



## **Powwows, Potlucks, and Diabetes**

Nothing beats getting together, having fun and eating with friends; that is what powwows and potlucks are all about. The happiness and laughter are good medicine for you. They lower your stress and lift your spirits. But all that food and all that great tasting fat can pose a challenge to someone with diabetes. Here are some suggestions on how to eat right at powwows and potlucks.

Have a snack before going to take the edge off your appetite, spread out the food and decrease the resistance to sugar uptake.

Bring your own water or diet pop. Drinking them will help reduce your appetite.

Take the opportunity to try low fat foods prepared in new ways. Take small servings and try more dishes. You can get chips and dip anytime.

Use smaller plates that hold less food. Pace yourself between trips. It takes the stomach 15 to 20 minutes to know it's full.



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Use smaller plates that hold less food. Pace yourself between trips. It takes the stomach 15 to 20 minutes to know it's full.

Bring a dish to the potluck that shows how great a low fat dish can taste.

Look for interesting salads, fresh fruits and vegetables.

For the dishes you like, go back for the recipe not seconds.

If you take something that isn't worth the calories, don't finish it. If your auntie made it, eat a polite amount and compliment her.

Plan to walk or dance off some of the extra calories.

If you plan to deal with overeating by skimping during the days before and after, make sure to adjust your medications, and check your blood sugars.

Remember to have fun and enjoy the company.

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