

# QUICKSTART GUIDE



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# QUICKSTART GUIDE

## to Adventist Vegetarian Diabetics™

## Welcome!

<https://www.facebook.com/groups/adventistvegetariandiabetics>

To get the most out of your membership in the Adventist Vegetarian Diabetics™ Facebook group, we recommend:

- **Set your Notifications to receive All Posts**, so you won't miss something that might be important to you!
- Browse through the "Featured" to see important pieces of information.
- Explore the "Guides" for topics that are of interest to you.
- Check out the "Files" section for this group.

On a computer or mobile device – find the horizontal navigation bar under the banner header, slide it to the left until you see the links to "Discussion," "Guides," "Featured," etc.

### **TO SET YOUR NOTIFICATIONS TO RECEIVE ALL POSTS:**

If you are enjoying this group and don't want to miss posts that might be important for you, please set your Notifications to "All posts."

Facebook automatically sets Notifications (for groups) to "Highlights" instead of "All Posts." Facebook goes back periodically and resets all groups to "Highlights" even if you have changed it to "All Posts." This means that you will only see about one in ten posts in the groups you're in!

Also, to make sure you see all posts (not just "Most relevant"), select "New posts" (above the posts). Otherwise, you are probably missing out on a lot of good stuff in this group. We Admins want to make sure you are all able to stay plugged in!

To change your Notifications settings:

- Click on the 3 dots at the top right of the group home page. (It's the same whether you are using Facebook on a phone, tablet, or computer.)
- Select "Manage Notifications"
- Then select "All Posts."

You can also add Adventist Vegetarian Diabetics™ to your device's home screen for your added convenience!

## About Us

We are a very eclectic group of people who have diabetes (including pre-diabetes), who are at risk for diabetes, or who have a family member or friend with diabetes. We are current and former Seventh-day Adventists or not Adventists at all, but we understand that Adventists do not eat "unclean" meat/fish (as defined in Leviticus and Deuteronomy).

We are dietary vegans, lacto-ovo vegetarians, "Adventist non-vegetarians," or some combination thereof.

Our individual dietary approaches to managing diabetes range from low-carb high-fat moderate-protein (LCHF), low-carb high-protein moderate-fat (LCHP), to moderate carb (ADA guidelines), and many variations in between. We do NOT recommend a high-carb low/no-fat dietary vegan (WFPB, aka "whole food plant-based"). We *do* support keto/low-carb dietary vegan.

If you are wondering why we post recipes with “clean” meat/fish in a “Vegetarian” group, read the “backstory” of how and why our Facebook support group came to be. It’s found at <https://adventistvegetariandiabetics.com/about/introduction/>.

You may see occasional posts of links to music. This music represents that which a diabetic member has found lowers their stress levels and thus lowers their blood glucose. It follows that only diabetic members can post links to music because they are the ones who are checking their blood glucose on a daily basis.

We encourage you to subscribe to our blog at <https://adventistvegetariandiabetics.com/blog-posts/> which will be delivered directly to your email. Please be assured we will never share your email address with anyone else.

Finally, if you are looking for recipes (and would like to share diabetic-friendly recipes with your friends and family members), we strongly encourage you to peruse our collection of recipes in our supplementary blog and website. You can start at <https://adventistvegetariandiabetics.com/other-resources/recipes/>.

## Where Do I Start?

Whether you are newly diagnosed and don’t know where to start or if you’ve been living with diabetes for a while and are still struggling, you can take definite steps to improve your diabetic health. We strongly recommend that you:

