Have GRACE this Holiday Season!

Practice checking in with yourself on how you feel; how those surrounding you influence your mood; how your food choices sit in your body after eating; how much sleep you are getting; how much money are you spending; how your body likes to move. Choose to adjust accordingly if you need balance to feel great!

Get creative with your gift giving: Try giving the gift of experience instead of more presents. Try making some homemade gifts with some loved ones. Try volunteering for those less fortunate.

The Holidays can be a series of disasters for people with diabetes, those trying to lose weight, or anyone wanting to choose a healthier way of eating. To help fight the risks of expanded waistlines and eating poorly, Michigan State University Extension offers 10 common-sense rules for healthier eating during the holidays – or any time.

1. When you move away from the table keep right on moving. After dinner is a great time to bundle up and take a walk around the neighborhood, play catch or build a snowman with the youngsters.

2. Remember, you don’t need to try everything today – that’s what leftovers are for.

3. Leave the table before you are full. Continue the conversation somewhere else, or help clear the table so you can enjoy coffee or tea after the meal.

4. Practice the art of the “polite decline.” You can still show Aunt Elizabeth you love her, even if you don’t want to eat her fudge.

5. Eat what you decide to eat and not what other people want you to eat. Plan ahead, if possible. Or bring a dish you know you can enjoy.

6. Proteins and veggies first! Concentrate on eating from the protein and vegetable part of the menu first to help reduce your appetite.

7. Choose your splurges carefully! Know which events and which scrumptious foods you don’t want to pass up and the ones where you want the company to be the main attraction.

8. If you count carbohydrates get to know the carb counts of typical holiday foods. This will help you limit yourself, and if you take insulin, you will know how much you need.

9. Enjoy the conversation and the company. Eat slowly enough to give your brain time to register that you are filling up and aren’t hungry anymore.

10. Move your body. Take your dog for a walk, dance in the living room, & build a snowman with your kids- just move!