



LiveLife

CRUISE CARD

Food is not just fuel—it's information. Every bite tells your body what to do.

Now, I'm going to give you a few simple principles—backed by science, wrapped in stories—that'll help you eat in a way that supports your blood sugar, your brain, your energy, and even your sleep. Whether you've got diabetes, pre-diabetes, or just want to keep your pants from cutting off your circulation—***we're all in this together.***

Live Food vs. Dead Food

LIVE FOOD	DEAD FOOD
Fresh fruits	Processed meats
Vegetables	Fried foods
Legumes	Sugary snacks
Whole grains	White bread/pasta
Nuts & seeds	Soda

Carbs that Fill vs. Carbs that Kill

CARBS THAT FILL	CARBS THAT KILL
Apples	Soda
Beans	Pastries
Quinoa	White bread
Berries	French fries
Sweet potatoes	Candy/cookies

“Start with Life” Eating Order

- Lemon water before meals – helps kickstart digestion
- Raw first (salad, fruit)
- Cooked second
- Proteins/fats last

When you eat something fresh—like salad, fruit, or veggies—before your heavier food, your body digests it better. Blood sugar spikes are lower. You feel full faster. And that one choice does more for your health than skipping dessert.

Coffee at Night? Let’s Talk About It.

- Late-night coffee may not disturb your sleep immediately, but it can stress your adrenal system and keep cortisol high.
- This impacts your heart and hormone balance.
- Move coffee to earlier in the day to let your body fully rest and reset at night.

Remember These:

- “Start with life. End with what’s left.”
- “Don’t fear the fruit. Fear the fry.”
- “Your food should work for you—not against you.”
- “Live food gives life. Dead food takes it.”
- “If it grows, it goes in. If it’s fried, you decide.”