

## **SUGAR CONTROL DIET**

To improve your sugar control mechanism. Follow it closely. As you improve various foods can be added back in. The goal is to return to a more all-inclusive diet, as your body will allow. The closer you follow this diet, the sooner your body will respond. The benefits are many: people generally feel better; have more lasting energy; lose weight; decreased inflammation; sweet cravings disappear and improved sleep is common.

This is the same diet we use for insulin resistance to prevent type 2 Diabetes.

**PROTEIN:** Eat smaller amounts every 2-3 hours. This is key. You can have protein at each meal, but no more than the size of the palm of your hand without the fingers, at any one meal.

Eggs – unlimited

Fish – unbreaded/not fried - palm sized portion each meal,

Fowl – unbreaded/not fried - palm sized portion each meal,

Nuts – see Snacks below.

Red meat – In moderation - 3 oz. 3 times a week OK

NO PORK

## **VEGETABLES:**

Eat lots and lots of vegi's! Especially the cruciferous vegi's (broccoli, brussels sprouts, kale, chard, cauliflower) & **RED BEETS** :) Green & Red vegetables – unlimited. Yellow & orange vegetables – smaller portions.

NO WHITE POTATOES or CORN - Corn is not a vegetable. It is a starchy grain & will spike your blood sugar.

## **FRUITS:**

All fresh fruits are allowed in moderation. NO DRIED FRUIT.

## **BEVERAGES:**

WATER – Drink half your body weight in ounces every day. If you weight 150 lbs - Drink 75 oz. Unsweetened Herbal tea is fine. Real Fruit juice is Ok, but only those with no sweeteners added. Read the labels. NO High Fructose Corn Syrup. Dilute fruit juices 50% with water. No more than two 6-oz. glasses per day. Whole fruit is better because it has the fiber that slows sugar absorption and insulin response.

## **SNACKS:**

Almonds – 8 TO 12 A DAY (all nuts chew thoroughly)

Walnuts – 8 TO 12 A DAY, Brazil nuts 4 TO 6 A DAY, NO PEANUTS.

ALL NUTS SHOULD BE RAW (Not Roasted).

Fresh Fruit, In Moderation.

**GRAINS:** Restricted to roasted rice, brown rice, wild rice, or lentils. NO WHITE RICE.

(Method for roasted rice: Place long grain brown rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool, store and cook as needed, as you would cook regular rice.) This lowers the Glycemic index of the rice.

**NOT ALLOWED:**

NO WHEAT OR WHEAT PRODUCTS (this includes white flour products like pasta, crackers, cereals and bread.) No sugar, honey (small amounts of tupelo honey OK, maple syrup, etc.

This program will improve your body's ability to maintain healthy blood sugar levels. Your strict adherence to the diet will also allow us to determine what symptoms you have which are related to fluctuations in your blood sugar levels.

Google "Glycemic Index" to get a list of foods and start getting familiar with which foods are high glycemic index foods so you will know to avoid them.

Remember: high glycemic index foods raise your blood sugar levels, which raise your blood insulin levels.

High Insulin levels make it very hard to lose weight and if too high leads to insulin resistance and type 2 diabetes.

Yours for better health,

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