

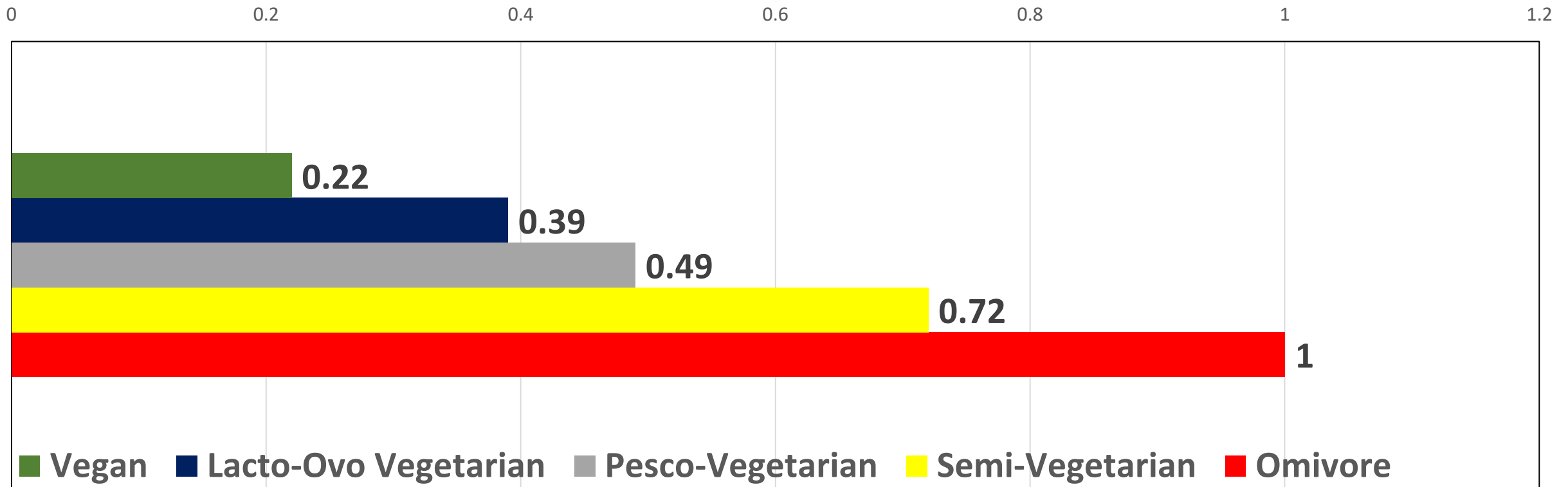
MEDICINE FOR DIABETES

Timothy J. Arnott, M.D.

Board-certified, Family Medicine

PLANT FOODS GIVE LOWEST DIABETES RISK

DIABETES PREVALENCE

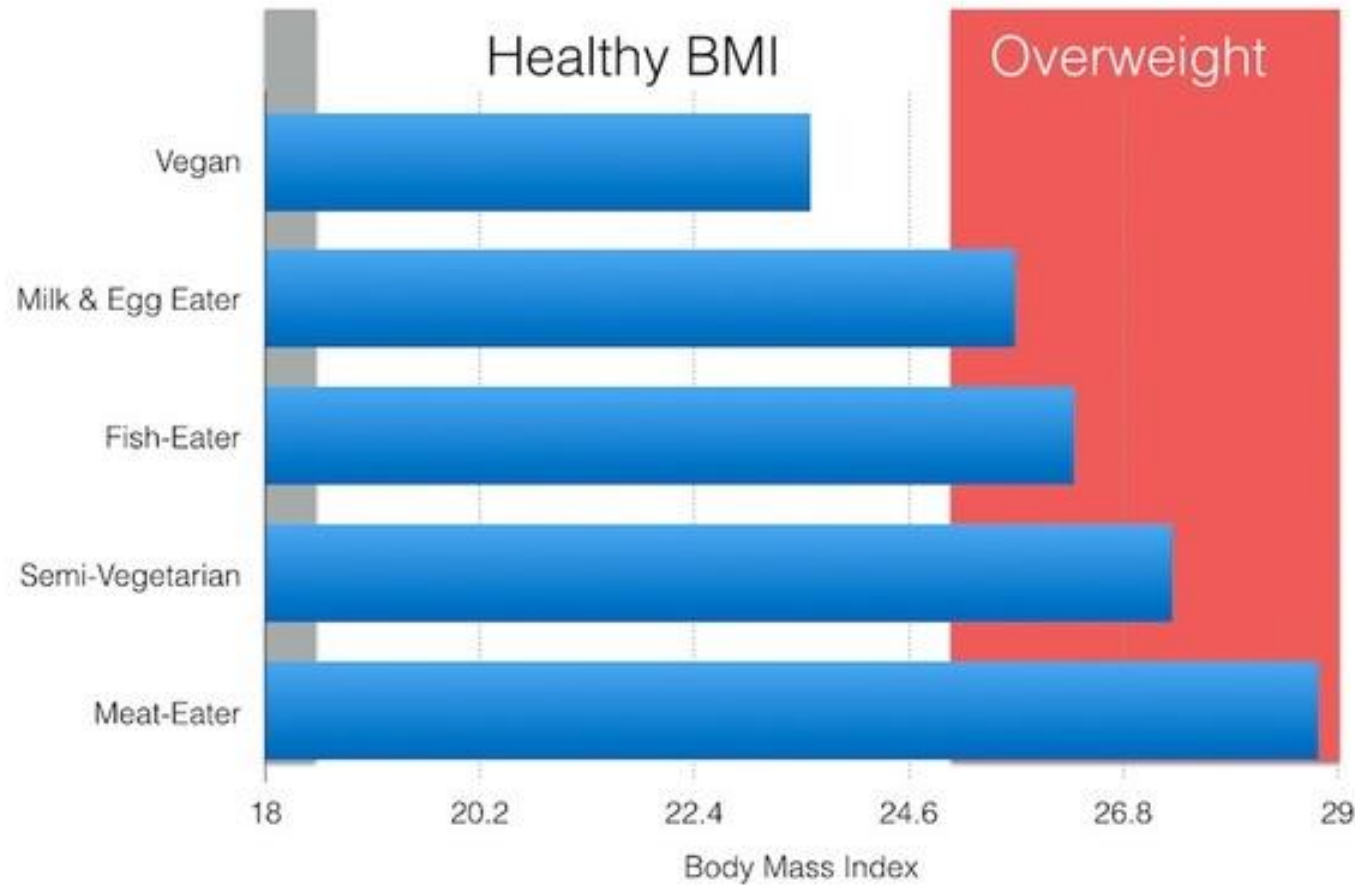


FAT CONTENT OF PLANT FOOD VERSUS ANIMAL FOOD

Grams of Fat in 500 calories



ONLY FOOD FROM PLANTS KEEPS WEIGHT NORMAL



CASE REPORT

Case Report:

Patient Progress

- 45 y/o male with type 2 diabetes on insulin
- HbA1c – **10.1 to 6.3** (on insulin), in less than 4 months
- HbA1c – **6.3 to 5.7** (without insulin), in just 6 months!
- HbA1c total drop – **4.4 points!**
- Blood Pressure – **140s/90 to 115/70**
- Weight – **232 to 178**; Lost 54 pounds!
- BMI – **34.3 to 26.3**; 8 point drop!
- Belly fat nearly gone
- About the same size he was in college
- Reduction in back and knee pain

Patient Program

- Whole Food Plant-Based Diet (Healthy Vegan Diet)
- High Soluble Fiber (i.e., beans, lentils)
- Above-ground vegetables, low glycemic whole grains, seeds, with Northern fruits and unsalted nuts in moderation
- Moderate mono-unsaturated fat (i.e., almonds, olives, avocado)
- No Flour (not even whole wheat flour)
- No Added Sweeteners (not even Agave)
- Drinks lots of water and Hibiscus tea

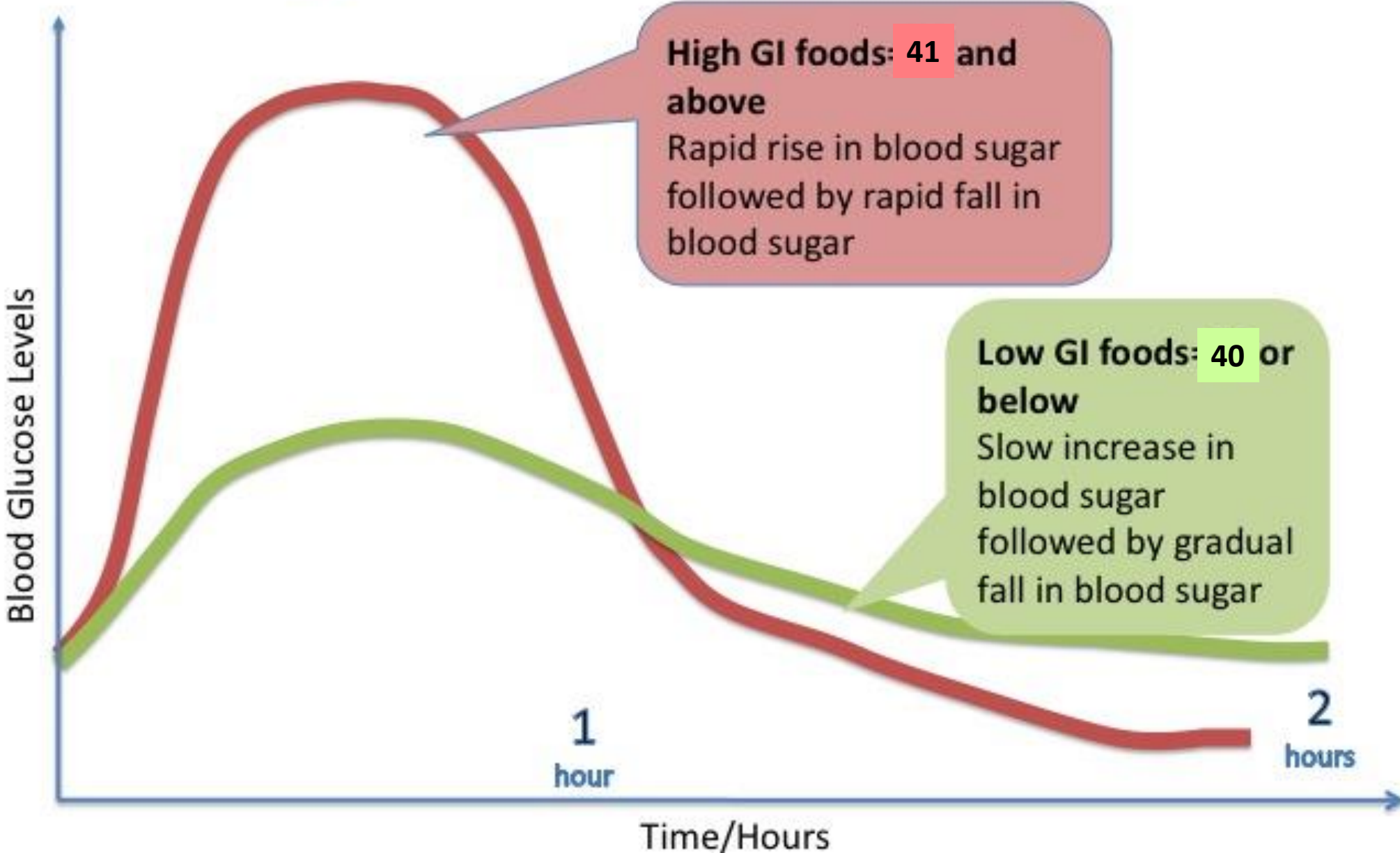
HERE'S WHAT I TOLD HIM...

