

# Diabetes menu

## Breakfast:

1. Good attitude (Carbs – toast)
2. Smile (protein – egg)
3. Cheerful countenance (sugar – fruit or juice)

## Lunch:

1. Backbone (Carbs – Main dish)
2. Conversation (veggies – salad)
3. Smile (refreshment – water)

## Dinner:

1. A helping hand (Carbs – main dish)
2. Encouragement (veggies – salad)
3. Warm smile and loving heart (refreshment – water or tea)

These things you should practice even without diabetes, but especially with diabetes.

Because you have “disease” it is easy to get down and discouraged.

It is easy to have a pity party and to show people how much you are suffering.

It is harder to help others when you are only helping yourself or feeling sorry for yourself and constantly making others help you and feel sorry for you.

So diabetic or not you should always practice all of these things. This is also for those who have other disabilities and or diseases.

And don't forget who gave you life and who can just as easily take it from you...the God of the universe!

The One and only true God!

Give praise to Him and thank Him for this wonderful opportunity to show others that diabetes can be lived with and that it really isn't that bad!

This should  
be you!



Shine above the others!