



## Insulin resistance low GI diet

<p><b>PROTEIN</b></p> <p><i>Serving size: 1 palm sized (including fingers) portion per meal unless otherwise specified. Choose organic where possible.</i></p> <ul style="list-style-type: none"> <li>• Fish (un-crumbed and preferably poached/steamed/grilled). Shell fish is fine.</li> <li>• Poultry (chicken, quail, duck, turkey)</li> <li>• Eggs (prefer organic/free range)</li> <li>• Meat. Preferably lean meat (kangaroo, veal, lamb, lean beef, goat, rabbit, biodynamic chicken liver)</li> <li>• All Nuts (All nuts are fine but if you're bloating, then soak them overnight by covering in water and leaving in the fridge)</li> <li>• Seeds: chia, sesame, pumpkin, sunflower (soak if you're bloating)</li> </ul> <p><i>Aim for 1g of protein per kg of weight See protein chart overleaf.</i></p>
<p><b>Sugar/Starch sources TO AVOID as ^ insulin.</b></p> <ul style="list-style-type: none"> <li>• Honey</li> <li>• Alcohol</li> <li>• Grains (see OTHER)</li> <li>• Legumes</li> <li>• Sugars</li> <li>• Canned and processed foods</li> <li>• Anything ending in "ose" e.g. fructose, sucrose, dextrose, maltose.</li> </ul>
<p><b>DAIRY</b></p> <ul style="list-style-type: none"> <li>• Milk: rice and almond or cashew. Look for sugar free</li> <li>• Yoghurt: sheep and goat yoghurt (Meredith dairy)</li> <li>• Use almond milk for baking, and not coconut milk.</li> <li>• Cheese: goat, feta and sheep cheese (try Kebia)</li> </ul>
<p><b>DAIRY TO REDUCE (try to reduce these)</b></p> <ul style="list-style-type: none"> <li>• Cow milk products (milk, cheese, yoghurt etc)</li> </ul> <p>These foods will up regulate inflammation in the gut. You may have them if you are not suffering with allergy like symptoms such as hay fever or skin inflammation but try to limit to occasional vs staple.</p>
<p><b>Other acceptable:</b></p> <p>All herbs and spices Water Max 1 coffee a day. Double shot is fine. Tea (green and herbal)</p>

<p><b>Vegetables</b></p> <p>All vegetables are fine except those in the avoid. Here are some ideas. Goal = the more colour the better &amp; at least 2/3 of each plate</p> <ul style="list-style-type: none"> <li>• Bamboo shoots</li> <li>• Bok choy</li> <li>• Chives</li> <li>• Cucumber</li> <li>• Radicchio</li> <li>• Radish</li> <li>• Rocket</li> <li>• Asparagus</li> <li>• Artichoke hearts</li> <li>• Beetroot</li> <li>• Broccoli</li> <li>• Brussel sprouts</li> <li>• Fermented vegetables</li> <li>• Spring onion</li> <li>• Tomatoes</li> <li>• Sunflower sprouts</li> <li>• Alfalfa sprouts</li> <li>• Onions</li> <li>• Garlic</li> <li>• Mushrooms</li> <li>• Cabbage</li> <li>• Celery/celery root</li> <li>• Fennel bulb</li> <li>• Green beans</li> <li>• Spinach</li> <li>• Zucchini</li> </ul>
<p><b>Vegetables to avoid as high GI.</b></p> <ul style="list-style-type: none"> <li>• Potato</li> <li>• Sweet potato</li> <li>• Corn</li> <li>• Carrot</li> <li>• Pumpkin</li> <li>• Peas</li> <li>• Fermented vegetables (i.e. red cabbage, sauerkraut and kim chi)</li> </ul>
<p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>• Lemon</li> <li>• Lime</li> </ul>
<p><b>Fruit to avoid. Avoid all fruit. Fructose is high in sugar</b></p> <ul style="list-style-type: none"> <li>• Apple</li> <li>• Apricot</li> <li>• Blackberries</li> <li>• Custard apple</li> <li>• Fig</li> <li>• Jam</li> <li>• Mango</li> <li>• Nashi</li> <li>• Nectarine</li> <li>• Peach</li> <li>• Persimmon</li> <li>• Plum</li> <li>• Watermelon</li> </ul>
<p><b>Avoid these others:</b></p> <p>crisps/chips, cordial/soft drinks 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)</p>



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/>

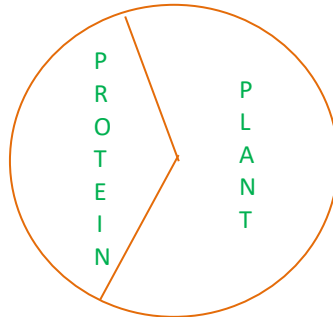
## A typical meal plan for a 70kg person:

- **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. You are a human battery. Muscle produces energy and is the single biggest life changing factor in reducing ageing.

**Your plate: 1/3 PROTEIN - 2/3 PLANT**

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



**Colourful plants on your plate = ^ nutrition: It's a Mediterranean thing!**

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

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

For more recipes like grain free pancakes and bread go here

<http://natmed.com.au/category/recipes/>

## 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	½ cup	1 cup

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/>