

DIABETIC GUIDELINES

Initially, you will be on a protein/veggie diet. Avoid all breads, crackers, pasta, rice, and/or other grains even if they are whole grain, until the doctor's approval.

When possible, use organic produce and meats. Most of the time, we can control our exposure to the pesticides on produce and the hormones in meats. It is better for your health if you can eliminate your exposure to these chemicals.

Note: For you, some foods (even foods listed as desirable) may cause your glucose to rise that possibly would not affect someone else. This is why you need to check your glucose regularly and make note of the foods you have eaten if your glucose is registering too high.

MOST DESIRABLE PROTEIN SOURCES

Almond Butter	Beef	Cashew Butter	Salmon (fresh)
Chicken	Eggs	Nuts (all)	Mackerel (fresh)
Peanut Butter	Turkey	Seeds (all)	Tuna (fresh)



DIABETIC GUIDELINES

CATEGORY 1

Hgb A1C >8 UA Glucose > 500mg/dl

VEGETABLES Fresh or Frozen (with lowest carbohydrate content)

Asparagus	Celery	Leeks	Radishes
Avocado	Chard, Swiss	Lettuce	Rutabagas
Bean sprouts	Collards	Mushrooms	*Sauerkraut*
Beans, string	Cucumber	Mustard Greens	Spinach
Beet greens	Dandelion	Okra	Squash
Broccoli	Greens	Onions	Tomatoes
Brussel sprouts	Eggplant	Parsley	Turnips
Cabbage	Endive	Peppers, any	Watercress
Carrots	Kale	Pimento	Cauliflower
Kohlrabi	Pumpkin		

Have these vegetables only once or twice per week if you have been directed to do so as a result of a low thyroid

Note: All vegetables should be eaten raw or lightly blanched or steamed (cook until color is vibrant).

If you have digestive problems, it is advised that you always blanch or steam your vegetables before eating.



DIABETIC GUIDELINES

CATEGORY 1

Hgb A1C >8 UA Glucose > 500mg/dl

FRUITS Fresh or Frozen (with lowest carbohydrate content)

Cantaloupe Rhubarb Strawberries Watercress

Choose one per day. One cup equals one serving.

CATEGORY 2

Hgb A1C = 6-8 UA Glucose 100-250mg/dl

VEGETABLES Fresh or Frozen (higher carbohydrate content)

Artichokes Beans, dried Beans, kidney Beans, Lima
Corn Hominy Parsnips Peas, green
Potato, sweet Potato, white Rice Yams

You may also choose from the Category 1 list in addition to these.



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CATEGORY 2

Hgb A1C = 6-8 UA Glucose 100-250mg/dl

FRUITS Fresh or Frozen (higher carbohydrate content)

Apple	Apricots	Betty Lou Smackers	Blackberries
Cranberries	Currants	Gooseberries	Grapes
Grapefruit	Guava	Melons	Lemons
Limes	Oranges	Papayas	Peaches
Plums	Raspberries	Tangerines	

As your glucose becomes more regulated, more choices may be made from this list when the doctor has given permission based upon test results.

You may also choose from the Category 1 list in addition to these.

CATEGORY 3

Hgb A1C <6 UA Glucose <50mg/dl

VEGETABLES Fresh or Frozen

You may choose from the categories 1&2 lists.

FRUITS Fresh or Frozen

You may choose from the Categories 1&2 lists.



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CATEGORY 3

Hgb A1C <6 UA Glucose <50mg/dl

FRUITS Fresh or Frozen (with highest carbohydrate content)

Bananas	Blueberries	Cherries	Figs
Kumquats	Loganberries	Mangoes	Mulberries
Pears	Pineapple	Pomegranates	Prunes

Use these only when your glucose had normalized and the doctor has given permission to choose from this list based upon test results.

Must eat every two and half hours to maintain blood sugar levels.



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DIABETIC SAMPLE MENU

We purposefully did not put serving sizes on this list. Don't worry about fat grams or calories. Just eat the right KINDS of foods. Eat until you are content but not "over-stuffed".

