

# Healthy Choices at Social Events

## Part 2

*To eat well and enjoy social events*



Allow yourself a small treat.



Keep water with you.



Eat the healthy dish you brought.



Limit alcohol.



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



Say, “No, thank you.”

**You can do this!**

Find meal planning tips here:

[cdc.gov/diabetes/managing/eat-well/meal-plan-method.html](https://cdc.gov/diabetes/managing/eat-well/meal-plan-method.html)