

MANAGE *your* DIABETES

Through Portion Control



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Introduction

Living with diabetes can be overwhelming. You are not alone. To help you on your journey of managing your diabetes and living as your healthiest you, Livliga has put together a simple and easy-to-read ebook focused on portion control and the tools to help you succeed.

Enjoy, and live vibrant!



The Big Picture



- More than 30 million people in the United States have diabetes, and 1 in 4 of them don't know they have it.
- More than 84 million US adults—over a third—have prediabetes, and 90% of them don't know they have it.
- Diabetes is the 7th leading cause of death in the United States (and may be underreported).

- Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for about 5%.

- In the last 20 years, the number of adults diagnosed with diabetes has more than tripled as the American population has aged and become more overweight or obese.

Source: Center for Disease Control and Prevention

The statistics are staggering. In the United States alone, the rate of increase, in those living with diabetes or who have prediabetes, is escalating at an epidemic rate. The majority of those living with diabetes have Type 2 diabetes. In reality, our food and lifestyle environment has a strong influence on our health.

By accessing information and finding resources to support us in living a healthy lifestyle, those living with diabetes can reduce the risks and negative outcomes related to this disease. Risks can be mitigated and improved. Diabetes can be managed. Some days it may be hard to imagine, but living a healthy lifestyle can actually be enjoyable...even fun.

How Livliga Makes Living with Diabetes Manageable, Measurable and Enjoyable

Livliga is all about helping you take charge and stay in charge of your health. When you have been diagnosed with prediabetes or are now living with diabetes, your life requires change and a new normal for your food environment. That is where Livliga comes in. Livliga is a powerful tool that supports your mind, body and spirit as you embrace change and become your healthiest you.

We eat with our eyes, not our stomach. Remember the phrase, “Your eyes are bigger than your stomach?” It is true! That is why everyone needs Livliga. In the super-sized world we live in, our eyes are constantly being cued to over-eat. Livliga is the answer to right-sized, mindful eating. It is science based and artist designed to make it easy to serve up just right portions in a subtle way and also make those portions look plentiful. There is no other product like this on the market. We are the only patented, mindful-eating-with-portion-control, dinnerware.



Who of us knows what the serving size is for any given food? Besides nutritionists, none of us really knows. None of what we are served or what we bring home from the grocery store gives us the information we need to know. What makes up a balanced meal? What is the serving size for mashed potatoes, or green beans, or for a piece of chicken? We just don't know. That is why Livliga was created. To help guide us to serve up right-sized portions so we can live the healthier life we want. Not only is the design of our tableware such that right-sized amounts of food look plentiful, but we also designed circles (icons), integrated into our dishware, which tell us what the serving sizes are for the different food groups. When you are learning how to manage and take charge of your carbs and portions, the first thing usually recommended is the Diabetes Plate Method that has you eat off a 9-inch plate with a 7½-inch well. As Diabetic Living says, “To create balanced meals that stay within your carb and calorie allowances, let a 9-inch plate be your guide.” The logic is that by using a smaller plate you will then limit the amounts you eat and can better manage your calories and carbohydrates.

How Livliga Makes Living with Diabetes Manageable, Measurable and Enjoyable



Livliga is your 9-inch go-to plate for diabetes, but with the additional benefit of our patented design, which embeds the psychology of eating into each plate and, in fact, each dish we create. We use shape, size, color, design and visual illusion to help you see right-sized amounts of food as plentiful, so that when you finish your meal, you will be full and satisfied. A key element of the visual illusion is the rim on our plates. It is very wide, almost two inches, and frames the center of the plate, which pops the food in the middle, making it look plentiful and like “enough.”

The 7½ inch well of the plate (the same as the typical 9-inch plate recommended) also has measurement built in, like all our dishware. Each iconic circle represents a specific measurement for each of the food groups: 1 cup for your non-starchy vegetables, ½ cup for your starch or grain, and a squared-off circle for the 3 – 4 ounces of protein. We even added a 2-tablespoon circle for condiments, sauces, gravies and/or salad dressings to make it super easy to measure everything you will eat at a meal.

