



Reversing Diabetes: Food Choices

- Ⓝ **Choose as much organic food as you can find and as you can afford!**
- Ⓝ **All the vegetables that you want. Except...**
 - Ⓝ Corn is not a vegetable.
 - Ⓝ No white potatoes at all.
 - Ⓝ Only one, one-cup serving daily of starchy vegetables daily (e.g. sweet potato, winter squash, carrots, or beets)
- Ⓝ **High-quality, wild, grass-fed, and organic protein at every breakfast and lunch** (optional for dinner – your choice)
 - Ⓝ Eggs, chicken, turkey, lamb, beef, venison, sardines, salmon,...
 - Ⓝ Rice-, Hemp-, or Soy-based (non GMO) protein powder
 - Ⓝ No tuna or swordfish. No conventionally-raised beef. No pork.
 - Ⓝ Tempeh (gluten-free!) is a good vegetarian option.
- Ⓝ **Legumes (also for vegetarian protein)**
 - Ⓝ E.g. black beans, lentils,
- Ⓝ **Nuts and Seeds**
- Ⓝ **Cold-pressed olive oil and coconut oil**
 - Ⓝ And small amounts of ghee and pressed sesame, walnut, avocado, and grapeseed oils
- Ⓝ **Whole grains (intact): one-half cup daily**
 - Ⓝ E.g. quinoa, brown rice, GF oats, corn, millet, amaranth, buckwheat
- Ⓝ **Fresh or frozen fruit: One piece (or up to one cup) daily.**
- Ⓝ **ONE OR TWO SMALL squares of organic, dairy-free! dark chocolate daily**
 - Ⓝ ONLY IF it doesn't make it harder for you to stay away from other sweets/sugar – and not recommended for uncontrolled diabetes
- Ⓝ **Water, herbal tea, one cup green tea/day**
- Ⓝ **Liberal use of unsweetened, natural flavorings and sauce ingredients** (e.g. herbs, spices, vinegar miso, tahini, ground flaxseed or chia seeds, mustards (no sugar), gluten-free soy sauce, lemons, limes)
- Ⓝ **Small amounts of stevia or xylitol to WEAN down your need for sweetener.**
 - Ⓝ Only use for first 2 wks at most.