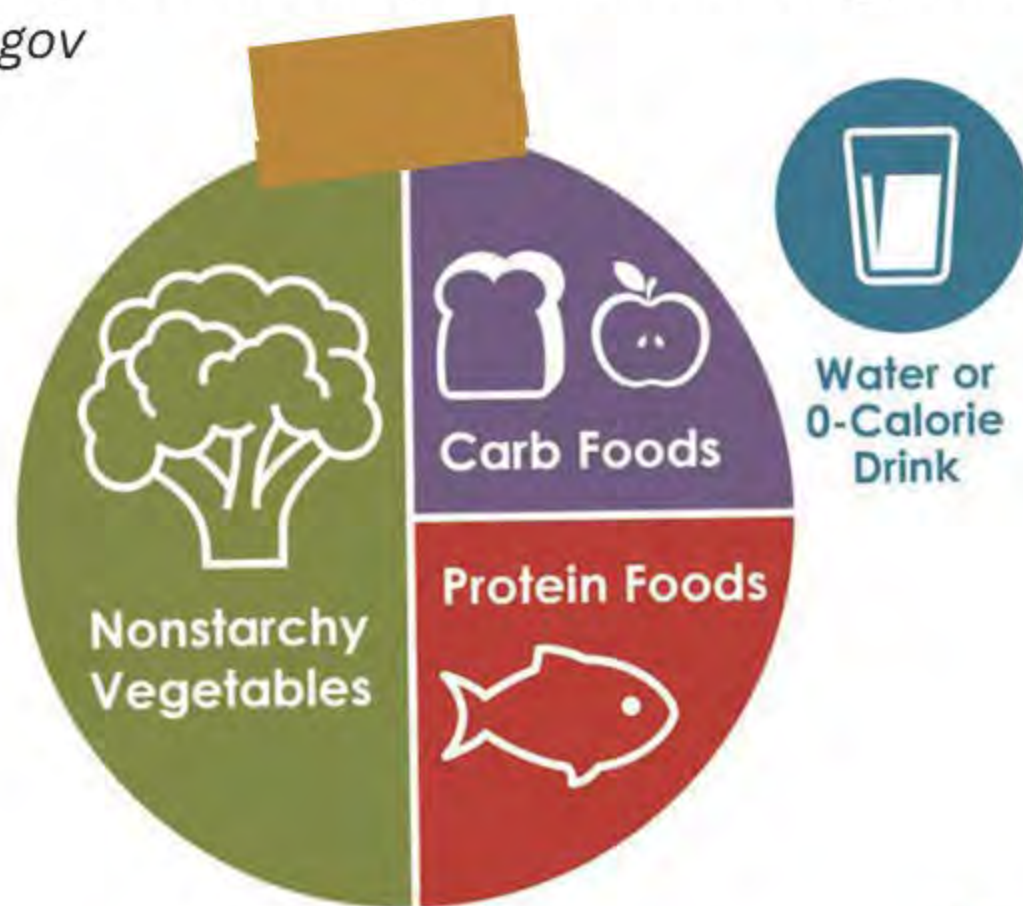


Managing Diabetes During the Holidays

Instead of missing out or restricting meal items, choose a more mindful approach. Think 'everything in balance.'

Use the portion plate as a guide.

Photo: CDC.gov



Strive for Balance

- Make $\frac{1}{2}$ of your plate veggies and $\frac{1}{4}$ lean protein to help balance out your carbohydrate choices.
- Pair a carbohydrate (pasta, potato, rice, bread, fruit, dessert) with a protein or high-fiber food (whole grains or veggies) to make your blood sugars more stable.

Make the Most of Winter Veggies.

Kale, parsnips, collard greens, Brussel sprouts, Swiss chard, rutabaga, turnips, cauliflower, and beets are just some of the many veggies in season this time of year!

