

Manage Your Blood Sugars During the Holidays

During the holidays, it can be hard to keep your blood sugar levels under control. Below are some tips on how to keep your blood sugars in your goal range.



Stick to your normal mealtime and snack schedule. This will prevent you from getting too hungry and overeating at mealtimes.

Bring a balanced dish to holiday gatherings. Choose a dish that you enjoy to bring along to parties and gatherings.

Choose to eat healthy snacks. Try snacking on raw veggies, nuts, low-fat cheese or calorie-free drinks at parties and gatherings. Limit foods that are fried, buttered, creamed, breaded, or are served with sauces.

Be aware of portion sizes. If there are many foods you want to try, start with small portions of each.

Limit how much alcohol you drink. Add club soda or seltzer to wine or liquor to make drinks last longer.

Exercise more often. Having an exercise routine during the holidays can help you with keeping your blood sugar under control.

Tips for Lighter Holiday Baking:

Eggs:



Instead of 1 egg

replace with

**1/4 cup egg white
(2 egg whites)**

Butter/Margarine:



Instead of 1 stick of butter/margarine

replace with

**1/4 cup applesauce
and 1/2 stick of butter**

Sugar:



Instead of 1 cup sugar

replace with

**2/3 cup or
3/4 cup sugar**

Low Sugar Snacks and Recipes for the Holidays



Pea and Avocado Guacamole

Ingredients:

- 2 cups frozen thawed peas
- 1/2 cup green onion
- 1 tablespoon fresh cilantro
- 1 ripe avocado
- 1 lemon
- A dash of hot pepper sauce

Directions:

Place peas, onion and cilantro in food processor. Process on high speed until smooth. Add avocado, hot pepper sauce, and lemon juice. Pulse on high until chunky.

Serve right away with toasted whole wheat pita triangles or baked tortilla chips.



7-Layer Dip

Ingredients:

- 1 cup low-fat bean dip
- 1 cup prepared salsa
- 1 cup shredded romaine lettuce
- 1 cup diced onion
- 1 cup diced tomato
- 1 cup nonfat sour cream

Directions:

Layer the beans, salsa, lettuce, onion, tomato and sour cream in a rectangular pan.

Serve with baked tortilla chips, whole wheat pita triangles and fresh veggies.

Spread **nonfat strawberry-flavored cream cheese** onto **celery sticks**.
Top with **holiday sprinkles**.

Make mini skewers!

Place **red and green pepper squares** and **pineapple chunks** on a toothpick.

You can also skewer **strawberry halves** and **green grapes** onto **pretzel sticks**.



Ask a CHN Nutritionist if you have more questions!

