

Blood Sugar Balancing Eating Plan



Your guide to eating the blood-sugar-balancing way



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A warm welcome from your **Health Coach**

You may have spent years trying lots of different ways of eating, embarking on different health and weight loss programmes, only to find them restrictive, boring and difficult to stick to for longer than a few weeks.

With so many mixed messages about what constitutes a healthy balanced diet, you may have ended up feeling confused and wonder if you will ever be able to find a simple way to reach and maintain your health or weight loss goals. Your weight and level of health and wellness may have gone up and down for years and you feel stuck in an endless cycle, trying to find a solution and to free yourself from this never-ending 'diet trap'.



What you really need is a healthy way of eating – *for life*

An eating plan that is delicious, simple, easy, fulfilling and that really works to get the health results you want too. A way of eating that works with the design of your body and becomes a new way of life rather than a short term endurance test.

As a Health Coach, I have made it my business to learn what constitutes true health and wellness and the optimum health-promoting diet for humans; it's important to understand what we need from our food to support us physically and emotionally, and how to create a personalised way of eating that works for us

The Blood Sugar Balancing Solution

The solution to modern-day health problems such as obesity, diabetes, heart disease, dementia and other chronic diseases, starts with what we eat. Diseases that are often referred to as 'lifestyle' diseases due to their close connection with how we live our lives and what we eat.

The Blood Sugar Balancing Solution

It is now widely known that a healthy way of eating that balances your blood sugar throughout the day is the solution to sustainable energy, stable weight management, plus a host of other health benefits, all without deprivation, boredom or feeling hungry.

These principles will benefit everyone at every life stage and are flexible enough to be personalised to meet individual needs, and fit into every day life too.

In this guide we have made it super easy for you to follow this way of eating. You will find many different food choices, meal ideas and delicious recipes, suitable for the whole family.

The blood sugar balancing principles apply whether your goals relate to health improvement, energy improvement and / or weight loss - simply follow these guidelines and enjoy the benefits!



Balanced Eating Made easy...

To eat in a 'blood sugar balancing' way is simple and starts with an understanding and awareness of the impact of different foods on our blood sugar levels, and therefore our energy, wellbeing and weight too. With this awareness, we can select the foods that keep our blood sugar and energy even and consistent throughout the day, and avoid the foods that are more likely to destabilise our blood sugar, leaving us feeling tired and hungry.

In this guide we will show you how easy it is to get to grips with the simple concepts! You will soon develop a new sensitivity to your own blood sugar needs too, leading you to making the right healthy choices far more intuitively.

With this way of eating, it's easy, flexible and you can eat from every food group. You can forget about calories, you can eat healthy fats without feeling 'guilty' and enjoy a huge range of filling, satisfying meals suitable for every day life. What's more, eating out is simple too as you have so much choice! You just need to know how to navigate through the best choices with this new awareness of what your body needs to function optimally.



The results of following this balanced eating approach? You will feel better, look better and have more energy than you have in years.

Imagine this...

You've just woken up. You feel full of energy. Your mind is clear. You get up, have a healthy breakfast and, throughout the day, your energy is good, your mood is stable, you're mentally sharp and your concentration is good. You haven't had energy dips, become irritable or experienced a single craving. You feel on top of your life.

But that's just the inside story. You look good, your weight is more or less where you want it to be. You're well toned and your skin has a healthy glow. People often comment on how well you are looking. You feel young, both physically and mentally. And this is how you feel every day!

Welcome to the new you.

This is not only how you could be, this is how you should be, and all it takes is 30 days.



Following this programme is a way of eating for life, and within just 30 days you can experience a dramatic improvement in how you look and feel. This in turn improves your confidence and quality of life overall -you will quickly see the benefits and, quite literally, get your 'zest for life' back.

Janes's story

Jane was a typical stressed out 42-year-old working woman in Buckinghamshire, UK. She had tried everything (so she felt), but was dragging herself through everyday and was now very used to people asking her when the baby is due – which upset her greatly. She was initially very surprised that the blood sugar balancing eating plan she was eating more food, although she acknowledged that the choices were difference.

She fully committed to the changes, loved the food and within two weeks felt she had much more energy. After 10 weeks, she was a different woman, vibrant, full of energy and 6kg (14lbs) lighter. The table on the right shows Jane's results after 6 months.



	January	June
Weight	12st 3lbs (78kg)	10st 5lbs (65kg)
Fat mass	4st 4.8lbs (27kg)	2st 11.6lbs (17.7kg)
Metabolic age	54	33
BMI	25.8	23.2

what Jane had to say

“Today I’m happy!”

“I feel the best I have ever felt”

“I love the new me, inside and out”

“I look after me – I am important.”

“I have loads more energy”

“I exercise at least 5 times a week.”

“I feel young and gorgeous.”

How you feel and how you look are the direct consequences of the action you take today. If you feel hopelessly embedded in eating habits that you know are hampering your full enjoyment of is a surprisingly simple plan for taking action. It doesn't involve rigid discipline, hunger pangs, expensive foods or boredom.

We've worked it out to be a completely easy and enjoyable transition to a new life, and within weeks it will become a habit, a positive, life changing one that has you waking up, full of energy and free of cravings.

A little about the science about *why it works*

Carbohydrates are broken down by the body and turned into sugar in the blood stream.

Some carbohydrates do this slowly, and some do this quickly. Simple carbohydrates are "fast releasing carbohydrates" and break down quickly into sugar.

Simple carbohydrates are found in processed foods like table sugar, soft drinks, fruit juice and processed, baked goods.

Complex carbohydrates are "slow releasing carbohydrates" and break down slowly into sugar. They are found in whole foods such as beans, whole grains and vegetables.

When we eat a food that breaks down quickly to sugar in the bloodstream (a "fast carbohydrate"), the body must bring the sugar levels back down. Sugar is moved from the

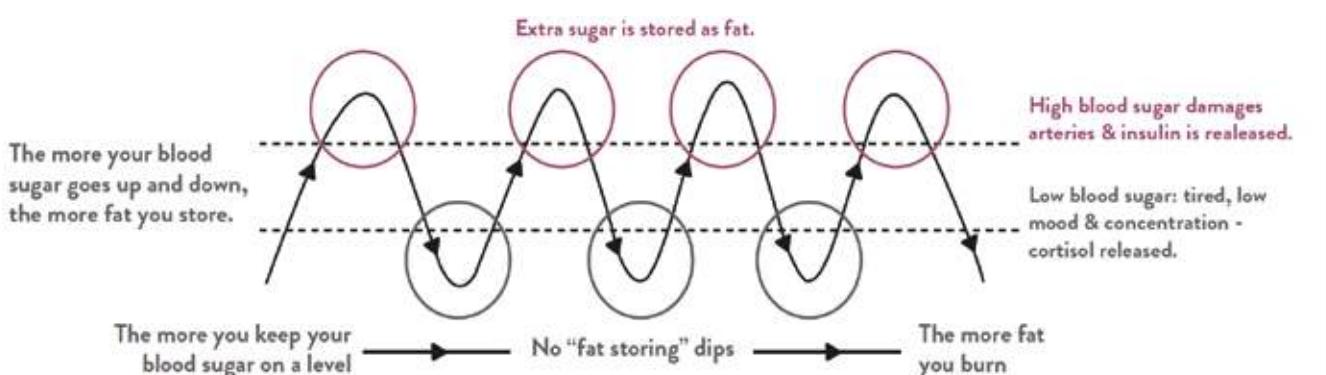


blood to the cells. Unless it's used up straight away by muscle cells in physical activity, excess sugar is stored in fat cells for long term storage.

This then causes a rapid drop in blood sugar levels, causing low blood sugar, leaving you tired and lethargic, which leads to hunger and cravings.

In this dip, one of the hormones released is cortisol. Cortisol influences fat distribution, causing it to be stored centrally in abdominal fat and around the organs.

A quarter of people and 9 out of 10 people with weight issues, have difficulty keeping their blood sugar level balanced. This leaves them feeling tired all the time, gaining weight and finding it more and more difficult to lose it. And this is just the beginning....



The key is to keep your blood sugar in the middle and you will then avoid the highs and lows you can see here.

People who are obese are 77 times more at risk of developing diabetes than other 'non-obese' people – a statistic that alone tells you how strongly linked weight gain is to blood sugar control. So the best way to lose weight and gain our health, energy and overall wellness is to regain blood sugar control with good quality food sources enabling your body to re-learn to burn fat rather than store fat.

And this is the best way to prevent type II diabetes too, which is often linked to eating too much sugar; this is because when we eat too much sugar, our bodies produce too much insulin to try and remove it, until the body gives up and can't do it anymore; with type II diabetes, people have to then rely on insulin injections. Many people are 'pre-diabetic' without even knowing it so it's vital for all of us to get control of our blood sugar.



