

## Holidays and Special Events

Special events like a holiday or party can be fun. It can also be stressful. Special events often focus on celebrating with food and drinks. Deciding what to eat can be hard when tempting foods are around. If you plan ahead, you will be able to stay on track and have a great time.

### To get started, ask yourself:

What are some struggles I've had with food on a holiday? \_\_\_\_\_

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What are my favorite things about the holiday? \_\_\_\_\_

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What can I do to have a great time and not focus on food? \_\_\_\_\_

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When you know what is most important to you, you can plan ahead to help stay on track. Here are a few tips.

## Talk to your friends and family before the event

- Tell them about what you are doing to manage diabetes. Tell them that what is good for you to eat, is good for everyone. Ask them for their support. Here are ways they can help:
  - ▶ Not commenting on what you eat.
    - Don't pressure you to eat something you don't want.
    - Don't be the "food police" and tell you what you should eat.
  - ▶ Going for a walk with you.
  - ▶ Bringing a healthier dish.
  - ▶ Cutting dessert portions smaller for everyone to enjoy.
- Offer to bring a dish to share. You can help teach everyone that healthier food can taste great.
- Help the host plan fun things other than food or drink.

## Plan ahead

- If you can, find out what is on the menu. You can plan what to eat before you go.
- Find out what time food will be served. You may need a snack if the meal is late and you take diabetes pills or insulin.

## At the event

- Drink water or other sugar-free drinks.
- Pass on everyday foods. Choose foods that are special to you or your favorites.
- Eat small portions.
- Try to stick to the diabetes plate or eat about the same amount of food you would at home.
- Be active. Take a walk. Help to clean up so you are active.

For more information visit [diabetes.org](http://diabetes.org) or call **1-800-DIABETES**

Looking for healthy recipes and food tips?  
Sign up for our FREE online resource, *Recipes for Healthy Living* at [diabetes.org/recipes](http://diabetes.org/recipes).