

Diabetes and Chinese New Year



The Lunar New Year, also called Spring Festival, is a celebration of the new year on the Chinese calendar. As with many cultural celebrations, Chinese New Year involves plenty of traditional food and long meals with loved ones.

Balancing your enjoyment of the foods you love, while caring for your diabetes and wellbeing can be daunting, but not impossible. With a bit of forward planning and awareness, you can take part fully and feel good.

This is not medical advice. Sources: [HealthXChange](#), [CDC](#), [Gestational Diabetes UK](#)

PLAN AHEAD

If you're visiting friends and family, ask what dishes they will be preparing in advance. This will help you plan your choices and portions. Offer to bring a dish you can enjoy without stress.



STAY ACTIVE



Keep up your exercise and movement routines as normal. You could add a walk before or after a meal to help keep your glucose levels stable.

PRACTICE BALANCED EATING

Eat a healthy breakfast and spread carbohydrates throughout the day to avoid big spikes in blood sugar. Start meals with veg or lean proteins, and sip tea or water instead of sugary drinks.



ENJOY TRADITIONAL FOODS MINDFULLY

Many Chinese New Year foods are symbolic and delicious but can be high in carbohydrates or fats. Try small portions to enjoy a variety of flavours without overdoing any one item.

