

# **Blood Sugar Central**

## **LIVE FREE Food Guide™**



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## LIVE FREE Food Guide™

**CAUTIONARY NOTE:** The LIVE FREE Food Guide™ is designed to promote awareness about blood sugar and diabetes control and to provide information, tools and techniques that will enable individuals to make healthy lifestyle changes.

The coaching materials & techniques are not intended to replace medical advice or to address any individual's specific medical problem(s). **Always seek the advice of a physician before beginning any diet, exercise, or nutritional program.** Diabetes and pre-diabetes or other related health issues are serious medical conditions. It is important that program participants do not reduce, change or discontinue any medication or treatment without consulting their physician. You should also check with your physician if you have any questions about food choices that need to be made in the context of your state of health or treatment plan. You should not change any dietary recommendations given to you by your physician or CDE or other nutritionist without consulting your physician first.

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# Introduction & FAQ's

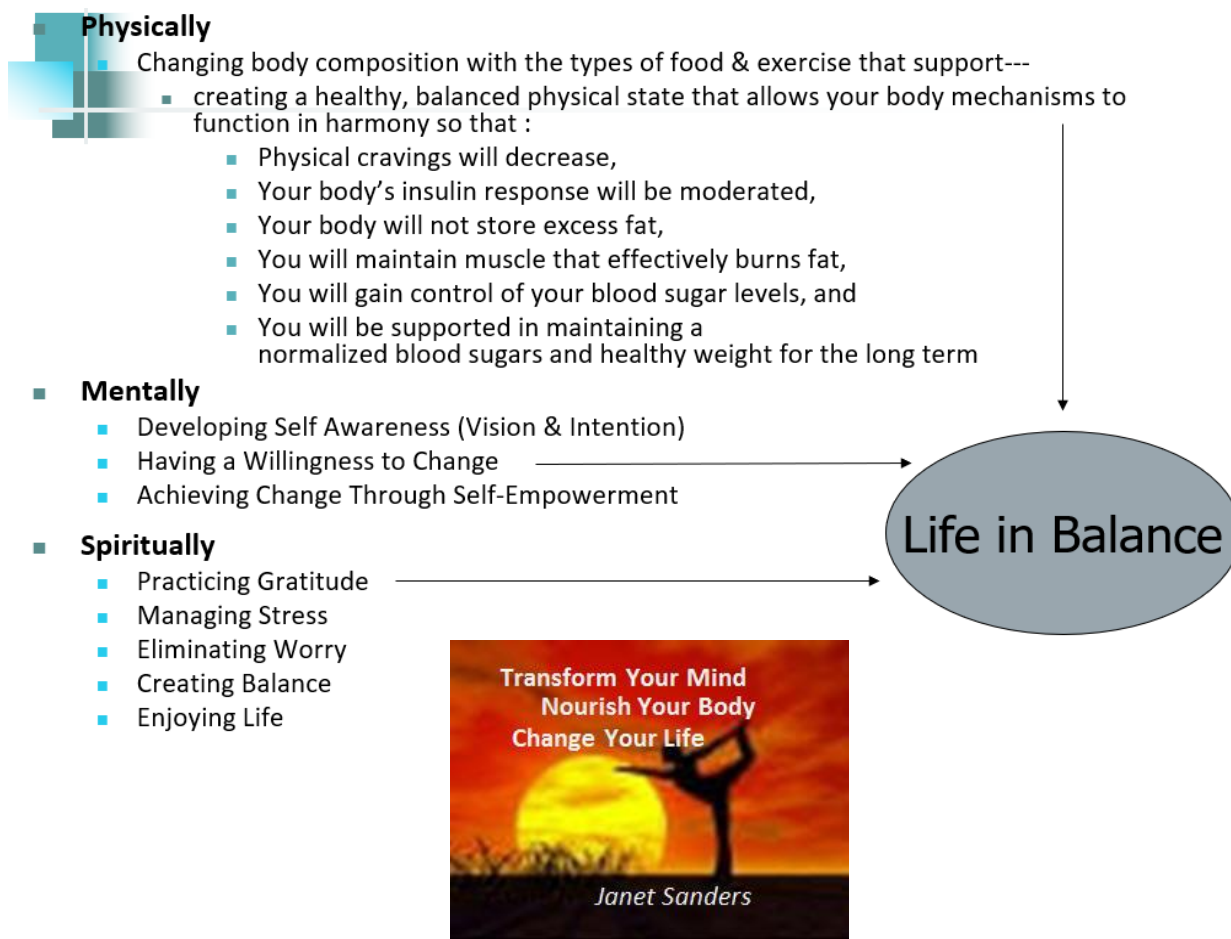
## What is the LIVE FREE Food Guide™?

The LIVE FREE Food Guide™ is a tool designed to help you to develop a personal food plan that is a self-motivated vision of how you want to eat to support your health. Using this guide, you are determining what you want to eat, when you want to eat, and how much of certain foods you want to eat on a day-to-day basis.

The guide is the foundation for learning how to eat and LIVE in new ways that:

- moderate blood sugars and insulin response in order to address the root cause of blood sugar health issues and yo-yo weight gain,
- and support you in creating a life in balance that is FREE from cravings, dieting, and daily habits that sabotage your efforts.

It is a holistic approach that empowers you to change your life Physically, Mentally and Spiritually.



## What are the LIVE FREE Food Guide™ Components:

The Food Guide consists of:

- Guidelines for what to eat and corresponding food lists, and
- A strategy to help you choose foods that support your health goals comprised of corresponding Success Habits relating to “how” to eat and live on a daily basis so that you can stay on track.

## Why is the FOOD PLAN comprised of 2 Phases:

The LIVE FREE Food Plan™ is comprised of two phases to accommodate the differing needs of BSC community members, clients and other program participants.

**LIVE FREE for BreakThrough Results** (Phase #1) is a more restricted food guide and it is designed to support individuals who are seeking more rapid specific results within a designated time period.

**LIVE FREE for Lifestyle Changes that Last a Lifetime (Phase #2)** is designed to enable participants to consume a wider variety of foods while maintaining their desired blood sugar levels and weight for the long term. In general, Phase #2 is meant for those who want more flexibility, have attained their short term goals and are seeking long term solutions for maintaining vibrant health or who are comfortable with a slower pace for attaining specific health objectives.

## How do I know which Phase is right for me?

The Breakthrough Phase is designed for individuals who are:

- Newly diagnosed as diabetic or pre-diabetic, and seeking to get currently high blood sugar levels under control within a specified time period
- “Veteran” diabetics struggling with high blood sugars who want to get their high blood sugars under control.
- Seeking to lose weight and reach specific goals in a specified time period
- Experiencing a weight loss plateau and want to break through that plateau
- Experiencing a medical need or life situation where they need to see certain results in the short term and/or within a specified time frame

The Lifetime Phase is designed for individuals who:

- Are diabetic or pre-diabetic and currently have their blood sugars under control) and are looking for a plan to stay on track and implement lifetime success habits
- Want to lose weight in small, steady increments and are comfortable with a slower weight loss result
- Have reached their goal weight and are seeking a plan to maintain their weight loss and stop “dieting
- Are looking for ways to eliminate insulin resistance for lifetime results
- Are seeking a flexible plan to eat and live in a more blood sugar/insulin friendly way for the long term

## Can I move back and forth between Phase 1 & 2?

- The timing of using the phases is flexible. Individuals can start their program with Phase 1 or 2, based on their needs, and they can move between the two phases anytime. The two phases have been provided so that you can address changing life situations. For example:
  - You may be using the Phase 1 Guide and determine that you need more flexibility while on vacation. In this instance, you can switch to Phase 2 while away, and then go back to Phase 1 when you return home.
  - If you started with Phase 1, moved to Phase 2 and discover that you need some restrictions due to higher blood sugar levels or unwanted weight gain, you can revert back to Phase 1.

