

DIET FOR THE DIABETIC & PRE-DIABETIC

1. **Eat 3-6 times a day** by having in-between-meal snacks of nuts/seeds mixed with dried fruits or quality protein/energy bars.
2. **Eat about 2-4 hours prior** to bed for last feeding.
3. **First and last feedings** of the day should have the **greatest protein quantity** compared to the other feedings.
4. **Drink most** of your daily beverages **away from food**.
5. **All grains must** have an accompanying **oil or fat with it**.
6. **All fresh fruits must have the skin** if practical for a fiber buffer. Canned and frozen fruits must have 5 grams of fiber supplement consumed with them.
7. **All vegetables must have either a source of protein** or fats/oils consumed with them. Examples are nuts/seeds with salads or oils poured on salads. Cooked vegetables could have meat or milk byproducts or eggs with them.
8. **Never drink cow milk**.
9. **Water** is the **main beverage**.
10. **Chew thoroughly**; the insulin secretion pattern depends on this.
11. **Exercise aerobically** for 10-15 minutes if blood sugar gets too high.
12. **Consume twice as much fish** as other meats.

Supplement Ideas

- **Oil blend of Omega 3/6/9**, in an equal ratio.
- **Blood sugar control** blends such as:
 - **Diabetrol** by Cardiovascular Research Ltd.
 - **DB-7** by Rx Vitamins
 - **Glucose Control** by Orthomolecular Research
 - **MetaGlycemX** by Metagenics
- **Blood sugar control** single herbs such as:
 - **Cinnamon Bark** extract
 - **Gymnema Leaf** extract
 - **Fenugreed Seed**
- **15-20 grams of fiber a day**, to include acacia, added to foods or beverages.
- **Chromium as GTF**, 200mcg 3 times a day.
- **R-Lipoic acid**, 100mg. 2 times a day.
- **Adrenal glandular extract**. Take 50-100mg. before noon.
- **Phosphatidylserine** 100mg. 2-3 times a day.