

Diets that Aid in Glycemic Control

Diet	Foods to Include	Foods to Exclude	Cautions
low carb diet	<ul style="list-style-type: none"> • Meats & organ meats • seafood • Dairy – butter, yogurt, kefir, cheese • eggs • nuts & seeds • almond, coconut flours • high quality oils • berries • non-starchy vegs 	<ul style="list-style-type: none"> • Starchy vegetables – peas, butternut & acorn squash • Tubers – potatoes, sweet potatoes, yams, Jerusalem artichoke, taro, cassava, jicama • most fruit – other than berries • Grains – wheat, rice, corn, quinoa, barley, amaranth, buckwheat, rye, oats, teff 	<ul style="list-style-type: none"> • Nutrient deficiencies - selenium, calcium, carnitine, potassium, vitamins C & D • initial side effects - headaches, bad breath, fatigue, nausea • gut dysbiosis & reduction in gut diversity • hypoglycemia • Dehydration with severe low carbs • bone density problems (if not enough nutrient dense plants included)
low glycemic diet	<ul style="list-style-type: none"> • Meats & organ meats • Seafood • Eggs • Nuts & seeds • high quality oils (coconut, olive, avocado) • Dairy – cheese, full fat plain yogurt • Non-starch vegs • Beans • Fruit, limited – apples, berries, grapefruit, kiwi • Some whole grains 	<ul style="list-style-type: none"> • Starchy vegetables • Fruits (most) – bananas, pineapple, dried fruit • All types of sugar (including natural) • Refined grains 	<ul style="list-style-type: none"> • B vitamin deficiencies • insufficient fiber
traditional diet	<ul style="list-style-type: none"> • Pastured meats & organ meats 	<ul style="list-style-type: none"> • Beans/legumes • Grains 	<ul style="list-style-type: none"> • can be highly acidic if too much meat is consumed



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	<ul style="list-style-type: none"> • Wild-caught seafood • Fruits & vegetables • Nuts & seeds • Eggs • *Natural sugars – honey, molasses • Coconut, avocado, olive (and oils) • Fats from pastured animals – butter, ghee, tallow & lard • Sea veggies • Ferments 	<ul style="list-style-type: none"> • Conventional dairy – pasteurized milk • Sugar – white, brown, refined • Nut & seed oils – sesame, corn, sunflower, soybean, cottonseed 	<ul style="list-style-type: none"> • vitamin B deficiency (if little/no organ meats) • imbalance between protein & carbs (if too few carbs consumed) • imbalance between omega 3 & omega 6 (if heavy consumption of nuts and little/no fatty fish); balance with omega 3 supplementation • watch for limitations introduced by hard-lines about food sourcing • blood sugar dysregulation and weight gain (if both high grain and high fat consumption-hard for some)
ketogenic diet	<ul style="list-style-type: none"> • Fats – avocado, coconut, olives, butter, ghee, lard, tallow • Meats & organ meats • Seafood • Eggs • Nuts/seeds • Some dairy – butter, high fat yogurt, cheese • Non-starchy vegs 	<ul style="list-style-type: none"> • Milk • Starchy veg – potatoes, sweet potatoes, winter squash • Fruit • Beans or legumes • All grains 	<ul style="list-style-type: none"> • Nutrient deficiencies - selenium, calcium, potassium, vitamins C & D • initial side effects can include headaches, bad breath, fatigue, nausea • can lead to gut dysbiosis & reduction in gut diversity • hypoglycemia • dehydration • bone density problems (if not enough nutrient dense plants included)
anti-candida diet	<ul style="list-style-type: none"> • fermented foods (sauerkraut, kimchi, kefir, miso, etc.) • green vegetables 	<ul style="list-style-type: none"> • Grains – wheat, barley, rye, spelt, corn 	<ul style="list-style-type: none"> • can become too low carb if not careful

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	<ul style="list-style-type: none"> • Live culture yogurt • sea vegetables • select citrus & low glycemic fruit • Stevia, xylitol • alkalizing seed grains – buckwheat, millet, oats, quinoa • ghee, coconut & olive oil • Meats, organ meats • Seafood – salmon, sardines • Eggs • Some nuts & seeds 	<ul style="list-style-type: none"> • Dairy – milk, cheese, cream, whey • Sugar – honey, syrup, molasses • Nuts – cashews, peanuts, pistachios • Beans/legumes • Fish, most • Molds, yeast, mushrooms (kombucha) • Condiments • Vinegars • Seed oils • Alcohol 	<ul style="list-style-type: none"> • watch low-glycemic sweeteners for any digestive side effects • initial symptoms of “die-off” • can be difficult to execute • probiotic intake (too much, too soon) may lead to diarrhea, constipation, gas and bloating or other symptoms
raw foods diet	<ul style="list-style-type: none"> • raw or sprouted nuts & seeds • Raw vegetables & fruit • Edible flowers • Sea vegetables & algae • Cold-pressed oils (coconut, olive & others) • Fermented foods (sauerkraut, kimchi, kefir, miso, etc.) • Superfoods (cacao, maca, bee pollen, etc.) 	<ul style="list-style-type: none"> • Meat, organ meats, & seafood • Eggs • Grains • Beans/legumes • Some dairy products • Anything pasteurized 	<ul style="list-style-type: none"> • B12 deficiency • low cholesterol • poor bone density • satiety issues • underweight • temperature dysregulation • low HCl • fatigue • sleep disorders • low libido