

# Escape the holiday carbohydrate trap

The holidays can feel like one big carbohydrate trap. For people who are watching their carb intake, this time of year can be challenging.

Between all the bread, mashed potatoes, and desserts, many people throw up their hands and declare, “I’ll start eating better AFTER the holidays.”

But, there is no reason to take an all-or-nothing approach. You can enjoy holiday meals and avoid overdoing it.



Whether you’re managing diabetes or just trying to eat fewer empty carbs, here are some holiday eating tips:

- **Focus on eating more vegetables.** Have the turkey and some of your favorite veggie sides, and hold off on the mashed potatoes or rolls. You might find yourself satisfied, but if not, you can always go back for another serving.
- **Bring a dish you know is low-carb.** Make sure it is something you enjoy eating, and that feels festive for the occasion. You’re not depriving yourself; you’re enjoying delicious, low-carb food.

- **Think in advance about what foods are worth the indulgence.** Instead of sitting down and throwing caution to the wind, pick one or two of your favorite carbohydrate-rich foods to enjoy. If you really want dessert, try limiting your servings of potato, rolls, stuffing, and macaroni in your main meal.

- **Have a healthy snack in advance.** If you show up at the table starving, you’re more likely to be tempted. A handful of nuts or an apple with peanut butter can take the edge off and prevent overeating.

