



Hormone Balancing Diet

Eat at least 3 meals per day focusing on portion size, not calories, and including protein with each meal & snack.

- Skipping meals and severe caloric restriction only lower metabolic rate which can lead to weight gain (Eating breakfast actually jumpstarts your metabolism for the day.)
- Metabolic rate naturally peaks at noon and slows after that, so the food you eat at night is more likely to be stored as fat.
- If you cup your hands in front of you that is how big your stomach capacity is. Limit your intake to no more than that at each meal and snack.
- Smaller more frequent meals containing protein will normalize insulin secretion and limit fat being stored as fat instead of burned energy.
- When the liver, fat, and ovaries metabolize estrogen they use the cytochrome P450 enzyme system, which a diet rich in protein can rev up metabolizing estrogen more effectively.
- A snack around 4:00 p.m. (protein or unprocessed fat), when blood sugar, mood, and serotonin tend to drop, can keep you from overeating at night.

Cut down on refined and high glycemic index carbohydrates.

- This includes alcohol which is nothing but sugar in a form that is so absorbable its effects are felt in the brain in minutes.
- Alcohol also interferes with estrogen metabolism and causes almost an immediate hormone imbalance, increasing estrogen in the blood relative to progesterone.
- Carbohydrate sensitive individuals may find that eating whole grain products (whole wheat, whole rye, whole oat, millet flour) triggers binge eating, so consume grains with caution.
- Eat at least 5 servings of fruits and vegetables per day (1 serving = 4 ounces or 1/2 cup) remember the healthiest are the most colorful and highest in antioxidants, especially blueberries.
- L-glutamine 1 gram per day with lunch can help with sugar cravings as can artificial sweeteners like Stevia and Acesulfame.
- Water helps the body eliminate the breakdown products of fat (other options iced tea, decaf green tea, diluted fruit juices).

Eat healthy fats.

- Essential fatty acids (EFAs), namely omega-3 and omega-6 fats, are needed to assist the body in many important functions, including those of the brain and nervous system. Good sources of EFAs include eggs, high-quality flax seeds, soybeans, walnuts; and cold water fish harvested from the wild. Again, the best way to obtain nutrients is in your food, but if your diet is lacking, high quality EFA supplements are widely available.
- Avoid trans-fats and partially hydrogenated fats and oils that are not found in nature and are pro-inflammatory.
- Recommend ratio of Omega 6/Omega 3 (2:1-4:1)

Rev up your metabolic fat and carb burners.

- Fat eaten with low glycemic index carbs or no carbs will not cause insulin to be secreted so it will not be stored as fat unless your body is overproducing insulin as a result of stress or an excess of food.
- Fatty acids cannot get into the mitochondrial furnace without L-carnitine (500-2000 mg/day) which also prevents toxic fatty acid metabolites from building up in the heart. Some individuals do not make enough L-carnitine to burn their fat effectively.
- Chromium helps make insulin receptors more sensitive, helping burn carbs more effectively 200-400mcg/day.

Low Glycemic Foods

Black beans, broccoli, cherries, chickpeas, leafy vegetables, milk, peanuts, peanut butter, pears, plums, soybeans, tomatoes, tomato soup, wild rice, yogurt

Low to Moderate Glycemic Foods

All-bran, apples, garbanzo beans, ice cream, navy beans, oranges, peas, pinto beans, potato chips

Moderate to High Glycemic Foods

Bananas, candy bars (most), potatoes, pita bread, oat bran, oat bread, raisins, carrots, brown rice, and kidney beans

High Glycemic Foods

Bagels, basmati rice, cakes, Cheerios, corn, corn flakes, pies, pretzels, durum wheat pasta, white bread

The Rocky Mountain Carbohydrate Diet

The Rocky Mountain Green Carbohydrate Diet™ / (a.k.a. The Green Sheet™)
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Phase I Insulin Reducing Diet, Lower Carbohydrate Foods

Meats: Beef, buffalo, lamb, veal, rabbit, venison, elk, pork, turkey, chicken, duck, ostrich, emu, or goose. (Trim visible excess fat from meats and skin off poultry.) Bake, broil, boil or sauté in vegetable oil or butter. Minimally processed deli turkey, ham, beef and organ meats are allowed. Avoid all highly processed meats (i.e. sausage, bacon, and corned beef.) Read labels!

Fish, Seafood: All fresh fish (i.e. cod, flounder, haddock, halibut, herring, mackerel, perch, pike, salmon, sardines, trout, tuna, catfish, etc.) Mollusks and crustaceans (clams, oysters, scallops, shrimp, crab and lobster) may be broiled, baked, boiled or sautéed. Avoid skin. If you must fry use butter or vegetable oils (corn, safflower, soy, olive or sesame) No lard, Trans or hydrogenated fats. (I.e. Crisco etc.) Do not use bread crumbs or flour.

