

# LUCAS

## RESEARCH

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### DIET TIPS TO CONTROL INSULIN RESISTANCE AND DIABETES

This diet is encouraging you to eliminate processed foods and eat whole unrefined foods. Whole foods are vegetables, fruits, grains, beans and nuts that have not been processed to remove vitamins, minerals and fiber. These foods are digested more slowly and do not cause a great rise in insulin but result in more stable blood glucose levels and better appetite control. Carbohydrate foods that break down quickly during digestion will elevate insulin and blood sugar levels more than foods that break down slowly. Remove refined sugars from your life. Try to select your diet from the following foods.

#### **GROUP A: NONSTARCHY VEGETABLES**

Non-starchy vegetables have little effect on insulin and blood sugar levels. Build your diet around these vegetables. Eat as many as you want.

Asparagus	Cabbage	Okra	Lettuce
Turnips	Mustard Greens	Eggplant	Green Beans
Carrots	Onions	Spinach	Turnip Greens
Cucumber	Snow Peas	Broccoli	Cauliflower
Peppers	Summer Squash	Zucchini	Mushrooms
Water Chestnuts	Brussel sprouts	Tomato	Radishes

#### **GROUP B: MEAT AND PROTEIN**

Proteins do not increase insulin or blood sugar levels. Eat a serving of protein at every meal. A serving is 3-4 ounces which is about the size of a deck of cards. Avoid fried foods. Trim visible fat from the beef and pork. Do not eat the skin of chicken, turkey or fish. Choose cheeses light yellow in color (mozzarella, provolone, parmesan) since they are usually lower in fat than dark yellow or orange cheeses such as cheddar.

Chicken, skinless	Eggs	Peanut Butter (1 tbsp.)
Turkey, skinless	Beef, lean	Fish
Ham, lean	Veal	Shellfish
Tofu, low fat	Pork, lean	Lamb
Cottage cheese, low fat	Cheese, low fat	

#### **GROUP C: FRUIT**

Fruit does contain carbohydrates, but the carbohydrate in fruit gives fruit a natural sweetness plus many vitamins, fiber and generally few calories. Use fruit as a dessert at a meal. A suggested serving is 1 cup. (Sweet fruits with low fiber content such as bananas, pineapple, grapes, watermelon, and raisins need to be limited and eaten with a meal rather than as a snack)

Apple	Apricots, dried	Blueberries	Strawberries
Cantaloupe	Honeydew	Cherries	Kiwi
Grapefruit	Orange	Pear	
Peach	Plum	Raspberries	



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### **GROUP D: MILK**

Milk is a natural source of carbohydrate in the form of a milk sugar called lactose. Even though milk has carbohydrate, two to three servings per day is suggested since milk is an excellent source of calcium and other nutrients. A serving is one cup or 8 ounces. Choose skim or 1% milk since the other milks have more fat and calories.

### **GROUP E: STARCH**

Controlling your intake of starches is a major part of this diet because many starches are processed and provide little nutrition. Choose your starches from foods with lots of fiber and little sugar. Limit even these starches to 2 or less servings per meal.

Serving size is ½ cup of:

Kidney Beans	Pinto Beans	Lentils
Black-eyed Peas	Chick Peas	Soybeans
Navy Beans		

Cold cereal is not recommended no matter what the fiber content. Oatmeal is recommended. It will need to be the regular Oatmeal. It can be the pre-cooked variety. Avoid instant oatmeal because of lower fiber content.

### **GROUP F: FAT**

Fat should be unsaturated. A suggested serving per meal is 2 teaspoons. Avoid most fat-free products since many are higher in carbohydrates.

Canola Oil	Olive Oil	Peanut Oil	Avocados
Liquid margarine	Salad dressings	Nuts	
Olives	Sunflower Seeds	Mayonnaise, low fat	

### **GROUP G: BEVERAGES**

Avoid beverages with added sugar. Fruit juice is not allowed. Any artificial sweetener can be used. You can drink as much sugar free beverage as you want. Some examples are:

Water	Unsweet Tea	Crystal Lite	Coffee
Diet Soda	Club Soda	Fruit20	



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### **Breakfast Ideas**

1. Egg dishes: Scrambled eggs, crustless quiche, boiled eggs with or without ham or bacon.
2. Low fat cottage cheese with 1 cup blueberries.
4. Oatmeal. May add fruit, nuts, peanut butter.

### **Lunch Ideas**

Eat a sandwich on 100% whole wheat bread. For the filling choose from a thin slice of ham, lean roast beef, chicken or turkey breast, plus a slice of low fat cheese. Salmon or tuna, canned in water, or an egg is also a good choice. Add lots of vegetables to the sandwich or eat them on the side. Add salad if you need more to eat in order to get full. Finish your lunch with a piece of fresh fruit.

For additional luncheon ideas choose from:

1. Grilled chicken salad with reduced fat salad dressing
2. Low fat cottage cheese with 1 cup of cantaloupe
3. Meat and vegetables-leftovers from evening meal
4. Frozen meal with chicken and vegetables without starches

### **Dinner Ideas**

Eat as many vegetables as you want, using a small amount of meat, chicken or fish. Here are some dinner suggestions:

1. Broiled Lean Hamburger Patty
  - 1 cup navy beans
  - 1 fresh sliced tomato
  - 1 cup string beans
  - 1 cup cantaloupe



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### Dinner Ideas (cont.)

2. Fish, baked, broiled or grilled  
1 cup green beans  
1 cup pinto beans  
1 apple
3. Boiled shrimp in spaghetti sauce over 3 cups vegetable mix  
(broccoli, cauliflower, carrots, onions, mushrooms)  
1 cup strawberries in sugar-free Jell-O
4. Taco Salad  
1 cup kidney beans  
3 ounces lean ground beef  
1 ounce grated cheese  
1 tomato  
2 cups lettuce  
¼ cup onion  
1/3 cup Picante Sauce  
2 tablespoons sour cream, optional  
4 dried apricots
5. Steak, sirloin or filet mignon  
Broccoli or other vegetables on the list  
Tossed salad with reduced fat dressing  
1 pear
6. Pork Chop  
1 cup black-eyed peas  
1 cup collards  
1 orange
7. Baked or barbeque chicken  
½ cup navy beans  
1 cup collards  
1 baked apple



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### **Snacks**

Fresh fruit

Sunflower seeds

Nuts

Keep vegetables like celery and carrot sticks, radishes, baby tomatoes, florets of cauliflower or broccoli cleaned and ready to eat

### **Eating Out**

In general, eating fast foods or restaurant food frequently is not recommended. Foods eaten out provide too many fat and carbohydrate calories in one meal. If you are trying to lose weight, you should avoid fast food in general. In restaurants, try ordering lean meats, vegetables, salads and avoiding pastas, potatoes, bread and desserts. If you eat a large meal, then walk for 30-60 minutes after eating it to prevent blood sugars and insulin levels from rising. If you attend a party, choose appetizers that are fresh raw vegetables. Limit alcohol and sugared drinks. Stick with flavored water or diet drinks.