



DIABETES

PROGRAM

PARTICIPANT MANUAL



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Week 1: What to Eat



TIPS & GUIDANCE



Helpful Tips to Manage Diabetes

Timing Matters

- Try to eat your meals around the same times each day. In addition, try to eat the same amount of food each day.
 - Eating pace can help control volume of food consumed. It takes close to 20 minutes for your stomach to send a message up to your brain that you have had enough to eat. So try to take at least 20 minutes to eat your meals. This will help you to control your portion sizes.

Get Real

- Avoid the sugar-free and fat-free foods as they are loaded up with additives, preservatives and artificial ingredients that are harmful to your health.
 - If you are having a dessert, make sure to have a sensible portion.
 - Make sure your treats are the real deal and have less.
 - Remember take your time with the dessert. Usually dessert is about the first few bites anyways. A little really can go a long way.
- Beans, fruits, breads, pastas, grains, and starchy vegetables are mostly made up of carbohydrates.
- Non starchy vegetables are low in both carbohydrates and calories. This is a group that you do not have to be as strict with monitoring. You are encouraged to consume foods from this group often as they also contain many nutrients and antioxidants that are very beneficial for health.

Drinks

- Milk and yogurt contain carbohydrates but they also contain protein.
- When consuming an alcoholic beverage make sure to have it with a complex carbohydrate. Alcohol can make blood sugar drop and that is why it is important to have it with food that contain carbohydrates.
- If your blood sugar is low drinking approximately a half a cup of 100% fruit juice can help to bring it back up to normal range. Drink 15 g of carbohydrate of juice, wait 15 minutes and test your blood sugar. If it is not back up to normal range drink another 15 g of carbohydrate of juice and wait fifteen minutes and test again. Continue this process until blood sugar is in normal range. Also consult with your doctor on how to handle low blood sugars.

Other Factors to Know

- Incorporate cinnamon into your meals. Research shows cinnamon helps with blood sugar regulation.
- Manage your stress. When you are stressed this makes your blood sugar go up.
- Fit in short bursts of exercise throughout the day. If you ever notice your blood sugar is high take a brisk 10 minute walk (longer if you can, but make it at least 10 minutes). This burst of exercise will help to bring down your blood sugar.

When Fat is our Friend

We recommend choosing the full fat food product. This is the way the food is found in its most natural state. It may also help with weight loss and management and blood sugar control.

A little bit of fat can help to keep us satiated for a longer period of time. For example, if a person incorporates 30 calories in the form of a fat to their breakfast (such as cream or nuts on their oatmeal); those 30 calories could help to prevent a 200 calorie midmorning snack. This is simply due to the way fat is processed in the body. It is a slow breakdown process which means you feel satisfied, and hence receive a sustained amount of energy, for a longer period of time. If you cut out between-meal snacking it is better for your health and weight.

Think About It: If one uses this example above, at the end of the day who is eating less calories, the person that is choosing the low-fat or fat-free options or the person that has a moderate amount of fat at their meals?

Because fat is such a satisfying nutrient, people are satisfied with less volume. Many times when people continue to choose low-fat and fat-free products that are not as satisfying, they end up eating more volume to compensate for that lack of both psychological and physical satisfaction.

The Simple Message: Choose the real deal with natural levels of fat, and your body will respond for you. You'll start to notice you are naturally satisfied with an amount that's closer to what your body needs.

Here are some examples of some foods that contain the heart healthy fats and are also super for overall health.

Examples of Foods that Contain Monounsaturated Fat?

Olives	Nuts	Avocados
Olive oil	Nut oils	Nut butters

Examples of Foods that Contain Omega-3 Fatty Acids?

Halibut	Salmon	Flax seed	Brazil Nuts
Herring	Mackerel	Wheat germ	Pine nuts
Tuna	Herring	Walnuts	

Three Best Natural Sweeteners for Diabetics

STEVIA, XYLITOL/ERYTHRITOL, AND CHICORY ROOT INSULIN

Why Diabetics Should Avoid Artificial Sweeteners

The best sweetener for diabetics is a subject that remains controversial. Artificial sweeteners including the chemicals aspartame, saccharine and sucralose are consumed widely especially by diabetics. An abundance of research is now available which shows that sustained intake of these synthetic flavors and colors may cause "metabolic derangements" in susceptible individuals: including metabolic syndrome and diabetes. Developing type II diabetes is already a sign that the body is sensitive to diet, so diabetics should be especially responsive to health warnings relating to artificial sweeteners. While it's impossible to know who will become susceptible, avoidance of all artificial ingredients ensures certainty that you won't be among the group affected.

Consider Government Recommendations Carefully

Although studies vary widely seemingly from month to month, keep in mind that this shifting evidence means the issue definitely has not been decided definitively. Furthermore, scientific arguments surrounding health issues are sometimes unfortunately driven by industry and economic concerns. For this reason, decisions and recommendations by government authorities may be subject to revision and change, just as they have in the past. For this reason, until there is consensus it's a good idea to err on the side of caution. Your own personal health and that of your family is the most important consideration.

Natural Alternative Sweeteners for Diabetics

Regardless of the latest recommendations on the safety of artificial sweeteners, consuming fresh and natural produce is more sensible than taking the risk with products made from synthetic chemicals. When it comes to natural sweeteners suitable for diabetics however, these may be difficult to find in the local supermarket. You may need to source these from a health food outlet. Natural sweeteners considered by some to be the best choices for diabetics include the herbal extract Stevia, sugar alcohols like Xylitol and Erythritol, and Chicory Root Inulin.

Stevia is a natural plant-derived sweetener which has passed routine testing for safety. It will not raise blood sugar levels so it is recommended for diabetics.

Xylitol and **Erythritol** are found in the fibres of fruit and some other plants including mushrooms. They are absorbed into the blood stream more slowly than sugar and are low in carbohydrate. Rather than being stored in the body they are eliminated efficiently in the urine. However, these sweeteners should be introduced slowly into the diet to allow the body to adjust to their natural laxative effect.

Chicory Root Inulin is a fibre which has beneficial probiotic properties for a healthy digestive tract and systemic cleansing. It is low in carbohydrate and does not raise blood sugar levels.

These natural alternative sweeteners may be a little more expensive to buy but, if you are a diabetic, you recognize how valuable proper sugar regulation is for you.

Sources

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National Cancer Institute 2009, *Artificial Sweeteners and Cancer*, viewed 17 July 2010, <http://www.cancer.gov/cancertopics/factsheet/Risk/artificial-sweeteners>

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Diabetes and Alcohol Consumption

Most people with diabetes can have a moderate amount of alcohol. If you have questions about whether alcohol is safe for you, please consult your doctor.

Women should have no more than 1 drink per day, and men no more than 2 drinks per day. One drink is equal to a 12 oz beer, 5 oz glass of wine or 1 ½ oz distilled spirits (vodka, whiskey, gin, etc.).

