



Holiday Favorites and Feel-Good Choices

Enjoy the season with diabetes-friendly recipes, smart nutrition tips, and plenty of holiday cheer.

Scan, Savor, and Celebrate!

Use your smartphone camera to unwrap quick, practical ideas for healthier holiday meals from the American Diabetes Association.



Open Your Holiday Resources in 4 Easy Steps:

1. Open the Camera app on your smartphone.
2. Point the camera at the square QR code. You do not need to take a picture.
3. Hold the phone steady and hover until a message or website link appears on the screen.
4. Tap the message or link to open the information.

Inside, you will find:



- Diabetes-friendly Thanksgiving recipe ideas.
- A holiday toolkit for simple planning and smart swaps.
- Easy ways to keep health goals on track while enjoying the holiday season.

These resources are not just for patients. They also are a fun way to engage your family and promote healthy living during the holiday season.

Reference: American Diabetes Association. Diabetes Food Hub. Available at diabetesfoodhub.org/recipes. Accessed on October 1, 2026.

HSAG is the West Centers for Medicare & Medicaid Services (CMS) Quality Innovation Network-Quality Improvement Organization (QIN-QIO) Region 7.