A calorie controlled diet is not the best way to lose weight or restore health

It's a myth that you can only lose weight on a low calorie diet! Interestingly, calorie intake has not risen over the last 50 years, whereas obesity levels have. The main reason for this is the dramatic increase in the amount of sugar we consume.

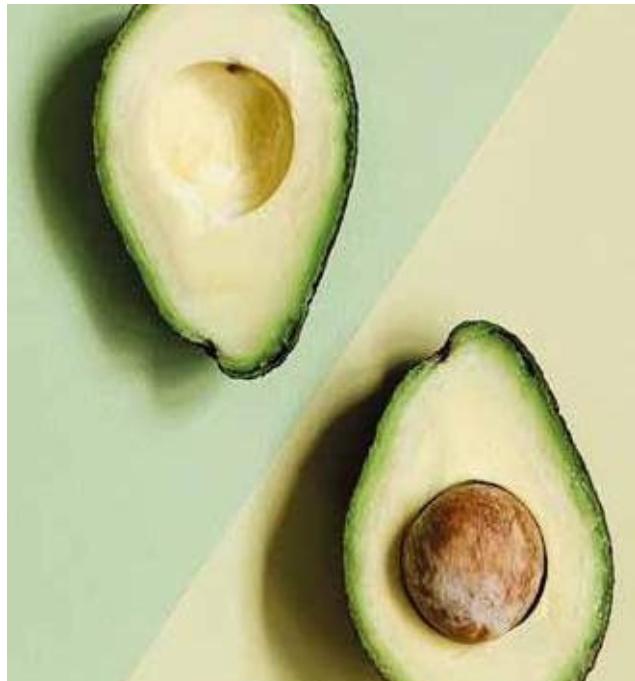
Today's western diet is based predominantly on high, fast releasing foods which play havoc with our blood sugar and energy levels.

When you achieve a state of balanced blood sugar, you will lose weight effortlessly, without having to starve yourself. You will also gain your health and vitality back at the same time. Keeping your blood sugar even is simple as it depends on choosing good quality foods

You'll be amazed by some of the foods that affect your blood sugar balance negatively

Cornflakes, for example, which have a low nutrient level, have been used by many in the past as a 'low calorie' breakfast, but they spike blood sugars; whereas peanuts and avocados for example, which many have avoided mistakenly due to their high fat content, don't impact blood sugars much, and include many beneficial nutrients.

Low-sugar foods make you feel satisfied and fuller for longer, and give you more energy for longer too. High-sugar foods don't keep you full or satisfied and you feel hungry again more quickly, so you eat more.



Getting Started

So now hopefully you can see why this is the solution and feel a little bit excited about getting started.

Are you ready for change?

Are you are fed up with not having the health or the body you want
Do you want to learn a simple way of eating for life so you can regain your health and lose excess weight (without feeling hungry or deprived)?

Yes? Then let's get started.

3 Important but simple rules

To start with, eat regularly, every 3-4 hours

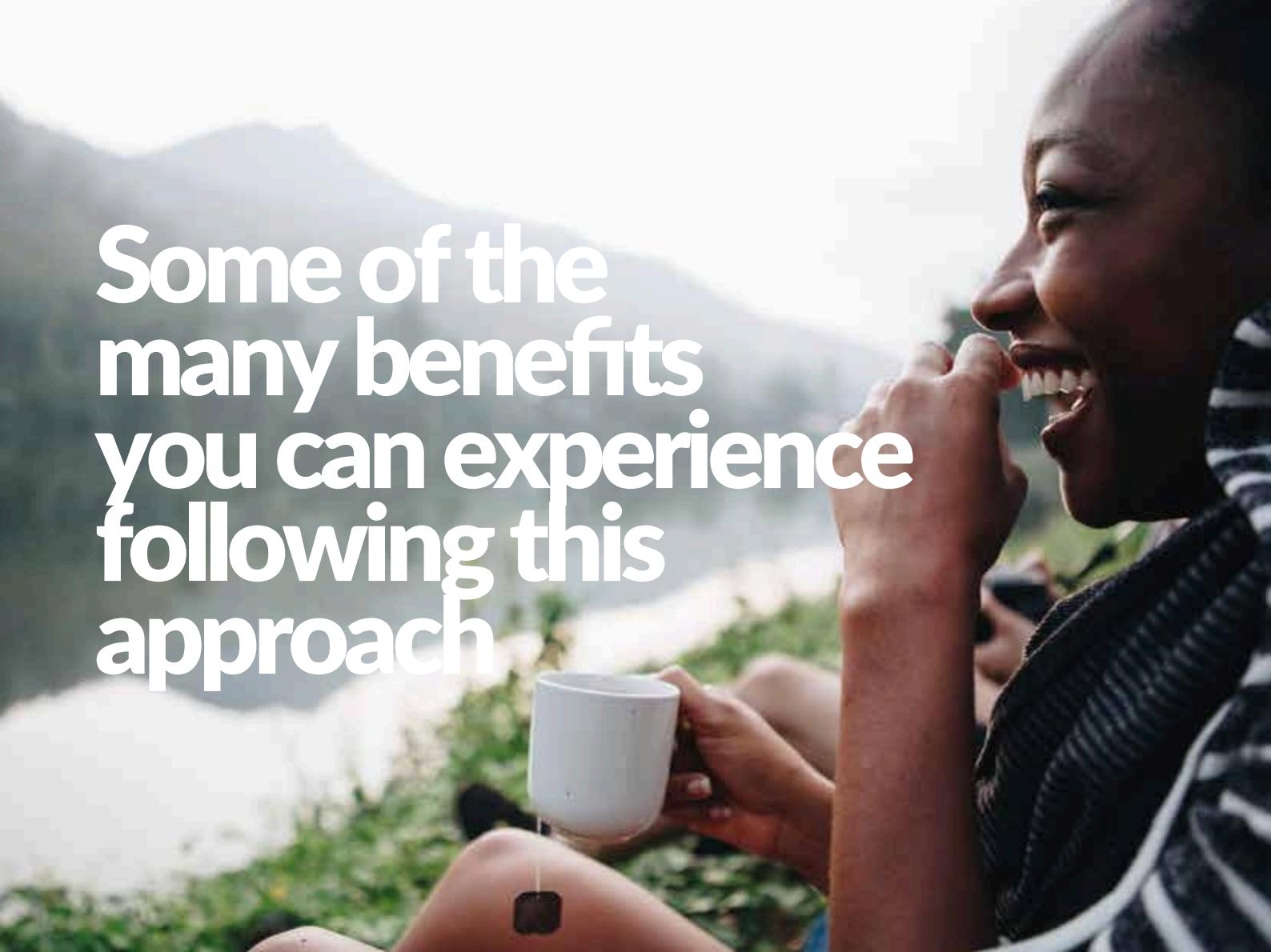
Eat good quality protein with every meal

Choose nutrient rich, low sugar carbohydrates

Before you get started, I want you to get really excited about the journey you are about to go on, and the difference it will make to your health, energy and wellness - in as little as just 30 days.



Some of the many benefits you can experience following this approach



It makes you feel great!

It's full of nutrients that our bodies need to function optimally

It increases your energy levels and balances your energy throughout the day

It decreases cravings

You feel satisfied after eating

It makes it much easier to lose weight and maintain it

It works in the short term and the long term

It's a way of eating for life, not a food fad

It's easy to follow, with few restrictions and no calorie counting

It's flexible and the whole family can eat this way

It helps you get back in touch with natural hunger signals

There are many varied food choices –you will have more choice, not less

It's easy to eat out, as the principles are so simple

You can learn to eat intuitively, in touch with your body's needs

After 30 days, you'll be starting to feel like a whole new 'you'

The ground rules

Foods in

Eat lots of healthy blood sugar balancing carbohydrates (vegetables, fruits, beans, pulses, nuts, seeds, whole grains) – aim for 60-75% of your intake coming from healthy carbohydrates.

Eat high quality protein with every meal or snack (eggs, poultry, nuts, seeds, meat, fish, tofu, cheese) NB nuts and seeds contain both carbohydrate and protein

Eat whole foods (unrefined, unprocessed foods, in their natural form, include raw foods)

Eat foods high in essential fats: Omega 3 found in fish and Omega 6 found in nuts, seeds, avocados and their oils.

Foods out

Avoid sugar and products with a high sugar content Avoid refined carbohydrates such as white bread, white rice, white pasta. Avoid 'bad' fats - oils that have been heavily processed and found in many fried foods.

Avoid junk food that has limited nutritional value, and often has a high sugar content and is made with 'unhealthy' fats.



