

# Diabetes Dietary Recommendations

## 1. Maintenance Diet

a. A whole food diet that is moderate in protein, moderate in complex carbohydrates, moderate in fat, low in refined and concentrated sugars.

### b. **Macronutrient proportions:**

- Complex carbohydrates consists of 40% of caloric intake
- Proteins consist of 30% of caloric intake
- Fats consist of 30% of caloric intake
- Total fiber content is ideally 100 grams/day

*The benefits of a diet with these ratios are:*

1. Reduced after-mealtime hyperglycemia and delayed hypoglycemia
2. Reduced cholesterol and triglyceride levels with increased HDL
3. Progressive weight reduction
4. Prevention of diabetic complications

### c. **Complex carbohydrates: (limited amounts)**

- Legumes--beans, peas, lentils, kidney beans
- Whole grains—buckwheat, millet, oats, brown rice
- Nuts—almonds, cashews, nut butters, seeds

### d. **Vegetables:**

- Eat vegetables with a low carbohydrate content, avoid starchy vegetables like potatoes and corn

### e. **Fruits:**

- Small to moderate amounts of fruit with frequent monitoring to see the response. Always have fruit with small piece of cheese or a few nuts that have been properly prepared (if no known allergies), this will slow down the absorption of the sugar in the blood stream
- Eliminate dried fruits



**f. Fiber:**

- Legumes (limited amounts)
- Whole grains (limited amounts)
- Vegetables and fruit- plenty of fresh salads and steamed veggies
- Nuts and seeds that have been properly prepared

**g. Fats:**

- Follow a moderate animal protein diet
- Avoid hydrogenated and partially-hydrogenated oils
- Consume healthy oils: olive oil, flax oil, sesame oil, coconut oil, walnut oil and use REAL butter

**h. Protein:**

- High-quality free-range, grass-fed meat and eggs from local sources and wild-caught fish
- Avoid factory farm raised meats and farm-raised fish

**2. Take a high-quality, professional brand, multiple-vitamin supplement to support blood sugar regulation.**



## **10 Guidelines for a Healthy Diet**

- Avoid or eliminate all artificial, processed and packaged foods and beverages. Choose organic produce and organic, grass-fed, free-range meats and dairy when possible.
- Reduce, avoid or eliminate all foods that dysregulate blood sugar, including sugar, cakes, cookies, candy, bread, pastas, potatoes, starchy grains and vegetables, soda, chocolate, coffee, caffeine containing teas and alcoholic beverages.
- Identify and eliminate food allergens.
- Eat breakfast. Protein is best early in the day.
- Avoid eating anything other than a light snack near bedtime.
- Eat large amounts of whole or juiced greens and brightly colored vegetables daily.
- Use healthy organic oils liberally. Include raw butter and cream, as well as, flax, hemp, coconut, olive, walnut, and sesame oils. Supplement with high quality fish oils.
- Include plenty of traditional foods, such as, fermented foods, slowly cooked soup broths made with fish, chicken or beef bones.
- Consume fewer calories in general, and select foods with the highest nutritional density.
- Drink pure filtered water daily. Take your body weight and divide it by two, this equals the number of ounces of water to be consumed on a daily basis.