Glycemic index

food	GI
Grapefruit	
Apples	
Brown rice	
Baked potato	
Wheat meal	
Barley	

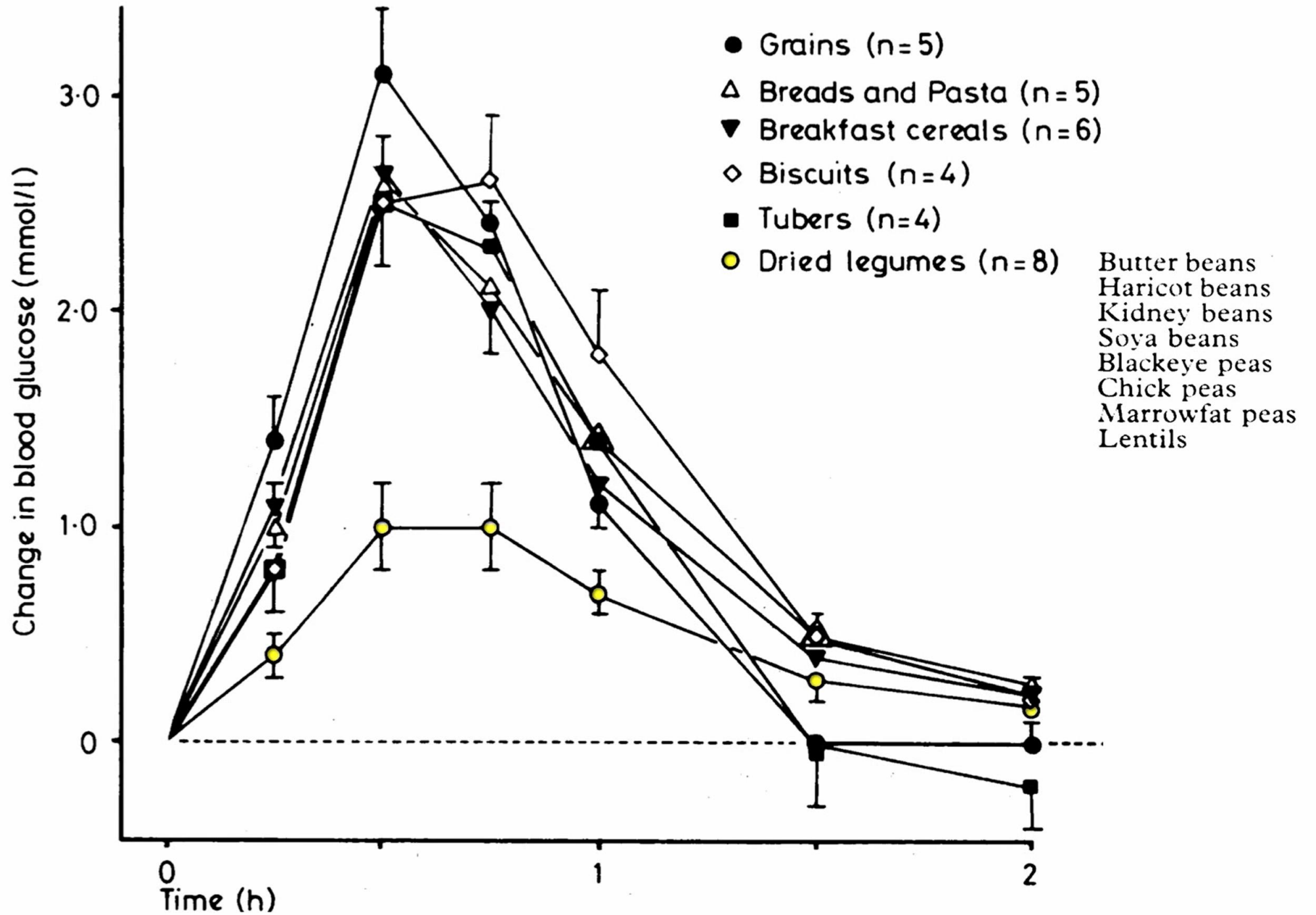


High GI vs Low GI Foods





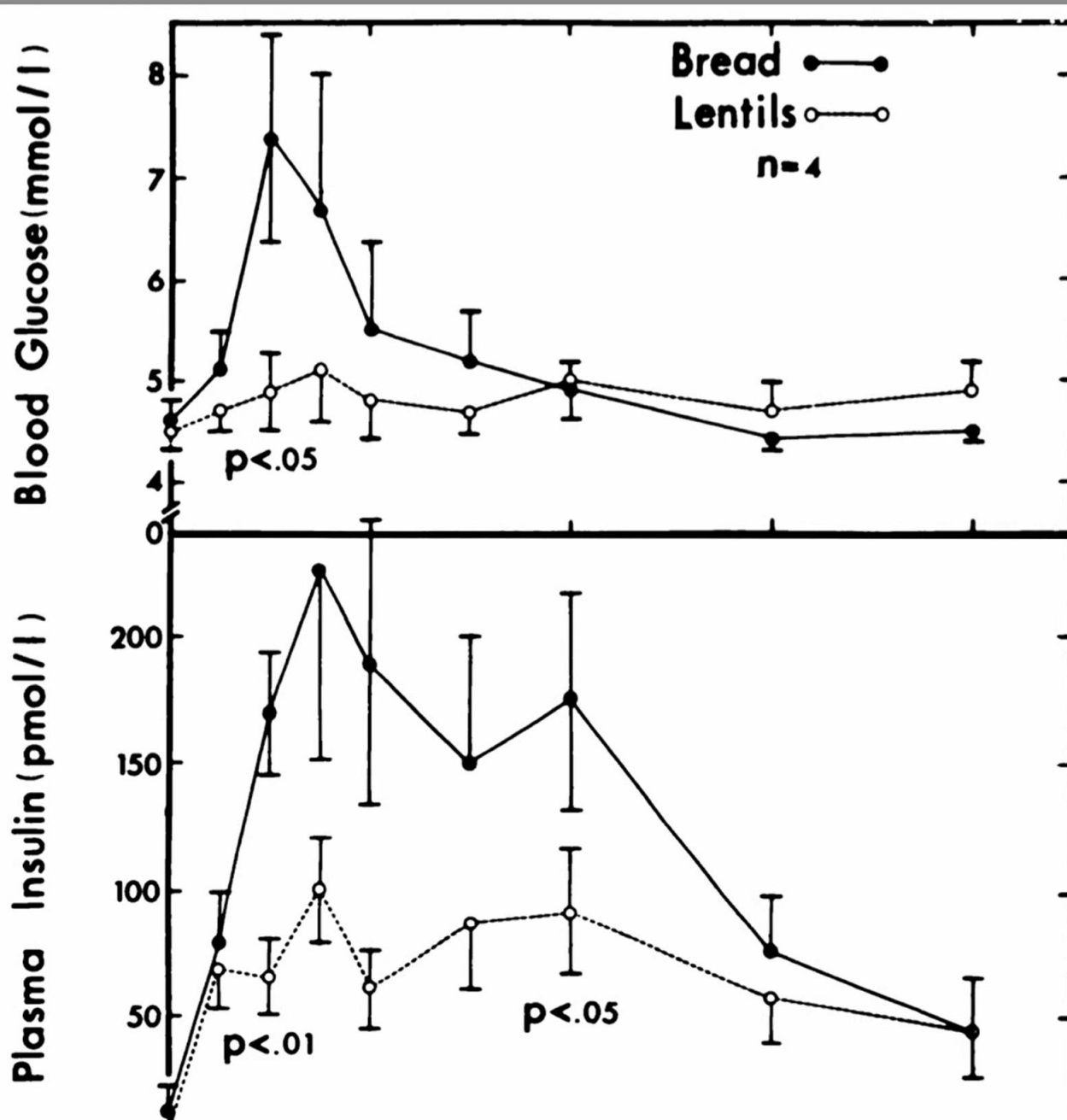
SUPER BEANS



Slow release second meal

David J. A. Jenkins
Christopher Griffin
Carolyn M. Bente
and Stephen R. Bloom

ABS
taken
the b
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flatt
0.01)
befo
break
(168
separ
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1982



oves

r, M.R.C.P.,
A.,

ohydrate content were
p < 0.001) reduction in
polypeptide responses
wed by a significantly
4 h later (by 38%, p <
fast slowly over the 4 h
ohydrate reduced the
cose response to lunch
udies, performed on a
o lentils is not due to
ch as lentils may form
e. Am J Clin Nutr

