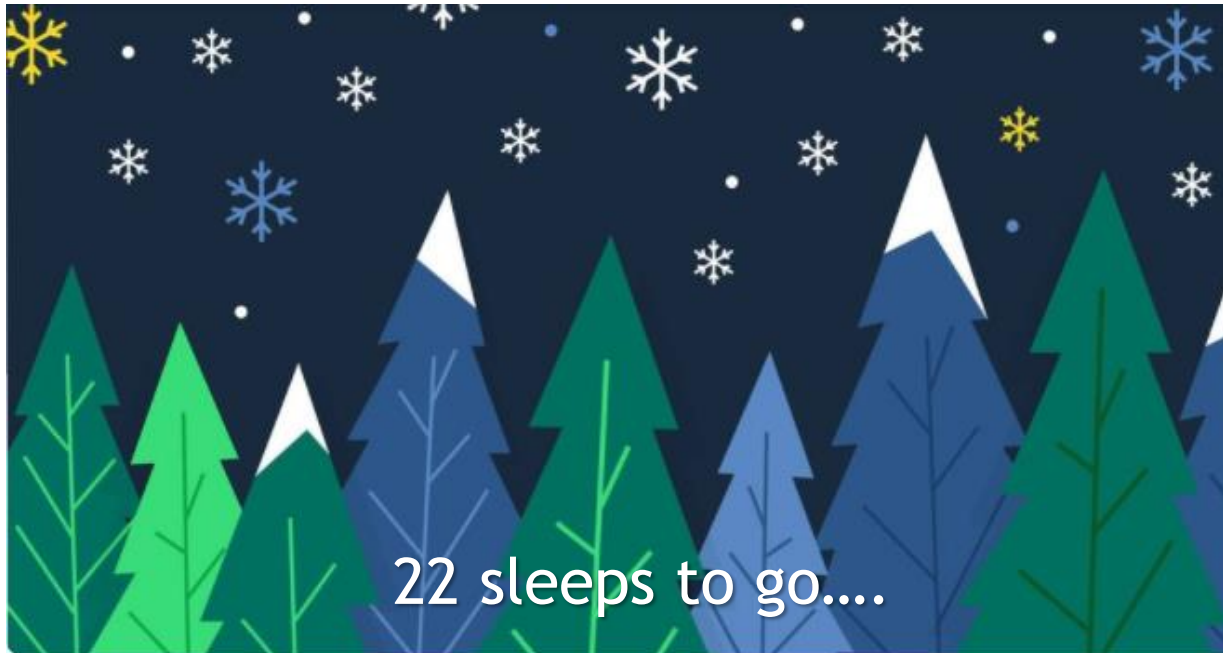


How to stay healthy this Christmas



And preparing for the Easter bunny



By Georgette Alayyan and Lauren Kelly
Specialist Diabetes Dietitians



Easter and food traditions

- ▶ 🐣 **Springtime Magic!**
Easter is bursting with themes of new life, renewal, and fresh beginnings - which is why we see eggs, chicks, and bunnies everywhere!
- ▶ 🍴 **Delicious Traditions!**
From roast lamb and hot cross buns to colourful seasonal bakes, food plays a huge role in the celebration.
- ▶ 🍫 **Treat Time!**
For many, it's all about the fun treats - chocolate eggs, sweets, and mouth-watering baked goodies that make the season extra special!



Christmas and food traditions

🎄 Christmas in the UK

- Celebrated on 25th December with family gatherings
- Homes decorated with Christmas trees, wreaths and lights
- Traditions include hanging stockings, exchanging gifts and singing carols

🍽️ Traditional Christmas Food

- Roast turkey or goose with potatoes and vegetables
- Stuffing, pigs-in-blankets (sausages wrapped in bacon) and gravy
- Christmas pudding served with brandy sauce or custard
- Mince pies and Christmas cake filled with dried fruit

🎊 Other Festive Customs

- Christmas crackers pulled at the table containing jokes and paper crowns
- Boxing Day (26th December) - leftovers, cold meats, and family outings



Don't fall off the sleigh...



Hop back on track...

Keep your goals un-cracked!

