**County Durham and Darlington Diabetes Service**

**Key Messages for December 2018 to January 2019**

**Top Tips for Christmas…**

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**How to have a healthy Christmas:**

Christmas is a time for family, friends and food. There are so many temptations out there, but this doesn’t mean you can’t enjoy a diabetes-friendly Christmas without missing out on all the fun of the feast.

Here are some top tips to keep you on track over the festive season:

* On days when you know you are going to eat out stick to your usual routine as much as possible.
* To reduce the chance of snacking on sugar laden foods, start the day right with a healthy breakfast: try poached/scrambled/boiled eggs, avocado on toast, porridge made with whole oats or Greek yoghurt with nuts and berries. A protein packed breakfast will keep those hunger pangs at bay!
* Keep an eye on those portion sizes. It can be tempting to pile the food high on Christmas day, but by choosing smaller plates you can reduce the amount of calories, sugar and fat consumed, without missing out on your favourite foods!
* And don’t forget the vegetables! Fill your plate with vegetables you enjoy eating.
* If you are planning a feast on the day which includes various courses, serve smaller portions so you can enjoy your food without over-eating.
* Plan ahead: most restaurants have their menus online which often includes nutritional information (kcals, fat content etc) so by looking over the menu beforehand, you get a better idea of the food available and what the healthiest choice can be.
* If you are eating out with friends, try ordering your meal first. Research has shown you are more likely to be swayed by what your friends are eating, which could lead to adding on extras or changing your mind entirely.

* Only order a pudding if you really want one. Don’t be tempted by others’ food choices or feel you have to join in.
* If you do want a pudding, try sharing with someone else, or ask for a smaller portion.
* Knowing when you’re hungry. More often than not we eat out of habit, circumstance, boredom or occasion. Sometimes when we are thirsty, the body send out hunger signals, so try having a glass of water first before tucking into the chocolates!

**Food swaps:**

60g cheese and 35g crackers (390 kcal 25g carbs) ***swap for*** 80g vegetable sticks, 2 bread sticks and 50g Houmous (224kcal and 19g carbs)

Christmas pudding with 2tbsp of Brandy Cream (636kcals and 108g carbs) ***swap for*** 160g fruit with 50g Crème Fraiche (175kcal and 25g carbs)

Mince pie with cream (I mince pie and 20g cream; 566kcals and 79g carbs) ***swap for*** 100g chocolate mousse (149 kcal and 20g carbs)

Prawn cocktail -160g (341kcal and 13g carbs) ***swap for*** Smoked mackerel salad (66g mackerel) 201kcal 0g carbs

**Link to Information for people with Type 1 Diabetes**

For information about living well with Type 1 Diabetes please visit the following page on the NHS Choices Website:

<https://www.nhs.uk/conditions/type-1-diabetes/>

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| **Self-Management Course** |

If you have been diagnosed with Type 2 diabetes and would like information and advice on managing your condition ask your GP or nurse to refer you for a structured education self-management course. This is either one full day or 2 hour sessions weekly over 6 weeks.

Courses give you information and advice on making healthy lifestyle choices to help you to manage your diabetes. It also gives you the chance to meet other people with diabetes who can help give you support.

For information on the courses please contact us on -0191 5692848 or to be booked onto a course ask your GP to refer you.

We are now on Twitter and Facebook!

[](http://www.bing.com/images/search?view=detailV2&ccid=wGt%2bb/ia&id=9B18E9486F3E6FE41305EABF24136050C8993E28&thid=OIP.wGt-b_ia5xh9eQM2geNtggHaHa&mediaurl=http://is4.mzstatic.com/image/thumb/Purple118/v4/f9/29/55/f92955e7-8878-925b-9856-3c7f535477cd/source/1200x630bb.jpg&exph=630&expw=630&q=twittter&simid=608019645989654045&selectedIndex=0) [@cddftdiabetes](https://twitter.com/CDDFTDiabetes)and [](http://www.bing.com/images/search?view=detailV2&ccid=nRPqr2Vm&id=A38B224984B174DB98A8DB73C528874834888DAD&thid=OIP.nRPqr2VmuL33Fb04wRCuwAHaHa&mediaurl=http://3.bp.blogspot.com/-KNqO9JuXUN8/Ti2b1LHRquI/AAAAAAAAAIU/L6k8Wlzxj9k/s1600/logo_facebook.png&exph=1600&expw=1600&q=facebook+logo&simid=608028764205613591&selectedIndex=1) [CDDFT Diabetes](https://www.facebook.com/CCDFTDiabetes/), patients and healthcare professionals can like and follow us to keep up to date with the latest diabetes news and events.