

Balance Sweets & Treats with steady blood sugar control



Before You Go: Eat a meal packed with lean protein and whole grains (wheat bread, brown rice, whole grain pasta)

Use the plate method as a guide - 1/2 plate veggies, 1/4 plate starch (rice, pasta, potato), 1/4 plate lean protein (chicken, turkey, fish)



Pack a Snack Full of Protein & Fiber



Try to Avoid Sugar-Sweetened Drinks

It can be hard to control your blood sugar if you're eating & drinking carbohydrates at the same time.



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Be Mindful of Portion Sizes.

Having some is OK.



Don't Overdo the Sugar-Free Sweets.

Eating too many sugar-free sweets may lead to an upset stomach.



Avoid Using Chocolate to Treat Low Blood Sugar.



Offer to Host a Party with Non-Food Activities.

Invite people over for fun activities like crafts, games, pumpkin carving, and/or face painting.





Feeling Festive?

Try these snacks that add fall fun

Roasted Pumpkin Seeds

Popcorn with Nutmeg or Cinnamon

Cranberry Almond Energy Balls

**Lunch Meat and Cheese Cutouts
in Festive Shapes**

