

# 60-DAY DIABETES TAKE CHARGE CHALLENGE

## FOOD PLAN

### DIET OVERVIEW:

Diabetes occurs when your blood sugar or glucose levels are continuously higher than normal. This plan may help you control your blood sugar (glucose), manage your weight and may also help control risk factors for heart disease, such as high blood pressure and high blood fats.

### WHAT TO EAT:

fruits, vegetables, whole grains, nuts, legumes and low-fat dairy products, heart healthy fish, and monounsaturated and polyunsaturated fats (see shopping list on page 3).

### WHAT TO ELIMINATE:

saturated fats

- high-fat dairy products
- 4-legged animal proteins such as beef, hot dogs, sausage and bacon; 2-legged animal skin fat

trans fats

- processed snacks
- baked goods
- shortening and stick margarines

cholesterol

- high-fat dairy products
- high-fat animal proteins, egg yolks, liver, and other organ meats

sodium

- processed foods

added sugars, syrups & refined carbs

soda and sweetened drinks

### THE PLAN:

#### STEP 1: BUILD A NO-EXTRA BLOOD SUGAR PLATE AT EVERY MEAL

- ½ PLATE = LOW-GLYCEMIC VEGGIES
- ¼ PLATE = LEAN PROTEIN
- ¼ PLATE = COMPLEX CARBOHYDRATES
- 1 TBSP. HEALTHY FAT

### HOW TO BUILD BREAKFAST, LUNCH & DINNER FOR THE NEXT 6 DAYS

- **Breakfast:** 2 cups veggies, 3 oz. of lean protein, 1 serving complex carbohydrate & 1 tbsp. healthy fat
- **Lunch:** 2 cups veggies, 3 oz. of lean protein, 1 serving complex carbohydrate & 1 tbsp. healthy fat
- **Dinner:** 2 cups veggies, 3 oz. of lean protein, 1 serving complex carbohydrate & 1 tbsp. healthy fat

# SHOPPING LIST

## 2 CUPS LOW GLYCEMIC VEGGIES

artichoke & artichoke hearts • asparagus • bamboo shoots • beets • brussels sprouts • broccoli • cabbage • cauliflower • celery • cucumber • daikon • eggplant • greens: collard, kale, mustard, turnip, chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress • hearts of palm • leeks • mushrooms • okra • onions • pea pods • peppers • radishes • rutabaga • spaghetti squash • sprouts • sugar snap peas • swiss chard • tomato • turnips • water chestnuts • zucchini

## 1 SERVING OF COMPLEX CARBOHYDRATES

- ½ c brown rice, quinoa or whole grain pasta
- 1 slice 100% whole grain bread
- 1 medium sweet potato

## LEAN PROTEIN OPTIONS:

- 4 egg whites
- 3 oz. grilled chicken
- 3 oz. turkey
- 3 oz. fish
- 3 oz. 90% lean beef
- Plant-Based Protein (1 cup beans, ¼ block tofu, 1 c tempeh)

## 1 TBSP. HEALTHY FAT

- ¼ avocado
- 1 tbsp. olive oil
- 1 oz. nuts
- ¼ c olives
- 1 tbsp. seeds

## STEP 2: 3 HIGH FIBER SNACKS PER DAY

### HAVE 4 GRAMS OF FIBER OR MORE AT EACH SNACK

Fiber slows carb digestion and sugar absorption. For these reasons, it promotes a more gradual rise in blood sugar levels.

### SNACK OPTIONS

Choose:

- 1 piece low glycemic fruit (ie: 1 cup raspberries, 1 apple with skin, 1 pear with skin)
- ½ avocado (ie: guacamole with celery stalks)
- whole grain carbohydrates (ie: 4 cups air popped popcorn, ½ c bran cereal)
- 1 ounce almonds or walnuts

## STEP 3: EAT EVERY 3 HOURS

This is one of the most important tips when it comes to balancing blood sugar. Eating inconsistently can lead to eating larger meals, which provides more opportunity to spike blood sugar; whereas, eating smaller meals on a consistent schedule, every 2-3 hours really helps balance blood sugar.

