

DECEMBER 2024

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wrapping up
2024

GIFT
Ideas

Ireen
Masiwa's
Remarkable
story!

CHRISTMAS
DAY **MENU**

*RECIPES
GALORE!*

*TRAVEL
TIPS*

**YOUR
ULTIMATE
GUIDE TO A
DIABETIC
FRIENDLY
HOLIDAY**





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YOUR JOURNEY TO
REVERSING T2 DIABETES

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A Season of Gratitude and Wellness

As the year draws to a close, I want to take a moment to express my heartfelt gratitude to each and every one of you. This year marks the first anniversary of the Reverse It! Magazine, and I am deeply thankful for your unwavering support and trust in this journey to better health. Whether you've made small changes or significant strides in managing your type 2 diabetes, your dedication to your health is an inspiration, and it is truly a privilege to be a part of your wellness journey. I extend my heartfelt gratitude to our valued advertisers for their unwavering support—it is truly appreciated and does not go unnoticed. A special thanks also goes to Norrie Williamson for his insightful contributions on the importance of exercise for diabetics.

The holiday season is a time of joy, reflection, and togetherness. It's also a time when many of us face the challenge of balancing festive meals with our health goals. But as we've learned throughout the year, being a type 2 diabetic over the holidays doesn't have to be stressful. With proper planning, mindful food choices, and a focus on what truly matters—family, love, health and gratitude—you can enjoy the celebrations while staying on track with your health.

In this special Christmas edition of Reverse It!, I've put together tips and recipes to help you navigate the holidays with confidence. From a delicious, low-carb Christmas lunch, to smart strategies for dining out, this issue is designed to help you feel empowered and prepared.

I wish you and your family a beautiful, happy holiday season filled with warmth, love, and good health. May your Christmas be merry and bright, and may the new year bring you continued success on your journey to reversing type 2 diabetes.

With gratitude and best wishes,



Linda



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IREEN MASIWA

The story of how one woman took control of her life by embracing lifestyle changes and reversing her Type 2 diabetes. Through a low-carb diet and daily exercise, she reclaimed her health and newfound energy, proving it's never too late to make a positive change.





“ I LOST 27KG AND RECLAIMED MY HEALTH !

In January 2023, Ireen Masiwa, a resident of Masvingo in southeastern Zimbabwe, received life-altering news: she was diagnosed with Type 2 diabetes. Her HbA1c level, a key indicator of long-term blood sugar control, was dangerously high at 18%, and her weight had reached 103kg. The diagnosis sent shockwaves through her family, especially her husband, and cast a shadow over every aspect of her life. Ireen felt trapped, overwhelmed by the illness and the lack of education around it. The little support she received came from her siblings, but even they didn't fully understand the gravity of the situation.

“
..it felt like a death sentence. I was terrified—facing the reality that my poor choices could shorten my life. It shook me to my core.

Initially, Ireen was prescribed 1000mg of metformin daily, a common treatment for managing blood sugar levels. However, the medication came with severe side effects. Ireen felt constantly weak, and nausea made her dread taking her medicine. It seemed like her body was rebelling, and she struggled to regain a sense of normalcy. The lack of knowledge about Type 2 diabetes in her community only compounded the issue. She felt lost and disheartened, unsure how to regain control of her health.

It wasn't until a year later that Ireen found a lifeline: Linda's Diabetes Warriors, a social media support group specifically for Type 2 diabetics. The group's mission is to educate and empower its members to take responsibility for their health. Through this community, Ireen gained access to invaluable information about reversing insulin resistance and putting Type 2 diabetes into remission. "It was on the advice of the group that I started to make changes," Ireen recalls. She learned the importance of food lists and meal plans, and she committed herself to the program with unwavering discipline.

The group's education about the Green List of low-carb foods became the cornerstone of Ireen's transformation. She completely eliminated processed and refined carbohydrates from her diet, adhering strictly to a low-carb, zero-sugar lifestyle. There was no room for excuses or indulgences. Meal planning was key, and her determination to regain control over her life was stronger than ever.

Within weeks, the first signs of improvement were undeniable. Years of crippling back pain began to disappear, and her energy levels skyrocketed. Ireen's journey towards wellness had begun, and she embraced it fully. She started to lose weight gradually and was feeling very different, and by March 2024, during her annual check-up, her doctor was astounded. Her HbA1c had dropped to 4.2%, a dramatic and life-saving improvement.

Now, as of August 2024, Ireen's HbA1c remains at 4.2%, and she is completely off all diabetes medication. She is living a pain-free, diabetes-free life, feeling more energetic and fulfilled than she has in years. Ireen attributes her success to the support and accountability provided by Linda's Diabetes Warriors.

***“The group held me accountable for the choices I made every day. It was a game-changer, she says.*”**



Ireen's journey is a powerful reminder of the importance of taking responsibility for one's health.

When she acknowledged her diagnosis and embraced the changes necessary to reverse it, she took back control of her life. Reversing Type 2 diabetes requires discipline, consistency, and a commitment to changing one's relationship with food. But the results—like the ones Ireen experienced—are worth every effort.

"The low-carb, zero-sugar lifestyle has given me a reason to live life to the fullest."

Her story is a beacon of hope for others living with Type 2 diabetes, proving that with the right mindset, support, and lifestyle changes, it is possible to reverse the disease and reclaim your health.

“

A special thanks to my support family, “The Diabetes Warriors” for their unwavering support and commitment to helping people like me take responsibility for their health—one meal, one day, and one decision at a time.

If you're living with Type 2 diabetes, remember: it's about taking control, owning your condition, and making the necessary changes. Like Ireen, you too can transform your life and enjoy the freedom that comes with it.





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“Christmas is coming, and the goose is getting fat”

By: **NORRIE WILLIAMSON**

For many this age-old song and rhyme is the ‘threat’ of Christmas to present and to come. The fact is that December and January are not only the season to be jolly, but also, for most in Africa, the primary holiday period.

It’s a time when we abandon our normal routines and do what family, friends or our fancy, dictates.

