



Prediabetes Food List

FOR OPTIMAL BLOOD SUGAR & A1C CHOOSE LOWER CARBOHYDRATE WHOLE FOODS

Foods to Eat

Vegetables to choose in abundance (low in carbohydrates, high in fiber): Alfalfa, artichoke, arugula (rocket) asparagus, avocado, bean sprouts, beet greens, bell pepper (capsicum), bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chayote (choko), chicory, choy sum, collard greens, cucumber, dandelion greens, daikon, eggplant (aubergine), endive, fennel, green beans, green onions, mushrooms, mustard greens, kale, kohlrabi, leeks, lettuce, okra, pak choi, radish, radicchio, rhubarb, scallions, seaweeds, silverbeet, shallot, spinach, sugar snap peas (snow peas), Swiss chard, tomatoes, turnip greens, watercress, yellow summer squash, zucchini (courgette).

(moderate in carbohydrates): carrots, pumpkin, onions, winter squash, beets, turnip, celeriac, green peas, rutabaga/swede.

Fresh and dried herbs and spices (very low in carbohydrates): Parsley, thyme, lavender, mint, basil, rosemary, chives, tarragon, oregano, sage, dill, bay leaves, coriander/cilantro, lemongrass, ginger, garlic, galangal, cumin, turmeric, cinnamon, nutmeg, paprika, vanilla, cloves, chillies, stevia, garam masala, cajun, five spice, and so forth.

Protein sources (zero carbohydrates): Beef, chicken, turkey, duck, pork, game meats, fish, seafood, organ meats, eggs. **(Low carbohydrates):** cheese, nuts and seeds. Minimize intake of processed meats.

Healthy fats (zero/low carbohydrates): Healthy vegetable oils (olive, hazelnut, avocado, sesame, macadamia, high oleic sunflower, coconut, and almond oils), avocado, olives (green, black, or kalamata), nuts and seeds (macadamia nuts, almonds, hazelnuts, pecans, coconut, Brazil nuts, cashews, pumpkin seeds, sunflower seeds, sesame seeds, chia seeds, flax seeds, or nut butters: peanut or almond butter, tahini etc).

Dairy products (low in carbohydrates): Cottage cheese, cheddar, feta, ricotta, halloumi, cream cheese, cream, sour cream. **(Moderate in carbohydrates):** milk, plain yogurt.

Sauces and condiments (lowest in carbohydrates): mayonnaise, aioli, soy sauce, pesto, guacamole, tomato paste, canned tomatoes, salsa, thousand island dressing, ranch dip, mustard, hollandaise sauce, bearnaise sauce, vinegars, vinaigrette, salad dressing, hot sauce.

Sugar substitutes: stevia, erythritol, tagatose, xylitol, monk fruit, vanilla extract, carob, coconut, fruits listed below.

Beverages: water, tea, coffee, herbal teas, homemade smoothies.

Foods in Moderation

Fruits to eat in small moderated portions (low/moderate in carbohydrates): Apricot (1), berries (1/2 cup) including strawberry, blueberry, raspberry, blackberry, cherries, cranberries (raw); cantaloupe/rockmelon (1/2 cup), clementine/mandarin (1), grapefruit (1/2 cup), guava (1), kiwifruit (1), lemon, lime, papaya (1/4 cup), passionfruit (1), peach (1), plum (1). Portions indicate maximum per serve. Only eat one portion per sitting and always eat fruit with a source of protein or fat.

Beans and legumes in small 1/4 cup portions (moderate to high in carbs): edamame (lowest in carbs, can eat up to 1/2 cup), lentils, chickpeas, kidney beans, adzuki beans, borlotti beans, mung beans, and so forth. NOTE: Some people cannot tolerate any beans and legumes. Sprouted beans and legumes are lower in carbs.

Processed meats: bacon, ham, sandwich meats, salami, chorizo, sausage, vegetarian meats.

Dairy: Cream, sour cream, butter.

Foods to Avoid / Minimize

High carb starchy vegetables: potatoes, sweet potatoes, yams, plantain, corn, turnips, kumara.

High carb fruits: banana, apple, orange, watermelon, pear, pineapple, nectarine, pomegranate, mango, grapes, dried fruit of all kinds.

Carb-heavy flour-based foods: bread, pasta, crackers, noodles, snack foods, cakes, muffins, pies, pastries, pizza, breaded and battered foods, breakfast cereals, bagels.

Carb-heavy meal bases: rice, pasta, bread, couscous, noodles, oats/ oatmeal, quinoa, barley.

Carb-heavy snack foods: crisps, chips, popcorn, crackers, muesli bars, snack bars, pretzels, rice cakes, granola bars, donuts, and so forth.

Sugar-filled foods: ice cream, sauces and condiments, cakes, cookies, candy, jams, jellies, chocolate, nutella, honey, molasses, maple syrup, agave, coconut sugar, dried fruit of all kind.

High carb beverages: soda/soft drinks, fruit juice, energy drinks, sports drinks, colored waters, vitamin waters, milkshakes.

Artificial sweeteners: aspartame, acesulfame potassium, saccharin, sucralose



**DIABETES
MEAL PLANS**

2 DAY SAMPLE MENU

Click images
for recipes

BREAKFAST



Roasted Nut Muesli

LUNCH



Chicken Salad Wrap

DINNER



Taco Tomatoes

SNACK



Peanut Butter Balls

BREAKFAST



Cheesy Egg Scramble

LUNCH



Zucchini Pizza Boats

DINNER



Chicken with Olive Paste

SNACK



Cheesy Pumpkin Puffs

DESSERT



Cheesecake



Raspberry Cream Pie

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MORE >**

- > **RESET BLOOD SUGAR BALANCE**
- > **RESET METABOLISM**
- > **REBALANCE WEIGHT**
- > **REDUCE/ AVOID MEDICATIONS**

Following the food list above will help you get started toward achieving optimal results. For the best help and support take the, **PREDIABETES RESET PROGRAM.**

Reset, Rebalance, Reclaim Your Health!



Last week I went in for my yearly physical and my A1c was 5.5!

Cholesterol, triglycerides, and blood pressure are all normal (they were on the high side before). And I lost weight, 21 pounds (9.5 kg) – something I have been trying to do *for years*, and never could!

The doctor had told me that if I could keep my A1c under 5.7 for a year he would take me off metformin. So... I'm off metformin and you could say that I'm not prediabetic anymore!

Thank you DMP and your sincere staff. You are doing wonderful work.

~Cheryl

DR JEDHA & THE DMP TEAM SHOW YOU HOW TO EAT TO TREAT PREDIABETES

In the Prediabetes Reset Program, you'll discover:

- ✔ An eating plan that feels natural and sustainable for you and resets your blood sugar balance to normal
- ✔ Proven methods to reset your metabolism to easily shift stubborn fat & normalize weight
- ✔ Key ways to avoid a T2Diabetes diagnosis and reduce or avoid medications
- ✔ Practical strategies to maintain your results long term so you can get off the repetitive dieting treadmill for good!
- ✔ A new way to live an energetic vibrant life that you thoroughly enjoy



START YOUR RESET TODAY >