

Living Life TO THE Fullest

Recipes and Resources
for the
Diabetes Community



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The recipes in this book were provided by **Shelby Kinnaird**, aka Diabetic Foodie, as were the stellar photos of each recipe showcased with diabetes-friendly Livliga dinnerware. ▶



Introduction

Living life to the fullest with diabetes requires a long-term view, commitment and the right tools to help you succeed. Livliga is honored to be part of your journey to living well. It is with pleasure that we introduce you to *Living Life to the Fullest* with Diabetes eBook to complement our original eBook **Manage Your Diabetes Through Portion Control**.

Finding a way to eat healthy with diabetes isn't just about losing weight and portion control. It is also about eating the right kinds of foods in the appropriate proportions. That is why Livliga has partnered with Diabetic Foodie, Shelby Kinnaird, to provide you with tasty and visually appealing meals served up in appropriate portions on our dinnerware. Along with the recipes we have also provided simple ways for you to make a meal that remains healthy and satisfying in order to make it as easy as possible to serve up delectable diabetes-friendly meals for yourself, your family, and friends. As our gift to you to celebrate who you are and the commitment you have made to yourself to eat healthy and live vibrant, we have created this diabetes-friendly recipe ebook filled with delicious and perfectly portioned meals that are served up on our diabetes-friendly dinnerware. It is all about creating a healthy, integrated, food environment that becomes your effortlessly mindful lifestyle.



Food Philosophy from the Diabetic Foodie

It is a pleasure partnering with Sheila and Walt and their innovative portion control tableware company, Livliga, to bring you this new diabetes-focused ecookbook. One thing I've learned is that everyone needs education and tools to help them stay on track with their diet—especially ways of handling those pesky carbs. As someone who has lived with diabetes for more than 19 years, I've discovered that everyone's diabetes is different. A particular “diet” or way of eating may keep one person's blood glucose under good control yet cause someone else's numbers to skyrocket. As one of my dSisters says: “Your diabetes may vary.” The recipes found in this ecookbook mostly follow the **American Diabetes Association guidelines**. After experimenting with many different ways of eating, I've found that a diet consisting primarily of lean proteins, healthy fats, non-starchy vegetables, and whole grains works best for me or, as Michael Pollan says, “Eat food. Not too much. Mostly plants.” However, I don't consider any food to be completely off-limits.

Here's my basic food philosophy:

- Meals contain fewer than 400 calories with less than 45g of carbohydrates and snacks contain 15 to 30g carbohydrates. (I sometimes relax the carb count if my meal or snack contains a lot of fiber.)
- Produce and proteins are obtained from local sources whenever possible.
- Carbohydrates containing dietary fiber are preferable to those that don't.
- Trans fats are avoided.
- Artificial sweeteners are very rarely used.
- Processed foods with many chemical-sounding additives are avoided.
- “Lowfat,” “nonfat” and “light” designations don't necessarily mean a food is healthier.
- Whole grains are preferable to “white” foods and are eaten in moderation.
- Dairy is eaten in moderation.



Using this methodology has allowed me to manage my diabetes quite successfully over the years, but I am not a health professional nor have I engaged the services of food scientists to analyze my recipes. Always work with your doctor and a certified diabetes educator or nutritionist to come up with a food plan that works for your particular situation. What works for me may not work for you.

Nutritional information included with each recipe in the ecookbook was estimated by using an online nutrition calculator. If accurate nutritional information is critical to your health and well-being, please independently perform the calculations yourself.

I firmly believe **a diabetes diagnosis is not a dietary death sentence.**

Breakfast

Asparagus with Shredded Egg and Pistachios

Adapted from Put an Egg on It by Lara Ferroni

Here's a great way to sneak in a green vegetable with breakfast. If you follow a gluten-free diet, make sure to look for low-sodium, gluten-free tamari.

