

## **DIET TIPS TO CONTROL INSULIN RESISTANCE AND DIABETES**

This diet is encouraging you to eliminate processed foods and eat whole unrefined foods. Whole foods are vegetables, fruits, grains, beans and nuts that have not been processed to remove vitamins, minerals and fiber. These foods are digested more slowly and do not cause a great rise in insulin but result in more stable blood glucose levels and better appetite control. Carbohydrate foods that break down quickly during digestion will elevate insulin and blood sugar levels more than foods that break down slowly. Remove refined sugars from your life. Try to select your diet from the following foods.

### **GROUP A: NONSTARCHY VEGETABLES**

Nonstarchy vegetables have little effect on insulin and blood sugar levels. Build your diet around these vegetables. Eat as many as you want.

|                 |                 |          |               |
|-----------------|-----------------|----------|---------------|
| Asparagus       | Cabbage         | Okra     | Lettuce       |
| Turnips         | Mustard Greens  | Eggplant | Green Beans   |
| Carrots         | Onions          | Spinach  | Turnip Greens |
| Cucumber        | Snow Peas       | Broccoli | Cauliflower   |
| Peppers         | Summer Squash   | Zucchini | Mushrooms     |
| Water Chestnuts | Brussel sprouts | Tomato   | Radishes      |

### **GROUP B: MEAT AND PROTEIN**

Proteins do not increase insulin or blood sugar levels. Eat a serving of protein at every meal. A serving is 3-4 ounces which is about the size of a deck of cards. Avoid fried foods. Trim visible fat from the beef and pork. Do not eat the skin of chicken, turkey or fish. Choose cheeses light yellow in color (mozzarella, provolone, parmesan) since they are usually lower in fat than dark yellow or orange cheeses such as cheddar.

|                         |                 |                         |
|-------------------------|-----------------|-------------------------|
| Chicken, skinless       | Eggs            | Peanut Butter (1 tbsp.) |
| Turkey, skinless        | Beef, lean      | Fish                    |
| Ham, lean               | Veal            | Shellfish               |
| Tofu, low fat           | Pork, lean      | Lamb                    |
| Cottage cheese, low fat | Cheese, low fat |                         |

### **GROUP C: FRUIT**

Fruit does contain carbohydrates, but the carbohydrate in fruit gives fruit a natural sweetness plus many vitamins, fiber and generally few calories. Use fruit as a dessert at a meal. A suggested serving is 1 cup. (Sweet fruits with low fiber content such as bananas, pineapple, grapes, watermelon, and raisins need to be limited and eaten with a meal rather than as a snack)

|            |                 |             |              |
|------------|-----------------|-------------|--------------|
| Apple      | Apricots, dried | Blueberries | Strawberries |
| Cantaloupe | Honeydew        | Cherries    | Kiwi         |
| Grapefruit | Orange          | Pear        |              |

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Peach                      Plum                      Raspberries

### **GROUP D: MILK**

Milk is a natural source of carbohydrate in the form of a milk sugar called lactose. Even though milk has carbohydrate, two to three servings per day is suggested since milk is an excellent source of calcium and other nutrients. A serving is one cup or 8 ounces. Choose skim or 1% milk since the other milks have more fat and calories.

### **GROUP E: STARCH**

Controlling your intake of starches is a major part of this diet because many starches are processed and provide little nutrition. Choose your starches from foods with lots of fiber and little sugar. Limit even these starches to 2 or less servings per meal.

Serving size is ½ cup of:

|                 |             |          |
|-----------------|-------------|----------|
| Kidney Beans    | Pinto Beans | Lentils  |
| Black-eyed Peas | Chick Peas  | Soybeans |
| Sweet Potato    | Navy Beans  |          |

**Cereals:** Cold cereal is not recommended no matter what the fiber content. Oatmeal is recommended. It will need to be the regular Oatmeal or high fiber instant.

