

Blood Sugar Central

Food Tips Snapshot



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CAUTIONARY NOTE: The BSC Food Tips Snapshot is designed to promote awareness about blood sugar and diabetes control and to provide information, tools and techniques that will enable individuals to make healthy lifestyle changes.

The coaching materials & techniques are not intended to replace medical advice or to address any individual's specific medical problem(s). **Always seek the advice of a physician before beginning any diet, exercise, or nutritional program.** Diabetes and pre-diabetes are serious medical conditions. It is important that program participants do not reduce, change or discontinue any medication or treatment without consulting their physician.

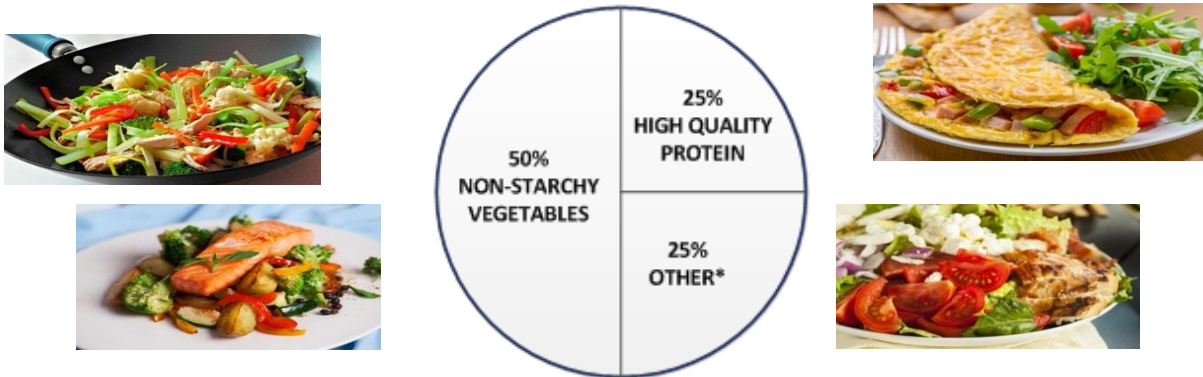
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WHAT TO EAT GUIDELINES

Developing a food plan is about building a self-motivated vision of how you want to eat to support your health. In a nutshell, you are determining what you want to eat, when you want to eat, and how much of certain foods you want to eat on a day-to-day basis. One of the big differences between the BSC Coach Approach Food Plan and a “diet” is that you are using a “crowd out” method to “change your plate”.

You will want to flip-flop the typical meal that focuses on lots of protein and large portions of carbohydrates such as potatoes, rice & pasta to meals with MORE non-starchy vegetables accompanied by a serving of healthy protein, and small portions of foods such as sweet potatoes, whole grains & low-glycemic foods that moderate the insulin response.


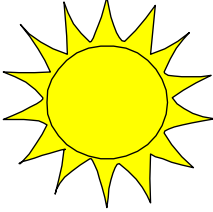
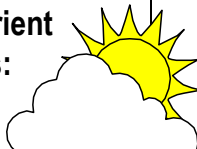




Serving Size Guide

One serving is approximately equivalent to:

<p>Fruit & Vegetables</p> <ul style="list-style-type: none"> ▪ ½ cup cooked or raw veggies ▪ 1 cup salad ▪ 1 medium piece of fruit ▪ ½ chopped fruit ▪ ¾ cup vegetable or fruit juice <p>Protein Foods</p> <ul style="list-style-type: none"> ▪ ½ cup cooked beans ▪ 1 whole egg, 3 egg whites, or 2 egg whites with one yolk ▪ 2-3 oz. Meat, Fish or Poultry (approx size of deck of cards) ▪ 4 oz. Tofu, ½ cup soy milk, ½ cup soy protein ▪ ¾ cup vegetable or fruit juice 	<p>Whole Grains</p> <ul style="list-style-type: none"> ▪ 1 slice bread ▪ ½ cup cooked grain or pasta ▪ ½ -1 cup dry cereal ▪ 3-4 crackers <p>Dairy</p> <ul style="list-style-type: none"> ▪ 1 cup milk ▪ 4 oz. Cheese (4 cubes) ▪ ½ cup cottage cheese or part-skim ricotta ▪ 1 cup yogurt <p>Fats, Nuts & Seeds</p> <ul style="list-style-type: none"> ▪ 1 TBSP oil ▪ 2 TBSP nuts, seeds or nut butters
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Snapshot of Foods to Eat for a Low Sugar Lifestyle