**It's a myth that low fat eating leads to greater weight loss!
We need to eat good fats for optimum health and when
you give your body healthy fats, it will stop craving
unhealthy ones!**

The ground rules

Drinks In

Drink the equivalent of 8 glasses of water per day. Include unlimited herbal teas of your choice, green teas, or water with lemon and ginger or cucumber and orange

Drinks Limit

Coffee – stick to 1 per day

Black tea – stick to 1-2 per day

Apple juice – 1 glass: half water / half juice per day (juice extracted from apples using a juicer is far better than shop bought juice)

Smoothies – 1 per day (use lower sugar ingredients eg berries, coconut water, avocado)

Alcohol – ideally have no more than 5 glasses of wine, 5 spirits or 5 half pints of beer per week.

Drinks Out

High sugar carbonated drinks and mixers

Cider

High sugar wines & liqueurs

Smoothies made with high sugar fruits such as bananas, pineapple and mango (if using bananas in your smoothies, stick to 1 small or 1/2)



The importance of exercise

Whilst only 50% of us exercise regularly, 100% of us need to! If you are out of the habit of exercising regularly, aim initially for a minimum of 15 minutes per day and build up from there. Aim for a blend of exercises that will maintain (or rebuild) muscle mass, raise your heart rate and also relax and de-stress you.

The more exercise you do, the better you will feel, and the more you will want to do! If you are someone that 'hates' exercise consider whether you would like it if you were fit? Most people say yes, so working with a health coach can help you to fall in love with exercise again and reconnect with what you used to enjoy, or what you would love to do if you had the fitness and energy to do it



Eat more, not less

As you can eat more foods with this plan, try experimenting with new foods you haven't tried before, that you will find on the food tables; experiment with new cooking methods too, your taste buds will quickly change and you will begin to really look forward to each and every meal.



Combine all these simple ground rules and amazing things can happen quickly! ENJOY!

The first 14 days

Failing to plan really is like planning to fail when it comes to getting our health, energy and weight where we want it to be.

It's important to set yourself up for success and therefore plan out your first 2 weeks to make it as easy as possible to follow until you get into a new rhythm. Using this guide, firstly make sure you understand how your blood sugar works

so you can see why it's good to get control of it; it's so much easier to stick to when we understand why we need to eat this way. Then familiarise yourself with the best blood sugar balancing choices in terms of not only quality and quantity but preference too.. Generally, the better the choice of food, the more you can eat and therefore the more satisfied you will feel and the fewer cravings you will have.



14 Day Checklist

- Plan your food for the week, whether eating in or out
- Make sure to add lots of variety to your menu planning to avoid 'food ruts' that lead to boredom
- Make sure you have stocked up and have all the foods and ingredients you will need
- Keep a stock of healthy snacks for when you are in a hurry or overly hungry
- Keep a note of what you are eating each day - keep a food diary until you are in a new and balanced pattern of eating (your health coach can provide you with one) this is important in the early days so that you can be aware of when you are eating, how much you are eating, and how hungry you are.
- Eat regularly – every 3 to 4 hours
- Don't let yourself get too hungry or you will overeat; if you rate your hunger on a scale of between 1 (not hungry) to 5 (starving!) aim to eat at level 3. This avoids eating when you are not hungry and overeating when you are too hungry.
- Stay hydrated – thirst can often be mistaken for hunger (up to 40% of hunger pangs are actually thirst!)
- Plan out your exercise for the week, make time in your diary, meet up with a friend for added accountability. Remember even if we don't feel like exercising before we do it, we always feel better after we do! This has a positive impact on the foods we then choose as we already feel good about ourselves. So if you can do some form of exercise in the mornings (even for 10 minutes) this will set your day up in the best way.

Breakfast

Eat lots of healthy blood sugar balancing carbohydrates (vegetables, fruits, beans, pulses, nuts, seeds, whole grains) – aim for 60-75% of your intake coming from healthy carbohydrates. Eat high quality protein with every meal or snack (eggs, poultry, nuts, seeds, meat, fish, tofu, yoghurt, cheese).

NB: nuts and seeds contain both carbohydrate and protein. Eat whole foods (unrefined, unprocessed foods, in their natural form, include raw foods) Eat foods high in essential fats: Omega 3 found in fish and Omega 6 found in nuts, seeds, avocados and their oils.



Fruit & Yoghurt

Yoghurt and fruit makes a really good, fast, healthy breakfast but be sure to choose the best choice of fruit and yoghurt ingredients. And for 'extra' blood sugar balancing benefits helping you to feel satisfied for longer, sprinkle a small handful of nuts or seeds on the top (choose from pistachios, pecan nuts, almonds, cashews, sunflower seeds, pumpkin seeds)

Fruit

Different fruits have a different impact on our blood sugar and that determines how much of them we can eat. See the fruit portion comparisons below and choose the fruits from the top of the list where the portion sizes can be bigger.

Strawberries 1 punnet
Raspberries 1 punnet
Blueberries 1 punnet
Cherries 1 punnet
Apple 1 medium
Plums 2 normal size
Pear 1 medium
Orange 1 medium
Grapefruit 1 medium
Watermelon 1 large slice
Cantaloupe melon – 1 medium slice
Apricot – 1 normal size
Kiwi – 1 normal size
Banana – $\frac{1}{2}$ small
Mango / pineapple - 4 cubes

Eat a handful of seeds every day, add them to yoghurt or sprinkle on oats, or in soups, lightly toast them (it brings out the flavour) or eat them raw on salads. They are a great source of omega 6 fats for optimum brain function and they help you feel more satisfied too!



As you can see, you can eat a much higher quantity from the top of the list! So choose wisely to feel fuller and more satisfied, rather than deprived and hungry.



Sprinkle some cinnamon on top of your fruit and yoghurt – cinnamon has great blood sugar balancing properties.

Fruit & Yoghurt

There are many different yoghurts you can choose, from cow's milk and goats milk to soya, oat and coconut, but choose plain, unsweetened varieties as you will be adding your own sweet ingredients from the list above. Don't choose low fat yoghurts, choose varieties that are in their natural 'full fat' state – our bodies need fats to function well and to help us to feel full.

Top tip

If you have a sweet tooth, it's best to train your taste buds to get used to lower sugar foods, this happens quickly and within 2 weeks you just won't enjoy foods that are overly sweet. However, you can use Xylitol to sweeten foods. Xylitol is a natural sugar made from plums and is much better for your blood sugar than cane sugar. You can also use another natural product called 'Stevia' or if you don't have these available, you can add just a little honey or maple syrup which is more natural and better than cane sugar



Bread (and other bread alternatives)

Bread can feel like a real treat, but it can be hard to stick to just one slice, and many bread options, especially white bread, can destabilise blood sugar levels and have limited nutritional value. When having bread, stick to 1 slice and choose varieties that are whole grain and have other grains and seeds added like pumpkin, sunflower, quinoa

and rye - delicious, whole foods that will keep you feeling fuller for longer. If you are a bread lover out of habit, mix it up with some non-bread alternatives for a bit of variety - what's more, many people do feel better when they reduce the amount of wheat they consume.



Have a look at the list below to see how much bread or bread alternatives you can eat per portion, based on the best blood sugar options, shown at the top

Rye bread 1 large slice
Wholemeal / seeded bread 1 slice
Sourdough wholemeal bread 1 slice
Gluten free wholemeal / seeded bread 1 slice
Wholemeal pitta – 1 small
Seeded bagel – 1
Oatcakes 3-4
Rice cake 1-2
Ryvita 1-2
White bread 1 small slice
White bagel – $\frac{1}{2}$
White pitta – $\frac{1}{2}$
Muffin $\frac{1}{2}$
Croissant $\frac{1}{2}$

Quick & easy Breakfast / Snack Idea

Lightly toast half a seeded bagel and top with full fat goats cream-cheese or mashed avocado, smoked salmon and some chopped cherry tomatoes, or for a vegan option, spread with nut butter and top with a sliced apple.



Top tips for reducing bread intake

Sometimes we eat bread and toast out of pure habit – e.g. egg on toast when eating a cooked breakfast. Whilst there is nothing wrong with a good quality seeded brown bread, consider mixing things up and cutting back or replacing it with layers of other foods which can be stacked together such as a large cooked flat mushroom, large slice of tomato grilled or roasted, a thick slice of ham, smoked salmon or grilled halloumi cheese or crumbled feta, a slice of avocado, topped off with poached egg or egg fried in a little olive or coconut oil.

You can pop the whole stack into the oven for a few minutes so the flavours blend together. You can add some low sugar baked beans on the side too for a healthy filling and nutritious ‘bread free’ breakfast.



Cereals

Cereals are quick and easy for breakfast when we are in a hurry but they often have a high, fast-releasing sugar content. Take a look at the list below and choose from the ones at the top of the list.

