



# 5 PROVEN TIPS TO CONTROL DIABETES AND DROP POUNDS WITHOUT FAD DIETS

Joe Washburn



I've wanted to write about weight loss for years. I've encountered so many misconceptions about it, that I felt compelled to write about it. (I mention one such misconception in Tip #2.) You see, I already knew plenty about health and fitness. I had a diploma in fitness and nutrition, years of martial arts training, and all the knowledge about what I should be doing. But knowing wasn't my issue; it was doing. It was a struggle.

The wake-up call was brutal. At an annual physical in 2021, my doctor looked at my results from the year before and noticed that my A1C was 6.6. He sent me for another blood test and said that if it came back high, that we would have to have it checked every six months. I remember saying, "I know what to do; I'm just not doing it."

When I saw the results of the blood test, my heart sank. My A1C had risen to 8.6. That was the hard truth I had to face. My weight had bounced around for twenty years, reaching 252 pounds at its peak, and despite my best intentions, nothing had really worked. At least not long term.

Now, I was considered diabetic. The last thing I wanted to do was give myself injections every day. I had to get to work on this.

What finally worked for me wasn't some miracle pill, strict diet, or extreme exercise routine. Instead, it was about small, steady, realistic steps that I could actually stick with. It was about shifting my mindset, choosing smarter strategies, and being patient with myself.

That's exactly why I wrote this ebook. Because I get it. You don't need another impossible-to-follow fad diet promising overnight results. You need practical, doable strategies that genuinely improve your life. And that's precisely what you'll find here: 5 proven tips that helped me control diabetes, drop the pounds, and feel amazing, without any gimmicks or deprivation. Ready to make a lasting change? Let's get started!



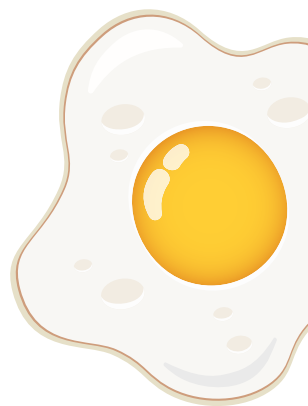
## Tip 1: Start with a Savory, Protein-rich Breakfast

The first change I made was breakfast. Like many people, I had opted for cereal in the morning. It was quick, easy and convenient. But it was also loaded with sugar. So I opted for a low sugar, savory breakfast.

Starting your day with a savory, protein-rich breakfast can make all the difference in managing diabetes and weight loss. Protein helps stabilize blood sugar levels, keeps hunger at bay, and prevents mid-morning crashes that lead to unhealthy snacking.

Some of my favorites include scrambled eggs with veggies like onions green peppers, and tomatoes. Another option is smashed avocado on toast topped with eggs and cheese. These meals aren't just delicious—they help you feel satisfied and energized, keeping cravings away until lunch.

Quick tip: Choose protein sources that are easy to prepare and delicious to eat. Experiment until you find your favorite savory combinations. Just keep it low in sugar. Making breakfast a meal you genuinely enjoy sets a positive tone for the rest of your day!



## Tip 2: Incorporate Gentle Movement Daily

I've seen videos on Instagram and TikTok of people in the gym, on treadmills and stationary bikes, lifting weights, all in an effort to lose weight. I applaud the dedication these people have, but I hate to tell them, all that isn't necessary. So many people think that that's what you have to do to lose weight. It's great for physical fitness, but you might want to lose weight first. The idea that you have to do extreme exercises leads to burnout and keeps people stuck.

You see, that can be discouraging to someone who's just starting out. It's difficult to exercise when you're overweight. When I got back into exercise, I couldn't do push-ups or crunches or run. The good news is, to lose weight, you don't have to.

Movement doesn't have to mean intense workouts or marathon sessions at the gym. In fact, consistent gentle movement can significantly help manage diabetes and enhance your weight loss journey. Regular, mild physical activity improves insulin sensitivity, lowers stress, and gradually increases energy levels.

Start simple—take short walks around your neighborhood, stretch gently each morning, or try easy chair exercises while watching your favorite show. The key is consistency. Daily gentle movement builds a sustainable habit that's both enjoyable and beneficial. You can do the intense workouts if you want to after you've lost sufficient weight.

Quick tip: Find small moments in your daily routine to move more—park a bit farther away at the store, take a brief stretch break at work, or dance lightly to your favorite song. Little movements add up to big improvements!



### Tip 3: Focus on Fiber

Fiber is a powerhouse nutrient for anyone looking to manage diabetes and lose weight. High-fiber foods slow digestion, helping to stabilize blood sugar levels, keeping you feeling full longer, and preventing energy crashes that often lead to unhealthy snacking.