OVERNIGHT SECOND MEAL EFFECT

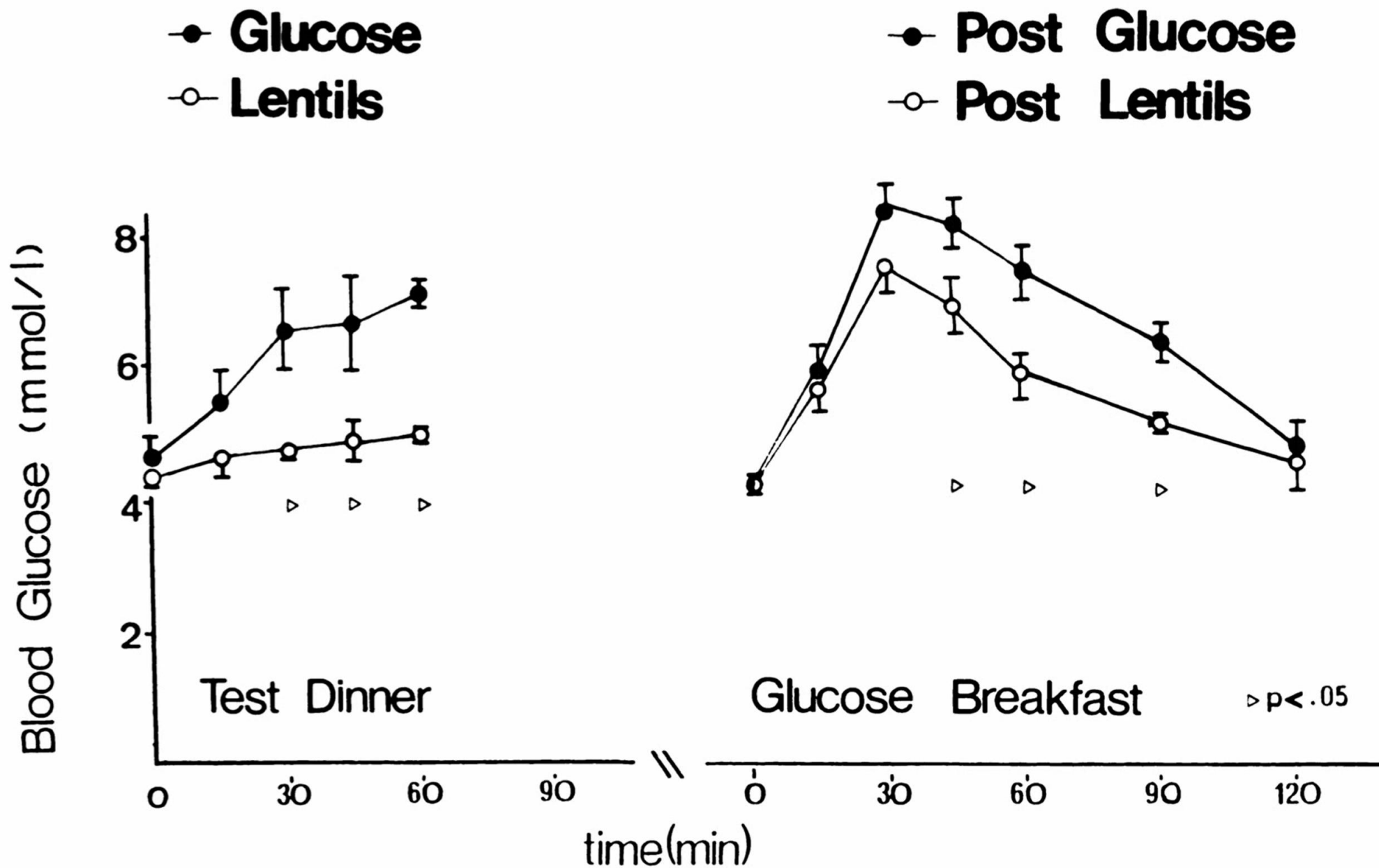
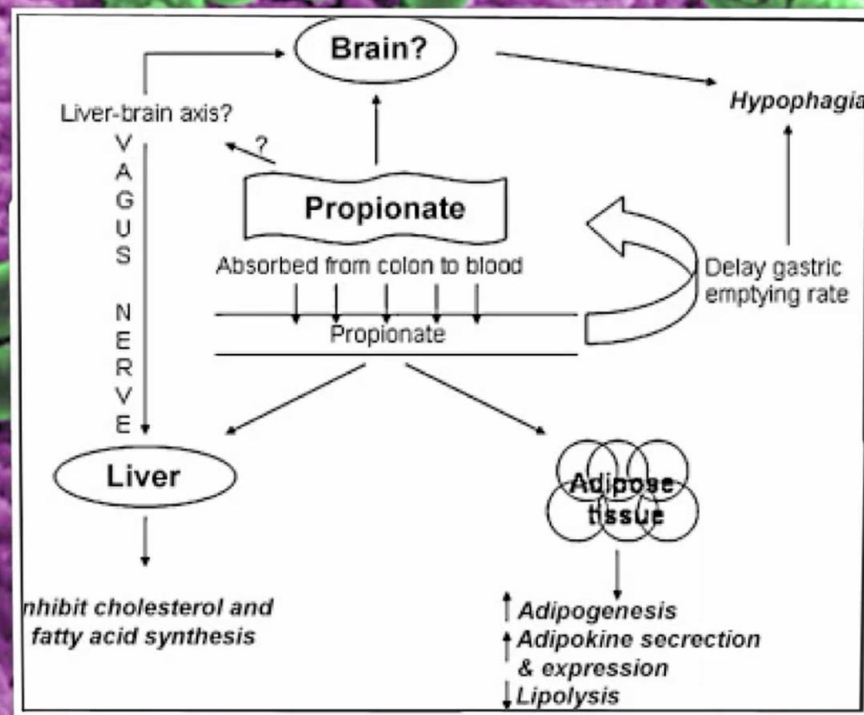
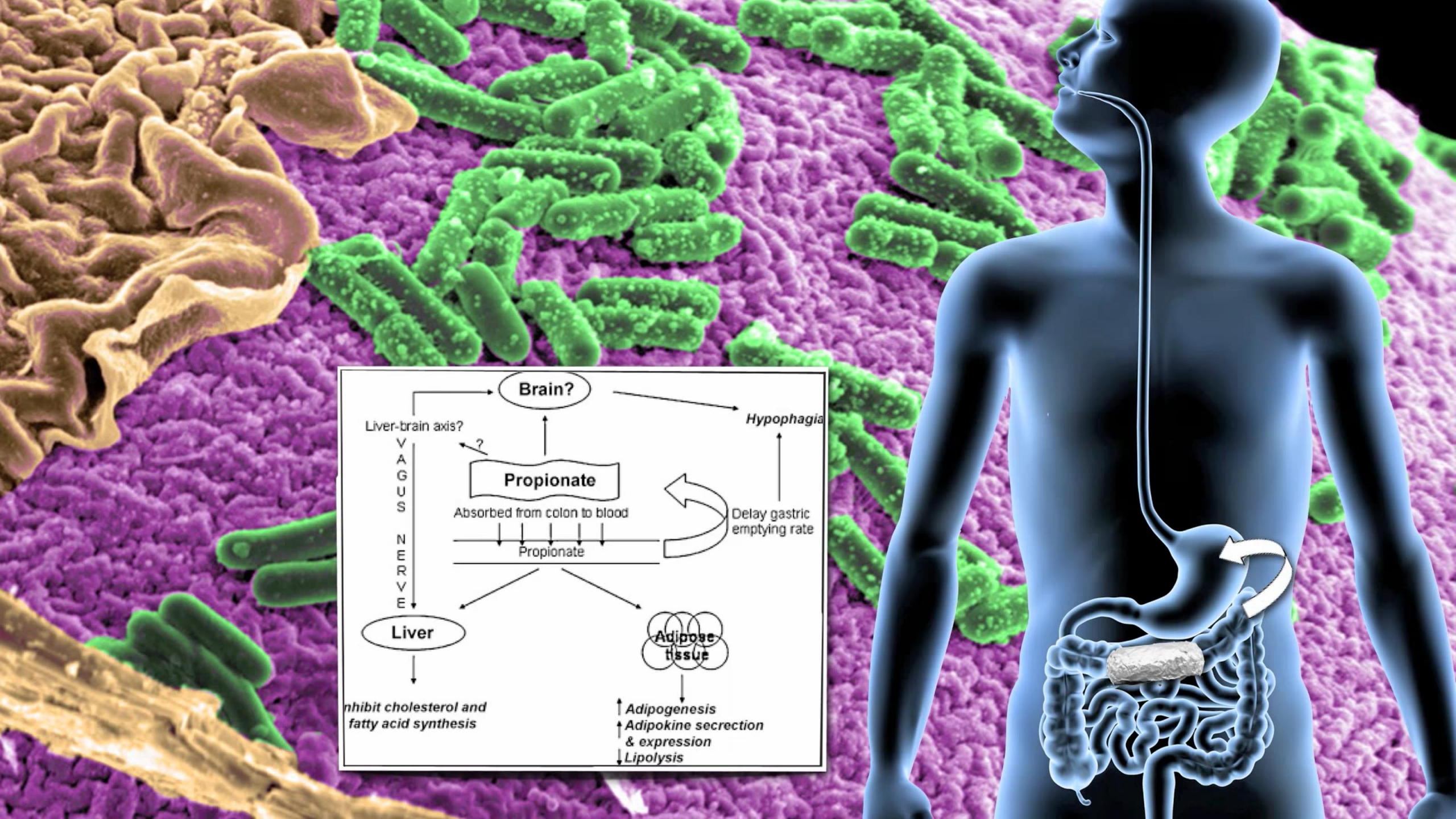


FIG 1. Blood glucose responses ($\bar{x} \pm \text{SEM}$) of normal subjects to dinners containing either lentils or glucose (left; $n = 4$) and to 50 g oral glucose taken on the next morning (right; $n = 5$).



