



QUEENSTOWN NATUROPATHY
Natural Preventative Medicine

THE HYPOGLYCEMIC DIET

General Guidelines

- The idea is to eat small amounts of protein at meal times and with snacks.
- Eat small frequent meals ie replace 3 big meals with 6 smaller meals.
- Avoid sugar, honey and dried fruit.
- Consume only small amounts of unsweetened diluted fruit juice.
- Avoid all stimulants ie coffee, chocolate and coke.
- Avoid alcohol and cigarettes.
- Eat only wholegrain foods. Avoid white flour and refined cereals.
- Always eat breakfast.
- Animal proteins are complete proteins ie milk products, eggs, meat and fish.
- Plant proteins need to be combined to provide the same quality protein as animal proteins ie beans and grains, tofu and rice, lentils and rice, corn and beans, buckwheat and tempeh, museli and soya milk, kidney beans and barley, tahini and beans, tofu and sesame seeds, nut butter and bread, rice and cashews, rice and peanut sauce.

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Breakfast

- Fruit with yoghurt, seeds and ground almonds.
- Wholegrain bread toasted with - nut butter/ hommus/ egg
- Homemade museli – oats, rolled barley, rice flakes, rice bran, seeds, coconut, crushed almonds, cashews. Add fresh fruit. Milk and natural yoghurt.
- Cooked cereal eg Oats, rice or buckwheat with seeds and fruit.

Snacks

- Mixed seeds and nuts.
- Avocado/ hummos/ tuna and balsamic vinegar dressing on rice crackers.
- Small container of low fat yoghurt.
- Energy drink – blend together a half a cup of fresh fruit or juice, half a cup of low fat yoghurt and seeds with almonds and or lethicin.
- Boiled eggs

Lunch

- Mixed vegetable salad (fresh) with protein – either fish, cheese, hommus, meat or combined vegetable proteins.
- Salad sandwich with protein.
- Vegetable soup with yoghurt or cheese (feta) or a combination of beans and grains.
- Leftover dinner.

Dinner

- Bean and grain dish ie stirfry with marinated tofu and vegetables and rice, lentils with veges and rice, tortilla and beans, buckwheat noodles (good even though are wheat) with vegies and tempeh, vegie soup with barley and red kidney beans.
- Steamed vegies with rice and peanut sauce, stirfrys with cashews rice and vegies.
- Meat/ fish with lots of vegetables.

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