

## [VIDEO TRANSCRIPT]

**ANNOUNCER:** Welcome to Straight Talk About Diabetes, the talk show made FOR people with diabetes—BY people with diabetes.

**ERRON:** So, Christmas time. You've got the cakes, the pies, the cookies.

**AMY:** Yeah.

**ERRON:** So you see your favorite cookie.

**AMY:** Mm-hmm.

**ERRON:** You know, is, is there any stress around surrounded with not necessarily being able to enjoy that cookie like that you really want to, or, or—

**AMY:** Absolutely.

**ERRON:** —a number of those cookies?

**AMY:** Absolutely. Um, it can be really stressful, and of course the food police really comes out at holiday time.

**ERRON:** Oh yeah, they do.

**AMY:** Oh, don't they? They come out of the woodwork. Right? "Are you supposed to be eating that?" [Sighs] That alone is stressful. That alone is stressful. And also I, I do kind of lose a little bit of my confidence around the holidays, and I think it's because, you know, your normal routine is kind of thrown out the window.

But I, I try to get, kind of get back to it, kind of think about it ahead of time, knowing that, you know, okay, we're going to go here, and this is kind of what the spread is going to look like. And I'm expecting that these kind of foods are going to be there, and there are going to be some yummy trigger foods. You know, my, my little peanut butter blossoms are going to be there. So it's kind of leading up to that, I try to really stick to things, really try to focus on, you know, making healthy choices, maybe even make healthier choices than maybe I normally would, just so that that way when I get there and I am kind of faced with that spread, it's kind of like, okay, I, I can handle this.

**ERRON:** Yeah.

**AMY:** And you learn some tricks. You know, there a couple things that I learned about going to holiday parties.

**ERRON:** Mm-hmm.

**AMY:** The first thing I learned is always—

**ERRON:** Tell me, because I need to know.

**AMY:** —always have a cup with water or your beverage of choice, you know, your low-calorie beverage of choice in there has really been helpful for me, because then you don't have the host coming up to you all the time trying to refill your drink.

**ERRON:** Oh, that's sneaky. Okay. Give me another one.

**AMY:** The other thing, too, is, um, small plates.

**ERRON:** Okay.

**AMY:** Because if you, if you, if you kind of fill up a small plate, that's still not nearly as much food as what's on a big plate.

**ERRON:** Right.

**AMY:** And, you know, and I always try to make sure that when I go to a holiday party—like the last time I went there were all these crazy, you know, super-high-calorie crazy party food. And I brought something that I had made that I knew what was in it. So I knew it was kind of safe, for lack of a better word.

**ERRON:** Right.

**AMY:** So I made sure that I had, you know, I had a small plate. I had, you know, my veggies and my hummus, which is my favorite thing.

**ERRON:** Mm-hmm.

**AMY:** Um, especially at parties, and then I would have some of, you know, the little casserole that I had brought, that I knew was fairly safe. So that way, again, when the host kind of comes around to check on you, "Hey, how ya' doing?" "Have you tried this?" You're like, "Oh, oh, everything is just delicious. Everything is just great."

**ERRON:** Right.

**AMY:** And that way you don't feel like, you don't feel nearly as much pressure, because they're not giving it to you.

**ERRON:** Right.

**AMY:** And you feel like, oh, you know, I can handle this.

**ANNOUNCER:** Stick around for more of Straight Talk About Diabetes.