

Healthy Choices at Social Events

Part 2

To eat well and enjoy social events



Allow yourself a small treat.



Eat the healthy dish you brought.



Fill up on non-starchy veggies or a broth-based soup.



Keep water with you.



Limit alcohol.



Say, “No, thank you.”

You can do this! Find meal planning tips here:
cdc.gov/diabetes/managing/eat-well/meal-plan-method.html