"Celebrating the Holidays with Diabetes" from Small Steps Big Rewards

While the holidays can be the most wonderful time of the year, they can also be very stressful. A few tips for helping you plan for social events, changes in your schedule and the stress of the season can help you meet the challenge of keeping your blood sugar under control. It is important to plan ahead. Decide how much you will eat before going to a party. Choose the foods that are special or that you really want to splurge on and pass on the everyday foods like crackers and dip. Choose small portions of the special foods and fill your plate with raw veggies. These are less likely to upset your blood sugar levels. Eat a meal or snack before going, this way you won't be tempted to eat as much. Water or diet sodas are a good beverage choice. If you choose to drink alcohol, avoid the sugary mixers and make sure to eat something along with it.

Don't forget to try to follow an exercise plan. If you don't have time to spare for a 30 minute walk, try several 10 or 15 minute walks throughout the day. Also, take your medicines regularly, monitor your blood sugar levels and try to get plenty of sleep.

Most importantly, enjoy the holidays. With a plan of action, you will be better able to come through the season in good health, ready for 2010!