This makes it a time of concern and guilt for those of us who want to train, and or try to maintain a healthy lifestyle. It’s a time when we may have to march to the beat of a different drummer, which can, frequently, make us feel pressured to change or compromise our normal standards or habits.

EVOLVE STRATEGIES

In terms of training the easiest way to work around this is to plan as many of the workout for early in the morning so that they are over and done; ticked off and completed, before the day is in full swing.

Doing the gym, walk, run, or cycle early will allow you to go with the flow when the rest of the ‘tribe’ are up and about, and of course it removes the guilt we often feel when we fail to achieve our normal training commitment.

By example: the runners, athletes, and triathletes who I coach, irrespective of their abilities, all know the details of their Christmas morning, and New Years Eve sessions based on the previous years!!

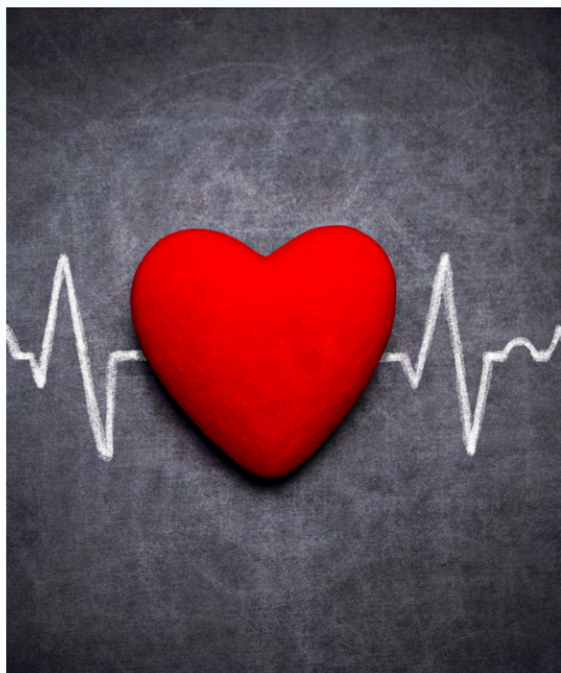


WISHING YOU A “HILLY” CHRISTMAS

Early on Christmas morning they head out for a Hill session where they warm up – do three sets of three hard and fast 35 second hills with 3 minutes rest and then cool down. The entire session is only around 30-40 minutes, but by doing this before the rest of the house is up gets the day underway before the present opening, and leaves them guilt free for the lunch, other activities, and they are rewarded with a total rest day on family / boxing day.



BLOOD VOLUME



This is suitable for all abilities because ‘hard and fast’ is a perception of effort, and the actual speed and distance, will be determined by current fitness. Importantly there is additional benefit from this sort of session, as it sends the heart rate high, and sessions of this nature are great of maintaining blood volume. The drop in blood volume is the main cause of the initial loss of fitness when regular trainers are injured or otherwise forced to have a period off.

It was found that doing 4 intervals of 60-90 seconds of high intensity work, two days a week, could maintain blood volume for around 10 days at a time.

A HOLIDAY PRINCIPLE FOR ALL

Of course these may not suit everyone, or all cultures, but the principles are ideal for a work-around the holiday temptations. Trying to schedule in sessions in the middle of the day brings a high-risk of failure as most activities and schedules are fluid during the vacation and training is easily abandoned by meals, travel, or other last-minute decisions. Missed sessions only bring greater guilt or disappointment which can then impact and spoil the other events that we are all supposed to be enjoying!



THERE ARE POSITIVES

However, the great thing about families coming together for the vacation is that there is normally someone who wants to rest, and its usually easy to find time of lull in the activities to grab a power nap which will normally prove even more beneficial than the extended time in bed in the morning.

Look at the rest periods as a type of interval training, mixing periods of activity with periods of rest. Power Naps bring major positives to your healthy lifestyle and do not need to be that long to have major impact on your energy levels.



THE GIFT OF SELF

Health is not simply about the physical. The holiday period and power naps are great for allowing the brain to switch off and having what is now called mindfulness moments. The vacation days make ideal time to assess the challenges, tribulations and evolve and modify your way forward in this journey through the ups and downs of life.

Everyone's travel through life is a unique experience and growth, and much as we wish, we can only be accountable, and mould, our own footpath, while accepting the journey and travel of others who paths intersect or become in parallel with ours.

The power nap provides time, that is normally just not available in the normal working week, to just tune into 'being yourself.' It's a much needed time to acknowledge what makes you grateful, what gets you ticking and what puts you at peace. Importantly these 'minutes out' remind and bring you into the present.

The past can't be changed, the future is unpredictable and only a source of fears, concerns and wishful thinking with no certainty, which leaves us with the present; a period we often fail to be grateful for.

THE GIFT OF HEALTH

Vacations are indeed a time to switch off and relax, and the break in regime comes with both good and bad feelings, but it also brings days full of opportunities.

The greatest of these opportunities and growth is spending time for your own health and well-being. Your gift of time to yourself, can truly change the way you approach and enter the New Year.

HAVE A HAPPY &
REWARDING
Holiday!





CLOSING 2024 WITH CONFIDENCE AND SETTING NEW GOALS FOR 2025

Reflecting on Your Health Journey so far.

As we approach the end of 2024, it's the perfect time to **pause and reflect** on your health journey, particularly how well you've managed your Type 2 diabetes. The past year has been a chapter in your story—one where every decision you've made has contributed to your overall well-being. Now, it's time to evaluate your progress and look ahead to new possibilities.

Reflecting on 2024:

Did You Take Charge of Your Health?



The end of the year presents an opportunity for honest reflection. Ask yourself: Did I stay committed to managing my blood sugar this year?

- **Diet:** Did you stick to the Green List, focusing on low-carb, nutrient-rich foods that support stable blood sugar levels? Consistency in following the right diet plays a pivotal role in reversing Type 2 diabetes.
- **Exercise:** How active were you? Exercise is a cornerstone of better blood sugar control and overall health. Did you engage in daily activity, whether it was a brisk walk, a fitness class, or strength training?