Ingredients

- 2 tablespoons shelled pistachios
- 3 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon low-sodium tamari or soy sauce
- 1 bunch asparagus, woody ends snapped off
- 1 hard-boiled egg, shredded

Prep Time: 10 minutes

Cook Time: 5 minutes

Yield: 4 servings

Directions

- 1.** Prep pistachios: Place the pistachios in a small dry skillet over medium heat. Toast, tossing or stirring frequently, until the pistachios begin to darken. Remove from heat and let cool. Chop.
- 2.** Make dressing: In a large bowl, whisk together the rice vinegar, sesame oil, and tamari. Set aside.
- 3.** Cook asparagus: Bring a large pot of water to a boil over medium-high heat. Place about 2 cups of ice in a large bowl and fill it 2/3 with water. Place the asparagus in the boiling water and cook for about a minute. Fish a piece out, rinse in cold water, and taste it. You want the asparagus to be tender, but still have crunch. When it is done to your liking, use tongs to move the asparagus to the bowl of ice water. Drain.

- 4.** Put it together: Move the asparagus to the bowl containing the dressing. Stir to coat. Place the asparagus on a serving platter and drizzle it with any dressing that remains in the bowl. Top with shredded egg and chopped pistachios.

Nutrition (Per Serving)

91 calories, 4g fat (1g saturated), 393mg sodium, 10g carbohydrates, 3g fiber, 6g sugars, 5g protein

Make-Ahead Tip: Toast the pistachios and hard-boil the egg the night before.

Make It a Meal: Serve with Chicken or Turkey Sausage, Orange Wedges, and English Breakfast Tea with a cinnamon stick.



Breakfast

Tofu Scramble with Swiss Chard (vegan, gluten-free)

Adapted from VB6 by Mark Bittman

Are you trying to eat more plant-based meals, but find getting enough protein at breakfast a challenge? Try a tofu scramble. (Try it even if you don't think you like tofu!) Look for ponzu sauce in the Asian section of your grocery store.

Ingredients

½ pound firm tofu
2 tablespoons ponzu sauce
4-5 stalks Swiss chard, stems and leaves separated
1 tablespoon avocado oil or extra-virgin olive oil
¼ large onion, finely chopped
1 tablespoon finely chopped garlic
½ tablespoon crushed red pepper
1/3 cup water
Freshly ground black pepper

Prep Time: 15 minutes
Cook Time: 40 minutes
Yield: 2 servings

Directions

1. Preheat oven to 375°F.
2. Prep the tofu. Put two paper towels on a cutting board and place the block of tofu on top. Put two more paper towels on top of the tofu and place something heavy on the stack. (I like to use a bacon press.) Let it sit for about 5 minutes to remove some of the moisture from the tofu. Discard the paper towels and slice the tofu lengthwise into 4 slabs. Pour the ponzu into an 11- x 7-inch baking dish. Place the tofu slabs in the dish and turn to coat all sides with ponzu. Bake for 10 minutes, flip the tofu over, then bake an additional 10 minutes. Let cool in pan, then cut each slab lengthwise into 3 strips and cut each strip into cubes. Set aside.
2. Cook the chard: Cut each Swiss chard stem lengthwise into thin strips, then dice. (You want the pieces to be about the same size as your chopped onions.)

Stack the chard leaves, roll them up, and slice them into ribbons (chiffonade). Cut ribbons in half crosswise. Heat a large skillet over medium heat, then add the oil. Add the onion, garlic, and chard stems. Sauté until the onion is translucent, about 5 minutes. Add the crushed red pepper and cook, stirring, for about 1 minute. Add the chard leaves and water. Sprinkle with pepper. Cook, stirring occasionally, until chard is wilted and pan is mostly dry, about 7 minutes.

3. Put it together: Add the tofu to the chard mixture in the skillet and stir well. Reduce heat to low. Cook, stirring, just until the tofu has warmed up, about 2 minutes. Serve immediately.

Nutrition (Per Serving)

220 calories, 12g fat (1g saturated), 729mg sodium, 15g carbohydrates, 2g fiber, 2g sugars, 17g protein

Make-Ahead Tip: Bake the tofu the night before and refrigerate it.