LOW GLYCEMIC BEANS

1. Hummus – 14
2. White Beans – 14
3. Soy Beans - 17
4. Chickpeas – 19
5. Soy Milk - 20
6. Red Lentils – 21
7. Green Lentils – 22
8. Peas – 22
9. Pigeon Peas – 22
10. Kidney Beans – 23
11. Brown Beans – 24
12. Beans – 25
13. Pinto Beans – 27
14. Navy Beans – 29
15. Yellow Split Peas – 29
16. Butter Beans – 29
17. Black Beans – 30
18. Mung Beans – 31
19. Lima Beans – 35

Brand-Miller, J. *Diabetes Care* 2008 Dec; 31(12): 2281-2283.

Kaye Foster-Powell, K. *AJCN*, 76(1): 5–56



S&W[®]

PREMIUM QUALITY SINCE 1896

WHITE BEANS
NAVY BEANS

NON-GMO
7g PROTEIN
6g FIBER
FAT FREE





6
QUARTS

good source of
**Plant-Powered
PROTEIN**

**AS MUCH
CALCIUM**
AS DAIRY MILK

Silk

**UNSWEETENED
ORGANIC SOYMILK**

- Lactose-Free
- Gluten-Free

**8g HEART
HEALTHY**
Soy Protein

*As part of a diet low in saturated fat and cholesterol, 25 grams of soy protein per day may reduce the risk of heart disease. A serving of Silk Organic Unsweetened provides 8 grams of soy protein.

6-32 FL OZ (946 mL) CARTONS
NET 1.5 GAL (5.68 L)



80
CALORIES
PER CUP





UNSWEETENED

Original

Blue Diamond
Almond Breeze
Almondmilk

6 PACK

50% More Calcium
than dairy milk*

6 PACK

DO NOT FREEZE
NEEDS NO REFRIGERATION
UNTIL OPENED

30
CALORIES
PER SERVING

50% More Calcium
than dairy milk*

6-32 FL OZ CARTONS
NET 192 FL OZ (1.5 GAL) ®

UNSWEETENED

Original

UNSWEETENED

Original

Blue Diamond
ALMONDS

Almond Breeze
Almondmilk

NON
GMO
Project
VERIFIED
nongmoproject.org



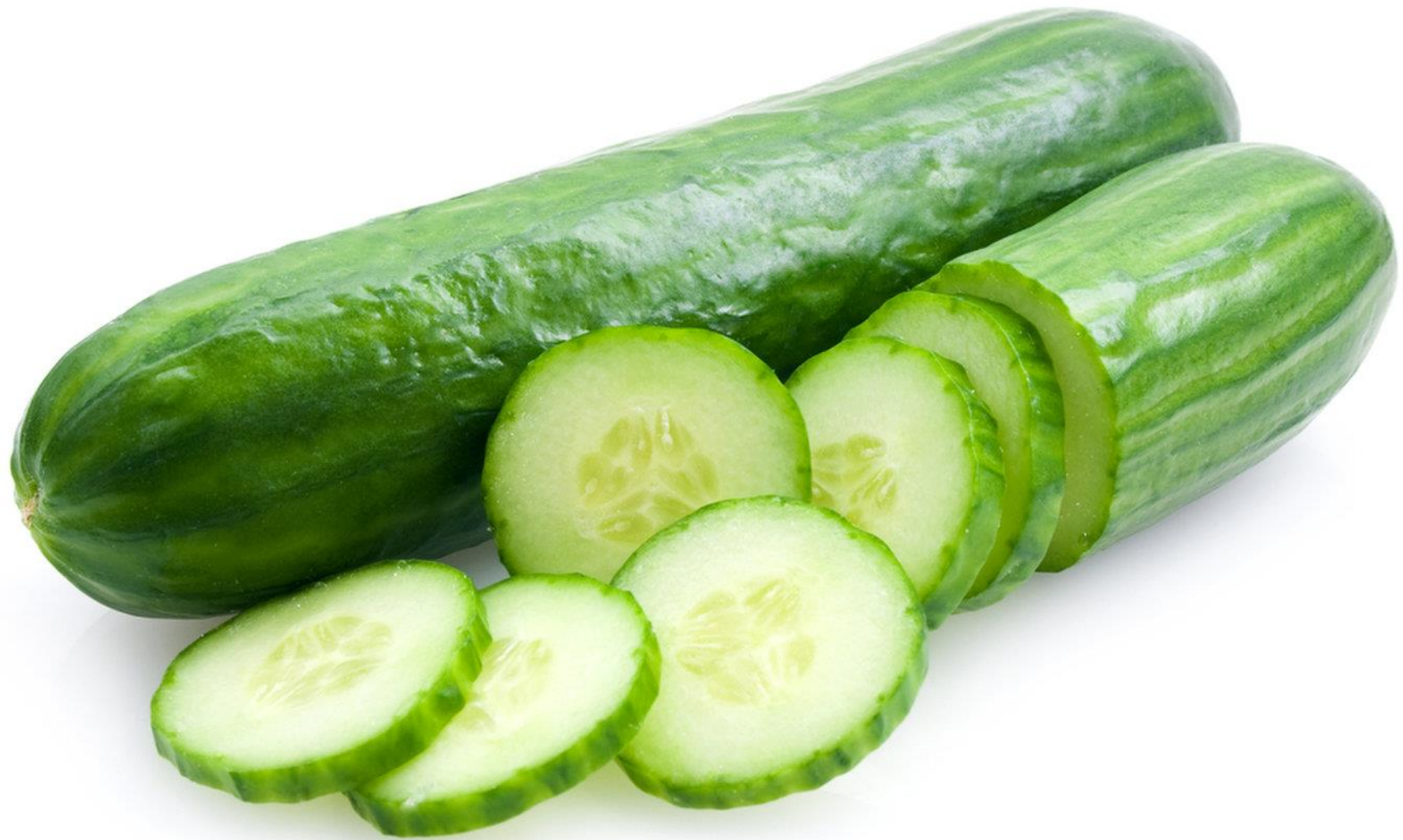
LOW GLYCEMIC VEGETABLES

1. Garlic – 10
2. Cucumber - 15
3. Green Onion – 15
4. Yellow Onion – 15
5. Eggplant – 15
6. Leek – 32
7. Brussels Sprouts – 32
8. Kale – 32
9. Cauliflower – 32
10. Curly Cabbage – 32
11. Broccoli – 32
12. Chinese Cabbage – 32
13. Red Cabbage – 32
14. Green Beans – 32
15. Spinach – 32
16. Asparagus – 32
17. Radish – 32
18. Celery – 32
19. Radicchio – ~32
20. Orange Bell Pepper – 32
20. Collard Greens – ~32
21. Turnip Greens – ~32
22. Swiss Chard – 32
23. Watercress – ~32
24. Arugula – 32
25. Green Leaf Lettuce – 32
26. Chicory – ~32
27. Yam – 37
28. Raw Carrot – 39
29. Tomato - 38

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Kaye Foster-Powell, K. *AJCN*, 76(1): 5–56; <https://foodstruct.com/food/>















LOW GLYCEMIC NUTS

1. Almonds – 10
2. Pecans – 10
3. Macadamia Nuts – 10
4. Peanuts – 14
5. Walnuts - 15
6. Hazelnuts – 15
7. Cashews - 22

Brand-Miller, J. *Diabetes Care* 2008 Dec; 31(12): 2281-2283.

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LOW GLYCEMIC GRAINS

1. Hulled Barley - <24
2. Pearled Barley – 24
3. Barley, Boiled 25 minutes - 25
4. Whole Wheat Berries – 30
5. Whole Rye Berries – 34
6. Pearled Barley, Boiled 1 hour - 35
7. Ezekiel 4:9 Breads or Alvarado St Breads - 36

Brand-Miller, J. *Diabetes Care* 2008 Dec; 31(12): 2281-2283.

Kaye Foster-Powell, K. *AJCN*, 76(1): 5–56





"How your food is produced does matter!"



Organic

Hulled Barley

NET WT. 2 LBS. (906g)

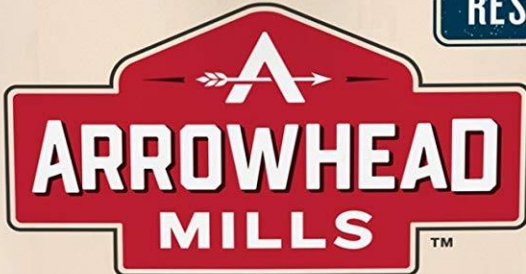
GROWN BY FAMILY FARMERS



JUST AS NATURE INTENDED
NO SALT, SUGAR OR
PRESERVATIVES ADDED

TEAR HERE ▶

NEW
RESEALABLE BAG



— ORGANIC —
PEARLED BARLEY

IT'S SIMPLE: NO SHORT-CUTS,
JUST 100% COMMITMENT TO QUALITY AND AN
EXCELLENT SOURCE OF FIBER



U PARVE



NET WT 28 OZ (1 LB 12 OZ) 793g

Enlarged to
Show Texture



Bob's
Red Mill[®]



To Your Good Health
Bob Moore

ORGANIC



HARD RED SPRING

WHEAT BERRIES

PREMIUM QUALITY WHOLE GRAIN

This High Protein Number 1 Dark Northern Hard Red Spring Wheat is some of the finest wheat available anywhere in the world! Whole grain wheat berries are very nutritious, containing 6 grams of protein, over 20 percent of your daily value for dietary fiber and 8 percent of your iron.

NET WT 28 OZ (1 LB 12 OZ) 793g



Certified Organic by QAI

Diets rich in whole grain foods and other plant foods low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers.



wholesome



keeps best refrigerated or frozen

Bob's
Red Mill



ORGANIC



WHOLE GRAIN

RYE BERRIES

PREMIUM QUALITY WHOLE GRAIN

The peoples of Northern Europe and Russia use rye as their principle bread and cereal grain. Although rye has always been a minor grain in this country, with the current interest in whole grain eating, its use has been on the increase. Rye is rich in manganese, phosphorus, potassium and iron and is approximately 12% protein. The rye berries range from a golden hue to sage green. Often mistaken for moldy grains, the sage green color is unique to rye berries.



