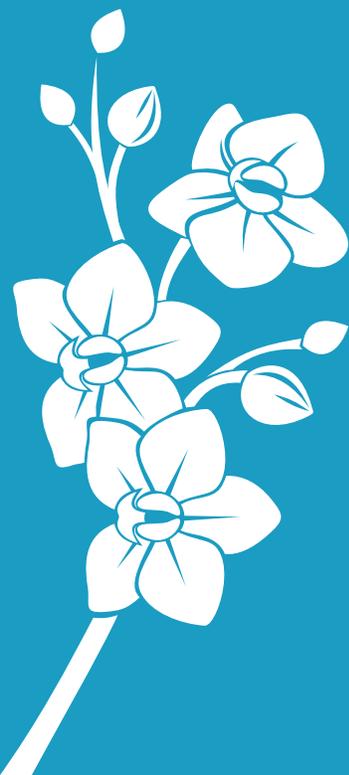


# CHOOSING HEALTHY FOODS ON HOLIDAYS AND SPECIAL OCCASIONS

Tips for Filipino Americans with Diabetes

December 2015



Holidays, fiestas, and celebrations are a time for gathering with family and friends for special meals. If you have diabetes, eating healthy at these times can be especially hard. Here are some tips to help you stick with your meal plan and celebrate!

## WHEN YOU GO



menu

- **Plan ahead.** Before you go, think about the foods that will be at the fiesta. Decide which foods can be part of a delicious meal that will help keep your blood sugar under control and which foods you want to avoid.
- **Check out all that's offered at a buffet.** Before you serve yourself, look at all the options first, then choose one or two favorite treats along with healthier items to round out your meal.
- **Watch your portions.** Many of your favorite foods may have a lot of fat, sugar, or salt. Take very small portions of foods like paella, lechon, chicken relleno, ham, or pancit.
- **Come prepared.** Bring a low-fat main dish to a potluck so you'll have something healthy to eat.

## VEGETABLE TIPS



- **Fill half of a 10-inch plate** (the size of a regular dinner or paper plate) **with colorful, non-starchy vegetables**, such as bok choy, spinach, long beans, squash, carrots, eggplant, or vegetable salad.
- Go light on salad dressing, mayo, or cream sauce. **Use a little bit of olive oil and vinegar or lemon for a salad dressing.**
- Take only a little of the pickled vegetables; they have a lot of salt.

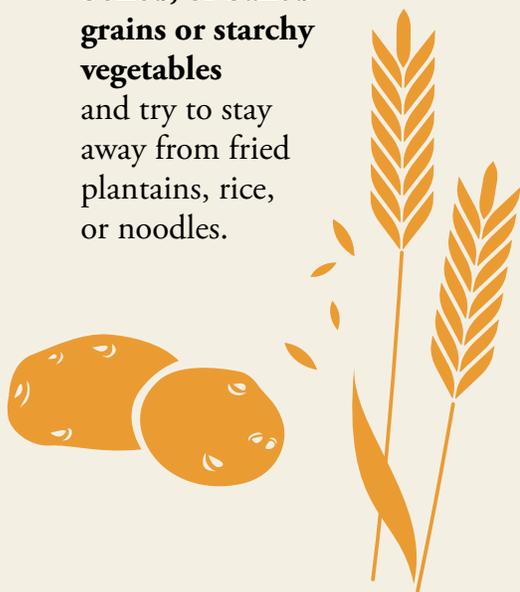


National Diabetes Education Program

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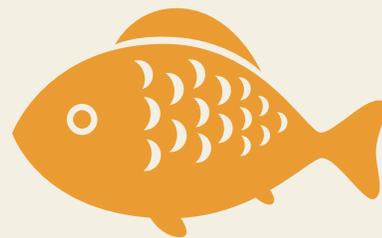
# GRAINS AND STARCHES

- Take only as much grain or starchy vegetables, such as rice or potato, to **fill ¼ of your plate.**
- **Choose high-fiber grains** like brown rice or whole-grain noodles or bread.
- **Take small portions** of starchy vegetables, like taro, plantain, yams, or potatoes.
- **Serve yourself plain steamed, boiled, or baked grains or starchy vegetables** and try to stay away from fried plantains, rice, or noodles.



# PROTEIN TIPS

- Eat 2–3 ounces of protein, enough to **fill ¼ of your plate.**
- **Pick dishes with baked or grilled lean meat or poultry** (like chicken or turkey without the skin, or shank beef) or dishes with **fish, tofu, or mungo beans.**
- **Trim the fat off** any meat you eat.
- Take just a taste of high-fat or deep-fried foods, like lechon, sausage, or fried fish or lumpia.
- If you are hosting a meal, **try small changes to make dishes healthier.** Try adobo made with lean chicken or pork. Leave chorizo out of your paella, find a lower-fat sausage, or add more seafood. Wrap fresh lumpia in lettuce leaves.



# DESSERT TIPS

- **Choose fresh fruits** such as apples, pears, strawberries, or oranges.
- Try not to eat (or have only a small serving of) desserts that are high in sugar and fat, like leche flan, ice cream, cakes, or desserts made with coconut.



# DRINK TIPS

- **Drink water, unsweetened tea or coffee, or other sugar-free beverages.** Add a lemon wedge to water for flavor.
- If you drink, limit alcoholic beverages to no more than one drink a day for women and two drinks a day for men. Drink alcohol with food, not on an empty stomach.



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For more information call 1-800 CDC-INFO (800-232-4636).

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To order resources, visit [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep).

