



## Diabetes: Managing Holidays & Events with Diabetes

Holidays and events challenge glucose control. Social pressure and irregular schedules increase risk for spikes. Planning ahead prevents guilt and metabolic stress. Flexibility with structure wins.

Large carbohydrate loads and alcohol raise post-meal glucose. Skipped meals worsen insulin response later.

Glucose monitoring often reveals larger swings during holidays.

Strategic planning preserves control without social isolation.

### 01 Is This Your Story?

A patient experiences glucose spikes during family gatherings. By eating protein beforehand and walking after meals, glucose remains stable. Enjoyment improves without compromising control.

### 02 Try This Today

**Measure:** Track glucose patterns during events.

**Do:** Eat protein before social meals.

**Reflect:** Ask whether preparation could reduce stress at events.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

