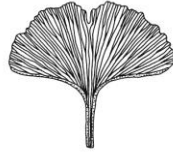


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LOW GLYCEMIC LOAD DIET

3 MEALS per DAY & EVERY MEAL MUST INCLUDE:

An EFA or Essential Fatty Acid – Required for all functions in the body.
A Protein – With the natural fats intact. Needed for repair and recovery.
A Favorable Carbohydrate – For sugars and energy: use to deliver nutrients

Essential Fatty Acid---“EFA”

#1 **Fats as their name implies are essential.** Do not avoid fats in your diet. A diet of less than 15% fat is absolutely unhealthy.

#2 **Avoid hydrogenated oils.** These include hydrogenated and partially hydrogenated oils; they contain harmful “trans fats”.

#3 **Avoid all “No-fat” and “Low-fat” products** that are originally designed to have higher fat contents. These products have either more sugar or chemicals to mimic the taste of fat. (Examples: “low-fat mayonnaise”, “no-fat butter-substitute”, “no-fat Caesar dressing”)

#4 When cooking, a stable oil must be used to avoid the harmful effects of rancid/ oxidized oils. **Cooking should be** done with olive oil (only if cooking at less than 350F), coconut oil, butter, palm oil, rendered animal fats such as chicken fat and even lard (these are stable to high temp.) **Cooking should NOT be** done in canola, corn, sunflower, safflower, and soy oils. Therefore avoid cooked, whipped or stored foods with these oils such as chips and spreads. Find crackers that use olive oil or butter. There are potato chips cooked in Olive oil for a treat.

#5 While Omega-6 fats are essential – too much throws off the balance of other oils. Omega 3 fats should be higher than omega 6 in the diet. **Don’t over-do nuts and nut oils.**

BEST QUALITY OILS

- **Omega-6 fats:** Most **RAW** nuts and seeds, especially pumpkin seeds, sesame seeds, flax seeds, almonds, sunflower seeds, pecans, walnuts, brazil nuts – These nuts can be soaked, rinsed and re-dried for better digestibility. See Nourishing Traditions for instructions.
- High quality, cold-pressed oils – Sesame, Olive, Flax (Do not heat Flax oil)
- **Omega-9 fats:** Artichoke hearts, Avocados, Olives
- **Medium chain fats:** Coconut oil
- **Omega-3 fats:** Fish oils
- Good quality Egg Yolks
- **Short chain fats:** Butter – organic, local. Good farm butter or at least “Cultured”.
- Nut butters, if used, must be raw – not roasted
- Many animal fats are rich in essential fat, especially when grass-fed, such as lamb or beef

Staples in the diet beside those listed above:

Salad Dressing – MAKE YOUR OWN with Olive oil, w/ lemon or vinegar & seasoning

Mayonnaise – Real egg yolks and quality oil - make yourself or buy “DeLouis fils”

Crème Fraiche or Mascarpone – Cultured cream products use with fruit/meat/etc.

Protein Choices - with whole fats intact

As we eat higher on the food chain we need to pay closer attention to quality. Make efforts to purchase all the below from sources that are organic, grass-fed, local, or at least natural. Choose whole proteins, the nutrients are in the bone, skin and organs. There is a great deal of benefit in not only meats but from whole meat products such as bones and cartilage. Practically speaking...**make broth**. There are a tremendous amount of nutrients we get from broth when made properly. Try to buy meats or fish that contain bones and make broth for use when cooking rice, grains, soups & stews.

BEST CHOICES for PROTEIN FOODS

MEATS, POULTRY

Chicken/Turkey whole-w/bone&skin	Grass-fed beef or lamb (70-80% lean)
Wild game meats (high EFA content)	Organic organ meats – pate, terrine, etc.

FISH – From wild sources whenever possible

anchovies bluefish catfish cod clams crabmeat haddock halibut herring lobster mackerel, mussels oysters salmon sardines scallops shrimp any local sustainable fish
[whole sardines, canned salmon, anchovies: have bones-in for better nutrition]

EGGS

Whole Eggs

DAIRY

Cottage cheese - whole	Sheep=Valbreso feta/pecorino Romano
<u>Plain</u> Yogurt – whole (YOU sweeten)	Raw Milk Cheeses (these have all been aged: includes gruyere and others)
Goat Cheese or yogurt (chevre)	Kefir or other cultured dairy products
Sheep milk yogurt/cheese	

VEGETABLE SOURCES OF PROTEIN

All legumes have moderate amounts of protein and need to be slow cooked properly. Tofu – this is a “concentrated legume”, it is OK

AVOID all “processed” soy protein (soy protein isolate) i.e. Soymilk/ bars/ etc.

AVOID peanut butter/roasted peanuts – legumes need to be boiled, not roasted.