## Why is the LIVE FREE Food Guide different than a “diet”

One of the big differences between implementing the LIVE FREE Food Guide and going on a “diet” is that with LIVE FREE you are developing a long term approach to controlling blood sugar levels and moderating your body’s insulin response using a flexible three pronged approach to:

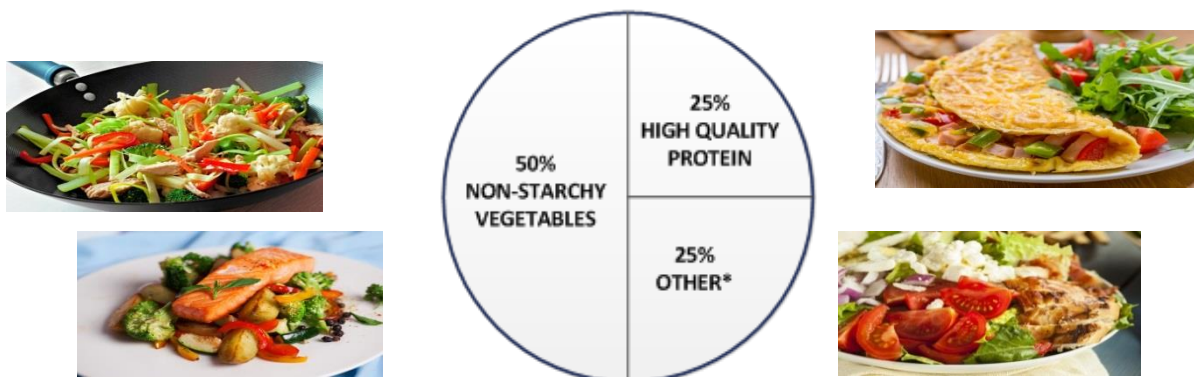
**“CROWD OUT”** foods that cause sharp rises in blood sugars and insulin. These are foods you want to avoid. No food is “off limits”, but certain foods should be included very, very sparingly on special occasions. The only exception is that you should eliminate foods if they are a “trigger food” or based on your biochemistry your blood sugars rise sharply after consuming

**“ADD IN”** the foods that support blood sugar health. These are foods that you can include on a daily or weekly basis.

### **Include “QUALITY” CARBOHYDRATES based on their:**

- Type (Simple Carbs vs. Complex Carbs that moderate the blood sugar & insulin response)
- Processing (less processing is generally better for blood sugar control)
- Amount (determine if you can include a food with higher amount of carbs by eating a smaller portion, examples: Blueberries, Beans)

You will want to flip-flop the typical meal that focuses on lots of protein and large portions of carbohydrates to meals with MORE non-starchy vegetables accompanied by healthy protein, and small portions of healthy fats and other foods that moderate the blood sugar & insulin response.





## Keto or Low Carb?

The LIVE FREE Food Guide is designed to incorporate aspects of Low Carb food plans, which actually exist on a “continuum from very low (Keto) to more moderate amounts of carbohydrates.

There is no definitive definition for what constitutes Low Carb. What is low carbohydrate for one person may not be for another.

Basically, all low carb food plans are designed to reduce the number of carbs you eat from your norm. As a general rule, however, a “Low Carb” diet typically includes anywhere from 50 to 100 grams (g) of carbohydrates per day. Below that amount is considered a ketogenic diet, while 100 to 200 grams of carbohydrates per day is generally considered a moderate-carb diet.

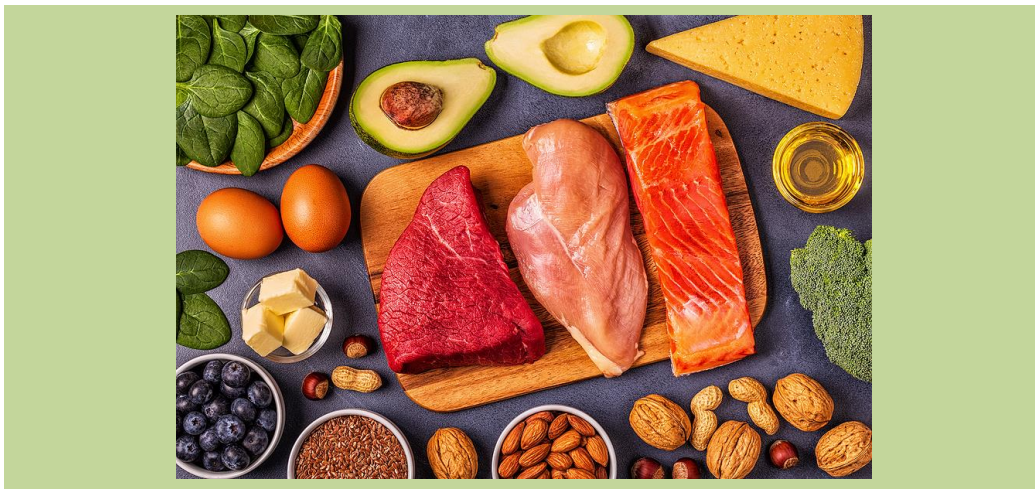
Some plans are based on “net carbs” (total carbohydrate amount minus fiber + sugar alcohols\*) while others calculate daily carbohydrates based on total carbohydrate amount.

\*NOTE: some plans only permit subtracting full amount of the sugar alcohol erythritol (and ½ of any other sugar alcohol such as maltitol)

**The LIVE FREE FOOD GUIDE IS NOT designed to be the basis for a KETO food plan or to put you in a state of Ketosis., It is highly recommended that if you desire to consume the grams of carbs required for you to be in a state of Ketosis that you work with your physician to do so.**

The LIVE FREE Guide is designed to be flexible and to enable you to reap the benefits of a LOW or Moderate Carbohydrate food plan that will moderate blood sugar levels and the insulin response.

- Phase 1 provides guidelines that will easily enable you to stay in a Low Carb range without a significant amount of carb counting. Using the food list as your guide, as you select the foods that you will consume daily. You can choose how and when you want to count carbohydrates based on what is comfortable for you, and you can determine whether you want to track Net or Total carbohydrates.
- Phase 2 is designed to provide more flexibility and to add in certain foods such as Low to Medium glycemic fruits that will increase your amount of overall carbohydrates, while still keeping you in a Moderate Carbohydrate range.



