

Grains *continued*

- ½ cup cooked 100% whole-wheat, spelt, or kamut pasta
- 3 whole-grain rye crackers
- 1 slice mixed whole-grain or 100% rye bread
- 1 low-carb whole-wheat tortilla, ½ regular whole-wheat tortilla, or ½ whole-wheat pita

NOTE: Pay particular attention to serving sizes

Fats and Oils Fats and oils are a particularly important part of a healthy diet, as they can favorably impact blood sugar regulation. The fats that have this positive effect are mono- and polyunsaturated fats found in seeds and nuts, including olives, avocado, flax seeds, canola, sunflower seeds, walnuts, and almonds. Saturated fats (found primarily in dairy and red meat) and 'trans' fats (present in most processed foods and many margarines) negatively impact blood sugar regulation and should be avoided. If weight loss is one of your goals, discuss this category with your practitioner and ask for an UltraGlycemX Patient Guide. Consuming 4-6 tsp. daily of these added good fats and oils is suggested in addition to 2 Tbsp. nuts.

Sample Menu

Breakfast

- 1 serving of UltraGlycemX

Mid-morning Snack

- 1 slice toasted whole-rye bread/low-carb tortilla spread with nut butter/hummus
- Beverage: Herb tea, sparkling water, decaf tea, or decaf coffee

Lunch

- Generous salad of leafy greens, tomatoes, and mushrooms dressed with oil, vinegar, and spices

- Baked marinated tofu or broiled/baked chicken or fish
- Beverage

Mid-afternoon Snack

- 1 serving of UltraGlycemX

Dinner

- Broiled salmon fillet
- Steamed broccoli with vinaigrette
- 1 baked sweet potato
- Beverage

Evening Snack (optional)

- 1 cup strawberries or celery sticks topped with hummus

Beverages and Condiments Non-caloric beverages and condiments are all included in unlimited quantities, except as otherwise noted. Caffeinated teas and coffees should be used in moderation, as they may have an adverse effect on blood sugar in some individuals. You may want to discuss this with your healthcare provider. Beverages and condiments to include are:

- Decaffeinated or herbal tea, decaffeinated coffee, water, plain or flavored seltzer
- Cinnamon, carob, mustard, horseradish, tamari soy sauce, vinegar, lime, lemon, flavored extracts (e.g., vanilla or almond), stevia, other herbs/spices

Foods to Avoid It may be useful to see carefully study the foods you will be generally avoiding in general on this program. These foods have in common a high GI/GL and/or a high saturated fat content. Unless discussed with your healthcare provider, avoid these foods and eat only from those listed in the permitted categories above. The primary categories of foods to avoid are:

- Refined breads and grains
- Any simple or refined sugar, such as table sugar, syrup, jam, or jelly
- Fruit juices
- Potatoes (except yams and sweet potatoes) and corn
- Candy, pop, or soft drinks
- Full-fat dairy products
- Pork and red meat



UltraGlycemX
NUTRITIONAL SUPPORT FOR DYSGLYCEMIA

UltraGlycemX® is researched, developed, and manufactured by Metagenics, Inc.

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• *Insulin Resistance* • *Type 2 Diabetes*

Medical Food

*quick-start
guide*

Ready...Set...Go!

A Are you interested in a quick start to your blood sugar management program? Simply follow these guidelines and you'll be on your way.