- Do not drink on an empty stomach or when your blood glucose is low.
- If you do choose to drink, follow the guidelines above and have it with food. This is especially important for those on insulin and diabetes pills which may lower blood glucose by making more insulin.
- Do not replace food with alcohol. Instead have it with a meal and let the drink complement the food.
- Sip your drink slowly to savor it and make it last. This is not only more enjoyable, but has the physiological effect of metering the onset of the alcohol into your system.
- Alcohol is a diuretic, so have water to keep yourself hydrated. Give infused water a try.
- Alcohol can cause hypoglycemia shortly after drinking and for up to 24 hours after drinking. If you are going to drink alcohol, check your blood glucose before you drink while you drink and for up to 24 hours. You should also check your blood glucose before you go to bed to make sure it is at a safe level – between 100 and 140 mg/dL. If your blood glucose is low, eat something to raise it.
- The symptoms of too much alcohol and hypoglycemia are similar – sleepiness, dizziness and confusion. When you have an alcoholic drink it is important that you are with someone who knows that you are diabetic because you do not want them to confuse hypoglycemia with drunkenness. It is advantageous to wear an I.D. bracelet that reads "I have diabetes."

FOOD GUIDANCE



Ingredients to Avoid

**The goal is to eliminate as many of these additives from your diet as possible. If every once in a while they sneak into the diet that is ok, but the more they are eliminated the better it is for our health and weight.*

**The ingredients highlighted in yellow seem to be safe to have in moderation but it would be in our best interest to avoid them as much as possible as further research continues to be conducted.*

Acids

Lactic acid

Phosphoric acid
Sorbic acids

Colors

Blue 2
Green 2
Orange B
Yellow 5
Yellow 5 lake
Yellow 6
Yellow 6 lake
Red 3
Red 40
Red 40 lake
Caramel color

Gums

Cellulose gum
Xanthan gum
Guar gum
Locust bean gum

Oils

Partially hydrogenated oil
Fully hydrogenated oil

Preservatives

BHA
BHT
Calcium di-sodium
EDTA

Sugars and Artificial Sweeteners

Acesulfame-K
Sucrolose
Saccharin
Sorbitol
Aspartame
Corn syrup solids
Fructose
High fructose corn syrup
Maltodextrin

Various Metal Compounds

Aluminum phosphate
Titanium di-oxide
Zinc oxide
Magnesium oxide
Sulfur dioxide
Di-potassium phosphate
Calcium silicate

Other

Sodium caseinate
Sodium stearoyl lactylate
Sodium nitrate
Sodium nitrite
Polysorbate 60
Sodium benzoate

Mono- and di-glycerides

Potassium sorbate
Artificial flavoring
Sodium benzoate
Calcium phosphate
Artificial flavor
Palmitate
Sodium hexametaphosphate
Artificial margarine flavoring
Sorbitan monosterate
Monosodium glutamate
Alum
Glutanen
Monocalcium phosphate
Ethoxylated mono- and di-glycerides
Datenin
Sodium steryl lactylate
Calcium proprionate
Di-sodium inosinate
Di-sodium guanylate
Sodium sulfite
Propyl gallate
TBHQ
Hydrolyzed soy and corn protein
Autolyzed yeast extract

Examples of Real Foods to Enjoy

MAKE SURE INGREDIENTS IN FOOD PRODUCTS ARE ALSO REAL.

Meats (in this order)

- Fish
- Seafood
- Chicken
- Turkey
- Lean pork
- Ham
- Veal
- Beef
- Prepared meats like sausage
- Hotdog/bologna

Cheese

- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Gouda
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Brie

Nuts (unsalted)

- Peanuts
- Brazil nuts
- Cashews
- Walnuts
- Pistachios
- Almonds

Vegetables

- All vegetables

Fruits

- All Fruits

Fats

- Extra virgin olive oil
- Corn oil (for some baking)
- Peanut oil or grapeseed (for some frying)
- Walnut oil
- Coconut oil

Spices

- All spices and extracts without high fructose corn syrup or MSG

Desserts

- Fruit
- Any dessert with real ingredients
- Dark chocolate

Drinks

- Water
- Tea (herbal or regular)
- 100% juice*
- Coffee
- Milk
- Wine (1, 4-oz glass/day)
- Beer (1, 12 oz bottle/day)

Starches

- Any bread made that day with real ingredients
- Oats
- Pasta
- Rice

Beans

- All beans

Dairy

- Eggs
- Ice cream
- Milk
- Yogurt
- Cheese

Seeds (unsalted)

- All seeds

Sweeteners

- Stevia (if severe diabetic)
- Brown sugar
- Molasses
- Raw sugar
- Honey

Names of Sweeteners in Foods

Barley malt	Beet sugar	Brown sugar
Buttered syrup	Cane juice crystals	Cane sugar
Caramel	Corn syrup	Corn syrup solids
Confectioner's sugar	Carob syrup	Castor sugar
Date sugar	Demerara sugar	Dextran
Dextrose	Diastatic malt	Diatase
Ethyl maltol	Fructose	Fruit juice
Fruit juice concentrate	Galactose	Glucose
Glucose solids	Golden sugar	Golden syrup
Grape sugar	High-fructose corn syrup	Honey
Icing sugar	Invert sugar	Lactose
Maltodextrin	Maltose	Malt syrup
Maple syrup	Molasses	Muscovado sugar
Panocha	Raw sugar	Refiner's syrup
Rice syrup	Agave Nectar	Sorghum syrup
Sucrose	Sugar	Treacle
Turbinado sugar	Yellow sugar	Crystalline fructose
Evaporated cane juice	Sucanat	Coconut palm sugar
Refiners syrup		

Omega-3 Fatty Acid Food Sources

Nuts and Seeds

Flaxseed (ground)
Walnuts
Pine nuts
Brazil nuts

Vegetables

Cabbage
Cauliflower
Broccoli
Spinach
Romaine lettuce
Soybeans
Winter squash (all varieties)
Brussels sprouts

Herbs and Spices

Mustard seeds
Cloves, ground
Peppermint leaves, fresh

Seafood

Salmon
Scallops
Halibut
Shrimp
Mackerel
Albacore Tuna
Herring
Halibut
Trout
Sardines

Examples of Protein Food Sources

- Meats
- Seafood (fish and shell fish)
- Soy
- Beans
- Nuts and nut butters
- Seeds
- Cheese
- Yogurt
- Milk
- Eggs
- Whole grains (contain more than their refined counterpart)

Examples of Complex Carbohydrates

Beans and Legumes

Pinto	Garbanzo
Navy	Black
Lentils	Black eyed peas
Kidney	Peas
Lima	Soy beans

Breads, Cereals, Grains, Pastas

**Choose foods from these groups that contain 3 or more grams of fiber per serving*

Oats	Bran flakes
Barley	Bulgur wheat
Whole-grain bread	Whole-wheat pasta
Quinoa	Brown rice
Sorghum	Buckwheat
Wheat	

Fruits and Vegetables

Starchy vegetables such as:
sweet potatoes
yams
taro
corn

Other vegetables do contain carbohydrates but not as much starchy vegetables.

