



## Top Tips for Enjoying Christmas

All was quiet on this cold December night!  
But what's this? Digi-Elf is no longer on the shelf!!!  
Is Digi-Elf hunting out the carbs of Christmas  
Dinners? Helping us families to become carb  
counting winners?



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

Food	Portion	Carbohydrates
<b>Snacks and Starters</b>		
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

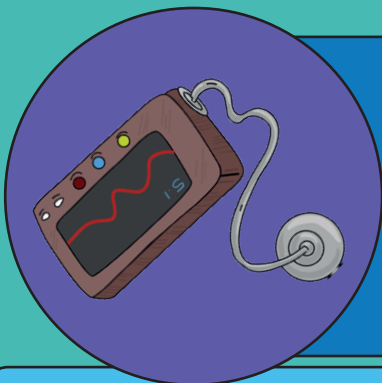
Food	Portion	Carbohydrates
Chocolate orange	Each segment	5g
Heroes / Celebrations	Each	7g/6g
Wafer thin mint	Each	6g
Nuts	Small handful	1g
Satsuma	Each	5g
Chocolate coins	Each (from bag)	4g
Large Chocolate coin	Large individual	25g
Christmas tree chocolate	Each	5g
Crisps	Handful	5g
<b>Main Meal Items</b>		
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
<b>Puddings &amp; Desserts</b>		
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
<b>Drinks</b>		
Diet / zero / sugar free	200ml glass	0g
J20	275ml bottle	13g
Shloer	200ml glass	10-14g (different flavours)



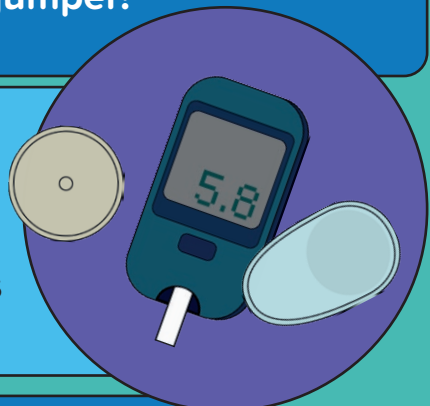
If you're leaving a note for Santa on Christmas Eve be sure that you tell him what the carbs are for his mince pie that you've left him and the carrot you've left for Rudolph. It will delight the elves this Christmas to know their hard work is helping everyone this festive season!

## Top Tips



Digi-Elf loves to see everyone happy on Christmas day and also loves checking glucose numbers. So be ready to show your numbers if asked. 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 Digi-Elf this week, for more top tips for the Festive season in the run up to Christmas.

Don't forget Sprouts are carb free! #ElfManagementWeek