

## Food Chart Diabetic

Directions: Combine one portion of each food type to make a complete meal. The bulk of every meal should be vegetables (50 to 60% of your plate). Dark green leafy vegetables should be used most often. Protein from animal sources should preferably be raised on a wild diet (not farm raised). Fats should be minimally cooked or kept raw. Ideally, add fats after cooking your food. Fresh herbs and spices are unlimited. Record daily fiber intake per day. RDA is 25-30 grams of fiber for women and 30 to 35 grams of fiber for men. More than 50 grams of fiber per day is recommended to reduce cholesterol.

Since you have diabetes, your body cannot handle carbohydrates and proteins (as they are turned into carbohydrates a little, too) metabolically or hormonally, as you have a problem in making or using insulin. Insulin helps the body clear blood sugar from one's blood; if there is a problem making or using it, your blood sugars will stay high and cause grave damage to your body over time. **THIS IS PREVENTABLE.** Even patients on insulin **MUST** decrease their intake of carbohydrates; only if your carbohydrates are few and your protein is modified can we hope to remove you from your medicines (Type 2) and/or enable you to use the **LEAST** amount of injected insulin to control your blood sugar. It is only by using the least amount can we ensure you'll have the best chance to keep your blood sugar around 100 mg/dl 24 hours a day. You can live a long healthy life as a diabetic if your blood sugars are well regulated and they **CAN** be well regulated.

Vegetables	Proteins	Fats	Carbohydrates
1 ½ to 2 ½ cups	4-12 oz Palm size	1 ½ to 8 Tbs	6-12 grams (Total Carb grams minus fiber grams)
Asparagus Artichoke Beet Greens Bell Pepper Bok Choy Broccoli Brussel sprouts Cabbage Carrots Cauliflower Celery Chayote Chicory Collard Greens Cucumbers Dandelion Greens Eggplant Fennel Kale Kohlrabi Leeks Lettuce: Arugula, Celtuce, Endive, Rapini, Romaine Mustard Greens Onions Parsley Spinach Summer Squash Swiss Chard Turnip Greens Zucchini	Almonds Beef Buffalo Chicken: white meat no skin Clams Cottage Cheese Crab Eggs Haddock Halibut Lamb Mahi Mahi Mussel Ostrich Pecans Pistachios Salmon Scallops Shrimp Soybeans Tilapia Tuna Turkey: white meat no skin Walnuts Wild Pig	Almonds Almond Milk Avocado Baba Ganoosh Borage Oil Brazil Nuts Coconut Darions Flax Oil Feta Cheese Hemp Oil Hummus Olive Oil Olives Pecans Pine Nuts Pistachios Pumpkin Seeds Safflower Soybeans Soymilk (Unsweetened) Udo's Oil Walnut Oil Walnuts	This is seriously restricted!!! You need to avoid: Hot cereals cold cereals pasta/noodles bread pancakes pastries rolls rice grain products beans peas, Lentils Sugar: (Sucrose, glucose, fructose, dextrose, maltose, corn syrup, corn syrup solids, high fructose corn syrup solids, Brown sugar, Honey) Sorbitol Mannitol Fruit juice  You may have: Whole grain crackers: Plain Rye-Krisp Rye-Vita WASA Ak-Maks Plain Rice Cakes Fruit: Berries Only No more than 1/2 cup Stevia