Look at the portion sizes and consider which ones you can have more of, again ensuring you feel more satisfied.





Porridge (whole oats) – 90 grams (large bowl)
Granola / Muesli (choose a low sugar, low carb option) 60 grams (medium bowl)
Overnight oats with mixed fresh fruits & nuts – 90 grams (large bowl)
All bran – 30 grams (small bowl)
Bran flakes – 15 grams (very small bowl)
Special K – 15 grams (very small bowl)
Cheerios - 10 grams (small handful)
Cornflakes – 10 grams (small handful)
Frosties – 10 grams (small handful)
Rice Crispies – 10 grams (small handful)



Porridge Top Tip

Cook your porridge with milk of your choice, you can sweeten it with a little natural sweetener, and / or serve with fresh fruit from the 'top' of your recommended fruit list, or add lightly cooked apples or pears. Top with a spoonful of full fat yoghurt if you are really hungry. For added protein, you can stir in a large spoonful of cashew nut or almond butter and sprinkle on some (unsweetened) coconut flakes.

Superquick breakfast ideas

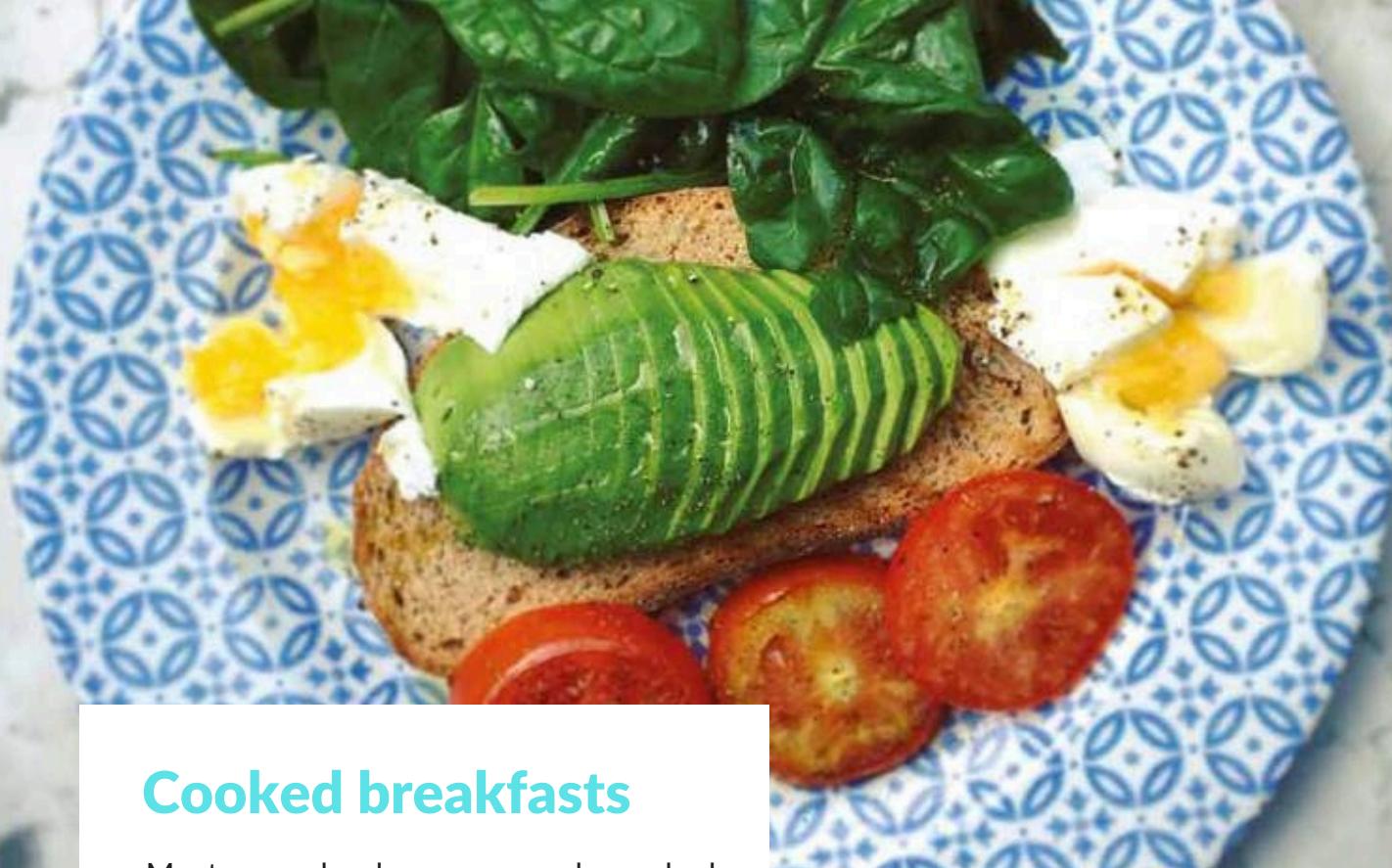
Creamy overnight oats with mixed nuts and seeds: In the evening, mix whole oats with pistachios, chopped apricots, pumpkin seeds and flaked almonds (or other nuts), and optional desiccated coconut; add coconut water and almond / oat milk and a little yoghurt of your choice.

Soak overnight and serve straight from the fridge with some fresh, grated apple on the top. This is a super quick, filling, delicious breakfast that will stay fresh 3-4 days in the fridge. Ideal for when you are in a hurry in the mornings.

Make your own granola

This is so much nicer than shop bought and is ready in minutes. Bake good quality oats in the oven on a baking tray with an even coating of coconut oil, nuts and seeds. Store in an airtight container and eat with a milk of your choice and some fruit for sweetness (berries and apricots are good options) or add a little honey or Xylitol. As you can see the best 'value' options are oats, either cooked, in granola or soaked overnight with added delicious ingredients.





Cooked breakfasts

Most people love a good cooked breakfast, especially at the weekend and they can make a really good healthy tasty choice, just choose wisely.

Choose from a selection of good quality proteins (which remember, have virtually no negative impact on our blood sugar) with good quality carbohydrates.

Proteins

Eggs – scrambled or poached (2 large / medium or 3 small)

Smoked salmon (1 large slice)

Smoked mackerel (half)

Lean bacon (2 slices)

Halloumi cheese (3 slides grilled)

Crumbled feta cheese (1/3rd pack)

lightly grilled (delicious on top of mushrooms and tomatoes)

Low sugar carbohydrates

Baked beans (1/3rd of a can)

Large flat mushroom (2)

- grilled with a little olive oil, or button mushrooms (try cooking them in a little milk for a creamy flavour)

1 large tomato

- sliced and baked or grilled or roasted cherry tomatoes

1 large roasted red pepper

- roast with a little olive oil

1 small slice of seeded bread / rye bread or half a seeded bagel

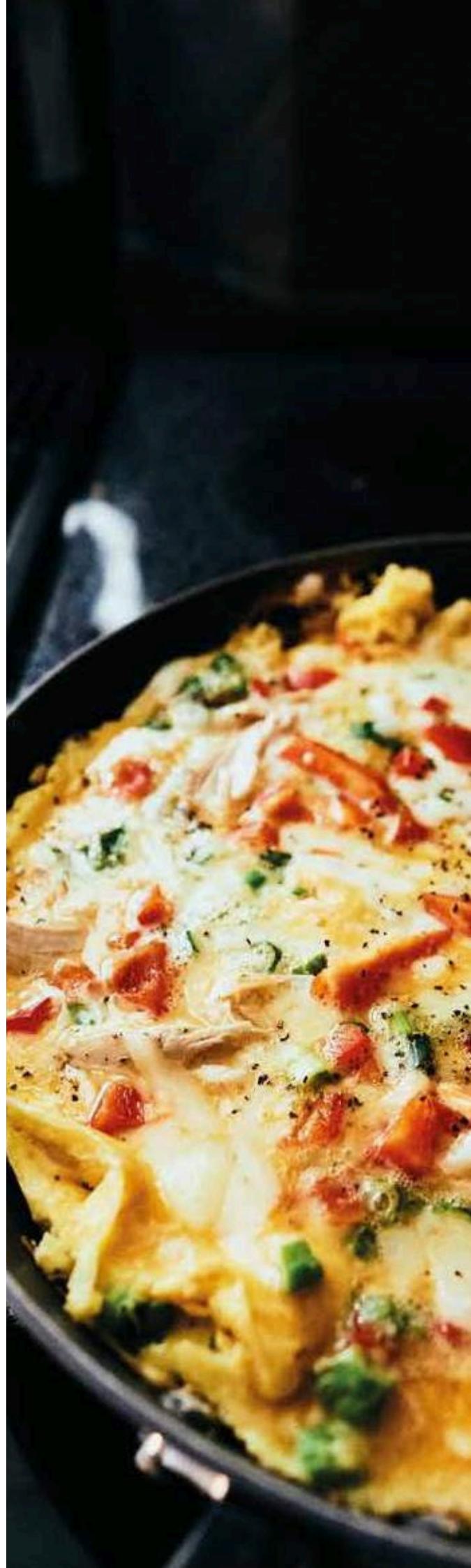
Omelettes

Omelettes are a great breakfast choice. You can add a selection of any of the above ingredients to 2 large eggs (or 3 small per person) for a healthy nutritious and filling breakfast in minutes.