Fruits listed for Category 1 Diabetics are very seasonal. In the winter months, you may have to stick with frozen cantaloupe and strawberries. Try to do organic!

During Snack time...you do not have to eat a lot, just a few bites to keep your glucose levels optimal and take stress off of your body. Remember to keep yourself to one serving of fruit per day. Refer to the "Diabetic Guidelines" for help regarding the type of fruits and vegetables to choose. This will change as your body gets healthier and can keep your glucose levels regulated. At this time, you will be instructed to move to a different category which will allow you to incorporate a better variety of fruits and vegetables.

Day 1	
Breakfast	Omelet with mushrooms, green peppers, onions, & tomatoes; Vitamins, Clean Water
10:00 am Snack	Nut Butter and celery sticks
Lunch	Boiled eggs; Turkey Bacon; side salad Cup of cantaloupe; Vitamins; Clean Water.
2:00pm Snack	Hand full of raw carrots
4:00 pm Snack	Hand full of raw nuts and seeds
Dinner	Broiled Salmon (see recipe); Sautéed Asparagus w/ steamed carrots Lettuce Salad (Choice of lettuce, bean sprouts, pine nuts, tomato w/ Annie's Goddess Dressing) Vitamins; Clean Water
8:00pm Snack	Hummus and carrot sticks



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Day 2	
Breakfast	Eggs; Chicken Sausage (see 'Brands We Use') Vitamins; Clean Water
10:00 am Snack	Hand full of broccoli w/ dressing
Lunch	Baked or grilled Chicken; Imagine Foods Tomato Soup; Hand full of raw veggies; Cup of Strawberries; Vitamins; Clean Water
2:00pm Snack	Hand Full of Seeds and Nuts
4:00 pm Snack	Hummus and Carrot Sticks
Dinner	Chicken-Mushroom Soup (see recipe); Small side salad (greens; bean sprouts; broccoli; sweet red pepper; pine nuts w/ apple cider vinegar, sea salt and pepper) Clean Water; Vitamins
8:00pm Snack	Small bowl of leftover soup

Day 3	
Breakfast	Omelet w/ broccoli, tomatoes, green pepper & onions Vitamins; Clean Water
10:00 am Snack	Instant Cup of Soup (see Brands We Use)
Lunch	Big salad from grocery store salad bar (make sure you get enough protein by adding seeds and nuts, eggs or some other form of protein). Top with Annie's Natural's Goddess Dressing; Vitamins; Clean Water
2:00pm Snack	Hummus and carrot sticks;
4:00 pm Snack	Hand Full of Seeds and Nuts
Dinner	Turkey Burgers (see recipe) w/ sliced tomato Raw carrots, broccoli, and celery w/ dressing dip of your choice; Cantaloupe & Strawberry fruit cup Clean Water; Vitamins
8:00pm Snack	Hummus and Veggie Sticks



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Day 4	
Breakfast	Eggs; Chicken Sausage (see 'Brands We Use') Vitamins; Clean Water
10:00 am Snack	Hand full of seeds and nuts
Lunch	Left over Imagine Foods Tomato Soup from Day 2 Vitamins; Clean Water Hummus and lightly steamed broccoli;
2:00pm Snack	Avocado and strawberries (combine 1 avocado, 1 cup of strawberries and stevia in a food processor or mini chopper and make a "pudding". I use about 1 teaspoon of stevia. You may want to add a little more but be careful as stevia has a strong taste if you add too much.)
4:00 pm Snack	Celery Sticks and Nut Butter
Dinner	Whole Baked Chicken w/ Annie's Bar-B-Q Sauce; Green Bean Casserole (see recipe) Raw broccoli; Clean Water; Vitamins
8:00pm Snack	A few bites of leftover chicken