10 Tips for Better Managing Your Diabetes Through Portion Control



— TIP #1 —

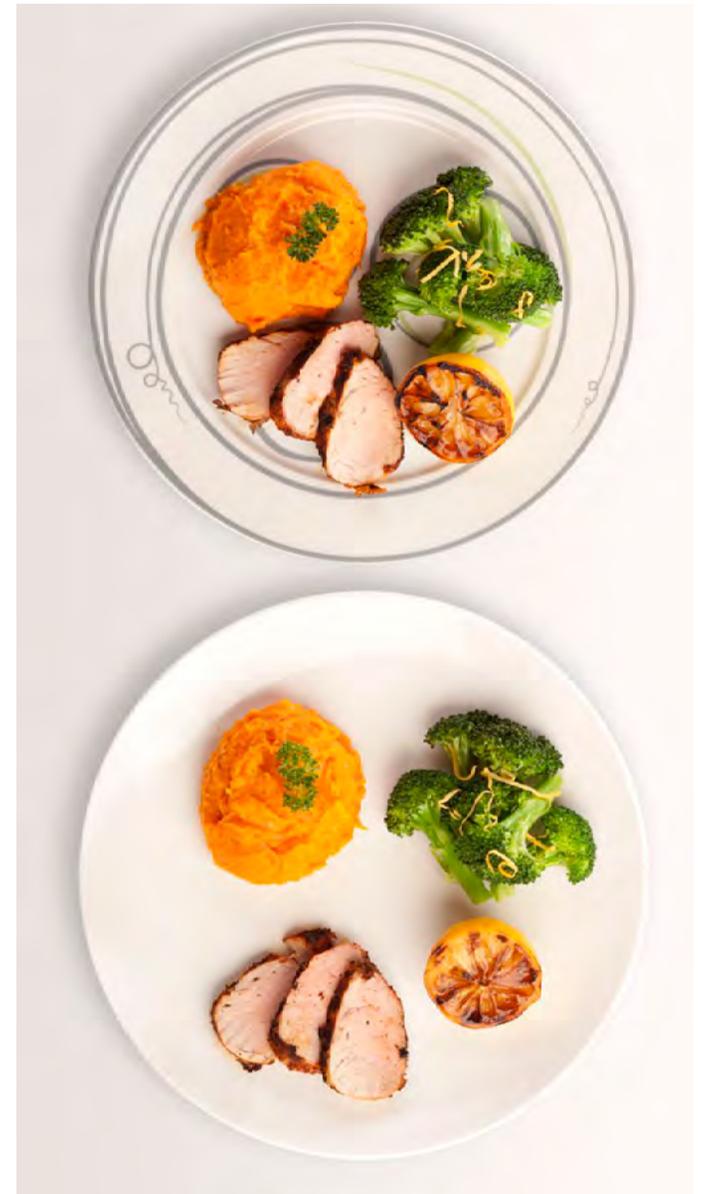
**MAKE MEASURING
EASY AND DOABLE.**

10 Tips for Better Managing Your Diabetes Through Portion Control

— TIP #2 —

USE PLATES THAT MAKE THE FOOD YOU ARE EATING LOOK PLENTIFUL

For diabetes management a 9-inch plate is recommended. This Livliga plate has the same sized well as a 9-inch plate, which is 7½ inches, but it also takes it one step further than size—by adding visual illusion for even better results.



10 Tips for Better Managing Your Diabetes Through Portion Control

— TIP #3 —

CHOOSE A RAINBOW OF COLORS YOU WANT TO EAT

Eating foods that are visually attractive makes what you are eating that much more satisfying—your dinnerware can play a part too.



10 Tips for Better Managing Your Diabetes Through Portion Control



— TIP #4 —

DRINK 8 OUNCE GLASSES OF WATER

Do this before you eat and during your meal then top off your meal with a hot cup of your favorite tea for “dessert” to help you feel full and content with your right-sized meal.

