

```
import React from 'react'; import { Clock, User, ArrowRight, TrendingUp } from 'lucide-react'; import { Card, CardContent } from '../ui/card'; import { Badge } from '../ui/badge'; import { Button } from '../ui/button'; import { ImageWithFallback } from '../figma/ImageWithFallback';
```

```
export function BlogPage() { const featuredPost = { title: 'The Ultimate Guide to Low-GI Eating for Diabetics', excerpt: 'Discover how understanding the glycaemic index can transform your diabetes management and improve your overall health.', author: 'Dr. Sarah Williams', date: '28th October 2025', readTime: '12 min read', category: 'Nutrition', image: 'https://images.unsplash.com/photo-1625574199327-6c8a521117d5?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxtZWFsJTIwcHJlcGFyYXRpb24lMjBoZWZsdGh5fGVufDF8fHx8MTc2MjE3NTUyMXww&ixlib=rb-4.1.0&q=80&w=1080', };
```

```
const blogPosts = [ { title: 'Community Spotlight: Sarah's Journey from Diagnosis to Empowerment', excerpt: 'How one community member transformed her relationship with Type 1 diabetes through education and support.', author: 'Emma Richardson', date: '1st November 2025', readTime: '8 min read', category: 'Community Highlights', image: 'https://images.unsplash.com/photo-1530043123514-c01b94ef483b?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxjb21tdW5pdHklMjBzdXBwb3J0JTIwbWVldGluZ3xlbmwxfHx8fDE3NjlxNzU1MjF8MA&ixlib=rb-4.1.0&q=80&w=1080', trending: true, }, { title: 'Interview with a Diabetic Dietitian: Meal Planning Made Simple', excerpt: 'We sit down with James Peterson to discuss practical strategies for creating balanced, diabetic-friendly meals.', author: 'Michael Thompson', date: '30th October 2025', readTime: '10 min read', category: 'Expert Interviews', image: 'https://images.unsplash.com/photo-1759177670217-72ddf0f95b7d?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxudXRyaXRpb24lMjBjb25zdWx0YXRpb258ZW58MXx8fHwxNzYyMTc1NTlwfDA&ixlib=rb-4.1.0&q=80&w=1080', trending: true, }, { title: '15 Delicious Low-Carb Breakfast Ideas', excerpt: 'Start your day right with these nutritious and blood-sugar-friendly breakfast options.', author: 'Sophie Anderson', date: '29th October 2025', readTime: '6 min read', category: 'Recipes & Lifestyle', image: 'https://images.unsplash.com/photo-1650157369620-7acffc9bbdde?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxoZWZsdGh5JTIwYnJlYWtmYXN0JTIwZ3Jhbm9sYXxlbmwxfHx8fDE3NjlxNzU1MTl8MA&ixlib=rb-4.1.0&q=80&w=1080', }, { title: 'Managing Diabetes During the Holiday Season', excerpt: 'Expert tips for navigating festive meals, treats, and celebrations while maintaining blood sugar control.', author: 'Dr. Emily Chen', date: '27th October 2025', readTime: '9 min read', category: 'Lifestyle Tips', image: 'https://images.unsplash.com/photo-1638537692554-
```

[b858e3e24633?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxzdWdhciUyMGZyZWUIMjBkZXNzZXJ0fGVufDF8fHx8MTc2MjExMDAyN3ww&ixlib=rb-4.1.0&q=80&w=1080](https://images.unsplash.com/photo-1673551490812-eaee2e9bf0ef?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxzdWdhciUyMGZyZWUIMjBkZXNzZXJ0fGVufDF8fHx8MTc2MjExMDAyN3ww&ixlib=rb-4.1.0&q=80&w=1080)'], { title: 'The Science Behind Diablo's Sugar-Free Chocolate', excerpt: 'Understanding the sweeteners and ingredients that make diabetic-friendly chocolate possible.', author: 'James Peterson', date: '25th October 2025', readTime: '7 min read', category: 'Product Reviews', image: 'https://images.unsplash.com/photo-1673551490812-eaee2e9bf0ef?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxjaG9jb2xhdGUIMjB0cmVhdHMiMjBkZXNzZXJ0fGVufDF8fHx8MTc2MjE0NDc1MXww&ixlib=rb-4.1.0&q=80&w=1080', { title: 'Exercise and Type 2 Diabetes: What You Need to Know', excerpt: 'How physical activity can improve insulin sensitivity and overall diabetes management.', author: 'Michael Thompson', date: '23rd October 2025', readTime: '11 min read', category: 'Lifestyle Tips', image: 'https://images.unsplash.com/photo-1582106505241-9f67cb7d18cb?