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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*

### **Food Tips:**

- 1) Avoid refined carbohydrates (white flour, white rice, white sugar, and 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 most 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 does not have the oils mixed in*)
- 9) Eat protein at every meal and 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**

### **Proteins:** 3-4 servings daily

*Meats, nuts, and beans.*

Fish - tuna, salmon, halibut etc.

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

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

Eat beans in moderation

### **Dairy:** 2-3 servings daily

Magere Melk

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

Yoghurt- low/no fat, low/no added sugar

### **Vegetables:** 3-4 servings daily

Broccoli

Spinach

Peppers

Cucumbers

Zucchini

Garlic

Tomatoes

Asparagus

Green beans

Snow peas

Mushrooms

Celery

Limit potatoes, corn, sweet peas, and carrots

### **Fruit:** 2 servings daily

Apples

Strawberries

Grapefruit

Peaches

Cherries

Plums

Limit bananas and dried fruit

### **Grains:** 2-4 small servings daily

Oatmeal (haverhout)

Brinta (natural)

100% whole grain bread

100% whole grain rice



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## **Supplements:**

### **Advanced Antioxidants**

#### **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