Fruits

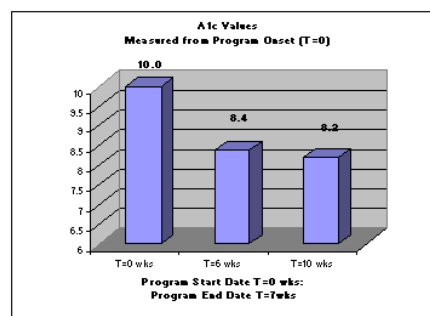
Diabetic Shopping Exchange

Old Shopping List (Limit)	New Shopping List (Buy)
Skim milk	Whole milk
Light Country Crock Margarine	Butter, coconut oil
Soybean oil	Extra virgin olive oil, Grapeseed oil, Peanut oil
Splenda, Sweet n Low	Stevia, Honey, Brown sugar
Diet Soda, Crystal Light	Herbs and fruit to make water infusions, Beer, Dry Wines, Tea, Coffee, Cocoa for hot chocolate
Fat-free artificially sweetened yogurt	Full-fat plain yogurt
Fat-free artificially sweetened ice cream	Breyers all natural ice cream
Low-fat cheese products	Real full-fat cheeses
Fat-free, sugar free cookies	Dark Chocolate
Frozen Lean Cuisine meals	Fresh meats, fish, fruits and veggies
Low-fat processed snacks	Nuts, Olives
Breads with lots of additives	Fresh Bread
Fake maple syrup	Real maple syrup
Egg beaters	Real eggs
Fat-free sour cream	Full-fat sour cream

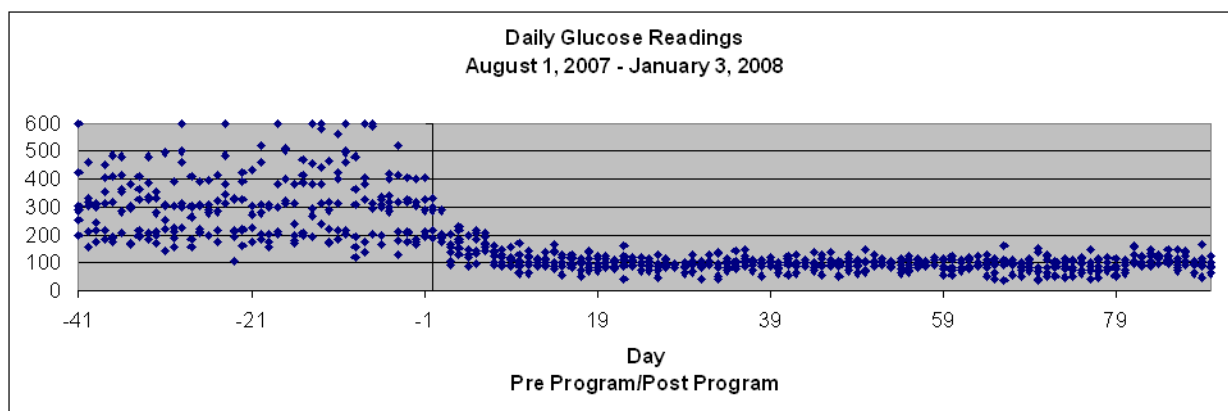
Diabetic Meal Planning Guide

This document gives you a look at an actual example of a standard dietary approach for diabetics, compared to a Mediterranean Wellness meal plan.

Note that the standard diabetic meal plan follows the American Dietetic Association recommendations.



By contrast the Mediterranean dietary approach does no more than replace artificial food products with real foods. The changes made by this person resulted in the following changes in A1C and glucose levels. This subject was a Type 1 Diabetic.



Pre and Post Sample Menus of a Type 1 Diabetic PATH Participant

Day 1	Pre-PATH Meals	Post-PATH Meals
Breakfast	<ul style="list-style-type: none"> 2 Frozen Waffles with margarine spread and Log Cabin syrup Coffee with 2 packets Splenda Skim milk in coffee 	<ul style="list-style-type: none"> ½ cup whole grain oatmeal with a splash of whole milk and a sprinkle of cinnamon & 3 chopped walnuts Coffee with a drop of agave nectar and a splash of whole milk
Lunch	<ul style="list-style-type: none"> Canned chicken noodle soup Grilled cheese on wonder bread made with low-fat Velveeta cheese and margarine Sliced apple with low-fat peanut butter 2 cans diet soda 	<ul style="list-style-type: none"> Slice of French bread brushed with olive oil grilled and topped with 2 pieces of a sliced apple and melted sharp cheddar Small salad with balsamic vinegar, greens and tomatoes Water with lemon
Snack	Quaker granola bar	Raisins (to treat low)
Dinner	<ul style="list-style-type: none"> Package lean cuisine (pasta and sauce) Packaged roll with margarine Frozen mixed vegetables 	<ul style="list-style-type: none"> 6 ounces grilled salmon green beans in olive oil and garlic red potatoes with parsley/butter 6 ounces red wine Square of dark chocolate
Snack	Extend Bar	No Snack

Day 2	Pre-PATH Meals	Post-PATH Meals
Breakfast	<ul style="list-style-type: none"> Packaged instant oatmeal Fat-free Yoplait yogurt Skim milk Coffee with 2 Splenda packets 	<ul style="list-style-type: none"> One egg cooked in olive oil ½ avocado, and a spoon of salsa Coffee with agave and whole milk
Lunch	<ul style="list-style-type: none"> Hot dog on bun with ketchup Chips in a bag Carrots with fat-free ranch 2 cans diet soda 	<ul style="list-style-type: none"> ¾ cup of pasta mixed with ½ cup chopped tomato, olive oil and grated parmesan cheese Small chunk of French bread Few tablespoons whole yogurt Water with lemon
Snack	<ul style="list-style-type: none"> Slim fast shake Pear 	No Snack
Dinner	<ul style="list-style-type: none"> Packaged frozen fettuccini Salad with fat-free Italian dressing 2 packaged rolls with margarine Raspberry crystal light Low fat cheesecake with strawberry syrup 	<ul style="list-style-type: none"> 6 ounces grilled chicken over primavera ½ cup pasta topped with red sauce sprinkled with fresh mozzarella Small salad with greens, Kalamata olives, feta cheese, and balsamic and olive oil Small chunk of French bread 6 ounces red wine Square of dark chocolate
Snack	Extend Bar	No Snack

Day 3	Pre-PATH Meals	Post-PATH Meals
Breakfast	<ul style="list-style-type: none"> • 2 eggs with low-fat Velveeta • 1 bagel with margarine • Cantaloupe • Coffee with 2 Splenda packets • Skim milk 	<ul style="list-style-type: none"> • 3 spoons of whole fat yogurt with fresh blueberries • Coffee with a drop of agave nectar and a splash of whole milk
Lunch	<ul style="list-style-type: none"> • Packaged chicken and rice • Celery and broccoli with low-fat ranch • 2 cans diet soda • Low-fat sugar-free ice cream bar 	<ul style="list-style-type: none"> • Small salad with greens, ½ chopped pear, 3 walnuts, sprinkle of feta cheese, balsamic vinegar and olive oil • Small baked potato with sour cream and butter • Water with lemon
Snack	<ul style="list-style-type: none"> • Sweet tarts candy (to treat low) • Fat-free yogurt 	½ banana (to treat low)
Dinner	<ul style="list-style-type: none"> • Packaged beef stroganoff • Bake potato with margarine • Frozen mixed vegetables • Raspberry crystal light 	<ul style="list-style-type: none"> • Vegetarian chili (homemade) topped with a sprinkle of cheddar cheese and salsa • Handful of blue corn chips • Sliced oranges • 6 ounces red wine • Square of dark chocolate
Snack	Extend Bar	No Snack

