

Survival Guide to Christmas and New Year

Approaching Christmas on the NHS Type 2 Diabetes Path to Remission (T2DR) Programme might feel a little challenging or maybe even a step too far. However, spending a little time planning your festive strategy is well worth it – it will allow you to commit to your goals of improving your health and putting diabetes into remission whilst still having fun and making the most of your time with family and friends over the holiday period.



It's all in the planning!

1. If you're in **Phase 1 or 2** or on a **Reset package in Phase 3**, take advantage of any holiday from work or change in your usual routine and take more time to prepare and enjoy your TDR. Refer to your TDR booklet **'Mixing things up a bit'** and test out some of our recipes. For a festive gingerbread latte shake, simply sprinkle a little ground ginger and cinnamon into your vanilla shake! You may also want to change the timings of when you have your TDR products – experiment a little and see what works best for you over the holiday period.
2. **Across all phases** make good use of your *Workbook* and all the supportive help and tips. Think about how to make best use of your *Momenta High Performance Toolkit* in your *Phases 1 & 2 Workbook* (p86-97) for in-person participants or *1:1 Digital Activities Booklet Phases 1 & 2* (p24-35) and on your *App* (*Resources* and *Session 2 Days 3-4* and more under *Programme Lessons*).



Which cards will you play over Christmas?

Will it be:

- Eyes on the prize** - keep perspective. Remember you're only on TDR products for 12 weeks and Christmas is only a small part of this – and an even smaller part of the whole 12-month programme.
- Remind yourself why you started?** - and why you're on the programme.
- Motivation boost** - remind yourself of your goals.
- Visualise success** - perhaps try out a technique that's popular with successful athletes. Visualise yourself resisting temptation, drinking your shakes or eating a healthy balanced meal. Then it's much easier to put into practice!
- Or indeed any of the many other cards in the toolkit. Christmas might be the right time to enjoy some of our recipes specially designed to support you. Available for you to view and download from our website: www.momentanewcastle.com/nhs-type-2-diabetes-path-to-remission/



3. **‘Have fun with hydration’** and drink plenty of low calorie soft drinks and water throughout the day and with meals. Try out some of our exciting but simple low calorie drink recipes in your *Phases 1 & 2 Workbook* (p24-30) or on your *App*. – surprisingly good alternatives to alcohol and high sugar soft drinks!
4. Encourage your **friends and family** to support you in whatever way works best for you. This could be by agreeing **not to buy you gifts of chocolate or other food and drink** or by planning social activities that include more games or outdoors activities with less focus and attention on eating and drinking. You might find it helpful to revisit your *Ways to Support Me* checklist.
5. Make the most of the short daylight hours and arrange a catch-up with friends for a ‘walk and talk’ (don’t forget your festive jumpers and hats!), a gentle cycle ride or frisbee in the park.



6. You’ve received a number of chocolate gifts? *‘Out of sight’* is very often *‘out-of-mind’* - so store them in a cupboard you rarely use or freeze some of it so you can have a small amount when you choose. Take the same approach to all festive snacks such as mince pies, crisps and nuts - eat mindfully and savour only *in* small amounts.
7. Avoid falling into the trap of setting New Year’s Resolutions that are doomed to fail! Instead set *SMART Goals* using your *‘Plan to succeed’* which will help you to identify and overcome barriers over the holiday period.



What will you ask Santa
to put in your stocking?
Could it be any of these?



Swimsuit / goggles

Waterproof jacket

Trainers / running shoes / walking boots

High-uis clothing for the outdoors

Yoga mat

Torch / hat with torch

Frisbee

Tennis or badminton rackets

Resistance bands

Hand weights

Water bottle / fruit infuser bottle

Healthy eating recipe books

Running / gym kit

Non-stick cookware

Vegetable knives

Kitchen scales

Nutcracker

Measuring cups and spoons

Vegetable spiraliser

Table tennis set

Heart rate monitor / fitness trackers (eg Fitbit)