Make It a Meal: Serve with Sweet Potato Hash, Apple Slices, and Green Tea.



Lunch

Pesto Chicken Salad with Grapes (*gluten-free*)

Adapted from Noodles by Paulette Mitchell

One way to lighten up your favorite stand-bys is to use plain yogurt instead of mayonnaise or sour cream. Here's a zesty take on chicken salad that's bursting with basil, carrots, and grapes. Try serving it in phyllo cups for an impressive appetizer.

Ingredients

- 3 cloves garlic, peeled
- 1 cup fresh basil leaves
- ½ cup nonfat plain yogurt (not Greek-style)
- 2 tablespoons white wine vinegar
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon ground black pepper
- ¼ teaspoon kosher salt
- ¼ teaspoon sugar
- Dash red pepper flakes
- 12 ounces cooked chicken breast, shredded
- 1 cup coarsely shredded carrots (about 2 large)
- 1 cup seedless red grapes, halved lengthwise
- 2 scallions, thinly sliced

Prep Time: 10 minutes
Cook Time: 0 minutes
Yield: 6 servings

Directions

1. Preheat oven to 375°F.
2. Make the dressing: In a food processor fitted with a steel blade, drop the garlic through the feed tube while the processor is running. Stop the motor and add the basil, yogurt, vinegar, oil, pepper, salt, sugar, and red pepper. Blend until the ingredients are well incorporated and the dressing is creamy.

2. Make the salad: In a large bowl, place the chicken, carrots, grapes, and scallions. Gently toss. Add the dressing and toss again. Serve immediately or refrigerate.

Nutrition (Per Serving)

170 calories, 6g fat (1g saturated), 167mg sodium, 10g carbohydrates, 1g fiber, 7g sugars, 18g protein

Make-Ahead Tip: Cook the chicken and make the dressing ahead of time.

Make It a Meal: Serve with Sourdough Toast, Steamed Broccoli, and Iced Tea with Lemon.



Lunch

Slow-Cooker Vegetarian Chipotle Chili (*vegan, gluten-free*)

Adapted from Cooking with Books

Here's a hearty, spicy, meatless chili featuring beans, sweet potatoes, carrots, and corn that's loaded with fiber. Some think that people with diabetes can't eat foods like corn and potatoes because of their starch content. I don't think any foods are completely off-limits as long as you watch your portion size.

Ingredients

3 medium carrots, diced
2 medium sweet potatoes, cut into 1-inch cubes
1 small onion, finely chopped
4 cloves garlic, minced
2 (15-ounce) cans kidney beans, rinsed and drained
10 ounces frozen corn
1 (28-ounce) can diced tomatoes, undrained
1 tablespoon kosher salt
½ teaspoon ground cumin
1 teaspoon chipotle chili powder (or any chili powder)
¼ teaspoon ground black pepper
2 avocados, diced just before serving

Prep Time: 15 minutes
Cook Time: 6 to 8 hours
Yield: 8 servings

Directions

1. In a slow cooker (at least 3-quart), combine the carrots, sweet potatoes, onion, garlic, kidney beans, corn, tomatoes, salt, cumin, chili powder, and black pepper. Mix well. Cook on High for 3 hours, then on Low for 3 hours OR cook on Low for 7 to 8 hours.
2. Spoon into serving bowls and top with avocado.

Nutrition (Per Serving)

283 calories, 8g fat (1g saturated), 759mg sodium, 45g carbohydrates, 13g fiber, 7g sugars, 11g protein

Make-Ahead Tip: Chop your vegetables the night before, then all you'll need to do in the morning is put everything in the slow cooker.

Make It a Meal: Serve with Nut-Thin Crackers, Fruit Salad, and Water with Lime.



Snacktime

Nacho Celery Sticks (gluten-free)

Adapted from Food Network Magazine

If you're craving nachos but can't afford the carbs that come along with the tortilla chips, try your favorite toppings with celery sticks. You'll get those great nacho flavors without all of the carbs.

