

DIABETES AND DIET: *PARTY AND HOLIDAY PLANNING*

RECOMMENDATIONS

- » **Check blood sugars throughout the day** to make sure you are within your target range
- » Before you leave home, **eat a small, balanced meal or snack** so you aren't starving when you get there and tempted to eat too much
- » **Do your regular exercise** routine the day of the party
- » Balance your food intake and try to **follow the Diabetic Plate** at the party:
 - » Choose vegetables and fruits first
 - » Only have small amounts of dips (could have hidden sugar/carbs)
 - » Avoid or just have small amounts of creams, gravies, and butter
- » **Limit sweets and desserts**
- » **Avoid hanging around or "grazing" at the buffet table** or between meals
- » **Sip on a large glass of water** to keep you hydrated
- » **If you are drinking alcohol, do it in moderation**, and have it with food. Limit one (1) serving per day for women, and two (2) servings per day for men

