

Insulin Resistance and Low GI Program

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| No grains or sugar, no carbohydrates, only low GI fruit & Veg |
| YES, FOODS (think of all the yummy options) |
| Milk: (Any is fine but Almond is lowest GI) Yoghurt: Sheep and goat yoghurt. Are preferable however natural Greek yoghurt is also an option. All Dairy is fine. |
| Butter (maximum 1 teaspoon daily): the only dairy allowed. |
| Legumes (not more than a cup of cooked daily as high in starch) |
| Cheese (goat, real goat feta and sheep cheese (pecorino). Dairy from cows is fine as long as you are not suffering with mucous problems. |
| Fish (uncrumbed and preferably poached or steamed. (a great way to steam fish is to place it in a Chinese bamboo steamer on banana leaf). You can get all the implements cheaply at the Asian stores. You may want it grilled also which is fine. Curries make a great use of cheap fish cuts. Shell fish as long as no known allergy. |
| Chicken, Quail, Duck, Turkey. |
| Lean Meat (In order of preference: kangaroo, veal, lamb, lean beef, goat, rabbit) |
| Processed meat such as bacon, polony, salami, ham (it is fine to have processed meat as a treat if you like it but make sure its nitrate free and maximum once weekly.) |
| Chia seeds, soaked overnight only. No raw. |
| Fruit + Veg: All vegetables but not too much of the starchy ones (not more than a couple of table spoons at each meal of carrots, pumpkin, potato, peas, corn. All fruit except bananas and dried fruit. |
| Eggs (free range). |
| Tea, black tea Maximum 3 cups daily, As much of the following as you like: Green and herbal tea. |
| Vegetable Juice: Any but must be organic or non-sprayed source. Peel vegetables first. |
| Olive Oil extra virgin or sesame oil: up to 3 tablespoons daily for cooking or dressing. Do not use coconut oil despite its low smoking temp it may raise cholesterol due to the amount of saturated fat. |
| Herbs, spices and flavourings: Sea salt, Black Pepper, All herbs and spices. Sauerkraut, olives, pickled onions and homemade sugar free sauces made with foods on the yes list are also fine. |
| Nuts: 8-10 per day of Each: Almonds, brazil nuts, cashews or nut pastes made from the above (see health food sections of supermarkets) Water chestnuts in can. Seeds: Soaked chia seeds (soak in almond milk or rice milk overnight) or tahini paste made from sesame seeds: pumpkin, sesame, sunflower seeds are all fine but if you are suffering with bloat please soak. To soak, cover in water or almond milk and leave in fridge overnight. |
| NO FOODS (think of all the alternatives) |
| Grain: flour, oats, cereal, bread, pasta, white rice, baked products such as cakes, muffins biscuits: See paleogrubs.com for grain free options. |
| Sugar: When looking for packet foods such as almond milk, look to the floor! All the high sugar is at eye level in shopping isles. |
| No Alcohol and No low carb Beer: If you are going to break this diet than have vodka and soda with fresh lime. |
| Cordial, Soft drinks or diet drinks. No Lime cordial. |
| fruit juice: Bananas, dried fruit This seems strange as we know fruit is good for us. Fruit juice and banana is high in sugar which will trigger insulin. Dried fruit is great if you're going trekking but not otherwise. |
| Coffee: coffee will trigger an insulin response. If you cannot live without it, then compromise at one good coffee daily. |
| Chips, crisps, Doritos, popcorn and twisties etc. (alternative: kale chips or veggie sticks with dip) |
| Crackers, crisp breads, rice cakes, rice crackers: (alternative: kale chips or veggie sticks with dip) |
| Deep fried or crumbed foods: If you do want to crumb the alternative is rice crumbs which you can buy in the gluten free isle. |
| Anything that ends in "ose", such as fructose, sucrose, dextrose, maltose. Syrup and in particular, high fructose corn syrup. Sugar. |

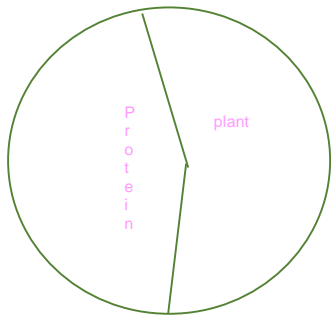
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These web sites are great resources: Not all recipes will be congruent with your plan, however there is a multitude of great ideas on these sites from chia seed pancakes to paleo bread.

- <http://paleogrubs.com/>
- <http://www.taste.com.au/search-recipes/?q=low+carb>
- <http://autoimmune-paleo.com/>



Your plate: 1/3 -2/3 Planning Tip: 1. choose your protein:1 g protein per kg1kg body weight



A typical meal plan for a 70kg person

*Breakfast: scramble eggs with three whole eggs and 4 egg whites and spinach. = 18g

*Lunch: Chicken (100g) and salad = 20 g protein

*Dinner: Poached fish (150g per serve) and vegetables =30g protein

Total for day = 70 g protein = 1/3 protein: 2/3 plant (plant is alkaline so this diet is mostly alkaline despite being high in protein)

Protein builds muscle, protecting bone density and delivering important amino acids such as Tyrosine for thyroid health. Muscle is 5 x more metabolically active than fat.

Colourful plants on your plate = ^ nutrition

Where to shop, more on dairy & gluten & how to detox your life

<http://natmed.com.au/resources/>

Call us or email if you need more info: 08 93391999: info@natmed.com.au