NET WT 28 OZ (1 LB 12 OZ) 793g

Certified Organic by QAI

Diets rich in whole grain foods and other plant foods low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers.



keeps best refrigerated or frozen

3236



The Original-100% Sprouted
L'Original-100 % de grains germés

100% Sprouted Whole Grain Loaf

EZEKIEL 4:9

Pain 100% grains germés entiers

All Natural
No Preservatives

100% Naturel
Sans agents de conservation

680 g



The Sprouted Grain Difference™
La différence des grains germés™

As described in the Holy Scriptures: "Take also unto thee WHEAT, and BARLEY, and BEANS, and LENTILS, and MILLET, and SPELT, and put them together in one vessel, and make bread of it ..." Ez. 4:9

Tel que décrit dans la sainte écriture: « Prends aussi du BLÉ, de l'ORGE, des FEVES, des LENTILLES, du MILLET et de l'ÉPEAUTRE, mets les dans un recipient, et fais-en du pain ... » Ez. 4:9



TM
MC





VEGAN

ALVARADO ST.
BAKERY

SPROUTED
WHOLE WHEAT

B R E A D
100% Whole Grain

MADE WITH
ORGANIC
SPROUTED WHEAT

Net WT. 24 oz. (1-1/2 lb.) 6819



6 TORTILLAS

ALVARADO ST.

® BAKERY

Sprouted

BURRITO SIZE
TORTILLAS

Made With Organic Sprouted Wheat

NET WEIGHT 13.2 oz. 372g



ALVARADO ST.

® BAKERY

Alvarado Street Bakery

• Made with Organic Sprouted Wheat •

LOW GLYCEMIC FRUITS

1. Olives – 0
2. Avocado - <15
3. Lemon Juice – 14
4. Lime, with peel - 14
5. Cranberries – 15
6. Sour Cherries – 22
7. Huckleberries - 23
8. Plum – 24
9. Grapefruit – 25
10. Bing Cherries – 25
11. Lemon, with peel – 25
12. Lime Juice - 27
13. Peach – 28
14. Prune – 29
15. Green Banana – 30
16. Apricot – 31
17. Raspberries - 32
18. Apple – 33
19. Pear - 33
20. Blueberries – 40
21. Strawberries – 40











Fresh Frozen
All Natural

Good source of the Antioxidant Vitamin C

Cranberries

Farm Fresh • Recipe Ready • No Additives or Preservatives • Non GMO

PREMIUM

CAPE COD



SELECT



KEEP FROZEN

NET WT
16oz (1lb) - 454g



TEAR HERE

TEAR HERE

3 LBS



ORGANIC
— SWEET DARK —
CHERRIES

NON-GMO | NO PRESERVATIVES | NO SUGAR ADDED



ENLARGED TO
SHOW DETAIL

KEEP FROZEN

NET WT 3 LBS (48 OZ) 1.36kg



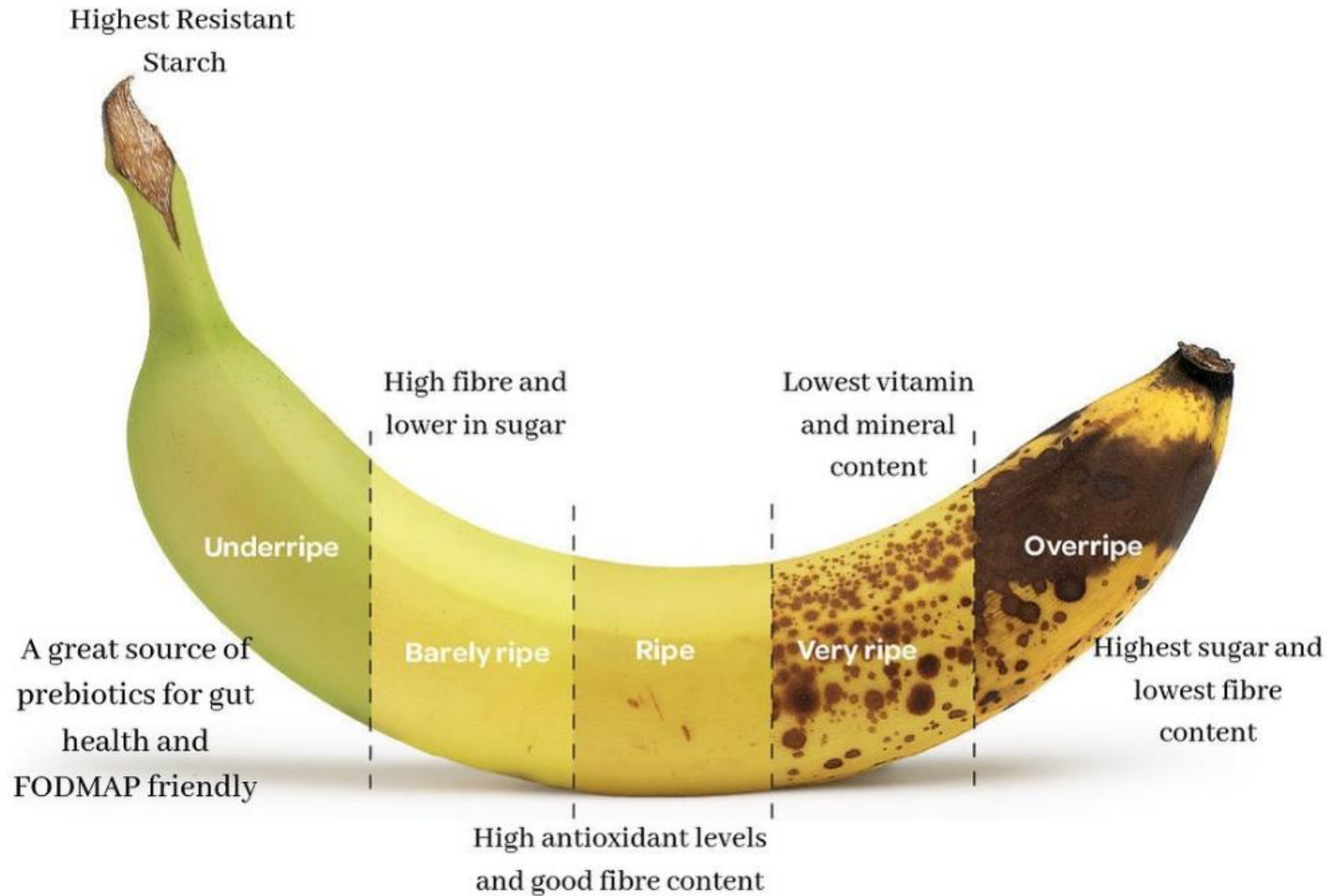
LOW GLYCEMIC TROPICAL FRUITS

1. Guava – 12
2. Passion Fruit - 16
3. Tamarind – 23
4. Hogs Plum – 24
5. Banana, under ripe - 30
6. Soursop – 32
7. Sapodilla – 37







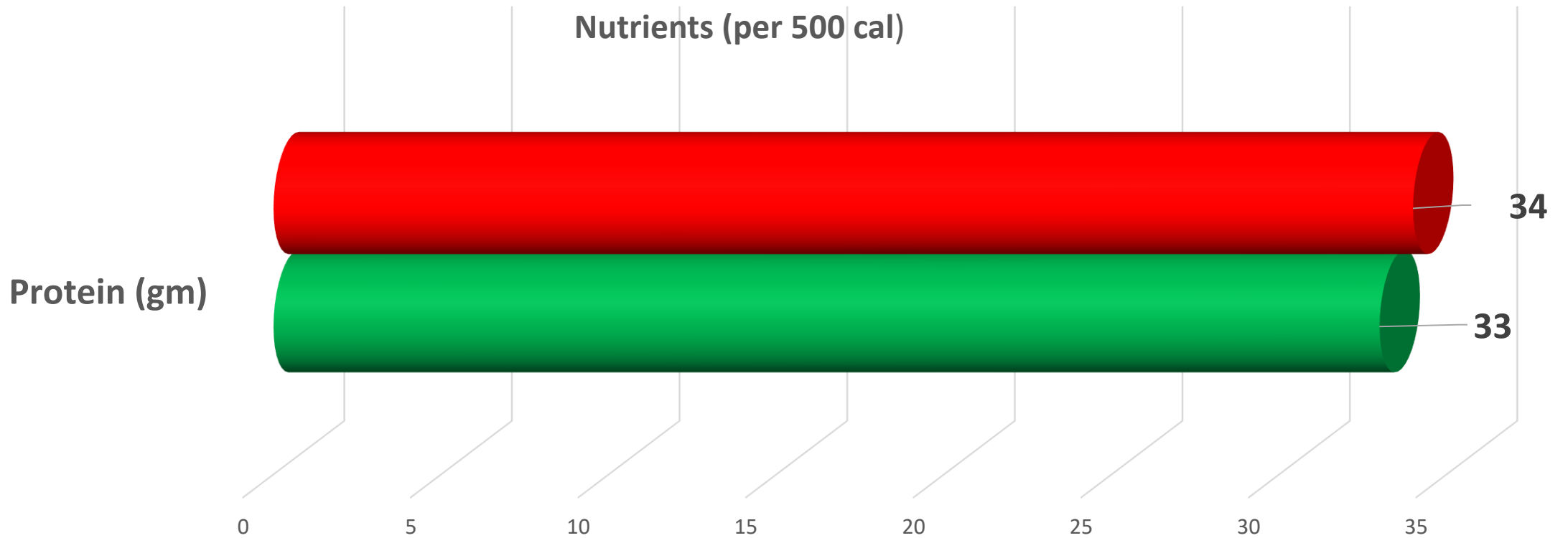






SOMETHING BETTER

PROTEIN IN PLANT VERSUS ANIMAL FOOD



■ Animal-Based Foods (Beef, Pork, Chicken, Whole Milk)

■ Plant-Based Foods (Tomato, Spinach, Lima Beans, Peas, Potato)