Day 4	Pre-PATH Meals	Post-PATH Meals
Breakfast	<ul style="list-style-type: none"> • Egg McMuffin • Hash brown • Coffee with 2 Splenda packets 	<ul style="list-style-type: none"> • ½ banana • 6 almonds • Small glass of whole milk • Coffee with a drop of agave nectar and a splash of whole milk
Lunch	<ul style="list-style-type: none"> • Tuna melt sandwich (tuna, miracle whip on packaged bread with melted Velveeta) • Bagged chips • Pickle • Apple • Diet Snapple 	<ul style="list-style-type: none"> • Vegetarian chili with a few tortilla chips • Carrots and celery dipped into a mix of 2 Tablespoons full-fat sour cream and chopped dill • Water with lemon • Small bite of blue cheese
Snack	• Slim fast Shake	No Snack
Dinner	<ul style="list-style-type: none"> • Grilled chicken salad with lettuce, onion, tomato, chicken, fat-free ranch • Lender's bagel with margarine • 2 diet sodas 	<ul style="list-style-type: none"> • Salad with grilled chicken, greens, crumbled blue cheese, ½ chopped pear, 3 walnuts, balsamic vinegar and olive oil • Small chunk of garlic bread • 6 ounces red wine • Square of dark chocolate
Snack	Extend Bar	No Snack

Day 5	Pre-PATH Meals	Post-PATH Meals
Breakfast	<ul style="list-style-type: none"> Fruit loops with skim milk Orange Coffee with 2 Splenda packets 	<ul style="list-style-type: none"> ½ cup whole grain oatmeal with a splash of whole milk and a sprinkle of cinnamon and a sprinkle of brown sugar and a bit of butter Coffee with a drop of agave nectar and a splash of whole milk
Lunch	<ul style="list-style-type: none"> Canned vegetarian low-fat chili Baked potato with margarine Salad with fat-free Italian dressing 2 diet sodas 	<ul style="list-style-type: none"> Omelet made with 2 eggs, chopped red pepper and onion topped with salsa and sour cream Small bunch of red grapes Water with lemon
Snack	<ul style="list-style-type: none"> Granola Bar Apple 	<ul style="list-style-type: none"> 6 almonds and a tiny bit of blue cheese
Dinner	<ul style="list-style-type: none"> Grilled chicken breast Frozen corn Mashed potatoes with margarine and fat-free gravy Raspberry Crystal Light 	<ul style="list-style-type: none"> Stuffed pepper (1/2 red pepper stuffed with lean ground beef and rice topped with tomato sauce) ½ cup mashed potatoes made with whole milk and butter Green beans flavored with lemon 6 ounces of red wine Square of dark chocolate
Snack	Extend Bar	No Snack

Day 6	Pre-PATH Meals	Post-PATH Meals
Breakfast	<ul style="list-style-type: none"> Packaged instant oatmeal Fat-free yogurt Skim milk Coffee with 2 Splenda packets 	<ul style="list-style-type: none"> ½ cup Cheerios with whole milk and ½ banana Coffee with a drop of agave nectar and a splash of whole milk
Lunch	<ul style="list-style-type: none"> Spaghetti with meat sauce Frozen garlic bread Carrots with fat-free ranch 2 diet sodas 	<ul style="list-style-type: none"> Basil tomato soup (¾ cup crushed tomato, ¼ cup chicken broth, 5 fresh basil leaves, 2 tablespoons cream, 1 tablespoon butter) 2 slices of French bread brushed with olive oil, grilled with a slice of brie in the middle Water with lemon
Snack	<ul style="list-style-type: none"> Frozen waffle with fat free ice cream 	No snack
Dinner	<ul style="list-style-type: none"> 3 egg-white omelet with fat-free cheese, onion, peppers, tomato 2 slices package toast with margarine Hash browns Diet Soda 	<ul style="list-style-type: none"> Outback Steakhouse: <ul style="list-style-type: none"> Small sirloin steak Baked sweet potato Red wine A few bits of cheesecake Water
Snack	Cheesecake with strawberries	No Snack

Day 7	Pre-PATH Meals	Post-PATH Meals
Breakfast	<ul style="list-style-type: none"> • Packaged burrito filled with scrambled eggs, salsa and low-fat cheese • ½ banana • Coffee with 2 Splenda packets 	<ul style="list-style-type: none"> • Homemade waffle topped with butter and a drizzle of real maple syrup • Coffee with a drop of agave nectar and a splash of whole milk
Lunch	<ul style="list-style-type: none"> • Subway 6-inch Turkey sub • Baked Lays chips • Large Diet Coke • Chocolate chip cookie 	<ul style="list-style-type: none"> • 2 slices of pizza (delivered from a place that uses all natural and real ingredients) • 1 Rolling Rock beer • Scoop of Breyer's chocolate ice cream
Snack	Balance Bar	No snack
Dinner	<ul style="list-style-type: none"> • Hot turkey sandwich (deli with turkey, packaged bread, fat-free gravy, mashed potatoes with margarine) 	<ul style="list-style-type: none"> • Homemade lasagna made with red sauce, lean ground beef, whole ricotta, mozzarella. • Small salad, greens with balsamic vinegar and olive oil • 6 ounces red wine • Square of dark chocolate
Snack	No Snack	No Snack

Diabetic Friendly Desserts

Dessert Suggestions

- Homemade hot chocolate
- Flavored heated milk with vanilla, cinnamon and a tiny bit of sweetener
- Peanut butter with a few dark chocolate chips
- Dark chocolate and some nuts
- Dark chocolate covered nuts
- Fresh fruit with a dollop of whipped cream
- Baked apples or pears sprinkled with toasted walnuts, a tiny bit of brown sugar, and cinnamon
- A bit of a fruit smoothie
- Dark chocolate covered coconut
- Coconut with fruit or nuts
- Clotted cream with fruit

Week 2: Basics of Eating in Control



TIPS & GUIDANCE



Portion Control Guide

Rule 1: Plan on Seconds.

Rule 2: Plan on Having a Diabetic Friendly Ender.

Rule 3: Put away your large dinner plates and choose to use smaller plates, bowls, and cups.

Bites:

- Your bite size should be equal to the end joint of your thumb.
- Become a nibbler.

Fork:

- Just as you eat on a medium plate, use the dessert fork.
- Consider eating many of your meals with chopsticks.

Habits:

- Take a bite.
- Put your fork down.
- Finish what you have in your mouth.
- Pick up your fork.
- Repeat process.

Mouth:

- Never fill your mouth with food.
- If you have something in your mouth, don't put something else in there.

Hands:

- Get the food out of your hands!
- Only hold one fry or piece of food at a time.
- For hand-held foods that are too large, cut them into bites.

