

Get Health
WITH **DR. COOPER**



DIABETES

NUTRITION GUIDE

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ADOPT THE 8's FOR A HEALTHIER YOU



Positive Mindset

Use at least 8 minutes to start your day engaging in, singing/listening to classical music, reading inspirational quotes, prayer, positive thoughts or self talks.



Hydration

Drink at least 8 cups (8oz) water daily.



Nutrition

Follow my 4+4 Diet Plan.



Intermittent Fasting

Consume all your meals within 8 hours daily (for example, 8:00 AM – 4:00 PM, 9:00AM- 5:00 PM). Fast 16 hours daily.



Mood stabilization

with 8 minutes of sunlight daily.



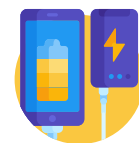
Physical Activity

Eight repetitions of 5 minutes interval exercise routine daily : 4 minutes moderate intensity, 1 minute cool down (example 4 minutes speed walking and one minute normal pace walking, repeat this 8 times).



Disconnect

Use at least 8 minutes to end your day with thoughts of gratitude, forgive those who may have wronged you.



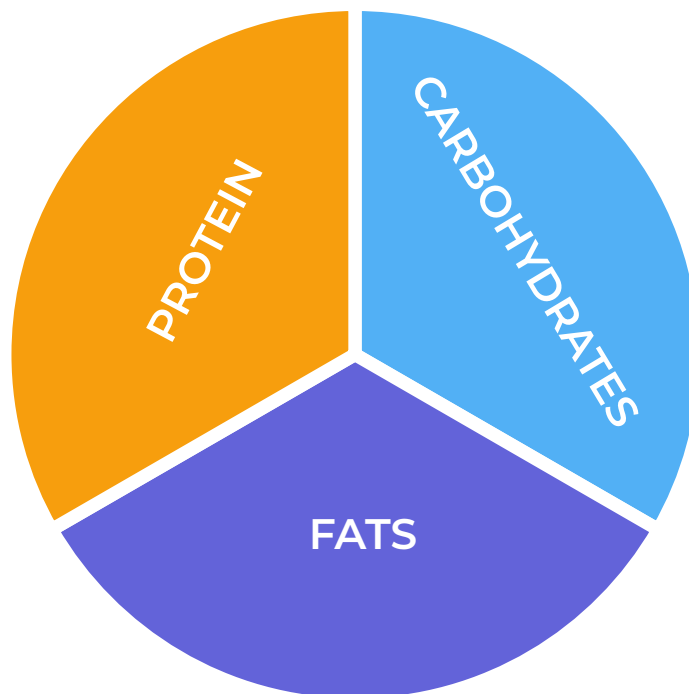
Recharge

Aim to obtain 8 hours of restful sleep daily, try to be in bed before 11:00PM.

FOUR + FOUR NUTRITION PLAN:



MACRONUTRIENTS:



ENERGY PROVIDING FOODS THAT THE BODY NEEDS IN LARGE QUANTITY

G- Food group (GOOD, GO, GREEN)

PROTEINS

(Some healthy proteins)

legumes	navy beans	red beans	tempeh
black beans	kidney beans	soybeans	nuts
black-eyed peas	pinto beans	split peas	seeds
garbanzo beans (chickpeas)	lima beans	Others	
	lentils	tofu	

CARBOHYDRATES

(Some healthy carbohydrates)

Wild rice	Rye	Legumes	FATS
Brown rice	Barley	Vegetables	Avocado
Quinoa	Bulgur	Fruits	Nuts
Whole wheat pasta	wheat		Seeds
Sweet potato	Potato		Olive

S FOOD GROUP

("STOP or SICKNESS" GROUP)

The foods should be removed from diet or if used, try to keep at 10% of plate or time.

