

Ten “Doable” Ways You Can Enjoy Meals on Special Days

Before you go to a holiday meal, feast day, potlatch, graduation or birthday party, make a plan to stay on a healthy eating track:

- Choose the ways you can stay on track and check: **YES! I can!**
- After the event, check the ones you did: **YES! I did it!**
- Bring this to your next appointment with your health care provider.

Special meal: _____ Date: _____

1 Earlier in the day, eat breakfast or healthy snacks. Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.

YES! I can! YES! I did it!

2 At the special gathering, limit before-meal chips and crackers.

Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.

YES! I can! YES! I did it!

3 Limit the number of starchy foods (potatoes, macaroni, bread) you choose. Have a serving of just your favorite one. Or eat ½ slice bread and a few tablespoonfuls of other starches.

YES! I can! YES! I did it!

4 Choose vegetables that are raw, grilled or steamed. Avoid vegetables in cream sauce, gravy, butter or cheese sauce.

YES! I can! YES! I did it!

5 Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas. Avoid regular sodas and juice.

YES! I can! YES! I did it!

6 Avoid drinks with alcohol or limit them. Women should drink no more than one alcoholic drink a day. Men should drink no more than two.

YES! I can! YES! I did it!

7 If you choose to eat dessert, have a small piece. Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.

YES! I can! YES! I did it!

8 After the meal, take a walk with family members. Walking will lower your blood sugar level. You will have more energy.

YES! I can! YES! I did it!

9 If you eat too much, don't feel bad. You have not failed because of one meal. Think about the days you did not overeat.

YES! I can! YES! I did it!

10 Plan to get back on track the next day. Make a plan for what you will eat for breakfast—maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!

YES! I can! YES! I did it!

