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Registered Dietician
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Anti-X Diet Tips

Syndrome X (also known as pre-diabetes) is a combination of multiple health problems

- 1) Insulin Resistance - the body's inability to process sugar correctly
- 2) Abnormal blood fats such as cholesterol and triglycerides
- 3) Overweight
- 4) High blood pressure

Individuals with these health problems have a greater risk of:

- Heart disease
- Diabetes
- Alzheimer's
- Cancer
- Obesity
- Nervous System Disorders

Supplements

Alpha Lipoic

- Healthy People- 50-100 mg
- Syndrome X - 100- 300 mg
- Diabetes - 300-600 mg

Vitamin E (natural, d-alpha-tocopherol, not dl)

- Improves and prevents diabetes and other glucose disorders, coronary heart disease, stroke, Alzheimer's disease, immune deficiencies, and cancers
 - Syndrome X Prevention -
400 IU daily
 - Reverse Conditions -
400-800 IU daily

Vitamin C

Particularly important for diabetics and smokers, fights infections and cancer, improves blood sugar, reduces blood fats and lowers blood pressure

- Syndrome X Prevention -
1,000- 2,000 mg daily
- Reverse conditions -
2,000 - 4,000 mg daily

Chromium

- 400-1,000 micrograms daily

Zinc

- 30-50 micrograms daily

Magnesium

- 400-600 mg daily



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Diet Tips

- 1) Avoid refined carbohydrates (white flour, white rice, white sugar, other sweets)
- 2) Eat foods in as natural a state possible
- 3) Emphasize non-starchy vegetables as your primary source of carbohydrates (vegetables not including potatoes, corn, peas, and carrots)
- 4) Keep your intake of carbohydrate-rich foods moderate. Eat no more than four small servings of grains per day, starchy vegetables, legumes (beans), and fruits per day, with no more than two servings of whole grains per day.
- 5) Avoid soft drinks, fruit juices, alcohol, and highly processed drinks.
- 6) Eliminate omega-6-rich vegetable oils from your diet such as corn, soybean oil, or standard vegetable oil. Switch to extra virgin, cold-pressed olive oil as your primary oil.
- 7) Enrich your diet with omega-3 fats whenever possible
 - Cold-water fish such as salmon, tuna, and trout
 - Flaxseed oil
 - Walnuts and Almonds (almond butter is also a tasty snack)
 - Omega 3 enriched eggs (available at all grocery stores: 4 Granen)
 - Dark green veggies
- 8) Steer clear of trans fats (found in many processed foods and baked goods; peanut butter is typically made with trans fats, choose natural nut butters that don't have the oils mixed in)
- 9) Eat protein at every meal and with every snack -lean (low fat) meats, fish, poultry, eggs, low-fat cheese or nonfat yoghurt, or nuts and nut butters

Basics of a Healthy Diet - Remember, the more natural and unprocessed the better. Organic (biologisch is best).



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Foods to think about every time you go to the store

Protein: Fish - tuna, salmon, halibut etc.

Poultry - chicken and turkey (avoid processed sandwich meats when possible)

Eggs - 4 Granen (rich in DHA, omega-3 fatty acids)

Beef

Nuts - almonds, peanuts, walnuts etc. and nut butter (natural); choose unsalted or those salted with sea salt

Dairy: Magere melk

Low-fat cheeses - feta and mozzarella are naturally low in fat or special Cheeses labeled "low fat"

Vegetables: Broccoli, spinach, asparagus, bell peppers, cauliflower, green beans, zucchini, tomatoes, celery, onions, garlic, and other fresh herbs

Fruit: Grapes, strawberries, apples, cherries, peaches, plums

Grains (*eaten in moderation*): Whole grain rice (usually found in natuurwinkels), Oatmeal (haverhout), *Brinta*, whole grain bread (avoid refined, white grains); when buying pasta, chose biologisch/whole grain/brown pasta