

Getting Off the Blood Sugar Rollercoaster: Tips for Healthy Eating & Snacking

Karen Rose Tank, MS, CHC, Integrative Nutrition, Health & Diabetes Coach
www.RoseHealthCoaching.com

Goal of Healthy Eating & Snacking...

- Fill you up and keep you feeling full till your next meal
- Prevent cravings in the first place... get off the hunger-eat-spike-crash-cravings rollercoaster!
- Keep your blood sugar steady - Prevent spikes from too many carbs
- Water - Thirsty and dehydrated? - Add lemon juice, teas, decaf coffee, stevia

Think...

- ~ **Whole Foods** ~ **Minimal Processing Best** ~ **Low in Carbohydrates**
- ~ **High in Protein** ~ **High in Healthy Fats** ~ **High in Fiber**

- * Small apple or pear with almond butter
- * Veggie slices with guacamole, salsa, tahini
- * Meat or fish left overs, meat bars, jerky
- * Berries with nuts and seeds or Nut Bars
- * Avocados and eggs
- * Greek yogurt- plain- add nuts/berries

Nuts and Seeds

- Portion control helps from over doing it with nuts. 1 handful optimal
- Make your own snack baggies of nuts from large containers
- Buy portion-sized smaller bags of nuts
- Raw, plain, unsalted are best
- Almonds, walnuts, pecans, Brazil nuts, hazelnuts, pumpkin seeds, sunflower seeds, mixed
- Flax, chia, hemp, psyllium, glucomannan/konjac tuber- PGX, Miracle Noodles
- Flax Crackers, Seed Crackers, Almond Meal Crackers
- Magic Flax & Almond Muffin in a Mug, Seed & Nut Porridge
- Chia Seeds- pudding, smoothie, frozen dessert
- Kind Bars- not all the same- look for lower carbs & added sugars, high fiber & protein

Nut Butters

- Look at label- no sugar or other sweeteners added
- Almond butter, peanut butter, sun butter, tahini- 2 Tablespoons serving size

Proteins

- Leftover chicken, meats, fish- roasted chicken, turkey slices
- Meat or Fish Jerky or Paleo Protein Bars- watch added sugars – EPIC Bars
- Canned sardines and salmon, frozen shrimp
- Hard boiled eggs- come already cooked and peeled
- Greek Yogurt – unsweetened... add your own berries, nuts and seeds
- Protein Powder – low carb smoothie- watch the fruit and sweeteners

Vegetables

- Focus on veggies low in carbohydrates
- No need to worry about portion size!!!
- Cucumbers, carrots, celery, radishes, daikon, peppers, cucumbers, broccoli, cauliflower, cherry tomatoes, red and yellow peppers or mini peppers, sugar snap peas, string beans, asparagus, jicama, fennel, mushrooms, zucchini, kale, lettuce, collards, cabbage
- Slice into sticks or rounds to use as chips for munching and dipping
- Wraps- lettuce, collards, cabbage leaves
- Zucchini Noodles
- Salsa, Gazpacho
- Avocados – Guacamole, Puddings, Chocolate Mousse
- Pickles, Sauerkraut and Kimchee, Olives– healthy fermented veggies

Beans

- High in protein and fiber but need to watch carbohydrates
- 1/2 cup most beans have about 20 g carbs and 6 g fiber
- Edamame (soy beans are low carb, high protein)- frozen in pods... add your own salt
- Tofu & Tempeh (if you eat soy)- high protein and low carbs
- Hummus – mixed with healthy tahini (sesame paste)- watch portions

Sea Vegetables

- Seaweed Snacks
- Kelp Noodles

Fruit

- Keep portions small, low sugar, high fiber – eat with a protein, fat and fiber
- Blackberries, raspberries, strawberries – ½ - 1 cup, lowest in sugar and high in fiber
- Small apple, pear, kiwi, clementine, 1 cup melon/watermelon, 2 figs
- Cherries and grapes are about 1 g carb each... keep track. It adds up!