Puncture repair kit / bicycle pump / lights

Food processor / blender

Kitchen oil sprayer / dispenser

Vegetable steamer



TIPS FOR A HEALTHY CHRISTMAS DINNER

1. Keeping with tradition, roast turkey is a good choice for Christmas dinner – it's lower in fat than many other meats, especially if you eat the breast meat without the skin.
2. Avoid basting the turkey with oil, butter, margarine or lard. If you wish to add a little oil, simply brush the turkey with a light covering of oil rather than pouring or spooning it over.
3. Enjoy traditional seasonal vegetables such as red cabbage, carrots, Brussels sprouts, swede and cauliflower. Try steaming your vegetables rather than boiling them, and avoid adding extra oil, butter or salt.
4. Use less fat to roast potatoes and parsnips by parboiling them first, and then brushing them lightly with oil before oven baking. Keeping them in large pieces also helps to reduce the amount of fat absorbed.
5. Drain the fat from any meat juices before making gravy. If you've boiled any vegetables, use the vegetable water to make gravy.
6. If you're using a packet mix of stuffing, avoid adding the recommended knob of butter. Alternatively, you could make your own stuffing with sage and onions or chopped chestnuts. Use only a spray of oil to fry any onions you add to the stuffing.
7. Buy low-fat chipolata sausages and lean back bacon to make the sausage and bacon rolls that are traditionally served with turkey.
8. Be aware of all the extras like cranberry sauce, bread pudding and white sauce – serve yourself smaller portions.
9. Similarly, serve yourself a smaller portion of Christmas pudding or your preferred dessert with a just a tablespoon of brandy butter or cream.
10. Eat slowly and enjoy!



TIPS FOR MAKING BETTER CHOICES AT THE BUFFET TABLE

- 1.** It can be a good idea to have a light meal or snack before arriving at a party. If you turn up hungry you're far more likely to overindulge at the buffet table.
- 2.** Stand away from the buffet to avoid picking or nibbling. The easiest way to control the amount you eat is to plate your food and serve yourself just once.
- 3.** Choose your nibbles carefully – try to avoid the high fat and calorific items like sausage rolls, quiche, vol-au-vents, spring rolls, crisps and creamy dips. Instead, opt for cold meats such as lean beef, chicken, turkey, ham, or fish and seafood - smoked salmon, fresh prawns. Bread (without butter), crudités, breadsticks, salsa, tzatziki and small slices of pizza are also low fat alternatives.
- 4.** Don't forget to eat salad vegetables and crudités / raw vegetables. Try putting these on your plate first as this will help control your portion sizes of other items.
- 5.** If you enjoy cheese and biscuits, whatever you choose, take a small portion and cut your cheese thinly. Avoid spreading butter on crackers or bread. Brie, Camembert and Edam contain fewer calories than Cheddar, Stilton and Red Leicester. Accompany with lower fat water biscuits, crisp-breads or breadsticks and enjoy with grapes, celery and fruit.



DRINKING WISELY DURING THE FESTIVE SEASON

- 1.** Drink less alcohol on an evening out by alternating diet soft drinks, mineral water or low sugar squashes with alcoholic drinks. Always ask for water in addition to any alcoholic drinks when dining out.
- 2.** Drink smaller glasses of wine (125ml instead of 175 or 250ml) or dilute dry white wine with soda water or diet lemonade. Alternatively enjoy a small glass of sparkling wine - normally served in 100ml glasses.
- 3.** Mix spirits with low calorie mixers such as diet cola, diet lemonade, slimline tonic or slimline bitter lemon. Have a large amount of mixer with a single shot of spirit.
- 4.** Always pour spirits into the glass before adding ice or mixers, so you can see just how much alcohol you've poured. You may find it helpful to purchase a spirits' measure so that you can measure out your drink.
- 5.** Look at labels which indicates the energy value of different drinks. Note that strong continental lagers and ciders are very high in calories – opt for lower alcohol beers instead and drink slowly.
- 6.** Be cautious of drinking alcopops – they can be packed with calories and easy to drink in large quantities.
- 7.** Choose cocktails carefully. Any drink with a number of alcoholic shots or made with cream, coconut milk or syrupy juices is calorific. Ask for diet mixers to be used and opt for a single spirit. Take a similar approach with after-dinner liqueurs – have single measures and avoid creamy varieties.
- 8.** Finally, why not offer to drive from time to time over the festive season and stick to diet drinks and mineral waters. Ask for 'alcohol-free' beers, they do contain some calories but significantly fewer than the alcoholic options.