Ingredients

¼ cup salsa
¼ cup guacamole
6 stalks celery, each cut into
3-inch sticks
6 tablespoons finely shredded
cheddar cheese

Prep Time: 5 minutes
Cook Time: 0 minutes
Yield: 4 servings (6 sticks each)

Directions

1. In a small bowl, mix together the salsa and guacamole.
2. Spread the salsa mixture on the celery sticks and sprinkle with the cheese.

Serving Tip: Slice a very thin strip off the rounded part of each celery stick so they won't roll around on the plate.

Nutrition (Per Serving)

87 calories, 6g fat (3g saturated), 259mg sodium, 6g carbohydrates, 3g fiber, 3g sugars, 4g protein



Snacktime

Smoked Salmon Cucumber Rolls (*gluten-free*)

Adapted from Fine Cooking

When you trim the salmon and cut the cucumber, make sure your strips of salmon are just a bit narrower than your strips of cucumber. You want some cucumber to poke out of each end.

Ingredients

- 2 tablespoons honey
- ¼ cup grainy mustard
- 12 ounces thinly sliced smoked salmon, cut into 2- x 4-inch strips
- 1 English (hothouse) cucumber, cut into 2½-inch strips

Prep Time: 10 minutes
Cook Time: 0 minutes
Yield: 20 servings (2 rolls each)

Directions

1. In a small bowl, combine the honey and mustard. Mix well.
2. Place a strip of salmon on a cutting board. Spread on a thin layer of the honey mustard mixture. Place cucumber strip(s) at one end of the salmon and roll up. Repeat with remaining salmon strips. Brush all rolls with some of the honey mustard mixture and place on a serving dish.
3. Serve immediately or cover and refrigerate.

Time-Saving Tip: Slice your cucumber into rounds and top each with salmon that's been brushed with honey mustard. No fussy rolling required!

Nutrition (Per Serving)

50 calories, 2g fat (0g saturated), 237mg sodium, 7g carbohydrates, 1g fiber, 6g sugars, 5g protein



Dinner

One-Pan Prosciutto-Wrapped Chicken with Roasted Cauliflower (gluten-free)

Adapted from Bon Appetit

Cauliflower is a nutritional powerhouse, given that it's low in calories and high in vitamins, fiber, and antioxidants. Try roasting some alongside prosciutto-wrapped chicken breasts for an easy sheet pan meal.

Ingredients

- 4 tablespoons extra-virgin olive oil, divided
- 1 tablespoon freshly squeezed lemon juice
- 2 large chicken breasts, cut into 4 equal pieces (about 1 pound)
- ½ teaspoon Italian seasoning
- 4 thin slices prosciutto
- ½ head cauliflower, cut into florets
- ½ teaspoon garlic pepper or freshly ground pepper

Prep Time: 10 minutes
Cook Time: 35 minutes
Yield: 4 servings

Directions

1. Preheat oven to 400°F.
2. In a large bowl, whisk 2 tablespoons olive oil with lemon juice. Add chicken and evenly coat all sides.
3. Place chicken on one side of a rimmed baking sheet, pieces not touching. (If one end of any piece is pointy and thin, tuck it under to make the pieces as even in thickness as possible.) Sprinkle with Italian seasoning. Wrap each chicken piece with 1 slice prosciutto, tucking ends under.

4. In a large bowl, toss cauliflower with remaining 2 tablespoons olive oil and garlic pepper. Distribute cauliflower evenly around, not on, chicken pieces on baking sheet.

5. Bake until chicken is cooked through, about 25 minutes. Remove chicken from pan, stir cauliflower, and return pan (cauliflower only) to oven for an additional 5 to 10 minutes or until cauliflower is tender and browned. Serve immediately. 1. Preheat oven to 400°F.

Nutrition (Per Serving)

353 calories, 22g fat (4g saturated), 690mg sodium, 6g carbohydrates, 3g fiber, 3g sugars, 36g protein

Substitution: More than 80% of the sodium in this recipe is coming from the prosciutto. If you're watching sodium, try low-sodium deli ham instead.