Fried foods	Eggs	White flour
Meats	Sugar	Oil
Fish	Coffee	
Cheese	White rice	



THE TABLE BELOW SHOWS THE GYCEMIC INDEX:
BEST FOODS TO CONSUME ARE THOSE WITH GYCEMIC INDEX OF 60 AND BELOW.

glucose	100
white potato	85
watermelon	72
white rice	72
white bread	70
cantaloupe	65
sweet potato	60
pineapple	59
Wild rice	57
honey	55
maple syrup	54
kiwi	53
mango	51
ripe banana	51
brown rice	50
whole wheat bread	49

white pasta	41
strawberry/ blueberry	40
apple	38
pear	38
whole wheat pasta	38
whole wheat bread	49
grapes	46
peach	42
grapes	46
peach	42
mango	51
ripe banana	51
brown rice	50
whole wheat bread	49
grapes	46

peach	42
chickpeas / kidney beans, other beans	28
Cashew / other nuts	25
cherries	22
agave	19
cauliflower	15
eggplant	15
lettuce, spinach	15
soybeans	18
tomato, zucchini	15
broccoli, mushroom	10
cabbage	10
kale	2
Corn tortilla	46

Diabetic patients should choose foods with very low glycemic index in order to improve their health or reverse their disease

BREAKFAST

1. Smoothie: $\frac{3}{4}$ cup chopped cabbage, $\frac{3}{4}$ cup chopped kale, 1 cup spinach, 2 stalks celery, 1 medium green apple, $\frac{1}{2}$ ripe banana, $\frac{1}{2}$ - 1 cup ice or water (16 oz).
2. Mushroom & Spinach tacos (2 corn tortillas or one whole wheat tortilla and one apple or pear.
3. Overnight Oats with berries and ripe banana (8 oz oats plus 4-6oz chopped fruits)
4. Make It Yourself

LUNCH

1. Coconut Curry Chickpea, brown rice and steamed broccoli and mixed green leafy vegetables.
2. Bean Chili and corn bread or corn tortillas and a salad.
3. Roasted Vegetable Delight.
4. Make It Yourself

DINNER

1. Lentil Vegetable Soup (12 oz) and $\frac{1}{2}$ grapefruit.
2. Pasta Primavera and an apple.
3. Quinoa Salad with black beans and corn.
4. Make It Yourself



Disease	Food or Nutrient	Function
Diabetes	Legumes	Well tolerated by diabetics because it has high fiber and complex carbohydrate content which help regulate glucose in the blood.
	Vegetables	All vegetables are well tolerated by diabetics because of their low-calorie content but high fiber content, which makes them excellent for the prevention and treatment of obesity.
	Whole Grains	Whole grains are well tolerated and can be consumed freely as they help prevent diabetes. The high fiber content in whole grains decrease sudden blood glucose rise.
	Fruit	Fruits are necessary in diabetic diets because of their antioxidant properties that protect against cardiovascular disease. Caution on the quantity of fruits used. Diabetics would do well to avoid dried fruits, though these are healthy for individuals who do not have issues with carbohydrate metabolism.
	Nuts	They are poor in carbohydrates and high in easily assimilated fatty acids and vitamin B that provide energy.
	Artichoke	Its active ingredient, Cynarin, has mild hypoglycemic properties.
	Celery	It contains a substance known as Glycoquin, which has similar function as insulin and thus helps to reduce blood sugar level.
	Avocado	It helps regulate blood sugar, decreases cholesterol and also regulates fat composition in blood.
	Onion	Onions help reduce blood sugar. They alkalize the blood and protect against arteriosclerosis.
	Mushroom	Studies have shown that mushrooms produce improvement in the disease course, and also contain proteins and group B vitamins. They reduce the need for insulin.
	Nopal	Nopal is low in carbohydrates but like other vegetables nopal contains some fiber. These foods therefore can lower blood sugar, reduce insulin levels, and improve lipid of fats in the blood.
	Potato	They are rich in complex carbohydrates and fiber, which releases glucose slowly during digestion. Caution on the amount of regular potatoes used by diabetics. Sweet potatoes have a lower glycemic index and thus are better for diabetics.
	Wheat Germ	It contains vitamins B1 and E that have anti-diabetic effects. 4-5 spoons can reduce glucose level and need for insulin.

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