



Insulin Resistance Diet

PROTEIN

Serving size: 1 palm sized portion per meal unless otherwise specified. Choose organic where possible.

- Meat
- Fish (un-crumbed and preferably poached/steamed/grilled). Shell fish is fine
- Poultry (chicken, quail, duck, turkey)
- Eggs
- All lean meat (kangaroo, veal. Lamb, lean beef, goat, rabbit)
- Nuts (if you are bloating, then soak. Almonds, brazil nuts, cashews, water chestnuts)
- Seeds: soaked chia, soaked only. See OTHER below.
- Legumes

IF YOU HAVE DIVERTICULITIS YOU MUST STOP ALL SEEDS
*Aim for 1g of protein per kg of weight
 See protein chart below*

AVOID: these are on the list twice for good measure!

- Honey
- Alcohol
- Grains
- Sugars
- Canned and processed foods

DAIRY

- Milk: any is fine.
- Yoghurt: Greek is the best
- Butter: 1tsp a day max
- Cheese: goat, fetta, sheep

Other acceptable:

All herbs and spices.

- Sauerkraut, olives, pickled onions and homemade sugar-free sauces made with foods on the yes list are also fine

Nuts: make 8-10 a day of almonds/brazil nuts/cashews

Seeds: soaked chia seeds, pumpkin, sesame, sunflower seeds

Water

Tea (green and herbal): 3 cups a day

Vegetables

*Serving size: Limit to 1-2 services per day.
 (1 serve = 30g cooked)*

Unlimited:

- | | |
|-----------------|---------------------|
| • Bamboo shoots | • Spring onion |
| • Bok choy | • Tomatoes |
| • Chives | • Sunflower sprouts |
| • Cucumber | • Alfalfa sprouts |
| • Radicchio | • Onions |
| • Radish | • Garlic |
| • rocket | • Mushrooms |

Limit: (No more than 1 cup throughout the day:

- | | |
|--------------------|----------------------|
| • Asparagus | • Cabbage |
| • Artichoke hearts | • Celery/celery root |
| • Beetroot | • Fennel bulb |
| • Broccoli | • Green beans |
| • Brussel sprouts | • Spinach |
| | • Zucchini |

Starchy vegetables: have no more than ¼ of total vegetable intake made up of the following.

- Potato
- Sweet potato
- Corn
- Carrot
- Pumpkin
- Peas
- Coconut oil (for cooking)

Fruit

- | | |
|-----------------|--------------|
| • Lemon | • Mango |
| • Lime | • Nectarine |
| • Apple | • Nashi |
| • Apricot | • Each |
| • Blackberries | • Pear |
| • Custard apple | • Persimmon |
| • Fib | • Plum |
| • Jam | • Watermelon |

Fruit to avoid

- Banana
- Dried fruit

Avoid these :

Alcohol or Coffee

Anything ending in "ose" e.g. fructose, sucrose, dextrose, maltose.

Sugar inc. crisps/chips, cordial/soft drinks, fruit juice

Crackers, rice cakes etc

Deep fried or crumbed foods

Processed meats (bacon, salami, ham, polony)

Grains: flour, oats, cereal, break, pasta, rice, baked products (i.e. cake, muffins etc)



These web sites are great resources: Not all recipes will be congruent with your plan, however there are 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/>
- <http://www.nood.net.au/recipes/>

Where to shop, more on dairy & gluten & how to detox your life
<http://natmed.com.au/resources/>



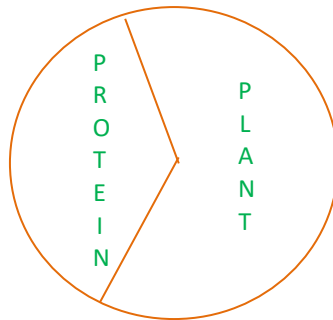
A typical meal plan for a 70kg person:

- **Breakfast:** scramble eggs with three whole eggs and 4 egg whites and spinach. = 18g protein
- **Lunch:** Chicken (100g) and salad = 20 g protein
- **Dinner:** Poached fish (150g per serve) and vegetables =30g protein

Total for day = 70 g protein Plants are 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 5x more metabolically active than fat.

Your plate: 1/3 - 2/3

Planning Tip: 1. choose your protein: 1g protein per 1kg of body weight



Colourful plants on your plate = ^ nutrition

Where to shop, more on dairy & gluten & how to detox your life:
<http://natmed.com.au/resources/>



NATMED

NATURAL MEDICINE CLINIC

The following is a list of foods that make up quality protein

You ideally need 1g of protein per 1kg weight a day:

Remember that 50g of beans for example is not 50g of protein. See below for levels of protein in different foods.

Protein source	10 gms	20 gms
	Roughly half a palm	Roughly a whole palm
Protein powder/ protein shake	1 scoop	2 scoops
Eggs (free range)	2 medium	4 medium
Beef steak	45 gms	90 gms
Lamb	45 gms	90 gms
Pork/Ham	45 gms	90 gms
Bacon	3 slices	6 slices
Minced beef	65 gms	130 gms
Chicken breast	45 gms	90 gms
Chicken thigh/leg	1 leg = 15 gms	2 legs = 30 gms
Fish tinned Tuna/salmon	45 gms	90 gms
Scallops	90 gms	180 gms
Prawns (flesh)	50 gms	100 gms
Fish fillets	50 gms	100 gms
Tofu	50 gms	100gms
Tempeh	50 gms	100 gms
Cheese, Hard or Cheddar	45 gms	90 gms
Cheese, Cottage	40 gms	80 gms
Cheese, feta	60 gms	120 gms
Cheese<Ricotta	95 gms	190 gms
Yoghurt Natural, low fat	1 cup 150 gms	2 cups
Milk, Low fat	300 mls	600 mls
Almonds	50 gms	100 gms
Brazil Nuts	70 gms	140 gms 1 cup
Cashews	60 gms	120 gms
Walnuts	70 gms	140 gms
Peanut butter	2 tbsp	4 tbsp
Flax seeds	50 gms 1/3 cup	100 gms 2/3
Sunflower seeds	40 gms	80 gms
Hummus	1 cup	2 cups
Chickpeas	2/3 cup 100 gms	200 gms
Red kidney beans	2/3 cup 100 gms	200 gms
Lentils cooked	1/2 cup	1 cup

Link to more vegetarian sources: <http://natmed.com.au/vegetarian-protein-more-than-just-meat/>

More great dietary resources: <http://natmed.com.au/resources/>

Great Articles to support you: <http://natmed.com.au/blog/>