



How I Reached a Healthy A1c Without Counting Calories

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eating for years, but I had assumed it would be too restrictive or impractical for my life. After my diagnosis, though, I realized I needed to make a meaningful change. I decided to give the WFPB lifestyle an honest try. I worried about giving up familiar staples, like yogurt, but I discovered I could make satisfying WFPB versions that I enjoyed.

The changes came faster than I expected. For years, I had carried an extra 10 or 15 pounds, but once I switched to WFPB eating, the weight came off easily, without any calorie counting or hunger. Within eight weeks, I reached my goal weight. By 12 weeks, my A1c had normalized.

Why I'm Sticking With It

This lifestyle no longer feels challenging to me—it feels freeing. You can eat as much as you want, feel satisfied, and truly enjoy food. My meals are colorful, fresh, and filling, and I'm never left feeling deprived.

I recently had blood work done again, and my A1c remains healthy at 5.2. My triglycerides and cholesterol are also within a healthy range, and I've maintained the weight loss.

This WFPB journey has been wonderful. Looking back, I only wish I'd discovered this way of eating sooner!

I grew up in a family that ate unhealthy vegetarian diets—lots of fried foods and ultraprocessed snacks, even though meat wasn't part of the picture. When I was 11 years old, both of my parents were diagnosed with [Type 2 diabetes](#). Over time, their health continued to decline, and later in life they each suffered strokes. Watching that progression left a deep impression on me. I didn't want to follow in their path.

My Prediabetes Diagnosis

Though I was always within a healthy BMI range, my weight began creeping up in my late 40s despite my best efforts. I was active, walking about 20,000 steps a day, and I was careful with calories—but nothing seemed to work. At 49, I was diagnosed with prediabetes. That news triggered real anxiety; I couldn't shake the fear that I was headed down the same road as my parents.

Finally Trying the WFPB Way of Eating

I had known about whole-food, plant-based (WFPB)