# Tips for Making the LIVE FREE Flood Guide™ Work for You

- **Keep one thing in mind. A particular food is not inherently good or bad.** But, there are food choices that based on your particular physical condition lead you either towards or away from your goals and vision of health. How you choose is up to you.
- **Keep it simple:** Any plan that is overly complicated will soon be discarded, and before you know it you will be back to your old eating habits. If you develop a simple, easy to implement food plan that is grounded in sound nutritional and behavioral concepts, you will find that before long you will start to internalize the plan, and making food choices within the context of the plan will become second nature.
- **Balance consistency with flexibility:** Planning what you will eat on a daily basis will enable you to avoid the pitfalls of impulse eating. The more predictable your food intake is, the more predictable your glucose levels are going to be, and the more accurately your medication and exercise needs can be tailored to support them.
- **Develop a plan that fits your lifestyle and supports your overall vision of health:** It is critical that your food plan is one that you are prepared to live with on a day-to-day basis, and so it needs to fit your lifestyle and particular needs. For example, if you are a vegetarian, you will want to incorporate ways of getting your protein from sources other than animal foods. If you have a hectic professional life or eat on the road often, you need to take these situations into consideration.
- **If you are diabetic, check your blood sugars about 2 hours after eating.** The bottom line is that it doesn't matter whether you are told you can or cannot eat a certain food. All that matters is how your body reacts to it. If your blood sugars are higher than they should be two hours after eating a certain food, it is not a good choice for you. Forget what the experts say, what is your body telling you?




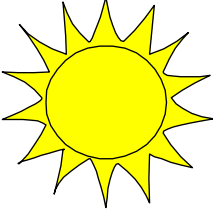
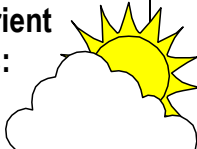




# **Phase #1: LIVE FREE Guide for BreakThrough Results**

## **Strategies That Get Results**

- **Eat a wide variety of foods centered around:**
  - 50%: nutrient-dense non-starchy vegetables
  - 25%: high quality protein, and
  - 25%: Small amounts of the following foods:
    - Healthy Fats (oils, nuts/seeds, avocado)
    - Dairy (low sugar/low lactose)
    - Low Sugar/Fructose Fruit (Avocado, Shredded Coconut, Lemon/Limes)
    - Healthy desserts made with stevia, monk fruit, erythritol or a combo of any of these (eat very sparingly during Phase 1)
- **Choose “ Quality Carbohydrates wisely (Consider Type, Processing and Amount) Guidelines for the Breakthrough plan include:**
  - “Crowd Out”:
    - White Potatoes
    - Rice (all forms)
    - Whole Grains (all forms, including quinoa)
    - Grain-Based Flour Products
  - “Add In”
    - Non-Starchy Vegetables
- **Eliminate all forms of Added Sugar in your home pantry, and judiciously use substitutes such as Stevia, Erithrytol or Monk Fruit.**
- **Increase fiber. (try to include at least 25-30 grams of fiber daily)**
- **Eat breakfast within an hour of waking or alternatively practice 16:8 or another form of intermittent fasting (whichever provides you with the best results)**
- **Consume enough water. (and other healthy liquids).**
- **Adopt new habits that improve not just what you eat, but HOW you eat (Eat on as regular a schedule as possible, watch portion sizes, avoid overeating and learn to eat mindfully)**
- **Be prepared. (at home and out of the house).**
- **Create an environment that supports your food plan and vision of health.**

# PHASE 1 Food Guidelines “Snapshot”

	<b>Stay Hydrated with Water or Tea (Green, Rooibos, Black)</b>  <b>WHEN IN DOUBT, CHOOSE WHOLE FOODS.</b>			
<b>ADD IN:</b>  	<b>Non-Starchy Vegetables – 50%</b> <ul style="list-style-type: none"> <li>• Cooked or Raw</li> <li>• Green/Veggie Smoothies (no fruit other than avocado or shredded coconut)</li> <li>• Green/Veggie Juices</li> </ul>			
	<b>HEALTHY PROTEIN – 25%</b> <ul style="list-style-type: none"> <li>• Lean/Grass Fed Beef, Organic/Free Range Poultry, Lean Pork</li> <li>• Fish (Best: High Eco Rating, low mercury content, high Omega 3 content) Examples: Wild Salmon, Sardines, Herring, Sablefish, Albacore Tuna from U.S./Canada, Farm Raised Oysters)</li> <li>• Legumes (Canned or Soaked, maximum- one SMALL serving daily)</li> <li>• Tofu, Tempeh (avoid highly processed soy products)</li> <li>• Eggs, Yogurt, Kefir, Cheese (see food list)</li> <li>• Protein Powder (whey protein or plant based)</li> </ul>			
<b>DON'T OVER EAT these nutrient rich foods:</b>  	<b>Small Portions - 25%</b>  Starchy Vegetables (Peas) Fruit (Lemon, Avocado, Coconut, Tomato) Healthy Fats (Olives, Olive Oil, Coconut Oil, Avocado) Nuts/Seeds  Dairy (cheese, milk, cream, sour cream, cottage cheese, cream cheese) (Low Sugar/Low Lactose. Fat% is determined by your state of health. Check with your physician if you have questions.)			
<b>ENJOY Occasionally</b>	Dark Chocolate (Sweetened with Stevia, Monk Fruit, Erythritol) Stevia, Monk Fruit Sweetener, Erythritol			
<b>EAT SPARINGLY</b>  	Sugar Alternatives (Sugar Alcohols, Splenda, etc.)	Fish with low eco-rating, high mercury, low omega 3 content (Examples: Farm Raised Salmon, Tilapia)  Highly Processed Soy Products	Saturated Fats (any fat that turns solid)  Butter is OK, just don't overdo it. (Grass Fed is best)	Coffee
<b>Totally Avoid</b>  	Foods with more than 1-2 Grams added sugar Grains/Grain-Based Flour Products Fruit Aspartame High fructose corn syrup.	High fat, processed meats (i.e. hot dogs)  Fish high in contaminants	Trans Fats	Soda (Regular or Diet)

# Phase 1 Daily Food List

CROWD OUT: White Potatoes ► Rice ► Grains & Grain-based Flour Products ► Products with Added Sugar 1 gram or more ► Soda (including diet) ► High Fat Red Meat ► Most Fruit


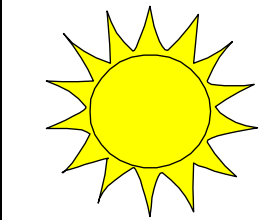
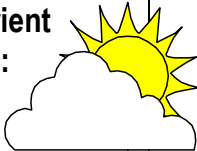