Day 5	
Breakfast	Turkey Egg Casserole; Vitamins; Clean Water
10:00 am Snack	Hummus and crackers
Lunch	Chicken Salad (see recipe) made with leftover chicken from a previous meal; raw veggies and hummus; Cantaloupe; Vitamins; Clean Water
2:00pm Snack	Hand full of seeds and nuts
4:00 pm Snack	Few bites of leftover chicken salad
Dinner	Grilled Tuna (grill approx. five minutes on each side or until fish starts to flake); Asparagus sautéed Bragg's Liquid Aminos (Spray with Bragg's Liquid Aminos and sauté for approx. 10–15mins). Raw Carrots; Clean Water; Vitamins
8:00pm Snack	A few spoonful's of nut butter



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Day 6	
Breakfast	Omelet w/ broccoli, tomatoes, green pepper & onions Vitamins; Clean Water
10:00 am Snack	Hand full of seeds and nuts
Lunch	Veggie burger patty or grilled portabella mushroom (try topping with the hummus and sliced tomato); Hand full of nuts and seeds; "Imagine Foods" Tomato Soup; Raw veggies and dip; Vitamins; Clean Water
2:00pm Snack	Celery and peanut butter
4:00 pm Snack	Hand full of baby carrots and dressing
Dinner	Chicken Broccoli Stir-Fry Small side salad (greens; bean sprouts; broccoli; pistachios); Watermelon; Clean Water; Vitamins
8:00pm Snack	Leftover stir-fry

Day 7	
Breakfast	Scrambled Eggs; Chicken Sausage; Serving of cantaloupe and strawberries; Vitamins; Clean Water
10:00 am Snack	Betty Lou Smacker
Lunch	Garbage Soup Take all of your leftover vegetables and meat (make sure you add some protein) and add 2 cartons of chicken broth, 3 – 4 cups of tomato base (this can be a jar spaghetti sauce or stewed tomatoes or tomatoes put in a blender and pureed (my choice), 1–2 tbs. Spike all-purpose seasoning, 1tbs. cumin, ½ tsp. thyme, 1 bay leaf, ½ tsp. garlic powder, 3 tbs. onion flakes. Throw it in the crock pot. Cook on low all day or on high for 3 – 4 hours or put it in a stew pot and cook for at least 30 minutes. ; Watermelon; Hummus and veggie sticks Vitamins; Clean Water
2:00pm Snack	Leftover soup
4:00 pm Snack	Hummus and veggie sticks
Dinner	Grilled Chicken and/or Steak Large Salad (boiled egg, seeds and nuts, broccoli, red pepper, avocado, tomatoes, mushrooms) Fruit; Vitamins; Clean Water
8:00pm Snack	Few bites of leftover meat



DIABETIC GUIDELINES

PANTRY CONVERSIONS

The following items are found in our pantry. Items on the left are found in the standard pantry; items on the right are found in a healthier pantry.

ATTENTION DIABETICS!

The foods listed below in **all capital letters should be AVOIDED** until the doctor has instructed you it is safe to choose these foods as part of your diet. As your glucose stabilizes, you will be able to incorporate more foods.

PANTRY ITEMS	HEALTHIER PANTRY ITEMS
Baking powder	aluminum free baking powder 1t baking powder = 1/2t Cream of Tartar + 1/4t baking soda
BISCUIT MIXES	WHOLE-GRAIN* MIXES
Black tea	herbal teas
Bouillon cubes	Pure vegetable bouillon; Miso (store in refrigerator); Chicken bouillon
Canned beans	The following beans can be purchased dried: adzuki beans, black beans, black-eyed peas; garbanzo beans; great northern beans; kidney beans; lentils; lima beans; navy beans; pinto beans; split peas
Canned tuna	Fresh or frozen tuna steaks
Cereals	Use whole-grain* hot or cold cereals; avoid cereals with additives, sugar, hydrogenated fats, or white flour
CHIPS	LOOK FOR ORGANIC, LOW-SALT, AND BAKED CHIPS; CORN OR TORTILLA CHIPS; BLUE CORN CHIPS
Coffee	herbal teas; roasted grain beverage Swiss water decaf process coffees (Be aware most commercial coffees use a chemical to get the caffeine out)
Nuts and seeds	raw, unsalted (store in the refrigerator); almonds & almond butter; cashews & cashew butter; pecans; sesame seeds & tahini; sunflower seeds; pumpkin seeds; walnuts; pine nuts
PANCAKE MIXES	WHOLE-GRAIN* MIXES
Salt	Ms. Dash varieties; sea salt (sparingly)