10 Tips for Better Managing Your Diabetes Through Portion Control



— TIP #5 — NO SECONDS!

Serve up food separately from where you eat. Put as much food as possible away as you are serving up, or portion it into storage containers, so it is ready for another meal for another time and not visible from your table.

— TIP #6 — PLAN AHEAD

Think about what you are going to eat a week ahead so you have the right foods available when you need them. Livliga offers an easy menu planner to keep tabs of your meals in their Get Started Guide.

10 Tips for Better Managing Your Diabetes Through Portion Control

— TIP #7 —

MAKE SURE TO HAVE A BOWL OF FRUIT HANDY

This can help you actively manage hypoglycemia with fruit that is ready to eat and handy to reach.



10 Tips for Better Managing Your Diabetes Through Portion Control



— TIP #8 —

PICK RECIPES THAT DEFINE THE CARBS

It is pretty easy in this day and age to manage carbs if you pick recipes that measure the carbohydrates associated with the recipe and overall meal. *Cooking Light* is a great reference.



— TIP #9 —

WANTING TO HAVE A GLASS OF WINE WITH A MEAL

Choose a right-sized wine glass that makes it easy to measure your 5 ounces of wine and also makes it look plentiful. Check out FitVine that lets you know the amount of calories and carbs that are in each glass.

[Blog Product Review](#)

10 Tips for Better Managing Your Diabetes Through Portion Control

—TIP #10—

GET EDUCATED

Knowing what foods are essential and in what amounts helps you make better choices.

Sometimes knowing why you need them will help you be motivated to fuel your body properly! You can't really practice portion control if you don't know what an optimal portion size is! Apps like My Fitness Pal, Fitbit or Cooking Light Diet are great for letting you know where you are on your daily goals and give you a good idea about what you are eating! Investing in working with a nutritionist to create a personalized plan for your needs can make all the difference to your long-term success.

Common Foods in Standard Diabetes Friendly Measurements

We show foods measured in our LivSpoons to illustrate the specific measurements as well as the comparative measurements of the different types of food. The images below illustrate how easy it is to create a meal combining food groups for a balanced, healthy meal. Imagine what breakfast, lunch and dinner can look like using the infographic below.



Non-starchy Veggies

1 cup sautéed sweet pepper

Starch or Grain

½ cup potato

Protein

¾ cup scrambled eggs



1 cup mixed salad greens

½ cup chickpeas

¾ cup cottage cheese



1 cup Brussels sprouts

½ cup corn

3 ounces sliced steak

Information About Eating Healthy With Diabetes

Everyone needs good ideas and sometimes a reboot to help us stay on track and get inspired. Below are some recent blogs from Livliga we hope you will find helpful and a resource for new ways to support yourself on your healthy lifestyle journey.

Check out these articles from our Livliga Live Vibrant Blog:

[5 Tips for Healthy Eating With Diabetes](#)

[10 Tips for Quick and Easy Diabetes-friendly Goal Rewards](#)

[6 Tips for Living Healthy with Diabetes in the Summer](#)