50% Non-Starchy Vegetables	25% Healthy Protein	25% Healthy Fats, Quality Carbs, Dairy, Condiments
<b><u>Non-Starchy Vegetables</u></b> Alfalfa sprouts Artichokes Asparagus Avocado (1/4 slice) Bean Sprouts Bell peppers (red, green, yellow) Bok Choy Broccoli Broccolini Brussels sprouts Cabbage (red or white); Sauerkraut (no sugar added) Cauliflower Celery Cucumber Edamame* (*also classified as a bean) Eggplant Fennel Green Beans Hearts of Palm Hot peppers Jicama Leafy Greens (Arugula, Collard Greens, Dandelion Greens, Endive, Kale, Parsley, Swiss Chard, Spinach, Watercress) Lettuce, all types Leeks Mushrooms (all varieties) Okra Olives (limit to 5) Onions Radishes Seaweed Scallions Shallots Snow Peas Spaghetti Squash Sprouts Sugar Snap Peas Tomatillas Tomatoes (Fresh or canned, no added sugar) Water Chestnuts Yellow Squash Zucchini	<ul style="list-style-type: none"> <li>Lean/Grass Fed Beef,</li> <li>Organic/Free Range Poultry,</li> <li>Lean Pork</li> <li>Fish (Best: High Eco Rating, low mercury content, high Omega 3 content) Examples: Wild Salmon, Sardines, Herring, Sablefish, Albacore Tuna from U.S./Canada, Farm Raised Oysters)</li> <li>Other types of seafood: Shrimp, Mussels, Lobster, Calimari</li> <li>Legumes (Canned or Soaked, Maximum: one small serving daily – Includes Lentils, Beans –as a general rule combine beans with other vegetables or other proteins) While many “diets” out there eliminate beans, they are a Complex Carbohydrate, and for vegetarians or vegans can be a good protein source.</li> <li>Tofu, Tempeh (avoid highly processed soy products)</li> <li>Eggs</li> <li>Chaffles (mixture of eggs and various cheeses)</li> <li>Protein Powder* (Whey protein or Plant based ---look for brand with sugar content 0-1 grams and preferably 0 grams Added Sugar) Some brands are sweetened with Stevia or Monk fruit. Premier Protein brand is sweetened with sucralose.</li> </ul> <p>*if making smoothies: Do not add fruit other than avocado or shredded coconut for Phase 1</p>	<b><u>Healthy Fats</u></b> <ul style="list-style-type: none"> <li>Olives (4-5 per serving)</li> <li>Olive Oil</li> <li>Avocado/Avocado Oil</li> <li>Coconut Milk, Cream</li> <li>Coconut Oil</li> <li>Nuts (Almonds, Brazil, Hazelnuts, Macadamia, Peanuts, Pecans, Pine Nuts, Walnuts)</li> <li>Nut Butters/Seed Butters</li> <li>Oils from any of the nuts above</li> </ul> <b><u>Seeds:</u></b> <ul style="list-style-type: none"> <li>Chia, Flax, Hemp, Psyllium, Poppy, Pumpkin, Sunflower, Sesame, Poppy</li> <li>Tahini, Oils from seeds above</li> </ul> <b><u>Complex Carbs</u></b> <ul style="list-style-type: none"> <li>Peas</li> </ul> <b><u>Dairy (low sugar/low lactose) (Fat% determined by your state of health. Check with your physician if you have questions.)</u></b> <ul style="list-style-type: none"> <li>Butter (Grass Fed, if possible)</li> <li>Cows Milk/Cream or Alternatives (Almond, Oat, Cashew or Coconut)</li> <li>Cheese: (Blue, Brie, Colby, Cheddar, Feta, Goat, Gorgonzola, Gouda, Mozzarella, Meunster, Parmesan, Provolone, Swiss)</li> <li>Cottage Cheese</li> <li>Cream Cheese</li> <li>Ghee</li> <li>Kefir</li> <li>Ricotta Cheese</li> <li>Sour Cream</li> <li>Yogurt/Kefir (Greek, Cows Milk &amp; Alternative sources)</li> </ul> <b><u>Sweets &amp; Sweeteners</u></b> <ul style="list-style-type: none"> <li>Dark Chocolate (70% Cacao)</li> <li>Stevia, Monk Fruit, Erythritol</li> </ul> <b><u>Fruit (Low Sugar/Low Fructose)</u></b> <ul style="list-style-type: none"> <li>Avocado</li> <li>Shredded Coconut</li> <li>Lemon</li> <li>Lime</li> </ul>

# Phase #2 Healthy Habits for a Lifetime

## Strategies That Get Results

- **Eat a wide variety of foods centered around:**
  - 50%: nutrient-dense non-starchy vegetables
  - 25%: high quality protein, and
  - 25%: Small amounts of the following foods:
    - Healthy fats (oils, nuts/seeds, avocado)
    - Low sugar/fructose fruits
    - Starchy vegetables,
    - Healthy desserts made with stevia, monk fruit, erythritol or a combo of any of these
- **Choose “ Quality Carbohydrates wisely (Consider Type, Processing and Amount) Guidelines for the Life Time plan include:**
  - “Crowd Out”:
    - White Potatoes
    - Rice (all forms)
    - Grain-Based Flour Products
    - Whole grains (with the exception of small amounts of Quinoa, Oats Buckwheat & Barley and limited use of Sprouted Whole Grain Bread)
  - “Add In”
    - Non-Starchy Vegetables
    - Small amounts of starchy Vegetables
    - Small amounts of select whole grains (oats, quinoa, barley) (always mix with protein and if possible non-starchy vegetables)
- **Eliminate all forms of Added Sugar in your home pantry, and judiciously use substitutes such as Stevia, Erithrytol or Monk Fruit.**
- **Increase fiber. (try to include at least 25-30 grams of fiber daily)**
- **Eat breakfast within an hour of waking or alternatively practice 16:8 or another form of intermittent fasting (whichever provides you with the best results)**
- **Consume enough water. (and other healthy liquids).**
- **Adopt new habits that improve not just what you eat, but HOW you eat (Eat on as regular a schedule as possible, watch portion sizes, avoid overeating and learn to eat mindfully)**
- **Be prepared. (at home and out of the house).**
- **Create an environment that supports your food plan and vision of health.**

## PHASE 2 Food Guidelines “Snapshot”

	<b>Stay Hydrated with Water or Tea (Green, Rooibos, Black)</b>			
<b>WHEN IN DOUBT, CHOOSE WHOLE FOODS.</b>				
<b>ADD IN:</b>	<b>Non-Starchy Vegetables – 50%</b> <ul style="list-style-type: none"> <li>Cooked or Raw</li> <li>Green/Veggie Smoothies (go easy on fruit)</li> <li>Green/Veggie Juices</li> </ul>			
	<b>HEALTHY PROTEIN – 25%</b> <ul style="list-style-type: none"> <li>Lean/Grass Fed Beef, Organic/Free Range Poultry, Lean Pork</li> <li>Fish (Best: High Eco Rating, low mercury content, high Omega 3 content) Examples: Wild Salmon, Sardines, Herring, Sablefish, Albacore Tuna from U.S./Canada, Farm Raised Oysters)</li> <li>Legumes (Canned or Soaked, maximum- one small serving daily)</li> <li>Tofu, Tempeh (avoid highly processed soy products)</li> <li>Eggs, Yogurt, Kefir, Cheese (see food list)</li> <li>Protein Powder (whey protein or plant based)</li> </ul>			
<b>DON'T OVER EAT these nutrient rich foods:</b>	 <p style="text-align: center;"><b>Small Portions - 25%</b></p> <p style="text-align: center;">Starchy Vegetables (Squash, Sweet Potato, Peas) Fruit (Low Sugar/Low Fructose) Healthy Fats (Olives, Olive Oil, Coconut Oil, Avocado) Nuts/Seeds</p> <p style="text-align: center;">Dairy (cheese, milk, cream, sour cream, cottage cheese, cream cheese) (Low Sugar/Low Lactose. Fat% is determined by your state of health. Check with your physician if you have questions.)</p>			
<b>ENJOY Occasionally</b>	Dark Chocolate (Sweetened with Stevia, Monk Fruit, Allulose, Erythritol) Whole Grains/ Sprouted Grains (Quinoa, Oats, Buckwheat or Barley sparingly) Stevia, Monk Fruit Sweetener, Erythritol			
<b>EAT SPARINGLY</b>	  Sugar Alternatives (Sugar Alcohols, Splenda, etc.)  Low to Medium Glycemic Fruit	Fish with low eco-rating, high mercury, low omega 3 content (Examples: Farm Raised Salmon, Tilapia)  Highly Processed Soy Products	Saturated Fats (fat that turns solid)  Butter is OK, just don't overdo it. (Grass Fed is best)	Coffee
<b>Totally Avoid</b>	  Foods with more than 1-2 Grams added sugar Grain-Based Flour High Glycemic Fruit Aspartame High fructose corn syrup.	High fat, processed meats (i.e. hot dogs)  Fish high in contaminants	Trans Fats	Soda (Regular or Diet)

