

## **THE END OF DIABETES DIET**



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What to eat with The End of Diabetes. Fruits should be 15-25% of calories Limit fruits to a total of five servings daily, usually 2-3 fresh fruits with breakfast, one after lunch, and one after dinner. Blueberries, raspberries, blackberries, and strawberries are especially recommended Limit dried fruits such as raisins to a minimal amount,

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The book also goes into great detail about how the standard diet causes diabetes, how the disease evolves, and how traditional medical treatments affect the course of the condition. To sum the book up, The End of Diabetes is designed not just for diabetics, but for anyone who wishes to lead a disease-free life.

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Joel Fuhrman, MD, The End Of Diabetes. Including green vegetables, beans, nuts and seeds, fresh fruit;

whereas, the diet you were describing would be too fruit heavy and I want a variety of those foods, and I want you to eat a variety of foods at various meals. I do not want you to eat fruit-only meals.

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In The End of Diabetes, Dr. Fuhrman has laid the mysteries of diabetes to rest - how the Standard American Diet causes diabetes, how the disease progresses, how conventional medical treatments affect the course of the disease, and how diet can prevent and reverse type 2 diabetes and help type 1 diabetics - in convincing detail, demonstrated by personal histories from his patients.

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