

MANAGING SOCIAL SITUATIONS

while living with diabetes

1. EATING AT SOCIAL EVENTS

How do I prepare for the event?

- Have a healthy, low Glycemic Index snack before arriving, such as an apple, multigrain sandwich, or nut bar. If you're hungry when arriving, you may find it hard to make wise decisions regarding what and how much you eat.
- If you are unsure of whether the food at the event will be suitable for your eating habits, you may want to a plate of something healthy to share.

What do I bring to eat?

- Try to go for healthier options. Generally, seafood, vegetable, and salad dishes, as well as fruit-based desserts are good options.
- Try to limit foods high in saturated fats such as pastries, cheeses, salads with creamy dressings, and processed meat (e. g. salami).

When do I take my insulin?

- Try to take it when the food arrives or just after. This way you won't be caught out with low
- blood sugar if the food doesn't arrive right away.

What do I do if there are some fried, fatty, or sweet foods at the event?

- Don't panic! It is important to have balance in your life and you can enjoy small amounts of these occasionally.
- Make sure you just serve yourself small portions of these things.
- Before going back for more, take a minute to consider if you are still hungry or if there are other choices available.
- Remember that dessert is coming so if you have a sweet tooth, make sure you eat fewer carbohydrates in the rest of the meal to leave space for a little dessert.

2. HOSTING EVENTS

- The good thing about being the host is that you are in charge of the food and drinks being served, as well as the timing of the meal. You can also be creative by making healthier alternatives to traditional foods.
- If you do decide to make some rich foods, you may want to make just enough for the occasion or give the leftovers to your guests when they leave. This way you won't have to worry about throwing things away or the temptation of leftovers.