# Phase 2 Daily Food List

CROWD OUT: White Potatoes ► Rice ► Grain-based Flour Products ► Products with Added Sugar 1 gram or more  
 ► Soda (including diet) ► High Fat Red Meat ► High Glycemic Fruit

50% Non-Starchy Vegetables	25% Healthy Protein	25% Healthy Fats, Quality Carbs, Dairy, Condiments
<b><u>Non-Starchy Vegetables</u></b> Alfalfa sprouts Artichokes Asparagus Avocado (1/4 slice) Bean Sprouts Bell peppers (red, green, yellow) Bok Choy Broccoli Broccolini Brussels sprouts Cabbage (red or white); Sauerkraut (no sugar added) Cauliflower Celery Cucumber Edamame* ( <i>*also classified as a bean</i> ) Eggplant Fennel Green Beans Hearts of Palm Hot peppers Jicama Leafy Greens ( <i>Arugula, Collard Greens, Dandelion Greens, Endive, Kale, Parsley, Swiss Chard, Spinach, Watercress</i> ) Lettuce, all types Leeks Mushrooms (all varieties) Okra Olives (limit to 5) Onions Radishes Seaweed Scallions Shallots Snow Peas Spaghetti Squash Sprouts Sugar Snap Peas Tomatillas Tomatoes (Fresh or canned, no added sugar) Water Chestnuts Yellow Squash Zucchini	<ul style="list-style-type: none"> <li>Lean/Grass Fed Beef,</li> <li>Organic/Free Range Poultry,</li> <li>Lean Pork</li> <li>Fish (Best: High Eco Rating, low mercury content, high Omega 3 content) Examples: Wild Salmon, Sardines, Herring, Sablefish, Albacore Tuna from U.S./Canada, Farm Raised Oysters)</li> <li>Other types of seafood: Shrimp, Mussels, Lobster, Calimari</li> <li>Legumes (Canned or Soaked, Maximum: one small serving daily – Includes Lentils, Beans –as a general rule combine beans with other vegetables or other proteins) While many “diets” out there eliminate beans, they are a Complex Carbohydrate, and for vegetarians or vegans can be a good protein source.</li> <li>Tofu, Tempeh (avoid highly processed soy products)</li> <li>Eggs</li> <li>Chaffles (mixture of eggs and various cheeses)</li> <li>Protein Powder* (Whey protein or Plant based ---look for brand with sugar content 0-1 grams and preferably 0 grams Added Sugar) Some brands are sweetened with Stevia or Monk fruit. Premier Protein brand is sweetened with sucralose.</li> </ul> <p>*if making smoothies: stick with low glycemic fruit. If you want to add banana, it should not be overripe and only use 1/4 piece of the banana</p>	<b><u>Healthy Fats</u></b> <ul style="list-style-type: none"> <li>Olives (4-5 per serving)</li> <li>Olive Oil</li> <li>Avocado/Avocado Oil</li> <li>Coconut Milk, Cream</li> <li>Coconut Oil</li> <li>Nuts (Almonds, Brazil, Hazelnuts, Macadamia, Peanuts, Pecans, Pine Nuts, Walnuts)</li> <li>Nut Butters/Seed Butters</li> <li>Oils from any of the nuts above</li> </ul> <b><u>Seeds:</u></b> <ul style="list-style-type: none"> <li>Chia, Flax, Hemp, Psyllium, Poppy, Pumpkin, Sunflower, Sesame, Poppy</li> <li>Tahini, Oils from seeds above</li> </ul> <b><u>Complex Carbs</u></b> <ul style="list-style-type: none"> <li>Quinoa, Oats, Barley, Buckwheat</li> <li>Butternut &amp; Acorn Squash</li> <li>Sweet Potato</li> <li>Spaghetti Squash</li> <li>Beets</li> <li>Peas</li> <li>Pumpkin</li> <li>Parsnips</li> <li>Taro</li> </ul> <b><u>Dairy (low sugar/low lactose) (Fat% determined by your state of health. Check with your physician if you have questions.)</u></b> <ul style="list-style-type: none"> <li>Butter (Grass Fed, if possible)</li> <li>Cows Milk/Cream or Alternatives (Almond, Oat, Cashew or Coconut)</li> <li>Cheese: (Blue, Brie, Colby, Cheddar, Feta, Goat, Gorgonzola, Gouda, Mozzarella, Meunster, Parmesan, Provolone, Swiss)</li> <li>Cottage Cheese</li> <li>Cream Cheese</li> <li>Ghee</li> <li>Kefir</li> <li>Ricotta Cheese</li> <li>Sour Cream</li> <li>Yogurt/Kefir (Greek, Cows Milk &amp; Alternative sources)</li> </ul> <b><u>Sweets &amp; Sweeteners</u></b> <ul style="list-style-type: none"> <li>Dark Chocolate (70% Cacao)</li> <li>Stevia, Monk Fruit, Erythritol</li> </ul> <b><u>Fruit (Low Sugar/Low Fructose)</u></b> <ul style="list-style-type: none"> <li>Best choices: Avocado, Berries, Coconut, Lemon/Lime</li> <li>See Fruit Chart</li> </ul>



# Phase 1 & 2 Habits to Improve HOW You Eat

When it comes to keeping your blood sugar under control, it's not just what you eat that counts; how you eat also matters.

