

MEDICINE FOR DIABETES

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Case Report:

Patient Progress

- 45 y/o male with type 2 diabetes on insulin
- HbA1c – **10.1 to 6.3** (on insulin), in less than 4 months
- HbA1c – **6.3 to 5.7** (without insulin), in just 6 months!
- HbA1c total drop – **4.4 points!**
- Blood Pressure – **140s/90 to 115/70**
- Weight – **232 to 178**; Lost 54 pounds!
- BMI – **34.3 to 26.3**; 8 point drop!
- Belly fat nearly gone
- About the same size he was in college
- Reduction in back and knee pain

Patient Program

- **Whole Food Plant-Based Diet (Healthy Vegan Diet)**
- **High Soluble Fiber (i.e., beans, lentils)**
- **Above-ground vegetables, low glycemic whole grains, seeds, with Northern fruits and unsalted nuts in moderation**
- **Moderate mono-unsaturated fat (i.e., almonds, olives, avocado)**
- **No Flour (not even whole wheat flour)**
- **No Added Sweeteners (not even Agave)**
- **Drinks lots of water and Hibiscus tea**

HERE'S WHAT I TOLD HIM...

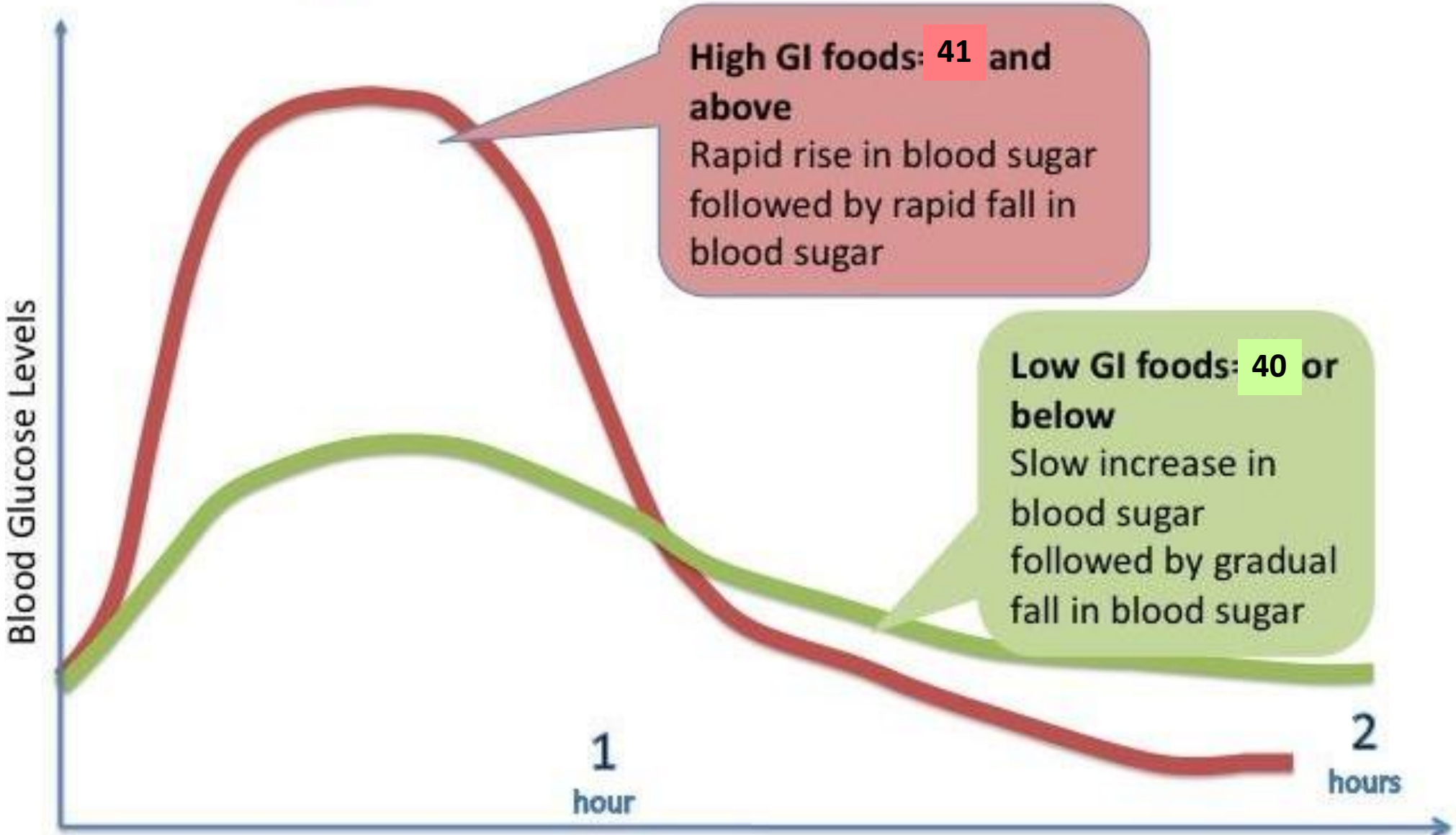
Glycemic index food

Grapefruit	
Apples	
Brown rice	
Baked potato	
Wheat meal	

GI



High GI vs Low GI Foods



High GI foods: 41 and above
Rapid rise in blood sugar followed by rapid fall in blood sugar

Low GI foods: 40 or below
Slow increase in blood sugar followed by gradual fall in blood sugar

1 hour

2 hours

Time/Hours

Blood Glucose Levels

LOW GLYCEMIC BEANS

1. Hummus – 14
2. White Beans – 14
3. Soy Beans - 17
4. Chickpeas – 19
5. Soy Milk - 20
6. Red Lentils – 21
7. Green Lentils – 22
8. Peas – 22
9. Pigeon Peas – 22
10. Kidney Beans – 23
11. Brown Beans – 24
12. Beans – 25
13. Pinto Beans – 27
14. Navy Beans – 29
15. Yellow Split Peas – 29
16. Butter Beans – 29
17. Black Beans – 30
18. Mung Beans – 31
19. Lima Beans – 35

LOW GLYCEMIC VEGETABLES

