



# THE VEGETARIAN AND VEGAN GUIDE

*The Blood Sugar Solution  
10-Day Detox Diet*



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## Introduction

Eating a plant-based diet has consistently been shown to be one of the most effective ways to obtain excellent health and prevent genes from turning on chronic disease. While a diet with moderate portions of lean, naturally-fed, and humanely raised poultry, wild meat, farm fresh omega-3 eggs and wild caught fish are an important part of sustaining success on *The Blood Sugar Solution 10-Day Detox Diet*, vegans and vegetarians can reap the benefits, as well!

Clean, “green”, and lean animal protein is important to balancing blood sugar because it provides a non-starchy source of protein and this is why many of my recipes contain moderate portions of these foods.

Carbohydrates, even healthy ones such as beans, lentils, squash, and yams, may spike your blood sugar and put you at risk for insulin resistance. Vegetarian sources of protein usually rely on beans and legumes and can be quite carbohydrate-rich.

Add in other carbohydrates such as fruit, squash, or whole grains to your plant-based meal and you have the makings for a high-glycemic meal. Many vegetarians often wonder why they have diabetes when they eat so “healthy.” Remember, low-glycemic meals are the only proven way to prevent and reverse diabetes. Is there also a way to honor your vegetarian or vegan lifestyle and, if so, how do you create low-glycemic meals without eating animal protein?

The goal for you, if animal protein is not part of your diet, is to ensure a variety of vegetables, a balance of diverse protein sources, and moderate intake of complex carbohydrates. While this can pose a challenge for many people, eating a plant-based diet suitable for the targeted outcomes of *The Blood Sugar Solution 10-Day Detox Diet* is possible and, with some clear guidance, can be just as successful.

In the following guide, I will share with you the secret to making a vegan and vegetarian diet that is the perfect match for your philosophical, spiritual, religious, palate, and culinary preferences. I hope you are ready to learn, experiment, and get healthy because what you are about to read can be life-changing!

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## General Nutrition Guidelines:

### All Calories Are Not Created Equal. Focus On Food Quality.

**Food is Information:** Food literally talks to your genes and controls gene expression, hormones, and metabolism. What you eat has the potential to determine if you will get sick or gain weight. Eating a sugar cookie versus a small handful of raw almonds can turn on disease-promoting genes. Choose a nutrient-dense meal where quality calories work for your health goal!

**Keep Grain Portion Size Small:** Eventually you may follow the basic track if you transition to *The Blood Sugar Solution*. On the Basic track, you may include moderate whole grains such as quinoa, amaranth, or black rice, which contain moderate amounts of protein. In general, balancing a whole grain with a legume, such as rice and beans, can create a complete protein.

**No Grain Option:** If you are on the Super Advanced or the Advanced tracks, you will omit ALL grains for the duration of the program. See chapter 19 of *The Blood Sugar Solution* and Appendix A of this report for more examples of portion sizes for when the 6 weeks are over.

**Focus on the Glycemic Load, not the Calories:** How quickly your meal raises your blood sugar and spikes insulin is the essential piece of information you need to understand to sustain healthy weight and wellness. It is MORE important than mastering calories. Foods with fiber, protein, and anti-inflammatory fats mitigate the negative effects that blood sugar and insulin spikes have on your system. Curious about what this looks like? My nutritionally balanced and complete meal plan provides a terrific example of how to create low-glycemic load meals.

**What About Protein?** If you are trying to remain vegetarian or vegan, you can swap animal proteins for whole, organic, Non-GMO soy products such as tofu or tempeh once or twice a day. A serving size of traditional soy foods is a quarter pound or about 3 ounces. This does NOT include soy protein isolates or concentrates found in alternative “meats” such as soy burgers, meatless “chicken,” soy protein found in protein bars, or even hidden in restaurant meat as filler!

**Go Nuts:** Add nuts and seeds to your diet as a source of protein and good fats including almonds, walnuts, pecans, macadamia nuts, pine nuts, pumpkin seeds, sesame seeds, chia seeds, and hemp seeds.

**Eat Eggs:** Eggs are a wonderful source of protein (for vegetarians not vegans) and if you choose whole omega-3 eggs you will be getting good fats with great protein.

