

Healthier U

Eating Healthy Through the Holidays

Healthy eating tips for people with Diabetes, Pre-Diabetes, and the general population.

Here is some help for everyone who needs to eat healthier, especially if dealing with a chronic illness such as diabetes.

People with diabetes and pre-diabetes are familiar with healthy eating. However, they are challenged to enjoy seasonal favorites while sticking to a healthy diet. Here are a few survival tips:

“Love every vegetable that you can think of. You can have some meats, some sweets and some breads, but remember to stuff yourself on vegetables and your body will feel better.

We don't have to pig out on the traditional foods that may make us sick. Keep on our eating schedule even when we go out to eat or visit family and friends. Enjoy the salads and some fruits; continue to fill up on water and tea, hot or cold without sugar added.

Don't give up our exercising as diabetics, just in case we partake in a few of the homemade cakes and pies. Let our families know that we can have a cake or pie made with Splenda® or Equal®. When all else fails, take our own favorite dish to the gatherings and make them healthy so our bodies will be happy. Continue to check the blood sugar levels especially when we eat out.”

It is not that difficult to keep on top of a meal plan throughout the holidays. The bullets below will assist everyone to eat better through the holidays. By following these simple guidelines you can make the most of your holiday eating while maintaining your health. Good luck and happy holidays!

1. Prorate Portions

Use your hand as an easy way to estimate:

- Palm = 1 3oz serving of meat or sweets (size of a deck of cards)
- Fist = 1 cup serving of vegetables (3 servings of rice)
- Thumb = 2 servings of margarine

2. Prepare Your Plate

Use a smaller/lunch size plate:

- Fill it at least 1/2 full with vegetables, preferably green ones
- Keep the rest for 1 small serving of a protein and a starch
- For seconds, load your plate with salad with 1 tbsp fat-free dressing

3. Plan Ahead

When attending a special event:

- Eat a low-carb snack before, such as fruit or fat-free popcorn
- Avoid high-calorie appetizers, finger foods and alcohol
- Pre-check menu or buffet for low-fat/low-carb options