



DIABETES

AND THE

HOLIDAYS



Diabetes and the Holidays

When you have diabetes, you need to pay attention to what you eat and drink. This is especially true during the holidays when there are so many delicious foods and drinks to enjoy. It's important to know how to make smart choices so you can enjoy the season without getting out of control.

Here are some tips to help you stay on track:

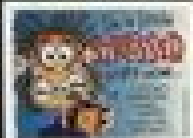
- **Plan ahead.** Look at the menu for the holiday meal and decide what you want to eat before you get there. This will help you avoid making impulsive choices.
- **Stick to your routine.** Try to eat your meals at the same times each day, even if you're traveling. This will help you keep your blood sugar levels stable.
- **Don't skip meals.** Skipping meals can lead to low blood sugar, which is dangerous. If you're not hungry, try a small snack instead.
- **Be smart about alcohol.** Alcohol can affect your blood sugar levels. If you drink, do so in moderation and always with a meal.



This is
part of staying
on top of diabetes

1. Plan ahead. Look at the menu for the holiday meal and decide what you want to eat before you get there.

2. Stick to your routine. Try to eat your meals at the same times each day, even if you're traveling.



My look.



When my blood sugar wasn't
on what I want it to do

Enjoy your holiday traditions,
including your favorite foods and
drinks that are part of these
traditions - just make them a
moderation!

Have a
Happy Holiday
season!

Tips for Eating During the Holidays



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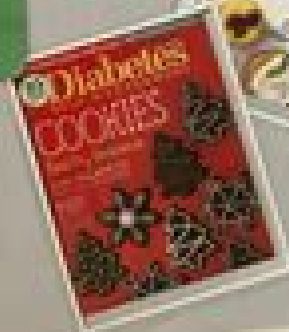
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Ideas For Diabetes Month Bulletin Boards

R Bogdan



Ideas For Diabetes Month Bulletin Boards:

Whispering the Strategies of Language: An Psychological Journey through **Ideas For Diabetes Month Bulletin Boards**

In a digitally-driven world where screens reign great and immediate interaction drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words often move unheard. Yet, located within the pages of **Ideas For Diabetes Month Bulletin Boards** a interesting fictional treasure blinking with fresh feelings, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, that enchanting opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the material of every word. Within the psychological depths with this touching evaluation, we can embark upon a genuine exploration of the book is primary themes, dissect their interesting publishing fashion, and succumb to the effective resonance it evokes serious within the recesses of readers hearts.

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