

WANT TO TRY PUTTING YOUR DIABETES INTO REMISSION?

Here's what to do

A growing body of evidence is showing that you may be able to put your type 2 diabetes into remission if you change what you eat. Specifically either a very low calorie diet, or a low carbohydrate, keto diet can work.

This handout provides easy steps to follow.

First clean out your kitchen

Before you get started on either the very low calorie diet or the low carb, keto diet, it helps to get your kitchen ready and to get rid of tempting treats in your house. What sort of food do you always crave? Is it chips, sweets, crackers, cookies or ice cream? Make sure you clean out your kitchen and get rid of the foods you need to avoid on your new diet. Some people can leave the dried pasta, rice, or baking supplies in the cupboard. But if you might want to whip up a batch of cookies or plate of pasta, get rid of those items, too.

Low carb 1,2,3

There is a saying among those eating the low carb diet that it's as simple as 1, 2, 3.

1. Pick a protein you like

— beef, chicken, eggs, fish, seafood, tofu, tempeh, yogurt, cottage cheese — you decide.

2. Add lots of above ground veggies or leafy greens

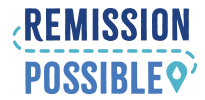
— as much as you like.

3. Add enough fat for flavor

— olive oil, avocado, butter etc. just enough to make the food taste good.



PRESCRIPTION FOR BETTER BLOOD SUGAR LOW CARB & KETO SHOPPING LIST



Then restock with healthy items

Have plenty of healthy options on hand. Your doctor or pharmacist will provide you with the shakes and soups for the first 12 weeks of the very low calorie diet. Then when you return to whole foods, the items on the low carb shopping list can help you keep your weight off.

When you're grocery shopping stick to the outer rim of the store. Frozen berries and vegetables are great to have on hand and won't go bad. Pick up any of the following items:

Proteins

beef
lamb
pork
poultry
game
fish
seafood
luncheon meats & sausages*
eggs
tofu, tempeh, natto*

Natural fats

avocado oil
bacon
chicken fat (schmaltz)
coconut milk
coconut oil
full-fat salad dressings*
ghee
lard and tallow
mayonnaise
nuts and nut butters
nut oils of all types
olive oil
sesame oil

Vegetables

artichoke
asparagus
avocado
bok choy
broccoli
Brussels sprouts
cabbage
cauliflower
celery
cucumber
eggplant
fennel
garlic
green beans
hearts of palm
jicama
kholrabi
leafy greens
leeks
mushrooms
okra
olives
onion
parsley
peppers
pickles*
pumpkin
radishes
rhubarb

rutabaga
scallions
shallots
snow peas
sprouts
squash
sugar snap peas
tomatillos
tomato
turnip
zucchini

Dairy products

butter
cheeses of all kinds
cottage cheese
cream cheese
ghee
cream cream (18%, whipping*)
mascarpone
ricotta
sour cream
yogurt - plain, full-fat

***no added sugar or starches**

Fruit

blueberries
raspberries
strawberries
blackberries
lemons
limes

Low carb and keto diets have become very popular. You can find many cookbooks, websites, and magazines with a wide variety of delicious and filling low carb and keto recipes.