**Start Sprouting:** You can sprout beans, seeds, and even grains to increase their nutritional value and ease of digestion.

**Always Combine a Carbohydrate with Fiber, Protein or Anti-Inflammatory Fats:** Never carb it alone! Being a vegetarian, and especially vegan, makes it challenging to reduce the total glycemic load because, besides soy, there aren't many substantial complete proteins for you to fill up on. Legumes are usually the main source of protein. Beans and lentils, while chock full of healthy fiber and nutrients, are still a great source of carbohydrates. It is important to adhere to serving sizes of these legumes in order to achieve success when it is time for you to transition to *The Blood Sugar Solution*. Please see Appendix A for appropriate serving sizes of legumes.



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## 4 Principles for a Healthy Planet and a Healthy Vegetarian or Vegan You

1. **Eat REAL food.** Shop the perimeter of your market for nutrient-dense whole foods.
2. **Clean up your diet.** Choose organic, Non-GMO whole soy products and completely avoid Franken-soy products typically made from Monsanto's Roundup soybeans.
3. **Go organic.** Choose as much organic food as your budget allows. See the top offenders at [www.ewg.org](http://www.ewg.org).
4. **Stay local.** Farmers Markets and Community Supported Agricultural stores (CSA's) are great opportunities to procure high-quality fresh food.

## Choose SLOW Carbs, Not LOW Carbs

### Green Carbs: Eat Freely

- **Fill your plate** with 50 percent slow-burning, low-GL (glycemic load) vegetables such as kale, broccoli, lettuce, radish, arugula, celery, mushrooms, snap peas, bok choy, asparagus, bell pepper, watercress, cauliflower, Brussels sprouts, tomatoes, dandelion greens, hearts of palm, cucumber, etc.
- **Seaweeds** - Sea vegetables supply important sources of minerals such as iodine, calcium, and iron which tend to be difficult to access from land plants in the proper form to be metabolized and used by the body. They help restore the body back to balance by decreasing acidity, boosting detoxification, and even promoting weight loss. Sea veggies are wonderful additions to your meals and add flavor as well as improve digestion of certain foods such as beans. For more information on how to get started using these superfoods, check out our easy guide to understanding sea vegetables in Appendix B.

### Yellow Carbs: Eat in Moderation

#### Whole Grains *Avoid if on the Super Advanced or Advanced Plan*

- Brown and black rice, quinoa, amaranth, teff, and buckwheat.

#### Legumes *Avoid if on The Super Advanced Plan*

- Lentils (red, green and yellow), black beans, kidney beans, adzuki beans, mung beans, chickpeas, pinto beans, black-eyed peas, fava beans, etc.

#### Dark Berries *Limit to ½ cup if on the Super Advanced or Advanced Plan*

- Blackberries, raspberries, strawberries, and wild blueberries.

#### Stone Fruit *Avoid if on the Super Advanced or Advanced Plan*

- Nectarines, plums, peaches, and apricots.

#### Apples and Pears *Avoid if on the Super Advanced or Advanced Plan*

### Fiber

- Aim for 30-50g daily. Studies show that vegetarian and vegan diets containing at least 50g of nutrient-dense fiber can be effective for reversing the damage from diabetes and insulin resistance.

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## Red Carbs: Eat LIMITED Amounts

### Starchy, High-Glycemic Cooked Vegetables *Avoid if on the Super Advanced or Advanced Plan*

- Sweet potato, yam, winter squash, parsnip, and pumpkin.

### High-Sugar Fruits *Avoid if on the Super Advanced or Advanced Plan*

- Grapes, bananas, dried fruit (raisins, dates, etc.), and all fruit juice or fruit packed in juice.

## Forbidden Carbs: Avoid COMPLETELY

- Processed Carbs
- Gluten-Containing Whole Grains (wheat, barley, rye, kamut, spelt, einkorn, and triticale)
- Dried Fruit
- Resistant Starch

Boost phytonutrient intake by choosing foods with dark colors. See Appendix C for a list of phytonutrient rich foods.

