



Blending my dietetics with a life of type 1 diabetes, paving the way for others to thrive using functional nutrition strategies.

My grocery list is my prescription pad and my kitchen is my pharmacy. At 8 years old, I did not find nutrition, it came to me.

I believe, from every minute of my training as a dietitian and managing my blood sugar control, real food is the key to health and overall, quality of life.

In my work and private practice, I am a food detective, helping clients understand how to choose their food to correct and optimize hormones, mental clarity, digestion, blood sugar, and more.

Having a chronic disease can be tough, but it shapes us into the heroes we are. I know in my soul, I was meant to have type 1 diabetes so I can better help YOU.

# Flatten your blood sugar curve with... GRACE

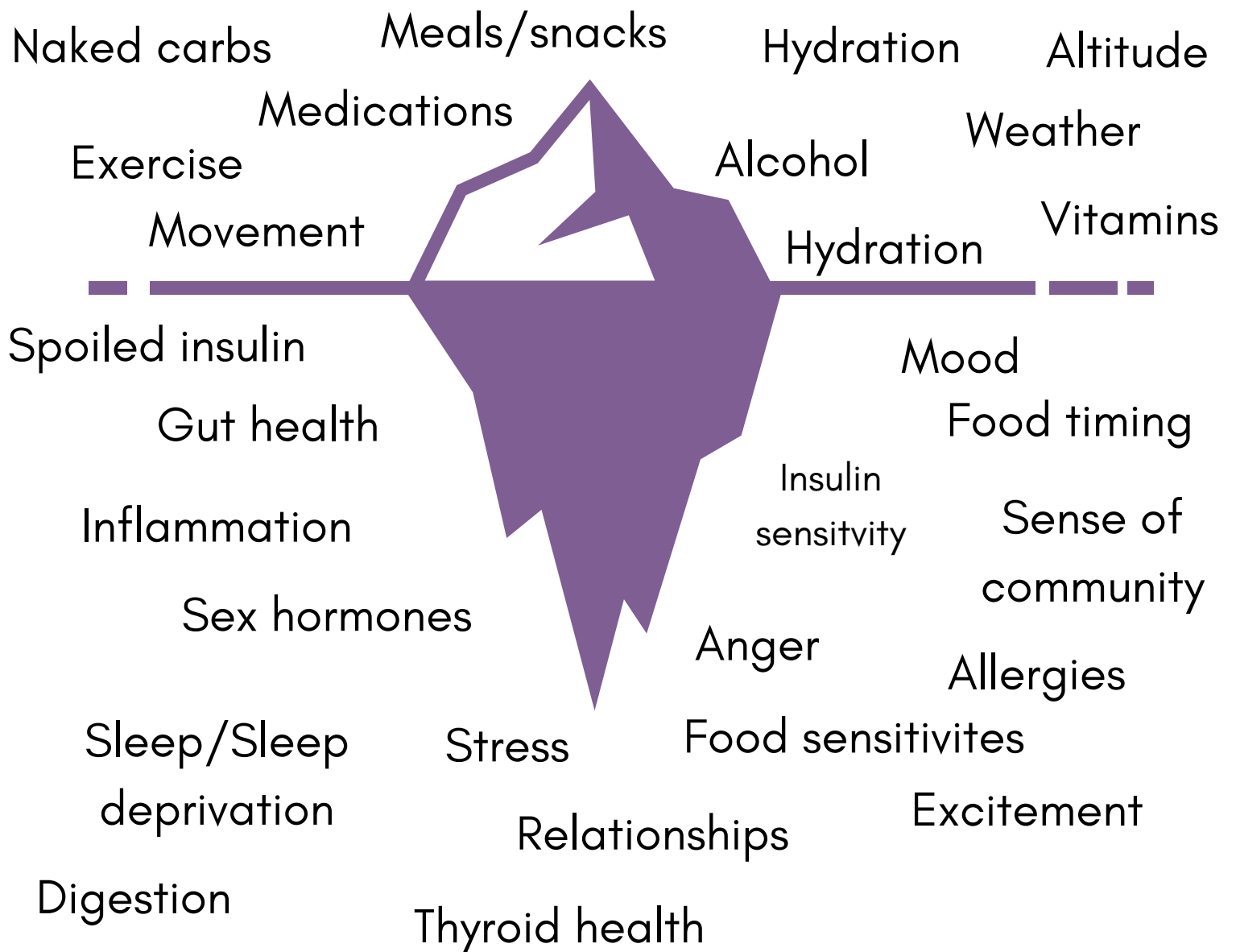
Gut Health	<ul style="list-style-type: none"><li>● EAT FOODS YOU LOVE, BUT ALSO LOVE YOU BACK!</li><li>● Eat more real food than not... do not strive for perfection</li><li>● Strive for 30 grams of protein in most of your meals</li><li>● Be intake-aware, not intake-obsessed</li><li>● Find the number of carbs that make you feel your best</li></ul>
Rest	<ul style="list-style-type: none"><li>● Focus on QUALITY and QUANTITY of sleep.</li><li>● Sleep in a cool room</li><li>● Try to maintain a consistent bedtime and wakeup time</li><li>● Use vitamins and supplements when needed</li></ul>
Analyze	<ul style="list-style-type: none"><li>● Pay attention to how meals impact your blood sugars and energy levels</li><li>● Be sure to diversify your diet and change things up every week</li><li>● Evaluate your blood sugars to help you course-correct</li></ul>
Chemicals	<ul style="list-style-type: none"><li>● What daily toxin exposures exist in your food, beauty products, environment, and lifestyle?</li><li>● How healthy is your liver? How well do you detox?</li><li>● Have you done a real food cleanse?</li></ul>
Exercise	<ul style="list-style-type: none"><li>● Exercise every day</li><li>● Use your muscles for 10 minutes after large meals</li><li>● HYDRATE... push for 80 ounces a day and use electrolytes</li></ul>