If you find that you didn't stay as committed and consistent as you'd hoped, it's important to ask yourself why?. Was it a lack of time, motivation, or energy? Or did old habits and comfort foods sneak back in? This introspection is critical.

Understanding the reasons behind your actions will help you confront them directly and create better strategies moving forward.

Psychological insight: It's easy to fall into patterns that feel familiar and comfortable, especially when it comes to health.



However, a key question to consider is **how serious are you about your health?** Are you ready to be fully invested in making choices that lead to lasting change? How badly do you want to reverse this disease?

Psychological insight: It's easy to fall into patterns that feel familiar and comfortable, especially when it comes to health. However, a key question to consider is how serious are you about your health? Are you ready to be fully invested in making choices that lead to lasting change?

Being mindful of your “why” is essential. Remember that reversing Type 2 diabetes isn't just about short-term gains but about lifelong well-being. Take this moment to appreciate the progress you've made and identify where there's room for improvement.

Setting New Goals for 2025:

Creating a Mission Statement for Your Health



Once you've reflected on the past year, it's time to set new goals for 2025. Start by creating a personal mission statement. This will act as your guiding principle, keeping you motivated and focused throughout the year.

How to create your mission statement:

Think about what health means to you, and consider the person you want to become.

Your mission statement could be something as simple as, ***"I am committed to reversing my diabetes and living a vibrant, healthy life by prioritising nutrition, exercise, and self-care."*** It should resonate deeply with you—something that lights a spark in your heart.

Once written, print it out and pin it to your fridge, your bathroom mirror, or somewhere you'll see it daily. Even share it with an accountability partner or your support group. It serves as a constant reminder of your dedication to yourself.

setting clear, attainable **GOALS**

Next, set yourself concrete, realistic goals. Here's how you can do it:

- **Be specific:** Avoid vague statements like "I'll eat healthier." Instead, commit to clear, actionable steps: "I will stick to 30g of carbs a day and prioritise vegetables in each meal."
- **Make them measurable:** You can track your progress if your goals are measurable. For example, "I will exercise for 30 minutes five times a week." This allows you to monitor your success and adjust as needed.
- **Break it down:** Big goals can feel overwhelming, so break them into smaller, manageable steps. If your goal is to lower your HbA1c, you might break it down into monthly milestones, like reducing your carb intake or increasing your daily activity.
- **Stay positive and kind to yourself:** Even if you face setbacks, remember to be kind to yourself. Focus on progress, not perfection. Change is gradual, and every step forward counts.

Moving Forward with Confidence

As 2024 closes, celebrate the wins—no matter how small—and be proud of every effort you've made. Now is the time to re-commit to your health and set the stage for a successful 2025. With a clear mission statement and achievable goals in place, you can approach the new year with confidence, knowing that each day is a new opportunity to prioritise your health and well-being.

**Here's to your health, your progress,
and the empowered choices you'll make
in 2025!**



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**Your Ultimate Guide
to a Diabetic-Friendly
Christmas!**





The holiday season often brings excitement, with trips to visit family or enjoy some well-deserved vacation time. But for those managing type 2 diabetes, travel can add an extra layer of complexity. Whether it's adjusting meal plans, ensuring you have your medication, or making mindful choices while on the road, traveling with diabetes is all about planning ahead. Here are some essential tips to ensure your travels are smooth, stress-free, and healthy.

Packing Your Diabetes Essentials

When preparing for a trip, packing the right essentials is key to managing your diabetes effectively. Make sure you have:

Glucose Monitoring Supplies: Don't forget your glucose meter, test strips, and lancets. If you use a continuous glucose monitor (CGM), pack extra sensors.



Medications: Bring enough medication for your entire trip, plus a few extra days' worth in case of delays. Speak to your doctor in time to issue any additional scripts



Snacks for Blood Sugar Control: Carry low-carb snacks like nuts, cheese, or unsweetened protein bars to keep blood sugar levels stable while traveling. Pack a few juice boxes, fruit and sugar sweets ONLY in case of hypoglycaemia



Medical ID: Wear a diabetes medical ID bracelet or have a card that states your condition and medications in case of emergency.



If you're crossing time zones:

Adjust Medication Schedules - talk to your doctor about how to adjust your medication schedule. It's important to keep your medication and insulin routine on track to avoid any spikes or drops in blood sugar. For short trips, sticking to your regular schedule may be fine, but longer trips may require adjustments. Always consult with your healthcare provider to ensure you're on the right track before you leave. And make sure you have a copy of your script and doctors note for customs.



Plan your meals on the go!

Healthy eating while traveling is possible, even when options seem limited. Here are a few tips:

Pack Your Own Meals:

If you're on a long flight or road trip, prepare a diabetes-friendly meal ahead of time. Salads, grilled vegetables, boiled eggs, biltong or low-carb wraps are great options that travel well.

Be Restaurant-Savvy:

If you're stopping for breakfast or lunch en-route, opt for grilled proteins, salads, and non-starchy vegetables. Skip the breadbasket and be mindful of sauces, which can be high in hidden sugars.

Stay Hydrated:

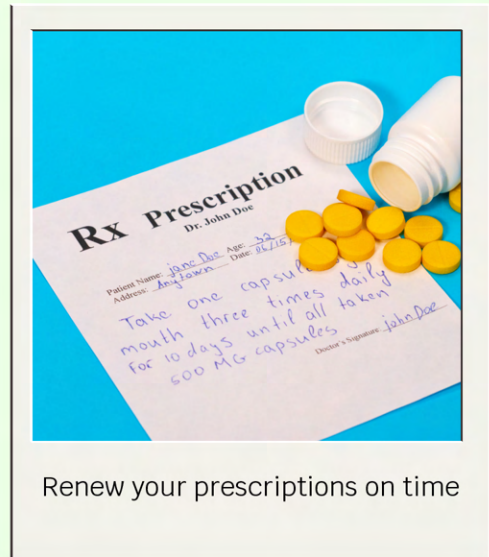
Drink plenty of water throughout your journey. Dehydration can affect blood sugar levels, so make sure to have a water bottle handy at all times.



Plan your Prescriptions!

