



# CELEBRATIONS AND HEALTHY EATING

ENJOY YOURSELF WHILE MAINTAINING A HEALTHY WEIGHT

# 1

## BLOOD SUGAR TIPS

- MONITOR BLOOD SUGAR MORE OFTEN DURING HOLIDAY TIMES
- EAT CLOSE TO USUAL TIMES TO KEEP BLOOD SUGAR STEADY



# 2

## WATCH PORTION SIZES

- USE A SMALLER PLATE THAN NORMAL TO HELP WITH PORTION CONTROL
- IF YOU HAVE A SWEET TREAT, AVOID OTHER CALORIE HEAVY FOODS (SUCH AS BREADS & POTATOES)

# 3

## HOLIDAY COOKING TIPS

- USE OLIVE OIL INSTEAD OF BUTTER
- SEASON WITH SPICES INSTEAD OF SALT
- USE WHOLE GRAINS FOR COOKING AND BAKING

# 4

## HEALTHY CHOICES

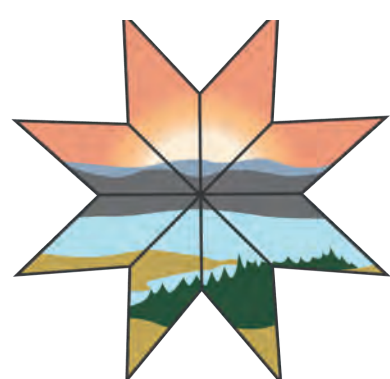
- EAT VEGETABLES TO CURB YOUR APPETITE
- BRING A HEALTHY DISH TO SHARE
- AVOID OR LIMIT ALCOHOL WHICH CAN LOWER BLOOD SUGAR AND INTERACT WITH CERTAIN MEDICATIONS



# 5

## SELF CARE DURING HOLIDAYS

- MAKE AN EXERCISE PLAN- THIS CAN HELP COMBAT EXTRA CALORIES
- GET GOOD SLEEP. THIS WILL HELP STABILIZE BLOOD SUGAR LEVELS
- FOCUS ON THE REASON FOR CELEBRATING- TIME WITH LOVED ONES



**MISSOURI BREAKS**  
*Creating Opportunities for Health*

This poster has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwah'ą) Project. For more diabetes resources or recipes, visit [www.mbiri.com/projects/cookingforhealth](http://www.mbiri.com/projects/cookingforhealth).

