

PROGRAM FOR DIABETES

Breakfast

1/2 cup 1% cottage cheese, 1/2 cup chopped almonds, 1/2 cup blueberries, 1/8 cup ground flax seeds

1/4 cup hazelnuts chopped, 1/4 cup almonds sliced, 1 Tbsp. ground flax seeds, 6 oz 1 % milk

1 piece whole grain bread, 2 Tbsp. almond butter, 2 large eggs

8 oz. low fat plain yogurt, 1/4 cup sliced almonds, 1/4 cup raspberries, 3 Tbsp. ground flaxseeds

Lunch and Dinner

Choose a 2oz. meal and a 3 oz meal for a day

3 oz. buffalo burger made with chopped onions, and served with lettuce, tomato and tossed green salad, 2 tsp. olive oil for dressing mix, ketchup, mustard, and pickle relish may be used if desired

2 oz. grilled cheddar or Swiss cheese sandwich with 2 slices of avocado on 1 slice of flax bread or whole grain bread, 1/2 cup chili w/pinto beans (no fat) add 2 tsp. olive oil

2 oz. tuna salad made with olives, 1 slice whole grain bread, assorted raw vegetables, 3 tsp. olive oil for dip dressing

3 oz. grilled salmon, 2 Tbsp. hazelnuts chopped for crust on fish, 2 cups stir fried broccoli, 2 tsp. canola oil, small sweet potato, 1 pat of butter

3 oz. steak/filet mignon, small sweet potato, large green salad with flax oil and olive oil dressing

2oz. roasted turkey, steamed broccoflower, 2 tsp. olive oil, 1/4 cup brown rice

2 oz. sardines in water, 1 tsp. mayo, green salad, 2 tsp. olive oil, 4 Wasa crackers

3 oz. swordfish steak, stir fried onions and spinach, 2 tsp. olive oil, 1/2 cup Japanese soba noodles, 3 Tbsp. peanut sauce

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Beverages

Green drinks: Green Magma, Kyogreen, or Green Kamut: (1 tsp. 1-3x day in water)

Herbal Teas: Cinnamon, Chia Tea, Chamomile, Green Tea with Cinnamon Stick

Snacks

Handful of raw almonds, hazelnuts, pumpkin seeds, almond butter or Tahini (sesame paste) on whole grain cracker, olives, flaxmeal muffins, guacamole and fat-free chips. Roasted garlic or almond butter on rice cake, protein shakes with freshly ground flaxseeds added, sugar-free yogurt, rice cakes or an apple with nut butter, 1 whole grain muffin with 1 tsp. no sugar added jam, guacamole and fat-free chips, one fresh organic fruit, 2 oz. cheese, lean hormone free meat with mustard, hard boiled egg.

Spices

There are many herbs and spices that are beneficial in helping encourage better blood sugar balance. These include cinnamon, garlic, cloves, cumin, and fenugreek. Incorporating these spices as much as possible into everyday foods is especially important for those patients who cannot afford supplements. Some diabetics report that 1/2 teaspoon of cinnamon powder per day greatly increases their diabetic control. Prickly pear jam, if it can be obtained, may also be beneficial.

Avoid

Coffee, soft drinks, alcohol, sugar, carrots, foods with high glycemic index (honey, sucrose, fructose, more than 1-2 fruits/day), processed meats, soups and other processed foods high in salt. Avoid sorbitol and sorbitol candies as they can raise blood sugar.

Suggestions And Goals

Optimal nutrition is critical in the diabetic in that it can help them control blood sugar, reduce the need for medication, and prevent the complications of diabetes which can be life-threatening. Eating low carbohydrate and high protein meals is very helpful. Balance omega 3s with omega 9s (olive, almonds, hazelnuts, avocados, olives and olive oil). Both of these fats have benefits for the diabetic.