



dance out diabetes

Diabetes in Real Life

Your Guide to Navigating Holiday Hazards

The holidays have arrived, and with them all the food-laden festivities, family drama, endless shopping, and other seasonal stressors. Never fear. We have tips to help you make it through these holiday hazards with your sanity and blood sugar intact.



Holiday Hazard #1: Fruitcake and Latkes and Nog...Oh My!

Food is everywhere during the holidays, and much of it is calorie and carbohydrate dense. But it's also an integral part of many holiday traditions, and there's no reason you can't take part with a little planning. If you are looking forward to your mom's famous sweet potato pie on Christmas Eve, then eat healthy and carb-light for the rest of the day. Just be selective with your indulgences and keep portion sizes reasonable.



Holiday Hazard #2: Spirits of the Season

Most adults should have no more than one or two drinks a day (one for women, two for men). When you're faced with a few hours of socializing at the company holiday party, this can be a challenge. Drink a wine spritzer (half wine, half seltzer or sparkling water) and you can double your drinks while still staying within healthy limits. When you host a holiday gathering, make sure you have plenty of festive non-alcoholic and low sugar drink options available. And when you are a guest, you can always BYOS (bring your own seltzer).



Holiday Hazard #3: Mall Madness

The mall in December can give even the most diehard shopper a stress-induced blood sugar spike. Take the pressure off with a few simple strategies. Shop online whenever possible. Give "experiences" instead of material things, such as theater tickets or a restaurant gift card. It doesn't have to be expensive. You can even make a gift certificate for services you'd like to deliver—babysitting, gardening, or cleaning. Your recipient will appreciate the thought you put into it.



Holiday Hazard #4: The Know-It-All

Everyone seems to have one—the well-meaning yet clueless friend or relative who has learned about diabetes solely from afternoon talk shows and questionable Internet sites. The best way to fight misinformation is with calm and clear education. Let Uncle Al know that cinnamon does not, in fact, cure diabetes. If your "know-it-all" isn't open to education, guide the conversation to safer territory. Politics or religion should do the trick.



Holiday Hazard #5: A Never-Ending To Do List

With the additional social commitments, decorating, cooking, and shopping, it's easy to get stressed out by the season and neglect good self-care. Focus on the things you truly enjoy about the holidays. Accept only the most meaningful holiday party invitations. Scale down on your holiday decorating. Ask family members for help with shopping and cooking. And make time to just sit back, relax, and reflect on the holiday joys in your life.