One of the most important steps before any trip is making sure your prescriptions are up to date. Speak with your doctor well in advance to ensure your medication script is renewed, especially if your trip will extend into the holiday season when many healthcare providers and pharmacies may be closed.

If you're traveling internationally, ask your doctor for a letter that explains your condition and lists the medications you're taking, in case you need to present it at customs or a foreign pharmacy.



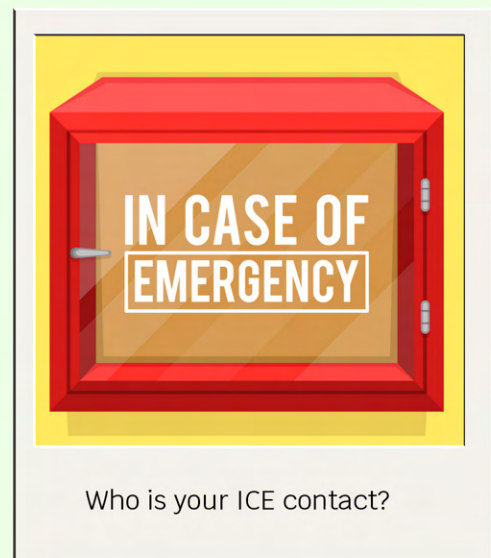
Prepare for Emergencies!

Traveling can sometimes bring unexpected changes, like delayed flights or unplanned activities. So travel prepared for any emergency!

Have Extra Medications: Pack an additional set of medications and glucose supplies in your carry-on bag to ensure you're covered if your luggage is lost or delayed.

Know Where to Get Help: For long trips, research the nearest healthcare facilities at your destination in case of an emergency, before you travel. It's also wise to have a list of local pharmacies in case you need to refill prescriptions.

ICE: Keep an emergency contact number handy for first responders, or friends so they can get in touch with your ICE (in case of emergency contact)



Stay active while travelling!

Physical activity can help keep your blood sugar levels stable while on the road. If you're driving a long distance, it's important to stop every two hours to stretch and test your blood sugar. It also helps with driving fatigue.

If you're flying, then walking around the airport, or walking and stretching in the aisles is just as important. Make time to move. Not only will it help regulate your blood sugar, but it will also keep you feeling energized, keep blood flowing effectively and refreshed during your journey.

And make this an exciting activity with your passengers, especially the kids!



Stop every two hours to stretch

Traveling with diabetes doesn't have to be stressful. With a little planning and preparation, you can enjoy your holiday travels while keeping your health in check. From packing your essentials to planning meals and medications, taking these proactive steps ensures you stay in control of your diabetes, no matter where your holiday adventures take you. Safe travels and happy holidays!.



dining

During the Holidays:

A Guide for Type 2 Diabetics

The holiday season often means gatherings, celebrations, and dining out—occasions where temptation can be hard to resist. For those managing type 2 diabetes, it's crucial to stay mindful and make food choices that align with your health goals. The good news? You can enjoy dining out while staying true to your lifestyle, using Banting food lists to guide you.

Stick to foods from the Green and Orange Lists

When dining out, focus on foods from the Green List. These include non-starchy vegetables, healthy fats, and moderate proteins. Opt for dishes like grilled meats (without sugary marinades), fresh salads, and sautéed vegetables. If a dish includes high-carb sides like bread or potatoes, don't hesitate to ask for a substitute—many restaurants are happy to accommodate.

For those occasions where choices are limited, the Orange List offers some flexibility, allowing for small portions of certain higher-carb vegetables or legumes.

Stay mindful of your portions, and make sure to balance any indulgence with low-carb options.



- **Plan Ahead:** Many restaurants offer their menus online. Review them before you go and choose dishes that align with your low-carb goals.
- **Skip the Bread Basket:** It can be tempting, but breads and other processed carbs will spike your blood sugar. Ask for olives or nuts instead if available.
- **Sauces and Dressings:** These often contain hidden sugars or starches. Request dressings on the side and choose oil and vinegar for salads.
- **Stay Hydrated:** Drink water throughout your meal, and avoid sugary beverages or excessive alcohol, which can lead to blood sugar spikes.

Consistency is **KEY!**

Dining out during the holidays doesn't mean you have to stray from your routine.

Consistency is vital in managing diabetes. – Yes! even on holiday!

Stay strong when surrounded by tempting dishes. Remind yourself that you've worked hard to maintain your health—celebrate your progress by choosing foods that fuel and nourish your body. By staying committed to your food choices, you'll enjoy the holidays without compromising your well-being.

Dining out can be a healthy and enjoyable part of your holiday season when you make conscious decisions. Remember to prioritize your health, stick to the Banting lists, and most importantly, savor the experience without guilt!



Alcohol

and diabetes...

"Diabetes requires mindful choices, and alcohol is no exception—what you drink today can affect your blood sugar tomorrow."



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“Cheers” with Caution

Navigating Alcohol and Diabetes During the Festive Season

The festive season is often synonymous with joy, celebration, and the clinking of glasses filled with holiday cheer. Whether it's a toast at a family gathering, a glass of wine at a holiday dinner, or a cocktail at a New Year's Eve party, alcohol seems to naturally accompany the season's festivities. For many, it's a time to relax and indulge, letting the spirit of the season take over.

However, for those living with diabetes, alcohol can be more than just a celebratory drink—it can be a potential hazard. While enjoying a drink or two might seem harmless, the effects of alcohol on blood sugar levels can be unpredictable and dangerous. Alcohol can interfere with the body's ability to regulate glucose, leading to sudden drops or spikes that can be difficult to control.

The festive season's indulgence in food and drink poses unique challenges for diabetics. Understanding the risks associated with alcohol consumption, knowing how to manage intake, and being mindful of its effects are crucial steps for staying safe and healthy during this celebratory time. As tempting as it may be to join in the toasts, those with diabetes must navigate these occasions with caution, ensuring that their holiday season remains both merry and safe.





WINE

Moderate Carbohydrate Content: Wine, particularly red wine, has a relatively low carbohydrate content (about 3–4 grams of carbs per 150-millilitre serving). For people with type 2 diabetes, this means that wine generally has a modest impact on blood sugar levels.

