



Holiday **SURVIVAL GUIDE**



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TIPS FOR PEOPLE WITH DIABETES

Jealousy, *Temptation* & Guilt

“Jealousy
is all the fun
you *think* they had.”
Erica Fromm

Face it, most of the “winter” holidays have a focus on food. Whether it’s the office holiday party, a skating or shopping session, Hanukkah or Christmas dinner or New Year’s Eve, almost all of them are bound to be loaded with plenty of food to offer people with diabetes the big three on the emotional roller coaster: Jealousy, Temptation and Guilt.

“It’s almost historical tradition,” says Leon Rappoport, PhD, professor emeritus of psychology at Kansas State University and author of *How We Eat: Appetite, Culture, and the Psychology of Food*. “There’s always a pattern, whereby special foods are set aside for special occasions.”

Add to that mix a lack of opportunities for outdoor exercise. This means people with diabetes are facing a bumpy road filled with cookies, fudge, latkes, eggnog, roast beef and sitting on the couch watching football.

JEALOUSY

As one of the “seven deadly sins”, jealousy, particularly when it comes to food, is one emotion people with diabetes should seek to master early after their diagnosis. But the holidays can certainly cause jealousy to rear its ugly head; for example, if you’re eating another carrot and your co-workers are having their 4th cream puff and 3rd glass of champagne.

Life clearly isn’t fair, or you wouldn’t have diabetes. So, as tough as it is, you need to acknowledge those feelings of jealousy, or you will never have an opportunity to move past it. Controlling your jealousy and your eating will have a huge impact on your health in the long run.

TEMPTATION

Most holiday events, and even a trip to the shopping mall, will provide plenty of food temptation. Foods that you don’t normally surround yourself with will be in abundance.

You need to learn how to handle those potential temptations and keep your lifestyle and food plan on track.

GUILT

No matter how well you plan, or how carefully you try to deal with all the temptations of the holidays, you are likely to overindulge at least once.

The key is to realize it is okay to have a little slip up once in a while and not to beat yourself up over it. Angela Ginn-Meadow, RD, LDN, CDE, with Joslin Diabetes Center, Baltimore says to keep in mind, “That was then, and this is now. Things happen. We’re human, don’t feel guilty, and just get back on track.”

You can do that by getting back on your meal plan as quickly as possible, checking your glucose levels frequently and getting a little physical activity to offset the indulgences.

TIPS FOR HEALTHY EATING AT THE HOLIDAY OFFICE PARTY

Although management sometimes likes to keep details of the holiday office party a surprise, try to find out details of the event. Is it a sit down dinner? Buffet? Cocktails and passed hors d'oeuvres? Each has their own special strategies for dealing with temptation.

Don't skip any regularly scheduled meals or snacks prior to the party. If you do you'll be "extra hungry". This is a recipe for overindulging on foods that are probably not on your regular meal plan. It is okay to plan on having a good time and enjoying the food, but don't set yourself up for guilt later.

Keep moving. Enjoy the company and camaraderie of co-workers and friends by moving around the room and socializing instead of being near the buffet table. This requires you making a conscious decision to go to the buffet table to eat and helps avoid mindless snacking.

Look over your food options before making a selection. Whether it is a buffet table or passed hors d'oeuvres, there are always healthier and more diabetic friendly choices available. To be sure you are making the right choices, you can always ask one of the wait staff what appetizers will be served, this way you won't miss out on what you really want to eat.

Portion control. You don't have to bypass foods that you truly enjoy, you just need to eat sensible amounts.

Choose your beverages wisely. Too much alcohol adds excess calories and impacts your glucose levels. Wine or light beer has between 80 – 120 calories and is your best choice, if alcohol is a must on your holiday list. Sparkling water with the addition of fruit slices is a festive and low calorie option, not just during the holidays, but anytime.