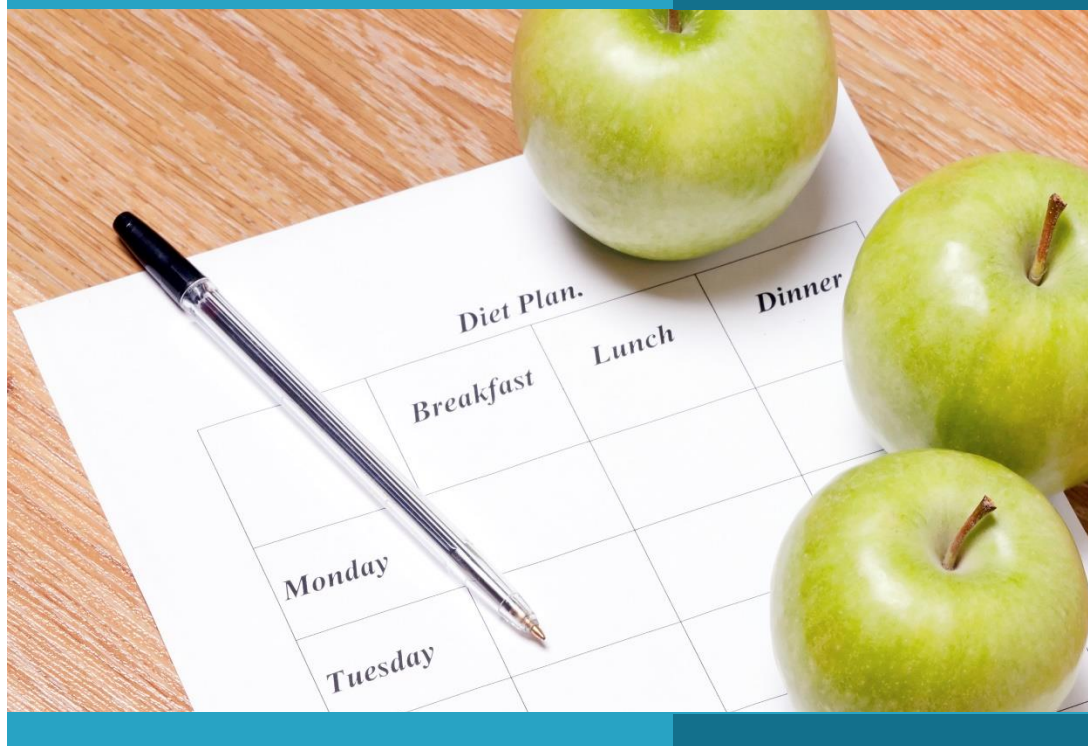
Drinks:

- Never wash your food down with your drink.
- Buy small or you'll drink it all.
- Become a sipper.

Restaurants:

- Never go to the buffet — if you get your money's worth, you've overeaten.
- Split a plate.
- Put half in a to-go box before you even start.
- Don't let them rush you out the door.
- Order the salad and then the main.
- Never biggie size — order the appetizer if need be.

FOOD GUIDANCE



Suggestions for Snacks / Meal Starters

The portion control of snacks is important. Listen to your body if you are hungry and meal time is not going to be for a while enjoy a portion controlled amount of a real food snack.

These are examples of snacks that keep you feeling satisfied.

- Cheese and a half a slice of whole grain bread or other type of bread
- Apple slices and nut butter
- Banana slices and nut butter
- Dried figs and walnuts
- Tiny bit of plain yogurt with granola and nuts
- Yogurt and nuts and/or fruit
- Half a piece of toast and peanut butter
- Sliced fruit and cheese slices
- Fruit and nuts
- Dill pickles and slices of cheese
- Some almonds and dried cherries or cranberries (or other dried fruit)
- Sliced veggies dipped in olive oil
- Carrots and celery slices and a portion controlled amount of dressing
- Half baked apple with walnuts and cinnamon
- Sliced tomato topped with balsamic vinegar, and a slice of cheese
- Hummus and carrots, red bell peppers or celery slices
- Plain yogurt drizzled with a little sweetener and nuts
- Some avocado, and tomato
- Hard-boiled egg and a half a piece of toast
- A few olives and some sliced veggies and a bit of cheese
- Popcorn topped with a little bit of olive oil or butter and seasoned salt
- Golden raisins and walnuts
- Purple raisins and dark chocolate chips and pecans
- Fruit smoothie
- Kefir (yogurt drink)
- Black beans topped with a bit of olive oil and salsa
- Tuna fish topped with olive oil and tomato

Suggestions for Diabetic Friendly Meals

Breakfasts

- Hard-boiled egg, slice of bread
- Scrambled egg prepared with chopped bell pepper, onion, fried in olive oil, with a slice of bread and a piece of seasonal fruit
- Toast topped with peanut butter (or other nut butter), half a grapefruit
- Apple or banana topped with almond butter (or other nut butter)
- Plain yogurt mixed with walnuts, banana and maple syrup and a pinch of cinnamon
- Plain yogurt mixed with pecans slices, apples, a tiny bit of honey, and a pinch of cinnamon
- Plain yogurt mixed with fruit, nuts and a tiny bit of maple or brown sugar
- Handful of nuts, and a fruit smoothie (or some fresh fruit)
- Oatmeal topped with nuts, a bit of agave nectar or maple syrup, a splash of cream

Lunches and Dinners

- Dark green lettuce, other veggies topped with tuna fish, olive oil and herbs, feta cheese, sunflower seeds and whole grain roll, one square of dark chocolate for dessert
- Bowl of vegetable soup, slice of bread, few cubes of various cheeses, carrot sticks and bell pepper slices drizzled with some olive oil
- Baked potato topped with cheese, sautéed onions, and mushrooms, cup of tomato soup
- Grilled chicken or shrimp, served on a bed of quinoa pilaf, piece of fruit
- Veggie, and meat kabobs, served with an oat pilaf and fresh strawberries topped with a dollop of whipped cream
- Fried rice with seafood or meat, sautéed vegetables, smoked almonds, dark chocolate covered macadamia nuts
- Salad topped with black beans, cheese, corn, salsa, trans-fat free corn chips, fresh fruit topped with a dollop of vanilla whipped cream
- Grilled salmon, sautéed zucchini, squash, and carrots in olive oil and herbs, brown rice, vanilla ice cream topped with buttered pecans
- Corn chowder soup with a salad, nuts
- Baked sweet potato, topped with a little butter and brown sugar, dark green salad topped with and kidney beans, nuts
- Spinach salad with red onion, orange slices, almonds, dark chocolate
- Vegetables of choice sautéed in olive oil, balsamic vinegar and herbs served over bulgur wheat, grilled fish, mango and strawberry slices

Suggestions for Meal Enders

Remember when it comes to incorporating enders into your meals, choose small and make it last.

- Some nuts of choice
- Nut or seed butter of choice
- Piece of cheese
- Dark chocolate (the darker the better but at least make sure it is 70% or higher, higher cocoa percentage means less sugar)
- Small piece of smoked salmon
- Some olives

Week 3: Balancing Your Exercise



TIPS & GUIDANCE



During Exercise: Watch for Symptoms of Low Blood Sugar

During exercise, low blood sugar is sometimes a concern. If you're planning a long workout, check your blood sugar every 30 minutes — especially if you're trying a new activity or increasing the intensity or duration of your workout.

This may be difficult if you're participating in outdoor activities or sports. However, this precaution is necessary until you know how your blood sugar responds to changes in your exercise habits.

Try as much as possible to exercise with others, especially those that know you have diabetes and that you tend to experience low blood sugar.

For many type 2 diabetics that are not on insulin, low blood sugars are not as big of a concern. However, it is of utmost importance that all diabetics understand how to handle low blood sugars especially when exercising.

Stop exercising if:

- Your blood sugar is 70 mg/dL (3.9 mmol/L) or lower
- You feel shaky, weak ,or confused

If your blood sugar is low, do this:

- Eat or drink something to raise your blood sugar level, such as 1/2 a cup (118 milliliters) of fruit juice.
- Recheck your blood sugar 15 minutes later. If it's still too low, have another serving and test again 15 minutes later.
- Repeat as needed until your blood sugar reaches at least 70 mg/dL (3.9 mmol/L).
- If you haven't finished your workout, continue once your blood sugar returns to a safe range.

Exercise as Part of Your Day

Here are some suggestions to make regular movement a part of your day. And when it comes to exercise remember, every small step really does count!

