



Do You Have a Plan For The Holidays ?

* Home Sweet Home Plan

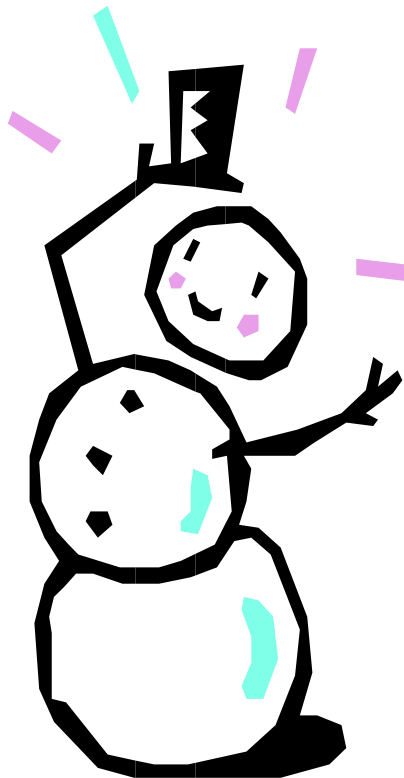
During these hectic times it is best to stock up on healthy snacks you WANT to eat at your house.

Cut up, chill, and store those raw veggies. A large salad made up the night before works wonders and doesn't break the calorie budget. An individual portion of a previously made and frozen batch of chili or heart healthy vegetable soup heats up quickly.

* Company's Coming Plan

Be ready for company with some sure-fire winners. Fruit kabobs with yogurt dip. Colorful veggies with a low-fat dip. Baked chips and bean dip. Low-fat muffins. Colorful and lowfat pasta salad. Low-fat microwave popcorn topped with your favorite herb or seasoning. Reduced-fat crackers and hummus.

Holiday times are here! Let's plan for success! Please go to our web-site for more healthy DDHC taste tested recipes updated monthly .



Don't gain the curves of a snowman this season

* Sweet Dreams Plan

For those with a sweet tooth, try some of these suggestions: Slices of angel food cake with fresh fruit on top. Festive fruit platter. Small colorful sugar free cookies on a small plate. Flavored coffee and tea. Sugar free Whipped cream with fresh fruit.

* Before The Party Plan

Remember the weight you gain during the holidays is not likely to come off at a later time. Eat a light, low-fat snack before the party to curb hunger and make better choices. Limit alcohol, enjoy one alcoholic beverage and then switch to diet soda or soda water with lime. Bring a low-fat dish to the party. Keep minimal baked goods on hand this season. Finally, celebrate what the holidays are really about — spending time with family and friends. Be creative with your time.



Questions?

Please call us at 1.877.503.0388 Opt. 1 ask for Debbie, Kim, Aileen, or Stacie.

Need help accessing our web-site?

www.doctorsdirecthealthcare.net

Click on the secure site, use your username and password and join our Spark Team, once on Spark you can enroll in the Diabetes Management Program.

What you have learned:

- Plan for a healthy Holiday
- Holiday party strategies
- How to burn 100 calories in minutes
- Don't forget your healthcare team during this busy season. Call if you need us.

You Can Burn 100 Calories Today !

How many calories are in your favorite holiday treats:

- * 1 slice of pumpkin pie- 320 calories
- * 2 sm. cookies- 140 calories
- * 1 C eggnog- 342 calories
- * 2oz fudge- 240 calories

The holiday season always comes upon us quickly. It overwhelms a busy schedule by adding parties, gift shopping and extra food preparation. There are more temptations for the well-managed calorie budget.

In Minutes a day you can burn 100 calories...

- * 45 mins of shopping
- * 15 mins of walking
- * 35 mins of housework
- * 15 mins of dancing

Points To Remember !

Check your blood sugar daily

Daily foot checks

Get your flu shot

Kidneys checked yearly

Don't forget your well visits

Dilated eye exam yearly

Check you Alc twice a year

Lipid panel checked twice a year