- Eat on as regular a schedule as possible and avoid over-eating.
- Eating regularly timed meals throughout the day, watching portion sizes and eating more slowly are all eating habits that put less stress on your digestive system and promote more level blood sugars. Eating at regular intervals also helps to avoid carbohydrate cravings that lead to bingeing when you let yourself go too long between meals.
- One serving is approximately equivalent to:

<b>Fruit &amp; Vegetables</b> <ul style="list-style-type: none"><li>▪ ½ cup cooked or raw veggies</li><li>▪ 1 cup salad</li><li>▪ 1 medium piece of fruit</li><li>▪ ½ chopped fruit</li><li>▪ ¾ cup vegetable juice</li></ul> <b>Protein Foods</b> <ul style="list-style-type: none"><li>▪ ½ cup cooked beans</li><li>▪ 1 whole egg, 3 egg whites, or 2 egg whites with one yolk</li><li>▪ 2-3 oz. Meat, Fish or Poultry (approx size of deck of cards)</li><li>▪ 4 oz. Tofu, ½ cup soy milk, ½ cup soy protein</li><li>▪ ¾ cup vegetable or fruit juice</li></ul>	<b>Whole Grains</b> <ul style="list-style-type: none"><li>▪ 1 slice bread</li><li>▪ ½ cup cooked grain or pasta</li><li>▪ ½ -1 cup dry cereal</li><li>▪ 3-4 crackers</li></ul> <b>Dairy</b> <ul style="list-style-type: none"><li>▪ 1 cup milk</li><li>▪ 4 oz. Cheese (4 cubes)</li><li>▪ ½ cup cottage cheese or part-skim ricotta</li><li>▪ 1 cup yogurt</li></ul> <b>Fats, Nuts &amp; Seeds</b> <ul style="list-style-type: none"><li>▪ 1 TBSP oil</li><li>▪ 2 TBSP nuts, seeds or nut butters</li></ul>
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- Don't let yourself get too hungry, angry/anxious, lonely, or tired. Any one of these conditions is a set up for uncontrolled eating of refined carbohydrates.
- Eat Mindfully, meaning make a connection with your food by breaking mindless eating routines, such as eating in front of the TV or eating while multi-tasking or when you are bored. When you are eating mindlessly, you are barely aware of what you are eating, and this can lead to overeating and having problems with portion control. In this state, you are moving on to the next bite before you have experienced the bite that you have in your mouth.

# APPENDIX

## Reasons to Eat Fruit/Fructose Sparingly

What we know as “table sugar” or “sucrose” is actually a combination of two simple sugars: Glucose & Fructose”

Sucrose is an even 50-50 split between the two, while high fructose corn syrup comes in either **55%-45%** fructose-glucose or **42%-58%** pairings).

- ❖ Fructose, found naturally in fruit is a simple sugar. But because it is mainly metabolized in the liver, fructose has a lower glycemic index. However, consumption of high amounts of fructose can lower metabolic rate and cause something called “de-novo lipogenesis” (the conversion of sugar into fat) since the liver can only metabolize limited amounts of fructose. ***High consumption of fructose has a propensity to increase serum triglycerides.***
- ❖ **THE DANGERS OF HIGH FRUCTOSE CORN SYRUP:** When corn is processed into HFCS, this sweetener is absorbed more quickly than regular sugar and enters your cells, becoming an uncontrolled source of “acetyl-CoA” that is the made into cholesterol and triglycerides.

Additionally, none of the normal controls on appetite are triggered when you eat foods or beverages containing HFCS so that you tend to stay hungry and keep eating more sugar and refined foods, which continues to fuel this cycle. .

Bottom Line: Limit Fruit and Fructose:

- Fructose, is twice as sweet as sucrose (table sugar). But because it is mainly metabolized in the liver, fructose has a lower glycemic index.
- However, consumption of high amounts of fructose can lower metabolic rate and cause something called “de-novo lipogenesis” (the conversion of sugar into fat) since the liver can only metabolize limited amounts of fructose.
- This is why I recommend closely watching fruit intake and avoid over consuming foods high in fructose, including Agave Syrup which has a high fructose content.

See Chart on Next Page for Guide to Eating Fruit

## Overview of Fruit Selections:

### Source: Nutrition Data: Know What You Eat [USDA SR-21]

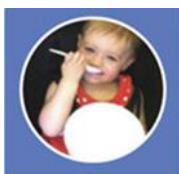
FRUIT/AMOUNT	Carbs (grams)	Fiber (grams)	Starch (grams)	Sugars (grams)	Sucrose	Glucose	Fructose	Glycemic Load (Est.)
Avocado 1 cup cubed (150 grams)	12.8	10.1	0.2	<b>1 g</b>	90 mg	555 mg	180 mg	3
Avocado 1 cup pureed (230 grams)	19.6	15.4	0.3	<b>1.5</b>	138 mg	851 mg	276 mg	4
Lemon 1 Medium (58 Grams)	5.4	1.6	0.0	<b>1.5</b>	No Data	No Data	No Data	1
Tomato 1 Medium (123 grams)	4.8	1.5	0.0	<b>3.2</b>	0.0	1537 mg	1685 mg	2
Mango 1 ounce (28 Grams) <b>Less than ¼ cup</b>	4.8	0.5	0.0	<b>4.1</b>	No Data	No Data	No Data	1
Cantelope 1 Very SMALL wedge 1/8 of small melon (55 grams)	4.8	0.5	0.0	<b>4.3</b>	2392 mg	847 mg	1028mg	2
Strawberries ½-¾ cup Raw (100 grams)	7.7	2 g	0.0	<b>4.9</b>	470 g	1990 mg	2440mg	2
Blackberries ½-¾ cup (100 Grams)	10.2	5.3	0.0	<b>4.9</b>	70 mg	2310 mg	2400 mg	3
Raspberries 1 cup whole raw (123 grams)	14.7	8 g	0.0	<b>5.4</b>	246 mg	2288 mg	2890mg	3
Pineapple – 1 slice thin 3 ½ in x ½ in thick (56 grams)	7.3	0.8	0.0	<b>5.5</b>	3354 mg	969 mg	1187mg	2
Blueberries 50 Berries raw (68 Grams)	9.9	1.6	0.0	<b>6.8</b>	74.8 mg	3318 mg	3379 mg	3
Strawberries 1 cup whole raw (144 grams)	11.1	2.9 g	0.1	<b>7 g</b>	677 mg	2866 mg	3513 mg	3
Blackberries 1 cup whole raw (144 grams)	14.7	7.6 g	0.0	<b>7 g</b>	101 mg	3326 mg	3456 mg	4
Grapes 10 Thompson Seedless (49 grams)	8.9	0.4	0.0	<b>7.6</b>	73.5 mg	3528 mg	3983 mg	3
Grapefruit ½ raw (small -123 grams)	13.1	2	0.0	<b>8.5</b>	4317 mg	1980 mg	2177 mg	4
Orange 1 small 2-3/8 in diam (96 grams)	11.3	2.3	0.0	<b>9.0</b>	No Data	No Data	No Data	3
Watermelon 1 cup diced (152 grams)	11.5	0.6	0.0	<b>9.4</b>	1839 mg	2402 mg	5106 mg	3
Peach 1 small (2 ½ in dia-130 grams)	12.9	1.9	0.0	<b>10.9</b>	6189 mg	2535 mg	1989 mg	4
Apple 1 cup slices (109 grams)	15.1	2.6	0.1	<b>11.3</b>	2257 mg	2649 mg	6431 mg	3
Banana (small) 101 grams	23.1	2.6	5.4	<b>12.4</b>	2414 mg	5029 mg	4898 mg	8
Cantelope 1 Cup Cubes (160 grams)	14.1	1.4	0.0	<b>12.6</b>	6959 mg	2464 mg	2992 mg	4
HoneyDew 1 Cup Cubes (170 Grams)	15.5	1.4	0.0	<b>13.8</b>	4216 mg	4557 mg	5032mg	4
Pear Raw 1 small (148 Grams)	22.9	4.6	0.0	<b>14.5</b>	1154 mg	4085 m	9222 mg	5
Blueberries 1 cup raw (148 Grams)	21.4	3.6	0.0	<b>14.7</b>	163 mg	7222 mg	7355 mg	6
Pineapple 1 cup chunks (165 grams)	21.6	2.3	0.0	<b>16.3</b>	9883 mg	2855 mg	3498mg	6
Watermelon 1 Wedge (approx. 1/16 of melon) (286 Grams)	21.6	1.1	0.0	<b>17.7</b>	3461 mg	4519m g	9608 mg	6
Cherries 1 cup with pits (138 grams)	22.1	2.9	0.0	<b>17.7</b>	207 mg	9093 mg	7410 mg	7
Grapes 1 cup Thompson Seedless (151 Grams)	27.3	1.4	0.0	<b>23.4</b>	227 mg	10872mg	12276 mg	9
Mango 1 cup sliced (165 grams)	28.1	3	0.0	<b>24.4</b>	No Data	No Data	No Data	8

