

November is Diabetes Awareness month!

To support Diabetes Awareness month, Silver Pine Medical Group will be sending a weekly Diabetic newsletter out for the month of November.

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Tips for Healthy Eating- To get you through the holidays!

During this holiday season make a promise to put yourself at the top of your list. As hard as you've worked to stay on course with managing your Diabetes the holiday season has the potential to throw you off. If you follow the tips below, you can maintain your blood sugar levels.

Holiday Tips:

1. Eat breakfast or snacks earlier in the day so you don't over indulge.
2. Limit your number of servings.
3. Watch your portion sizes- remember to use the plate method.
4. Have a meat & cheese platter and a veggies tray for your appetizers.
5. Include a fruit option in your desserts.

Staying Active- Is important in the winter months!

With food being the center of holiday attention, many folks forget to move around. Try to keep up your regular physical activity. If you're surrounded with family and friends around the holiday season, consider starting a new tradition. Incorporate moving around; such as after dinner walks, active holiday events, or even turn up the music for a little dance party.



Call us to schedule an appointment today!

586-726-4823