

# Easter tips and edibles



Diabetes  
New Zealand

Although it is important to eat the foods as described by your dietitian, you may remember being told a small treat is okay occasionally. As Easter comes only once a year, a treat of chocolate fits into the overall plan of following a healthy lifestyle.

Moderation is always the key message when it comes to treats and special occasions. A small amount of normal chocolate is not a problem. Limit your intake to two small squares or one small hollow egg.

Hot cross buns are a suitable alternative provided you eat only one or two. A low fat spread is better than butter but you still need to watch the quantity used. It can be deceptive how much butter you have used when it all melts into the bun, so be careful with the quantity.

## Beware of diabetic chocolates

Diabetic chocolates are not the answer as an Easter gift for people with diabetes. Even though the chocolate is labelled suitable for people with diabetes, it still contains saturated fat. This fat isn't good for your heart. It is also high in calories, so it will contribute to weight gain.

## Fun, non-food alternatives

Giving people with diabetes a little bit of chocolate at Easter is okay, but you could also consider non-food gifts. If you want to stick with Easter symbolism, there are many chick and rabbit soft toys and novelty gifts available.

Of course, there are other ways to put a smile on people's faces besides giving gifts. It is early

autumn and the weather is changing, so make the most of the holiday by getting outdoors, going for a walk, and spending quality time with family and friends.



Consider non-food gifts as alternatives to chocolate.