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxoZWZsdGh5JTlwbGlmZXN0eWxUTlweW9nYXxlbmwxfHx8fDE3NjlxNzU1MjB8MA&ixlib=rb-4.1.0&q=80&w=1080', { title: 'From Overwhelmed to Organized: Creating a Diabetes Care Routine', excerpt: 'A step-by-step guide to building sustainable daily habits for better diabetes management.', author: 'Dr. Sarah Williams', date: '21st October 2025', readTime: '8 min read', category: 'Community Highlights', image: 'https://images.unsplash.com/photo-1714642596931-2293df25c4a3?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxkaWFiZXRIcyUyMGhlYWx0aCUyMG1vbml0b3Jpbmd8ZW58MXx8fHwxNzYyMTc1NTlwfDA&ixlib=rb-4.1.0&q=80&w=1080', { title: 'Top 5 Myths About Diabetes Debunked', excerpt: 'Separating fact from fiction when it comes to diabetes management and lifestyle.', author: 'Emma Richardson', date: '19th October 2025', readTime: '5 min read', category: 'Education', image: 'https://images.unsplash.com/photo-1625574199327-6c8a521117d5?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxtZWZsJTlwcHJlcGFyYXRpb24IMjBoZWZsdGh5fGVufDF8fHx8MTc2MjE3NTUyMXww&ixlib=rb-4.1.0&q=80&w=1080', { title: 'Understanding Insulin Resistance: A Comprehensive Guide', excerpt: 'What every Type 2 diabetic should know about insulin resistance and how to address it.', author: 'Dr. Emily Chen', date: '17th October 2025', readTime: '13 min read', category: 'Education', image: 'https://images.unsplash.com/photo-1714642596931-2293df25c4a3?crop=entropy&cs=tinysrgb&fit=max&fm=jpg&ixid=M3w3Nzg4Nzd8MHwxfHNlYXJjaHwxfHxkaWFiZXRIcyUyMGhlYWx0aCUyMG1vbml0b3Jpbmd8ZW58MXx8fHwxNzYyMTc1NTlwfDA&ixlib=rb-4.1.0&q=80&w=1080', }, ],

```
const categories = [{ name: 'All Posts', count: 45 }, { name: 'Community Highlights',  
count: 12 }, { name: 'Expert Interviews', count: 8 }, { name: 'Lifestyle Tips', count: 15 },  
{ name: 'Nutrition', count: 10 }, ];
```

```
return (
```

```
  { /* Hero Section */ }
```

```
  Blog
```

## Stories, Tips & Insights

Read the latest from our community, experts, and diabetes educators

```
  { /* Featured Post */  
    <section className="py-12">  
      <div className="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">  
        <Card className="border-[#E5DFD7] overflow-hidden  
hover:shadow-xl transition-shadow">  
          <div className="grid lg:grid-cols-2">  
            <div className="aspect-video lg:aspect-auto overflow-  
hidden">  
              <ImageWithFallback  
                src={featuredPost.image}  
                alt={featuredPost.title}  
                className="w-full h-full object-cover hover:scale-105  
transition-transform"  
              />  
            </div>  
            <CardContent className="p-8 flex flex-col justify-center">  
              <Badge className="bg-[#D4A574] text-white mb-4 w-  
fit">Featured Post</Badge>  
              <Badge variant="outline" className="border-[#D4A574]  
text-[#B88A57] mb-4 w-fit">  
                {featuredPost.category}  
              </Badge>  
              <h2 className="text-[#5C4A3A] mb-  
4">{featuredPost.title}</h2>  
              <p className="text-[#8C7A6B] mb-  
6">{featuredPost.excerpt}</p>  
              <div className="flex items-center gap-4 text-sm text-  
[#8C7A6B] mb-6">  
                <div className="flex items-center gap-2">
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        <User className="w-4 h-4 text-[#D4A574]" />
        {featuredPost.author}
      </div>
      <div className="flex items-center gap-2">
        <Clock className="w-4 h-4 text-[#D4A574]" />
        {featuredPost.readTime}
      </div>
    </div>
    <Button className="bg-gradient-to-r from-[#D4A574] to-
[#B88A57] text-white w-fit">
      Read Article
      <ArrowRight className="ml-2 w-4 h-4" />
    </Button>
  </CardContent>
</div>
</Card>
</div>
</section>

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```

{ /* Main Content */ }
<section className="py-12">
  <div className="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">
    <div className="grid lg:grid-cols-4 gap-8">
      { /* Sidebar */ }
      <div className="lg:col-span-1">
        <Card className="border-[#E5DFD7] sticky top-20">
          <CardContent className="p-6">
            <h3 className="text-[#5C4A3A] mb-4">Categories</h3>
