American Diabetes Association®

National Diabetes Prevention Program

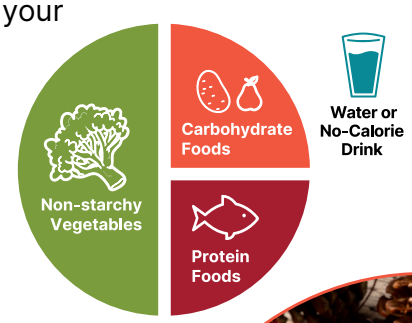
Celebrate the Holidays! Keep Your Healthy Habits

Eat well and enjoy the holiday table.

The holidays are a time for gathering, celebrating, and enjoying our favorite foods. And with some planning and prep, you can still enjoy holiday traditions and food favorites while following your healthy eating plan.

Build a Festive, Balanced Plate

Think about your holiday plate in four parts like in the **Diabetes Plate**:



1. Fill half your plate with non starchy vegetables such as green beans, Brussels sprouts, carrots, broccoli, leafy greens, mushrooms, peppers, or a salad.
2. Fill one quarter with lean protein such as turkey, chicken, or fish.
3. Fill the last quarter with quality carbohydrates such as holiday staples like potatoes, sweet potatoes, pumpkin, corn, fruit, whole grain rolls or stuffing.
4. Choose a zero-calorie drink. Try water, sparkling water, unsweetened tea, or unsweetened coffee alongside your holiday meal.



Be selective about your holiday favorites. Many foods served during the holidays tend to be high in carbs, dinner rolls, cranberry sauce, pumpkin pie, and other desserts or treats. Remember, you don't have to sample everything that is offered. Focus on dishes that are more special to you or that you only have during this time of year.

You can make healthy cooking part of the holidays by giving traditional recipes a healthy twist:

- Swap half of the potatoes in mashed potatoes with roasted cauliflower
- Trim visible fat from meat
- Remove chicken or turkey skin before cooking
- Use herbs, spices, lemon juice, vinegar, salsa, or low-fat dressings for flavor instead of high amounts of salt and fat

The National Diabetes Prevention Program can help you build lasting habits around healthy eating, physical activity, tracking, and staying motivated all year long while **reducing your risk for diabetes by 58%** (71% for people over 60 years).

Learn More
diabetes.org/DPP