## STEP 4: EXERCISE

Interval Walking

- 30 minutes of walking at least three times a week...aim for 10,000 steps a day by end of month 1
- 3 minutes of fast walking, 3 minutes of slow, alternate for 30 minutes

# SHOPPING LIST

## HEALTHY FATS

- nuts
  - almonds
  - walnuts
  - cashews
  - hazelnuts
  - pistachios
  - pecans
- seeds
  - sunflower
  - pumpkin
- nut butters
  - almond butter
  - cashew butter
- nut milks
  - unsweetened
- oils
  - olive oil, avocado oil
- other
  - avocado
  - olives

## PROTEIN OPTIONS

- heart healthy fish
  - cod
  - tuna
  - halibut
  - salmon
  - mackerel
  - tuna
  - sardines
  - bluefish
  - ocean trout
- poultry
  - chicken
  - egg whites
- 90% lean beef

## LOW FAT DAIRY

- yogurt
  - Greek, plain, 2% fat
- milk
  - 2%
- cheese
  - low fat

## LEGUMES

- lentils
- beans (all types)

## LOW GLYCEMIC FRUITS (frozen or fresh)

- berries (raspberry, blueberry and strawberries)
- apples with skin
- pears with skin
- melon

## LOW GLYCEMIC VEGGIES

- artichoke & artichoke hearts • asparagus • bamboo shoots • beets • brussels sprouts • broccoli • cabbage • cauliflower • celery • cucumber • daikon • eggplant • greens: collard, kale, mustard, turnip, chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress • hearts of palm • leeks • mushrooms • okra • onions • pea pods • peppers • radishes • rutabaga • spaghetti squash • sprouts • sugar snap peas • swiss chard • tomato • turnips • water chestnuts • zucchini

## HIGH FIBER/LOW-GLYCEMIC CARBOHYDRATES

- brown rice
- steel cut oats
- quinoa
- 100% whole grain bread
- sprouted breads
- sweet potato

# SAMPLE MENU FOR ONE WEEK

## MONDAY

- B: 4 egg white omelet with 2 cups veggies & 1 slice Ezekiel bread, ¼ avocado
- S: an apple with skin
- L: salad with 3 oz. grilled chicken & ½ c beans with 1 tbsp. olive oil
- S: 1 oz. almonds
- D: grilled salmon with sweet potato & large cucumber salad with 1 tbsp. pumpkin seeds

## TUESDAY

- B: protein smoothie (½ c almond milk, ½ c berries, 2 cups spinach & 1 tbsp. chia seeds)
- S: 1 oz. almonds
- L: open faced grilled chicken sandwich: 3 oz. of grilled chicken & ¼ avocado, 4 slices of tomato, romaine lettuce on Ezekiel bread)
- S: 1 cup raspberries
- D: 2 cups steams brussel sprouts, 1 small sweet potato, 3 oz. of steamed fish & 1 tbsp. olive oil)

## WEDNESDAY

- B: ½ c steel cut oats, 2 egg whites & 1 pear with skin
- S: 2 cups steamed veggies
- L: 10 veggie soup w/ side of turkey rollups, 10 whole grain crackers
- S: 1 apple with 1 tbsp. nut butter
- D: brown rice stir fry with tofu

## THURSDAY

- B: egg white & veggie burrito
- S: 1 cup blueberries
- L: 3 bean salad (kidney beans, chick peas, black beans and shredded cabbage with lemon and olive oil)
- S: ¼ avocado w/ celery sticks
- D: ½ c quinoa with 3 oz. grilled chicken, large salad and olive oil dressing

## FRIDAY

- B: green drink (2 cups kale, 2 tbsp. protein powder, 1 lemon, ¼ avocado)
- S: an apple
- L: open faced turkey sandwich (4 slices of turkey, 1 slice low fat cheese, veggies & avocado)
- S: 4 cups air popped popcorn
- D: zoodles with ground turkey meat and chopped tomatoes

## SUPPLEMENTS

- TBD ½ multi twice a day; vitamin D2/3 in addition 1000IU a day;
- TBD CoQ10 200 mg a day

## WHAT DRINKS ARE ALLOWED

- water
- sparkling water, no sodium
- unsweetened green tea
- all other teas, no sugar added
- black coffee with low fat dairy, nut milk and/or stevia