

# Your Holiday Health Survival Guide

Simple, actionable tips for managing blood sugar and blood pressure during the holiday eating season so you can enjoy the festivities without derailing your health goals.

## 1. Before You Eat: Protect Yourself

### Hydrate First

Drink a large glass of water beforehand to help you feel fuller.

### Don't Arrive Starving

Have a small, healthy snack before you go to avoid overeating.

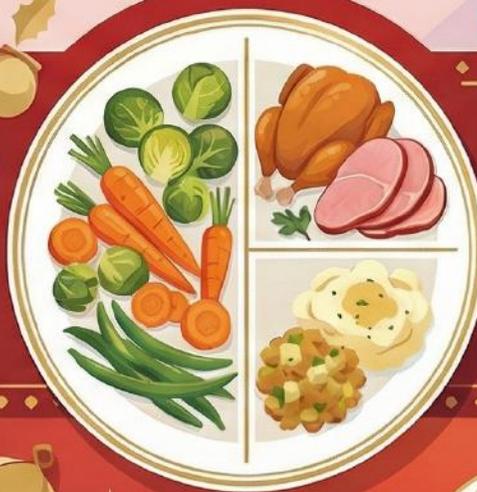
### Move Your Body

Get in some light movement or exercise earlier in the day.

## 2. During the Meal: Build a Safer Plate

### Follow the 1/2, 1/4, 1/4 Plate Rule

Fill half your plate with veggies, a quarter with protein, and a quarter with carbs.



### Beware of Liquid Sugar

Sodas, sweet punches, and alcoholic roivers can spike your blood sugar rapidly.



### Enjoy Dessert Wisely

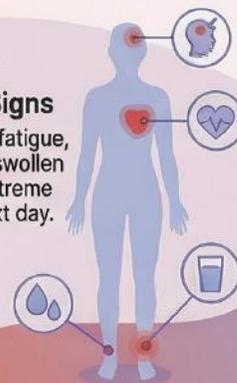
Have a small portion of your favorite treat instead of trying a bit of everything.



## 3. After the Meal: How to Reset

### Watch for Warning Signs

Look out for fatigue, headaches, swollen ankles, or extreme thirst the next day.



### Your 24-Hour Reset Plan

Focus on hydration, light movement, and low-sugar, low-sodium meals.

**“Don't give up just because of one plate.”**

One meal doesn't ruin your progress. Get right back on track.