

'Tis The Season For Fruitcake, Egnog And Weight Gain: Help The People With Diabetes In Your Life Feel Festive While Avoiding Extra Holiday Pounds

(NAPSA)—The holidays bring to mind many things: parties, gift giving and, especially, eating. What holiday would be complete without turkey, casseroles and Grandma's fruitcake?

Eating right and staying healthy is a yearlong challenge for everyone. It can be especially difficult during the holiday season for the nearly 21 million Americans with diabetes. However, people with diabetes aren't the only ones who could use a holiday meal makeover. Everyone can benefit from a healthy holiday eating plan.

Morris Keeling of St. Cloud, Minn., believes helping his wife Patty manage her diabetes during the holidays also keeps him on the right track. "Making smart food choices together helps both of us maintain a healthy weight," Keeling said. Morris recently won an Eli Lilly and Company LillyforLife™ Achievement Award for his dedication to helping his wife manage her diabetes. "Sometimes it's hard to pass up those holiday treats, but for my wife that sacrifice is important to help keep her diabetes under control."

How can you help someone you love navigate the minefield of holiday parties without being the Grinch? These easy tips may make all the difference:

Eat A Healthy Snack Before Holiday Gatherings

Start out the night with a healthy snack at home. When you're not starving, you'll be less likely to overindulge on high-calorie holiday treats.

Look For Healthier Desserts

Pumpkin and sweet potato pies are healthier than desserts like cheesecakes and chocolates, and just as delicious. Or create your



**Holiday parties can be healthful
as well as fun for all.**

own recipe and bring it along to share.

Exercise—The Holiday Way

The holidays are a perfect time to exercise together while doing things you enjoy. Stroll around the neighborhood and admire the holiday decorations. Organize a family game of touch football or take the kids bowling. Anything that gets you moving can make a big difference. Always consult a physician before beginning an exercise routine.

Don't Be The Food Police

Be supportive and caring—not judgmental—if your loved one eats something he or she should not. Stay positive and encouraging instead of overanalyzing every bite.

Lead By Example

Eat healthy alongside your loved one. Don't tempt poor eating habits—if there are foods you know should be avoided, don't keep them in the house.

Healthy eating during the holidays doesn't have to be a battle. Get the whole family involved to ensure that everyone has a happy and healthy holiday season.

For quick and healthy holiday recipes, or for more information on the LillyforLife™ Achievement Awards, visit www.LillyforLife.com.