**Navigating Diabetes during the Holidays *(Interview Transcripts)***

**Tami Harker, Endocrinology APRN, OSF HealthCare Saint Luke Medical Center**

“Plan ahead. That day, see where your blood sugar is at. Are you in a good place going into the party knowing that eating your favorite food might raise your blood sugar, which wouldn’t be the end of the world, or have you been running high all day and maybe need to get your sugars down with a little insulin – as directed – might be a good idea.” (:23)

**Tami Harker, Endocrinology APRN, OSF HealthCare Saint Luke Medical Center**

“On the day of the event, it’s better to eat. Some people think they just won’t eat all day and then have a large meal, but it’s better to eat some small meals or a few snacks before you go so you are not overly hungry and wanting to eat everything. I think planning is key.” (:20)

**Tami Harker, Endocrinology APRN, OSF HealthCare Saint Luke Medical Center**

“Of course, aim to avoid those things you know have sugar like frosted sugar cookies and cake with icing. They aren’t an absolute no, but work them into your plan. Talk to your healthcare provider on some ways to navigate it like if you want to have a slice of pie, what else can you cut out?” (:22)

**Tami Harker, Endocrinology APRN, OSF HealthCare Saint Luke Medical Center**

“Potatoes, bread, any pasta dishes, creamed vegetables – that is all going to have carbohydrates that raise your blood sugar, so minimize those. If your favorite is sweet potato casserole and you only get it once a year, maybe hold off on the roll or mashed potatoes and have a smaller portion of the food you really enjoy.” (:24)