



TOP TIPS FOR ENJOYING CHRISTMAS

All was quiet on this cold December night!
But what's this? The elf is no longer on their shelf!!!
Were they hunting out the carbs of Christmas
Dinners, helping us families to become carb
counting winners?



Yes! That's exactly what our wonderful Elves have been doing. Whilst decorating trees and wrapping up presents, they've also been helping Frances with her Festive Kitchen and have put together a Christmas list of foods that Santa would most definitely approve of. Take a look at their festive list below.

Food	Portion	Carbohydrates
Snacks and Starters		
Soup	1 small bowl	7g
Prawn Cocktail	Portion with sauce	7g
Small sausage roll	Each	7g
Cheese & pineapple sticks	Per cocktail stick	1g
Breadsticks	Each long	5g
Pringles	Small 40g tub	22g

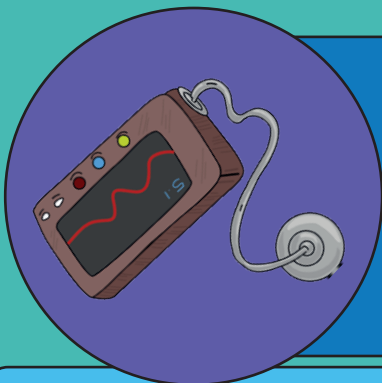
Food	Portion	Carbohydrates
Chocolate orange	Each segment	5g
Heroes / Celebrations	Each	7g/6g
Prawn Cocktail	Portion with sauce	7g
Wafer thin mint	Each	6g
Nuts	Small handful	1g
Satsuma	Each	5g
Chocolate coins	Each (from bag)	4g
Large Chocolate coin	Large individual	25g
Christmas tree chocolate	Each	5g
Crisps	Handful	5g
Main Meal Items		
Turkey / Gammon / Pork / Beef	Roast meat	0g
Roast potatoes	Each small	5g
Yorkshire puddings	Each small	7g
Cranberry / apple sauce	Per teaspoon	3g
Stuffing balls	Per small ball	4g
Pigs in Blankets	Small sausage in bacon	0g
Roast Parsnips	Each ¼ roasted	2g
Sprouts / Carrots	Boiled	0g
Nut roast / Quorn Roast	Average slice	10-20g (different products)
Cauliflower Cheese	Per tablespoon	5g
Beef Wellington	Per slice (200g)	20g
Puddings & Desserts		
Chocolate Mousse	2 tablespoons	10g
Chocolate Log	1 slice	40g
Trifle	1 large serving spoon	12g
Meringue nest with fruit	Each + fruit	15g + 5g

Food	Portion	Carbohydrates
Cream	Whipped / double / single	0g
Brandy sauce	Small bowl	10g
Cheese crackers	Each	5g
Mince pies	Each small	25g
Drinks		
Diet / zero / sugar free	200ml glass	0g
J20	275ml bottle	13g
Shloer	200ml glass	10-14g (different flavours)



If you're leaving a note for Santa on Christmas Eve be sure that you tell him what the carbs are for his mince pie that you've left him and the carrot you've left for Rudolph. It will delight the elves this Christmas to know their hard work is helping everyone this festive season!

TOP TIPS



Frances' elves love to see everyone happy on Christmas day and they also love checking glucose numbers. So be ready to show them if they cheekily pop over and ask. Make sure you can easily access your insulin pump, CGM or flash sensor whilst cozying up in your favourite Christmas jumper!

After your Christmas lunch you may want to head out for a nice afternoon stroll wrapped up in new scarves and hats that your Auntie and Uncle may have knitted. You might find your insulin needs could change slightly as this stroll is exercise so be sure to keep an eye on levels.



That's not all. Keep an eye out for Frances' elves this week as they share some more top tips for the Festive season in the run up to Christmas.

Don't forget Sprouts are carb free! #ElfManagementWeek