TIPS FOR HEALTHY EATING AT THE HOLIDAY DINNER

Many of the strategies for avoiding temptation for the holiday party will also be effective for the holiday dinner.

Offer to bring a dish for dinner that you know is healthy, you like to eat and is on your meal plan.

Use substitutions. If you really want those mashed potatoes, then bypass the dinner roll so you can fully enjoy your indulgence.

Put sauces and dressings on the side – this allows you to more adequately gauge the real portion size.

Start the meal with a large portion of salad.

Eat slowly and savor all of the foods you have on your plate. This is good advice all year long. Americans, in particular, tend to eat their meals too quickly. Since it takes about 20 minutes for your stomach and your brain to connect that you are full, it is easy to over eat. Eating slowly allows your body to tell you it's full before you overindulge.

Wait before you have dessert.

HOLIDAY SURVIVAL TIPS

The hustle and bustle of holidays can make us feel like we are swept up in a whirlwind. Holidays can also be a time of great joy or great stress, depending on how you manage your time and expectations. Here are some helpful holiday survival tips.

You've been through many holidays in the past, but perhaps this is the first time as a person diagnosed with diabetes; maybe you are experiencing poor diabetes control or a complication of the disease. Diabetes changes everything about the holidays and nothing about the holidays.

Stress

Stress definitely can wreak havoc on your diabetes control if you aren't careful. Fortunately, there are a number of actions you can take to minimize the stress of the holidays.

Plan Ahead

One of the good things about many holidays is they are at the same time each year. Certainly, the period between Thanksgiving and New Year's Day, is filled with enough activities to make your head spin. But, it's always the period between the 4th Thursday of November and the 1st of January every single year.

So, get a head start by making and keeping a To-Do-List. It's possible some of the tasks that you have on your To-Do-List could be shared by other family members. Having a To-Do List makes it easier to coordinate activities among family and friends because individuals can choose those tasks that suit their schedule or capabilities. There is also a huge sense of accomplishment checking things off your To-Do-List.

Shopping

Always keep a Gift-List handy in case you run across an item that would be perfect for that hard to buy for person, or difficult to please family member. Holiday gift shopping does not have to be confined to the period between Thanksgiving and Christmas. In fact, shopping immediately after Christmas can get you some



really amazing deals and a huge jump start on the following year gift shopping.

The Internet and catalogs allow you to shop in the convenience of your home whenever you happen to find the time. This can save hours of time waiting in traffic and congested stores. Most of these outlets will gift wrap and ship the gift to its final destination for free or minimal cost. Even if you are going to be visiting the gift recipient over the holidays, it reduces the amount of stuff you have to transport.

Here is a secret: if you happen to find a really great gift, it's okay to give it to more than one person, especially if they live far away from each other or run in different social circles.

Even many grocery stores have online ordering and delivery services. Using this method is

another way to reduce the stress associated with crowds and traffic.

Be realistic about what you can do



In the past, you may have participated in the annual Christmas Carol Sing, volunteered for the local toy drive or food bank, gone all out decorating, or cooked dinner for a group of 20. But, this year, you may not feel as good or are stressed about undertaking some or all of those past activities. Don't put undue pressure on yourself. Don't feel obligated to maintain the same pace – learn to say "NO". Everyone in your extended group of friends and acquaintances might not know of your situation, so explain it briefly to them and they will understand. They might even want to find ways to help you, as part of the holiday giving spirit.

Don't be afraid to ask for help

If you need help, ask friends or family to help with tasks, such as cleaning before the holiday dinner, decorating or running a few errands. Instead of cooking the entire dinner for the family, ask attendees to bring a dish for the meal that day. Ask someone to coordinate the dishes that guests should bring for that day to insure a complete meal, and that the traditional family favorites are represented. Ask one or two individuals to stay a little later to help straighten up after the holiday event.

