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Cyrus Khambatta, PhD,

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MPH, rely on a century

of research to show that

advice is misguided.

While it may improve

short-term blood glucose

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increases the long-term
risk for chronic diseases
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pressure, high
cholesterol, chronic
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insulin resistance-the root

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variability- while

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living with type 1

diabetes themselves, the

authors show how to eat

large quantities of

carbohydrate-rich whole

foods like bananas,

potatoes, and quinoa

while decreasing blood

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complete with nutrition
information that makes
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diabetes easy. These

recipes are designed for

simplicity: they contain

*minimal ingredients, use
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*equipment, require 15
minutes or less of prep*

time, and provide 2

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are what you eat"

is even truer for

those with Type 1

or 2 diabetes. You

need at least 3 full

meals a day with

some snacks in

between to keep

glucose levels

steady, but you

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likely worry that

what you are

eating is not

providing you with

important

nutrients while

spiking your blood

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healthy. Many

diabetic cookbooks

and meal plans

focus mostly on

sugar content. This

significantly

reduces the variety

of foods that you

are able to enjoy

and can have a

negative impact on

nutrient levels.

When someone has

diabetes, it is

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important to look

at the big picture

and this means at

all of the essential

nutrients that the

body needs. This

not only ensures

that the body is

totally healthy, but

it also helps to

make sure that you

are able to eat all

of your favorite

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using this diabetic

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breakfast or the

snacks in between

meals, you will find

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delicious options

that work with your

schedule. You will

not have to worry

about feeling

hungry or deprived

again. Breakfast

favorites, a chai

latte or an omelet

can still be had.

Enjoy a peanut

butter chocolate

brownie for dessert

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for a quick

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the good old

days without

causing harm to

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with diabetes

and want to

start living a

healthier life?

You're in for a

treat! Or shall

we say

treatsss?

Diabetes takes

a toll not just

on the

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diabetic's
physical body

but also on

their psyche.

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restrictions

while being

surrounded by a

ton of mouth-

watering food

can be torture!

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**low can be
frustrating AND
boring! This is**

why most

diabetics throw

caution in the

wind and eat

whatever they

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sometimes

giving in can

be easier than

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of what to eat

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dinner Knowing

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It's also the

area where

people give up

the fastest,

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of pain. Good thing you
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