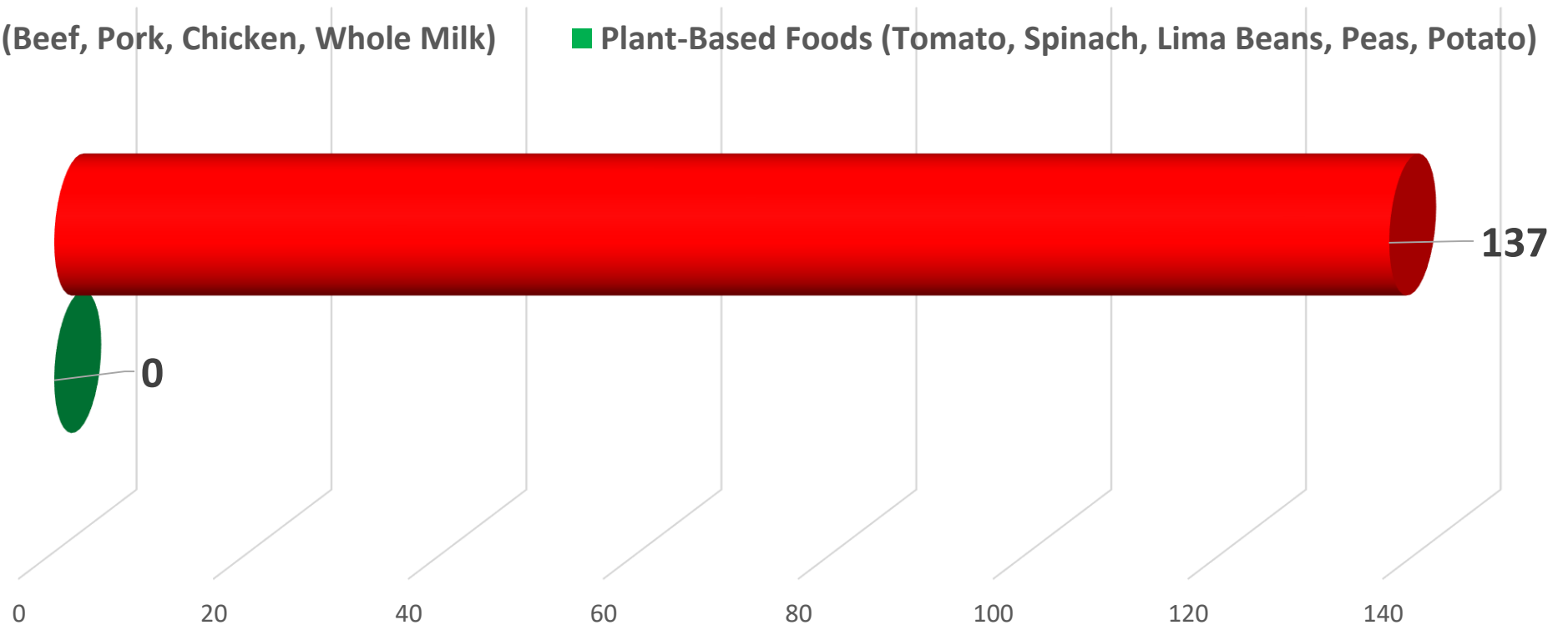
CHOLESTEROL IN PLANT VERSUS ANIMAL FOOD

Nutrients (per 500 cal)

■ Animal-Based Foods (Beef, Pork, Chicken, Whole Milk)

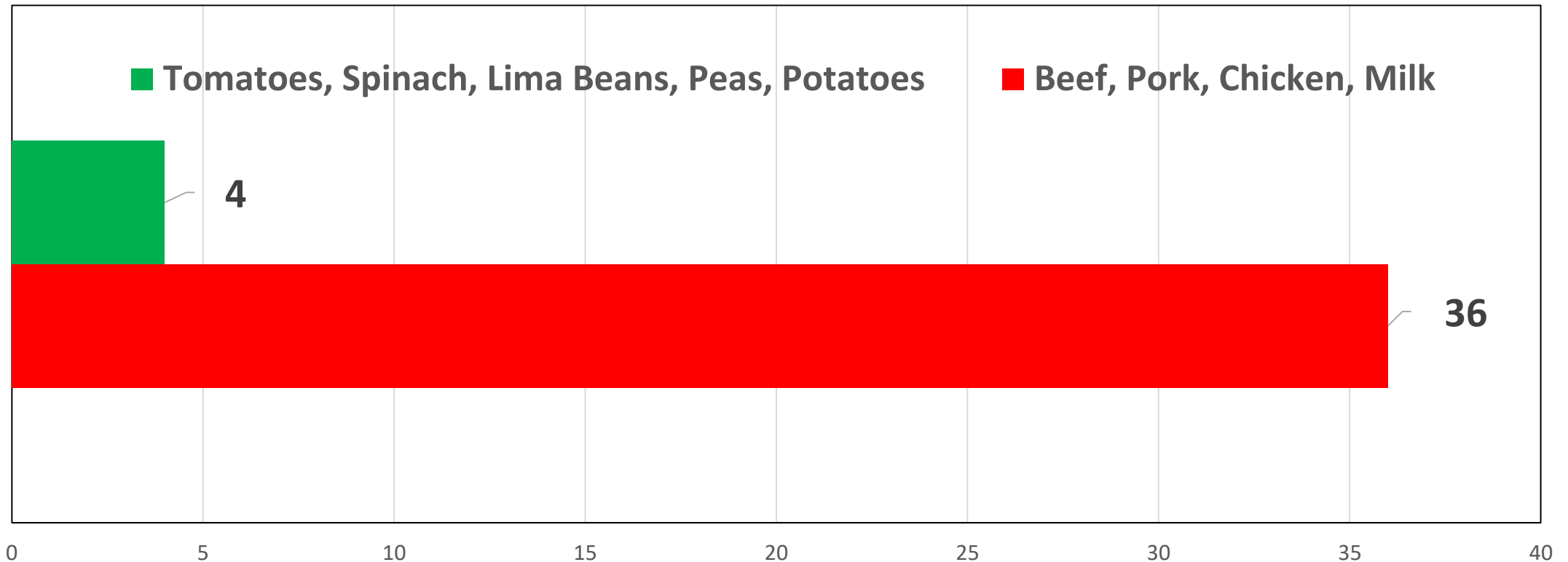
■ Plant-Based Foods (Tomato, Spinach, Lima Beans, Peas, Potato)

Cholesterol (mg)