Chocolate 101: What you need to know

- ▶ Chocolate contains carbohydrates
- ▶ Milk chocolate usually has more sugar than dark
- ▶ Mini eggs and small bars make portioning easier
- ▶ Fondant egg vs empty egg
- ▶ How many carbs in big tub



Enjoy festive chocolate mindfully



The Christmas buffet

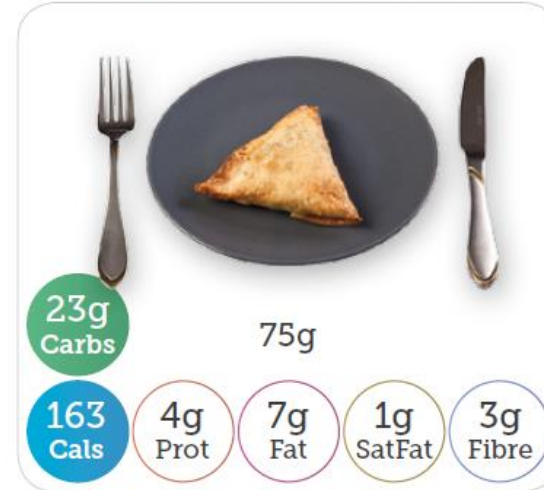
Quiche



Pork Pie



Vegetable Samosa



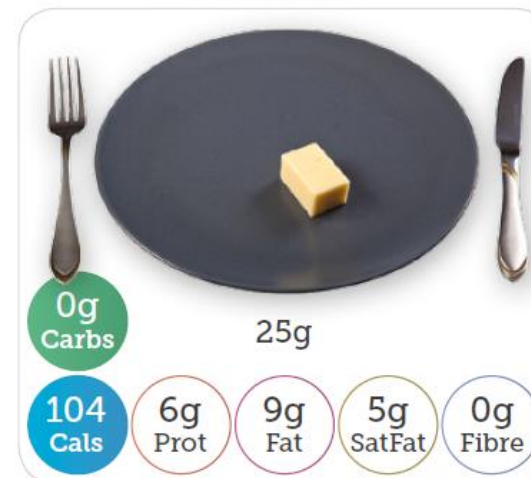
Houmous



Chicken Drumsticks



Cheddar



Festive hot drinks

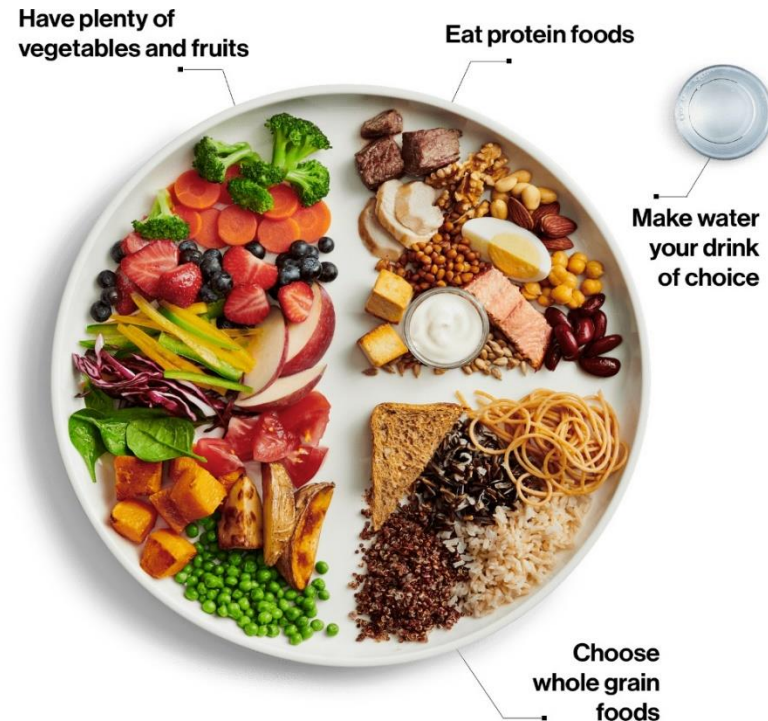


A merry tipple, not a merry topple!



- ▶ Give insulin as normal with mealtime carbs
- ▶ Have an insulin-free carbohydrate-rich snack before going to bed (n.b. different advice if you are on a pump)
- ▶ Do not count the carbs in any alcohol you are drinking

Portions that are Santa and Easter bunny - approved



- ▶ Continue to stick to the portion plate principles.
- ▶ Aim to fill your plate with lots of seasonal and colourful vegetables, a fistful serving of potatoes and a palm sized serving of a good quality protein such as turkey.



WHAT MAKES A PORTION OF FRUIT AND VEG?

Generally, a portion of fruit or veg is 80 g.
Aim for 5 portions of a variety of fruit and veg a day.



WHAT MAKES A PORTION OF FATS AND OILS?

Aim for unsaturated fats, limiting trans fats.
Fats are high in calories so it's especially useful to watch your portion size.



WHAT IS ONE PORTION OF NUTS?

Nuts are a great snack, they're filling and contain heart-healthy unsaturated fats.



WHAT MAKES A PORTION OF PROTEIN?