Potential Benefits: Some studies suggest that moderate consumption of wine, especially red wine, may have a beneficial effect on blood sugar control. This is thought to be due to polyphenols, which can help improve insulin sensitivity. However, these benefits are only associated with moderate drinking.

Risk of Hypoglycaemia (LOW BLOOD SUGAR): While moderate wine consumption may not significantly raise blood sugar, it can lower it, particularly when consumed on an empty stomach or in conjunction with diabetes medications that increase insulin production.

BEER

High Carbohydrate Content: Beer contains more carbohydrates, ranging from about 10 to 15 grams per 350-milliliter serving, depending on the type. This carbohydrate content can lead to a significant increase in blood sugar levels, making it less ideal for people with type 2 diabetes.

Delayed Blood Sugar Spike: The body metabolizes alcohol before other nutrients, which can delay the absorption of carbohydrates in beer. This may cause a delayed spike in blood sugar levels, followed by a potential drop, especially several hours after drinking.

Low-Carb Beers: Some beers are marketed as "low-carb" options, containing around 2-5 grams of carbohydrates per serving. While these may be better for blood sugar control, the delayed effects of alcohol still apply.



SPIRITS

Zero Carbs (Straight Spirits): Pure spirits like vodka, whiskey, gin, rum, and tequila contain no carbohydrates and therefore, have no direct impact on raising blood sugar levels. However, drinking them on an empty stomach can lead to a significant drop in blood sugar, particularly if you're on insulin or other medications that increases insulin production.

Risks with Mixers: The real concern with spirits is the mixers that is often used with them. Sugary mixers like regular soda, tonic water, fruit juices, and energy drinks can add a substantial amount of sugar, causing blood sugar to spike rapidly. For example, a typical mixed drink could contain 20-30 grams of sugar or more, which is detrimental for someone with type 2 diabetes.

Safer Alternatives: Using sugar-free mixers or having spirits neat or on the rocks can help avoid these sugar spikes. However, caution is still needed due to the risk of hypoglycemia (low blood sugar)



Gift Ideas For T2 Diabetics

A guide to thoughtful and health-conscious gifts for people living with diabetes, from kitchen gadgets to wellness products

Giving and receiving health-relevant gifts during Christmas is especially important for those managing Type 2 diabetes. These thoughtful gifts can support a healthy lifestyle, help maintain blood sugar control, and promote overall well-being. Whether it's exercise equipment, diabetic-friendly cookbooks, or wellness tools like a glucose monitor, such gifts show that you care about the recipient's health. They can also serve as gentle encouragement to stay on track with their health goals during the holiday season, a time often filled with indulgence. For diabetics, receiving gifts that align with their health needs provides not only immediate value but also long-term support for managing their condition.

On the other hand, when receiving gifts that aren't diabetes-friendly—like chocolates, biscuits, or other high-sugar treats—it's important to handle them in a way that aligns with your health goals. One approach is to share them with friends, family, or even donate them to local charities, where they can be enjoyed by others.

It's key to remember that you don't have to consume everything you receive; instead, focus on what aligns with your health and well-being, keeping your long-term diabetes management in mind.



Kitchen GADGETS



Air Fryer: A healthier way to enjoy fried foods without excess oil, perfect for diabetes-friendly cooking.

Food Scales: Helps diabetics measure portions accurately, which is crucial for blood sugar management.



Blender or Smoothie Maker: Ideal for preparing low-sugar, nutrient-packed smoothies.



Vegetable Steamer:

Promotes healthy, low-carb meals by making it easier to steam vegetables



Spiralizer: A fun tool for making low-carb vegetable noodles (like zucchini noodles) as a pasta substitute.



Wellness PRODUCTS



Glucose Monitoring Devices: A continuous glucose monitor (CGM) or a stylish carrying case for testing supplies can be thoughtful and practical



A Pedometer: adds up all the steps you take during the day. It can help motivate you to walk; a crucial exercise to help manage blood sugar. A quick check may show that you need more steps for the day and help you set goals to take more steps.



Foot Care Kits: Diabetics often need to take extra care of their feet, so a foot care kit with diabetic-friendly creams and socks can be both luxurious and useful.



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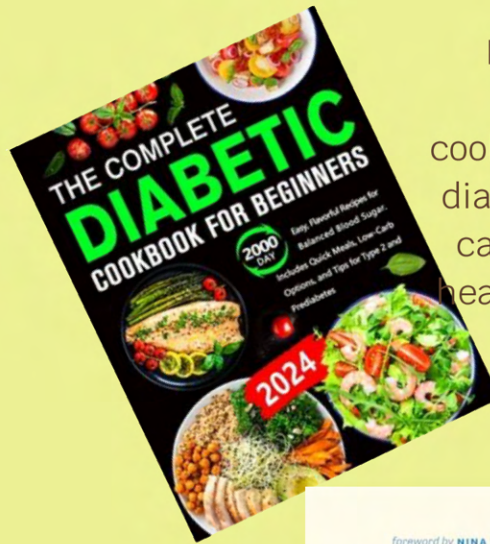
Exercise Equipment: Resistance bands, yoga mats, or a Fitbit can encourage regular physical activity, which is key for managing diabetes.



