



DIABETES

AND THE

HOLIDAYS



Diabetes and the Holidays

When you have diabetes, you need to pay attention to what you eat and drink. This is especially true during the holidays when you are surrounded by delicious food and drink. Here are some tips to help you manage your diabetes during the holidays:

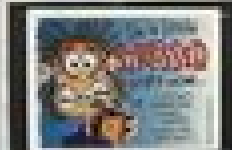
- **Plan ahead:** Look at the menu and decide what you want to eat and drink before you get to the restaurant or party.
- **Stick to your plan:** Try to eat the same amount of food and drink as you do on other days.
- **Don't drink too much:** Alcohol can raise your blood sugar levels.
- **Exercise:** Try to get some exercise during the holidays.
- **Check your blood sugar:** Check your blood sugar more often than usual during the holidays.



This is
part of
the new
Diabetes

1. **Diabetes:** A chronic condition that affects the way your body uses blood sugar.

2. **Diabetes:** A chronic condition that affects the way your body uses blood sugar.



My blood



when my blood sugar wasn't
do what I want it to do

Enjoy your holiday traditions,
including your favorite foods and
drinks that are part of these
traditions – just make them a
moderation!

Have a
Happy Holiday
season!

Tips for Eating During the Holidays



• **Plan ahead:** Look at the menu and decide what you want to eat and drink before you get to the restaurant or party.



• **Stick to your plan:** Try to eat the same amount of food and drink as you do on other days.

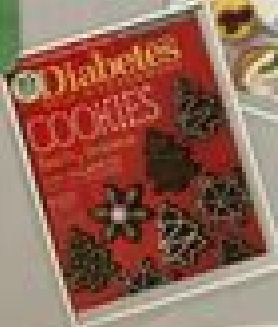
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