Preserve traditions when you can or create new ones if necessary

Every family has their own set of holiday traditions that help make up the fabric of our lives, provide richness and texture, continuity and generational memory. Some of the traditions may be elaborate and time consuming and some simple, yet meaningful. Talk to your loved ones about what traditions are the most important for the family to keep; it may be a special recipe that symbolizes the holidays, a family sing-a-long, special decorations, or invocation.

Try to preserve those traditions that are important to you and your loved ones, or scale them back if necessary. But don't be afraid to create new traditions that capture the spirit of the old tradition and are possible and sustainable under the family's current situation.

Take time for yourself



Make sure that you take some time for yourself. Do you want to do a little window shopping? Watch the kid's ice skate at the local park? Look at holiday decorations or grab a cup of hot chocolate at your local café? If there is a holiday tradition you don't want to miss, like the local performance of The Nutcracker Ballet or A Christmas Carol, be sure to set the time aside to do it. Taking some time out for yourself allows you to refresh and re-energize. This is especially important at emotional times like the holiday season.

TIPS FOR HOLIDAY TRAVEL

Many families incorporate travel as part of their holiday tradition. Maybe you regularly rent a house in Vermont, visit Aunt Mary in Ohio, or go skiing in Lake Tahoe; make sure that you feel up for the excursion. Before finalizing your plans make a realistic determination with other family members and doctors if necessary, that you are physically capable of handling the actual travel to and from the destination. Also, be certain that you have the resources and support on the other end to meet your needs.

Transportation issues

If you are traveling by air and you can afford the time, try and avoid peak flying days and times by departing and returning a day or two on either side of the busiest travel days. Be prepared to cancel plans if weather events look like you may be stuck in transit for long periods of time. Travel insurance is an acceptable expense to avoid losing out on costly tickets. If you are traveling by car be sure to plan for extra time on the road so that you can include the appropriate number of rest breaks.

It's still important that you don't overdo it. Be realistic about what activities the family can participate in. The actual travel alone may have tapped your resources, so be sure to schedule some quiet time, too.

Here are some other travel tips

General tips for airline travel

Arrive at the airport 90 minutes before a domestic flight and 2-3 hours before an international flight. This will allow you plenty of time to pass through airport security if needed. Be sure to review [TSA's website for travel updates](#).

- ▶ Pack medications in their original and properly labeled packaging in a separate clear bag and place in your carry-on luggage.
- ▶ Keep a quick-acting source of glucose to treat low blood glucose as well as an easy-to carry snack.
- ▶ Carry or wear medical identification and your physicians contact information.
- ▶ Pack extra testing supplies.
- ▶ Be patient with lines, delays, and new screening procedures.

EMOTIONAL COST OF THE HOLIDAYS

It's important to have realistic expectations and not aim for perfection, something that you might not be able to achieve.

These can be very important times for the family, quiet times for reflection and remembrance, for sharing feelings and finding peace. It is important to give thanks for those things that you do have.

Finally, unexpected things might happen that force you to modify, or even cancel, some or all of your plans. Make the best of the situation and take joy from the little things.

DIABETES SUPPLIES – AIR TRAVEL

DIABETES SUPPLIES PERMITTED THROUGH SECURITY

Transportation Safety Administration guidelines specifically state passengers are permitted to board airplanes with insulin, syringes, insulin pumps, liquids” including “water, juice, or liquid nutrition,” and “all diabetes related medication, equipment, and supplies.”

All diabetes related medication, equipment and supplies are allowed through security. However, that doesn’t mean all TSA employees are up to speed, so remain calm and provide appropriate documentation if necessary.

