

# AUGUST

## BEAT PREDIABETES NEWSLETTER



YOUR LIFE DOES NOT  
GET BETTER BY  
CHANCE, IT GETS  
BETTER BY CHANGE.  
– JIM ROHN

### SNACK INSPO

1 pitted Medjool date (24g weight)  
1 Tbsp sunflower butter  
1 tsp shelled pistachios, chopped

Slice the date part way through like a hot dog bun. Spoon sunflower butter into the space you sliced open. Top with pistachios. Enjoy!

181 calories; 4g protein; 22g carbs; 2.9g fiber; 10g fat

## “IS IT OKAY TO EAT \_\_\_\_\_?”

This topic constantly pops up in the group. Just change the last word to about a billion different foods or ingredients and you'll see the same question day after day!

And no matter what the last word in that question is (cake, ice cream, cookies, rice, quinoa, milk, etc.) I almost always have the same answer. So let me just put it here now:

If you enjoy a food or beverage, you should include it in your balanced lifestyle. Unless you're allergic or have to avoid due to an interaction with a medication or another health condition.

Yes, I'm aware that certain foods and beverages are going to raise your glucose more. And I'm aware you're trying to lower your glucose.

But glucose isn't the only important factor here. If you love cheeseburgers and I told you that you could never ever ever go to your favorite burger joint again, you'd be so sad, right?

Our mental health and taste buds are important too. So next time you're wondering “can I eat this?” remind yourself that everything can fit if you practice balance, variety, and moderation with your overall lifestyle.

## WHAT'S IN SEASON & HOW TO USE IT

Tomatoes are still in season this month! Bright, juicy garden tomatoes are one of my favorite summer treats! And my 1-year-old hilariously picks his “gink-ums” (AKA tomatoes) out of the garden and eats them like an apple!

Try dicing yours with red onion, cucumber, a splash of red wine vinegar, and a good dose of freshly cracked pepper and oregano.

Use this mixture to top salads, pasta dishes, hummus, bean salads, or a Mediterranean chicken salad bowl with chicken and/or chickpeas, greens, and feta cheese!

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### TRY THIS WHEN YOU GET "OFF TRACK"

Oh boy. You went off the rails. You ate more than normal. You went "all out". You ate \*GASP\* two. slices. of. pizza. Wow. I can't believe you did that. You're going to ruin all your progress that you've ever made in your entire life!

... ummm NO.

Stop being so hard on yourself! You are building a healthy, balanced lifestyle that brings you happiness and joy here! You don't need to punish yourself for every gram of carbohydrate you consume!

If you feel like you've done something "off diet", "off plan", or "went off track", then try reconsidering what you think of as this "diet", "plan", or "right track".

These words tell me that you aren't thinking long-term. You haven't made this your lifestyle yet. And that's okay, that's why I made this group. To help you see that life is going to happen and you can totally enjoy it!



### FACEBOOK QUOTE HIGHLIGHT

*"I have a grapefruit nearly every day and it has a nominal effect on my sugar. My body thanks me for all the vitamins I am giving it by eating a grapefruit. And it gives me joy too."*

*- Nicole B*

This comment from Nicole B. was very insightful and I find that it highlights a very important concept.

Many carbohydrate-dense foods DO provide us with a variety of important nutrients. While our glucose may go up, that's a normal part of digestion.

Eating more whole foods will help you live an overall healthier lifestyle and may bring you more food freedom as well. Thank you, Nicole B., for sharing this experience with us, and for inspiring us to include foods we love, especially those delicious fruits!

So next time you feel like you did something "wrong", just consider it a learning opportunity. How could you have made that meal or snack more balanced? What is it that you were craving that you weren't allowing yourself to have? What emotions led to the situation? Is there any way you could prepare better next time?

Give yourself grace. You are doing amazing things for your body. This is a lifestyle, not a diet, so make sure you find ways to enjoy it!

*Love,  
Kara*