



Food Chart to Maintain Good Glucose Balance

After participating in a 30-day Metabolic Rest, you'll know you're ready to test foods you've been avoiding when:

- You've achieved at least 3 weeks of stable glucose under 110 and rarely if ever below fasting level within 2 hours or more after a meal
- You're consistently taking basic supplements: Chromium, Magnesium, and DHA
- You're fairly consistent on exercise, stress, sleep, and timing protocols
- You notice definite improvements in belly fat, focus, energy, and overall well-being
- You have improved scores on the insulin resistance assessment and mini lifestyle assessments

The food chart below lists the "No" and "Go" foods for continued glucose control as well as a detailed list of foods to test before including back on a regular basis. The goal is to keep glucose levels below 110 as much as possible.

When adding these foods, check glucose levels as described on the Glucose Testing Resource page. The best approach is to first test a food in small quantities as part of a meal that's rich in non-starchy vegetables.



| Foods to Consume Regularly | | | Use Cautiously Only if Sugar Stays < 110 | | Tiny Amounts / Rare Occasions | Never |
|--|--|--|---|---|--|---|
| <p>Unlimited Non-Starchy Vegetables <i>Raw or cooked</i></p> <ul style="list-style-type: none"> • All non-starchy vegetables / greens • Arugula • Bok choy • Broccoli • Cabbage • Cauliflower • Celery • Chard • Collard greens • Cucumber • Herbs • Jicama • Kale • Kelp noodles • Konjac noodles • Lettuce • Peppers • Radish • Spinach • Sprouts • Tomato <p>** All foods in the Sweet Spot Solution Recipe Collection recipes are allowed unless they raise your blood sugar above 110.</p> | <p>Moderate Amounts <i>Watch omega-6:3 ratio and saturated fat</i></p> <ul style="list-style-type: none"> • Almond • Avocado • Brazil • Cashew • Chia • Coconut • Filbert (hazelnut) • Flax • Hemp • Macadamia • Pecan • Pine nut • Pumpkin • Sesame • Sunflower • Walnut • Other raw nuts and seeds <p>Animal Foods <i>(optional)</i></p> <ul style="list-style-type: none"> • Deep ocean fish (limit to 1-2 times a week, 3 ounce serving) • Organic, free-range, pastured or wild lean meat (3 oz) | <p>Include Often <i>to help blood sugar regulation</i></p> <ul style="list-style-type: none"> • Alfalfa • Algae and seaweed • Avocado • Basil • Bitter melon • Blueberries • Broccoli • Brussel sprouts • Cabbage • Cardamom • Carob • Cinnamon • Citrus peel extract • Cucumber • Fenugreek • Garlic • Ginger • Greens • Jerusalem artichoke • Maitake mushroom • Onion • Prickly pear or nopal cactus • Stevia • Turmeric | <p>Gluten-Free Grains</p> <ul style="list-style-type: none"> • Brown rice • Buckwheat • Millet • Quinoa • Teff • Wild rice • Other non-gluten grains <p>Legumes</p> <ul style="list-style-type: none"> • Adzuki beans • Black beans • Kidney beans • Lentils • Mung beans • Peas • Pinto beans • Red beans • White beans <p>Starchy Vegetables</p> <ul style="list-style-type: none"> • Beets • Carrot • Parsnip • Rutabaga • Sweet potato • Turnip • Yam | <p>Fruits <i>Best eaten with greens in smoothies or salads</i></p> <ul style="list-style-type: none"> • Apples • Apricots • Banana • Blackberry • Blueberry • Cherimoya • Guava • Mango • Papaya • Passion fruit • Peaches • Pears • Persimmon • Pineapple • Plums • Pomegranate • Raspberry • Star fruit • Strawberry • Other fruits and berries <p>Dried Fruit</p> <ul style="list-style-type: none"> • Dates • Goji Berry • Prunes • Raisins • Others | <p>High-Glycemic Foods</p> <ul style="list-style-type: none"> • Flour products - whole grain, unrefined, non-gluten • Fresh fruit juice in combination with vegetable juice or in a vegetable-based dish • Sweeteners - whole: honey, maple syrup, raw dehydrated cane juice, agave • Vegetable oil - small amount in a big stir-fry, on occasion when out • White potato • Yellow potato <p>Allergens - Only if Tested with No Reaction</p> <ul style="list-style-type: none"> • Dairy • Corn • Eggs • Soy • Peanuts | <p>Processed Foods</p> <ul style="list-style-type: none"> • Alcohol • Animal products - commercial • Coffee • Deep fried food • Gluten • High-fructose corn syrup • Hydrogenated oils • Margarine • Mayonnaise • Pasteurized fruit juice • Processed polyunsaturated oils (<i>they come in glass jars and are already oxidized</i>) • Refined flour • Refined grains (<i>i.e. white rice</i>) • Shortening • Sweeteners - artificial • White sugar <p>Allergens</p> <ul style="list-style-type: none"> • Gluten unless tested (via enterolabs.com or cyrexlabs.com) • Your personal allergens |