Here’s what you can take on the plane:

- ▶ Insulin and insulin loaded dispensing products (vials or box of individual vials, jet injectors, biojectors, epipens, infusers, and preloaded syringes)
- ▶ Unlimited number of unused syringes when accompanied by insulin or other injectable medication
- ▶ Lancets, blood glucose meters, blood glucose meter test strips, alcohol swabs, or meter testing solutions
- ▶ Insulin pump and insulin pump supplies (cleaning agents, batteries, plastic tubing, infusion kit, catheter, and needle)—insulin pumps and supplies must be accompanied by insulin
- ▶ Glucagon emergency kit
- ▶ Urine ketone test strips
- ▶ Unlimited number of used syringes when transported in Sharps disposal container or appropriate hard-surfaced container
- ▶ Sharps disposal containers or similar hard-surface disposal container for storing used syringes and test strips
- ▶ Liquids (to include water, juice, or liquid nutrition) or gels
- ▶ Continuous blood glucose monitors

HOLIDAY MEALS

You've been good all year – right? So it's okay to splurge just a little. Just don't forget to get back on track the next day! Here are two wonderful and festive holiday menus:

MENU 1

Mixed Baby Greens with Toasted Walnut Pear Dressing - *The toasted walnut pear dressing adds some extra crunch and Omega 3's*

Pepper Crusted Beef Tenderloin with Horseradish Sauce
One word – yummy!

Mushroom Barley Pilaf - *This whole grain dish pairs perfectly with beef*

Green Beans and Pan Roasted Onions - *The pan roasted onions add extra depth to this green bean dish*

Poached pears in chocolate raspberry sauce - *A light yet rich finish for your holiday meal.*

MENU 2

Persimmon and Apple Salad - *features seasonal fruit*

Apricot Pork Tenderloin with Cranberry Black Pepper Sauce

Parmesan Polenta - *This hearty and creamy dish counts as a whole grain and makes an excellent side dish for any protein.*

Green Bean Provencal - *A classic French preparation*

Maple Pumpkin Custards with crystallized ginger - *A perfect one serving dessert to finish your meal (no leftovers for temptation later)*



SMART HOLIDAY GIFTS FOR PEOPLE WITH DIABETES

By Tasha Lessey

With the holidays fast approaching, are you racking your brain trying to figure out what to get your loved ones? Don't worry, we've got you covered. Here are ten ideas to give you a head start in finding the perfect diabetes-friendly gift that's guaranteed to spread holiday cheer.



Exercise DVDs

Exercise helps the body use glucose, which helps control blood sugar and minimize complications. It is one of the best tools in a diabetic's arsenal, but the cold weather this time of year can be a huge deterrent. Exercise DVDs can help — you can exercise in the comfort of your home any day, any time ... no excuses. There is a wide selection available from walking DVDs for beginners like Leslie Sansone's **Walking Down Your Blood Sugar** to advanced options like Cathe Friedrich's **Crossfire** for the more hardcore.

Cookbooks for any culinary craving

Just because someone has diabetes doesn't mean they can't enjoy good food. There are cookbooks that show how to indulge without raising blood sugar. To satisfy a sweet tooth check out is **The Big Book of Diabetic Desserts**; lovers of Asian food will enjoy **The Asian Flavors Diabetes Cookbook** and fans of Mediterranean cuisine will savor the recipes from **The Mediterranean Diabetes Cookbook**. Those that are time-crunched have plenty of options as well from **Betty Crocker's 30 Minute Meals for Diabetics** to the even speedier **15-Minute Diabetic Meals**

A Foot-tastic gift basket

Everybody enjoys pampering their feet but diabetics need to take extra special care of them as they are prone to foot complications. Give them a basket filled with items such as essential oils, cleansers, lotions, a nail brush and pumice stone.

You can buy a ready-made gift basket from **Castle Bath** or **Nature's Essential garden** or build one yourself with items from stores like The **Body Shop**.

Stylish workout clothes

Motivate the fashionista in your life to keep exercising with stylish workout clothes. For \$25 you can get a complete active wear outfit from **Fabletics**. If you feel like splurging, **Elisabetta Rogiani** offers couture fitness wear.