1. Drink 1 UltraGlycemX shake (Original, Mocha, or Chocolate) daily for breakfast. Combine 2 scoops of UltraGlycemX with 8-10 ounces of cold water. Briskly blend, stir, or shake until smooth. If desired, add ice and/or fresh or frozen fruit from the *Fruit* list.
2. Eat a mid-morning snack daily from the choices below:
 - 1 serving of fruit from the *Fruit* list
 - 1 serving of grain from the *Grains* list, topped with nut butter/hummus
 - 1 handful of nuts or seeds
 - ¾ cup plain lowfat yogurt or cottage cheese; add fruit/nuts as desired
 - 1 cup of fresh vegetable or tomato juice
 - Raw vegetables from the *Free Vegetables* list, with salsa or hummus
 - 1 hard-boiled egg
3. Choose from one of the following for your lunch and dinner meals:
 - Large vegetable salad made from vegetables on the *Free Vegetables* list, dressed with oil (olive, flax, walnut, or canola) and vinegar. Include a protein source such as tuna, salmon, shrimp, crab, baked tofu, chicken, or turkey (broiled, steamed, baked, or sautéed).
 - 1 serving of baked/broiled fish or poultry, with steamed/stir-fried vegetables from the *Free Vegetables* list, 1 small baked sweet potato or acorn squash, and a dinner salad from vegetables on the *Free Vegetables* list tossed with oil/vinegar dressing.
 - 1 cup of vegetable, black bean, lentil, or split pea soup, with 1 open-faced turkey/tuna sandwich on whole-grain/rye bread or hummus on low-carb tortilla topped with cherry tomatoes and diced avocado.
 - 2-3 egg vegetable omelet, made with mushrooms, spinach, or other vegetables from the *Free Vegetables* list, with grated parmesan cheese and 1 slice of toasted whole-rye bread topped with almond butter.
 - 1 cup of vegetarian or turkey chili with ½ cup brown basmati rice and steamed vegetables from the *Free Vegetables* list.
 - 1 turkey/soy burger on low-carb tortilla or whole-wheat pita with tomato and avocado, served with oven-baked sweet potato fries and a large spinach salad tossed with oil/vinegar dressing.
4. Have a second UltraGlycemX shake for a satisfying afternoon or evening snack.
5. It is important for blood sugar management that you include moderate aerobic exercise for 20-30 continuous minutes at least 5-7 times/week.

UltraGlycemX Quick-Start Food Categories:

The UltraGlycemX Program emphasizes foods and beverages that have a low-to-moderate glycemic index (GI) and glycemic load (GL), and avoids foods with a high GI/GL. Consuming foods or beverages with a high GI/GL results in a greater increase in blood sugar than consuming foods/beverages that have a low or moderate GI/GL. We have listed various categories and food portions below. For more individualized details concerning recipe ideas, calorie considerations, or serving sizes, ask your healthcare provider for an UltraGlycemX Patient Guide.

Vegetables (Most are primarily carbohydrates with a low-to-moderate GI/GL) Based upon GI/GL, vegetables are either *Free*, *Limited*, or *Prohibited* in this program:

- **Free Vegetables** (Low GI/GL) Unlimited servings:
 - All leafy and salad greens, tomatoes, mushrooms, cabbage, peppers, summer squash, sprouts
 - zucchini, cucumber, broccoli, cauliflower, radishes, celery
- **Limited Vegetables** (Modest GI/GL) Only 1 serving daily:
 - Carrots
 - Beets
 - Winter squash (butternut, hubbard, acorn, pumpkin)
 - Sweet potato or yam
- **Prohibited Vegetables** (High GI/GL) Entirely prohibited:
 - White and red potatoes
 - Turnips, rutabaga, kohlrabi
 - Corn (and corn products—including popcorn)

Fruit (Most have a low-to-moderate GI/GL) Fruits bulleted below are acceptable with a limit of 2 servings daily:

- 1 grapefruit, orange, nectarine, peach, pear, plum, apple, mango, apricot
- 1-2 cups of cherries, berries, melons, or grapes (including blackberries, blueberries, raspberries, strawberries, cherries, honeydew, cantaloupe, watermelon)

NOTE: Prohibited fruits include banana, papaya, pineapple (due to high GI/GL)

Legumes (Low-to-moderate GI/GL) At least 1 serving daily:

- Split peas, lentils, sweet green peas, snap peas, kidney, garbanzo (hummus as well), pinto, black, lima, navy, mung, refried beans
- Soy protein concentrate, tofu (fresh or baked), tempeh, green soy beans

Concentrated Proteins/Dairy

(Generally have a low GI/GL) However, some of these sources are high in saturated fat (i.e., red meat and full-fat dairy), so this category is restricted to 3 servings:

- Egg or egg substitute
- Fish and shellfish (grilled, baked, roasted, or poached)
- Turkey, chicken, Cornish hen—skinless, grilled, baked, roasted, or poached (avoid dark meat)
- Lowfat cottage cheese, ricotta, mozzarella, parmesan
- Lowfat or fat-free plain yogurt or cow's milk
- Soy milk

Grains (Most have a moderate-to-high GI/GL) Only 1 serving daily:

- ½ cup cooked quinoa, wild, basmati, and brown rice;
- buckwheat groats, bulgur (cracked wheat), pearl barley, millet, and whole oats