

We Indians just love to celebrate! We have loads of festivals for that. We have festivals for the harvest season, for the victory of good over evil, festival of lights, colours, and lots more!

From the month of October till December, we have many festivals lined up starting with Dussehra, Diwali, Chhath Puja, and ending with Christmas.

During festival season, many people with diabetes throw caution to wind and indulge in the gaiety of the festivals only to find themselves having high blood sugar levels. So, in the end for a person with diabetes, does celebration of a festival come at the price of good health?

HIGH BLOOD SUGAR SYMPTOMS:



**EXCESSIVE
URINATION**



**ABDOMINAL
PAIN**



**SHORTNESS
OF BREATH**



**NAUSEA &
VOMITING**



DRY MOUTH



CONFUSION



BLURRED VISION



FATIGUE

It is for this reason there is a need to take a pragmatic view to ensure good quality of life. One should properly enjoy festive moments of life with family and friends, and at the same time, one should keep an eye on diabetes control.

Tips for people with Diabetes to enjoy Festivals

- Do not skip your medication and exercise.
- Continue self-monitoring of blood glucose levels.
- Avoid red meat. Go for fish.
- Avoid deep-fried foods, opt for baked and grilled non-vegetarian foods.
- Prepare sweets at home with skimmed milk instead of full fat milk. Use jaggery or stevia for sweetening instead of sugar.
- Avoid high calorie samosas or papads, go for roasted almonds, walnuts, and hazelnuts.
- Adjust your insulin dosage as per your carbohydrate intake.
- Try to eat in a smaller plate. This gives you a sense of fullness when you look at the plate.

Diabetes does pose certain restrictions, but that does not mean that the fun in your life is over. You can have a good time with your friends and family during this festival season, but not at the cost of your diabetes control. Take good care of your health and celebrate many more!