

## Low Glycemic Index/Glycemic Load Guidelines

- At least 2 to 3 cups of raw, steamed, roasted, or stir-fried vegetables should be eaten daily. Vegetables may be juiced, and a daily salad is important.
- Have 2 to 3 servings of fresh, whole fruit daily. Bananas should be avoided; all other fruits are acceptable.
- Grains should be whole, unrefined, and restricted to no more than 2 servings daily.
- Eat ½ to 1 ounce of nuts daily (most nuts are healthy, but almonds, walnuts, and seeds are preferable).
- Vegetable protein such as legumes should be eaten daily, ½ cup or more. Good choices are lentils, split peas as a soup, black beans or kidney beans in a salad, chickpeas in hummus for a dip or spread, and green peas or edamame (green soybeans) as a vegetable. Tofu, tempeh, and veggie burgers are other good choices.
- Deep-, cold-water fish such as salmon, halibut, or cod should be eaten several times a week. Grass-fed lamb, organic eggs, beef, chicken, and turkey are other good protein choices.
- Whenever possible, choose organic, locally grown, seasonally fresh produce over conventional grown. Nuts, grains, eggs, dairy products, beef, and chicken should also be organic.
- Organic plain yogurt is the best dairy choice. Sweeten with some fresh fruit and add a handful of almonds and raw oats for a delightful breakfast or snack. Soy, hemp, almond, or rice milk may be substituted if you are allergic.
- Limit processed foods and those with additives or refined sugars. Food should be as clean and unadulterated as possible; therefore, fast food restaurants are not a good choice
- Avoid *trans* fats and hydrogenated or partially hydrogenated fats and oils. Cook with coconut or olive oil, and use flax, olive, and walnut oils directly on food or in salad dressings. Olives and avocado are also healthy fats. Include at least 1 tablespoon of healthy fats/oils daily.
- The following methods for cooking are optimal: baking, broiling, pressure cooking, roasting, steaming, sautéing, and stir-frying. Microwaving, deep-fat frying, and boiling are not advisable ways to prepare food.
- The only acceptable low-GI sweeteners are agave nectar and stevia.
- Drink 6 to 8 glasses of pure, filtered water daily.
- Eat 4 to 6 smaller meals daily (every 3 to 4 hours) to keep your blood sugar stable.
- In general, completely avoid the following; soda, refined sugars, artificial sweeteners, deep-fried foods, hydrogenated oils.
- Reduce intake of the following as much as possible: processed foods, alcohol (except for small to moderate amounts of red wine); caffeine (except for 1 to 2 cups daily).

### Convenience

- Clean and prepare vegetables immediately after shopping. Making a salad or a stir-fry will then be much quicker.
- Once a week, make a soup and a casserole. Freeze half and eat the other half for several dinners and/or lunches.
- Cook dinner in a Crock-Pot overnight or during the day while at work.
- Carry healthy snacks and pure water in the car, and keep a supply in your desk.