# Tips for Adding More Non-Starchy Vegetables to Your Daily Meals



## **It's a Snap!**

- ❖ Serve Raw Vegetables with Dip, Cheese or Favorite Spread:
- ❖ Grill an Onion
- ❖ Munch on Some Edamame
- ❖ Use Lettuce Leaves as substitute for Bread
- ❖ Munch on some celery with almond or peanut butter
- ❖ Make a tomato and onion salad
- ❖ Add onions, corn & red pepper to black beans (hot or cold salad)



## **Pretty Easy**

- ❖ Flavor Up Salad Dressing with finely chopped veggies
- ❖ Make Some Salsa
- ❖ Use Frozen Vegetables for Easy Salads and Side Dishes
- ❖ Make a Stir Fry with Vegetables & Protein of Choice
- ❖ Add Vegetables to Quinoa (hot or cold salad)
- ❖ Lightly steam or boil some Kale
- ❖ Make a creamy soup with leftover vegetables
- ❖ Make a cucumber salad



## **Hmm...Looks a Little Harder**

- ❖ Cook homemade vegetable soup in a crock pot
- ❖ Prepare vegetarian chili with vegetables
- ❖ Roast a Variety of Vegetables
- ❖ Press Some Red or Green Cabbage

# Tips For Choosing Healthy Protein



- ❖ **Meat/Poultry:** Meat from grass fed animals contains more conjugated linoleic acid (a component of fat that boosts fat burning and the buildup of lean muscle mass) and more healthy Omega-3 fats. Try to choose organic sources of both meat and poultry whenever possible.
- ❖ **Eggs:** Consumed in moderation eggs are a great source of protein and vitamins, including vitamin A, potassium and many B vitamins like folic acid, choline and biotin. Try to purchase eggs from chickens raised in a free-range or cage-free environment.
- ❖ **Yogurt & Kefir:** In addition to being a good source of protein and calcium, yogurts that say "live and active cultures" on the label contain probiotics that help maintain and restore the delicate balance of both "good" and "bad" bacteria necessary for a healthy digestive system. Kefir, a fermented milk product is also a rich source of probiotics, vitamins, minerals and essential amino acids/protein.
- ❖ **Legumes** are a great source of protein and soluble fiber, but be aware that they are a source of phytic acid, an anti-nutrient that binds with minerals in your gut making the minerals unavailable for absorption.. The best way to reduce the amount of phytic acid is to soak your beans overnight before cooking them. If you use canned beans rinse them well to reduce the sodium content) Generally, eaten in MODERATION, beans should not pose any problems in the context of a nutrient-dense diet.
- ❖ **Fish/Seafood:** (Best: High Eco Rating, low mercury content, high Omega 3 content)  
Examples: Wild Salmon, Sardines, Herring, Sablefish, Albacore Tuna from U.S./Canada, Farm Raised Oysters)
- ❖ **Soy Products:** Tofu, Tempeh (avoid highly processed soy products)
- ❖ **Protein Powder** can be divided into two categories: animal source proteins and vegetable source proteins. Animal source proteins include milk protein derivatives like whey and casein, beef and egg white protein. Vegetable source proteins include soy, rice, pea, hemp and sprouted grain proteins.

# Breakfast Ideas

Everyone's biochemistry is different, and so there is no definitive answer to the question, What should I eat for breakfast?. Having said the best breakfast foods are those that do not cause huge blood sugar spikes, set the stage for balanced blood sugars the rest of the day, and leave you feeling satisfied. As a rule of thumb, the more nutritionally dense the foods are the better you will feel. If you are doing "intermittent fasting" you can break your fast at the appropriate time with any of the breakfast foods below)

- ❖ Eggs or tofu scrambled with vegetables of choice. (TIP: keep some sautéed onions in the fridge. Heat them in the a.m., and toss them into scrambled eggs. For added flavor add chopped peppers, broccoli, or sun-dried tomatoes)
- ❖ Chaffles (Breakfast Chaffles typically made with eggs and cream cheese)
- ❖ Hard boiled deviled eggs (if desired, substitute hummus for mashed egg yolk)
- ❖ Crust free mini quiche (with vegetables and cheese of choice)
- ❖ Yogurt with protein powder, berries and chopped nuts
- ❖ Almond butter/ricotta spread ½ sprouted whole grain English Muffin or piece of Paleo bread. To make the spread, combine 1 TBSP Almond Butter with ¼ cup part skim ricotta cheese and sweeten with sugar alternative of your choice. (add some protein powder or ground flax seed for extra nutrients)
- ❖ Turkey breast rollup with low fat cheese, avocado and sprouts
- ❖ Non-Grain-Based French Toast or pancakes with Blueberrys, or Easy Blueberry Syrup
- ❖ Almond flour protein pancakes (make your own or start with a mix)
- ❖ Smoked salmon, low fat veggie cream cheese, onion and tomato on non-grain based bread, Triscuits or Low Carb Crackers
- ❖ Poached salmon with cucumber salad
- ❖ Hummus, avocado, red onion and tomato on non-grain based bread or sprouted whole grain English Muffin
- ❖ Stir fry with roast chicken and vegetables
- ❖ Tempeh or Turkey Bacon with eggs of choice and side salad
- ❖ Bone Broth, Miso soup or other (with some vegetables and/or some protein like tofu or shredded chicken included)



