**SC CATERING – Diabetic Diet Info**

**Section A: Learning about the Diabetic Diet**

**Focus:** Helping to control blood sugar levels.

**Typical Foods**: High fiber (veggies, whole grains, fruits, beans), low sugar, controlled carbohydrates, lean proteins (chicken, fish, tofu, legumes), and healthy fats (avocado, olive oil, nuts).

*Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. I can also offer suggestions based on my prior knowledge.*

**Section B: Key Points**

* Carbohydrate counting is common.
* Meals should be balanced to avoid blood sugar spikes.
* Portion control and timing matters.
* Low-glycemic foods are recommended
* https://www.webmd.com/diabetes/diabetic-food-list-best-worst-foods

**Section C: Health Benefits**

1. Better blood sugar control
2. Weight management
3. Reduced risk of heart disease
4. Improved energy levels
5. Protection against kidney damage
6. Better digestion and gut health
7. Lowers risk of diabetic complications
8. Healthier eating habits for life