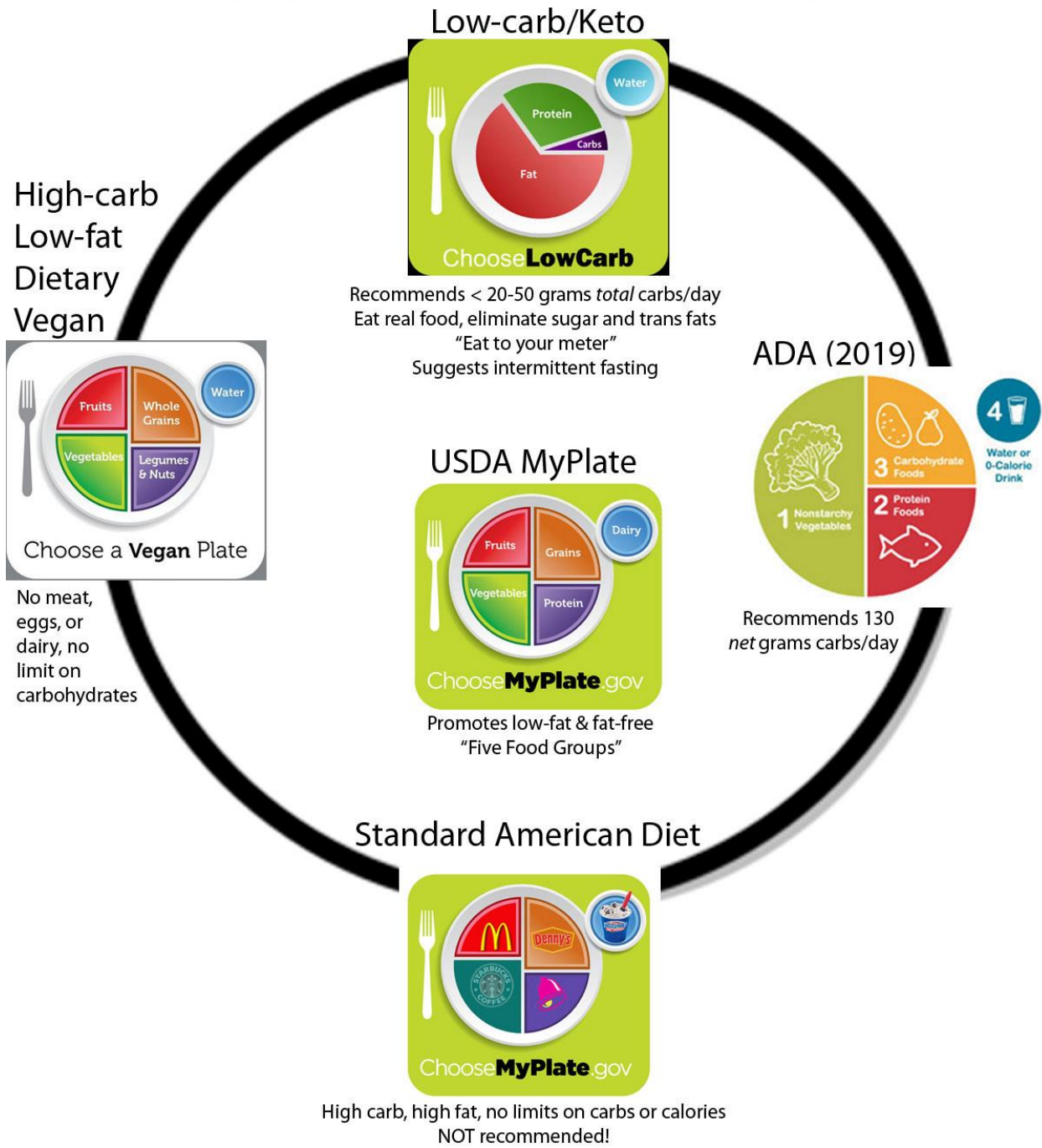
- Subscribe to our blog to get updated information in your email (<https://adventistvegetariandiabetics.com/blog-posts/>)
- Access our website (<https://adventistvegetariandiabetics.com/>).
- Participate in the group discussions in our Facebook Private Group at <https://www.facebook.com/groups/adventistvegetariandiabetics>
- If you just want information and don’t want to participate in group discussions, you can access [Adventist Vegetarian Diabetics Resources](#), a Facebook Page.
- Check out our books, [Adventist Vegetarian Diabetics, 2nd Edition](#), and accompanying [Adventist Vegetarian Diabetics Recipe Book](#), available from Amazon in both Kindle and paperback formats.

## Dietary Approaches to Diabetes Management

In our Facebook group, the most popular dietary lifestyles are lacto-ovo vegetarian and Adventist non-vegetarian. The most often used diabetes dietary approaches are low-carb high-healthy-fat (LCHF) and low-carb high-protein moderate-fat (LCHP). At the time of this writing, we have not been able to elicit success stories from high-carb low-fat whole-food dietary vegans (WFPB).

The major problem with high-carb low-fat dietary vegans is that they claim their method will “reverse diabetes” by eating freely of *all* vegetables, fruits, grains, and legumes, without counting calories or carbohydrates. They do not recommend using a glucose meter to check blood sugar daily. They seem to depend only on annual or semi-annual A1C tests and “how I feel.” This approach is in total opposition to our tagline of “Prove all things; hold fast that which is good” (1 Thessalonians 5:21).

# Dietary Approaches to Diabetes Management



## What We Recommend

We recommend **Low-carb/Keto**, and it can be used by vegans/vegetarians and non-vegetarians. The **USDA** and **ADA** guidelines may be useful as transitions from the Standard American Diet (SAD).

We do NOT recommend the **Standard American Diet (SAD)** or the **High-carb Low-fat Dietary Vegan (WFPB)** approach for managing, controlling, reversing, or preventing diabetes. But we *do* support a dietary vegan lifestyle for those who choose it. However, we strongly recommend a low-carb/keto vegan dietary approach.

## Learn About Diabetes

Learn as much as you can about diabetes in general and your diagnosis in particular. And, while you are learning, you can change your diabetes lifestyle (starting with the five essential habits detailed below). This page gives [a list of the most important books](#) we have found.

If you were raised Seventh-day Adventist, or even if you came into the church later in life, you have undoubtedly heard or read many times this classic quotation which has become the **Core Values** of Adventist Vegetarian Diabetics™: **“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies”** (Ellen G. White, *Ministry of Healing*, (Nampa: Pacific Press, 1905), page 127). It is from this statement that Weimar Institute popularized and copyrighted the acronym, NEWSTART®, representing **Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust**, that has become known as “The 8 Laws of Health.”

### Review [The 8 Laws of Health](#)

...and how each one relates to your diabetic health!

**Nutrition** – The best nutritional approach for any diabetic is one that they will stick to, one that is sustainable over the long term, a way of eating that is not just a diet but a lifestyle. And no one can tell you what that is for *you*. You have to “prove all things; hold fast that which is good” (1 Thessalonians 5:21).

**Exercise** – Walking is the best exercise for a diabetic. However, any exercise you enjoy enough to do every single day is the best for *you*. I once asked my doctor if I needed to exercise every day. Her response: “Are you a diabetic every day?”

**Water** – Includes drinking water (6-10 glasses/day), bathing, and handwashing before every blood glucose test.

**Sunlight** – Many studies provide evidence that sunshine may help prevent diabetes. Ten or 15 minutes in noontime summer sun leads to the production of 10,000 IU (International Units) of Vitamin D. The great thing is that, if you walk outdoors, you can get exercise, fresh air, and sunshine all at the same time!