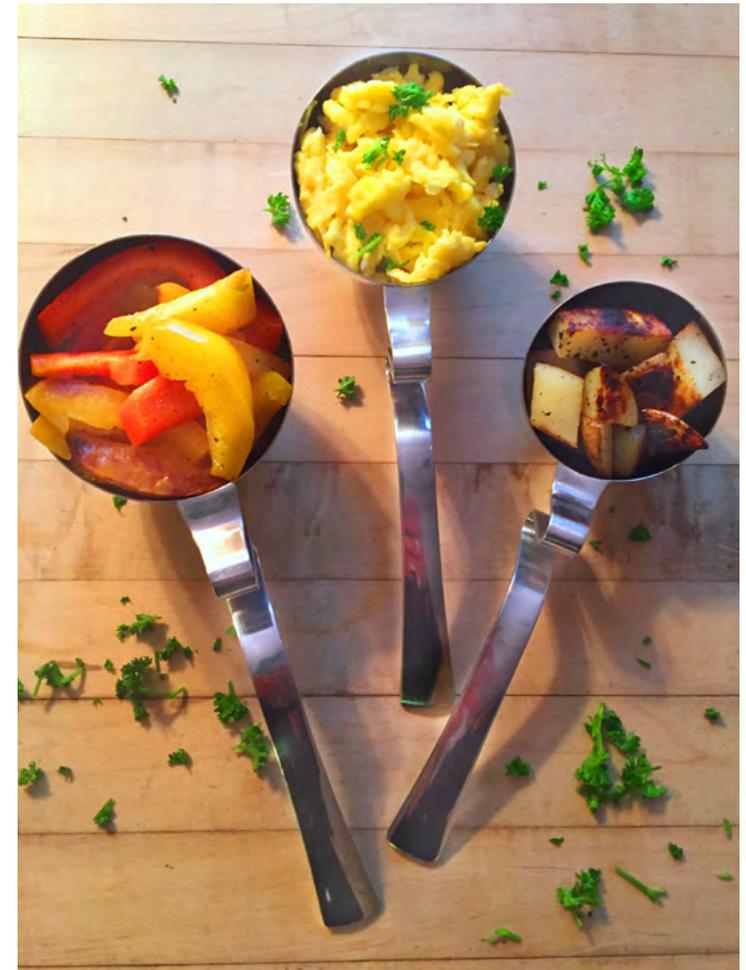
[How can it be Manageable to Eat Well and Live With Diabetes?](#)

Resource Books on Diabetes and Diabetes-friendly Cooking

There are many great references to help you to live well with diabetes. The books below are two great ones that can be used to get on track as well as to refer back to when you need a refresher.

[Your First Year With Diabetes: What to Do Month By Month](#), Theresa Garnero, APRN, BC-ADM, MSN, CDE

[Diabetic Living® Diabetes Meals by the Plate™](#), editor, Martha Miller Johnson



Diabetes Specific Resources Online

American Diabetes Association

The nation's leading 501(C)3 nonprofit charity fighting against diabetes and its deadly consequences. The Association has as its mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Diabetic Living

Diabetic Living has an important mission: to give people with diabetes (PWDs) and the people who love and care for them the information needed to make the best health decisions in their day-to-day diabetes care.

Diabetes Self-Management

Diabetes Self-Management is a publisher of authoritative, reliable health information for the growing number of people with diabetes who want to know more about controlling and managing their diabetes.

Diabetes Sisters

Diabetes Sisters mission is to provide support and education to all women living with diabetes, and to advocate on their behalf. They offer programs and services both online and in-person, including expert articles, patient blogs, webinars, monthly peer support meetings, conferences, etc.

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.

The Diabetes Council

Our mission is to educate and support the growing number of people afflicted with diabetes, and to help them manage the condition in a way that facilitates normal healthy living.

Find a registered dietitian: eatright.org/find-an-expert

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.

Discover the Livliga Diabetes Room

*Livliga is dedicated to serving you.
We are here for all those learning about and living with diabetes.
We dedicate ourselves to providing pertinent information and great products.*



It is our honor to introduce the brand new **Livliga Diabetes Room!**

Livliga has created a special place on our website for those wanting to understand more and access information on resources and tools for those living with diabetes.

Come discover more with Livliga in our Diabetes Room!

[Discover Now](#)

Reviews from People 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.

Conclusion



We hope you have discovered new information and new insights on how to manage your prediabetes or diabetes. Discovering the best ways for you to live a healthy lifestyle will help you succeed long term. Livliga is here to support you along your journey. With our suite of tableware and variety of patterns we provide you the opportunity to choose your style so you can enjoy eating healthy everyday and at every meal. It is so beautiful you will want to use it with your family and friends! And the best is, it is both attractive and beneficial with its built-in measurements and psychology of eating so you can feel full and satisfied at the end of each meal. We look forward to helping you transform your food environment, so you can embrace mindful eating and live as your healthiest you.

About Us/Bios



Sheila Kemper Dietrich, Founder and 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.

livliga[®]

mindful eating



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