## Fat Does NOT Make You Fat

- **Get an oil change:** Replace BAD fat with GOOD fat. Avoid products containing soy oil.
- **Choose anti-inflammatory fats such as omega-3 and monounsaturated over trans and hydrogenated.**
  - **Omega-3's:** Include 2 tablespoons of flax seed and 1 combined tablespoon of borage and flaxseed oil into your daily diet. Sprinkle hemp and chia seeds on salads. Top cooked or raw vegetables with coconut or almond yogurt.
  - **Monounsaturated Fats:** Eat olives, olive oil, and avocado.
- **Healthy Oil Choices:** Extra virgin olive oil, walnut, and flax oil are great for salads. Sesame, grape seed, coconut, and sunflower oil are good for baking.
- **Healthy Saturated Fat?** Yes! Enjoy coconut butter and oil in place of butter.

## Eat High-Quality Protein for Blood Sugar and Insulin Balance and Hunger Control

- **Beans or legumes** such as chickpeas, kidney beans, and lentils are excellent sources of high-fiber protein. However, avoid all beans and legumes if you are on The Super Advanced or Advanced Plan.
- **Whole soy products.** Choose Non-GMO and organic, avoid industrial over-processed soy like soy junk food (just because it has soy doesn't mean it's healthy). Whole soy is an excellent source of magnesium and iron which are often deficient in vegetarians and vegans with diabetes.
- **Nuts and Seeds.** Especially protein rich hemp seeds, and almonds.
- **Omega-3 Eggs or Free-Range Eggs.**

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- **Whole–Food Protein Shakes.** Hemp, pea, rice, or high-quality soy protein powder offer an efficient way to include substantial protein in your diet, especially in the morning.

## Pay Attention to Important Nutrients Often Lacking in Vegetarian and Vegan Diets

People honoring a vegetarian or vegan diet need to consider a few essential nutrients when meal planning, such as calcium, omega-3 fatty acids, vitamin B-12, vitamin D and iron. Below is a list of the nutrients vegetarian diets sometimes lack and the foods to eat so you get enough of them:

- **Calcium** - The good news is you DON'T need dairy to meet your calcium requirements if you are a smart consumer. Calcium is plentiful in dark, leafy, green vegetables (bok choy, cabbage, collards, kale, mustard greens, and chard), broccoli, Brussels sprouts, fortified tofu, fortified soy or almond milk, rice milk, or hemp milk.
- **Omega-3 Fatty Acids** - Choose walnuts, ground flaxseed or flaxseed oil, soybeans, chia seeds, or hemp seeds.
- **Vitamin B-12** - Found ONLY in animal products and in lesser amounts, in fortified foods. If you are an ovo-vegetarian then omega 3 eggs are a good source of this vitamin. If you are vegan, non-dairy milk alternatives like soy and rice milk beverages will provide some B12, but not nearly enough to meet daily requirements. To meet your needs while on *The Blood Sugar Solution*, I suggest you take a high-quality supplement which includes at least 250 mcg of methylcobalamin such as the one listed here: <http://store.bloodsugarsolution.com/Store/Show/ListAlphabetically/872/Blood-Sugar-Solution-Advanced-Plan-Wellness-Essentials-Kit>
- **Vitamin D** - While some foods contain vitamin D, I recommend everyone, regardless of dietary preference, take a vitamin D supplement. Unless you live in Florida, or south of there, sun exposure will not be sufficient to help your body make its own vitamin D. I suggest everyone take at least 1,000 IUs, or more, daily depending on blood levels.
- **Iron** - Iron-deficiency anemia is a serious issue in vegetarian diets. It also happens to be critical in helping to restore a body from the effects of diabetes. Beans, lentils, fortified tofu, and cooked green vegetables are good sources. The key is to combine these iron-rich food sources with a good source of vitamin C such as lemon, tomatoes, broccoli, or even berries, such as strawberries, to increase absorption.