**Temperance** – “Temperance” for a diabetic is abstaining from any foods, beverages, or practices that will harm your body and make your diabetes worse. For diabetics, the most important thing to abstain from is sugar. Other important practices are [“portion control”](#) and [“intermittent fasting.”](#)

**Air** – Getting sufficient fresh air will positively affect your overall diabetic health. So will mindful breathing.

**Rest** – There is a definite connection between sleep and diabetes. Sleep deprivation’s effect on diabetes is like insulin resistance, which prevents your body from using the insulin it makes. There is nighttime sleep (7-9 hours/night) and Sabbath rest (24 hours).

**Trust in Divine Power** – Members of any faith community need a support system they can trust, whether it is a deity or a belief. So do people who don’t believe in a god of any kind. Trust is essential for relief from stress, the No. 1 non-food cause for high blood sugar.

## Five Essential Habits

Once you start to learn about diabetes (and this should continue indefinitely), it’s time to **establish five essential habits** that will provide the foundation for your success. Regardless of your dietary lifestyle (vegan, vegetarian, or



“Adventist non-vegetarian”) or diabetes dietary protocol (ADA, LCHF, WFPB, etc.), it is vital that you establish these *daily* habits:

- [Mastering Use of Your Glucometer](#) – Check your blood glucose every day
- [Drink Sufficient Water](#) – 6-10 glasses (or whatever you need to stay hydrated)
- [Eliminate All Sugar](#) – In ALL its forms! This includes starches that convert to sugar
- [Eat Real Food](#) – Unprocessed or minimally processed, in as close as possible to its original form
- [Exercise Daily](#) – Ideally, a minimum of 30 minutes/day 7 days/week

## Definitions

**ADA** – The American Diabetes Association. Recommends 130 grams net carbs per day.

**Keto** – Short for ketosis or ketogenic. Ketosis is a natural metabolic state in which your body runs primarily on fats and ketone bodies, instead of carbohydrates (i.e., glucose). Keto “diets” are low-carb, but not all low-carb “diets” are ketogenic.

**SAD** – Standard American Diet. High carb, high fat, no limit on carbs or calories.

**USDA** - The U.S. Department of Agriculture developed MyPlate in 2011, which it calls “the official symbol of the five food groups” (Fruits, Vegetables, Grains, Protein, and Dairy).

**WFPB** – “Whole foods plant based” high-carb, low-fat, buzzword for dietary vegan. No limit on carbs or calories.

**WOE** – Way of eating.

**Type 1 diabetes** – Auto-immune disease, due to inability to produce insulin, injections of insulin must be administered daily.

**Type 2 diabetes** – Lifestyle disease, the body often makes adequate insulin but the insulin is not able to be used properly (due to insulin resistance)

**Type 1.5 (LADA)** – Latent Autoimmune Diabetes in Adults. A slow-developing form of type 1.

**Dietary Lifestyle** – Typical dietary lifestyles include:

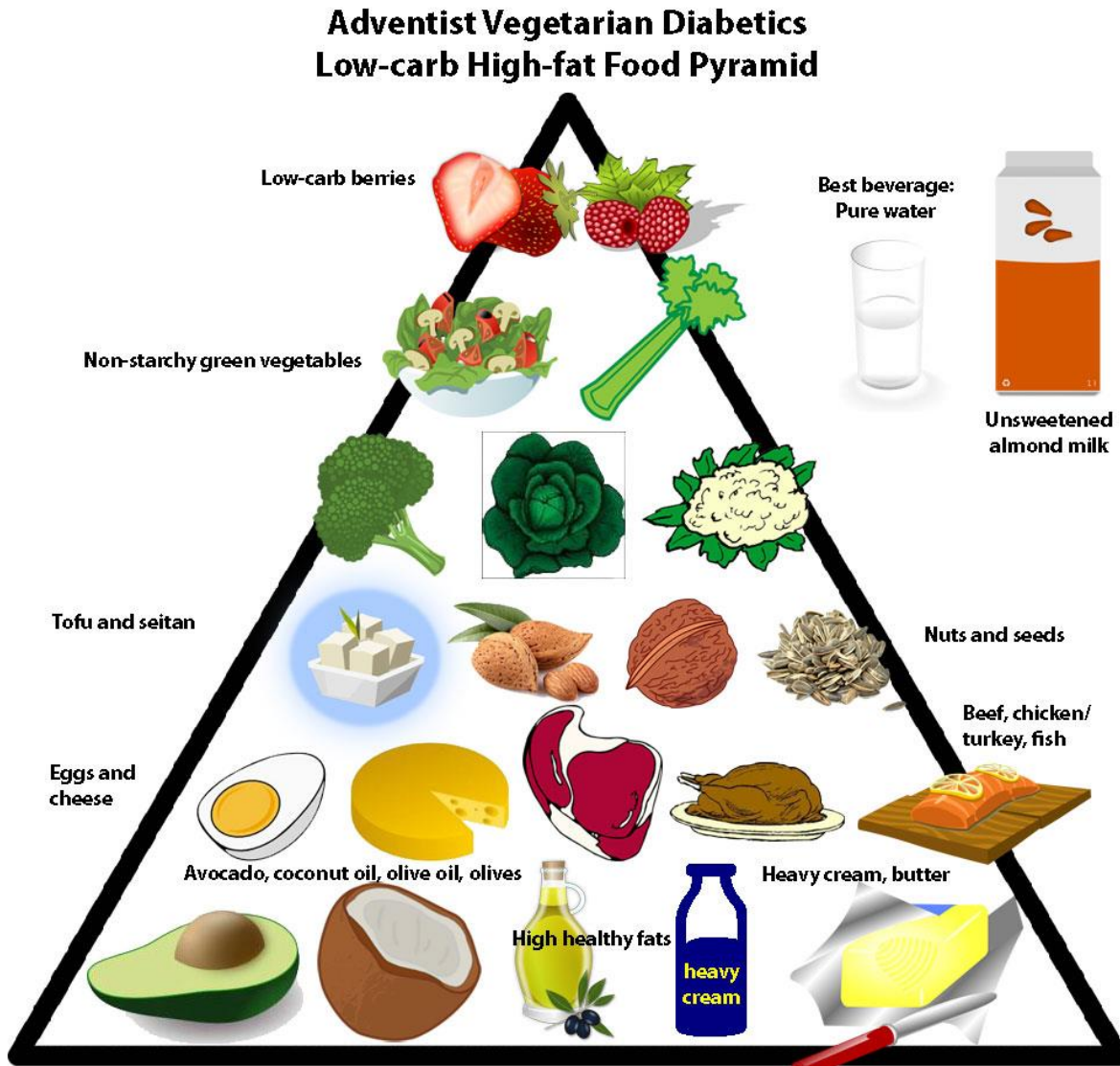
- **Dietary vegan** – no meat, eggs, or dairy
- **Lacto-ovo vegetarian** – no meat, but includes eggs and/or dairy
- **Adventist pescatarian** – eats “clean” fish but no meat
- **Adventist non-vegetarian** – eats “clean” meat/fish
- **Adventist flexitarian** – mostly vegetarian, occasional “clean” meat/fish