BLOOD SUGAR CONTROL IS KEY TO HEALTH

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# BLOOD SUGAR CONTROL

## Obvious & Subconscious Players



[Learn more about "CGM with Kel" HERE](#)

# 3-PART MEAL FORMULA

KELLY SCHMIDT WELLNESS

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## Protein

**Helps maintain & build lean body mass and stabilize blood sugar.**

Good sources: organic animal protein, wild seafood, pasture-raised eggs, protein powders, greek yogurt/cottage cheese (if tolerated)

## Fiber/Carbs

**Provides energy and fuels healthy gut bacteria.**

Good sources: all fruit, vegetables, legumes/beans, intact grains (GF oats, rice, quinoa, farro), organic corn, potatoes

## Fat

**Builds hormones, can support inflammation and provides satiety.**

Good sources: olives, olive oil, avocado, avocado oil, butter, coconut, coconut oil, nuts/seeds, nut and seed butters.

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**"The farther a food gets from the way it exists in nature, the more work it will put on your body." -Kel**



@diabeticdietitian

Kelly Schmidt  
WELLNESS

# HOW MUCH HIGH-QUALITY PROTEIN IS OPTIMAL?

- ✦ The optimal amount of protein per meal can vary depending on factors such as individual metabolism, activity level, age, and overall dietary composition.
- ✦ Aim for approximately ~35 grams of protein per meal or use the visual of YOUR palm of YOUR hand (this goes for kids too) as a needed portion size of protein per meal.
- ✦ As we age, our protein needs go up. We are at risk of losing muscle mass, thus our metabolism slows down, and our ability to break down protein depletes as we get older.

# IMPORTANCE OF PROTEIN

*Kelly Schmidt*  
WELLNESS

Research shows a majority of people are not getting enough protein into their diet.

- Protein is a macronutrient that helps keep you fuller longer.
- It is also important for blood sugar control, hormone balance, maintaining weight, building muscle mass and so much more. Protein is involved in almost every body process.
- Your body is constantly breaking down and building proteins.

Follow this guide to learn the importance of protein intake and have the ultimate cheat sheet.

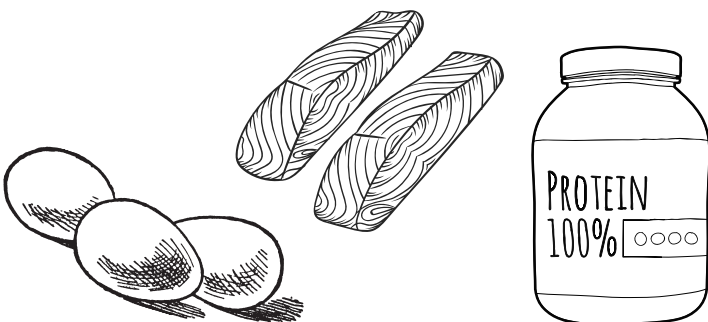
## Signs you aren't getting enough protein:

- You get sick easily
- You are shaky/irritable in between meals
- Experiencing thinning hair or brittle nails
- Extended soreness after exercise
- Chronic exhaustion
- Hungry after meals
- Hungry in the evening
- Sense moving blood sugars
- Crave sugar often



## High protein foods:

- Land animal sources
- Sea animal sources
- Other animal sources
- Supplements
- Protein-rich alternatives



# PROTEIN CHEAT SHEET

Below is a cheat sheet to help you measure what 30 grams of protein looks like.

5 oz Pork Tenderloin	4.5 oz Turkey Breast
3.3 oz Ground Turkey	3.4 oz Chicken Breast
4 oz Ground Beef	9.7 oz Egg Whites
10.4 oz Greek Yogurt	9.5 oz Cottage Cheese
8.4 oz Whole Eggs	1.4 oz Wheat
4.3 oz Lentils	7.5 oz Quinoa
8 oz Oats	8.9 oz Edamame
12.9 oz Black Beans	14.9 oz Chickpeas
19.6 oz Green Peas	4.3 oz Hemp Seeds
5 oz Almonds	5.8 oz Flax
6.4 oz Chia Seeds	7 oz Walnuts

## **\*\*Things to keep in mind:**

- Figure out which protein sources fit in your diet
- Learn which protein sources you digest well
- Your protein intake goal depends on body weight

**The goal is to get at least 30 grams in at breakfast!!**




@diabeticdietitian

# WE ARE ALL UNIQUE & SO ARE OUR PROTEIN NEEDS



Protein, Healthy Fats,  
Intact Grains

Plants: vegetables, fruits,  
legumes, herbs





- ✦ Have pre-made protein items on your weekly grocery list
- ✦ Find a protein powder that you enjoy and can quickly be added to chia seeds, oats, coffee or a smoothie for a quick or low-maintenance need.
- ✦ Stock your pantry with wild tuna and salmon, grass-fed jerky, beans, legume pastas, and whole ingredient protein sources.
- ✦ Protein options often take the longest time to prepare and staying organized and mindful of your options can go a long way to meet your goals.