You can also add some onion, broccoli, chicken or salmon to make great, super quick lunch or dinner option too (if eating an omelette for lunch or dinner serve with a large green side salad with olive oil, garlic and balsamic dressing)

Some egg producers give their chickens healthy feed such as flax seeds. They are rich in omega 3 fats and therefore much better for you than ordinary eggs so look out for them - most supermarkets stock them.

Avoid frying if you can as this damages the essential fats - poach, boil or scramble them instead. For the healthiest egg choices, choose organic or 'omega' eggs.



Breakfast smoothies

Smoothies can be a quick and filling breakfast, but not all smoothies are good for keeping your blood sugar stable as many have a very high sugar content. When made the right way, smoothies can provide a filling, nutrient-dense, quick and easy start to your day. Choose from the following 3 columns below:



Fruit

Liquids

Thickeners

All berries	Coconut water	Avocado
1 small apple	Almond milk	1/2 or 1 small banana
1 fresh apricot	Oat milk	Flax / chia seeds
4 plums	100ml apple juice	Raw porridge oats
Cherries	Cashew nut milk	Pumpkin seeds
1 slice of mango 1 kiwi fruit	Soya milk (small amount)	Spoonful of your choice of nut butter

Top Tip

Adding pumpkin seeds or nut butters to your smoothies increases the amount of protein which is key to keeping your blood sugar balanced, and keeps you feeling satisfied and fuller for longer. Add some spinach or kale too for extra nutrients.

Lunches & Dinners

Main meals are something to really look forward to with blood-sugar-balancing, as there is so much choice and very few restrictions; providing you choose from the better quality carbohydrates, fats

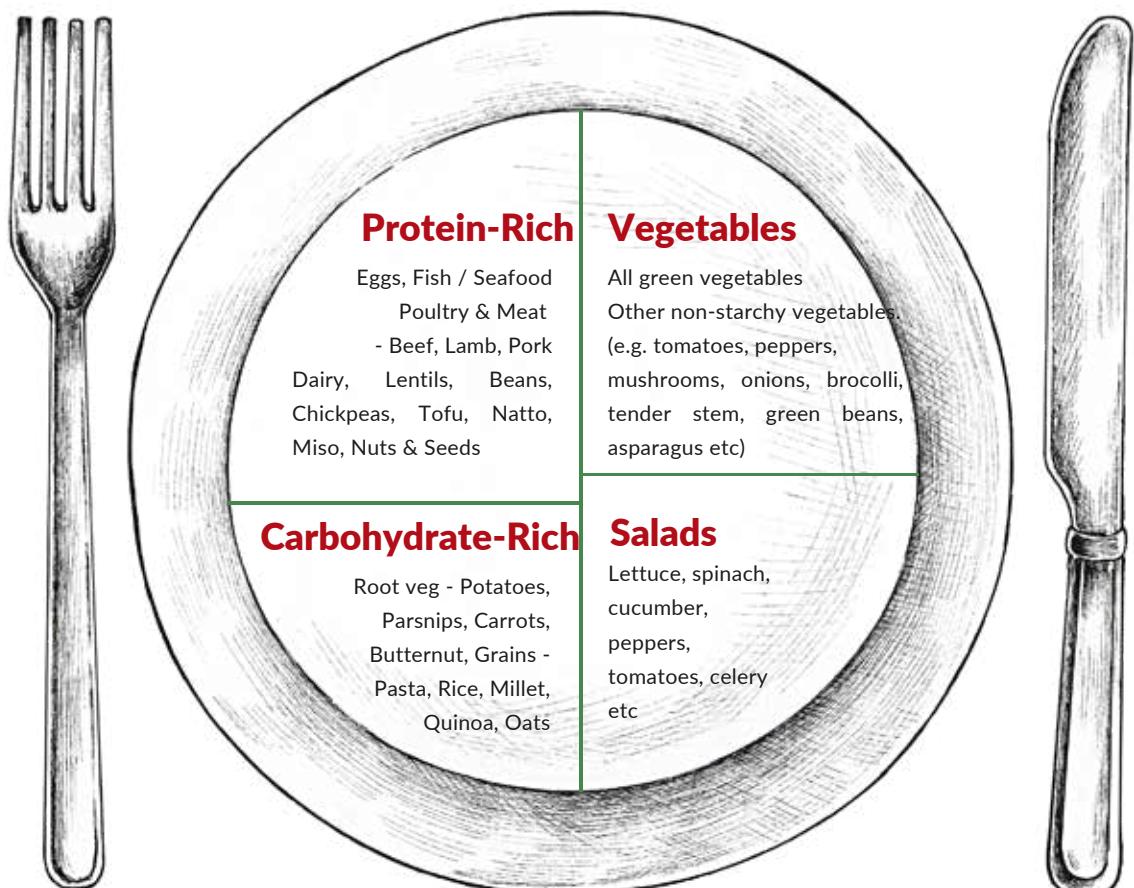
and proteins. But how do you put it all together? The best and easiest way to get the right nutritional balance is to imagine all the different foods on a plate.





Here is what your plate should look like

As you can see, you are aiming for 25% of your plate to be good quality proteins, 25% good quality starchy carbohydrates and half your plate to be non-starchy vegetables and fresh salads.



Carbohydrates

When planning out our main meals, first let's consider the best carbohydrate options as many of our essential health-promoting nutrients and micronutrients come from our carbohydrates.

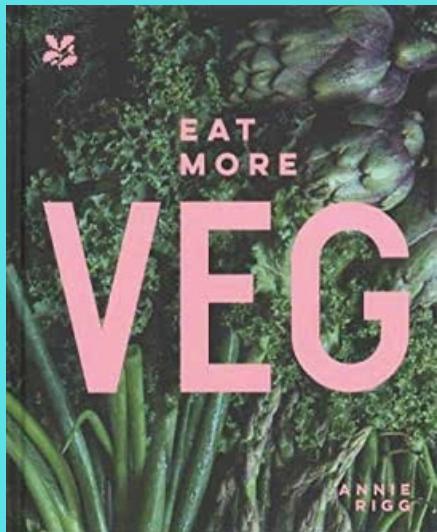
We all know 'vegetables are good for you' and but many of us are not eating enough of them for optimum health. We may have a negative association with them as 'boring' or something your parents said you "had to" eat before you can have your dessert. But with their nutritional value and such a huge choice now available (especially when compared to the smaller number of meat and poultry choices) there are now endless different delicious vegetable dishes that are whole meals in themselves.

Use this as an opportunity to learn more and try more, adding more food choices to your eating plan, not fewer, which is more typical when following a 'diet'. Remember this isn't a diet, it's a delicious, healthy eating plan you can learn and follow for the rest of your life! What's more, you will be amazed at how much you can enjoy a bigger range of foods, new foods and different food combinations; this in turn will keep you satisfied and really enjoying your food, whilst upping your nutrient intake too.



Did you know that there are over 1000 types of different starchy and non starchy vegetables?

A recent study by Biodiversity International scientists have identified a total of 1097 vegetable species cultivated worldwide!



If you have previously not been a lover of veg, this is a fabulous cookbook with many delicious, gourmet 'all-veg' recipes - once you try some of them, you will never look back.