**Dietary Protocol** – A detailed diet plan that states what, how, and when a person will eat and drink. For diabetics, this ranges from low carb/keto to high carb (or untracked). There does not seem to be a consensus of opinion about the definition of “low-carb.” But for purposes of discussion in *Adventist Vegetarian Diabetics™*, we have chosen these definitions:

- **“Prescription Strength” Keto** (Dr. Eric Westman) (< 20 grams TOTAL carbs/day)
- **Dr. Bernstein’s Diabetes Solution** (< 30 grams total carbs/day)
- **Very Low Carb** (< 50 grams total carbs/day);
- **Low Carb** (< 100 total grams carbs/day);
- **Moderate Carb** (100-200 grams NET carbs/day);
- **High Carb** (> 200 grams carbs per day, or untracked).

## Adventist Vegetarian Diabetics Food Pyramid

The problem with the government's original Food Guide Pyramid, released in 1992, was that it conveyed the wrong dietary advice. But then the Plate Method replaced the USDA's MyPyramid guide on June 2, 2011, ending 19 years of USDA food pyramid diagrams. Nonetheless, on whimsy, I created this Food Pyramid based on the suggested low-carb high-fat (LCHF) way of eating for *Adventist Vegetarian Diabetics™*. Pescatarians would omit the meat. Lacto-ovo vegetarians would omit the meat/fish. Dietary vegans would also omit butter, cream, eggs, and cheeses.



**Avoid:** ALL forms of sugar, sweetened drinks, diet sodas, most milks, anything labeled "low-fat" or "fat-free"  
 Most processed foods, especially commercial vegetable oils (trans fats)  
 Grain products (including cereals, pasta, noodles, rice, corn, peas, quinoa, and tapioca)  
 Most legumes (except for black soy beans)  
 Starchy root vegetables (potatoes, carrots, beets, etc.)



## What Can I Eat?

### Low-carb Food List for Diabetics

[\*Adventist Vegetarian Diabetics\*™](#) recommends eating whole foods that are unprocessed (or minimally processed) and in as close as possible to their natural state.

If it comes in a can, box, bottle, jar, or bag, it is probably processed. If it has a label, it should show ingredients and nutrition information. Learn to read these labels carefully and meaningfully! Note particularly the serving size and determine how many servings you are going to have.

This list shows a typical serving size and grams of total carbs in that size serving. Any serving more than 5 grams total carbs is not “keto-friendly” but may be suitable for low-carb or moderate-carb dietary protocols.

Search the USDA [FoodData Central \(https://fdc.nal.usda.gov/\)](https://fdc.nal.usda.gov/) to find information about other macronutrients and micronutrients of the foods shown in this list.

Or use a mainstream database like [CalorieKing.com](http://CalorieKing.com) or [MyFitnessPal](http://MyFitnessPal.com).

### Vegetables

Low-carb, non-starchy vegetables should be the foundation of *any* diabetic’s dietary protocol!

