

Precision Natural Medicine

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Low Glycemic Guidelines

Initially, you will be on a protein/veggie diet. Avoid all breads, crackers, pasta, rice, and/or other grains even if they are whole grain, until the doctor's approval.

When possible, use organic produce and meats. Most of the time, we can control our exposure to the pesticides on produce and the hormones in meats. It is better for your health if you can eliminate your exposure to these chemicals.

Note: For you, some foods (even foods listed as desirable) may cause your glucose to rise that possibly would not affect someone else. This is why you need to check your glucose regularly and make note of the foods you have eaten if your glucose is registering too high.

Most Desirable Protein Sources

Almond Butter	Beef	Cashew Butter	Salmon (fresh)
Chicken	Eggs	Nuts (all)	Mackerel (fresh)
Peanut Butter	Turkey	Seeds (all)	Marlin (fresh)

Category 1 Hgb A1C >8 UA Glucose > 500mg/dl

Vegetables: Fresh or Frozen (Not canned)

Category 1 Vegetables (with lowest carbohydrate content)

Asparagus*	Celery	Lettuce	Rutabagas
Avocado	Chard, swiss	Mushrooms	Sauerkraut*
Bean sprouts	Collards	Mustard Greens	Spinach
Beans, string	Cucumber	Okra	Squash
Beet greens	Dandelion Greens	Onions	Tomatoes
Broccoli	Eggplant	Parsley	Turnips
Brussel Sprouts	Endive	Peppers, any	Water Cress
Cabbage*	Kale	Pimento	
Carrots	Kohlrabi	Pumpkin	
Cauliflower*	Leeks	Radishes	

Have these only once or twice per week if you have been directed to do so as a result of a low thyroid.

Note: All vegetables should be eaten raw or lightly blanched or steamed (cook until color is vibrant). If you have digestive problems, it is advised that you always blanch or steam your vegetables before eating.

Fruits: Fresh or Frozen.

Category 1 Fruit (with lowest carbohydrate content)

Choose one per day. One cup equals one serving.

Cantaloupe	Rhubarb	Strawberries	Watercress
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Category 2 Hgb A1C = 6-8 UA Glucose 100-250mg/dl

Vegetables: Fresh or Frozen

You may choose from the Category 1 list, in addition to these.

Category 2 Vegetables (higher carbohydrate content)

Twice weekly, for a change:

Artichokes	Beans, dried	Beans, kidney	Beans, Lima
Corn	Hominy	Parsnips	Peas, green
Potato, sweet	Potato, white	Rice	Yams

Fruits: Fresh or Frozen

You may choose from the category 1 list, in addition to these.

Category 2 Fruits (higher carbohydrate content)

As your glucose becomes more regulated, more choices may be made from this list when the doctor has given permission based upon test results.

Apple	Apricots	Betty Lou Smackers	Blackberries
Cranberries	Currants	Gooseberries	Grapes
Grapefruit	Guava	Melons	Lemons
Limes	Oranges	Papayas	Peaches
Plums	Raspberries	Tangerines	

Category 3 Hgb A1C <6 UA Glucose <50mg/dl

Vegetables: Fresh or Frozen

You may choose from the categories 1&2 lists.

Fruits: Fresh or Frozen

You may choose from the Categories 1&2 lists.

Category 3 Fruits: (with highest carbohydrate content)

Use these only when your glucose had normalized and the doctor has given permission to choose from this list based upon test results.

Bananas	Blueberries	Cherries	Figs
Kumquats	Loganberries	Mangoes	Mulberries
Pears	Pineapple	Pomegranates	Prunes