| 10 Blood Sugar Solution Approved High Iron Plant-Based Foods |        |
|--|--------|
| Spirulina (1 teaspoon)                                       | 5 mg   |
| Cooked soybeans (1/2 cup)                                    | 4.4 mg |
| Pumpkin seeds (1 tablespoon)                                 | 4.2 mg |
| Quinoa (1/2 cup)   | 4 mg   |
| Walnuts (1/4 cup)  | 2.8 mg |
| Tomato paste (1/2 cup)                                       | 3.9 mg |
| White beans (1/2 cup)  | 3.9 mg |
| Cooked spinach (1/2 cup)                                     | 3.2 mg |
| Lentils (1/2 cup)  | 3 mg   |
| Sulfate free dried peaches (3 halves)                        | 1.5 mg |
| Blackstrap molasses (about 1 teaspoon)                       | 2 mg   |

Source: <http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html>

### Tips for Getting the Most Iron Out of Your Food:

- Eat iron-rich foods along with foods that contain vitamin C for optimal absorption. See table below for sources of vitamin C rich foods.
- Tea and coffee contain compounds, called polyphenols, which can bind with iron making it harder for our bodies to absorb.
- Calcium hinders the absorption of iron; avoid high-calcium foods for a half hour before or after eating iron-rich foods.
- Cook in iron pots. The acid in foods seems to pull some of the iron out of cast-iron pots. Simmering acidic foods, such as tomato sauce, in an iron pot can increase the iron content more than ten-fold. Cooking foods containing other acids, such as vinegar, red wine, and lemon or lime juice, in an iron pot can also increase the iron content.

| Vitamin C Rich Foods |              |
|----------------------|--------------|
| Guava                | Kale         |
| Red bell pepper      | Cantaloupe   |
| Kiwi                 | Broccoli     |
| Orange               | Kohlrabi     |
| Green bell pepper    | Sweet potato |
| Grapefruit           | Tomatoes     |
| Brussels sprouts     | Mango        |
| Strawberry           | Pineapple    |
| Papaya               | Cauliflower  |

Source: <http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html>

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## Sample Meal Makeovers for Vegetarians Participating on the Super Advanced and Advanced Track:

### BREAKFAST: Poached Eggs Over Spinach

**Vegetarian:** If lacto-ovo then enjoy as is!

**Vegan:** Replace egg with either 3 ounces of tofu or chickpeas if you are on the Advanced or Basic plan. In Middle Eastern cuisine, chick pea tomato salad is very common. Why not try thinking outside of the box and even experiment with other spices, such as sumac, to provide that exotic flare!

**Make it Quick and Easy:** Try the Ultrashake made with either rice protein, fruit and nut, or, Dr. Hyman's favorite, Whole Foods Smoothie.

### LUNCH: Walnut Pesto Chicken with White Bean Salad

**Vegetarian:** Replace chicken with 3 ounces of Non-GMO tempeh.

**Vegan:** Replace chicken with 3 ounces of Non-GMO tempeh.

**Make it Quick and Easy:** DIY Salad Bar. Choose from the following to create a quick and easy lunch: 2 cups of ANY nonstarchy vegetable such as arugula, spinach, red leaf lettuce, broccoli, cauliflower, roasted Brussels sprouts, carrots, celery, mushrooms, sugar snap peas, bell peppers, onion, sprouts, etc. Top off with 3 ounces of pan seared tofu, tempeh, egg, lentils, or beans (if you are on the Advanced or Basic plan). Sprinkle with a tablespoon of hemp seed or a few slices of avocado and toss with fresh lemon juice.

### DINNER: Coriander and Almond Crusted Scallops

**Vegetarian:** Replace scallops with 4 ounces of extra firm Non-GMO tofu.

**Vegan:** Replace scallops with 4 ounces of extra firm Non-GMO tofu.

**Make it Quick and Easy:** One pot wonders are a cinch to make, and all the ingredients you need should be in your pantry. I like to make the following One Pot Wonder: Vegetable broth and coconut milk, your favorite vegetables, cilantro or basil (fresh if possible), tamari, sesame oil, red chili paste, lime, and tofu. To make the broth simply mix everything but the tofu together and bring to a simmer in a medium-sized saucepan. Cook on low for 10 minutes or longer if you have the time. Lightly pan-fry the tofu in grapeseed oil. Add tofu to the broth before serving. Garnish with fresh lime juice and more cilantro. Serve over ½ package Shirataki noodles.