- Alfalfa sprouts – 1 cup, 1.2g total carbs
- Arugula (rocket) – 1 cup, 0.7g total carbs
- Artichokes – ½ medium, 6.5g total carbs
- Asparagus – ½ cup, 3.7g total carbs
- Baby corn, canned (NOT mature corn!) – 13 pieces, 7.0g total carbs
- Bamboo shoots – 1 cup, 4.3g total carbs
- Bean sprouts – 1 cup, 6.3g total carbs
- Beets – ½ cup, 6.0g total carbs
- Bok choy – 1 cup, 3.1g total carbs
- Broccoli – ½ cup, 5.6g total carbs
- Broccoli sprouts – 1 cup, 0.7g total carbs
- Brussels sprouts – ½ cup, 5.5g total carbs
- Cabbage (all varieties) – ½ cup, 3.6g total carbs
- Carrots – ½ cup, 6.0g total carbs
- Cauliflower – ½ cup, 2.5g total carbs
- Celery – ½ cup, 3.0g total carbs
- Celeriac (celery root) – ½ cup, 4.6g total carbs
- Chayote (Choko) – ½ cup, 4.1g total carbs
- Chicory greens – 1 cup, 1.4g total carbs
- Cucumber (without peel) – 1 cup, 2.6g total carbs
- Eggplant (aubergine) – ½ cup, 4.3g total carbs
- Endive – 1 cup, 0.8g total carbs
- Fennel, raw – 1 cup, 6.3g total carbs
- Garlic, raw – 1 clove, 1.0g total carbs
- Green beans (string beans) – ½ cup, 4.9g total carbs
- Greens (all varieties, including beet, chard, collards, kale, mustard, radish, spinach, and turnip) – average ½ cup, 3.7g total carbs
- Jicama – ½ cup, 4.4g total carbs
- Leeks – ½ cup, 1.0g total carbs

- Lettuce (all varieties) – average 1 cup, 1.2g total carbs
- Mushrooms – ½ cup, 4.1g total carbs
- Okra – ½ cup, 3.9g total carbs
- Onions – ¼ cup, 4.0g total carbs
- Parsley – 1 sprig, < 0.1g total carbs
- Peppers, green sweet – ½ cup, 3.5g total carbs
- Peppers, red sweet – ½ cup, 4.7g total carbs
- Pumpkin (puree) – ¼ cup, 5.0g total carbs
- Radicchio – 1 cup, 1.8g total carbs
- Radishes – 1 cup, 4.3g total carbs
- Rutabaga (swede) – ½ cup, 7.4g total carbs
- Scallions (spring onions) – ½ cup, 3.7g total carbs
- Shallots – 1 T. chopped, 1.7g total carbs
- Snow peas – 1 cup, 4.8g total carbs
- Spaghetti squash – ½ cup, 5.0g total carbs
- Spinach – 1 cup, 6.8g total carbs
- Sugar snap peas – 1 cup, 6.0g total carbs
- Summer squash – ⅓ cup, 3.0g total carbs
- Tomatoes – ½ cup (chopped or sliced), 3.5g total carbs
- Turnips – ½ cup, 3.9g total carbs
- Watercress – 1 cup, 0.4g total carbs
- Wax beans – ½ cup, 5.0g total carbs
- Zucchini (courgette) – ½ cup, 3.5g total carbs

**Avoid starchy vegetables**, such as potatoes (all varieties), winter squash, parsnips, etc. Use carrots and beets as garnishes rather than a whole side dish. Some may find that tomatoes and onions spike their blood sugar if used in too great a quantity.

## Fruit

**The best fruits for diabetics are avocados and olives!** Next would be most berries, with their anti-oxidant properties and low-carb, to boot! With these and the other fruits listed here, portion size is critical.

- Avocado – ½ cup (cubed), 6.4g total carbs
- Black raspberries – ¼ cup, 4.0g total carbs
- Blackberries – ¼ cup, 3.7g total carbs
- Blueberries – ¼ cup, 5.4g total carbs
- Cranberries, unsweetened – ¼ cup, 3.0g total carbs
- Grapefruit (half) – ½ medium, 10.3g total carbs
- Lemon – 1 wedge, 0.7g total carbs
- Lime – 1 wedge, 0.9g total carbs
- Olives, ripe – 4 olives, 1.0g total carbs
- Raspberries – ¼ cup, 3.7g total carbs
- Rhubarb, unsweetened – ½ cup, 5.5g total carbs
- Strawberries – ¼ cup sliced, 3.7g total carbs

## “Clean” Meat/Poultry/Fish

*[Omit this section if you are vegetarian/vegan]*

We suggest **organic, grass-fed meats** and **cage-free, pasture-raised** poultry. If you eat processed meat, such as beef, chicken, or turkey bacon, beef salami, beef pepperoni, beef, chicken, or turkey hot dogs, etc., try to get a brand/variety that is **uncured** (does not contain nitrites/nitrates). All meat/poultry/fish is 0 grams total carbs.

- Beef
- Bison
- Chicken
- Deer
- Duck\*
- Goat
- Goose\*
- Lamb
- Quail
- Turkey
- Veal

\*Duck and goose are traditionally not eaten by Seventh-day Adventists, although they are permitted in Judaism.

We suggest **wild-caught fish** (not farmed).

- Anchovies
- Bass
- Cod
- Flounder
- Haddock
- Halibut
- Perch
- Pollock
- Salmon
- Sardines
- Snapper
- Trout
- Tuna
- Whitefish

If you buy canned fish or meat, be sure to read the label for ingredients. Choose a brand/variety that contains just the meat/fish and water or olive oil.

## Dairy

*[Omit this section if you are vegan, ovo-vegetarian, or lactose-intolerant]*

Dairy milk is too high in sugar (lactose) for diabetics. However, we can eat full-fat dairy products, such as:

- Butter\* – 0g total carbs
- Cheeses, natural\*\* – read the label to find total carbs
- Cottage cheese (full-fat) – ½ cup, 5.0g total carbs
- Cream (heavy whipping cream) – 1 T., 1.0g total carbs
- Cream cheese – 2 T. (1 oz.), 2.0g total carbs
- Kefir (plain, unsweetened, homemade is best) – ½ cup, 6.0g total carbs
- Sour cream (Daisy® full-fat) – 2 T., 1.0g total carbs
- Yogurt, plain (especially whole milk Greek yogurt. Our favorite brands are unsweetened Siggi® and Total FAGE® 5%.)

