

# Dietary Guide to Prevent, Arrest, and Reverse Type II Diabetes, Heart Disease, and Obesity

## Animal Products

While healing from type II diabetes it is best to entirely omit animal products from your diet. They contain fat that is directly linked to insulin resistance, heart disease and obesity, and many other degenerative diseases. They also contain cholesterol, which is absent in plant-based foods. Animal products also contain animal protein; the over-consumption of which has proven to cause unhealthy calcium losses, and it turns on hundreds of other degenerative conditions. Animal products also provide no fiber or healthful complex carbohydrates, and they should be avoided if you are diabetic, overweight, or if you desire to achieve greater heart health. There are many substitutes today for meat, eggs, and milk that do not contain problematic fats and proteins that are linked to diabetes, obesity, and poor heart health. Even if you are a picture of perfect health, for prevention purposes it is wise to omit animal-based foods from your diet, or to limit their consumption to 200 calories total per day.

## Vegetable Oils and Other Overt Fats

All fats and oils are concentrated sources of calories. A gram of any fat or oil contains nine calories, compared to only four calories per gram of carbohydrate. To minimize use of added fats cook with vegetable broth, water, or vegetable or legume-based sauces and soups. Steam your vegetables rather than fry them, and avoid frying any foods in oil. Use nonstick cooking spray, and top your salads with dressings such as lemon juice, balsamic vinegar, apple cider vinegar, or a low-fat dressing. Use herbs and spices instead of oils, butter, and other fats to flavor foods, and use bean spreads, hummus, or jam instead of butter or margarine on breads. Use mustard instead of mayonnaise on sandwiches and applesauce instead of oil in baked recipes such as pancakes, bread, or muffins, and read labels to avoid foods that include more than two grams of fat per serving.

You may wonder where you will obtain your essential fats. Vegetables, beans, whole grains, and fruits contain just the right amount of essential fats for our health, as if by divine design. When dealing with diabetes, obesity, or heart disease it is also prudent to limit or avoid overt plant-based sources of fats such as avocados, olives, and peanut butter, at least until diabetes is overcome and ideal body weight is achieved. Even then, overt plant-based fats should be used primarily as sparing compliments.

## Low Glycemic Index Foods

The glycemic index identifies foods that increase blood sugar rapidly, and it provides information to enable you to choose foods that have much less effect on blood sugar. High-glycemic-index foods include all refined sugars, white potatoes, most wheat flour products, and most cold cereals. Foods that best favor diabetics include All-Bran, Grape-nuts, brown rice, couscous, pumpernickel, rye, barley, oats, pasta, sweet potatoes, beans, lentils, vegetables, all berries, and most fruits. Watermelon and pineapple are high-glycemic fruits (i.e. they are not as diabetic friendly as other fruits).

## High-Fiber Foods

Load up on beans, vegetables, and fruits, and choose grains such as barley, oats, quinoa, millet, and whole wheat pasta. Consume 40+ grams of fiber per day, and include at least 10 grams of fiber per meal to insure proper movement of food through the digestive tract.

## Eat Nutrient-Dense, High-Volume, Low-Calorie Foods

Eat foods such as water-based vegetable soups that weigh more in grams than the calories consumed in the soup. Other high-volume, low-calorie foods include salads, all non-starchy vegetables, and foods cooked in water such as oatmeal. These nutrient-rich sources of food fill up our stomachs and help satiate the appetite with limited calories. They are diabetic, heart-healthy, and weight-loss friendly.

## Hydration and Breakfast Ideas (Low-Fat, Low Glycemic)

- Hydration: water, herbal tea, or low-sugar, low-calorie, water-based, green smoothie
- Hot cereals: oatmeal or millet with cinnamon, raisins and freshly-diced seasonal fruit
- Cold Cereals: All-Bran or muesli with nonfat soy or rice milk and seasonal berries or fruit
- Toast: Pumpernickel or rye bread toast, topped with jam (no butter or margarine)
- Raw: Eat seasonal berries or raw fruit plain or tossed in a leafy-green salad

## Lunch and Dinner Ideas (Low-Fat, Low Glycemic)

- Garden salad topped with lemon juice, fat-free dressing, or soy or teriyaki sauce
- Any raw vegetables (carrots, celery, broccoli, cauliflower, etc.) dipped in a low-fat hummus
- Oven-roasted sweet potato or yam fries, or winter squash with choice of roasted vegetables being eaten solo or topped with sautéed mushrooms, peppers, apples, herbs, and onions
- Vegetable-based soups: carrot-ginger, mixed vegetable, mushroom-barley, vegetable miso, hot and sour vegetable soup, and animal-product-free instant vegetable soups
- Steamed vegetables such as broccoli, cauliflower, potatoes, and Brussels sprouts.
- Vegetable Stir Fry over pasta, beans, or rice (See page 151 of *Original Fast Foods*)
- Legume-based salads: Three-bean, chickpea, lentil, or black bean and corn salads
- Legume-based soups: black bean, vegetarian chili, spinach lentil, minestrone, split pea, etc.
- Wraps filled with rice, beans, greens, other favorite vegetables, and salsa
- Burrito filled with fat-free refried beans, greens, other favorite vegetables, and salsa
- Burrito filled with black beans, sweet potato, corn, tomato, other favorite veggies, and salsa
- Boxed, canned, or homemade versions of vegetarian chili (see *Original Fast Foods*, p.172)
- Vegetarian refried and baked beans, pintos, black beans, garbanzos, or kidney beans
- Black beans, vegetarian baked beans, or fat-free refried beans and rice served with salsa
- Sauté bell peppers, onion, and eggplant in a nonstick pan. Season with fajita seasonings, and serve over pasta, or beans, or low-fat refried beans, and rice.
- Pumpernickel or rye bread cucumber, lettuce, and tomato sandwich with Dijon mustard
- Pumpernickel or rye bread sandwich made with fat-free meat alternatives and favorite veggies
- Whole wheat pita with hummus, grated carrots, sliced radishes, sprouts, and cucumbers
- Pasta, brown rice, boxed rice dishes, couscous, or quinoa
- Pasta Primavera with mixed vegetables and garlic, or spaghetti with marinara sauce
- Grain-based salads: Noodle, couscous, bulgur, quinoa, or rice salads

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