Starchy Carbohydrates

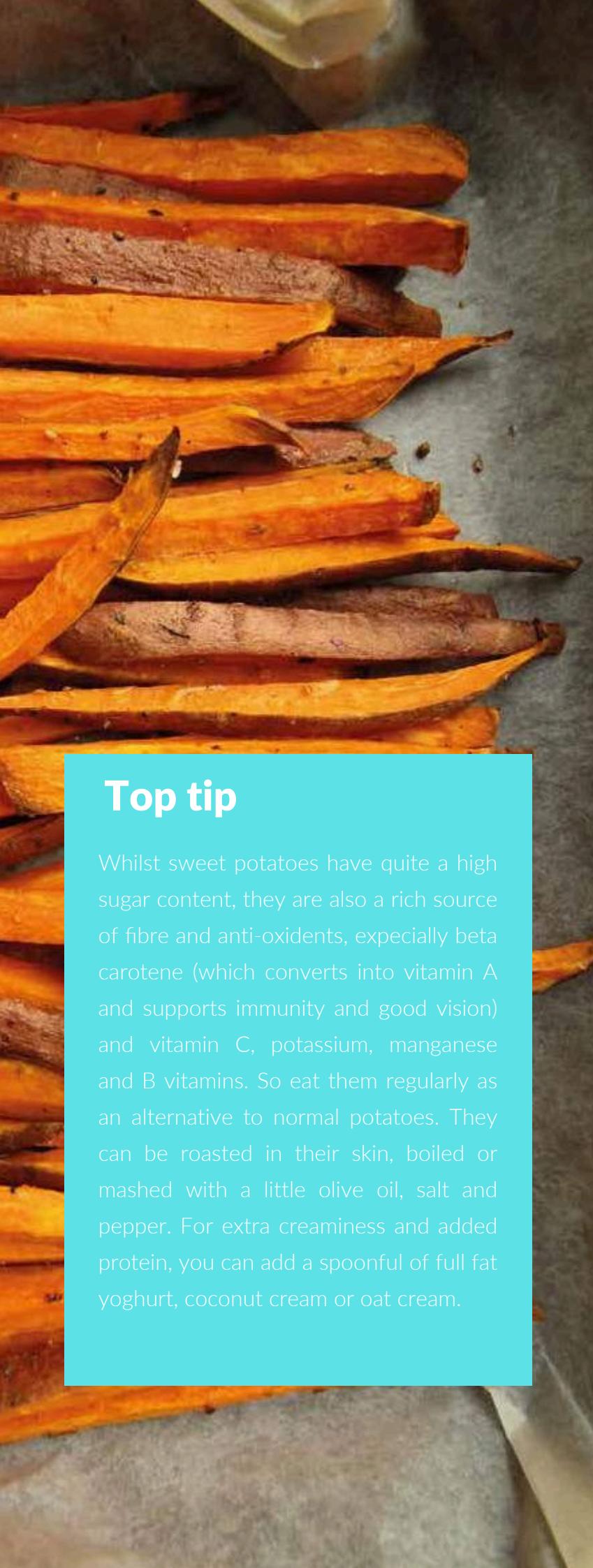
There are many different starchy carbohydrates, some of the most popular are shown on the table below to get you started; look at the quantity you can eat of each of these foods – the higher quantity options shown at the top, have the lowest impact on your blood sugar and that's why you can eat more of them! This is the key to keeping us feeling full and satiated after every meal as we can literally eat so much more of these types of carbohydrates.

On the other hand, if we overeat the wrong, high sugar carbohydrates, we will destabilise blood sugar and this simply leaves us hungry for more, and then more (think of how difficult it is to stop after 1 block of chocolate). This is what leads to cravings, energy dips and weight gain. So do yourself a favour and choose foods where you can have far larger portions. The result? You will never go hungry nor feel you have to restrict your intake..

Starchy carbohydrates

Pumpkin	185g	1 serving	Beans*	60g	half a can
Carrot	160g	1 large carrot	Chick peas	60g	half a can
Beetroot	110g	1 large	Corn on the Cob	60g	half a cob
Quinoa	65g	2 handfuls	French Fries	50g	3 fries
Sweet Potato	60g	1 small	Broad Beans	40g	1 small handful
Baked Potato	60g	half a potato	Brown Basmati	30g	1 handful
New Potatoes	60g	4-5 potatoes	White Rice	25g	1 small handful
Parsnip	60g	1 small	Cous Cous	25g	1 handful
Pearl Barley	60g	1 handful			
Millet	40g	1 handful			
Whole wheat Pasta	40g	1 small handful			

*choose kidney, pinto, butter beans
black eyed beans



Fats & Oils

Good & Bad Fats

Contrary to the myth about fats making you fat, good fats are essential to our health (Omega 3 fats are essential to brain health too).

They help balance your blood sugar, they can make food taste delicious, they make you feel satisfied after eating, and fuller for longer; and they can help banish cravings for unhealthy junk food. Have you ever followed a low fat diet before?

At some point the craving for fatty food often overwhelms you and you find yourself consuming the quickest and easiest source of it, ie unhealthy fried junk foods. This is not because you are weak willed, just 'good-fat-deficient'.

So you need good fats in your diets from fatty foods, such as salmon, mackerel and other fish, avocados, nuts, seeds, olives and their oils, to ensure you don't feel the cravings that are common with low fat, low calorie or highly restrictive 'short term' diets.

Top tip

Whilst sweet potatoes have quite a high sugar content, they are also a rich source of fibre and anti-oxidants, especially beta carotene (which converts into vitamin A and supports immunity and good vision) and vitamin C, potassium, manganese and B vitamins. So eat them regularly as an alternative to normal potatoes. They can be roasted in their skin, boiled or mashed with a little olive oil, salt and pepper. For extra creaminess and added protein, you can add a spoonful of full fat yoghurt, coconut cream or oat cream.

For cooking:

Olive oil
Coconut oil
Sesame oil

For cooking:

Olive Oil
Walnut Oil
Avocado Oil
Sesame Oil
Hemp Oil

Butter

You can still eat butter, it's just that there are other source of fat that are better for you. But feel free to add a knob of butter to freshly cooked veggies too, or add a little to your wholegrain toast providing you are eating it with protein too.



Non starchy vegetables & salads

Non-starchy veg can be absolutely delicious when prepared and cooked right; they are a rich source of fibre which is great for our digestion, and are full of essential vitamins and minerals. Many people don't eat enough of them and they are critical to our optimum health.

Instead of focusing on restricting 'less-healthy' foods, experiment with adding as many new food varieties as you can.; otherwise it can feel difficult because our focus is on restriction - 'less', rather than

'expansion - 'more'. So add as many new foods into your diet as you can, so you get used to new tastes, therefore expanding your palette, widening your range of foods, building a new repertoire of delicious easy meals you love that are transforming your health and wellness at the same time. Boredom associated with going on a short term restriction 'diet', will be a thing of the past. As this is your new way of eating for life, get experimenting!

Non starchy vegetables & salads

On a blood sugar balancing eating plan you can eat unlimited non-starchy types of carbohydrates (balanced with the right amount of starchy carbohydrates, proteins and fats of course). With so many to choose from, you will never be bored or hungry again.

Here is a list to give you an idea of the range of different nutritious vegetables and salads you can eat to get you started, but there are endless options. Find ways to blend them into delicious recipes and raw food salads. Enjoyment is key!

Non starchy vegetable options

Broccoli / tenderstem	Artichoke	Lettuce
Cauliflower	Aubergine	Cucumber
Green beans	Spaghetti Squash	Tomatoes
Asparagus Courgettes	Mushrooms	Celery
Mange Tout	Peppers	Spring onions
Brussel Sprouts	Spinach	Spinach
Cabbage	Leeks	Watercress
Bok Choi	Onions	Rocket
Sugar snap peas	Garlic	Radish
Green peas	Bean sprouts	Endive
Baby corn	Okra	Fennel
Beetroot	Collard Greens	



Top tip: Eat Raw

When we cook vegetables, many of the nutrients are lost in the process. So eat raw whenever you can. You can chop up most vegetables into a large salad and eat them raw for maximum nutritional value, served with a delicious salad dressing. This is great for your digestion too (just make sure you chew them properly)



Avocados.... salad or fruit

Avocados are one of the few fruits (technically they are a fruit, not a veggie) that contain healthy unsaturated fats which help to lower LDL 'undesirable' cholesterol. You can eat them regularly on the Blood Sugar Balancing eating plan for breakfast, lunch or dinner! They are a perfect example of 'good fat' that our bodies need.

Salads

It used to be that a salad was generally some limp lettuce, sliced tomato and sliced cucumber with no dressing - and that was it. Because of this, some people even now see salads as really boring. But now, you can combine almost anything into a delicious, quick and healthy meal, because more of the food is in it's natural state - raw. Salads can include, (but are not limited to):

Proteins: Chicken, fish, eggs, cheese, (toasted) nuts and seeds. Starchy Carbohydrates: beans, lentils, chickpeas, cubed sweet potatoes, small

new potatoes, brown or wild rice, chopped raw carrots.

Non-starchy fruits: fruit such as apricots, cranberries, and other fresh fruit.

Non-starchy raw vegetables: lettuce, spinach, cucumber, peppers, spring onion, tomatoes, broccoli, sugar snap peas, mushrooms - any fresh veg chopped.

Dressings: hummus, guacamole, herbs and spices plus a dressing of your choice made with healthy oils such as olive or walnut and fresh lemon / lime juice, garlic and a splash of honey



Buddha Bowls

You can also follow recipes for 'Buddha Bowls' which uniquely combine lots of different wholesome foods together; they are quick and easy to make - and delicious. Store in the fridge and split a serving into 2 portions for a quick mid morning / mid afternoon snack when hungry.