## Sample Meals for Vegetarians Participating on the Basic Track:

### BREAKFAST: Avocado and Herb Omelet

**Vegetarian:** If lacto-ovo this is fine as is.

**Vegan:** Replace eggs with tofu or beans and make a scramble with your favorite herbs and avocado.

**Make it Quick and Easy:** The Ultrashake made with either rice protein, fruit and nut, or, Dr. Hyman's favorite Whole Foods Smoothie.



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## **LUNCH: Chicken and Black Bean Wraps in Steamed Collard Greens with Avocado and Salsa**

**Vegetarian:** Replace chicken strips with 3 ounces seasoned tempeh strips per serving.

**Vegan:** Replace chicken strips with 3 ounces seasoned tempeh strips per serving.

**Make it Quick and Easy:** DIY Salad Bar. Choose from the following to create a quick and easy lunch: 2 cups of ANY non-starchy vegetable such as arugula, spinach, red leaf lettuce, broccoli, cauliflower, roasted Brussels sprouts, carrots, celery, mushrooms, sugar snap peas, bell peppers, onion, sprouts, etc. Top off with 3 ounces of pan seared tofu, tempeh, lentils, beans or 2 omega-3 eggs. Sprinkle with a tablespoon of hemp seed or a few slices of avocado and toss with fresh lemon juice. Serve with ½ sweet potato or 1 cup cooked squash.

## **DINNER: Roasted Roots with Turkey**

**Vegetarian:** Replace turkey with crumbled Non-GMO tempeh OR make a scramble with omega-3 eggs. Sprinkle hemp, sunflower, pumpkin, or flax seeds over mixture before serving.

**Vegan:** Replace turkey with crumbled Non-GMO tempeh OR make a stir fry with green lentils or mung beans. Sprinkle hemp, sunflower, pumpkin, or flax seeds over mixture before serving.

**Make it Quick and Easy:** One pot wonders are a cinch to make. All you need is your pantry. I like to make the following One Pot Wonder: Vegetable broth and coconut milk, your favorite vegetables, cilantro or basil (fresh if possible), tamari, sesame oil, red chili paste, lime, and tofu. To make the broth: Mix everything but the tofu together and bring to a simmer in your pot. Cook on low for 10 minutes or longer if you have the time. Lightly pan-fry the tofu in grapeseed oil. Add tofu to broth before serving, garnish with fresh lime juice and more cilantro. Serve over 1/3 cup steamed black rice.

## Appendix A: Serving Sizes

Eat 3 meals per day with 2 snacks. Each meal can have 15 grams of carbohydrates, and each snack 7.5 grams. As your activity increases, you can slowly begin to double this. This is not intended to be a life-long way of eating. As insulin sensitivity improves, you can increase your consumption of natural carbohydrates to 30-50 grams per meal. Choose primarily from starchy vegetables, whole grains, legumes, and fruit. Reduce refined carbohydrates and sugars.

| STARCHY VEGETABLES (Items are cooked and contain 15 grams of carbohydrates.)        |               |                     |                |
|---|---------------|---------------------|----------------|
| Food Item   | Serving       | Food Item           | Serving        |
| Winter squash   | ½ cup         | Artichoke           | 1 globe        |
| Beet root   | 1 cup         | Burdock root (raw)  | ½ root         |
| Carrots   | 1 cup         | Corn                | ½ cup          |
| Green peas  | ½ cup         | Jerusalem artichoke | ½ cup          |
| Turnips   | ½ cup         | Lima beans          | ½ cup          |
| Parsnip   | ¾ cup         | Baked potato        | ½ medium       |
| Pumpkin   | 1 cup         | Swede               | ¼ large        |
| Sweet potato/yam  | ½ medium      |                     |                |
| LEGUMES (Items are cooked and contain 15 grams of carbohydrates.)                   |               |                     |                |
| Food Item   | Serving       | Food Item           | Serving        |
| Adzuki beans  | ¼ cup         | Black beans         | ⅓ cup          |
| Broad (fava) beans  | ½ cup         | Chickpeas           | ⅓ cup          |
| Black-eyed peas   | ½ cup         | French beans        | ⅓ cup          |
| Kidney beans  | ⅓ cup         | Lentils             | ⅓ cup          |
| Mung beans  | ⅓ cup         | Navy or pinto beans | ⅓ cup          |
| Split peas  | ⅓ cup         |                     |                |
| GRAINS (Cooked unless noted.)   |               |                     |                |
| Food Item   | Serving       | Food Item           | Serving        |
| Brown rice  | ⅓ cup         | Millet              | ⅓ cup          |
| Buckwheat (kasha)   | ⅓ cup         | Polenta             | ⅓ cup          |
| Teff  | ⅓ cup         | Quinoa              | ⅓ cup          |
| Popcorn (popped)  | 2 ½ cups      |                     |                |
| Whole-Grain Flours and Meals (Items are dry and contain 15 grams of carbohydrates.) |               |                     |                |
| Food Item   | Serving       | Food Item           | Serving        |
| Amaranth flour  | 2 tablespoons | Arrowroot flour     | 2 tablespoons  |
| Brown rice flour  | 2 tablespoons | Buckwheat flour     | 3½ tablespoons |

