



If I Can Do It, You Can Too!: Healthy Tips and Recipes from a Diabetic Foodie

Ruth Elaine Pepper

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My purpose for sharing my life story is simple. I want to help others who find themselves in a situation similar to mine. I want to show you how I was able to conquer the twin challenges of diabetes and weight control, in the hope that others may find the inspiration to do the same. The 2015 Canadian Diabetes Association website states that "over 9 million Canadians are living with diabetes or prediabetes. Chances are diabetes affects you or someone you know." That means one in every four Canadians is facing some difficult decisions about their health, weight, food choices and lifestyle. Although diet is only one instrument in the toolbox to fight diabetes, our complex relationship with food makes it one of the most important factors involved in determining our success or failure at managing our condition. And for a foodie like me, it became my ultimate challenge. By finding ways to enjoy my food, without feeling deprived or restricted, and embracing the need for regular physical activity, I was able to accomplish something I never thought possible. I was able to create a new, healthier lifestyle and a fresh, confident, optimistic outlook for the future. This is what I wish for you.

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