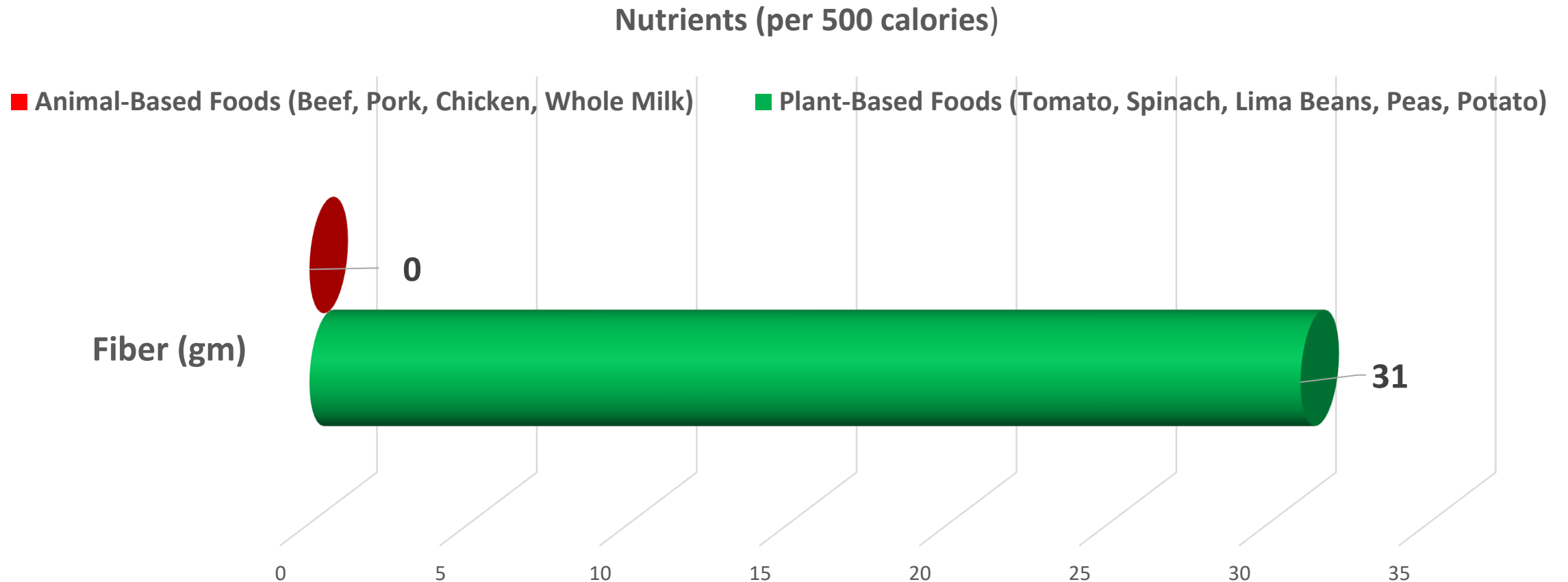


FAT CONTENT OF PLANT FOOD VERSUS ANIMAL FOOD

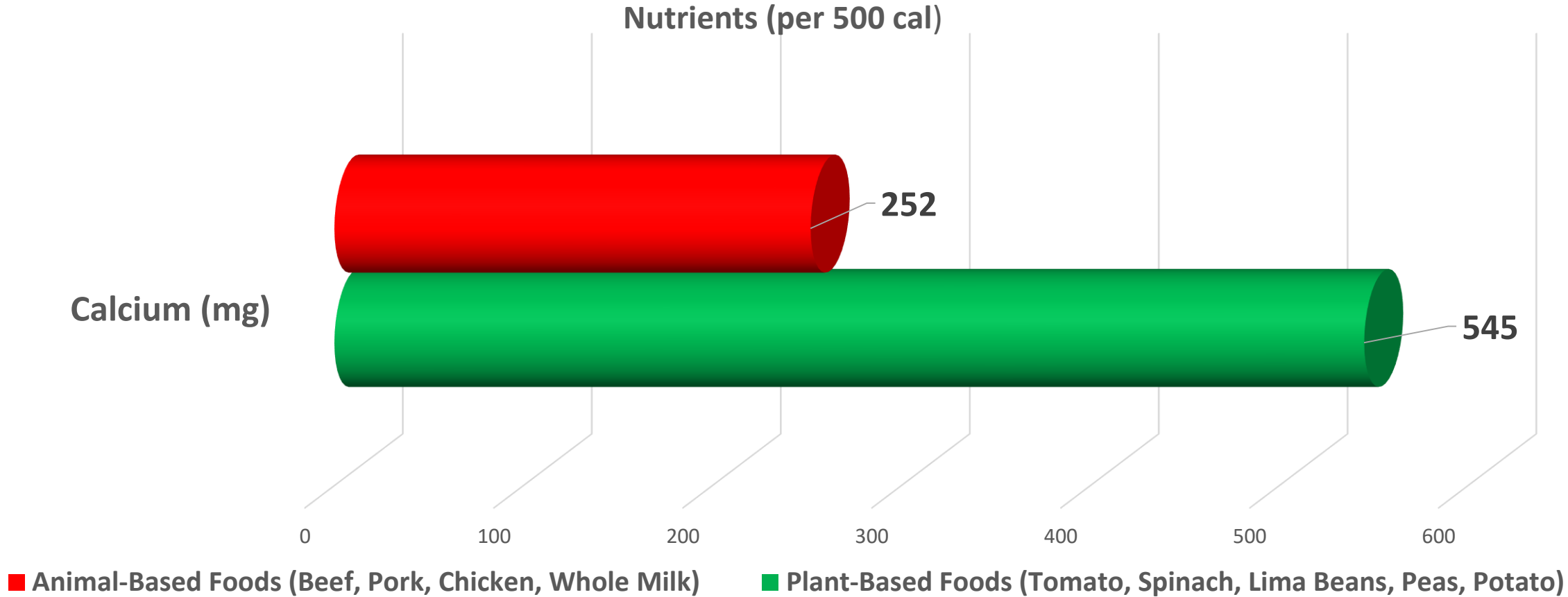
Grams of Fat in 500 calories



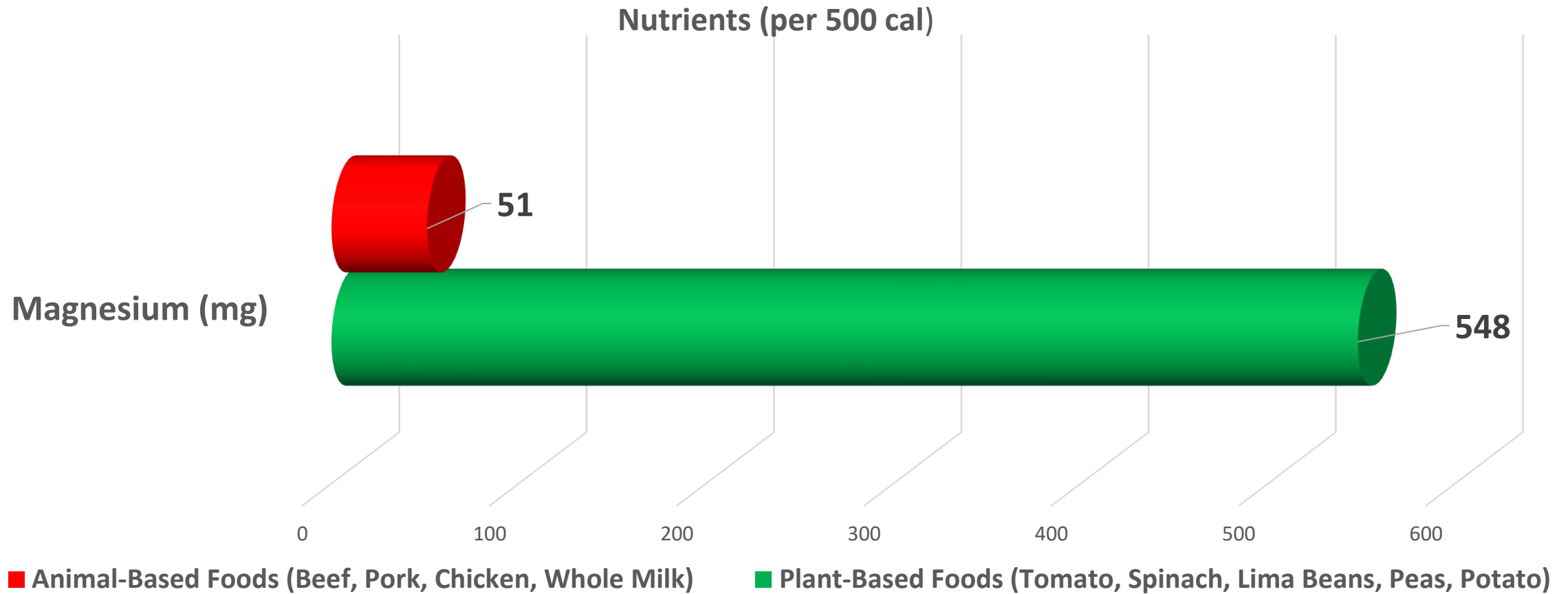
FIBER IN PLANT VERSUS ANIMAL FOOD



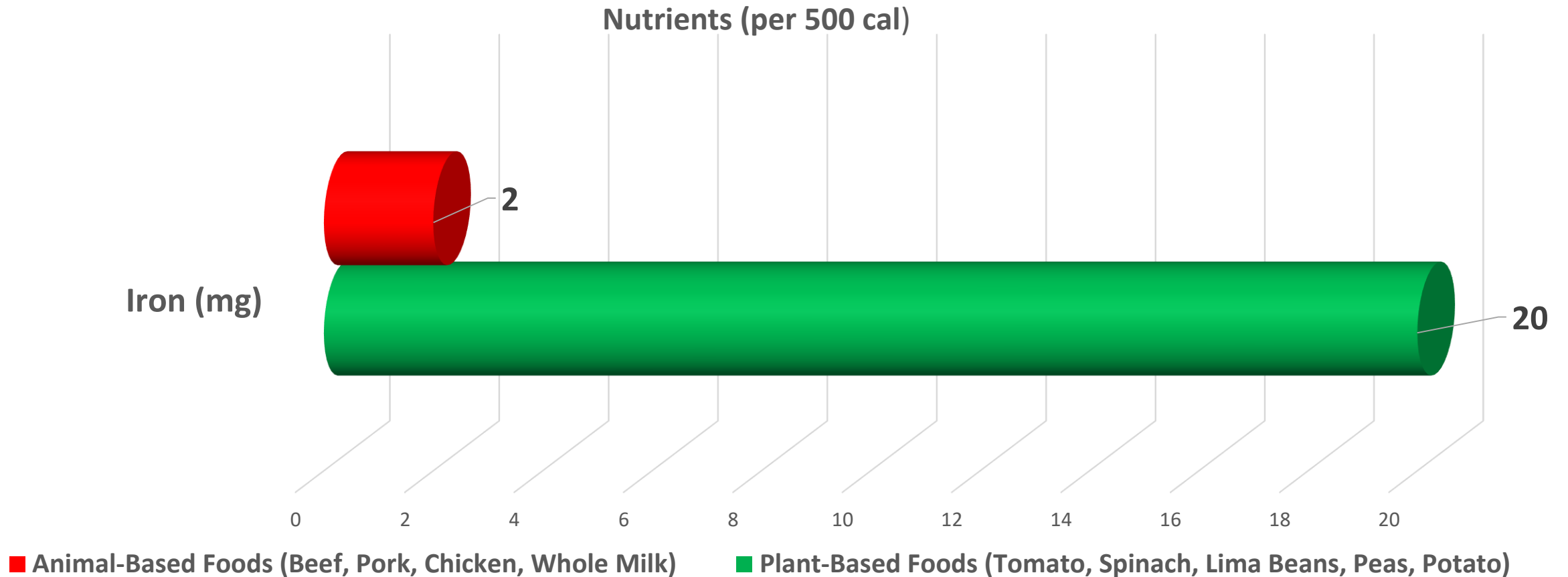
CALCIUM IN PLANT VERSUS ANIMAL FOOD



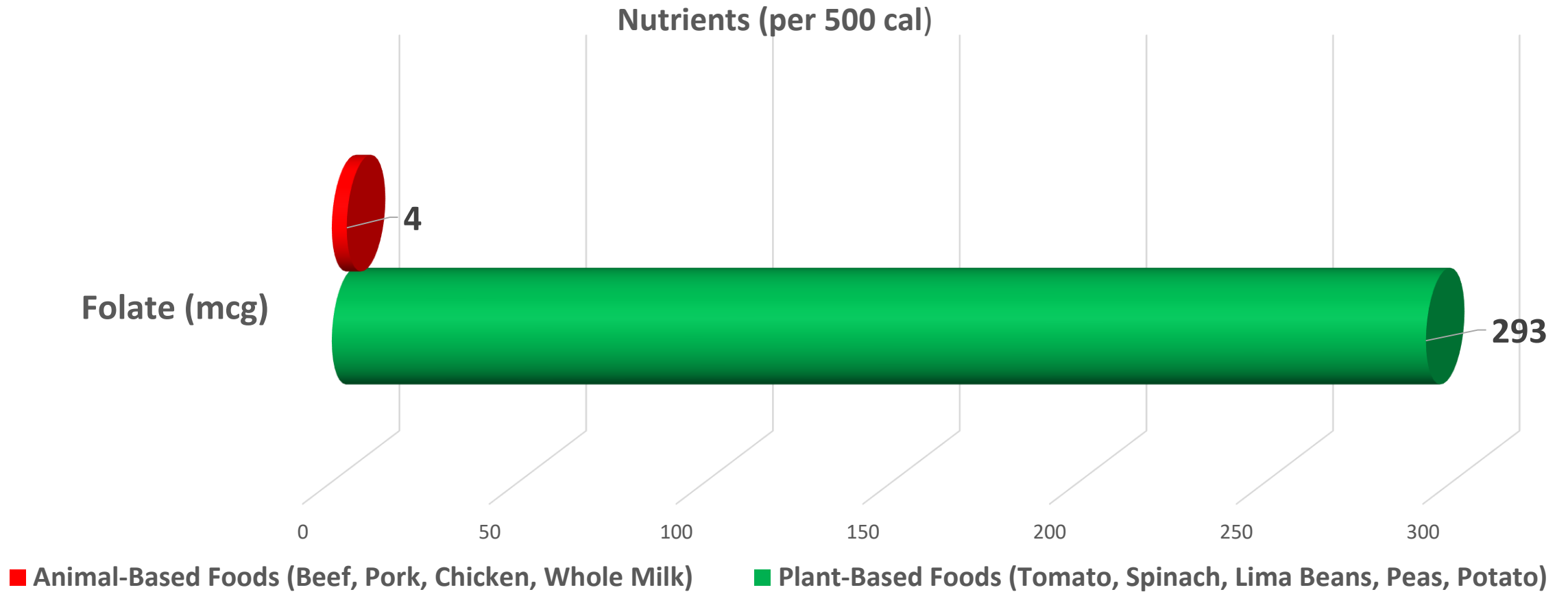
MAGNESIUM IN PLANT VERSUS ANIMAL FOOD



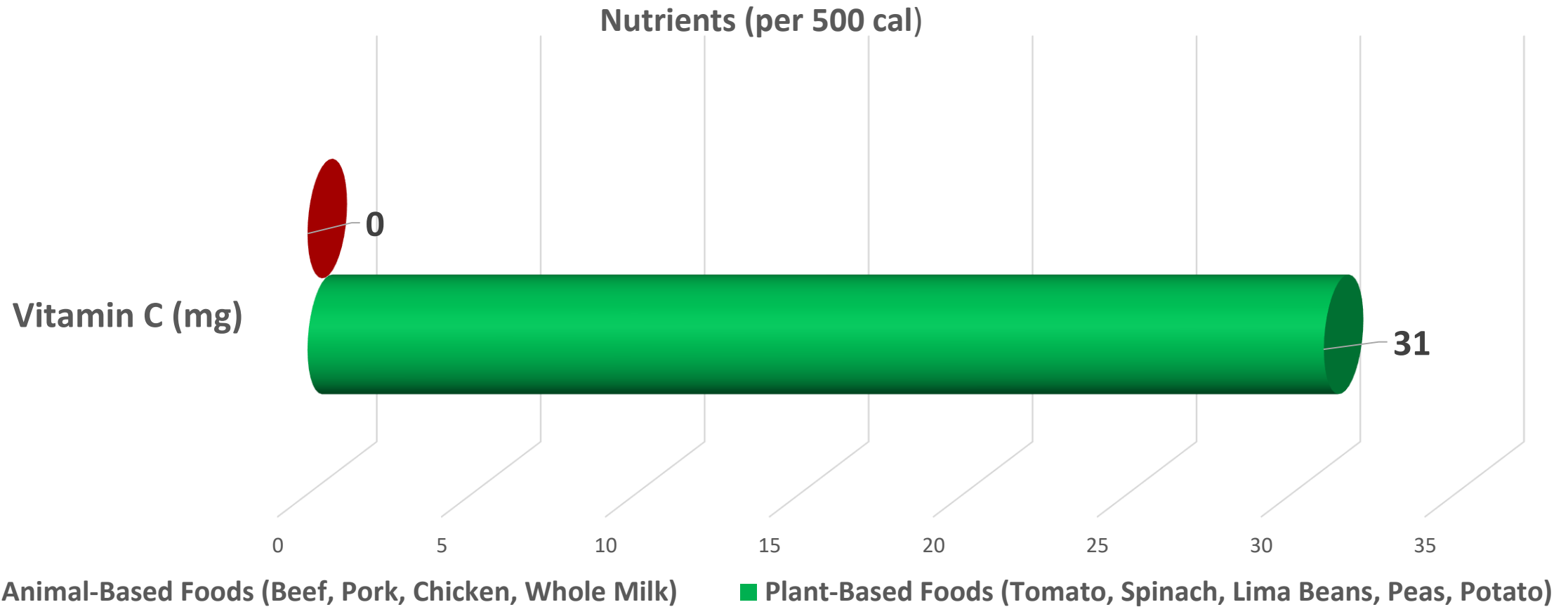
IRON IN PLANT VERSUS ANIMAL FOOD



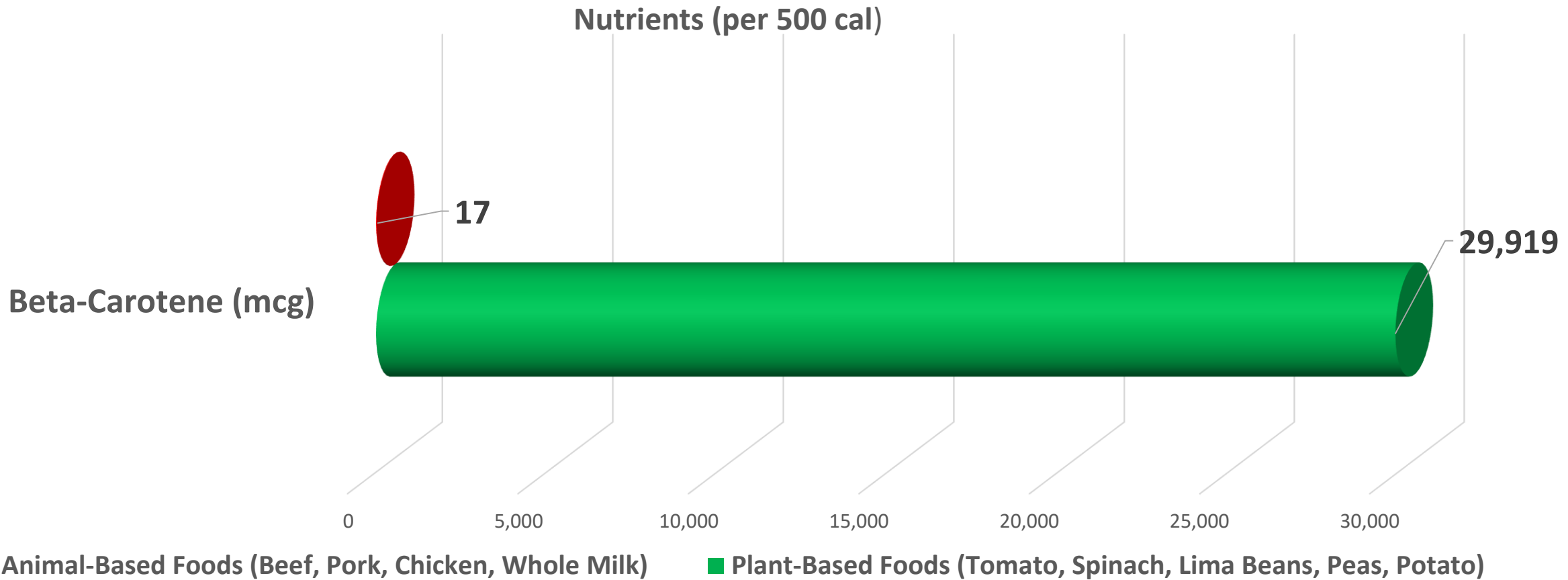
FOLATE IN PLANT VERSUS ANIMAL FOOD



VITAMIN C IN PLANT VERSUS ANIMAL FOOD



CAROTENE IN PLANT VERSUS ANIMAL FOOD



The Clean 15

On a budget, choose these conventionally.
(Listed from lowest pesticide content)

1. Onions	
2. Sweet Corn	
3. Pineapple	
4. Avocado	
5. Asparagus	
6. Sweet Peas	
7. Mangoes	
8. Eggplant	
9. Cantaloupe	
10. Kiwi	
11. Cabbage	
12. Watermelon	
13. Sweet Potatoes	
14. Grapefruit	
15. Mushrooms	

The Dirty Dozen

Always buy these organic.
(Listed from highest pesticide content to least)

1. Apples	
2. Celery	
3. Strawberries	
4. Peaches	
5. Spinach	
6. Nectarines	
7. Grapes	
8. Sweet Bell Peppers	
9. Potatoes	
10. Blueberries	
11. Lettuce	
12. Kale/Collard Greens	

Source: Environmental Working Group 2011

Dr. Greger's Daily Dozen

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.



BEANS

Servings: 3 per day
ex: 130g cooked beans, 60g hummus



BERRIES

Servings: 1 per day
ex: 60g fresh or frozen, 40g dried