Incorporate foods like beans, lentils, berries, oats, fresh vegetables and whole grains into your daily meals. Not only do these fiber-rich foods taste great, but they also support gut health, reduce inflammation, and help regulate cholesterol levels.

Quick tip: Make simple swaps in your everyday meals to boost fiber—choose whole grain bread instead of white, snack on berries or nuts instead of processed snacks, and sprinkle chia or flax seeds into smoothies and yogurt for an easy fiber boost.

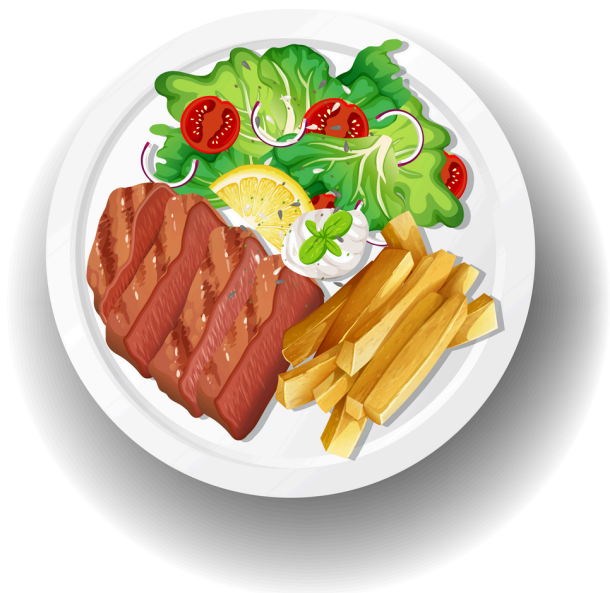


#### Tip 4: Mind Your Plate Method

One of the simplest yet most effective strategies I used to manage diabetes and achieve lasting weight loss was the plate method. It's straightforward and eliminates the stress of calorie counting or complicated meal planning.

Here's how it works: visually divide your plate into sections—half filled with vegetables, a quarter with lean protein, and the remaining quarter with complex carbohydrates like whole grains or sweet potatoes. This balance ensures you're getting essential nutrients, stabilizing your blood sugar, and keeping your portions in check.

Quick tip: Start by applying this method to your main meals each day. You'll quickly notice improvements in your energy levels and overall well-being without feeling deprived or overwhelmed.



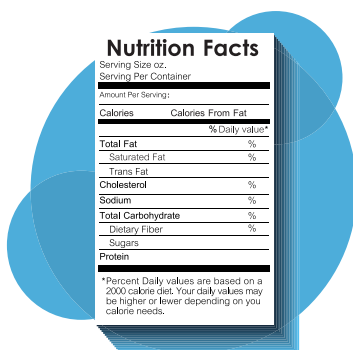
## Tip 5: Learn to Read Nutrition Labels

Learning to accurately read nutrition labels was one of the most empowering skills I developed on my journey to managing diabetes and losing weight. Nutrition labels provide critical information on serving sizes, calories, carbohydrates, sugars, and other key nutrients.

Pay close attention to serving sizes first, as packaging can often be misleading. Then check the total carbohydrates and sugars, especially important for diabetes management. Aim for lower sugar content and higher fiber numbers to support stable blood sugar and sustained energy.

Quick tip: Go through your cupboards and check the nutrition labels. Pay attention to the amount of sugar and pay particular attention to added sugars. For a quick conversion: 4 grams of sugar is about 1 teaspoon. Also pay attention also to the amount of fat, protein and fiber.

Practice reading labels during your next grocery store trip. Compare products and choose options with lower added sugars, higher fiber content, and clear, recognizable ingredients. Becoming label-savvy makes healthier eating decisions much easier!



Nutrition Facts	
Serving Size oz. Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	
*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

## Your Nest Steps

Managing diabetes and losing weight sustainably doesn't require drastic diets or punishing exercise routines. As you've seen, lasting success comes from practical strategies and small, consistent actions that grow into powerful habits over time.

Now, imagine this: waking up in the morning with steady energy, not the sugar highs and crashes. Feeling comfortable in your own skin, knowing your clothes fit better and your body is stronger. Looking in the mirror and seeing someone who took control back. Not just over their weight, but over their health and confidence. That's the real reward of this journey.

If these tips resonated with you, then please follow me online for more practical, life-changing tips, and if you're ready for more personalized guidance, explore my coaching options where I walk beside you step by step.

Your journey to better health doesn't have to feel overwhelming. You just need the right tools, the right strategies, and the right support. Together, we can make it happen, one realistic, achievable step at a time.

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