- Quit staring at the clock, let music be your guide instead ... Put on music and for the length of 3 songs do strength training exercises. If you go past three songs great, but reach at least 3 songs.
- Dance like no one is watching! When dinner is in the oven, put music on and dance!
- Let your shower be your reward: Make it a habit that before you get a shower you do a strength training exercise such as push-ups, sit ups, squats, or calf raises.
- Get off of the bus a couple of stops early. Make this your new stop.
- Be the master of the lot. Park further away in the work parking lot. Make this your normal parking spot.
- Take the stairs. If you need to go up 14 flights, take the elevator for half and walk the rest.
- Turn your errands into exercise. Walk to do as many errands as possible. Walk to the bank on your lunch break or to the store to pick up groceries.
- A low cost investment is a pedometer. Put one on and challenge yourself. If one day you make it to 6,000 steps, tomorrow aim for 6,500. Keep increasing the amount and work towards a goal of 10,000 steps per day.
- Find a buddy to take a 15-minute walk with on your work break. Holding each other accountable will help you stick with it.
- When enjoying a television show, commit to doing strength training exercises during the commercial breaks (leave the dumbbells by the television for a reminder).
- When on a business call, if you can, stand up and do calf raises or simply walk around the room.
- Take 5 minutes away from you work station. Set an appointment with yourself. Stretch, take a brisk walk, or do a burst of a strength training activity.
- While pumping gas or waiting for the bus, do calf raises.
- Throw in sets of push-ups and sit-ups anywhere you can throughout your day.

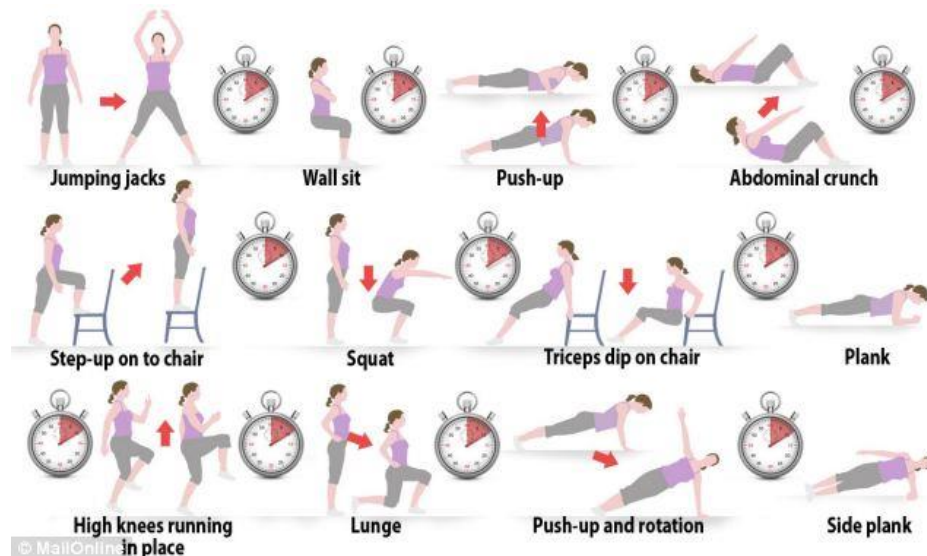
Exercises for When There Isn't a lot of Time

Ten-minute workout for strength and aerobic fitness that you can do anywhere

- **Push-ups** 10 reps
- **Squat jumps** 15 reps
- **Sit up** 20 reps
- **Mountain Climbers** 25 reps each side (Example of how to do one <http://www.youtube.com/watch?v=lvaQcFaxL00>)
- **Sit ups** 20 reps
- **Squat Jumps** 15 reps

Do as many rounds as possible in 10 minutes

Do each of the below exercises for 30 seconds and rest for 10 seconds in between.



EXERCISE RESOURCES:

WEBSITES:

- 7-Minute Work Out: <http://www.7-min.com/>
- YouTube: Search YouTube for some quick workouts. www.youtube.com

Phone Apps:

- 7-Min
- SWorkit

Yoga and Diabetes

To help get rid of some of the mystery surrounding yoga, Clinical Exercise Physiologists Jacqueline Shahar, M.Ed., RCEP, CDE, and Michael See, MS, RCEP, of Joslin Diabetes Center, answer some of your questions about this ancient form of physical fitness.

What is yoga?

Yoga is an ancient practice that originated in India, where it has many different spiritual meanings. Outside of India, however, yoga is mostly viewed as a helpful form of exercise that focuses on easing the body into several postures, which are intended to increase flexibility, balance, strength, and enhance one's sense of well-being. There are different styles of yoga, including hatha, ashtanga, iyengar, and many more; it is important you research each to find the one that best meets your needs.

Yoga's Benefits

Practicing yoga can benefit your clients both physically and mentally. Yoga can decrease fasting blood glucose levels, lower blood pressure, improve cholesterol and triglycerides, reduce the need for diabetes medication, and lower stress hormone levels.¹ What's more, yoga increases flexibility and strength, improves balance and immune function, precipitates weight loss, relieves stress, and alleviates chronic pain.¹

Research has suggested that yoga's contribution to stress reduction actually may moderate the impact of diabetes. High levels of stress hormones have been shown to raise blood glucose levels, promote overeating, lead to the accumulation of intra-abdominal fat, contribute to insulin resistance, and boost heart attack risk. By reducing stress hormone levels, yoga can minimize these side effects.¹

While the exact physiological mechanisms contributing to yoga's benefits for diabetes aren't fully understood, Eastern medicine philosophy states that certain yoga poses stimulate and massage internal organs, including the pancreas, which produces insulin. Yoga also has been shown to normalize endocrine gland function and digestion.¹

In the last few years, new clinical studies and reviews have been published on yoga and diabetes, providing more evidence of its benefits. The most recent study found that three months of yoga along with standard care significantly reduced BMI and improved glycemic control compared with standard care

alone.² Another study reported that, after 40 days of yoga, adults with type 2 diabetes experienced significant reductions in BMI and anxiety as well as improved general well-being.³ Adults at high risk for type 2 diabetes experienced improvements in weight, blood pressure, insulin control, and triglycerides following three months of yoga compared with a group of patients receiving only diabetes education materials.⁴

This [link](#) provides a series of poses and breathing exercises for utilizing yoga as a beneficial practice to manage diabetes.

Resources:

1. McCall T. ***Yoga as Medicine: The Yogic Prescription for Health and Healing***. New York: Bantam Dell; 2007.
2. Hegde SV, Adhikari P, Kotian S, Pinto VJ, D'Souza S, D'Souza V. Effect of 3-month yoga on oxidative stress in type 2 diabetes with or without complications: A controlled clinical trial. ***Diabetes Care***. 2011;34(10):2208-2210.
3. Kosuri M, Sridhar GR. Yoga practice in diabetes improves physical and psychological outcomes. ***Metab Syndr Relat Disord***. 2009;7(6):515-517.
4. Yang K, Bernardo LM, Sereika SM, Conroy MB, Balk J, Burke LE. Utilization of 3-month yoga program for adults at high risk for type 2 diabetes: A pilot study. ***Evid Based Complement Alternat Med***. 2009;Epub ahead of print.

FOOD GUIDANCE



Yogurt Guide

Let's look at two different types of yogurt:

1. A low-fat, fruit flavored 6 ounce yogurt: It contains 29 grams of sugar and 190 calories per serving.
2. A full-fat, plain 6 ounce, yogurt: It contains 9 grams of sugar and 130 calories per serving.