Health BOOKS

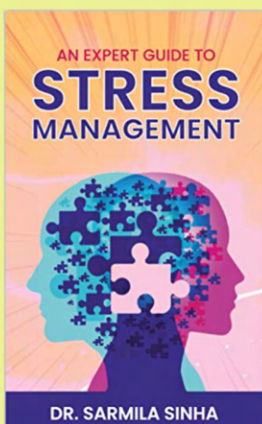
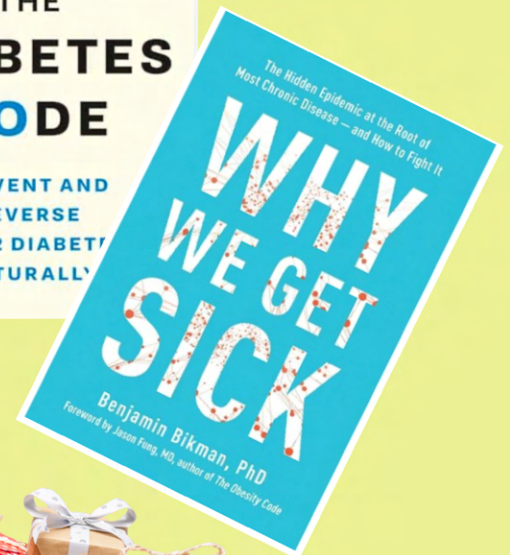
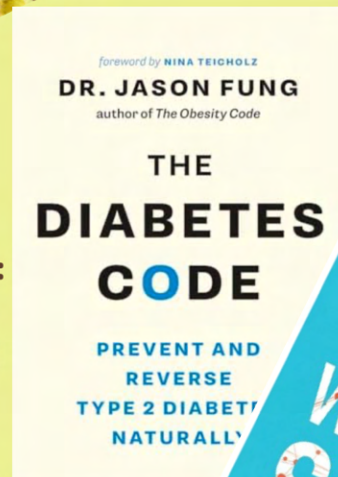


Food Journals: These will help to keep a record of meals and meal planning



Low-Carb Recipe Books: Look for cookbooks that focus on diabetes-friendly, low-carb meals to inspire healthier eating habits.

Diabetes Educational Books: Books to help the reader understand the extent of the disease, why it happens and how to heal



Stress Management Books:

Because stress can be a leading cause of high blood sugar. These books will provide strategies to help the read learn how to destress and control stress levels



Books on Exercise:

Books to help understand the importance of incorporating exercise into your lifestyle to combat the disease.



Sugar Free / Low Carb TREATS



Sugar Free Jams

Look for Sugar Free jams, and a selection of 2 or 3 jars make the ideal gift pack



Low Carb Rusks or Biscuits

A gift pack of low carb rusks or biscuits, wrapped with love will satisfy your sweet cravings without compromising your dietary preferences with this guilt-free delight



Sugar Free Chocolates

There are plenty of sugar free chocolates on the market these days. You can look for an assortment of brands to make up a small hamper

Homemade Chocolate

Or simply make your own. There are plenty of homemade sugar free recipes on Pinterest to go through. Make the gift wrap personal for that extra special touch!



Enjoying Christmas Day Lunch as a Type 2 Diabetic

A Healthy, Balanced Approach

Christmas is a time of joy, celebration, and indulgence, but for those of us managing Type 2 Diabetes, it can be stressful, but it's also a time to stay mindful of our health. The festive season doesn't mean we throw our healthy habits out the window—instead, it's an opportunity to enjoy the day while staying on track. Here's how you can make the most of your Christmas Day lunch, keeping your blood sugar stable and your health in check.

Pace YOURSELF

Christmas lunch often stretches over hours, with multiple courses and plenty of opportunities to overeat. It's important to pace yourself. Enjoy the company and the food, but listen to your body's signals. Eating slowly allows you to savor each bite and helps prevent overeating. Remember, it's not about how much you eat, but the quality of the food and the experience of sharing it with loved ones.

Portion control is crucial!

Stay ACTIVE

Even on Christmas Day, staying active is crucial. A walk after lunch can aid digestion and help regulate blood sugar levels. Whether it's a leisurely stroll with family or a quick solo walk, moving your body will help counterbalance the effects of a big meal. It's a simple, yet effective way to maintain your health without missing out on the holiday fun.

STARTERS

Ingredients:

Fresh avocados, sliced
Cooked prawns (devein, and fry in garlic butter until they turn pink)
Mixed greens (spinach, arugula)
Cherry tomatoes, halved
Cucumber, sliced
Fresh lemon juice
Olive oil
Sea salt and black pepper to taste

Preparation:

Arrange mixed greens on a plate.
Add sliced avocado, cherry tomatoes, and cucumber.
Top with cooked prawns.
Drizzle with olive oil and fresh lemon juice.
Season with sea salt and black pepper.

PRAWN & AVO SALAD



Ingredients:

- 1 x Portobello mushroom per person
- 1 packed button mushrooms
- 1/2 a white onion
- 1 tbs crushed garlic
- 1 packet cherrie tomatoes
- 1 packet black olives (without the pips)
- 1 packet baby spinach
- Rocket for salad
- 2 cups grated mozzarella and cheddar cheese

Preparation:

- Remove the stalk from the portobello mushroom, and pat the mushrooms dry
- Drizzel some olive oil into an oven proof dish
- Lay the portobello mushrooms in the dish
- Finely chop the button mushrooms, onion, tomatoes olives and spinach and mix it all together
- Spoon into each portobello mushroom
- Top with grated cheese
- Cover the dish with tin foil and bake at 180 celcius for 20 minutes.
- Remove the foil and put it back into the oven for the cheese to brown.
- Serve with rocket.

STUFFED PORTOBELLO MUSHROOMS

WITH ROCKET

MAIN COURSE

**ROAST LEG OF LAMB &
CAULIFLOWER
MASH**

For the Lamb:

- 2 kg leg of lamb
- 3 tbsp olive oil
- 4 cloves garlic, sliced
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 2 tsp salt
- 1 tsp black pepper

INSTRUCTIONS

Prepare the Lamb:

- Preheat your oven to 180°C.
- Make small incisions all over the lamb and insert slices of garlic into each cut.
- Rub the lamb with olive oil, chopped rosemary, thyme, salt, and pepper.

Roast the Lamb:

- Place the lamb in a roasting pan and roast in the preheated oven for about 2 hours, or until the internal temperature reaches 63°C for medium-rare or 70°C for medium. Baste the lamb with its juices halfway through cooking.
- Once done, remove the lamb from the oven and let it rest for 15-20 minutes, loosely covered with foil, before carving.

Serve with cauliflower mash, baby carrots and broccoli.

