

# GUIDE TO INSULIN RESISTANCE DIETS

Insulin resistance is when the cells in the body do not adsorb insulin properly. It is most commonly associated with prediabetes or type 2 diabetes. Making dietary and lifestyle changes can improve insulin sensitivity and reduce insulin resistance and the risk of type 2 diabetes. This diet focuses on adopting healthy habits and being mindful of our choices.

## 1 Reduce Carbohydrate Intake

Eat non-starchy vegetables such as broccoli, dark leafy greens, peppers, citrus fruits such as lemons, grapefruit, oranges, limes, berries, whole unprocessed grains, and legumes.

## 2 Avoid Sweetened Beverages

Avoid soft drinks, fruit drinks, sweetened iced tea, energy drinks, vitamin water drinks containing sucrose, high-fructose corn syrup and fruit juice concentrates. Avoid alcohol.

## 3 Increase Fiber Intake

Diets containing more than 50 grams of fiber per day may improve glycemic levels. Consider legumes, whole, unprocessed grains such as oats, quinoa, and barley. Don't forget fibrous seeds such as chia, hemp, and pumpkin.

## 4 Eat Healthy Fats

Select unsaturated fats in place of saturated and trans fatty acids. Eat foods high in Omega 3 fatty acids such as avocados, salmon, almonds, walnuts, and pistachios.

## 5 Get Enough Protein

Lean proteins, such as organic chicken, wild fish, free-range eggs, lentils, chick peas, legumes and nuts help regulate blood sugar levels.

## 6 Dairy Choices

Instead of products made with cow's milk, choose sheep or goat milk products and fermented products such as kefir, plain yogurt. Choose the whole-fat version over low-fat options.

## 7 Consider Portion Sizes and Frequency

Eat smaller meals throughout the day and never let yourself get too hungry. Going hungry only increases your chances of overeating during your next meal. Eliminate snacking.

## 8 Other Helpful Tips

Eat slowly over 30 minutes, prioritizing eating veggies, protein, fats, then carbs. Use your muscles for 10-20 minutes after meals. Don't eat within 2 hours of bedtime.