**Breads:** – Serving size is 1 slice. Eat only breads with 3 or more grams fiber per slice.

100% Whole Wheat Bread like Nature's Own, Country Hearth, Pepperidge Farm, Ezekiel 4:9, Food for Life 7 Sprouted Grain, and others  
100% Whole Wheat English Muffins  
100% Whole Wheat Tortilla  
100% Whole Wheat Pita Pocket

### **GROUP F: FAT**

Fat should be unsaturated. A suggested serving per meal is 2 teaspoons. Avoid most fat-free products since many are higher in carbohydrates.

|                  |                 |                     |
|------------------|-----------------|---------------------|
| Canola Oil       | Olive Oil       | Peanut Oil          |
| Liquid margarine | Salad dressings | Nuts                |
| Olives           | Sunflower Seeds | Mayonnaise, low fat |

### **GROUP G: BEVERAGES**

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Avoid beverages with added sugar. Fruit juice is not allowed. Any artificial sweetener can be used. You can drink as much sugar free beverage as you want. Some examples are:

|           |             |                      |        |
|-----------|-------------|----------------------|--------|
| Water     | Unsweet Tea | Crystal Lite         | Coffee |
| Diet Soda | Club Soda   | Fruit <sub>2</sub> 0 |        |

### **Breakfast Ideas**

1. 2 tablespoons reduced fat natural peanut butter on 2 slices of 100% whole wheat toast.
2. 2 ounces low fat cheese on 2 slices of 100% whole wheat toast or 1 100% whole wheat tortilla. Top with a sliced tomato, if desired.
3. ½ cup low fat cottage cheese with 1 cup blueberries.
4. 3 slices Canadian bacon or lean ham on one 100% whole wheat English muffin
5. ½ cup cooked old-fashioned Oatmeal with 1 cup low fat milk
6. 1 egg with 1 ounce of lean ham and 2 slices of 100% whole wheat toast
7. 1 cup cooked oatmeal with low fat milk.

### **Lunch Ideas**

Eat a sandwich on 100% whole wheat bread. For the filling choose from a thin slice of ham, lean roast beef, chicken or turkey breast, plus a slice of low fat cheese. Salmon or tuna, canned in water, or an egg is also a good choice. Add lots of vegetables to the sandwich or eat them on the side. Add salad if you need more to eat in order to get full. Finish your lunch with a piece of fresh fruit.

For additional luncheon ideas choose from:

1. Fast food grilled chicken breast sandwich with side salad and reduced fat dressing
2. Grilled chicken salad with reduced fat salad dressing
3. Cheese sandwich on 100% whole wheat bread with 1 large raw tomato
4. Turkey on 100% whole wheat bread with lettuce, tomato, onion and small amount of mayonnaise
5. Low fat cottage cheese with 1 cup of cantaloupe

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6. 1 whole wheat pita pocket with tuna salad
7. Lean Cuisine Glazed Chicken or similar frozen meal with ≤30 grams carbohydrate

### **Dinner Ideas**

Eat as many vegetables as you want, using a small amount of meat, chicken or fish.  
Here are some dinner suggestions:

1. Broiled Lean Hamburger Patty
  - 1 cup navy beans
  - 1 fresh sliced tomato
  - 1 cup string beans
  - 1 cup cantaloupe
2. Fish, baked, broiled or grilled
  - 1 cup green beans
  - 1 cup pinto beans
  - 1 apple
3. Boiled shrimp in spaghetti sauce over 3 cups vegetable mix (broccoli, cauliflower, carrots, onions, mushrooms)
  - 1 cup strawberries in sugar-free Jell-O
4. Taco Salad
  - 1 cup kidney beans
  - 3 ounces lean ground beef
  - 1 ounce grated cheese
  - 1 tomato
  - 2 cups lettuce
  - ¼ cup onion
  - 1/3 cup Picante Sauce
  - 2 tablespoons sour cream, optional
  - 4 dried apricots
5. Steak, sirloin or filet mignon
  - 1 baked sweet potato
  - Tossed salad with reduced fat dressing
  - 1 pear
6. Pork Chop
  - 1 cup black-eyed peas

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1 cup collards  
1 orange

7. Baked or barbeque chicken  
½ cup navy beans  
1 cup collards  
1 baked apple

### **Snacks**

A slice of 100% whole wheat toast  
A fresh orange  
A small can of baked beans  
A piece of 100% whole wheat pita bread with hummus  
Dried apricots  
A big apple  
Sunflower seeds  
Nuts  
Keep vegetables like celery and carrot sticks, radishes, baby tomatoes, florets of cauliflower or broccoli cleaned and ready to eat

### **Eating Out**

In general, eating fast foods or restaurant food frequently is not recommended. Foods eaten out provide too many fat and carbohydrate calories in one meal. If you are trying to lose weight, you should avoid fast food in general. In restaurants, try ordering lean meats, vegetables, salads and avoiding pastas, potatoes, bread and desserts. If you eat a large meal, then walk for 30-60 minutes after eating it to prevent blood sugars and insulin levels from rising. If you attend a party, choose appetizers that are fresh raw vegetables. Limit alcohol and sugared drinks. Stick with flavored water or diet drinks.