltext/S1550-4131\(15\)00350-2](http://www.cell.com/cell-metabolism/fulltext/S1550-4131(15)00350-2).  
 2. Effects of Low-Carbohydrate and Low-Fat Diets: A Randomized Trial, \*Ann Intern Med.\*, \*\*2014, Volume 161, Issue 5, pp 309-318, available at <http://annals.org/article.aspx?articleid=1900694>.  
 3. Carbohydrate Restriction has a More Favorable Impact on the Metabolic Syndrome than a Low Fat Diet, \*Lipids\*, April 2009, Volume 44, Issue 4, pp 297-309, available at <http://link.springer.com/article/10.1007%2Fs11745-008-3274-2>.