Are you at all shocked that the low-fat version contains more calories per serving? Now counting calories is not what this game is all about. What we want to do is choose foods that are made up of real ingredients and then portion control will come through eating pace.

When choosing yogurts, the best thing to do is choose plain full fat (Greek or regular, your preference). Then jazz it up. It's always better to buy the plain version of yogurt because then you have control over the amount of sweetener added into it. The prepackaged flavored ones already have been loaded up with sweetener. Using a small amount of sweetener is fine. But many companies add way more sweetener than you would add in yourself.



Yogurt for Breakfast Anyone?

The World Health Organization suggests we have no more than 6 added teaspoons of sugar a day. Some fruit on the bottom and flavored yogurts start at containing at least 3 teaspoons.

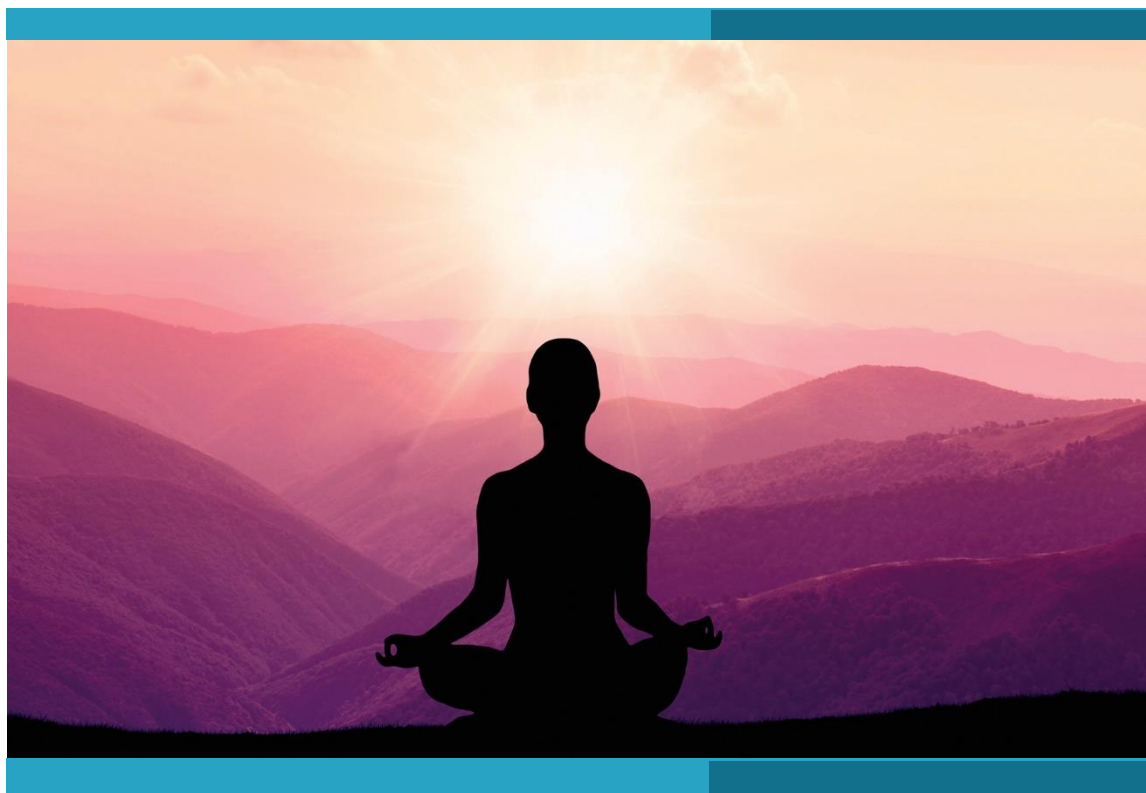
Use whole fat plain yogurt and add your own. Start by adding less and taste to see how much sweetener really needs to be added in.

You don't have to incorporate every row just base it on what you are feeling that day.

Highlighted is an example of a great combination.

Fruit	Sweetener	Toppings	Flavorings
Berries of choice	The fruit or granola alone may add enough	Granola	Grated fresh ginger
Banana slices	Maple syrup	Nuts	Dash of vanilla
Apple slices	Honey	Cereal	Pinch of cinnamon
Pineapple chunks	Brown sugar	Dark chocolate chips	Pinch of cocoa powder
Dried fruit, finely chopped	Fruit juice	Ground flax seed	Small dash of almond extract

Week 4: Managing Your Stress



TIPS & GUIDANCE



Tracking Stress & Blood Sugar

Many with both type 1 and type 2 diabetes are sensitive to stress. Hormones are produced as a result of unmanaged stress and that drives blood sugar levels up.

Assess Yourself:

For a two-week period: use a 1 to 10 scale to rate the stress in your days (1 being lowest, 10 being highest).

Record these in your blood sugar log book.

At the end of two weeks, take note if you see a pattern of high stress days leading to higher blood sugar levels.

How vulnerable are you to stress?

[Take this brief test.](#)

How to Care for Diabetes When Sick

Illness can cause blood sugar to rise possibly leading to a serious diabetic condition called keto-acidosis.

Try to drink one glass (approximately 8 ounces) of water at least every hour. You do not need to drink it all at once.

When eating feels ok:

- Take your normal medications.
- Try and stick to your meal plan as much as possible.
- Drink plenty of water.
 - Give infused waters a try as they can increase your water intake.
 - Try having warm water.
- Plain herbal teas, hot or cold, can increase your fluid intake without unnecessary sugar intake.

When you do not have an appetite:

- If you are not able to eat, call your doctor to find out the correct dose of medication.
- Try mild foods as much as you are able such as clear based soups, toast, or applesauce.
- If you are unable to eat mild foods, continue to drink fluids and try to make sure you are in-taking some carbohydrates in the form of liquids or a food you can handle. Try having a fruit smoothie, creamed soups, or pudding. Aim for 50 grams of carbohydrates every 3 to 4 hours.
- Drink fluids as much as possible because they will help to rid the body of extra glucose that may be in the blood.

Measure blood sugar every 4 hours.

- If blood sugars are high, consume sugar-free drinks such as water, herbal teas and broths.
- If bloods sugars are low fruit juice is an option if you are not feeling like you can eat.

The Three Part Breath

This breathing practice can be done anywhere such as a quiet area, bus, in the car, or at your work station.

When you do have the opportunity to practice this in a calm, quiet, and stationary area, take advantage of that time to achieve the full benefits of simply creating a break in your day.

Even if you can only do this for 3 to 5 minutes a day, you will notice helpful results. Soon you will be breathing like this on a consistent basis without having to consciously think about it.

Preparation & Instructions

- If possible, dim or shut off the lights. Set an alarm for the amount of time you will be able to do the breathing practice.
- Sit comfortably, in a chair, with your feet resting on the ground. Relax your shoulders by letting them drop.
- Close your eyes and focus on your breath.
- Focus on only breathing in and out of your nose.
- You may want to initially place your hands on your belly to feel the proper breathing technique (the filling of the belly with the inhale and then the contracting of the belly on the exhale).
- The breath should be broken up into three parts:
 - When you inhale, visualize your stomach filling with air like a balloon.
 - Fill your belly with air,
 - then your chest,
 - and then fill your throat.
 - When you exhale, squeeze all the air out of your stomach (emptying the balloon).
 - Empty the air from your throat,
 - then your chest,
 - and then your belly.
- Breathe in and your belly goes out.
- Breathe out and your belly button moves back towards your spine.
- Breathe in and fill your belly with air.
- Breathe out and empty the air from your belly.
- Repeat until the alarm goes off.
- Once the alarm sounds allow yourself just a minute or so to adjust to having your eyes open and then turn on the lights.