INGREDIENTS

For the Tomato Gravy:

- 2 tbsp olive oil or butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved (or 1 cup chopped tomatoes)
- ½ cup beef or lamb stock (ensure there are no added sugars)
- 1 tbsp tomato paste
- 1 tsp dried oregano
- ½ tsp salt and ½ tsp black pepper
- 1 tbsp heavy cream (optional, for a richer gravy)
- Fresh basil or parsley, chopped, for garnish
- 1 tbsp Erythritol

Prepare the Tomato Gravy:

- While the lamb is roasting, heat 2 tbsp of olive oil or butter in a saucepan over medium heat.
- Add the chopped onion and sauté until soft and translucent, about 5 minutes. Add the minced garlic and cook for another 1-2 minutes.
- Add the cherry tomatoes and cook until they start to break down, about 5-7 minutes.
- When the lamb is done, pour the liquid from the roast into the gravy.
- Stir in the beef or lamb stock, tomato paste, dried oregano, salt, pepper and Erythritol. Bring the mixture to a simmer and cook for 10-15 minutes, until the sauce thickens and flavors meld.
- (Optional) Stir in 1 tbsp of heavy cream for a richer, slightly creamy gravy.
- Adjust seasoning to taste.





GLAZED ROAST PORK LOIN

WITH STEAMED GREEN BEANS

- Pork Loin Roast: 1 kg
- Olive Oil: 2-3 tablespoons

Spice Rub:

- Paprika: 2 teaspoons
- Garlic Powder: 2 teaspoons
- Onion Powder: 1 teaspoon
- Dried Thyme: 1 teaspoon
- Dried Rosemary: 1 teaspoon
- Salt: ½ teaspoon
- Black Pepper: ½ teaspoon

INSTRUCTIONS

Preheat the Oven: Preheat your oven to 180°C. Position the rack in the centre of the oven.

Prepare the Pork:

- Pat the pork loin dry with a paper towel. Rub 2-3 tablespoons of olive oil evenly over the pork.
- In a small bowl, mix together the spice rub ingredients: paprika, garlic powder, onion powder, dried thyme, dried rosemary, salt, and black pepper. Rub this mixture generously over the pork loin, pressing it in to ensure it sticks.

Sear the Pork:

(Optional, but adds flavor)

- Heat a large oven-safe skillet or frying pan over medium-high heat. Sear the pork on all sides for 2-3 minutes per side until browned. Remove from heat.

Serve with
steamed and salted
green beans

INGREDIENTS

Glaze:

- Martinnaise Sugar-Free Syrup: ½ cup
- Balsamic Vinegar: 2 tablespoons
- Erythritol Sweetener: 1 tablespoon
- Garlic, minced: 2 teaspoons
- Soy Sauce: ¼ cup
- Dijon Mustard: 1 tablespoon
- Olive Oil: 1 tablespoon

Make the Glaze:

- In a separate bowl, whisk together the glaze ingredients: sugar-free syrup, balsamic vinegar, erythritol sweetener, minced garlic, soy sauce, Dijon mustard, and olive oil until well combined.

Roast the Pork:

- Place the pork loin in a roasting dish (if not using an oven-safe skillet from searing).
- Pour half of the glaze over the pork, coating it evenly. Set aside the remaining glaze for later.
- Roast the pork in the preheated oven for about 45-50 minutes, or until the internal temperature reaches 63°C. Baste the pork with its juices and the reserved glaze every 15 minutes for maximum flavour and to achieve a caramelised crust.
- Remove the pork from the oven, cover it loosely with foil, and let it rest for 10-15 minutes before slicing. This helps retain the juices.

Slice the pork loin, arrange on a platter, and spoon any remaining glaze from the pan over the slices for added flavor. .





ROAST CHICKEN

**WITH CRANBERRY &
SAUSAGE STUFFING**



For the Chicken:

- 1 whole chicken (about 1.5 kg)
- 3 tbsp olive oil or melted butter
- ★ • 2 cloves garlic, minced
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh rosemary, chopped
- Salt and black pepper to taste

For Basting:

- 2 tbsp olive oil or melted butter
- 1 tbsp lemon juice

Preheat your oven to 190°C.

- Pat the chicken dry with paper towels. Rub it with olive oil or melted butter, minced garlic, chopped thyme, rosemary, salt, and black pepper, making sure to coat it evenly, including under the skin if possible.
- Prepare the Cranberry, Celery, and Sausage Stuffing:
- In a skillet, heat 1 tbsp of olive oil or butter over medium heat. Add the sausage meat, breaking it up with a spoon, and cook until it's just browned. Remove from heat and let it cool slightly.
- In a large mixing bowl, combine the browned sausage, fresh cranberries, chopped celery, onion, parsley, almond flour, and lemon zest. Add the beaten egg, salt, and black pepper. Mix until well combined.
- Stuff the cavity of the chicken with this mixture. If any extra stuffing remains, you can roll it into balls and place it in the roasting pan around the chicken.

For the Cranberry, Celery, and Sausage Stuffing:

- 150 g sausage meat (check for no added sugars)
- 1 cup fresh cranberries (unsweetened)
- 1 cup celery, chopped
- ½ small onion, finely chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp almond flour
- 1 large egg, beaten
- 1 tbsp olive oil or butter
- ½ tsp salt and ½ tsp black pepper
- 1 tbsp lemon zest

Roast the Chicken:

- Place the stuffed chicken in a roasting pan, breast side up. Tie the legs together with kitchen string to keep the stuffing secure.
- In a small bowl, mix together the basting ingredients (olive oil or melted butter and lemon juice). Brush a generous amount of this mixture over the chicken.
- Roast the chicken in the preheated oven for about 1.5 hours, basting every 30 minutes with the remaining basting mixture, until the chicken is golden and crispy, and the internal temperature reaches 75°C.
- Rest and Serve:
- Once cooked, remove the chicken from the oven and let it rest for 10 minutes before carving. This allows the juices to redistribute, keeping the meat moist.
- Serve the carved chicken with the cranberry, celery, and sausage stuffing.



