

## 11 Tips to Maintaining a Diet During the Holidays

-Susan Harris

*I know how hard it can be during holidays so I'm sharing some tips I use to stay on diet and maintain steady blood sugar. I hope they can help you.*

1. I eat at my usual times. If the meal will be served later than my eating time, I still eat at my usual time but a smaller portion, and then eat another smaller portion with the main meal and guests. I don't skip the usual meal as it makes me hungrier and then I tend to overeat.



2. I ALWAYS walk with my low-carb, high protein snacks/food in the car and fall back on it whenever I choose. And if I have to take a dish, it's always a healthy one that I can eat. (If you are hosting, why not make your version of low carb desserts and foods?)



3. If I wanted something sweet, I make the choice to avoid the other carb foods that are served.



4. I start with protein as protein makes one full, then veggies. These raise blood sugar the slowest, if at all.



5. Because it takes at least 20 minutes for the brain to register fullness, I eat slowly and wait to see if I need more.

6. I stick to portion sizes.

7. I walk 10 minutes on the spot after eating. This is really powerful.



8. I check my blood sugar frequently (which is really easy as I scan a sensor).

9. I sleep more so that I'm not tempted to eat.

10. I pray for self-control over eating.



11. Instead of the food, I make my focus the people and conversations.



Most importantly, if you slip up, be kind to yourself. Go back to your regular eating at the next meal.

*Susan*