Make it a Meal: Serve with Green Beans with Almonds, a Whole-Grain Roll, and Water with Cucumber.



Dinner

Sesame Broccoli Slaw (vegan, gluten-free)

Adapted from No Fuss Diabetes Recipes for 1 or 2 by Jackie Boucher, Marcia Hayes, and Jane Stephenson

If you're trying to "eat the rainbow," this slaw features at least four colorful vegetables. The Asian-inspired dressing is vinegar-based, so there's no mayonnaise to worry about. Enjoy this slaw cold or at room temperature.

Ingredients

- 1 cup broccoli slaw
- 1 cup purple cabbage, thinly sliced
- 2 scallions, thinly sliced
- ½ small red bell pepper, chopped
- 1½ tablespoons low-sodium tamari, soy sauce, or coconutaminos
- 1 teaspoon sesame oil
- 1 teaspoon maple syrup or honey
- 2 tablespoons rice vinegar

Prep Time: 10 minutes
Cook Time: 0 minutes
Yield: 2 servings

Directions

1. In a large bowl, toss together the broccoli slaw, cabbage, scallions, and bell pepper.
2. In a small bowl, whisk together the tamari, sesame oil, maple syrup, and rice vinegar.
3. Add dressing to cabbage mixture and mix well.

Nutrition (Per Serving)

100 calories, 2g fat (0g saturated), 612mg sodium, 17g carbohydrates, 3g fiber, 11g sugars, 3g protein

Cooking Tip: Measure the sesame oil first, then use the same spoon to measure the maple syrup or honey. It will slide right off!

Make it a Meal: Serve with Steamed Edamame, Soba Noodles or Brown Rice, and Jasmine Tea.



Dessert

Dark Chocolate Nut Bark (gluten-free)

Adapted from Real Simple

This is a great make-ahead dessert or snack that's always a hit with nut lovers. To cash in on dark chocolate's heart health benefits, pick a brand with at least 70% cacao.

Ingredients

12 ounces dark chocolate, chopped
2 cups mixed unsalted nuts
(pistachios, almonds, cashews,
walnuts, pecans, etc.)

Prep Time: 10 minutes (plus 30
minutes chilling time)

Cook Time: 5 minutes

Yield: 18 servings

Directions

1. Line a baking sheet with parchment paper.
2. Find a heatproof bowl (stainless steel works great) that fits atop a 2½-quart saucepan. You want to be able to simmer a few inches of water without the bottom of the bowl touching the water. If you have a double-boiler, use that.
3. Pour a couple of inches of water in the saucepan and bring it to a gentle simmer. Put the chocolate in the heatproof bowl and place atop saucepan. Stir occasionally until the chocolate has melted. Remove from heat.
4. Pour the melted chocolate onto the prepared baking sheet and spread it to an even thickness. Sprinkle the nuts on top.
5. Refrigerate until firm, at least 30 minutes. Break the bark into 18 pieces.

Substitution: Use your favorite combination of nuts, but note that if you use salted nuts, your sodium count will be higher than what is listed.

Nutrition (Per Serving)

Nutrition (per serving): 167 calories, 13g fat (4g saturated), 0mg sodium, 11g carbohydrates, 2g fiber, 8g sugars, 2g protein



Dessert

Creamy Raspberry Cheese Bites with Almonds

Adapted from Diabetes Forecast

These sweet, creamy, crunchy bites are a perfect snack or dessert. Feel free to swap out the fruit—you could use strawberries, cherries, blackberries, or blueberries instead of the raspberries.

Ingredients

- ¼ cup slivered almonds
- 8 ounces Neufchâtel cheese (light cream cheese), softened
- ¼ cup raspberry all-fruit or no-sugar-added preserves
- 15 frozen mini phyllo shells (one 1.9-ounce package), thawed 15 raspberries

Prep Time: 10 minutes
Cook Time: 0 minutes
Yield: 15 servings (1 shell)

Directions

1. Place the almonds in a small dry skillet over medium heat. Toast, tossing or stirring frequently, until the almonds begin to darken. Remove from heat and let cool.
2. With a mixer, beat the cheese and all-fruit until creamy and well-combined.
3. Spoon the mixture into phyllo shells. Top each with almonds and a raspberry.