Vegetables: Artichokes, asparagus, brussel sprouts, string beans, green beans, lentils, kidney beans, soy beans, navy beans, pinto beans, black beans, alfalfa and bean sprouts, bamboo shoots, beet greens, broccoli, cabbage, cauliflower, bok choy, celery, Swiss chard, chicory, chives, collard greens, cucumbers, dandelion leaves, eggplant, endive, escarole, fennel, garden cress, romaine, garlic, herbs, jicama, kale, kohlrabi, leeks, lettuce; mushrooms, mustard greens, onions, parsley, pea pods, red peppers, green peppers, pumpkin, radishes, rhubarb, sauerkraut, scallions, spinach, spaghetti and summer squash, tomatoes, turnips, water chestnuts, watercress, water chestnuts, zucchini. Fresh are preferred, but frozen or canned may be used. NO POTATO.

Fruits: Avocado, very limited small amounts of fresh cranberries, cantaloupe, cherries, grapefruit, plum, raspberries, strawberries, lemon and lime. No canned or dried fruits. Fresh are preferred, but frozen may be used if unsweetened.

Salad Dressings: Mayonnaise, Cardini's or Paul Newman's Oil and Vinegar Dressing. Salad dressings made with cider or wine vinegar, lemon or lime juice (fresh or concentrate,) corn oil, canola oil, flax seed oil, hemp oil, sunflower oil, *olive* oil, sesame oil, soybean oil or sunflower oil, cold pressed oils preferred.

Soups and Broths: Homemade soups with meat or beans and vegetables only. (No rice, barley, milk, pasta, flour, corn starch or potato.) Unsweetened bouillon cubes or granules.

Breads Cereals and Pasta: None of any kind. Positively no rice, wheat, corn, oat, rye, buckwheat, barley, millet, amaranth, kamut, quinoa, spelt, etc.

Dairy Products: Butter only. No margarine, No milk, buttermilk, sour cream, ice cream. Limited amounts of plain yogurt, cheese (only Brick, Cheddar, Colby, Havarti or Swiss) and cottage cheese if your doctor allows.

Eggs: Especially the new eggs with omega 3 oils, poached, boiled, over easy, or basted in butter, suggested maximum of seven per week.

Beverages: Filtered, purified or spring water is preferred. Club soda, Herb teas, unsweetened and caffeine free. Half of a lemon or lime in a glass of water, Tomato juice or V-8 Juices. No caffeine, No coffee, limited decaffeinated coffee. No soft drinks of any kind, no alcohol in any form, no milk or buttermilk, limited NutraSweet only if tolerated.

Miscellaneous: Limited sugar free gelatin, ripe or green olives, and dill or sour pickles only. Fresh or dry mustard. Hard-boiled or deviled eggs. Limited fresh or dry roasted nuts (twelve per day): walnuts, pistachios, pecans, filberts (hazelnuts), almonds, pine nuts and macadamia nuts. No cashews, no peanuts. Seeds: sunflower, pumpkin and sesame. Salt, pepper and spices in moderation. Avoid all chewing gums.

Supplements: Your food intake may be supplemented with vitamins, minerals, amino acids and enzymes but only as recommended by your doctor. Note: for the first week of this program, continue with whatever supplements you have been taking. If directed by your doctor, take a tablespoon or two of flax oil, Udo's Choice® oil, hemp oil, canola oil, sunflower oil, sesame oil, sunflower oil or olive oil in 12 ounces of tomato or V-8 Juice® before meals or as a snack between meals. Polyunsaturated and monounsaturated fats act as an appetite suppressant, speed burning of stored body fat, provide carbohydrate free calories for energy, stabilize blood sugar, lower insulin levels, lower triglycerides, and raise HDL levels.

Phase II Moderately Low Carbohydrate Foods (use sparingly)

Vegetables: Jerusalem artichoke, rutabaga, winter squash (acorn, butternut), tomato puree.

Fruits: Fresh raw apricots, blueberries, gooseberries, nectarines, peaches, pineapple, raspberries, all unsweetened, use with caution.

Beverages: Grapefruit juice, cranberry juice, unsweetened, use with caution.

Phase III Maintenance Carbohydrate Foods (use very sparingly with extreme caution)

Vegetables: Beets, carrots, chickpeas, corn, lima beans, parsnips, peas, black-eyed peas, potatoes, sweet potato, tomato paste, and yams.

Fruits: fresh raw apple, banana, blackberries, boysenberries, grapes, melon (watermelon, casaba, crenshaw, honeydew, canary, muskmelon), mulberries, kiwi, mango, orange, papaya, pear, tangerine. Fresh in season, or frozen if unsweetened.

Breads and Cereals: Fresh, stone-ground whole grain breads limited to one slice per day. Whole grain cereals, steel cut oats, barley, millet, spelt, buckwheat, kamut, quinoa, amaranth, brown and wild rice, Rye Crisp®. Limited pasta.

Beverages: Orange juice, apple juice / cider, grape juice, pineapple juice, and other unsweetened natural fruit juices.

Miscellaneous: Cashews, popcorn, peanuts, yeast, and raw honey.