FAIR CHOICES for PROTEIN FOODS

MEAT & POULTRY – more processed forms

Natural cured meats or beef jerky, Ham, Turkey or chicken sausages/franks, natural sandwich meats. High fat cuts of meat, like natural bacon, can be used as condiments in any meal.

Some Great cookbooks:

Gourmet Cookbook by Ruth Reichl

Nourishing Traditions by Sally Fallon

Anything recommended through Slow Food USA.

Carbohydrate Choices

Favorable Carbohydrates

The following are “**favorable**” carbohydrates; carbohydrates that provide a healthy increase in your blood sugar levels. The foods on this list will NOT include foods that create an immediate increase in our glucose and insulin levels such as sugary or starchy foods. Favorable carbohydrates provide soluble fiber most of the vitamins to your meal.

When possible, choose these fruits and vegetables in season in your locale.

Cooked Vegetables (Butter or olive oil)

Artichoke
Asparagus
Beans, black/pinto/kidney/white
Beans string, green
Bok choy
Broccoli
Brussels sprouts
Cabbage/sauerkraut/kim chi
Cauliflower
Chickpeas - hummus
Eggplant
Greens, collards/beet/kale/chard /turnip
Leeks
Lentils/split peas
Mushrooms, any variety
Okra
Onions/shallots/garlic
Sauerkraut
Spinach – steam/blanch/creamed/wilt/sauté
Turnip/parsnip
Yellow/zucchini squash

Raw Vegetables – serve with olive oil

Sprouts from alfalfa or beans
Celery
Cucumber
Herbal greens – parsley/ cilantro/ etc.
Lettuces – all varieties
Peppers – all colors
Radishes
Salsa
Snow peas
Tomato

Cultured vegetables should be eaten daily

These cultured foods lower the glycemic effect of the entire meal they are with.

Fruit (fresh or frozen) - No fruit juice

*For those following a very low glycemic load diet such as Bernstein’s “*Diabetes Diet*” – All fruit is best avoided.

Apple - Applesauce
Apricots
Berries – blueberries/ blackberries/
raspberries/ strawberries
Cherries
Citrus – orange/ grapefruit/ lemon/ lime
Grapes
Kiwi
Melons – cantaloupe/ honeydew/ etc.
Peach / Nectarine
Pear
Plum
Tangerine
Watermelon

Grains

Oatmeal, whole rolled – Soaked overnight
Wild rice
[These grains are all 6-7 grams of carb per 2 ounces cooked. 2 ounces = 4 TBS]

Carbohydrate Choices

Unfavorable Carbohydrates

The following are “**un-favorable**” carbohydrates. **Use in moderation!** These are foods that cause a more rapid increase in blood sugar. On their own – these foods cause a problematic rollercoaster ride to your blood sugar. Remember, **these are not “bad” foods**; you just want to:

Avoid building a meal around these foods!

Include unfavorable carbohydrates in a meal only after the essential protein; essential fat; and favorable carbohydrate needs have been met. See FatBack Diet.com for more about reducing unfavorable carbohydrates and increasing the proportion of fats to meet your caloric needs.

The glycemic load of a meal can be improved by Fat, Fiber and Fermentation

- **Fermented foods** such as yogurt, sauerkraut and true sourdough breads have a lower sugar-effect than non- lacto-fermented foods like milk and regular breads
- **Fat** slows the emptying time of the stomach – thereby causing the blood sugar to rise more slowly and evenly. See EFA’s to include whenever possible.
- **Fibers** found in the favorable carbohydrates, improve the sugar load of a meal.

Cooked Vegetables

Corn & carrots & beets
Potatoes
Sweet potatoes & yams

Fruit

Banana
All dried fruits
Canned or sweetened fruits

All fruit and all vegetable juice

Grains and Breads

Remember – if rice or any grain is cooked in nutritious broth and then butter (from the fats page) is added when finished, you can eat less rice to meet your caloric needs and ultimately be more satisfied. This lowers your glycemic stress load.

Worst: Box Cereal – Bagels – Pizza – Popcorn – These are very dense high carbs

Others – These are moderately high carbs:
Bulgur wheat/couscous
Pasta/Bread
Waffles/pancakes
Muffins/ crackers/ granola/ rolls/ cookies
Rice/ millet/ quinoa/ buckwheat - non gluten
Tortilla, corn/wheat flour

Miscellaneous

Catsup/sauces/sweetened condiments
Frozen desserts
Jam and jelly
Foods with added sweeteners – honey/
maple syrup/ sugar/ agave/ cane sugar

Large Meal Size

Stomach stretching causes an increased glycemic reaction, Limit desserts and “volume” foods like popcorn

Thing that taste sweet

The mere taste of sweet causes an insulinemic reaction affecting sugars, so eliminate artificial sweetener

YOUR CARBOHYDRATE LIMITS:	
BREAKFAST	_____
LUNCH	_____
DINNER	_____