Make-Ahead Tip: Toast the almonds and mix the cheese and all-fruit together ahead of time. When you're ready to serve, fill the shells and top each with almonds and a raspberry.

Nutrition (Per Serving)

82 calories, 5g fat (2g saturated), 69mg sodium, 8g carbohydrates, 1g fiber, 4g sugars, 2g protein



The Science Behind the Plate—Why Livliga is the go-to 9-inch plate

A pleasant-looking meal is destined to be a satisfying meal. Attractive dinnerware and appealing food presentation invite us to eat slowly, savoring each bite and the experience of sharing our mealtime with friends and family. That's because eating is as much about psychology and visual cues as it is about hunger. Perhaps even more so.

As a person living with diabetes, you have to mindfully manage your diabetes. Portion control is a must. You need to understand how foods and nutrition affect your body. Food portions and food choices are important. Carbohydrates, fat and protein need to be balanced to ensure blood sugar levels stay as stable as possible. This is true whether you live with Type 1 or Type 2 diabetes. Most nutritionists counsel their diabetes patients to use a 9-inch plate to help with portion control. Not all 9-inch plates are made alike and none, except Livliga plates, have the benefit of psychology built in to them. Livliga is so unique we are patented!

Livliga is the go-to Diabetes Portion Plate with the additional benefit of having the psychology of eating embedded into each dish! Just like with a typical 9-inch plate, the well of all of Livliga's dinner plates is 7 inches, helping you to right size your portions. Better yet, we add our patented psychology of eating into the plate so when you serve up right-sized portions they look plentiful so you can feel like you are eating enough and are satisfied at the end of a meal. As someone who lives with diabetes you now have a way to mindfully portion your food and also feel satisfied with the amount of food that has been served up.

At Livliga, we design our products to take advantage of psychologically based mindful eating cues. We call this our VisualQs philosophy.



What People Think About Livliga Who Are Living with Diabetes

Anna Norton, CEO, Diabetes Sisters

When you are living with diabetes managing it is all about portion control and counting carbs. I discovered Livliga products a number of years ago now and love that they have built in measurement to every piece of tableware. I regularly refer people to Livliga. I am all for healthy lifestyle tools that help us live well with diabetes!

★★★★★ Portion Control with Flair

Reviewer: Pat from Universal City, TX United States

"I'm keeping one set for myself and giving the other to a friend. What a novel idea to shape the handle so that your ingredients are handy and I can also use them as serving utensils. How unique!"

★★★★★ Mindful Eating with a thought

Reviewer: Micki Nadelson from Oklahoma City, OK United States

I love my Halsa products! I have type 1 diabetes and count carbs at every meal in order that I take the right amount of insulin for the meal. So knowing how much I'm eating is imperative! I love the concept of the Livliga products. I can just put food on my plate or in my bowl without having to get out the measuring cups and still get an accurate carb count for my insulin dosing. Thank you for making my life easier! If I had it my way, all dinnerware products would be the Livliga way!

★★★★★ Bought two sets

Reviewer: Judy Ellison from Saint Paul, MN United States

Just wanted to drop a note telling everyone how nice my new set of dishes are. I first saw them in a Diabetes magazine and actually thought they were great because of the style, but soon realized they were about portion control, which made them even better. Besides being attractive, I like the feel of the everyday China when I eat off of them. I will buy some more pieces to go along with my set.

Diabetes Resources—Offering Tips for Healthy Eating and Recipes

Diabetes Room—Livliga has created a special place on our website, Living Life to the Fullest with Diabetes. It is a room that focuses on information specifically relevant for those with pre-diabetes or who are living with diabetes. Living a healthy lifestyle is important for all of us. Understanding how Livliga is helpful to those living with diabetes is what this room is all about.