\*Vegans can buy vegan butter, usually made with coconut oil.

\*\*Note that not all cheeses are vegetarian. For example, Parmesan cheese is usually made with animal rennet, though many brands in the United States use vegetable rennet.

We **avoid dairy products labeled low-fat or fat-free**, because typically when the producer takes out the fat, they add sugar to make it taste better! And totally avoid processed cheese-like products, such as Velveeta®, Kraft Singles®, Cheez Whiz®, etc.

If you would like to drink/use non-dairy milk, such as almond milk, coconut milk, hemp milk, etc., be sure to get the **unsweetened** variety. Check the label for the amount of total carbs/serving. **Do not use oat milk or rice milk.**

## Eggs

*[Omit this section if you are vegan or lacto-vegetarian.]*

We recommend eggs from **organic cage-free pasture-raised** poultry. Eat the whole egg, not just the whites!

- Egg – 1 large, 0.6g total carbs

## Healthy Fats

All healthy fats contain 0g total carbs and do not raise blood glucose.

- Avocado oil
- Butter\*
- Coconut oil
- Extra virgin olive oil (in amber glass bottles)
- Ghee (clarified butter)

\*Vegans can buy vegan butter, usually made with coconut oil.

Avoid margarine, shortening, and vegetable oils (including canola, corn, cottonseed, grapeseed, safflower, soybean, sunflower).

## Grains (and grain-based foods)

**Most grains (including whole grains) and cereals are too high in carbohydrates for diabetics.** This includes breads, rice, oatmeal, Cream of Wheat®, pasta (all varieties), cakes, bagels, doughnuts, etc. You can:

- Make chaffles with just eggs and cheese (1 egg + ½ cup mozzarella = 1 serving)
- Make baked goods with almond flour and coconut flour
- Make or buy cauliflower rice
- Make zucchini noodles (spiralizing)
- Buy shirataki noodles or hearts of palm noodles (check labels for carb content)
- Make hot and cold cereals with nuts, seeds, and coconut

## Legumes

**Most legumes are too high in carbohydrates for diabetics.** The lowest carb legumes are:

- Soybeans (including black soy beans, but NOT black beans!) – ½ cup, 7.0g total carbs
- Lupini beans – ¼ cup, 3.0g total carbs
- Edamame (green soybeans) – ½ cup, 9.0g total carbs
- Green peas – ¼ cup, 5.0g total carbs
- Peanuts – 1 oz., 5.0g total carbs
- Garbanzos (chickpeas) – 1 oz (2 T.), 5.0g total carbs
- Lentils – ⅔ cup (2 T.), 5.0g total carbs

## Nuts & Seeds

### Nuts

- Almond flour – 1 c., 6.0g total carbs

- Almonds, raw – 1 oz. (24 whole kernels), 6.0g total carbs
- Brazil nuts – ¼ c. (6 kernels), 3.0g total carbs
- Cashews, raw – 1 oz. (18 kernels), 8.6g total carbs\*
- Coconut flour (technically, coconut is a fruit) – 2 T., 6.0g total carbs
- Hazelnuts – ⅓ c., 6.0g total carbs
- Macadamia nuts – ¼ c., 5.0g total carbs
- Pecans – ¼ c., 4.0g total carbs
- Pili nuts – ¼ c., 4.0g total carbs
- Pine nuts – ¼ c., 4.0g total carbs
- Pistachios, raw, shelled – 1 oz. (49 kernels), 7.9g total carbs\*
- Walnuts – ¼ c., 3.0g total carbs

\*Cashews and pistachios are not low carb

Note: Peanuts are a legume, not a nut

### Seeds

- Chia seeds – 1 tsp., 1.0g total carbs
- Flaxseeds, whole or ground – 2 T., 5.0g total carbs
- Hemp hearts – 3 T., 2.0g total carbs
- Poppy seeds – 1 T., 2.0g total carbs
- Pumpkin seeds – ¼ c., 2.0g total carbs
- Sesame seeds – 2 T., 3.0g total carbs
- Sunflower seeds – ¼ c., 6.0g total carbs

### Beverages

**The best beverage is plain water!** However, you can:

- Infuse water with lemons, limes, cucumbers, strawberries, etc.
- Drink seltzer water or sparkling water (unsweetened)
- Drink club soda
- Chill your water (or add ice cubes) – Sip, rather than swig, cold water. Do not drink ice water with meals.

Here are our recommendations if you drink:

- **Soda** – Most sodas, including most diet sodas, are not good choices. Both are linked with kidney failure. Put a squeeze of lemon or lime in seltzer water. Or look for Zevia® (brand) sodas, which are sweetened with stevia.
- **Smoothies** – Most smoothies are fruit-based. These have far too many carbs for diabetics. Look for recipes that use avocado or unsweetened nut milks and a small amount of nut butter.
- **Juices** – No fruit or vegetable juices or fruit drinks. NONE.
- **Coffee or tea** – Black or with heavy cream or unsweetened coconut cream is ideal. Some people like “bulletproof” coffee or tea with coconut oil and/or butter. Others have had spikes from black coffee. Note: Coffee alternatives, like Pero™, are typically too high in carbs.
- **Alcohol** – Adventists traditionally do not drink alcohol. Some Adventists who would not drink alcoholic beverages use alcohol in cooking on the premise that the alcohol “burns out” and leaves only the flavor. The longer you cook, the more alcohol cooks out, but you have to cook food for about 3 hours to fully erase all traces of alcohol. A study from the U.S. Department of Agriculture’s Nutrient Data lab confirmed this and added that food baked or simmered in alcohol for 15 minutes still retains 40 percent of the alcohol.