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PANTRY ITEMS	HEALTHIER PANTRY ITEMS
SALTINE CRACKERS	WHOLE GRAIN* CRACKERS WHOLE GRAIN*; RICE CAKES; HONEY GRAHAMS (WITH WHOLE GRAIN* FLOURS AND NO SUGAR)
Shortening	"Spectrum" Organic Shortening (palm oil); expeller pressed oils (keep refrigerated); olive oil; grape seed oil
Spices and herbs	all varieties sold in glass containers or bulk; avoid any sold in cans
Canned soups	instant cup O soups home-made soups
Soy sauce	liquid aminos
WHITE BREAD	WHOLE-GRAIN* BAGELS; WHOLE-GRAIN* BREAD; WHOLE-GRAIN* MUFFINS; WHOLE-GRAIN* PITA BREAD; WHOLE-GRAIN* TORTILLAS
WHITE FLOUR	WHOLE-WHEAT* FLOUR; WHOLE-WHEAT* PASTRY FLOUR; CORNMEAL; SPELT FLOUR; OAT FLOUR; RICE FLOUR; BARLEY FLOUR; BUCKWHEAT;
WHITE PASTA	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE RICE	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE SUGAR ASPARTAME(NUTRASWEET) SACCHARIN SUCRALOSE (SPLENDA) SORBITOL, XYLITOL	RAW, UNFILTERED HONEY; MAPLE SYRUP; BROWN RICE SYRUP; MOLASSES; SUCANAT; APPLESAUCE; STEVIA (Limit these sweeteners if you are on a diabetic or hypoglycemic diet with the exception of Stevia) (Stevia is preferred for Diabetics and Hypoglycemics)
REFRIGERATOR ITEMS	
Cheese	Goat's milk cheese or sheep's milk cheese (Feta, Romano, Cheddar, Chevre) sparingly
Eggs	Farm fresh, from grain fed chickens
FRUITS	FRESH OR FROZEN; ORGANIC, IF POSSIBLE; ALL VERIETIES only 1 for diabetic, borderline diabetic and



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PANTRY ITEMS	HEALTHIER PANTRY ITEMS
	hypoglycemic
Margarine & butter	Olive oil; sesame oil; grapeseed oil or other vegetable oil (avoid canola oil)
Meat	Organic meats (no steroid, hormones, antibiotics used)
Milk	Oat milk; rice milk; almond milk; cashew cream; raw goat's milk (from a clean source) Most people prefer almond milk and/or oat milk
Sauces and condiments	Natural ketchup (sugar free) Safflower mayonnaise Preservative-free salad dressings with no hydrogenated fats; preservative and sugar free mustards; low sodium salsa's; FRUIT ONLY JAMS AND JELLIES
Vegetables	Fresh or frozen; organic, if possible; all varieties



DIABETIC GUIDELINES

BRANDS WE USE

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Baking mixes	Hogson Mill	Pancake		x		P W
Baking mixes	Glutino	Pancake		x		W
Baking powder	Rumford	Aluminum free	x	x	x	
Beans	Greenwise	Kidney, garbanzo, black beans, pinto	x	x	x	P
Beans	Dried beans	varies	x	x	x	P
Beans	West brae natural	"organic"	x		x	P
Beans	Amy's	varies				P
Bread	Udi's			x		P
Bread	Rudi's			x		P
Bread	Ezekiel					P
Butter	Canyon Creek Farms		x			P
Butter	Organic Valley		x			P
Butter	Kerry gold	butter	x		x	W- diary
Cereal	Alpen				x	P
Cereal	Kashi	Pilaf (non GMO)			x	P
Cereal	Baker's on Main street			x		P W



