

Enjoying Food With Confidence

Making healthy choices without giving up the foods you love.



You don't have to eat perfectly.

A diabetes diagnosis doesn't mean you'll never enjoy your favorite foods again.

It's about learning balance, making thoughtful choices, and enjoying everything in moderation.



FIVE SIMPLE WAYS TO ENJOY FOOD AND MANAGE YOUR BLOOD SUGAR

1 BUILD YOUR PLATE AROUND PROTEIN



Protein helps you stay full longer and can reduce spikes in blood sugar.

Examples:

- Chicken
- Fish
- Eggs
- Greek yogurt
- Beans

2 FILL HALF YOUR PLATE WITH VEGETABLES



The more color on your plate, the more nutrients your body gets.

Choose a variety of fresh, colorful vegetables whenever you can.

3 CHOOSE SMART CARBOHYDRATES



Choose carbohydrates that work harder for you.

Examples:

- Whole grains
- Beans
- Fruit
- Sweet potatoes
- Oatmeal

4 PRACTICE PORTION AWARENESS



You don't have to avoid foods you love.

Start with smaller portions and enjoy them mindfully.

It's about how much, not never.

5 FAVORITE FOODS STILL BELONG



Healthy eating isn't about never enjoying your favorite foods.

Enjoy them thoughtfully—not every day and not in unlimited amounts.

Balance is the key.

Remove the "I can never eat that again" mindset.



BALANCE OVER PERFECTION

A balanced approach beats a perfect plan every time.



PROTEIN

Helps build muscle, supports fullness, and keeps blood sugar steadier.



FIBER

Slows digestion, helps you feel full, and supports healthy blood sugar.



PORTION AWARENESS

Be mindful of serving sizes to help manage blood sugar.



SMART CARBOHYDRATES

Focus on high-fiber carbs that fuel your body and last longer.



ENJOY IN MODERATION

Life is meant to be enjoyed. Balance allows you to do that!



Karen's Corner ♥

"One of the biggest misconceptions about diabetes is that you can never enjoy the foods you love again. That's simply not true."

My goal isn't to give you a long list of foods to avoid—it's to help you learn how to build meals that nourish your body while still leaving room for life's celebrations."

QUESTIONS FOR KAREN

- ☐ Do I have to stop eating bread?
- ☐ Can I still eat fruit?
- ☐ How do I build a balanced meal?
- ☐ What should I eat when I eat out?
- ☐ Can you help me create a meal plan that fits my lifestyle?

WE'RE HERE TO HELP. ♥



407-867-1758



karencorner@carter-familypractice.com



carter-familypractice.com
cfpcarehub.com