

## Meal Planning for Holidays

### Use a nutrition calculator, such as Samsung Food.

Use to calculate nutrition and carb info for homemade recipes OR for recipe found online! These recipes will be saved for future use as well. This makes carb counting easy if making the same recipes every year!

**Quick tip:** If someone else is cooking for holiday meals, see if they'd be willing to share their recipes ahead of time.



### Build your plate strategically.

Think about your hunger level and how much you might realistically eat during a particular meal. This could help visualize how many carbs are on your plate and increase accuracy of estimations. Go ahead and have seconds if you finish the food on your plate! Just remember to cover additional carbs with insulin.

**Quick tip:** Having a variety of foods on your plate, including protein and vegetables, can also help to prevent large spikes in blood sugar. Aim to have a balance of multiple food groups!

### Re-familiarize with portion sizes and measuring cups.

Estimating the carbs in a serving size is a useful skill, but only when you know what servings sizes are! It doesn't hurt to practice using measuring cups and kitchen scales to refresh your memory, especially if planning on having meals away from home.

### Remember to pre-meal bolus.

Even with accurate carb counting, blood sugar may still spike without pre-meal insulin. Remember to dose 10-15 minutes prior to meals. Plan ahead, set reminders on your phone, or have another trusted person help keep you accountable.