DESSERT

Ingredients:

- 2 x cans coconut cream
- 1 x tbs erythritol
- 1 punnet of mixed berries

Preparation:

- Simply beat the coconut cream and erythritol until thick and creamy
- Pour into a decorative glass or dessert bowl
- Top with mixed berries

FRESH BERRIES and
COCONUT CREAM



Ingredients:

1 x Ten-pack Woolies Carb Clever Almond & Seed Bars
2 x Tbs spoons Footy's strawberry powder
1 x tub full fat plain cream cheese
Fresh cream and fresh strawberries for garnish

Preparation:

- Put all the seed bars into a blender and blend until they resemble crumbs
- Press into little glasses or dessert bowls
- Mix the cream cheese and Footy's powder until smooth.
- Spread on top of the seed base
- Refrigerate for about two hours
- Beat the cream until it forms stiff peaks, then pipe the fresh cream on top just before serving and garnish with fresh strawberries

LOW CARB STRAWBERRY CHEESECAKE



setting the
TABLE



Setting the table for your Christmas meal is more than arranging plates; it's about crafting a space where holiday memories are made, laughter flows, and every seat feels like home.

For a fun and affordable Christmas table-setting, focus on creating a festive atmosphere using simple, budget-friendly items and a few thoughtful details. Here's an outline for a cozy and inviting spread. This approach keeps the table setting practical, stylish, and achievable on any budget.



1. **Color Scheme:** Pick a main color—such as green or gold—and pair it with a neutral like white or silver for a clean, cohesive look. Reuse household items that match this scheme to keep costs down.



2. **Natural Centerpieces:** Gather some greenery from the garden, like pine cones or dry sprigs, or even rosemary, and placing them in a few jars or small vases along the center. Add a few candles for a warm, welcoming glow.



3. **Personal Touches:** Use simple ribbon or twine to tie cutlery together or wrap a little cinnamon stick for a festive touch. A handwritten name tag or a small bauble by each plate can add a personal feel.



4. **Minimalist Place Settings:** Using cloth napkins (or even nicely folded paper ones) with a festive print can dress up each place setting. These can be folded into easy shapes like a Christmas tree for added charm.



5. **Eco-Friendly Decor:** incorporate reusable items, like small glass jars for tea lights, instead of single-use decorations. Simple, reusable pieces not only look elegant but are environmentally friendly.

Baking during the Christmas season can be one of the most joyful holiday activities, bringing everyone together to share in sweet, delicious treats. For those managing diabetes, it's also an opportunity to create desserts and snacks that keep blood sugar levels stable, letting everyone indulge without the worry.

Making low-carb, diabetes-friendly treats isn't just healthy—it's a great way to teach kids and family members the importance of choosing wholesome, low-sugar options. By choosing ingredients that add flavor without the sugar spike, we can celebrate the season with recipes that everyone will love.

This holiday season, try these easy, tasty recipes and make baking a tradition that everyone can enjoy, all while setting a positive example of healthy choices for the next generation.

baking for christmas





Almond Spiced Christmas Cookies

Ingredients:

- 1 ½ cups almond flour
- ¼ cup erythritol or xylitol (or sweetener of choice)
- ½ tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp nutmeg
- ¼ tsp baking powder
- 1 large egg
- 2 tbsp melted coconut oil
- 1 tsp vanilla extract

Instructions:

1. Preheat oven to 175°C (350°F) and line a baking tray with parchment paper.
2. In a bowl, mix almond flour, sweetener, spices, and baking powder.
3. Add egg, coconut oil, and vanilla, mixing until a dough forms.
4. Roll dough into small balls, flatten slightly, and place on the tray.
5. Bake for 8–10 minutes or until edges are golden. Cool and enjoy!



Almond Flour Mince Pies



Ingredients:

- 1 cup almond flour
- $\frac{1}{4}$ cup coconut flour
- $\frac{1}{4}$ cup erythritol or xylitol
- 1 large egg
- 3 tbsp coconut oil, melted
- $\frac{1}{2}$ cup diced apple, cinnamon, and diced apricots (pat dry)

Instructions:

- Preheat oven to 180°C and grease a mini muffin tin.
- Mix almond flour, coconut flour, and sweetener in a bowl.
- Add egg and coconut oil, stirring until dough forms.
- Press small amounts of dough into each muffin cup, creating a base and sides.
- Spoon a small amount of mince filling into each.
- Bake for 10–12 minutes or until golden. Cool before removing from the tin.





Festive Coconut Snowballs

Ingredients:

- 1 cup unsweetened shredded coconut
- ½ cup almond flour
- ¼ cup powdered erythritol or xylitol
- 2 tbsp coconut oil, melted
- 1 tsp vanilla extract



Instructions:

- In a bowl, mix ¾ cup shredded coconut, almond flour, sweetener, coconut oil, and vanilla until combined.
- Roll the mixture into small balls.
- Roll each ball in the remaining shredded coconut to coat.
- Chill in the fridge for 30 minutes before serving.





Savoury Almond Parmesan Crackers

Ingredients:

- 1 cup almond flour
- ½ cup grated Parmesan cheese
- 1 large egg
- ½ tsp dried rosemary or thyme (optional)
- Salt and pepper to taste

Instructions:

1. Preheat oven to 175°C (350°F) and line a baking tray with parchment paper.
2. In a bowl, mix almond flour, Parmesan, herbs, salt, and pepper.
3. Add the egg and mix until dough forms.
4. Roll out dough between two sheets of parchment paper to ¼-inch thickness.
5. Cut into small squares, place on the baking tray, and bake for 8–10 minutes, until golden. Cool and serve with a cheese platter.





Coconut Flour Herb Biscuits

Ingredients:

- ½ cup coconut flour
- ¼ cup almond flour
- ¼ cup grated cheese of choice (e.g., cheddar)
- 1 tsp baking powder
- 3 large eggs
- 3 tbsp melted butter or coconut oil
- 1 tbsp fresh chives or parsley, chopped

Instructions:

1. Preheat oven to 180°C (350°F) and line a baking tray.
2. In a bowl, mix coconut flour, almond flour, cheese, and baking powder.
3. Add eggs, butter, and herbs, stirring until well combined.
4. Drop spoonfuls of dough onto the tray.
5. Bake for 12–15 minutes or until golden. Cool slightly before serving.



Merry
Christmas !

