

# Diabetic Protocol

Proteins			Carbs			Fats
Meat	Seafood	Dairy	Grains	Vegetables	Fruits	Oils/Nuts
Emphasize lean meats	All are OK, including	Full-/ low-fat; max. 1/day	Max. 1x day	Any Non-Starch	Max. 1x day	All are OK, including
Beef	Crab	Cottage Cheese	Low-Carbs	Cauliflower	Apples (Tart):	Butter
Bison	Halibut	Cream (Whole) Cheese	Buckwheat	Celery	Granny Pippins	Almond
Lamb	Herring	Cheese	Oats	Leafy Greens	Pippins	Tahini
Liver/Kidneys	Lobster	Yogurt (Plain)	Wasa	Salad Veggies	Blueberries	
Ostrich	Mackerel		Lentil Pasta	Mushrooms	Pears (Firm):	Oils:
Pork	Oyster	Misc.		Peppers		Coconut
Poultry	Salmon	Eggs	Legumes	Zucchini		Olive
Wild Game	Sardines	(Tofu)	Max. 1x Day		Raspberries	
	Shrimp	(Tempeh)	Lentils	2-3 X Week	Strawberries	Nuts/Seeds
	Trout		Beans	Beets		Almonds
	Tuna			Carrots		Hazels/Fibe
				Peas		Macadamia
				Yams		Walnuts, Et

## Avoid the Following Foods

- All sugar, honey, fructose, maple syrup and all artificial sweeteners (*Nutrasweet*<sup>®</sup>, *Splenda*<sup>®</sup>, Acesulfame K, et
- All grains and all grain products (bread, pasta, cookies, bagels, muffins, breakfast cereals, etc.), except as above
- All starchy vegetables (potatoes, corn, winter squashes, turnips, etc.), except for exceptions shown above
- All sweet fruits (including oranges and bananas), dried fruits, fruit concentrates and fruit juices
- All fried or deep fried foods, refined oils, partially hydrogenated oils, vegetable shortening and margarine
- All milk, half-and-half, ice cream, frozen yogurt, mayo, commercial salad dressings, ketchup, popcorn and pea
- All alcohol; all sodas (diet as well as regular)

## General Suggestions

- Eat 3 regular meals per day, with a couple of snacks in-between; *never allow yourself to get too hungry*
- Eat protein with every meal or snack (snacks: celery/apple & almond butter; nuts; cottage cheese; 1/2 avocado)
- Try to buy organic meats, eggs & produce; use unrefined oils only; eat lots of vegetables (especially greens)
- Drink 2 glasses of filtered, purified or spring water on arising; drink at least 8 glasses per day
- Use Stevia (in liquid or powder form), xylitol or *lo han* as sweeteners (they do *not* significantly raise blood sug
- Use unrefined (i.e. mineral rich) sea salt, such as Celtic, Lima, Mediterranean or Real Salt
- Exercise 4-5 times a week, alternating strength training with mild cardiovascular exercise on different days

## Supplements (Primary)

- *Formula Three* (PMN): 6-12 caps/day
- *Kristazyme* (PMN): 1 before each meal
- *Neptune Krill Oil* (PMN): 2 capsules/day
- *Glucogone* (PMN): 3 capsules/day (1 per meal)
- *Lipoic Plus* (PMN): 3-6 capsules/day (1-2 per meal)
- *Bio CII* (PMN): 3 tablets/day
- *Premium Whey Protein* (PMN): 1 scoop/day

## Supplements (Optional)

- L-Carnitine: 2-8 g/day
- Vitamin D: 2-5,000 iu/day
- CoQIO: 100-300 mg/day
- Folic acid: 800-5,000 meg/day
- *Gymnema sylvestre*: 900 mg/day (Type I diabetes)