

## 1. The Blood Sugar Diet:

**I. Fast oxidizers** the ideal ratio for fast oxidizers is 30% carbohydrates, 40% protein and 30% fat. People who have had success on Atkins-type diets are often fast oxidizers.

The best proteins for fast oxidizers are high purine proteins. (Purines are natural substances already present in our bodies that aid in cellular regeneration. We all metabolize purines differently.) High purine proteins are found in fattier meats. You can eat chicken and fish but your type performs better on high-purine proteins. The heavier, fattier proteins help to slow down the oxidative rates of fast oxidizers. The following is a list of foods that you can choose from when deciding on a meal or a snack.

**Ideal Choices** *High purine:* Anchovies, herring, liver and sardines.

*Moderate purine:* Beef, dark meat chicken, duck, lamb, dark meat turkey, salmon and dark tuna.

**Carbs** Fast oxidizers do best when they limit carbohydrate intake and avoid carbohydrates high glycemic index. Your best source of carbohydrates are non-starchy vegetables.

**Ideal choices: Vegetables** asparagus, broccoli, cabbage, celery, dark leafy greens, eggplants, leeks, lettuce, shitake mushrooms, peppers, spinach and zucchini.

**Fruits** One apple or pear before dinner, avocados and olives,

**Breads** Black or brown rice bread

**Legumes** Edamame, tempeh and tofu

**Fats and oils** olive oil and coconut oil

**Nuts and seeds** almonds, Brazil nuts, chestnuts, coconuts, filberts, macadamia nuts, peanuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds and walnuts.

**What not to eat** Never eat a meal that's predominantly carbohydrates.

Avoid all hydrogenated vegetable oils found in baked goods and package foods. Don't drink any alcohol. Steer clear of carbohydrates that are high on the glycemic index. Limit your caffeine consumption. When eating animal proteins cook them rare to medium. Overcooking destroys essential amino acids and valuable enzymes.

II. **Slow oxidizers** The ideal ratio for the slow oxidizer is 60% carbohydrates, 25% protein and 15% fat.

**Proteins** The best proteins for slow oxidizers are *low-purine proteins*. (Purines are natural substances already present in our bodies that aid in cellular regeneration. We all metabolize purines differently.) Low-purine proteins tend to be low in fat. High purine and high-fat proteins slow down your oxidation rate, which is the worst thing for people who are already slow oxidizers.

**Ideal Choices** Catfish, cod, eggs, flounder, perch, sole, swordfish, tempeh, tofu, trout, turkey breast, white meat chicken and white tuna.

**Carbs** Slow oxidizers do best with a higher concentration of complex carbohydrates in their diet while avoiding the simple carbohydrates which are high on the glycemic index. Simple carbs convert into sugar quickly in the bloodstream.

**Ideal Choices: Vegetables** *Low starch:* asparagus, broccoli, cabbage, collard greens, celery, cucumbers, dark leafy greens, garlic, kale, shitake mushrooms, onions, peppers, scallions, spinach, sprouts, tomatoes and watercress.

*Moderate starch:* Beets, eggplant, jicama, okra, yellow squash and zucchini.

**Fruits** Apples, apricots, berries, cherries, citrus, olives, peaches, pears, plums and tropical fruits.

**Grains** Brown rice, millet, quinoa

**Legumes** Have legumes such as beans, peas and lentils sparingly-twice a week at most-because they are high in purines.

**Fats and oils** Slow oxidizers should follow a low-fat diet. Low fat does not mean no fat.

**Ideal choices:** Organic and unsalted nuts, olive oil, butter and coconut oil.

**What not to eat:** Avoid fatty or high purine proteins and limit fats and oils that will slow down your ability to metabolize food for fuel. Examples would be red meat and dark meats. Stay away from high-fat dairy, nut butters and avocado. Don't drink any alcohol. Alcohol depletes glycogen storage in the liver, causing an increase in blood sugar and fat storage. Avoid caffeine as well.

**III. Balanced oxidizers** The ideal ratio for the balanced oxidizers is 40% carbohydrates, 30% protein and 30% fat. These are the metabolic types that do well on diets like The Zone.

Not all proteins are created equal. It is important for balanced oxidizers to get a good mix of high fat, high purine proteins and low fat low purine proteins. (Purines are natural substances already present in our bodies that aid in cellular regeneration. We all metabolize purines differently.)

The following is a list of foods that you should choose from when deciding on a meal or a snack

**Ideal Choices** *High purine:* anchovies, herring, liver and sardines.

*Moderate purine:* Beef, dark meat chicken, dark tuna, dark meat turkey, duck, eggs, lamb and salmon.

*Low purine:* catfish, cod, eggs, flounder, perch, sole, swordfish, tempeh, tofu, trout, turkey breast, white meat chicken and white chunk tuna.

**Carbs** Balanced oxidizers do best with a mix of fruit and vegetables. Steer clear of carbohydrates that have a high glycemic index. You should shun refined carbohydrates, refined sugars and processed grains whenever possible, especially if you are trying to lose weight.

**Ideal choices: Vegetables** *low starch:* asparagus, broccoli, cabbage, cauliflower, celery, collard greens, cucumber, dark leafy greens, garlic, kale, shitake mushrooms, onions, peppers, scallions, spinach, sprouts, tomatoes and watercress.

*Moderate starch:* beets, eggplant, jicama, okra, yellow squash and zucchini.

**Fruit** Apples, apricots, berries, cherries, citrus, peach, pear, plum and tropical fruit.

**Grains** Brown rice, millet and quinoa.

**Legumes** Beans, lentils, peas and chickpeas should be fresh or packed in liquid not dried.

**Fats and oils** Balanced oxidizers need to support the metabolism by sustaining 30% of their diet being fats and oils.

**Ideal choice: Nuts and seeds** Brazil nuts, chestnuts, coconut, filberts, macadamia nuts, peanuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds and walnuts.

**Oils** Organic extra virgin olive oil and organic, raw, extra virgin coconut oil.

**What not to eat:** Avoid drinking alcohol. Alcohol depletes glycogen storage in the liver, causing an increase in blood sugar and fat storage. Limit your caffeine consumption and avoid overcooking animal products.