

## Diet Recommendations for:

- Abdominal Obesity
- Blood Sugar and Diabetes Control
- High Blood Pressure
- High Cholesterol

**RULE #1: If it went through a factory, eat as little of it as possible.**

**RULE #2: At mealtime, eat a reasonable amount of food. When you're done, give yourself 20 minutes to feel full before deciding on seconds. Use a small plate.**

### Foods/ingredients to avoid

- Sweetened beverages, fruit juices, and beer
- Any product containing sugar or high fructose corn syrup, such as pop, energy drinks, etc.
- Breakfast cereals, pastries, crackers, trail mix, chips, cakes, candy, donuts, and cookies
- Processed foods that make health claims, especially low-fat foods. No margarine.
- Sauces & seasoning mixes often contain sugar or some form of starch. Spices themselves are great.
- Grain products: "whole grain" products, breads, muffins, bagels, oatmeal, rice, pasta and corn.
- Dried fruit and bananas (these have very concentrated fruit sugar)
- Potatoes

### Foods to have in moderation

- Fresh fruit, preferably berries.
- Pinto beans, kidney beans, garbanzo beans, lentils etc. Most cooked root crops except potatoes.
- Whole milk yogurt/Greek yogurt, without any added sugar or fruit. Add your own fresh fruit if desired.

### Foods that have the least effect on blood sugar and minimize need for insulin:

- Whole plant vegetables such as asparagus, lettuce, Chinese cabbage, broccoli, Brussels sprouts, cabbage, cauliflower, eggplant, mushrooms, pumpkin, rhubarb, sauerkraut, snow peas, spaghetti squash, spinach, string beans, turnips, water chestnuts, zucchini, kale, and peppers, to name a few. Also avocados. Veggies need to be complemented with a healthy fat source such as butter or olive oil.
- Meat, poultry including eggs, fish and cheeses. The source of animal products determines the quality.
- Nuts are the good snack if you are hungry. (Natural nut butters with veggies are good too.)

Important note: Eating sugar/starch at any meal (causing a rise in blood sugar) will trigger a release of insulin. The insulin signals the fat cells to store the energy from the meal on a long term basis rather than allowing the fat to be available in the hours before the next meal.

Fat is good, meat doesn't have to be super "lean". Salt is needed if cooking from scratch, it just has a bad reputation because of the excessive amounts in processed foods.

Exercise has numerous health benefits, improving insulin sensitivity. But exercise alone will not lead to weight loss.

[www.realhealthyrecipes.com](http://www.realhealthyrecipes.com) is a website with lots of healthy recipes.