| Fruit (All fruits are raw, unless noted; selections equal 15 grams of carbohydrates.)   |                      |                    |                       |
|---|----------------------|--------------------|-----------------------|
| Food Item   | Serving              | Food Item          | Serving               |
| Apple   | 1 small              | Apples, dried      | 3 rings               |
| Applesauce w/o sugar  | $\frac{3}{4}$ cup    | Apricots           | 2 medium              |
| Apricots, dried   | 7 halves             | Avocados           | $\frac{1}{2}$ avocado |
| Banana  | $\frac{1}{2}$ medium | Banana, dried      | 1 tablespoon          |
| Fresh berries   | $\frac{3}{4}$ cup    | Cherries           | 1 cup                 |
| Currants, dried   | 2 tablespoons        | Dates              | 2 medium              |
| Figs, dried   | 1 medium             | Grapefruit         | $\frac{1}{2}$ large   |
| Grapes  | 15 grapes            | Kiwi               | 1 large               |
| Mangos  | $\frac{1}{2}$ medium | Melons             | 1 cup cubes           |
| Nectarines  | 1 medium             | Oranges            | 1 medium              |
| Tangerines  | 2 small              | Peaches            | 1 medium              |
| Pears   | $\frac{1}{2}$ large  | Plums              | 2 plums               |
| Prunes  | 3 prunes             | Raisins            | 2 tablespoons         |
| Strawberries  | 1 $\frac{1}{2}$ cups | Sun-dried tomatoes | $\frac{1}{6}$ ounce   |
| Tomatoes  | 1 medium             |                    |                       |
| Bread and Crackers (These are less wholesome carbohydrate options than the previous lists, but are convenient. Whole grains are always a better option) |                      |                    |                       |
| Food Item   | Serving              | Food Item          | Serving               |
| Rice crackers   | 4 crackers           | Rice cakes         | 2 cakes               |

## Appendix B: Sea Vegetables

Sea vegetables have 10-20 times the minerals of those found in land plants. They provide an excellent source of iodine, calcium, and iron. Some of the health claims associated with the consumption of sea vegetables include detoxification, alkalization of the body, decreasing dryness, removing residues of radiation, lowering cholesterol, and improving water metabolism.

