

Blood Sugar Diet Week 1 - 4

EAT YOUR MEDICINE: Nutrition Basics

AIM: Follow a Low Glycemic Load Diet & Avoid the Following

1. SUGARS IN ANY FORM WHAT-SO-EVER

e.g. agave, maple syrup, honey, stevia, artificial sweeteners, fruit sugars. If you have to ask yourself 'Is this okay?', it probably should be avoided in the initial phase.

2. ALL FLOUR PRODUCTS

Even 'gluten-free'. Bagels, bread rolls, bread, wraps, pasta etc. These are quickly absorbed and will drive insulin sky high. Gluten-free breads are generally highly processed rice flours etc and these will do the same.

3. ALL PROCESSED FOODS

Try to stick to whole-foods that have been purchased as close to their original form as possible. This may mean a little extra prep work for you when cooking but get back to basics, such as stir fries, home-made soups, slow cooked casseroles in slow cookers and salads.

4. ALL GLUTEN AND DAIRY

These are highly inflammatory. If you are to have small amounts of dairy - choose quality products - full fat, natural unsweetened yoghurt or goat feta cheese. A2 milk - which includes goat and sheep products - are generally less inflammatory in the body. Always check packets for gluten/added wheat/added dairy products - although you should be avoiding packet foods anyway. Okay grains - buckwheat, quinoa, brown rice, teff and amaranth.

5. REDUCE CONSUMPTION OF ALL GRAINS, STARCHY VEGETABLES & FRUIT

Starchy vegetables – pumpkin, potatoes, sweet potatoes, corn and root vegetables.

Limit to one serve a day.

Fruit – only have 1 serve (1/2 cup) berries each day and 1 mandarin/lemon juice in warm water or apple. This is not long-term - it is just to give your body a kick-start.

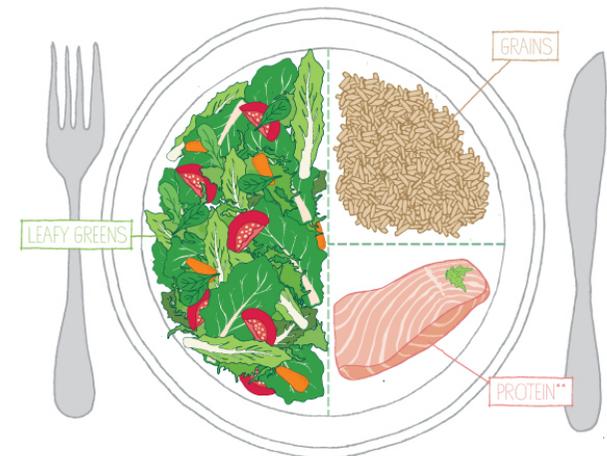
NOTE: Focus on FOOD QUALITY over FOOD QUANTITY.

Make your food vibrant and fresh. Eating more quality foods, and making this your focus is better than trying to restrict foods or reducing kilojoule intake. Note your portion size - fill up your plate with salad greens and steamed green vegetables.

EAT MORE:

- Fibre from vegetables, nuts and seeds. Legumes, beans and chickpeas.
- Antioxidants from herbs, garlic, onions, rainbow variety of veggies.
- Quality, healthy animal products - free-range eggs, grass fed lean beef, poultry, kangaroo meat, oily fresh fish.
- Good polyunsaturated fats, from avocado, nuts & seeds, coconut, olive oil, flaxseed and organic salt-free pure butter.

THIS IS HOW YOUR PLATE SHOULD LOOK



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TIPS:

- Read labels and avoid anything with additives - thickeners, sweeteners, preservatives, colours — anything with a number or a chemical looking name. If you don't know what it is... avoid it.
- Half plate veggies, quarter plate protein, quarter plate brown rice or quinoa or starchy veg.
- Avoid eating 3 hours before bedtime. Eat every 3 to 4 hours through the day - include quality protein and fat rich meals/snacks e.g. nuts/homemade hummus
- Drink plenty of fresh filtered water. Green tea drunk through the day may help (loose leaf is best due to most tea bags being bleached/containing plastic)

MINDFUL EATING

Offer gratitude for your meals:

- Take five breaths in through your nose and breath out through your mouth. Slowly count to 5 on each in-breath and again on each out-breath. Do this before every meal.
- Appreciate the food in front of you. You worked hard to make this healthy meal but think about how it will nourish you and give your body all the things it requires to keep you well.
- Give your meal your full attention. Turn off the telly, your laptop, smart phone and your racing mind. Concentrate on chewing your food, tasting your food and allow your body to communicate to you when it is getting full.



CHECKLIST:

- **Wake up 1 hour before breakfast** - engage in physical activity you enjoy such as a quick walk, stretching or yoga.
- **BREAKFAST** - Egg recipe, protein shake/smoothie. HIGH PROTEIN with some VEG, FIBRE and GOOD FATS
- **MID-MORNING SNACK** - A handful of nuts and seeds or/and a piece of fruit (berries, apple or mandarin).
- **LUNCH** - Salads with some protein (salmon, beans, chicken, nuts or chickpeas) or soup or left-over stews. If you want to make a 'wrap' - use a strong lettuce leaf to wrap up your filling of choice instead of grain wraps.
- **MID-AFTERNOON SNACK** - Half an avocado with lemon juice. Homemade hummus and veggie sticks.
- **DINNER** - Stir fried veggies with tofu or chicken and brown rice, baked fish with veggies and quinoa, a bean and veggie casserole. Don't eat dinner too close to bedtime!