



# A VERY T1D HOLIDAY *Handbook*





# MAKE A (PARTY) LIST

*and check it twice*



QUICK PUMP SITE  
& SENSOR CHECK



ENOUGH INSULIN  
FOR THE EVENING



PACK BACK UP  
SUPPLES



MAKE YOUR OWN  
DISH OR DESSERT

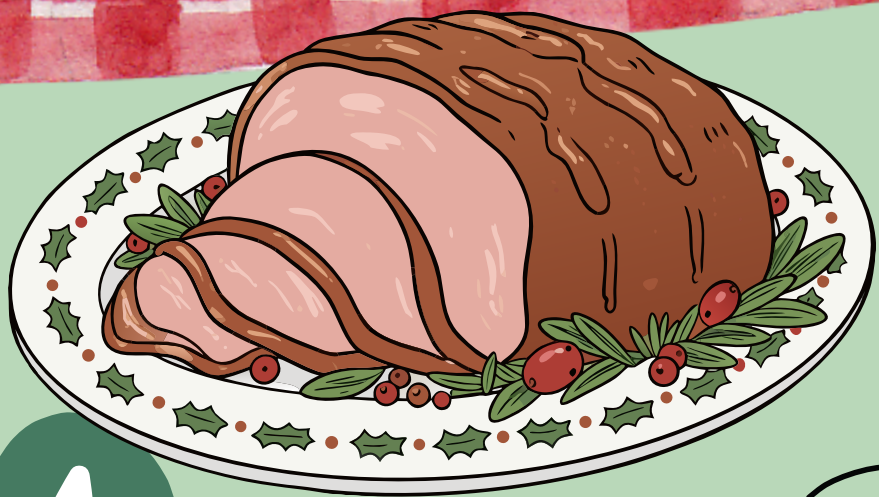


LOW SNACKS





# HACK THE HOLIDAY BUFFET



1

Protein first!

2

Add Vegetables

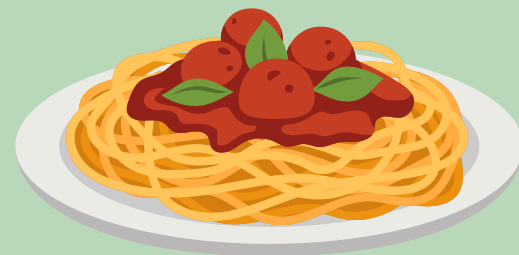
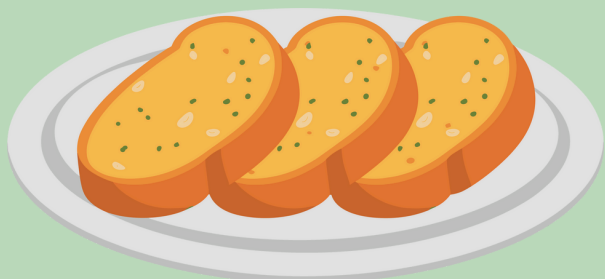


Check for glaze!



3

End with your favorite carbs!



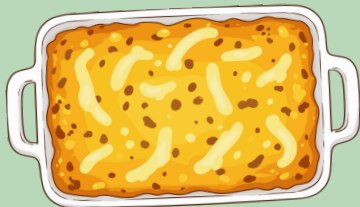
## REMEMBER

Mixed dishes have layered carbs (fat, starch, sugar)

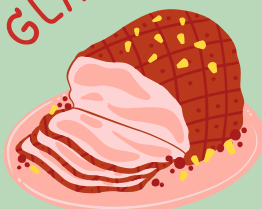
SAUCES



CASSEROLES



GLAZES



SOUPS



GRAZING = CARB  
STACKING

small bites  
add up quick!



Unsure? = **BOLUS CONSERVATIVELY**

log the nibbles

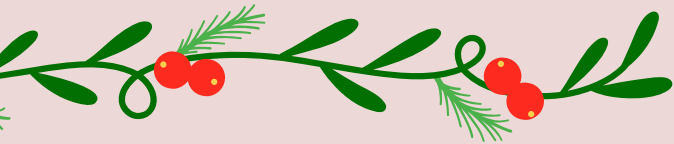
# Holiday Sips

## and Sugar Tips



### Champagne & Prosecco

Carbonation speeds sugar absorption  
Faster BG spikes = Dose earlier

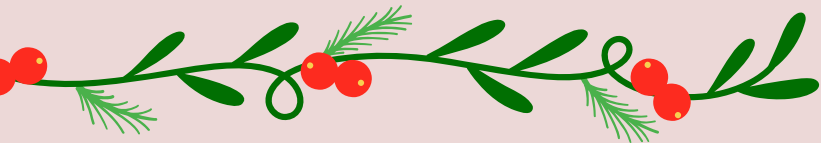


### Mixed Drinks & Punch

Juice, syrup, soda = lots of sugar  
Harder to estimate carb counts

### Wine (Red or White)

May raise BG first, then drop later  
Effects vary by type and amount



### Spirits & Liquor

Lower carb = less spike upfront  
Risk of delayed / overnight lows



### House rules



- \* Don't drink on an empty stomach
- \* Sip slow & avoid stacking drinks

- \* Set alerts or adjust settings
- \* Watch out for delayed lows



# Grandma's Dessert

## RECIPES FOR SUCCESS

**SKILL LEVEL:** Learned experience

**TIME:** A few mindful minutes

**SERVES:** Diligent and deserving T1D's

### INGREDIENTS

Split Bolus: 1/2 dose of insulin before & 1/2 after  
Equal parts understanding of carb type & fat content  
A generous sprinkle of patience and a dash of grace!

### INSTRUCTIONS

Step 1: Bolus part of insulin dose 15–30 min in advance

Step 2: Enjoy your favorite treats without guilt!

Step 3: Take the second half of your dose once done

Step 4: Monitor your BG for the next 1–3 hours

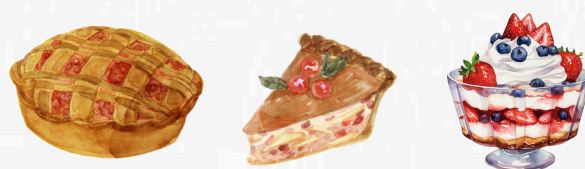
Optional: Pair w/ protein snack to balance absorption



Simple carb → Quick Spike  
(cookies, candy, frosting)



High Fat → Delayed Rise  
(butter, milk, cheesecake, pie)



# SILENT NIGHT

## *Steady Night*



### ONCE HOME, REMEMBER

- Fatty meals + alcohol may delay lows
- Avoid stacking insulin close to bedtime
- Consider setting a temp target/basal
- Ensure your site/sensor is secure
- Keep a low snack bedside
- Keep yourself hydrated