1. Garlic – 10
2. Cucumber - 15
3. Green Onion – 15
4. Yellow Onion – 15
5. Eggplant – 15
6. Leek – 32
7. Brussels Sprouts – 32
8. Kale – 32
9. Cauliflower – 32
10. Curly Cabbage – 32
11. Broccoli – 32
12. Chinese Cabbage – 32
13. Red Cabbage – 32
14. Green Beans – 32
15. Spinach – 32
16. Asparagus – 32
17. Radish – 32
18. Celery – 32
19. Radicchio – ~32
20. Orange Bell Pepper – 32
11. Collard Greens – ~32
12. Turnip Greens – ~32
13. Swiss Chard – 32
14. Watercress – ~32
15. Arugula – 32
16. Green Leaf Lettuce – 32
17. Chicory – ~32
18. Yam – 37
19. Raw Carrot – 39
20. Tomato - 38

Brand-Miller, J. *Diabetes Care* 2008 Dec; 31(12): 2281-2283.

Kaye Foster-Powell, K. *AJCN*, 76(1): 5–56; <https://foodstruct.com/food/>

LOW GLYCEMIC NUTS

1. Almonds – 10
2. Pecans – 10
3. Macadamia Nuts – 10
4. Peanuts – 14
5. Walnuts - 15
6. Hazelnuts – 15
7. Cashews - 22

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LOW GLYCEMIC GRAINS

1. Hulled Barley - <24
2. Pearled Barley – 24
3. Barley, Boiled 25 minutes - 25
4. Whole Wheat Berries – 30
5. Whole Rye Berries – 34
6. Pearled Barley, Boiled 1 hour - 35
7. Ezekiel 4:9 Breads or Alvarado St Breads - 36

LOW GLYCEMIC FRUITS

1. Olives – 0
2. Avocado - <15
3. Lemon Juice – 14
4. Lime, with peel - 14
5. Cranberries – 15
6. Sour Cherries – 22
7. Huckleberries - 23
8. Plum – 24
9. Grapefruit – 25
10. Bing Cherries – 25
11. Lemon, with peel – 25
12. Lime Juice - 27
13. Peach – 28
14. Prune – 29
15. Green Banana – 30
16. Apricot – 31
17. Raspberries - 32
18. Apple – 33
19. Pear - 33
20. Blueberries – 40
21. Strawberries – 40

LOW GLYCEMIC TROPICAL FRUITS

1. Guava – 12
2. Passion Fruit - 16
3. Tamarind – 23
4. Hogs Plum – 24
5. Banana, under ripe - 30
6. Soursop – 32
7. Sapodilla – 37

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