	<p>Stay Hydrated with Water or Tea (Green, Rooibos, Black)</p> <p>WHEN IN DOUBT, CHOOSE WHOLE FOODS.</p>			
<p>EAT MORE:</p> 	<p style="text-align: center;">Non-Starchy Vegetables – 50%</p> <ul style="list-style-type: none"> • Cooked or Raw • Green/Veggie Smoothies • Green/Veggie Juices <hr/> <p style="text-align: center;">HEALTHY PROTEIN – 25%</p> <ul style="list-style-type: none"> • Lean/Grass Fed Beef, Organic/Free Range Poultry, Lean Pork • Fish (Best: High Eco Rating, low mercury content, high Omega 3 content) Examples: Wild Salmon, Sardines, Herring, Sablefish, Albacore Tuna from U.S./Canada, Farm Raised Oysters) • Legumes (Canned or Soaked, maximum- one serving daily) • Tofu, Tempeh (avoid highly processed soy products) • Eggs, Yogurt, Kefir • Protein Smoothie – best almond/coconut milk – whey protein or plant based <p>Note: you can eat less protein, just add in some extra non-starchy vegetables</p>			
<p>DON'T OVER EAT these nutrient rich foods:</p> 	<p style="text-align: center;">Small Portions - 25%</p> <p style="text-align: center;">Starchy Vegetables</p> <p style="text-align: center;">Fruit (Best for you berries, bananas, melon, apples, mango, kiwi)</p> <p style="text-align: center;">Healthy Fats -Nuts/Seeds</p> <p style="text-align: center;">Dairy (cheese, milk, sour cream, cottage cheese, cream cheese)</p>			
<p>ENJOY Occasionally</p>	<p>Dark Chocolate (Sweetened with Stevia, Monk Fruit or with sugar if 60-80% Cocoa)</p> <p>Whole Grains and Sprouted Grains (Quinoa best, brown rice next)</p> <p>Stevia, Monk Fruit Sweetener, Erythritol</p>			
<p>EAT SPARINGLY</p> 	<p>Sugar Alternatives (Sugar Alcohols, Splenda, etc.)</p> <p>Try sparkling water and add some fruit for flavor, like orange slices</p>	<p>Fish with low eco-rating, high mercury, low omega 3 content (Examples: Farm Raised Salmon, Tilapia)</p> <p>Highly Processed Soy Products</p>	<p>Saturated Fats (butter, any fat that turns solid)</p> <p>Butter is OK, just don't overdo it.</p>	<p>Coffee</p>
<p>Totally Avoid</p> 	<p>Foods with more than 1-2 Grams added sugar</p> <p>Aspartame</p> <p>High fructose corn syrup.</p>	<p>High fat, processed meats (i.e. hot dogs)</p> <p>Fish high in contaminants</p>	<p>Trans Fats</p>	<p>Soda (Regular or Diet)</p>

EIGHT Food Plan Strategies That Get Results

- ❖ Eat a wide variety of foods centered around nutrient-dense non-starchy vegetables (50%), high quality protein, (25%) and small amounts of low glycemic index fruits, starchy vegetables, healthy fats, nuts/seeds, and non-grain based bread or other non-grain-based flour products (25%) NOTE: you can choose to consume less protein, just add more non-starchy vegetables.
- ❖ Choose carbohydrates wisely. Consume whole grains sparingly and avoid grain-based flour products.
- ❖ Eliminate all forms of Added Sugar in your home pantry, and judiciously use substitutes such as Stevia. (occasional exception – foods with 1 gram or less of added sugar)
- ❖ Increase fiber. (try to include at least 25-30 grams of fiber daily)
- ❖ Incorporate a moderate amount of high quality fats into your food plan
- ❖ Eat breakfast within an hour of waking or alternatively practice 16:8 intermittent fasting (whichever provides you with the best results)
- ❖ Consume enough water. (and other healthy liquids).
- ❖ Adopt new habits that improve not just what you eat, but HOW you eat (Eat on as regular a schedule as possible, watch portion sizes, avoid overeating and learn to eat mindfully)
- ❖ Be prepared. (at home and out of the house).
- ❖ Create an environment that supports your food plan and vision of health.

You will learn how to eat in new ways so that:

- ❖ Physical cravings will decrease,
- ❖ Your body's insulin response will be moderated,
- ❖ Your body will not store excess fat,
- ❖ You will maintain muscle that effectively burns fat,
- ❖ You will gain control of your blood sugar levels, and
- ❖ You will be supported in maintaining a normalized blood sugars and healthy weight for the long term.