Dark Chocolate

- Aim for low sugar
- 75% cacao and higher
- Single serving, pre-wrapped squares helpful for portion control
- Ghiradelli, Lindt, Endangered Species
- Make your own with raw cacao powder and stevia
- Add avocado, chia seeds, coconut oil and coconut milk, almond butter, nuts

15 GRAM CARBOHYDRATE LIST

Compiled by Dr. Brian Mowll, The Diabetes Coach, Diabetes Nutrition Guide and SweetLife™ Diabetes Health Centers

It's important to remember that all non-fiber carbohydrate sources break down to simple sugar in the digestive tract. So, whether you are eating an apple, a lifesaver, or a potato, eventually, they all become sugar. There is a difference in how quickly they are absorbed and broken down which is reflected in the "Glycemic Index", but essentially, **all non-fiber carbs should be treated like sugar.**

Equally important to keep in mind is that **carbs are not inherently "bad"**. In fact, some of the healthiest foods like berries and broccoli are mostly carbohydrate. That said, when you have diabetes or blood sugar problems, it's important to limit carbohydrates and to focus on real food, low glycemic options. We typically recommend limiting carbohydrates to no more than 15-20g per meal from simple, real food, healthy sources. This should be customized based on your individual carb tolerance.

The carbohydrate options listed below are all 15g, making it easy to choose the right amount of food to consume. Be aware of all the carb sources in your meal, and be sure to limit the total net carbohydrates to no more than 15-20g per meal, based on your individual carb tolerance.

Karen's Tip: When in doubt... LOOK UP the grams of carb in your food with apps or Google. I like www.CalorieKing.com. Go to FOOD SEARCH.

LOW CARB VEGETABLES

VEGETABLE SOURCES All fibrous vegetables are 1 1/2 cups cooked or 3 cups raw

Artichoke	Mixed Vegetables (without corn, peas, or pasta)
Asparagus	Mushrooms
Beans (green, wax, Italian)	Okra
Bean sprouts	Onions
Beets	Pea pods
Broccoli	Peppers
i	Radishes
Brussels sprouts	Salad greens
Cabbage	Sauerkraut
Carrots	Spinach
Cauliflower	Summer squash
Celery	Tomato (canned, sauce, juice)
Cucumber	Turnips
Eggplant	Water chestnuts
Green onions or scallions	
Greens (collard, kale, mustard, turnip) Kohlrabi	Watercress
Leeks	Zucchini

FRUIT SOURCES

Fruits listed below are 15 grams per serving

Apple, unpeeled, small	1 (4 oz.)
Banana, small	1 (4 oz.) or 1/2 or 1/4 medium or large
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe, small	1/3 melon or 1 cup cubes
Cherries, fresh	12 (3 oz.) or 1 cherry is about 1 carb
Grapefruit, large	1/2 (11 oz.)
Grapes, small	17 (3 oz.) or 1 grape is about 1 carb
Honeydew melon	1 slice (10 oz.) or 1 cup cubes
Kiwi	1 (3 1/2 oz.)
Mango, small	1/2 fruit (5 1/2 oz.) or 1/2 cup cubes
Orange, small	1 (6 oz.)
Papaya	1/2 fruit (8 oz.) or 1 cup cubes
Peach, medium, fresh	1 (6 oz.)
Pear, large, fresh	1/2 (4 oz.)
Pineapple, fresh	3/4 cup
Raisins	2 TBS or 1 raisin is about 1 carb
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries
Watermelon	1 slice (13 1/2 oz.) or 1 1/4 cup cubes

© 2015 copyright SweetLifeTM
Diabetes Health Centers, LLC

STARCHY CARBS

STARCHY	Carb sources listed below are 15g per serving size
Bread, white, whole-wheat, pumpernickel, rye	1 slice (1 oz.) 1/2
English Muffin	1 (1 oz.)
Roll, plain, small	1/2 cup
Oats	1/3 cup
Pasta, cooked	1/3 cup
Rice, white or brown, cooked Beans and peas	1/2 cup
Lentils (cooked)	1 (5 oz.)
Corn on the cob, medium 3" Peas, green	1/2 cup
Potato, mashed	1 cup
Squash, winter (acorn, butternut)	3/4 cups
Plain, low-fat or nonfat yogurt	3 cups
Popcorn, popped	1/3 cup
Hummus	

© 2015 copyright SweetLifeTM
Diabetes Health Centers, LLC

ESTIMATING PORTION SIZES

PORTION CONTROL

Does size really matter? Well, sort of. If you eat the right foods (real food), calories are less important, but it's still possible to overeat. Weighing and measuring is annoying, inconvenient, and typically unnecessary. Using these strategies to estimate portion sizes can help keep protein, carbohydrate, and calorie consumption under control.



