

Regulating Blood Sugar Levels

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Eliminate These Foods

- All simple sugars: white or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup, barley malt, turbinado sugar, raw sugar, dextrose (read labels!). For natural sweeteners, choose stevia, xylitol or glycine.
- Refined and processed breakfast cereals. Choose whole-grain cereals with 4 or more grams of fiber and fewer than 30 grams of carbohydrates.
- Products made with white flour: pastas, breads, bagels, buns, crackers, muffins, pastries and other baked goods
- High-sugar fruits, like melons, ripe bananas, oranges, dried fruits (e.g., raisins, dates, dried apricots), and baked or cooked fruits (except unsweetened applesauce)
- Jellies, jams and sugar-sweetened condiments (small amounts of "all fruit" unsweetened jam acceptable)
- Sweetened beverages: sodas, alcoholic beverages, caffeinated beverages (except green tea), and all fruit juices (except stevia-sweetened cranberry juice or lemonade)

Limit (not more than 3 servings from this list per day—*only one per meal*)

- Fresh, locally-grown fruit (eaten whole, with skin). Emphasize berries!
- High sugar vegetables: carrots or carrot juice, beets, and potatoes (yams and sweet potatoes are not limited—despite their sweet taste, they have a lower glycemic response)
- Whole grains: brown rice, amaranth, oatmeal, quinoa, millet, kashi, spelt, buckwheat. (One serving = 1/2 cup cooked grain)
- Whole-grain breads, pastas, crackers. Read labels: choose products highest in fiber—at least 4 grams fiber per serving. (One serving = 1 slice bread, 3 crackers, or 1/2 cup pasta) and if possible 20 grams or fewer of carbohydrates

Do Eat...

- Smaller meals, and be careful not to overeat. Consider eating 4-5 small, snack sized meals instead of 3 larger meals daily. This is easier on your digestion and helps keep your blood sugar level normal.
- A moderate portion of protein at each meal: fish (not shellfish), skinless white-meat poultry, organic high-omega-3 eggs, low-fat or non-fat dairy, occasional hormone-free lean red meats (lamb or beef), legumes, and nuts or seeds.
- Legumes (dried lentils, peas and beans)—they help control blood sugar levels.
- FIBER at every meal, in the form of vegetables, flax seed meal, oat bran, apple pectin! Make a home-made fiber supplement by grinding 1-2 TBSP flax seeds in a coffee-grinder. Sprinkle on foods.
- Berries (such as blueberries, cherries, raspberries) help regulate blood sugar levels.
- Onions, leeks, garlic and cinnamon—these spices promote good blood sugar regulation
- When you crave something sweet, try stevia (a sweet-tasting herb that doesn't raise your blood sugar). Another option: dark chocolate (55-75% cocoa) has very little sugar and a small amount will satisfy a sweet tooth. Choose Lindt, Newman's, Sunspire or Chocolve brands, as they do not have copper.

Dietary Supplements

If you have trouble regulating your blood sugar levels (or remain on decadron for a long time-period and are gaining weight), you may wish to try a combination product that offers you nutrients and herbs to help control your blood sugar levels and improve insulin action. Look for a product like AMNI's *Glucoset* that combines *Gymnema sylvestre*, bitter melon, chromium, alpha lipoic acid, thiamin, biotin, and vanadium.

**Never Eat Carbohydrate Foods Alone:
Combine Them with Protein, Fats & Fiber!**