Diabetic-themed merchandise



If you want to give a light hearted gift, check out this **tee** from Cafepress. This **tee** and **cap** are also good for a laugh (or two). For the coffee lover, have your pick from one of these **mugs**.

Fashion forward medic alert jewelry

Give loved ones peace of mind with fashion forward medic alert jewelry from **Creative Medical I.D.** You can choose from bracelets, cuffs, sports bands, watches and there are styles for men, women and children. Medical history is engraved on the jewelry.

Chic bags to hold diabetic supplies

Diabetics no longer have to store all their vital supplies in ugly bags. **ADorn designs** specializes in stylish handbags with enough room for blood glucose monitors, insulin pens, pumps, strips and syringes. They even have a **clutch** cleverly designed to hold supplies for a night on the town!

Diabetic insight foot care scale

It is important that diabetics check the bottom of their feet on a daily basis. Excess glucose in the blood can cause nerve damage and poor blood flow leading to foot problems. The **Insight 1380 Digital Bathroom Scale** with its specially designed magnified mirrors makes it easy to monitor the feet. Of course keeping their weight at a healthy level is critical, so this scale is a two for one! According to Cathy Nonas, MS, RD, a professor at Mount Sinai School of Medicine in New York City, "No matter how heavy you are, you will significantly lower your blood sugar if you lose some weight."

A happy, healthy Smile

Diabetics can be more susceptible to cavities and gum disease. Help them stave off these problems with these beautifully designed oral care products from Vielight. For the person on the go, this **stylish compact toothbrush** can easily fit in a handbag. Germ-a-phobes will love this **toothbrush sanitizer** which eliminates up to 99.99% of germs with ultraviolet light. And get your kids excited about brushing with this **toothbrush** that rocks, wobbles, spins, and never tips over!

Tea starter set

Introduce your loved ones to the wonderful world of tea with the **Green Tea Lovers Starter Set**. Tea contains polyphenols which reduce the risk of heart disease by lowering blood pressure, preventing clotting and reducing cholesterol. This is especially important for diabetics who face a higher risk of heart disease.

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TIPS FOR COMING IN FROM THE COLD

Time spent in the cold makes you think you are hungry, so the temptation to grab something carbohydrate-rich can be overwhelming.

- ▶ Instead, don't completely strip out of your warm clothes, leave on a sweater or a scarf, or wrap up in a blanket.
- ▶ Drink a cup of warm tea instead of hot chocolate, a coffee drink or spiced cider.
- ▶ Avoid alcohol, it creates a false sense of warmth and adds extra calories and empty carbohydrates to your daily intake.
- ▶ Drink plenty of water – cold often causes dehydration, which will make you feel cold. Drinking plenty of water will offset that feeling, keep your stomach a bit fuller and keep you properly hydrated.

TIPS FOR OVERCOMING TEMPTATION AT THE SHOPPING MALL

The mall is veritable mine field of food temptations and none of them good for you. Before you head off for an extended shopping trip, be sure to eat your regular morning, afternoon or evening meal and stay fully hydrated.

According to Kathleen Voss, Associate Professor of Marketing at University of Minnesota Carlton School of Management, "Having to make decisions reduces a person's willpower." After being inundated with gift giving decisions it can be easy to give in to the temptation of the food kiosk.

- ▶ Carry an appropriate snack: a handful of nuts, dried fruit or whole wheat crackers with peanut butter. If it's in your bag, it will be much easier to

pull it out and snack on it than waiting in line for that Cinnabon (which is over 1,000 calories of fat, sugar and carbohydrates).

- ▶ Carry water in an eco-friendly container to help avoid the seasonal specialty drinks which are loaded with sugar.
- ▶ Keep a piece of sugar free gum handy to quench those instant sweet cravings and help suppress appetite.
- ▶ With all that walking and carrying of packages you will burn some calories, so check your glucose at mid-shopping trip to make sure you are on track.

Holiday Gift Guide Designed by: Radhika Guru, Twopenny Creations