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~~THE 8-WEEK BLOOD
SUGAR DIET and~~

~~Diabetes~~ Got there!

Finished the 8 weeks

Blood Sugar Diet

~~VLOG: Results of the 8~~

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~~diet~~ Top 10 Fruits for

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Amazing Diabetes-
Fighting Foods Top 5

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Plan: See Best Foods

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~~Keeping Your Blood~~

~~Sugar in Check!! |~~

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Monday on Week 5 -

Blood Sugar Diet

Blood Sugar Diet

preparation 'The Fast

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Michael Mosley

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Questions | Studio 10

Stanford Dietitian on

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Blood Glucose and

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rebalance your body
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type of
isothiocyanate that
has blood-sugar-
reducing properties.

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The 17 Best Foods to
Lower (or Regulate)

Your Blood Sugar

There is

overwhelming
scientific evidence

that a low carb
Mediterranean-style

diet — one rich in
vegetables, olive oil,

nuts and the

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The 8 Week Blood
Sugar Diet by Michael
Mosley

Helps control blood
sugar levels. In
people with diabetes,
fiber — particularly
soluble fiber — can
slow the absorption
of sugar and help

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Dietary fiber:
Essential for a healthy
diet - Mayo Clinic
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Holiday Pumpkin
Custard 2 egg whites
1/8 tsp. ground
ginger 1 cup canned

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pumpkin 1/8 tsp.
ground allspice 3/4 cup
evaporated skim milk
Dash salt 3 Tb. sugar
Whipped dessert
topping In a medium
mixing...

Easy Meals On The Blood

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handy resource for
anyone embarking
on the blood sugar
diet, who is ready
lose weight and reap
the health and
weight loss benefits
of the Mediterranean
diet.

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