Patient Handouts

Balancing Blood Sugars

Address the quality of CARBOHYDRATES:

- Choose complex carbohydrates whole-wheat products, brown rice, old fashioned rolled or steel cut oats, quinoa, etc.
- → Eliminate all refined carbohydrates white bread, white pasta, white rice, cookies, cakes, most crackers, etc.
- Avoid fruit juices as they contain concentrated fruit sugars (especially those that have added sugars or other sweeteners) and enjoy dried fruit in moderation.
- → Eliminate refined sugars, including artificial, low-calorie sweeteners like Splenda and Sugar Twin. Acceptable sweeteners include stevia, honey, maple syrup, coconut sap, and brown rice syrup (these can be included in small amounts). All others should generally be avoided.
- → Eliminate alcohol, coffee, pop, energy drinks, black tea and other stimulants as best you can.

Address the quality of FATS + OILS

- Improve the quality fats and oils. Good quality fats and oils have been processed in the absence of heat, light and oxygen – its three major enemies.
- → Good choices are cold pressed olive oil, unre fined coconut oil, and unrefined flax and hemp oils.
- → Also think about foods containing good quality fats such as wild salmon, raw, unsalted nuts and seeds, avocado.

Include these foods

- → Regularly consume legumes, garlic, onions, cinnamon, seaweeds and avocadoes
- → Have protein at each meal breakfast, lunch and dinner.

Lifestyle adjustments

- → Begin to implement a regular exercise program.
- Eat breakfast. The best breakfast combines a complex carbohydrate with some good quality fat and protein. Eat within 30 minutes of waking.
- → Eat smaller meals, more frequently. DO NOT skip meals or go longer than 3 hours without something to eat.

Lifestyle adjustments (cont'd)

NOTES

- → If you are up often during the night and feel hungry, try having a snack before bed. Make sure this snack is high in protein and low in carbohy drates. A protein shake is your best bet here – liquids are also easier for the body to digest.
- → If exercising, make sure to eat within 45 minutes at the end of your workout.

Integrative