



# Merry Christmas

**Christmas is a time for family, friends and food.**

There are so many temptations out there, but this doesn't mean you can't enjoy a diabetes-friendly Christmas without missing out on all the fun of the feast.



## TOP TIPS

- \* Keep an eye on those portion sizes. It can be tempting to pile the food high on Christmas day, but by choosing smaller plates you can reduce the amount of calories, sugar and fat consumed, without missing out on your favourite foods!
- \* Plan ahead: most restaurants have their menus online which often includes nutritional information (kcal, fat content etc.) so by looking over the menu beforehand, you get a better idea of the food available and what the healthiest choice can be.
- \* If you are eating out with friends, try ordering your meal first. Research has shown you are more likely to be swayed by what your friends are eating, which could lead to adding on extras or changing your mind entirely.
- \* Only order a pudding if you really want one. Don't be tempted by others' food choices or feel you have to join in.
- \* If you do want a pudding, try sharing with someone else, or ask for a smaller portion.

## **"I'm sick with a cold and craving carbs"**

**Carb cravings may increase when we are sick with colds or flu. When tired, not feeling well, or when our defences, decision making may not be strong and clear. You do not need carbs to heal. Sip broth, tea or warm water. Try low carb comfort foods like scrambled eggs. (The Diet Doctor)**



### “I’ve got the winter blues”

Cravings for carby comfort foods may increase if you are feeling sad or lonely, which can happen near the holidays. Know that eating them will likely make you feel worse physically and emotionally. Plan a walk or activity to get extra day-light. Get more artificial light. Music, dancing, walking, connecting with others can all help. Be kind to yourself. It takes more effort to stay on plan and eat healthfully, so surround yourself with good options to enjoy

(The Diet Doctor)

#### **Santa Hat Brownie Recipe for you: Low Carb Santa Hat Brownies (v)**

Prep time 15 minutes Cook time 15 minutes Serves 14

Ingredients 200g Butter 1 tbsp. Stevia 105g Ground Almonds 2 Eggs 2 tbsp. Cocoa Powder 2 tbsp. Water ½ tsp. Baking Powder 150ml Double Cream 14 Strawberries

Method Preheat the oven to 200°C/180°C fan (390°F/350°F fan). Add the butter and stevia together, beat until smooth. Add the ground almonds, eggs, cocoa powder, water and baking powder. Beat until fully combined. Spoon the mixture into a lined cake tin, approximately 20x20cm. Bake for 10-12 minutes until the centre is cooked. Leave to cool. Once cooled. Beat the double cream until thick peaks form.

To assemble, using a small cookie cutter, slightly larger than a strawberry base, around 3.5-4cm, cut the brownie into circles. Make as many as possible with the mixture. Slice the top of the strawberries off, making a flat bottom. Spoon 1 tbsp. of whipped cream onto the brownie base and top with a strawberry. Top the strawberry with a small amount of whipped cream to make the bobble on the hat. Do this for every brownie base and enjoy these fun festive treats!

Nutritional Information per serving Calories 230 kcal |Carbohydrates 2g |Total Fat 23g |Protein 4g

Find more Low Carb Christmas Ideas at [https://issuu.com/diet\\_doctor/docs/2019\\_dd\\_holidaymag\\_final\\_2/1?ff&hideShareButton=true&backgroundColorFullscreen=%23404040&logoImageUrl=https%3A%2F%2Fwww.dietdoctor.com%2Fwp-content%2Fuploads%2F2019%2F11%2Fdd\\_logo\\_lockup\\_rgb.png](https://issuu.com/diet_doctor/docs/2019_dd_holidaymag_final_2/1?ff&hideShareButton=true&backgroundColorFullscreen=%23404040&logoImageUrl=https%3A%2F%2Fwww.dietdoctor.com%2Fwp-content%2Fuploads%2F2019%2F11%2Fdd_logo_lockup_rgb.png)

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