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Cereal	Ezekiel				X	P
Cereal	Mona's		x		x	P
Cereal	Cascadian Farms					P
Cereal	Udi			x		P W
Cereal	General Mills	Chex		x		P W
Cereal	Uncle Sam	varies	x	x	x	W
Cereal	Erewhon	Brown rice cereal	x	x	x	W
Chips	Rice Works	Rice Chips		x	x	P W
Chips	Lundberg	Rice Chips		x	x	P W
Chips	Mediterranean	Lentil chips		x		P
Chips	Xochitl	Corn chips	x	x	x	P WD
Chips	glutino	Chips		x		W
Chips	glutino	pretzels		x		P W
Coffee Sub	Pero, cafix, Roma					P
Condiment	Buddies	Pickles dill	x	x	x	P
Condiment	Buddies	Sauerkraut	x	x	x	P
Condiment	Lindsay Naturals	olives	x	x	x	P W
Condiment	Bragg's	ACV	x	x	x	P
Condiment	varies	Extra virgin olive oil-1 st cold press				P W
Condiment	veganise	Mayonnaise				P



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Condiment	Ojai Cook	Lemonaise	x	x	x	P
Condiment	Louisiana	hot sauce	x	x	x	P
Condiment	Greenwise	Organic Ketchup	x	x	x	P
Condiment	Heinz	Organic Ketchup				W
Condiment	Greenwise	Organic Mustard	x	x	x	
Condiment	Braggs	Vinegar with Mother	x	x	x	P
Condiment	Heinz	Vinegar with Mother	x	x	x	W
Condiment	Lemonaise					
Crackers	Kame	Rice cracker	x	x	x	P
Crackers	Matzos	100% whole wheat	x		x	P
Crackers	Mary's gone Crackers	Varies crackers	x	x	x	P
Crackers	Vann's	Varies crackers		x		W
Drinks	Marinellis	Unfiltered apple juice	x	x	x	P
Drinks	*Zevia	Zero calorie soda	X	X	X	P
Drinks	Lakewood	Unfiltered cranberry	x	x	x	P
Drinks	Lakewood	Unfiltered tart cheery	x	x	x	P
Flour	Hodgson Mill	varies	x	some	x	P
Flour	Bob's Red Mill	varies	x	some	x	P
Flour	Arrowhead	varies	x	some	x	P
Fruit	Dole	Pineapple	x	x	x	P W



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Fruit	Publix	pear	x	x	x	P
Hot Cereal	Bob's Red Mill	Mighty tasty hot cereal	x	x	x	P W
Hot Cereal	Hodgson Mill	Buckwheat hot cereal	x	x	x	W
Jelly	Polaner	All fruits jelly			x	P W
Jelly	Smucker	Simply Fruit				W
Marinara/ Spaghetti sauce	Walnut Acres	Marinara & herbs	x	x	x	P
Marinara/ Spaghetti sauce	Publix Premium	Pasta sauce	x	x	x	P
Marinara/ Spaghetti sauce	Muir Glen Organic	Pasta sauce	x	x	x	W
Meat	Royal Red	Wild sockeye Salmon	x	x	x	P
Meat	Black Top	Pink Salmon	x	x	x	W
Meat	Crown Prince	Caught in the Wild	x	x	x	P
Meat	Grass fed Beef	Meat department	x	x	x	P
Meat	Buffalo Meat	Meat department	x	x	x	P
Meat	Aidell's	Chicken Meatballs	x	x		P meat
meat Lunch	Boar's head	"all natural"	x	x		P-Deli



