

## Managing Diabetes During the Holidays

### Diabetes Fast Facts

More than **34 million** people in the United States have diabetes, accounting for **10.5%** of the population. In addition, over **1.5 million** are diagnosed with diabetes in the United States **every year**. People with diabetes are **two times** more likely to have heart disease or a stroke as people without diabetes.

Managing blood sugar through eating well is the **key** to living well with diabetes. During the holidays, eating healthy can be very challenging. However, with some advanced **planning and preparation**, you can still **enjoy** holiday favorites **without compromising** blood sugar goals.

### Tips You Can Really Celebrate

**Eat smaller portions.** Have a small plate of the foods you like best and then move away from the buffet table.

**Don't forget your vegetables.** Start with vegetables to take the edge off your appetite.

**Eat slowly.** It takes at least 20 minutes for your brain to realize you're full.

**Plan ahead.** Bring a dish with you that you know you can eat.

**Exercise.** Keep up with your regular physical activity as much as you can.



SOURCES: Centers for Disease Control and Prevention, Mayo Clinic, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)