            <div className="space-y-2">
              {categories.map((category, index) => (
                <button
                  key={index}
                  className="w-full flex items-center justify-
between p-3 rounded-lg hover:bg-[#F8F5F1] text-left transition-
colors"
                >
                  <span className="text-
[#8C7A6B]">{category.name}</span>
                  <Badge variant="outline" className="border-
[#D4A574] text-[#B88A57]">
                    {category.count}
                  </Badge>
                </button>
              )}
            </div>
          </CardContent>
        </Card>
      </div>
    </div>
  </div>

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        </button>
      )}}
    </div>
  </CardContent>
</Card>
</div>

{/* Blog Posts Grid */}
<div className="lg:col-span-3">
  <div className="flex justify-between items-center mb-6">
    <h2 className="text-[#5C4A3A]">Latest Posts</h2>
    <Button variant="outline" className="border-[#D4A574]
text-[#D4A574] hover:bg-[#D4A574] hover:text-white">
      <TrendingUp className="w-4 h-4 mr-2" />
      Trending
    </Button>
  </div>

  <div className="grid md:grid-cols-2 gap-6">
    {blogPosts.map((post, index) => (
      <Card
        key={index}
        className="border-[#E5DFD7] overflow-hidden
hover:shadow-lg transition-all hover:-translate-y-1"
      >
        <div className="aspect-video overflow-hidden
relative">
          <ImageWithFallback
            src={post.image}
            alt={post.title}
            className="w-full h-full object-cover
hover:scale-105 transition-transform"
          />
          {post.trending && (
            <Badge className="absolute top-3 right-3 bg-
[#D4A574] text-white">
              <TrendingUp className="w-3 h-3 mr-1" />
              Trending
            </Badge>
          )}
        </div>
        <CardContent className="p-5">

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        <Badge variant="outline" className="border-
[#D4A574] text-[#B88A57] mb-3">
            {post.category}
        </Badge>
        <h3 className="text-[#5C4A3A] mb-3 line-clamp-
2">{post.title}</h3>
        <p className="text-sm text-[#8C7A6B] mb-4 line-
clamp-2">{post.excerpt}</p>
        <div className="flex items-center gap-3 text-xs
text-[#8C7A6B] mb-4 pb-4 border-b border-[#E5DFD7]">
            <div className="flex items-center gap-1">
                <User className="w-3 h-3 text-[#D4A574]" />
                {post.author}
            </div>
            <div className="flex items-center gap-1">
                <Clock className="w-3 h-3 text-[#D4A574]" />
                {post.readTime}
            </div>
        </div>
        <Button variant="ghost" className="text-[#D4A574]
hover:text-[#B88A57] p-0">
            Read More →
        </Button>
    </CardContent>
</Card>
    )})
</div>

{/* Load More */}
<div className="text-center mt-12">
    <Button
        variant="outline"
        size="lg"
        className="border-[#D4A574] text-[#D4A574] hover:bg-
[#D4A574] hover:text-white"
    >
        Load More Posts
    </Button>
</div>
</div>
</div>
</div>

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</section>

{ /* Newsletter CTA */}
<section className="py-20 bg-gradient-to-br from-[#5C4A3A] to-
[#6D5A48]">
  <div className="max-w-4xl mx-auto px-4 sm:px-6 lg:px-8 text-
center">
    <h2 className="text-white mb-4">Never Miss a Post</h2>
    <p className="text-[#C4B5A7] mb-8 max-w-2xl mx-auto">
      Subscribe to our newsletter and get the latest articles,
      recipes, and tips delivered to your inbox weekly.
    </p>
    <div className="flex gap-3 max-w-md mx-auto">
      <input
        type="email"
        placeholder="Your email address"
        className="flex-1 px-4 py-3 rounded-lg bg-white/10 border
border-white/20 text-white placeholder:text-[#C4B5A7] focus:outline-
none focus:ring-2 focus:ring-[#D4A574]"
      />
      <Button className="bg-gradient-to-r from-[#D4A574] to-
[#B88A57] hover:opacity-90 text-white px-8">
        Subscribe
      </Button>
    </div>
  </div>
</section>
</div>

);}

```