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Milk	Rice Dream, almond silk	Note: look for ones without Carageenan				P W
Nut Butters	MaraNatha	Cashew butter	x	x	x	W
Nut Butters	Smuckers	Organic peanut butter	x	x	x	P W
Nut Butters	Laura Scudders	Organic peanut butter	x	x	x	W
Oatmeal	Greenwise	Original instant oatmeal	x		x	P
Oatmeal	McCann's	Quick cooking Irish	x		x	P
Pizza	glutino			x		P
Pizza	Udi's			x		P
Pizza	Amy's					P W Frozen
Quinoa	Arrow Head	Organic quinoa	x	x	x	P
Rice & Couscous	Bob's Red Mill	Brown or Wild Rice	x	x	x	
Rice & Couscous	Lundberg	Brown Rice	x	x	X	
Salsa	Green mountain	Gringo Salsa	x	x	x	P
Salsa	Paul Newman					W
Sauce/Dips	San-J	Tamari Soy sauce	x	x	x	P
Sauce/Dips	Eden Organic	Tamari Soy Sauce	x	x	x	P



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Skin care/cosmetic	Tom's	Deodorant	Aluminum free			P
Skin care/cosmetic	Jason	Deodorant				
Snacks		Brown Rice cakes		x	x	P
Snacks	Kind	Nut bars		x		P
Snacks	Cascadian	varies				W
Soup stock	Amy's Soup	Varies	x	some	x	P
Soup stock	Imagine	Organic Chick broth	x	x	x	P
Soup stock	Kitchen Basics		x	x	x	P
Spices	Simply Organic	varies				P
Spices	Badia Organic	varies				P
Spices	McCormick		No MSG			P
Spices	Arora Creations		x		x	P
Sweeteners /sugar	Stevia					P W
Sweeteners /sugar	Truvia					P W
Sweeteners /sugar	Organic Florida Crystal					P W



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Tomato Paste	Publix	Tomato paste	x	x	x	P
Tomato Paste	Greenwise	Tomato whole-paste		x	x	P
Tomato Paste	Muir Glen	Tomato paste		x	x	W
Toothpaste	Nature's gate					P
Toothpaste	Natural Tea Tree Oil & Neem					
Water	Publix	purified				P
Yogurt	Cabot Greek		x	x	x	P
Yogurt	Stonyfield		x	x	x	P W
Yogurt	Chobani		x	x	x	P W

P is Publix, **W** is Walmart, **WD** is Winn Dixie

Brands you can feel safe with; Amy's: www.amys.com; Glutino: www.glutino.com; Bob's Red Mill: www.bobsredmill.com, Walnut Acres: www.walnutacres.com, Arrowhead Mills: www.arrowheadmills.com ,

Cascadian Farms: www.cfarm.com, Enjoy Life Foods (wheat and gluten free cookies, bagels, bars & more) www.enjoylifefoods.com or 888-50-enjoy) , Muir Glen: www.muirglen.com, udi's: www.udisglutenfree.com

on line store: www.vitacost.com

It is so important to read labels. I encourage you to read the label on any product on this list before buying it. Companies change in ingredients in their products.



DIABETIC GUIDELINES

WHAT IS GLUTEN?

Gluten is a protein found naturally in foods.

Gluten can be found in numerous products. You must read labels and look for “gluten-free” on the product. Do not trust that you will be able to read the ingredients and determine if it is gluten free. Below is a partial list of foods that could contain gluten:

- Bread, including muffins, pancakes, waffles, etc. (white, wheat, rye, barley, spelt, kamut)
- Breading
- Cereal
- Cakes, cookies
- Crackers
- Dips
- Dressings
- Flavored Coffees and Teas
- Gravy
- Oatmeal
- Packaged foods (even those labeled “wheat-free” could still have gluten)
- Pasta
- Pretzels
- Seasonings
- Soups
- Soy Sauce

In some people, gluten can cause inflammation, which can cause autoimmune diseases such as:

- Arthritis
- Fibromyalgia
- Hashimoto’s disease
- Irritable Bowel Syndrome
- Psoriasis
- Thyroid disease

In some people, gluten can also cause respiratory distress (including asthma), skin disorders (including eczema), weight gain or weight loss, gastrointestinal distress (including diarrhea, constipation, gas, bloating, reflux), infertility, insomnia, fatigue and headaches (including migraines).

Gluten must be completely avoided for 3 months before any change in symptoms may be felt.