Get Better Sleep

Sleep deprivation disrupts your body's normal ability to process and control weight-related hormones such as glucose, cortisol, and thyroid hormones. An imbalance encourages cells to store excess fat and lowers your body's fat burning ability. Lack of sleep may also make it harder to control cravings and raise blood sugar.

The good news is that just three consecutive nights of full sleep will reverse this.

- Simply break and practice silence. Take time to clock out of your day, even it is for 5 minutes.
- If you enjoy baths, a warm bath aids in good sleep.
- Develop sleep rituals. Give your body cues that it's time to slow down and sleep.
- Focus on deep belly breathing and focus your thoughts on a singular item or word when breathing in and out. Practice this for 5 to 10 minutes prior to going to bed.
- Assess the temperature of your room and alter it if needed.
- Alcohol by itself may cause restless sleep. So when you drink alcohol, have it with your dinner or food.
- Caffeine can stay in your system at least 12 hours. Try cutting out caffeine in the afternoon.
- Make sure you are not dehydrated. Thirst is something that makes it difficult for people to get a good night of sleep.
- Focus on reading something positive before bed.
- Fall asleep doing a grateful list. Think of all the things that you were grateful for in the day.
- A warm cup of valerian, chamomile, or lavender tea might also be of benefit. These herbs are considered to be helpful with sleep.
- Incorporating tryptophan into your diet might also be beneficial because tryptophan helps the body regulate appetite, sleep patterns and mood.
 - Foods with tryptophan include: soybeans, chicken, turkey, lamb, venison, tuna, halibut, cod, spinach and egg whites.
- Leave the smart phone out of bed. Current research is indicating that using this device in bed causes restless sleep.
- Try to practice yoga poses that lend themselves to better sleep.
- Try not to do work such as emails, writing bills, etc. in bed.

FOOD GUIDANCE



Quick Cooking Techniques

Plan a Weekly Menu

- A great strategy for menu planning is to flip through cookbooks, recipe websites and cooking magazines.
- Ask friends and family for their quickest recipes that they make on a regular basis. Exchange your quick recipes with them.
- Make a list of needed ingredients and take this with you to the grocery store.
- Make it a family approach. Let each family member pick a meal for the week.

Cook in short bursts ... preparation is key!

- Chop ahead of time. If you have time the night before or before work, chop the ingredients needed for dinner.
- Soak beans right before you go to bed.
- Think of the items that can be prepped ahead of time such as mixing dry ingredients. Prepare these during commercial breaks, etc.

Cook with others.

- Get a cooking buddy! You make a meal and they make another. Swap meals! Now you are cooking one less meal per week.
- Get a work lunch buddy! One day they bring the lunch for the both of you, and the next day you bring the lunch for the both of you. You will end up cooking less per week.
- Can you assign certain jobs to other household members?

Think ahead...

- Prepare hard boiled eggs to use in salads or as a part of your lunch to take to work.
- Freeze in portion sizes.
- Prep dough and freeze some of it.
- Cook in bulk and then freeze sauces, soups, and quick breads.
- Make sauces such as a teriyaki or peanut one night and use them for meals throughout the next couple of weeks.

Utilize cooking gadgets to your advantage.

- Rice cookers
- Pressure cookers
- Slow cookers

Convenience Meal Rules

If you are leaning towards using a convenience meal, remember to read the ingredients.

- Instead of eating food, you could be putting chemicals in your body that are quite harmful to your health.
 - Read ingredients labels and try to limit food items that contain:
 - High fructose corn syrup
 - Partially hydrogenated any kind of oil (ex. partially hydrogenated soybean oil)
 - Monosodium glutamate
 - BHT
 - Artificial flavors
- Many convenience foods contain a lot of excess sodium and sweeteners both which are harmful to your health. So try to limit them as much as possible.

Meal Suggestions

- A baked or sweet potato bar. Set out a variety of toppings and let everyone top their own.
- Rice noodles, angel hair pasta, quinoa, couscous, bulgur can be staples in the pantry and they only take 3 to 5 minutes to cook.
- If you have extra rice, make fried rice. This is a great way to eat more veggies.
- A tuna fish salad or sandwich with some fresh fruit on the side and some nuts.
- Fish is a food that can be cooked fast and does not need to marinate for that long of a period of time.
- Make an omelet for dinner.
- French bread pizzas. Take some sauce, place it on the bread, top with vegetables and cheese of your choice and bake to your liking.
- Taco salads are quick, easy, and can be very nutritious. Open up a can of beans, top with lettuce, sour cream, diced peppers, salsa, and olives.
- Sub night! Buy some fresh bread, top with veggies and meat. Serve with nuts, salad, or fruit.
- Make a soup with some chopped veggies, noodles, herbs, and chicken/vegetable stock. Make your own homemade vegetable or chicken noodle soup.
- A toasted cheese sandwich topped with a tomato.
- Pasta tossed with olive oil, herbs, veggies that have been sautéed in oil, and shrimp.
- Prepare unpeeled shrimp with a marinade. It will take less time and it will make whomever is eating the dish to eat the shrimp slowly as they have to peel their own.
- Make a batch of granola. It will stay good for weeks.
- Make a large amount of a fruit smoothie and store the extra in the fridge.
- Shrimp, vegetables, and a side of rice.
- No time to cook a whole meal, have a snack meal.
 - Fresh bread, fresh vegetables topped with a balsamic vinaigrette, olives, some slices of cheese and some nuts.
 - Hard-boiled egg, bread, sliced tomatoes, and olives.
 - Sauté vegetables in olive oil, serve with bread, and some slices of meat and/or cheese.
 - Serve some dips such as hummus and olive tapenade with some veggies slices, bread, nuts, and fruit.

Simple Veggie Sides

This list provides some simple suggestions of ways to make vegetables more a part of your lunches and dinners. This is simply just a guide, jazz the sides up as you wish. Vary the herbs, switch up the vegetables, to make it work for you!

- Chop some onion and carrots into thin strips, sauté in a bit of olive oil. Season with salt and pepper (add herbs of choice if you would like).
- Chop onions and mushrooms. Sauté in a bit of butter or olive oil.
- Steam broccoli and top with some parmesan cheese or a tiny bit of soy sauce.
- Sauté bok choy, garlic, and ginger in a little bit of sesame or olive oil. Add a tiny bit of soy sauce.
- Chop tomato, cucumber, and cilantro. Mix with lime juice, olive oil, and salt.
- Thinly slice a sweet potato, onion, and mushrooms. Sauté in olive oil and season with salt.
- Slice zucchini, onions, and garlic. Sauté in olive oil.
- Chop up lettuce, cucumber, green onion, tomato and top with a mixture of lemon juice and olive oil (equal parts) pinch of salt.
- Sauté garlic and crushed red pepper in a bit of olive oil. Add chopped kale leaves and sauté till soft.
- Sauté collard greens in olive oil and crushed garlic. Let them go for a while until they are wilted. Top with a splash of hot sauce.
- Sauté red and green bell pepper with sliced onion in olive oil. Add a pinch of salt.