

diabetes and nutritional ketosis

who people who have elevated blood glucose and insulin levels or those who are at a healthy weight and are aiming for nutritional ketosis

how low insulin load foods will help normalise blood glucose and insulin levels while maximising nutrient density as much as possible

vegetables & fruits

- broccoli
- endive
- chicory greens
- alfalfa
- coriander
- escarole
- zucchini
- avocado
- beet greens
- curry powder
- olives
- spinach
- basil
- paprika
- asparagus
- mustard greens
- banana pepper
- sage
- turnip greens
- cloves
- parsley
- collards
- lettuce
- watercress
- summer squash
- Chinese cabbage
- chard
- cauliflower
- portabella mushrooms
- chives
- okra
- eggplant
- cucumber
- pickles

eggs & dairy

- egg yolk
- cream
- sour cream
- whole egg
- cream cheese
- butter
- Swiss cheese
- cheddar cheese
- limburger cheese
- feta cheese
- camembert
- brie
- goat cheese
- blue cheese
- gruyere cheese
- Monterey cheese

nuts, seeds & legumes

- coconut milk
- coconut cream
- sunflower seeds
- brazil nuts
- coconut meat
- flax seed
- macadamia nuts
- tofu
- sesame seeds
- hazelnuts
- peanut butter
- pumpkin seeds
- walnuts
- pecans

seafood

- mackerel
- caviar

- fish roe
- cisco
- trout
- salmon
- sardines
- herring
- anchovy
- sturgeon

animal products

- beef brains
- lamb brains
- lamb liver
- lamb kidney
- beef tongue
- sweetbread
- bacon
- salami
- kielbasa
- bratwurst
- liver sausage
- turkey liver
- pepperoni
- pork ribs
- ground turkey
- park sausage
- chicken liver pate
- turkey bacon
- pork sausage
- meatballs
- T-bone steak
- chicken liver
- knackwurst
- beef sausage
- bologna
- liver pate