Aim for at least 2 portions of fish a week.
Eat less red and processed meat.



WHAT IS ONE PORTION OF DAIRY?



HOW MUCH IS ONE PORTION OF GRAINS AND CEREALS?

Aim for the wholegrain options.



Everything in moderation



Go crackers for colourful fruit & veg

- ▶ Fill up on any winter seasonable vegetables available e.g. Brussel sprouts, parsnips, carrots or cabbage, but watch out for added festive extras like honey
- ▶ Root vegetable mashes, or mix traditional roast potatoes with some sweet potato
- ▶ Add fruit to Christmas stockings e.g., satsumas. Limit dried fruit portions, but it can be tasty mixed with nuts as a healthier and filling snack
- ▶ Seasonal spring fruits and veg: asparagus, rhubarb, strawberries, radishes, spring onions, cabbage, leeks

Limit the blowouts



- ▶ A day or two of indulgence and over-eating during the festive period is to be expected
- ▶ Do not skip meals to compensate, instead eat more lightly the next few days. If you find it hard to avoid overeating and slip up, don't beat yourself up over it. Be kind and forgive yourself and make sure your next meal or snack is a healthy one
- ▶ If buying festive foods early, store them somewhere out of sight and more difficult to access, to stop you eating them before you intended
- ▶ Avoid the temptation to buy more than you need

ICE SKATING



DANCING



PLAYING WITH KIDS



BRISK WALK



EGG HUNT



DECORATING EGGS



EASTER CRAFTS



EASTER WALK



Don't
stop
moving

Importance of vitamin D in wintertime

- ▶ **Safe sun exposure** - if you are lucky to get away for some winter sun, 10 minutes day should be sufficient dependent on your individual burn time without sunscreen, closest to midday when the UVB rays are at their most intense
- ▶ **Take a daily 10mcg/day supplement** - recommended from the end of September to end of March in the UK, due to UV angle of the sun not allowing us obtain any vitamin D from sunlight
- ▶ **Higher risk groups of deficiency** include anyone who is housebound or those that work night shifts, anyone with darker coloured skin, anyone who wears religious coverings that cover most of their body when out, those living with obesity, pregnant and breast-feeding ladies, and anyone over the age of 65
- ▶ **Include foods** such as mushrooms, eggs and oily fish (in your diet to supplement)

Carbs in favourite foods



- ▶ Hot cross bun
- ▶ Mini eggs
- ▶ Chocolate
- ▶ Mince pies
- ▶ Fruit cake
- ▶ Christmas cake
- ▶ Christmas pudding
- ▶ Trifle



Healthier versions of festive favourites



| Pastry per 100g (uncooked) | Calories | Fat g |
|-----------------------------------|-----------------|--------------|
| Filo | 304 | 2.7 |
| Puff | 401 | 25.6 |
| Flaky | 424 | 30.7 |
| Shortcrust | 453 | 29.1 |

Try making your own

- ▶ Try using filo pastry to make mince pies, as it's lighter and easier to cook. It's also much lower in fat and calories than the shortcrust versions as seen in the table above, so you can enjoy in moderation. There are lots of online recipes to try, e.g., lower carb variations
- ▶ Make open-top mince pies or cut out small star pastry tops - this will help you to use less pastry, reducing your fat and calorie content.
- ▶ Consider buying mini mince pies, as these are 85 calories each compared to the standard 240 calories per pie

Thank you for your time.

From all of us, season's eatings!

Any questions?



Recipes and useful websites

- **Georgette's diet and healthy lifestyle monthly blog and newsletter** [Blog - My Own Dietitian](#)
- **Interactive: 12 healthy Christmas food swaps**
<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/festive-swaps>
- ▶ **Type 1 diabetes: What to do when you are ill** [A5_T1Illness_TREND.pdf](#)
- ▶ **Type 2 diabetes: What to do when you are ill** [A5_T2Illness_TREND_FINAL.pdf](#)
- ▶ **Free diabetes education videos** [All About Diabetes - YouTube](#)
- ▶ **Christmas carb counting Digibete poster**
<http://share.google/oukfNqANeax4ZLHgh>



Recipes and useful websites

- ▶ **Easter carb counting Digibete poster**

<http://share.google/DtNwWTRVzgcePB>

- ▶ **Useful app**

[Carbs & Cals | Dieting & Calorie Counting Books & App](#)

- ▶ **Easter tips**

[6 Top tips for enjoying a Healthy Easter - Healthy You](#)

- ▶ **Diabetes and Christmas**

<https://www.diabetes.org.uk/living-with-diabetes/eating/christmas-food-and-diabetes>