| Agar          |   |
|---------------|---|
| Benefits      | Contains a gel-like substance which helps stimulate the bowels possibly improving constipation. It also provides iron and calcium, along with fiber.                |
| Culinary Uses | Natural gelling agent. Can be used in place of animal gelatin.  |
| Preparation   | ¼ cup of agar gels one quart of liquid. Agar thickens at room temperature; unlike gelatin which must be chilled.  |
| Storage       | Store in a sealed container in a cool, dark place where it will keep indefinitely.  |
| Health Claim  | Promotes digestion.   |
| Arame         |   |
| Benefits      | Good introductory sea vegetable due to its milder flavor.   |
| Culinary Uses | Great in salads.  |
| Preparation   | Soak in cold water.   |
| Storage       | Store in a sealed container in a cool, dark place where it will keep indefinitely.  |
| Health Claim  | If eaten daily, arame will promote glossy hair and clear skin.  |
| Dulse         |   |
| Benefits      | Very high in iron (14mg per ¼ cup).   |
| Culinary Uses | Leaves can be soaked for five minutes and added to soups or salads. Flakes or granulated dulse can be sprinkled onto most foods for a nutritional boost.            |
| Preparation   | Soak in cold water or add flakes directly to food.  |
| Storage       | Store in a sealed container in a cool, dark place where it will keep indefinitely.  |
| Health Claim  | If eaten daily, dulse will promote glossy hair and clear skin.  |
| Hiziki        |   |
| Benefits      | Very high in minerals (34g of minerals/100g). Richest of all sea vegetables in calcium, ¼ cup of hiziki contains the same amount of calcium as ½ cup of whole milk. |
| Culinary Uses | Great in salads.  |
| Preparation   | Soak in cold water before using. Cook in apple juice and combine with other vegetables to temper strong taste.  |
| Storage       | Store in a sealed container in a cool, dark place where it will keep indefinitely.  |
| Health Claims | Normalizes blood sugars and builds bone and teeth.  |

| <b>Kombu</b>  |  |
|---------------|--|
| Benefits      | Rich in minerals, kombu increases the nutritional value of all foods with which it is prepared.  |
| Culinary Uses | Contains glutamic acid, which acts as a tenderizer. Add kombu when cooking beans.  |
| Preparation   | Soak in cold water before using.   |
| Storage       | Store in a sealed container in a cool, dark place where it will keep indefinitely.   |
| Health Claim  | Aids digestion and improves lining of GI tract.  |
| <b>Nori</b>   |  |
| Benefits      | May help treat painful or difficult urination, goiter, edema, and hypertension.  |
| Culinary Uses | Most commonly used in making sushi. Can also be added to meals by lightly toasting and crumbling onto food.                              |
| Preparation   | Soak in cold water before using.   |
| Storage       | Store in the freezer in a zip-lock bag to preserve freshness.  |
| Health Claim  | May aid in lowering cholesterol.   |
| <b>Wakame</b> |  |
| Benefits      | High in calcium and niacin.  |
| Culinary Uses | Often used in soups. Can also be toasted and ground into a condiment.  |
| Preparation   | A small amount expands when soaked. Soak for 10-15 minutes. After soaking, remove the main rib or stem and cut leaves into small pieces. |
| Storage       | Store in a sealed container in a cool, dark place where it will keep indefinitely.   |
| Health Claim  | May lower blood pressure and improve thyroid function.   |

### Brands to look for:

Maine Seaweed Company

Eden Foods

Emerald Cove

Sea Gift's roasted seaweed snacks

*References: Lair, Cynthia. Feeding the Whole Family. Moon Smile Press, Seattle, WA, 1997.*



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## Appendix C: Phytonutrient-Rich Foods

### Medical properties of different phytochemicals in a plant-rich diet

**Curcumin** - *Turmeric*

**Glucosinolates** - *Broccoli*

**Anthocyanidins** - *Berries and black rice*

**Saponins** - *Beans, quinoa*

**Quercetin** - *Onion, apple*

**Gingerole** - *Ginger*

**Kaempferol** - *Strawberries, broccoli*

**Rutin** - *Parsley, lemon*

**Catechins** - *Tea (white is highest in antioxidants, green is a great option too)*

**Isoflavones** - *Soy*

**Allicin** - *Garlic*

**Phytosterols** - *Nuts, seeds*

**Betasitosterols** - *Avocado, brown rice*

**Tocopherols** - *Vitamin E*

**Omega 3, 6 and 9 Fatty Acids** - *Sea vegetables, borage oil*

**Sulfides** - *Garlic, onion, shallots*

**DIM** - *Broccoli family*

**Silymarin** - *Artichokes, milk thistle*

**Salicylic Acid** - *Peppermint*

**Lignans** - *Flax seed, sesame seed, broccoli*

**Resveratrol** - *Grape skin*

**Cinnamic Acid** - *Cinnamon, aloe*

**Capsaicin** - *Chili*

**Ellagic Acid** - *Walnuts, berries*

**Probiotic** - *Kimchi, sauerkraut*

**Prebiotic** - *FOS, inulin*

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