

# Happy Holidays

*This email contains graphics, so if you don't see them, view it in your browser*



Dear Ghadah,

It's the end of the year and we hope you found HeLP Diabetes helpful in some way. Since it is the holidays and this might mean lots of delicious food and treats all around you, we would like to give you some tips for enjoying your holiday and not feeling guilty about making less healthy choices.

But, don't forget that food high in fat or sugar can be high in calories and may affect your blood glucose levels, so try your best to do the following:

- Have small amounts of food high in fat and sugar occasionally.
- Try and choose low fat or fat free alternatives.
- Choose sugar free or diet fizzy drinks and squashes, instead of the regular versions. This can help you reduce your sugar intake and improve your blood glucose levels.

And most importantly keep track of your food and manage your cravings by following the tips and advice in the [keeping on track with my food](#) page.

And if you want to know the 8 steps for healthier eating, visit the [quick guides: eating with type 2 diabetes](#) section.

Some of our users shared special Christmas recipes in the [user recommended recipes](#) thread in the forum. Have a look and try some of the recipes or share your own.

For more tips on enjoying your holiday visit the [social life](#) section for more information and advice that will help you get the most out of your holidays.

And as a final note, keep an eye out for the [newsletter](#) as it will include new information and updates about Bariatric surgery and the Mediterranean diet.

Best wishes,  
HeLP-Diabetes team

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