Manage Your Diabetes Through Portion Control—is a handy diabetes ebook Livliga has created that is FREE and downloadable that provides tips and how to's. This easy-to-read ebook includes ways Livliga can help those living with diabetes achieve a healthy lifestyle, easily count and measure their carbs, as well as include their family and friends in what can be an enjoyable experience for everyone.

Diabetic Foodie—If you have diabetes, cook for someone who has diabetes, or just want to eat healthy, the Diabetic Foodie website provides recipes and information to make delicious, healthy meals.

Diabetes Food Hub— From the nutrition experts at the American Diabetes Association, Diabetes Food Hub™ is the premier food and cooking destination for people living with diabetes and their families.

dLife—dLife is the #1 community network and resource for people living with diabetes and their caregivers. By providing in-depth expert information, inspiration, and community connection, dLife's award-winning dLife.com and dLifeTV help millions of people, just like you, to gain control of their diabetes health. They offer recipes.

Find a registered dietitian—It is always a good idea to consult a professional. On this website you can search for experts who are qualified registered dietitians, nutritionists or food and nutrition practitioners who specialize in diabetes and are best suited to meet your needs.

MyPlate, MyWins: What's Your Healthy Eating Style?—There is such great information on MyPlate.gov. Wanting to discover your healthy eating style and more healthy eating tips? Explore this website.

Conclusion

Living with diabetes is a life long commitment. Your relationship with food and eating requires constant mindfulness. But that's no reason to sacrifice tasty meals that look inviting and plentiful on your dinnerware. The more confident you are in your ability to correctly gauge portion sizes, the more comfortable you'll feel as you embrace your long-term focus on mindful eating and a healthy lifestyle.

That's why Livliga has created the go-to diabetes portion plate and dinnerware. The dishes are right sized with built in serving sizes to make it easy to measure your food and count your carbs. They are also artist designed so you can set an attractive table where everyone feels welcome.

Try the diabetes-friendly recipes Shelby Kinnaird, aka Diabetic Foodie, has shared in this e-book, and check out the other resources we've listed to find more ideas. And learn the benefits of our diabetes friendly tableware designed to provide maximum visual appeal with designed-in portion measurements to ensure each serving of Shelby's delectable recipes can be right sized for your health and happiness.

Enjoy! And Live vibrant!



About Us



Sheila Kemper Dietrich, Founder & CEO of Livliga, created the VisualQs philosophy based on her professional experience as Executive Director of The American Heart Association–Denver as well as her personal experience in waging the war against obesity and her desire to embrace a healthier lifestyle. She has personally benefited, as have other members of her family, from the concepts integrated into Livliga and has become a great advocate for their efficacy in living a healthy life.



Walt Dietrich serves as Livliga's CFO and COO. He blends his extensive background in both for-profit and non-profit business management with experience in fields as diverse as finance, distribution, visual arts and design.

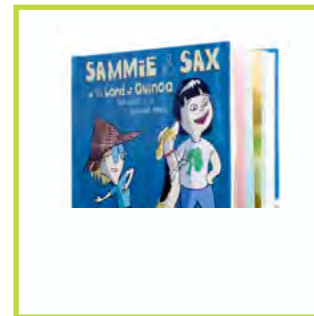


Shelby Kinnaird, an author of two books, *The Pocket Carbohydrate Counter Guide for Diabetes* and *The Diabetes Cookbook for Electric Pressure Cookers*, also publishes diabetic-friendly recipes and tips for healthy eating on her website, **Diabetic Foodie**. A passionate diabetes advocate, she has written for publications including Healthline and the DiabetesSisters blog. Shelby runs two diabetes support groups in Richmond, VA and has successfully managed her own type 2 diabetes since 1999.

Learn More

Ready to learn more about Livliga's easy, elegant, and patented portion control tableware for your everyday use in a healthier lifestyle?

Go to our website: www.LivligaHome.com and discover our many patterns and types of tableware or click on the images below.



livliga[®] mindful eating



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