Poultry or Beef - 4 oz



Fish - 4 oz



Fruit - large



Fruit - medium



Nuts - 1 serving



Olive Oil - 1 TBSP



Cheese - 1 oz



Nut butter - 1 TBSP



Dressing - 2 TBSPs

© 2015 copyright SweetLife™
Diabetes Health Centers, LLC

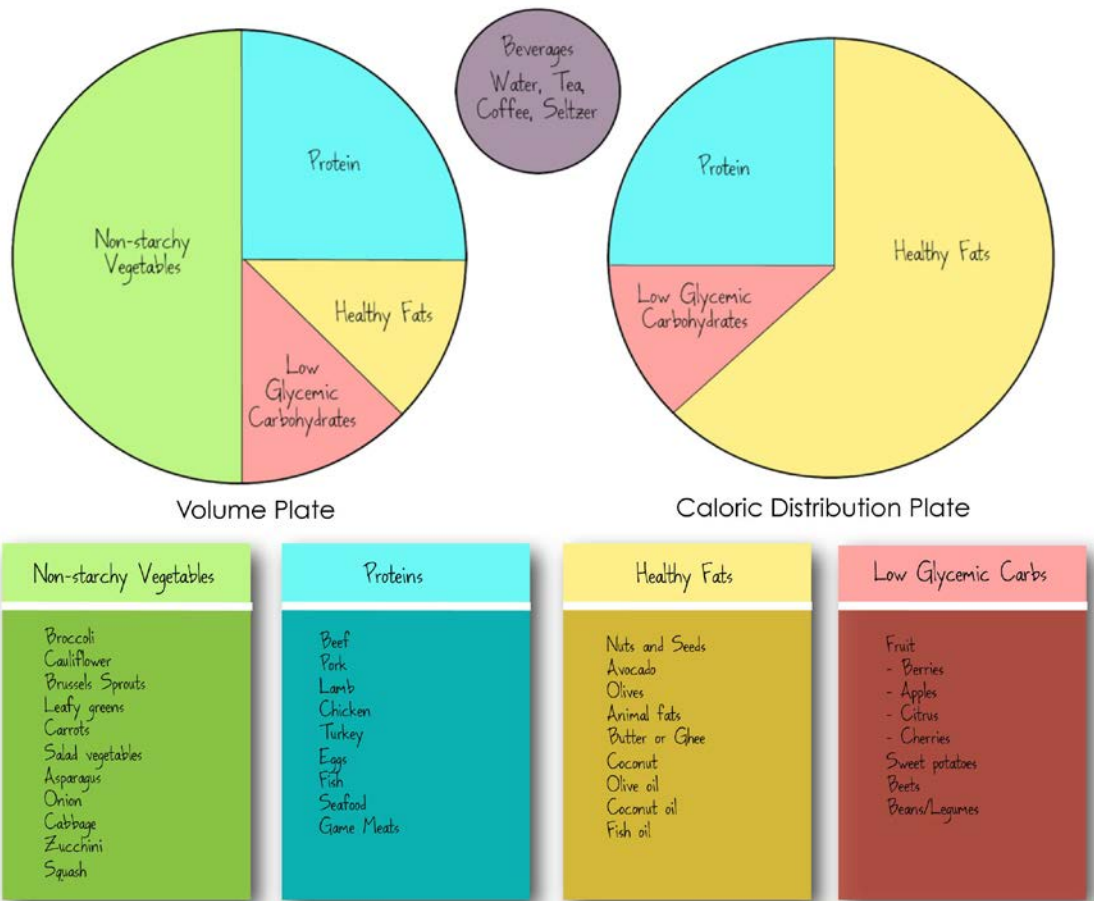
THE SWEETLIFE FOOD PLATE

FOOD PLATE

Most likely, you've seen the USDA recommended "My Plate" dietary guidelines. This is the latest evolution of the much-maligned "Food Pyramid" designed to visually depict government nutrition recommendations.

We created the SweetLife™ Food Plate, based on real food nutrition, specific to those with blood sugar imbalance. There are two versions:

- **one based on food volume and**
- **the other based on calorie distribution.**



© 2015 copyright SweetLife™
Diabetes Health Centers, LLC

Karen's Favorite Low Carb Recipes to Stabilize Blood Sugar

On the Suppers website, www.TheSuppersPrograms.org, in the RECIPES tab, you can:

- **Search by Dietary Preferences...** LOW CARB
<http://www.thesuppersprograms.org/tags/low-carb>. Plus other recipes have comments about how you can substitute ingredients to make it low carb.
- **Search by Ingredients.** You type in a low carb vegetable or a healthy fat, nut or seed and a list will come up of all the recipes on the website using that ingredient.
- **Search by Recipe Categories.** Many of the Salads, Slaws, Meat, Fish and Vegetable Dishes are low carb.

