



Low Carb Diet for Controlling Insulin and Blood Sugar

YES zone

Focus on deep, brightly colored vegetables such as broccoli, brussels sprouts, cabbage, cauliflower, chard, collards, kale, mushrooms, spinach, watercress, meat, eggs, cheese (hard is best), cream, seeds, nuts (some, walnut and pecan are ok but cashews and peanuts are not if more than a small handful).

MEATS AND EGGS - Eat them freely. You need to consume these products from animals that were grass fed and pasture raised. If the animals are wild, they are much happier, and healthier to consume (game meats, CLEAN organ meats, pork, beef, chicken, turkey, goat, lamb, eggs from chickens, ducks, emu, quail, etc.). Heydey farm, Mountain beef and other companies in the area will sell you 1/4 or more of a grass-fed or truly free-ranging animal. You can buy smaller quantities if you sign up with Full Circle Farm CSA (see handouts out front on how you can have it delivered to your home or use Element 7 as a pick up site). This CSA provides you with an opportunity to get turkey, chicken, pork and meat that are all organic, grass fed or free-ranging.

FISH - be conscious of mercury levels and ecological practices. Know that smaller fish like sardines generally have less bio-accumulation of heavy metals and toxins, and high levels of omega 3 fatty acids.

This website is a resource for you to check which fish is safest to eat:

<http://www.nrdc.org/health/effects/mercury/guide.asp>

NUTS AND SEEDS - All are good, as well as the butters and oils that are made from them. Peanuts are NOT NUTS, they're legumes, and thus are not on the list. Almonds including almond flour, walnuts, chia seeds, flax seeds, pecans, cashews, pistachios, coconut including coconut flour, sesame seeds, sunflower seeds, pumpkin seeds.

SEA VEGETABLES - kombu, wakame, hijiki, arame and all other seaweeds, algae, etc.

FATS - Cheese (hard is best), cream (heavy whipping), butter, ghee, tallow, lard, coconut milk (unsweetened), olive oil, walnut oil, avocado oil, macadamia oil, hazelnut oil, unrefined red palm oil.

BEVERAGES - Filtered water or spring water, herbal tea, coconut water.

You can eat all of them without limit except...



GREY zone

Coffee, Dark chocolate, Caffeinated teas, Sweeteners (stevia, xylitol, omnibalance)

Vegetables to limit: tomatoes (no tomato paste, juice or cherry tomatoes), carrots (no cooked carrots), onions (no onion rings), peas, green beans (lightly steamed or raw is ideal). Unsweetened cranberries are ok.

Hard alcohols are fine, vodka, rum, whiskey, gin etc, without added sugar. Dry wines are fine but not sweet. Beers are no, even low carb. Coffee and black tea's are ok in small amounts. No fruits or fruit juices.

Sweeteners - Omnibalance (available at Element 7), xylitol, stevia.

NO zone

Fruit, potatoes, com, beans, milk, beets, juice (of any kind), cassava, sweet potatoes, yams, taro, protein powders.

PASTEURIZED DAIRY - milk, yogurt, kefir, cottage cheese, half and half, ice cream and powdered milk.

GRAINS and grain-like foods - wheat, millet, kamut, quinoa, buckwheat, wild rice, amaranth, sorghum, rye, barley, corn, oatmeal, bran, rice, spelt, any flour even low carb flour (NOODLES), a grain is a grain is a grain and is almost all fast acting carbo's.

LEGUMES - All beans. Black, pinto, red, soy, lentils, peas, peanuts, adzuki, garbanzo, navy, mung, lima, black-eyed peas, you get the idea... snowpeas, sugar snap peas and greenbeans are acceptable to eat.

REFINED SWEETENERS - sugar cane, white sugar, brown sugar, refined maple syrup, refined honey, aspartame, sucralose, nutrasweet, splenda, and anything else refined or man-made.

HIGHLY PROCESSED OILS - any oil that is hydrogenated, partially hydrogenated, fractionated, refined, or otherwise adulterated.

MOST VEGETABLE OILS - Any oil with high omega 6 content that comes from a seed, grain, or legume, such as corn, soybean, sunflower, safflower, cottonseed, grape seed, peanut and others. Seeds like flax and hemp have a lower omega 6 content and thus are fine. Just don't cook with those.



JUICES - unless it comes straight from vegetables and you juice it at home!

SOFT DRINKS - see "refined sweeteners" above.

REFINED, iodized salt - use unrefined sea salt instead.

Common Sense Zone

Eat real food. The more you cook a vegetable the more sugar-like it becomes. Tomato and tomato paste are not the same. The fresher the food the better. Make vegetables your main course - the bulk of the volume you put in any dish.

It will take time for you to figure out how to make your diet convenient and more varied, but such is any major change in life. Don't spend your time trying to figure out ways around it or errors in it. Spend your energy on how to make it work.

VEGGIES ARE THE MAIN COURSE. EVERYTHING ELSE IS A SIDE DISH.

Read the ingredients on the back of the label and not the "sugars". Absolutely don't go by what's written on the front of a package. There is no such thing as a low carb or a no carb gum or candy. You have to have a carb to get it to stick together; fats and proteins just don't work.

Read "Why We Get Fat And What To Do About It" by Gary Taubes or watch his youtube video on the same subject. The title isn't flattering, but it gets people to look at it. It is basically about how there is a myth perpetuated that a low fat and high carb diet is supposed to protect us, which is untrue. This is evidence-based information.

Dr. Nasha Winters book "The Metabolic Approach to Cancer" - great book for EVERYONE to read, not just patients w/ cancer.

Ketogenic diet resources: www.KetoCal.com and www.charliefoundation.org, Miriam Kalamian <http://www.dietarytherapies.com>, who also has a "hand book" for starting a KD from step one ---VERY helpful and Ellen Davis <http://www.ketogenic-diet-resource.com/>, another keto-goddess. The 30-Day Ketogenic Cleanse: Reset Your Metabolism with 160 Tasty Whole-Food Recipes & Meal Plans, By Maria Emmerich

1100 Madison Avenue North, Bainbridge Island WA, 98110 206.780.0402