

OMAHA FAMILY MEDICINE, PC

LOW GLYCEMIC DIET BENEFITS:

Lose Weight

Lower blood sugar

Improve Cholesterol Profile

EAT:

Unlimited Vegetables

Lean Meat: 4-8 oz. 3 times a day

Fruit: Limit 2 or less servings per day

Eggs: Limit 2 or less per day

Cheese: Limit 2 or less ounces per day

AVOID:

- Sugar (Examples: sucrose, high fructose corn syrup, honey, cane juice, and maple syrup)
 - Grains (Examples: wheat, corn, rice, oats, and barley)
- Grain Products (Examples: flour, bread, pasta, crackers, cereal, and beer)
 - Potatoes
 - Milk

Dr Charles Stoner's Recommended references: Robbwolf.com

The Paleo Solution by Robb Wolf

The Paleo Diet by Loren Cordain

Good Calories, Bad Calories by Gary Taubes