# About Grains, Flour, Bread, Pasta, Rice & Potatoes



- ❖ Grinding grains into flour increases the surface area upon which enzymes work to more quickly convert starch into glucose. This means that any type of grain-based flour products have the same effect on blood sugar, whether the flour is produced from whole grains or not.
- ❖ Sprouted grain products are digested more like a vegetable with slower digestion and less of a spike in blood sugar. Sprouted grain breads will not have “flour” in the ingredients, but should still be eaten in moderation.
- ❖ If you choose to include grains in your food plan, the best types of whole grains are cooked whole grains (quinoa, oats, barley) or high fiber sprouted whole grain breads. White and brown rice should be avoided.
- ❖ If you are diabetic, you should check your blood sugars two hours after eating grains or grain based products to confirm their effect on your blood sugar levels. Avoid all grain-based flour products.
- ❖ Best breads: Paleo Bread (Store bought or homemade), non-grain based flour breads (made with nut, bean, or coconut flour, golden flax meal) Sprouted Whole Grain
- ❖ Sources for Non-grain based flour: Paleo Baking Company, Bob’s Red Mill, JK Gourment Finely Ground Almond Flour
- ❖ Non-grain pasta substitutes: Spaghetti Squash, Vegetable Noodles, Palmini “Pasta”
- ❖ Rice Substitutes: Quinoa, Cauliflower Rice
- ❖ White Potato Substitutes: Mashed Cauliflower, Roasted & Sauteed Radishes, Sweet Potato, Turnips, Winter Squash
- ❖ Recipe Resources for Baking with Non-grain based flours
  - Against the Grain:** Danielle Walker, Victory Belt Publishing, Inc., 2013.
  - The Joy of Gluten-Free Sugar Free Baking:** Peter Reinhart & Demine Wallace, Ten Speed Press, 2012
  - Easy Keto Desserts:** Carolyn Ketchum, Victory Belt Publishing, 2018
  - The Gluten Free Almond Flour Cookbook,** Elana Amsterdam, Celestial Arts, 2009
- ❖ NOTE: Not all complex carbohydrates behave the way you expect them to. For example, starchy vegetables, like white potatoes, behave more like simple sugars, breaking down quickly into glucose and causing a sharp insulin response.

## Some Ideas to Snack Smart

- ❖ Pumpkin Seed Mix (1/4 cup)
- ❖ ¼ cup nuts (almonds, walnuts, pecans) with a slice of low fat cheese or raw veggies.
- ❖ 1 TBSP almond butter with a piece of non-grain based bread or apple slices
- ❖ Edamame with Flavored “salts” or Ponzu Sauce
- ❖ Turkey rollups with avocado
- ❖ Chopped tomato salad with, beans, red onions, avocado and dressing of choice
- ❖ Cherry tomatoes with tuna salad
- ❖ Deviled egg (if desired, with hummus substituted for mashed egg yolk)
- ❖ Hummus or Bean Dip with raw vegetables
- ❖ ¼ cup part skim ricotta cheese (or Greek Yogurt) with unsweetened cocoa and a tablespoon of chocolate protein powder. (Add Stevia or Truvia to taste.) To make it extra luxurious add some melted Dark Chocolate.....
- ❖ Cucumber or zucchini rounds with hummus or tuna salad
- ❖ Air Fried Chicken Strips with “no-grain based flour coating”
- ❖ Spicy, Roasted Chick Peas
- ❖ Guacamole with Jicama sticks
- ❖ Cup of lentil, vegetable, carrot or black bean soup.
- ❖ Sardine salad with cucumbers & vegetables
- ❖ Simple Cucumber Salad
- ❖ Homemade Low Carb Crackers or Triscuits with smoked salmon & cream cheese
- ❖ Baby spinach “rollups” with Laughing Cow Cheese and walnuts
- ❖ Avocado Slices with Lemon or Lime
- ❖ Silver Dollar “no grain-based flour” Pancakes
- ❖ Mini Chaffle Pizza (add some Pepperoni or vegetables on top)
- ❖ Antipasto platter (olives, roasted peppers, hummus, pickled vegetables, cheese)

# Suggested Substitutions

## ❖ Refined Sugar

- Stevia (Sweet Leaf Powdered and Liquid), Monk Fruit, Erythritol

## ❖ White Bread

- Sprouted Whole Grain Breads, English Muffins, Tortillas: Some good sources include: Alvarado Street Bakery Products, French Meadow Bakery, Vermont Breads, Baker Street Bread Company, Food for Life Baking Co. (Sprouted grain Ezekiel Bread, Muffins, Tortillas),
- Non-Grain Based Breads/Paleo Bread (made with alternative flours such as almond and/or coconut flour)

## ❖ White Rice/Potatoes

- Quinoa, Cauliflower Rice
- Mashed Cauliflower, Roasted & Sauteed Radishes, Sweet Potato, Turnips, Winter Squash

## ❖ Crackers with Refined Flour

- Triscuits, Wasa Crispbreads, Ryvita, Home Made Crackers with Low Carb Lavash or Tortillas or use vegetables such as cucumber or zucchini rounds

## ❖ Sugar laden jams & jellies

- Fruit Juice sweetened. Good choices include jams and jellies from Sorrel Ridge, St. Dalfour, Bionaturae, and Kozlowski Farms.

## ❖ Oils

- Olive Oil (watch cooking temperature when cooking with Olive Oil). Coconut Oil, Avocado Oil, Walnut Oil

## ❖ Salad dressings with sugar in the ingredients

- Homemade with olive oil or other sugar free alternatives such as Newman's Own Olive Oil and Vinegar Dressing, Annie's Naturals Organic Olive Oil Vinaigrette

## ❖ Pasta:

- Spaghetti Squash, Vegetable Noodles, Hearts of Palm Noodles

## ❖ Pancakes:

- Birch Benders Keto Pancake & Waffle Mix; Simple Mills Pancake Mix

## ❖ Waffles

- Chaffles (made with eggs and cream cheese or various types of cheeses)

- ❖ Ketchup
  - No added sugar brand or no sugar added Mustard
- ❖ Cookies with Refined Flour and/or Sugar
  - Cookies made with non-grain-based flour (Simple Mills); Better Keto Collagen Cookies (Sweeteners: Monk Fruit, Stevia, Erythritol)
- ❖ Chocolate Candy
  - Lily's, Choc Zero, Hu Chocolates, Lakanto
- ❖ Milkshakes/Star Bucks Drinks)
  - **Smoothies** (vanilla unsweetened almond milk, vanilla whey powder, cinnamon, frozen blueberries, almond butter, flax seed), **Mocha Freeze** (½ cup coffee mixed with ½ cup ice, 1-2 scoops Jay Robb chocolate protein powder, low fat milk or almond milk, sweetened with Truvia or Stevia)
- ❖ Excessive Salt
  - Substitute Braggs Amino Acids for soy sauce; experiment with salt free spice mixes. Trader Joes 21 Salute, spices from Penzys ( [www.penzys.com](http://www.penzys.com) ) or Bittersweet Herb Farm ( [www.bittersweetherbfarm.com](http://www.bittersweetherbfarm.com) )
- ❖ Chips and Refined Snacks
  - Nuts, Seeds, Pumpkin Seed Mix, No-grain flour Tortilla Chips, Vegetable Chips
- ❖ French Fries (with sandwiches)
  - Baked Sweet Potato Fries, Zucchini Fries, Coleslaw, Pickles, Marinated vegetables, Chopped salad
- ❖ Ice Cream
  - Yogurt or Ricotta "Pudding"
  - Halo Brand Icecream
- ❖ Cream Cheese
  - Spreadable Goat Cheese (Soignon Brand)
- ❖ Refined Cereal
  - Steel Cut Oatmeal, Catalina Crunch Keto Cereal, Magic Spoon Keto Cereal
- ❖ Maple Syrup
  - Birch Benders Magic Syrup, ChocZero No Sugar Maple Syrup, NuNaturals Maple Syrup