

FRUIT – Low Glycemic Index

THE DIABETES CLUB

(MAY BE ADDED TO YOUR FRESH SQUEEZED JUICES FOR VARIETY)

Apples, fresh fruit	38	Apple stew, apple sauce	35
Cherries	22	Apricots (fresh and dried)	31
Apples, dried	35	Apricots , dried	35
Figs (fresh fruit)	35	Strawberries (fresh fruit)	25
Blueberries	25	Grapefruit, (fresh fruit)	25
Nectarines (fresh fruit)	35	Oranges (fresh fruit)	35
Peaches (fresh fruit)	35	Plums, prunes (fresh fruit)	39
Pears (fresh fruit)	38	Pomegranate (fresh fruit)	35
Raspberry (fresh fruit)	25	Tangerines, madarines	30
Blackberries, (fresh fruti)	25		

<http://thediabetesclub.com/should-a-diabetic-diet-for-type-2-include-fruits/>

What Is a Low-Glycemic-Index Diet?

The basic premise behind the low-glycemic-index diet is that all carbs are not created equal. Some cause big spikes in blood sugar and others have little impact on blood sugar levels.

Specifically, the glycemic index measures how much a 50-gram portion of a carbohydrate raises blood sugar levels compared to pure glucose, which has a glycemic index score of 100.

Typically, foods that score higher than 70 are considered high-glycemic-index (GI) foods; those that score 55 and under are considered low-GI foods.

<http://diabetes.webmd.com/news/20081216/low-glycemic-index-diet-for-diabetes>

Over 23 million Americans have diabetes and 90 to 95 percent of those people have type 2 diabetes, according to the American Diabetes Association. People with type 2 diabetes do not usually need insulin injections and instead control blood sugar with diet, exercise and oral medication. The diet for type 2 diabetes is not a restrictive diet, according to MayoClinic.com, but a diet that includes a variety of healthy foods.

STARCHES

Foods containing carbohydrate cause blood sugars to rise. People with type 2 diabetes do not need to avoid starchy foods, but they must control how much they eat. The National Institute of Diabetes and Digestive and Kidney Disorders, or NIDDK, suggests six to 11 servings a day, based on your calorie needs and blood sugar goals. For even better blood sugar control, it helps if you choose high-fiber starchy foods. Fiber in food slows the rate at which food is digested, thereby slowing the rate at which sugar is released into the bloodstream. People with diabetes are encouraged to choose whole-grain starches for its fiber. Fiber in foods, specifically soluble fiber, helps to slow down digestion and the release of sugar into the bloodstream. A list of safe high-fiber starchy foods for people with type 2 diabetes includes whole-wheat bread, whole-grain cereal, brown rice, oatmeal, whole-wheat pasta, popcorn, peas, corn, winter squash and potatoes with the skin.

NON-STARCHY VEGETABLES

Eat as many non-starchy vegetables as you want, says the American Diabetes Association. Non-starchy vegetables are nutrient-rich and low in calories. Safe choices for type 2 diabetics include greens, carrots, cucumbers, tomatoes, peppers, radishes, broccoli, cauliflower, spinach, asparagus, mushrooms and zucchini.

NON-STARCH VEGETABLES (HIGH WATER CONTENT FOODS)

Asparagus	Collards	Kale	Sprouts
Beet Greens	Crookneck Squash	Kohlrabi	Summer Squash
Broccoli	Cucumber	Lettuce	Sweet Pepper
Brussel Sprouts	Dandelion	Okra	Tomatoes
Cabbage	Eggplant	Parsley	Turnips
Celery	Endive	Parsnip	Watercress
Chard	Escarole	Rutabaga	Zucchini
Chicory	Green Beans	Spinach	

MILDLY STARCHY VEGETABLES

Artichokes	Carrots	Celery Root	Mushroom
Beets	Cauliflower	Corn	Peas

HOT VEGETABLES

Onions	Leeks	Onions	Radishes
Scallions	Shallots	Ginger	

DAILY MEAL GUIDE

MORNING @B4 12 Noon: Prepare your “Green” Fresh Squeezed Juice. You may include some low glycemic fruits if you like. Always consume (fresh juice, or water) on empty stomach, not with foods. It is advisable to drink fluids an hour before Lunch or Dinner; it has a curving effect on the appetite. Great weight loss trick!! Have your Liquid Multi-Vitamins before or after your fresh squeezed juice. NO DAIRY PRODUCTS !!!

In addition, have a gallon of alkaline water throughout your day (Fiji or Smart Water brands).

LUNCH @ 12 Noon: Have a Fresh Salad with (Fish) or Nuts. You may take 1 Tablespoon of KM Herbs before your lunch. You may take your Liquid Chlorofresh with Mint after your Lunch.

Never eat a Starch & Protein at same meal--Causes “The Ittis” indigestion, acid reflux from indigestible food that sits in the stomach and rots becoming toxins. Toxins are the ultimate source of the body’s many illnesses.

DINNER @B4 Sundown: Have a Fresh Salad with a little starch (red potatoes, whole wheat pasta). If you want something hot, may have a vegetable soup as well. Have Fresh Squeezed Juice b4 going to bed. It is best to not eat after sundown. It is the time needed by the body to assimilate all you have ingested throughout the day

Highly recommend having a Colon Therapy Treatment monthly or doing enemas daily to help move the toxins your body is releasing.

HEALTHY SNACKS: If necessary, you may have fresh fruit from the low glycemic listing. Have all fresh fruits on an empty stomach. Let at least 20-30 minutes lapse after eating fruit before eating other foods.

BETWEEN MEALS: May enjoy hot teas (Green tea, Chamomile, Ginger, etc). May use low glycemic natural sweetener called “Agave”. Use sparingly, please.