

Diabetes Dietary Recommendations

1. Maintenance Diet

- a. A whole food diet that is moderate in protein, moderate in complex carbohydrates, moderate in fat, low in refined and concentrated sugars.
- b. **Macronutrient proportions:**
 - Complex carbohydrates consists of 40% of caloric intake
 - Proteins consist of 30% of caloric intake
 - Fats consist of 30% of caloric intake
 - Total fiber content is ideally 100 grams/dayThe benefits of a diet in these ratios are:
 1. Reduced after-mealtime hyperglycemia and delayed hypoglycemia
 2. Reduced cholesterol and triglyceride levels with ↑ HDL
 3. Progressive weight reduction
 4. Prevention of diabetic complications
- c. **Complex carbohydrates:**
 - Legumes--beans, peas, lentils, kidney beans
 - Whole grains--buckwheat, millet, oats, brown rice
 - Nuts--almonds, cashews, nut butters, seeds
- d. **Vegetables:**
 - Eat vegetables with a low carbohydrate content, avoid starchy vegetables like potatoes and corn
- e. **Fruits:**
 - Small to moderate amounts of fruit with frequent blood sugar monitoring to see the response
 - Eliminate dried fruits
- f. **Fiber:**
 - Legumes
 - Whole grains
 - Vegetables and fruit
 - Nuts and seeds
- g. **Fat:**
 - Follow a moderate animal protein diet
 - Avoid hydrogenated and partially-hydrogenated oils
 - Eat healthy oils: Olive oil, flax oil, sesame, walnut
- h. **Protein:**
 - Lean red meat, chicken without the skin, fish

2. Take a good multiple vitamin supplement to support blood sugar regulation.