



Breakthrough T1D™

Formerly JDRF



How to Christmas with T1D

The Christmas holiday is filled with great memories, cozy activities, and reconnecting with friends and families. However, navigating T1D for the holidays can also be challenging. Here are some tips to help you navigate the Christmas holiday like an expert while enjoying family time. And remember, it's just one day. You've got this.

Enjoy your Meal

Bring a dish to even the playing field: Do you want to provide a dish that many will be surprised is healthy and tasty? The holidays are a great time to create new food traditions on the table and add to past years' recipes. Bring a dish that will surprise the entire family. It also can be a great way to discuss why your dish is healthy.

Focus on non-starchy vegetables and protein first, then carbohydrate-rich, fiber-rich dishes last. You can also use this plan to navigate eating around your plate. You are guaranteed to feel full quicker, giving you a chance to have your cake (or cookies) and eat it, too!

Monitor blood sugar regularly

Monitor your blood sugars regularly before meals, two hours after eating, and before bed to ensure that they are in a stable range. Test your blood sugar after eating baked goods, starchy sides, and holiday drinks.

Plan Ahead



Pack snacks that complement your blood sugar goals for the holidays. Bringing some **healthy low-carb snacks** like nuts, vegetables, or cheese can help alleviate hunger when eating on schedule doesn't always happen.



Packing a **high-fiber carbohydrate** like fruit is also a great addition. Apples are in season right now, so they are a great complement to cheese or peanut butter.



Work with your healthcare team to come up with the best holiday insulin dosing plan for you. They may recommend basal changes, dosing insulin earlier for meals, and adjusting carb ratios during times of extra food and activity.

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit [BreakthroughT1D.org](https://www.BreakthroughT1D.org).



Beverage busters

Don't let the holiday beverages break you: It's easy to get swept up with the crowd when indulging in them; however, be mindful of your beverage intake.

Beverages with added or natural sugar can contain carbohydrates with no fiber, resulting in a spike in blood sugar. Consider asking for the nutrition label for some of the beverages or asking how they were prepared if they were homemade.

Try to limit your daily beverage intake to 15 grams of carbohydrates. You can always add a source of protein as a snack along with your sweetened beverage

Remember, some alcoholic beverages can bring your blood sugar down too low; **discuss insulin dosing for alcohol with your healthcare provider.**

Movement and mindfulness

Consider bringing an indoor activity that requires you and the entire family to move more. Movement helps lower your blood sugar. If the weather is nice, get moving with your family outside! Even a neighborhood walk can greatly benefit your blood sugar (remember to bring along a low treatment, just in case.)

Practice mindfulness the entire day when celebrating Christmas. If we are honest, there is going to be food everywhere. Sometimes, we are offered food when we are not hungry or when it is just lying around. Ask yourself, "Am I hungry, or do I want to eat this just because it is offered to me or in front of me?"

Reflect on other activities during the holiday season, such as singing, connecting with family you haven't seen in a while, volunteering at a food pantry, or giving back.



Be prepared for emergencies

Bring your T1D kit, which should include your blood glucose meter, extra insulin, and fast-acting glucose sources. If you are traveling, bring extra pump site changes and CGM sensors in case your T1D tech fails.

"Yes, I can eat that!" and "No, thank you."

Let the well-meaning "food police" know that having T1D doesn't mean you can't have the foods you love; it just takes a little more planning.

Have friendly boundaries around family offering you food you may not want.

Ask to take a few treats home instead of eating more than you want or need to feel satisfied.

Created by Breakthrough T1D in Partnership with EatWellExchange



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Christmas Carb Count Guide

Visions of Sugarplums won't elevate blood sugar, but traditional holiday treats sure can! With a little planning and this handy carb count guide, you can choose some of your favorite treats, keep your blood sugar in check, and enjoy the holiday. Just be sure to save some cookies for Santa!

PRO TIP!

Fill 2/3 of your plate with lean protein and non-starchy vegetables, and then pick and count carbs for your favorite starchy sides to round it out.



Proteins

any size serving, 0 carbs

Turkey, Ham, Roast Beef, and Chicken (don't forget the gravy!)
 ¼ cup has 4 grams

Starches

Mashed potatoes	1c	30g
Corn	½c	15g
Sweet potato casserole	½c	15g
Macaroni and cheese	½c	20g
Green bean casserole	½c	15g

Non-starchy vegetables

½ cup serving, 5g

Green beans, Brussel sprouts, Asparagus, Yellow squash or Zucchini, Carrots (roasted), **Broccoli, Cabbage, Dark greens** (collards, kale, spinach), or **Salad** (check dressing label for sugar content)

Cultural foods/staples

1 Medium Tamale (corn masa)	15g
Jollof rice	½c 20g
FuFu (cassava or plantain)	½c 30g

Beverages

Mulled wine	1c	25g
Hot chocolate (milk)	1c	30g
Eggnog	½c	30g
Coquito (Puerto Rican beverage)	4oz	25g
Beer	12oz	12g
Wine	5oz	4g

Dessert

(1 serving = ⅓ slice of pie)

Pecan pie	60g
Meringue pie	50g
Gingerbread (cake or loaf)	35g
Fruitcake	26g
1 Christmas cookie (can vary by size)	20g
1 Candy Cane	15g