Love pizza

As the pizza base is made from a fast-releasing type of carbohydrate, they are not the best options. But if you love pizza, try using a whole meal wrap laid flat and topped with tomato salsa, chopped peppers and mozzarella cheese; you can also add other protein and veg, mushrooms, tuna, chicken breast etc. Season to taste then pop under the grill until the cheese is bubbling and the outer edges of the wrap are turning crispy.

Proteins

Protein plays such a vital role with blood-sugar-balancing as they have virtually no effect on our blood sugar level, therefore helping to keep it stable; proteins help you to feel full and to provide stable energy between meals. They should make up a quarter of your 'plate' when eating a main meal and should be added to any meal, including snacks.



Aren't higher protein diets, blood sugar balancing too?

Whilst high protein diets that eliminate most carbohydrates are also blood sugar balancing, we do need good quality carbohydrates for optimum health. With high protein diets people tend to overeat foods such as dairy, meat, eggs and poultry in addition to unhealthy fats, excess salt and often, lots of other additives; and they tend to under-eat health promoting starch and non starchy carbohydrates.

So whilst this will still balance your blood sugar and can lead to weight loss too, they won't provide the other health benefits eating good quality carbohydrates will do. These diets can also feel restrictive and leave you having regular cravings. High dairy and meat intake has been associated with an increased risk of breast, prostate and

Aim for 25% of your plate consisting of good quality proteins

Chicken

Turkey

Eggs (Omega or organic)

Fish

Shellfish

Nuts & seeds

Red meat (beef, lamb, pork – limit to once per week max).

Try to eat organic red meat where you can and 'grass fed' red meat is far better for you if you can source it.



collateral cancers. We need the phytonutrients that our good quality carbohydrates give us! Many people following a high protein diet report regular constipation. How can a diet that leads to constipation be good for us? We have to listen to our bodies.

With good quality carbohydrates added to good quality sources of fats and proteins, you will feel good, your bowel movements will be regular, your digestion will be good and you will lower the risk of diseases that are associated with high protein diets. So aim for the right combination of proteins and carbohydrates shown in this guide for the healthiest way to balance your blood sugar, have good digestion and feel great too.



When cooking proteins, use healthy fats such as olive, coconut and sesame oils which also remain more stable at higher temperatures; but don't over heat them as this changes their composition.

Herbs & Spices

Add herbs and spices for flavour; there are over 100 different types of herbs and spices with the power to transform any food source into something unique!

So if you are in a food 'rut' and find yourself cooking the same old things all the time, why not experiment with cooking with different herbs and spices and 'spice' it up?



Eat more fish

Most of us are not getting enough Omega 3 fats in our diets, particularly those found in oily fish. If you don't currently eat much fish, this is a real opportunity to experiment with many new and delicious food sources provided by the huge range of choices of different fish; they provide an excellent source of protein, with many health benefits beyond their blood sugar balancing qualities. Aim for at least 3 servings of fish per week.

We now know protein plays such a big role in blood sugar balancing. It's one of the simple but important rules to add some form of protein to every meal. So if you are not currently eating enough protein, experiment and widen the variety of different proteins that you eat, including fish. Good protein sources include eggs, poultry, meat, cheese, nuts, seeds and fish (although many vegetables like broccoli have protein too!). Fish is a particularly good source of protein due to its Omega 3 fat content so why not wise up on all your choices?

Did you know that there are over 40 different types of edible fish all with unique flavours of their own? So if you are not a big fish-eater right now, experiment with some other choices until you find those that you like. Again, this extends rather than restricts your palette and this is one of the most important things to sustain a new and better way of eating.



Some common and readily available fish options are:

Oily Fish: eat 1-2 x per week

Salmon
Mackerel
Sardines
Tuna
Trout
Herring (including kippers)
Pilchards
Sardines

White Fish – eat liberally

Seabass
Seabream
Dover Sole
Cod
Plaice
Basa
Hake
Halibut
Haddock
John Dory
Turbot
Sword Fish

Shellfish – eat occasionally

Prawns
Crab
Crayfish
Lobster

Oily fish are a good source of Omega 3 fatty acids. But why do we need these? Here is a list of the benefits: They can promote heart health, improve mood, reduce depression and anxiety, increase mental sharpness and memory, fight inflammation, improve immunity and fight age-related diseases such as Alzheimers.

Not a big fan of fish?

Experiment. With such a huge choice available (coupled with their health benefits) and hundreds of different cooking methods, we hope you will be able to find types of fish dishes that you love or will learn to love.

Buy fresh, filleted fish as it's easier to cook with and tastier.





Main meals

The best way to make your main meals is to combine good quality proteins with an equal volume of starchy carbohydrates and load up with non-starchy carbohydrates; this is definitely not a low-fat way of eating so you can add healthy fats and enjoy health-promoting herbs and spices too.

The good news is that you will feel completely satisfied at the end of every meal, and confident that you are getting what you need for health, energy and optimum blood sugar balance too.

Snacks

Finding a balanced eating plan for life, is all about really enjoying your food and not feeling restricted and hungry. Sometimes snacking in between meals can be a good way to achieve balanced blood sugar more quickly, especially if it's very out of balance. Signs of this are constant energy dips and cravings for sweet foods, reliance on coffee and feeling sluggish. So eating more regularly, 4-5 times per day, really helps to balance our blood sugar especially in the first 30 days.

When people first start eating in this way, sometimes they can actually find it difficult to eat as much as they are able to. If this is you, and yet you experience regular energy dips during the day, consider 4-5 smaller meals per day and then review with your Health Coach after 30 days, when it may be better to reduce snacks in between meals.



However, giving your digestion a rest between meals is also important; this is good because every time you eat, the pancreas is stimulated to produce insulin, which immediately stops any fat burning and starts the process of turning food into glucose or storing it for later in our fat cells.

Your digestive system does welcome a break from the work of processing and digesting more food. So once you have gained blood sugar balance (which only takes 30 days and can be better achieved through eating more regularly, you may want to cut back on snacking and move more towards eating appropriate portions at each meal, of the right foods, to keep you going throughout the day. The important thing is to make it work for you and if you are a snacker and find it difficult to eat bigger meals, don't worry, this eating plan will allow for you eating up to 5 smaller meals per day.



Snacks, both pre-prepared or shop-bought healthy options, can be very useful if you find yourself away from home, and suddenly hungry. When we get overly hungry, we will eat just about anything so it's always best to have your own options to hand - in the car, in your handbag or briefcase. When caught out, sometimes it can be difficult to easily find good snack options in small shops or cafes so planning in advance makes it so much easier.



Mid morning snacks

The best time to have a healthy snack is mid-morning or mid-afternoon; the gap between lunch and dinner is usually the longest so it makes sense to have a mid-afternoon snack to keep you going and reduce the mid-afternoon energy dip that is so common. Have you ever had a large bowl of pasta or large jacket potato for lunch only to find yourself half asleep a couple of hours later?



That's because the carbohydrate / sugar content is too high and the protein is too low; this interferes with the desired blood sugar level and therefore energy balance we are looking for.

With mid-afternoon energy slumps we are often drawn to sugary snacks to keep us going – but these will give you energy for about 30-60 minutes maximum and then you will feel even more tired as your blood sugar goes down even lower. The solution is a well balanced lunch and a well balanced snack mid-afternoon or as soon as you start to feel hungry again, and your sugar cravings and energy dips will be a thing of the past.



What snacks are best?

Even our snacks should provide some form of protein – otherwise they can often be high sugar which defeats the object. For example, a piece of lower GI/GL fruit – berries or an apple, with some nuts and seeds is a perfect combination. And you can keep a stock of these in your bag, desk or car.

Top Tip

Which nuts are best?

The nuts with the highest protein content are almonds but all nuts are good. If you prefer you can lightly toast them in the oven as this changes the flavour of them. Nutritionally, raw is best but for variety try both. Toasted nuts are great to add real flavour to salads.

