

# Healthy Holiday Tips

Along with the holiday season comes the fear of gaining those unwanted pounds and toppling those well-maintained blood sugars. However, this doesn't mean you need to miss out on the fun. Here are a few tips to help you maintain control.

## Go Nuts!

Snacks like salt-filled crackers can wreak havoc on your blood sugar. Many nuts have heart-healthy benefits and walnuts are full of essential omega-3 fatty acids. This low carb snack can help keep hunger at bay.



## Meat

Trim meats before cooking and remove skin before eating. Cook meats on a rack so that the fat can slowly drip away from the meats. Choose white meat without skin whenever possible.



## Dessert

Choose to enjoy low-sugar desserts. Options such as baked fruits sweetened with natural juices or cinnamon are a tasty way to enjoy the season. Try to limit portion sizes.



## Alcohol

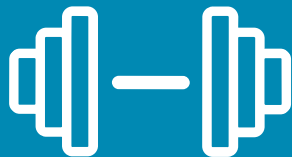
Alcohol can dramatically increase empty calories and lead to weight gain. One alcoholic beverage can be enjoyed when blood glucose is in good control. Avoid high carb drinks such as egg-nog.



**Eat plenty of vegetables, especially in the form of salads and appetizers with healthy fat dips such as avocado.**

## EXERCISE

Keep exercise in your holiday schedule. Even just getting out for a walk around the block can be helpful for weight control, as well as being a great stress-reliever.



Walking after meals is best, as it helps you use the food you just ate more effectively and helps lower blood sugar. Even moving for 2 minutes every 20 minutes can help improve blood sugar levels.



**Remember that eating is not the only way to celebrate. Whether your holiday is concentrated on family, faith, or service, look forward to enjoying the experience and having fun no matter what you do!**