We suggest that you skip *all* alcohol for a month, while you learn to eat low carb. After that, if/when you drink alcohol, test low-carb options like champagne, red wine, or dry white wine. Spirits like whiskey, gin,



tequila, rum, and vodka are free of carbs. Drink straight or add a low-carb mixer. Avoid beer, juices, or sweet drinks.

Strict portion control of alcoholic drinks is required.

## Sweeteners

### Sugar

**Eliminate sugar in all its forms!** This includes agave, white sugar, brown sugar, raw sugar, coconut sugar, date sugar, corn syrup/high fructose corn syrup, honey, maple syrup, molasses, dextrose, maltodextrin, etc.

### Artificial Sweeteners

All artificial sweeteners are less than ideal. However, they do have a place in:

- Cooking and baking for a special occasion, sweet foods that are not eaten frequently
- The beginning of a low-carb no-sugar dietary protocol, as a transition food

**CAVEAT:** If/when you use artificial sweeteners, you *must* calculate the TOTAL carbs in the amount that you use. Some people *do* metabolize artificial sweeteners (and experience blood sugar spikes), so you cannot assume that you don't!

These are the major artificial sweeteners that diabetics use:

**Acesulfate potassium** – Common in diet sodas. Contains methylene chloride. This chemical can harm kidneys. It can cause headaches, depression, nausea, and mental confusion.

**Allulose** – Found in wheat and some fruit. Not metabolized. Good for baking, but pricey.

**Aspartame** (*Equal*®, *Nutrasweet*®) – May cause obesity by killing good gut bacteria. Is a trigger for migraines in some people.

**BochaSweet**™ – Made from the kabocha squash (Japanese pumpkin), described as “natural” xylitol (see below).

**Monkfruit** – Comes from an Asian plant. May have antioxidant effects. Does spike some people's blood sugar.

**Stevia** – Comes from a plant. As a powder, it can have a very bitter aftertaste. Liquid forms taste much better and they come in flavors. Stevia is heat stable and can be used in baking.

**Sucralose** (*Splenda*®) – Consumption has been linked to leukemia, weight gain, obesity, diabetes, liver inflammation, metabolic dysfunction, and other illnesses.

**Sugar alcohols** – Ending in “itol.” Some of these can cause bloating, GI upset, and a laxative effect. May have a “cooling” sensation that does not work in some recipes.

**Erythritol** seems to be well tolerated, unlikely to cause a stomach upset.

**Maltitol** increases blood sugar almost as much as regular table sugar and should be avoided.

**Sorbitol** can cause severe digestive side effects.

**Xylitol can kill dogs, even in small amounts.**

Be wary of artificial sweeteners offered in individual packets in restaurants and fast food places. Read the labels! Very often the first ingredient is a form of sugar, with only a small amount of the sweetener on the label.

## What About Foods Not on This List?

Search the USDA [FoodData Central](https://fdc.nal.usda.gov/) (<https://fdc.nal.usda.gov/>) to find information about macronutrients and micronutrients of the foods shown in (or not shown in) this list. Or use a mainstream database like [CalorieKing.com](http://CalorieKing.com) or [MyFitnessPal](http://MyFitnessPal).

## Eat to Your Meter

Then “eat to your meter.” Make a list of all your “safe” foods.

Here's how to “eat to your meter”:

1. **Baseline:** Test pre-meal to get a fasting baseline. Ideally, a non-diabetic normal is 70–99 mg/dL (or 3.8–5.6 mmol/l). If it's higher than that, it's okay—for now. Just write it down.
2. **Blood sugar peak:** Test one (1) hour after taking the first bite of your meal because that's when blood sugar typically peaks. If you are clearly diabetic, it may not peak until 90 minutes after the start of your meal. If your blood sugar rises over 20–30 mg/dL (or over 1.4–2.0 mmol/l), that's a red flag that the food being tested may not be a suitable one to include in your diet.
3. **Blood sugar normalization:** Test two (2) to three (3) hours after taking the first bite of your meal, as that is when your blood sugar should come back down to close to your pre-meal number. If it does not, keep testing!
4. **Delayed blood sugar peak and normalization:** If your meal is high in fiber (such as whole grains and legumes) or if it is high in protein of any kind, test again at four (4), five (5), or even six (6) hours after said meal, because high-fiber high-protein meals typically take longer to digest and may cause your blood sugar to remain high for several hours after the meal.
5. **Repeat this testing process** for a specific food several times on different days. Make sure the rest of the content of the meal stays consistent. Keep accurate records with dates and test results.