FRUITS

Servings: 3 per day
ex: 1 medium fruit, 40g dried fruit



CRUCIFEROUS

Servings: 1 per day
ex: 30-80g chopped, 1 tbs horseradish



GREENS

Servings: 2 per day
ex: 60g raw, 90g cooked



VEGETABLES

Servings: 2 per day
ex: 50g nonleafy vegetables



FLAXSEED

Servings: 1 per day
ex: 1 tablespoon ground



NUTS

Servings: 1 per day
ex: 30g nuts, 2 tbs nut butter



GRAINS

Servings: 3 per day
ex: 100g hot cereal, 1 slice of bread



SPICES

Servings: 1 per day
ex: 1/4 teaspoon turmeric



EXERCISE

Once per day
ex: 90 min. moderate or 40 min. vigorous



BEVERAGES

Servings: 1750ml per day
ex: water, green tea, hibiscus tea



Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.



Don't forget about these two essential vitamins:



VITAMIN B12
2500 mcg cyanocobalamin once a week



VITAMIN D
For those getting inadequate sun 2000 IUs of D3 a day



Connect with us!

NATIONAL BESTSELLER

"A medical breakthrough. . . . There is no question in my mind that it will work for you."

—MEHMET OZ, M.D.

EAT TO

LIVE

THE AMAZING NUTRIENT-RICH PROGRAM
FOR FAST AND SUSTAINED WEIGHT LOSS

JOEL FUHRMAN, M.D.

COMPLETELY REVISED AND UPDATED

LOSE 20 LBS.
OR MORE
IN 6 WEEKS

NEW YORK TIMES BESTSELLER

HOW
NOT
TO
DIE

Discover the Foods Scientifically Proven to
Prevent and Reverse Disease

MICHAEL GREGER, M.D., FACLM

FOUNDER OF NUTRITIONFACTS.ORG

with GENE STONE

FEATURING DR. GREGER'S DAILY DOZEN:
WHAT TO EAT TO ADD YEARS TO YOUR LIFE