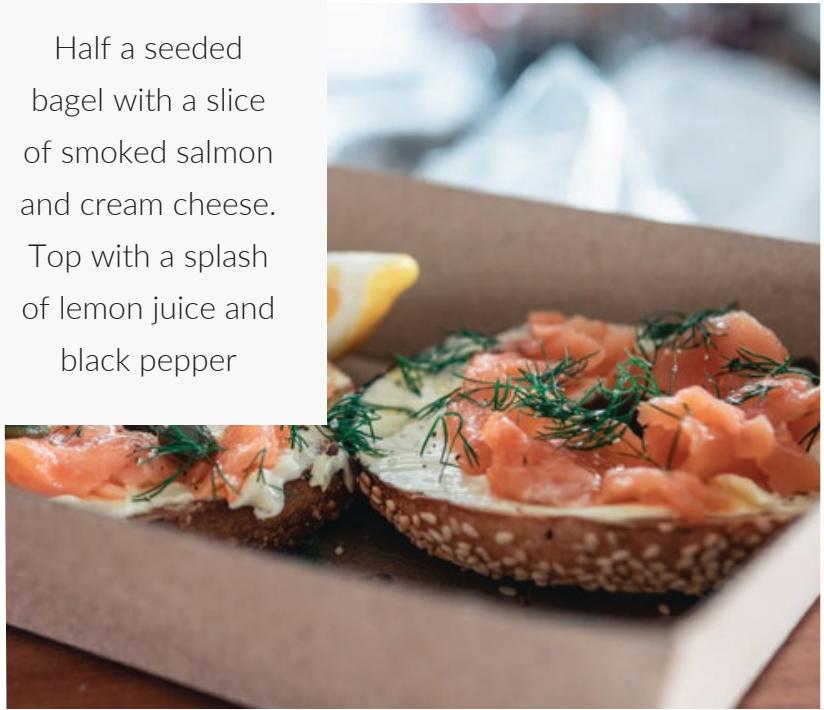
home prepared snack options

Here are some examples of good 'home prepared' snack options which are quick and easy and combine both protein with carbohydrate:

2 oatcakes or 1 slice of rye or whole grain bread, or 1 small pitta topped with hummus and cucumber

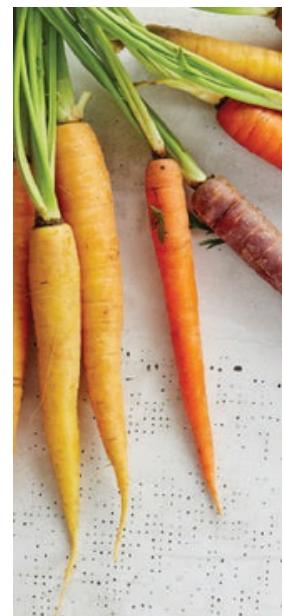
1 boiled egg, mashed with a little olive oil, salt and pepper with chopped cherry tomatoes, served with 1 small slice of whole grain or rye bread. Add some rocket or spinach for extra nutrient value

Half a seeded bagel with a slice of smoked salmon and cream cheese. Top with a splash of lemon juice and black pepper



Tamari toasted nuts and seeds. Simple roast a mix of nuts and seeds in the oven drizzled with Tamari (a healthier version of soy sauce). Stir well and bake for a few minutes until browning. Store and serve later with some low GI/GL fruit

Crudites (cucumber, red pepper, carrot, celery) with hummus or guacamole (or blend up some smoked mackerel with smoked salmon, creamy goats cheese, lemon and black pepper)



Mix up a small food bag of 1 tablespoon of pumpkin seeds, 2-3 chopped apricots and some almonds for a well balanced snack you can carry around with you.

A berry smoothie (see breakfast ideas in the previous section). Pre-make a berry smoothie with added protein such as seeds of your choice and take it with you to work)





A small wholemeal wrap with chopped chicken breast sprinkled with paprika, chopped lettuce leaves, chopped tomatoes and spring onion and blended with mashed avocado, season with salt and pepper

2 chopped plums or 1 apple (can be lightly baked until soft) mixed with a 2 table spoons of full fat yoghurt and topped with toasted flaked almonds



Small-medium sized smoothie with a blend of fruit such as mixed ripe berries and added protein such as pumpkin seeds, almond milk, coconut water, small spoonful of full fat yoghurt.



Small smoothie made with almond milk, tablespoon of almond butter and half a banana.

2 oatcakes or 1 slice of rye / wholegrain bread topped with almond butter and a sliced apple



Halloumi slices lightly browned in a frying pan (no need for additional fat) serve with red peppers and tomatoes lightly roasted with a little olive oil, or some dressed salad plus 1 oatcake or half a slice of rye bread.



Juicing

If you have a juicer you can juice fresh raw veggies (carrot, beetroot, cucumber, celery) with the lower sugar fruit options (apple, pear) for a nutritious drink, limit to one per day and eat with a handful of nuts at the same time. Ideally add the fibre back into the juice.

You can combine many different proteins and carbohydrates like this and eat a snack size portion. This can also be pre-made and stored in a small or medium (ideally glass) food container to take to work, as a snack or light lunch.



Shop bought snacks

Look for low sugar bars made from nuts and fruit – Naked bars are good and there is a wide selection. Check the sugar content on the label of bars.

Small bags of mixed nuts and seeds with a snack serving of berries, water melon, cantaloupe melon, apple or pear

Snack pots of peanut butter and apple slices

Snack pots of hummus with carrots

V Small bag of dried mango (with no added sugar) with snack pot of nuts

Snack pot of fresh coconut

Chicken / vegetable wrap (half for each snack)

There are now many small pots of nutty salads, bean salads, olives with feta cheese, roasted peppers, sundried tomatoes, sweet potato falafels etc available in most supermarkets.

Look for the varieties with the best 'value' ingredients as per this guide. You can simply grab a bag of sugar snap peas and a pot of hummus from most medium sizes supermarkets.

Or a punnet of strawberries and fresh plain yoghurt.

If you look at the best food choices from the food tables shown earlier in this guide you will soon see the huge number of different food combinations you can put together quickly and easily for snacks as well as main meals. It's important to have these foods stocked up in the cupboards or readily available to you, so you are not caught out. So make sure you have all the ingredients you need, (or you know where to buy them from), to make it super simple to eat this way.



**Unlimited hydrating drinks
you can have throughout
the day:**

Still or sparkling mineral water

(or filtered water) add cucumber, lemon / orange slices or fresh mint for extra flavour and some ice.

Herbal teas

Home made lemon and ginger tea
(simply mix fresh lemon and fresh ginger with boiling water)

3000 teas

Worldwide there are 3000 different teas!
There is such a wide and diverse range now, if you are not a herbal tea lover yet, you soon will be if you experiment with different varieties until you find something you like



Drinks

Limit to 1 cup or glass per day:

Coffee (1 cup)

Decaffeinated coffee (1 cup)

Green tea (1- 2 cups)

Black tea (1 cup)

Coconut Water (1 glass)



Limit to 1 of the following per day:

Apple juice (dilute with 50/50 juice and water)

Grapefruit juice (dilute with 50/50 juice and water)

Orange juice (with pulp, diluted with a little water)

Watermelon juice (with a blender, blend the fruit with the seeds and some ice for a delicious refreshing drink)

Freshly juiced fruit and vegetables

Homemade smoothie

Blood Sugar Balancing Eating Plan

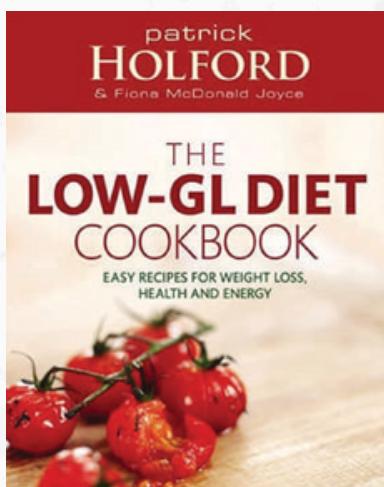
Your guide to eating the blood-sugar-balancing way

The suggestions in this guide will help to get you started on the road to balanced eating, better health, and far greater energy. It's a good idea to build up your repertoire of different recipes that you really enjoy, with options for every occasion including, for example, dinner parties and Christmas meals.

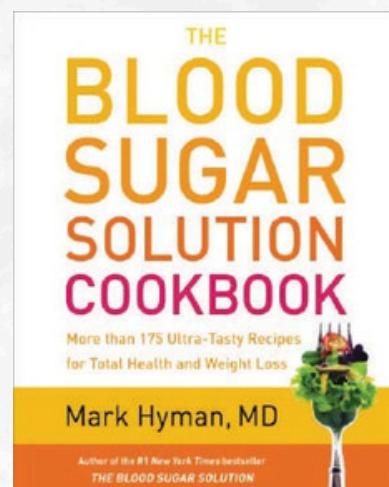
Develop quick recipes you can pull together in minutes as well as those that require more effort, for when you have more time or it's a special occasion. If your taste buds are currently used to junk food, overly sweet foods and unhealthy friend foods, you can retrain your taste buds to want better food in just 2 weeks!

No-one really wants to spend a lifetime eating badly as the cost to health is just too high. It's a good idea to stock up on some good cookbooks where the right combinations of foods have already been put together for you.

Recommended Blood Sugar Balancing Books



The Low GL Cookbook
Patrick Holford



The Blood Sugar Solution
Dr Mark Hyman