

Adventist Vegetarian Diabetics

"Prove all things; hold fast that which is good."

<https://adventistvegetariandiabetics.wordpress.com/>

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies."

Ellen G. White, Ministry of Healing, (Nampa: Pacific Press, 1905), page 127

Diabetes Diet Comparisons

After months of perusing details of the dietary approaches to managing/controlling/reversing diabetes, I have narrowed them down to three (3) general approaches that include a dietary protocol: Low-carb high-fat moderate-protein (ketogenic), Standard ADA Recommendations, and high-carb low- or no-fat Vegan, with an outline of each given below, side-by-side for comparison. For more detailed information, you can click on the links I have listed.

Approach	Low-carb High-fat Moderate-protein	Standard ADA Recommendations	High-carb Low/no-fat Vegan
	<p>Choose Low Carb</p>	<p>diabetes portion plate</p> <p>add a 8oz. glass of non-fat or low-fat milk</p> <p>add a piece of fruit or a 1/2 cup of fruit salad</p>	<p>Choose a Vegan Plate</p>

Adventist Vegetarian Diabetics – Diabetes Diet Comparisons

Approach	Low-carb High-fat Moderate-protein	Standard ADA Recommendations	High-carb Low/no-fat Vegan
Major Proponents	Eric Westman , Richard Bernstein , Jimmy Moore , Jason Fung , Ron Rosedale ; earlier proponent Dr. Robert Atkins	American Diabetes Association	Weimar NEWSTART , John McDougall , Neal Barnard , Caldwell Esselstyn (primarily heart disease not diabetes); earlier proponents include Dean Ornish , Robert Pritikin
Lifestyle Required	LCHF may be carnivore, "clean-meat" non-vegetarian, pescetarian, lacto-ovo vegetarian, or vegan	May be non-vegetarian or vegetarian/vegan	Strict vegan diet required (NO animal products)
Description	The diet is high in fat, supplies adequate protein, and is low in carbohydrates. A true low-carb, ketogenic diet is one in which the percentage of calories from carbohydrates is closer to 5-10%, protein is 15-20%, and fat is 70-80% of total calories.	Moderate-carbohydrate (about 45% of calories come from carbohydrate), 10% of calories from saturated fat, and focus on healthy or "good" fat sources ("Good fats" include monounsaturated and polyunsaturated fats) 300 mg of cholesterol per day 25 grams of dietary fiber per day 2300 mg of sodium or less per day	Weimar Program based on eight fundamental principles proven to help you achieve optimum health: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust. Nutrition is a vegan diet of unprocessed foods with no sugar and no oil. Requires walking a minimum of 5 miles (10,000 steps) every day. Does not restrict carbohydrate intake.
Rationale	The diet forces the body to burn fats rather than carbohydrates. Normally, the carbohydrates contained in food are converted into glucose, which is then transported around the body and is particularly important in fuelling brain function. However, if there is very little carbohydrate in the diet, the liver converts fat into fatty acids and ketone bodies. The	Having diabetes should not prevent you from enjoying a wide variety of foods.	Based on the premise that body fat causes insulin resistance, the rationale is that this kind of diet (only vegetables, fruits, whole grains, and legumes) promotes weight loss and helps to reverse insulin resistance.

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	ketone bodies pass into the brain and replace glucose as an energy source.		
Calories	Calories determined from macronutrient percentages	Uses 2010 US Dietary Guidelines for Americans calorie chart (http://www.diabetes.org/assets/pdfs/food/calorie-intake-chart.pdf)	Calories not restricted
Macronutrient Percentages	75% fat, 10% carbs, 15% protein	10% fat, 45% carbs, 45% protein	50-70% from complex carbohydrates, 10-20% from fat of vegetable origin, and 5-10% protein from vegetable origin
Carbohydrates	20-30 grams per day <5 grams per serving	45-60 grams per meal, 135-180 grams per day 15-20 grams per serving	No restriction on amount of carbohydrates within allowed list of foods
Fats	Allowed: Saturated fats for cooking (cream, butter, ghee, lard, tallow, eggs, coconut oil or palm oil (use organic from sustainable agriculture), medium-chain triglycerides (MCTs), monounsaturated fatty acids (MUFA, omega 9, oleic acid), polyunsaturated fatty acids (PUFA), omega-3 and omega-6 fatty acids (ideally, this ratio should be balanced at 1:1) Not allowed: Processed vegetable oils, margarine, hydrogenated oils, partially hydrogenated oils and other trans fats, interestified fats (sunflower, safflower,	Allowed: Monounsaturated fats, polyunsaturated fats, omega-3 fatty acids. Less than 10% of calories from saturated fat (20 grams/day) Not allowed: Saturated fat, trans fat (hydrogenated oil or partially hydrogenated oil), cholesterol Reference: http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/fats-and-diabetes.html?loc=ff-slabnav	No fats allowed if overweight. Once normal weight is achieved, may have small amounts of foods like avocados, olive, and nuts, but never any extracted oils like olive oil or coconut oil.

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Approach	Low-carb High-fat Moderate-protein	Standard ADA Recommendations	High-carb Low/no-fat Vegan
	cottonseed, canola, soybean, grapeseed, and corn oil)		
Protein (meat, eggs, dairy)	All meat (preferably grass-fed), wild-caught fish/seafood (not farmed), and poultry (preferably pastured-raised free-range) Soy, natural (edamame, tofu, tempeh, miso) Eggs (preferably from pastured-raised free-range poultry) Cheeses (preferably from grass-fed animals)	Lean meat Eggs Dairy, but recommends fat-free or low-fat.	No animal flesh, eggs, or dairy products
Fiber	No official recommendations, but some low-carbers say at least 20 grams daily, with 1/3 or more from soluble fiber	25-35 grams/day	50-80 grams/day
Fruits	Avocados, olives, small amounts of berries	All fruit, unsweetened	All whole fruits, avoid juice
Grains	No grains or flours from grains. No bread, cereals, noodles, rice, or pasta.	Choose whole grains. Leave the processed white flour-based products, especially the ones with added sugar.	All whole grains, avoid flours
Legumes	No beans, except for small amount of black soy beans	You can't find better nutrition than that provided by beans.	All beans, peas, and lentils
Vegetables	Non-starchy vegetables, mostly leafy green and cruciferous, vegetables that grow above ground	The best choices are fresh, frozen, and canned vegetables and vegetable juices without added sodium, fat, or sugar.	All vegetables allowed, especially starchy

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Processed Foods	Avoid. Most should be whole foods.	Minimize.	Avoid. Most should be whole foods.
Exercise	Exercise optional and may, in fact, raise blood sugar	30 min/day at least 6 days, or 3 hr/week	Weimar's requirement is to walk 5 miles (10,000 steps) every day. In the McDougall Program, the only exercise required is "a nice daily walk."
Water	8 glasses/day	8 glasses/day	8 glasses/day
Measurement of Success	A1C 4.0-5.6 Average BG of 83 Off insulin (if Type 2) Off all diabetes meds	A1C under 7.0 Between 70 and 130 mg/dl before meals Less than 180 two hours after starting a meal	A1C 4.0-5.6 Off insulin (if Type 2) Off all diabetes meds
Information & Resource	http://www.ketogenic-diet-resource.com/	http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/?loc=ff-slabnav	http://newstart.com/what-is-newstart1/#sthash.YWSiizzf.dpbs

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