NOTES:

# Composite A1C/Blood Glucose Charts

Composite A1C Charts

	20	21	22	24	25	26	27	28	29	30	31	32
IFCC* (mmol/mol)	4.0%	4.1%	4.2%	4.3%	4.4%	4.5%	4.6%	4.7%	4.8%	4.9%	5.0%	5.1%
HbA1C	68	71	74	77	80	82	85	88	91	94	97	100
ADAG** (mg/dL)	3.8	3.9	4.1	4.3	4.4	4.6	4.7	4.9	5.1	5.2	5.4	5.6
ADAG** (mmol/l)	65	69	72	76	79	83	86	90	93	97	101	104
DCCT*** (mg/dL)	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4	5.6	5.8
DCCT*** (mmol/l)	33	34	36	37	38	39	40	41	42	43	44	45
IFCC* (mmol/mol)	5.2%	5.3%	5.4%	5.5%	5.6%	5.7%	5.8%	5.9%	6.0%	6.1%	6.2%	6.3%
HbA1C	103	105	108	111	114	117	120	123	125	128	131	134
ADAG** (mg/dL)	5.7	5.8	6	6.2	6.4	6.5	6.7	6.8	6.9	7.1	7.3	7.4
ADAG** (mmol/l)	108	111	115	118	122	126	129	133	136	140	143	147
DCCT*** (mg/dL)	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4	7.6	7.8	8.0	8.2
DCCT*** (mmol/l)	46	48	49	50	51	52	53	54	55	56	57	58
IFCC* (mmol/mol)	6.4%	6.5%	6.6%	6.7%	6.8%	6.9%	7.0%	7.1%	7.2%	7.3%	7.4%	7.5%
HbA1C	137	140	143	146	148	151	154	157	160	163	166	169
ADAG** (mg/dL)	7.6	7.8	7.9	8.1	8.2	8.4	8.5	8.7	8.9	9.0	9.2	9.4
ADAG** (mmol/l)	151	154	158	161	165	168	172	176	180	183	186	190
DCCT*** (mg/dL)	8.4	8.6	8.8	9.0	9.2	9.4	9.6	9.8	10.0	10.2	10.4	10.6
DCCT*** (mmol/l)	60	61	62	63	64	69	75	80	86	97	108	119
IFCC* (mmol/mol)	7.6%	7.7%	7.8%	7.9%	8.0%	8.5%	9.0%	9.5%	10.0%	11.0%	12.0%	13.0%
HbA1C	171	174	177	180	183	197	212	226	240	269	298	326
ADAG** (mg/dL)	9.5	9.7	9.8	10	10.2	10.9	11.8	12.5	13.3	14.9	16.5	18.1
ADAG** (mmol/l)	193	197	200	204	207	225	243	261	279	314	350	386
DCCT*** (mg/dL)	10.8	11	11.2	11.4	11.6	12.6	13.5	14.5	15.5	17.5	19.5	21.5
DCCT*** (mmol/l)												

Normal

Borderline

Full-blown diabetes

Dangerously high diabetes

Green Normal = 4.0-5.6%  
 Yellow Pre-diabetes = 5.7-6.3%  
 Orange/Red Diabetes = 6.4%+

\*IFCC (International Federation of Clinical Chemistry) 2007 (used in UK)  
 \*\*ADAG (A1C-derived average glucose, 2008)  
 \*\*\*DCCT (Diabetes Control and Complications Trial, 1993)  
 mg/dL (milligrams per deciliter) - measurement used in the United States  
 mmol/l (millimoles per liter) - measurement used in Canada, Australia, and Europe  
 mmol/mol (millimoles per mole) - used in IFCC calculations

## Group Rules

### **1 Getting all posts and comments**

When you join Adventist Vegetarian Diabetics, we hope you will turn on All Notifications, so you won't miss something that might be important to you. Also, because we want you to be able to comment on your experience(s) and opinions, and participate in challenges and polls.

### **2 Recipes with unclean meat**

This should be obvious, but please do not share recipes, photos, or meal plans with unclean meat (pork, shellfish, etc.) UNLESS you give a clean meat or vegetarian alternative for an ingredient. If in doubt, please private message an Admin.

### **3 Share what works for YOU**

We are always interested in knowing what our members do to improve their diabetic health, and we want to hear YOUR success stories! Always with the understanding that what works for one may not work for everyone.

### **4 If you post something, please DO NOT DELETE YOUR POST!**

The reason for this is that someone may respond to your post with valuable information, not only for you but for others as well. And if you delete \*your\* post you are also deleting that valuable information in the comments below your post!

### **5 Be kind and respectful**

This group is for the purpose of support, affirmation, and information about diabetes. It is NOT a platform for political or religious debates. We want to make sure everyone feels safe. Promote what you love instead of bashing what you hate. Becoming argumentative with an Admin (or anyone else) is grounds for removal from the group. Do NOT block an Admin as that action will get you banned permanently from the group.

### **6 "Adding" members**

Please feel free to share this Facebook group with anyone you know who you think might be interested. Any member may "add" a new member, but potential members have to be approved by an Admin AND they have to answer the three (3) questions. If you "add" a member, please be sure to contact that member and tell them they are required to answer the three questions. We will not add someone without their explicit permission.

### **7 Sharing links to articles, videos, or other sites**

If you share a link to an article, blog, site, or YouTube channel, please share only what has to do with diabetes, with other physical conditions related to or affected by diabetes, or with cultural Adventism related to health.

### **8 No spam or selling allowed**

Any member who posts spam or attempts to sell products will have their post deleted and will be banned permanently from the group. If you see such a post, please do NOT "Like" it. Please "Report to Admin" immediately! (But do NOT report to Facebook as that could result in getting our group shut down.)

### **9 If you are unhappy with the group for any reason**

If, for any reason, you decide that our group is not a good fit for you, please just leave quietly. You can figure out how to do this; you don't have to publicly request an Admin to remove you! We are not an airport; there is no need to announce your departure.

## Disclaimer

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