On the Rose Health Coaching website, www.RoseHealthCoaching.com, all of the recipes in the RECIPE section are low carb... so enjoy exploring.

Breakfasts

Magic Low-Carb, Gluten-Free, Fiber-Rich Flax & Almond Muffin in a Mug
Chia Seed Pudding
Seed and Nut Breakfast Porridge

Meals including Breakfast- Think Leftovers!

Breakfast Challenge Chili
Turkey Meatloaf
Salmon Veggie Burgers
Salmon & Egg Salad
Thai Coconut Soup
Thai Fish Soup
Chinatown Chicken Salad
Slaws of all kinds
Apple, Walnut & Avocado Salad
Egg & Avocado Salad
Greek Salad
Cauliflower EVERYTHING! Mashed, Riced, Living Cauliflower Couscous
Spiralized Zucchini Spaghetti

Dressings and Condiments

Lemon Mustard Salad Dressing
Ginger Mustard Dressing
Lemon Garlic Dressing
Creamy Raw Tahini Dressing
Creamy Avocado Dressing

Dips and Spreads

Guacamole

No-Bean Zucchini Hummus, Artichoke Hummus, Cauliflower Hummus

Crackers without grain-based flour

Carson's Seed Crackers

Amy's Almond Flatbread

Paleo Bread with Almond Meal

Desserts

Avocado Chocolate Mousse

Brain Chips

Other Low Carb, Paleo and Keto websites to explore for recipes.

- Remember you can always modify any recipe to suite your needs and desires.

www.elenaspantry.com

www.ditchthecarbs.com

www.dietdoctor

www.alldayidreamaboutfood.com

www.lowcarbyum.com

www.peaceloveandlowcarb.com

www.deliciously-thin.com

www.nomnompaleo.com

www.health-bent.com

<https://meljoulwan.com/category/recipes/>

<https://whole30.com/category/recipes/>

ACTION PLAN FORM

Adapted from the Stanford University Chronic Disease and Diabetes Self Management Program

What is a **GOAL** you have for yourself?

Today's Date:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. In writing your ACTION PLAN, be sure it includes: 2. WHAT you are going to do? 3. HOW MUCH you are going to do? 4. WHEN you are going to do it? 5. HOW OFTEN you are going to do it? (Number of days/week) 6. HELP you might NEED to SUCCEED? | <ul style="list-style-type: none"> * Something YOU want to do * Achievable - Reasonable to accomplish * Action-specific, Behavior-specific |
|--|--|

For example: This week, I will walk (what) around the block (how much) before lunch (when) three times this week (how often) with a friend (help needed to succeed).

This week, I will _____ (WHAT)

_____ (HOW MUCH)

_____ (WHEN)

_____ (HOW OFTEN)

_____ (HELP NEEDED TO SUCCEED)

How **CONFIDENT** are you in your AP? (0=not at all confident ... 10=totally confident) _____
 (Confidence Level of 7 or more is desired)

Day and Date	Check Off	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		9

ACTION PLAN FORM

Adapted from the Stanford University Chronic Disease and Diabetes Self Management Program

What is a **GOAL** you have for yourself?

Today's Date:

In writing your **ACTION PLAN**, be sure it includes:

1. **WHAT** you are going to do?
2. **HOW MUCH** you are going to do?
3. **WHEN** you are going to do it?
4. **HOW OFTEN** you are going to do it? (Number of days/week)
5. **HELP** you might **NEED to SUCCEED?**

- * Something **YOU** want to do
- * **Achievable** - Reasonable to accomplish
- * **Action-specific**, Behavior-specific

For example: This week, I will walk (what) around the block (how much) before lunch (when) three times this week (how often) with a friend (help needed to succeed).

This week, I will _____ (WHAT)

_____ (HOW MUCH)

_____ (WHEN)

_____ (HOW OFTEN)

_____ (HELP NEEDED TO SUCCEED)

How **CONFIDENT** are you in your AP? (0=not at all confident ... 10=totally confident) _____
 (Confidence Level of 7 or more is desired)

Day and Date	Check Off	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		10