



Over 350,000 Free Food and 9,000 Drink Recipes

## Can You Beat Diabetes With Diabetic Diet Foods?

It is quite unfortunate that people all over the countries are suffering from blood sugar just because of having no exact knowledge of how to control diabetes. Despite the voluntary service extended by the American Diabetes Foundation, it is a matter for much concern that the number of diabetic patients is still increasing in America. Public health care programs are organized to give information for diabetics about diabetic diet foods and what causes diabetes. In spite of all these efforts, many people with diabetic condition do not know how to beat diabetes complications.

There are many ways and means to control blood glucose levels. There are some natural cures for diabetes, following which you can be proud of your diabetes self management in controlling blood sugar. On noticing the signs and symptoms of diabetes, your consultation with the doctor, clinical diagnosis by laboratory methods, and prescription of drugs and medicines are all preliminary steps to start your medication for diabetes mellitus.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Away from all these steps you take, the change of lifestyle and choosing the right foods are much more important for controlling blood sugar. It is highly needed that the diabetics should maintain a balanced diet suiting his body type. Your prime concern should be in choosing the best foods to eat and the bad foods to avoid as a diabetic. You can certainly control blood sugar range within normal limits. Here are some tips on diabetic diet foods for beating diabetes.

1. You should choose foods that contain little saturated fats and cholesterol. These foods include fresh vegetables, leafy greens, onion and garlic in raw form. They should be preferably boiled rather than fried.

2. Cooking whole grains with insoluble fiber, and low carb diet are the best choice to control high blood sugar. If you are using oil in your cooking, let it be with less fat like olive and peanut oil.

3. Skimmed milk with less fat, skinless poultry, fish of any variety and egg without yoke may be helping to lower blood sugar.

4. The diabetic diet foods should be non-greasy and easily-

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

digested. They should be rich in fiber and poor in fat contents.

5. Since fruits are the best source of fiber, those fruits high in vitamins and nutrients, but low in fats can give positive results to control and beat diabetes. The best fruits and salads that you can eat may be red grapes, jambul(rose apple) and guava, preferably unpeeled and with nuts. Fruits and vegetables you consume may be less in size and more in servings every day. Mind it to take whole fruits and they should contain low sweet. Citrus fruits like orange and lime are also good for fighting diabetes.

Controlling blood sugar is really an art. If you want to be an expert and safe, you should know the description of diabetic foods to avoid AND fruits to eat.

---

## Cancer and a Vegetarian Diet

Cancer has been declining over the years in the United States. Even so, it remains the number 2 ranked cause of death, according to the Center for Disease Control. Certain diets

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

have long been associated with cancer. Actually many links have been made in association with some cancers and a person's diet. A vegetarian diet is quite possibly in lowest risk group when it comes to cancer. Whether you are looking out for your future and you have never had cancer or you are recovering from cancer, a vegetarian diet may be a wise choice for you.

Meat on the other hand has a possible risk for developing cancer, especially red meat. One theory as to why red meat is associated with cancer lies in the preparation of the meat. The thought is that most red meat is grilled, and grilling leaves a quasi- charcoal like substance on and in the meat. The connection is that charcoal is on the list for being a suspected carcinogen. So the meat is often grilled or broiled such that it is blackened on the outside. When you eat the blackened surface of your hamburger or steak, you are actually eating charcoal. My own personal belief has to do with the cows themselves. The other theory is that the cows are occasionally fed hormones which stimulate their tissue growth. It could be that those hormones continue to work after the cow is dead. Instead of stimulating healthy muscle growth though, they start to mutate and affect healthy cells negatively. The problem is that pigs and chickens are also given the same supplements. If this were true then chicken and pork would

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

have the same cancer risks as red meat, which they do not. By eliminating all meat, the chances of developing cancer are statistically reduced.

Vegetarian diets contain foods that are rich in antioxidants. Antioxidants work with your body's natural defenses to combat diseases, as well as to produce healthy tissue growth. Antioxidants fight cancer. Spinach and blueberries are two foods that are rich in antioxidants. Green tea is another great source.

Avoiding red meat and eating a vegetarian diet rich in antioxidants, you can improve your odds of getting cancer. Now that's some odds I can live with!

John A. Hrivnak

It's always better to have options. Having the option to change your diet to decrease the chances of cancer is a true blessing and a choice that is easy to make. For information on all aspects of health; go to my site at <http://informationinstantly.com>

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

---

## Diet for Diabetes – Diet Guidelines for Diabetic Patients

A well planned diet is an essential part of diabetic patient's life. Proper controlled diet with adequate exercise helps in maximum control over diabetes. As per the report produced by American diabetes association, a person with diabetes should intake food with fifty percent carbohydrate content, thirty percent fat content and twenty percent protein content. Uncontrolled consumption of food results in overweight of the body there by increasing the chance of hyperglycemia. Over consumption of oily food is one among the important cause leading way to diabetes. Accumulation of fatty acids reduces metabolic activity of the body which may further lead way to various health complications like increased blood pressure.

High blood pressure supports hyperglycemia and increases the risk of heart disease. Try to avoid the intake of fried meats, fast food and foods which contain an over amount of saturated fats mainly seen in meat. Studies say that it is better to prefer sea foods like fishes and prawns than meat and poultry

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

for controlling blood sugar level. Make use of low fat foods like oats for controlling body weight which helps in maintaining a proper control over cholesterol level and triglyceride level in the body.

Apart from taking oral medicines and insulin doses, preparing a planned diabetic diet so as to control the blood glucose level is very important. Diabetic diet helps in keeping a balanced calorific value in the body there by preventing the chance of hypoglycemia and hyperglycemia. Never hesitate to consult a doctor when the glucose level concentration is higher than usual level even after taking proper medicine and food. Many physicians advice in taking foods containing unsaturated fats. Canola oil, virgin olive oil, sunflower and rapeseed are examples of monounsaturated fats and polyunsaturated oils which help in tolerating insulin function.

Most of diabetic patients prefer sweet taste dishes than other tastes. Some times, warning and advice creates no use or null effect on many diabetic patients. So it is better to give them fresh fruits than other sweet products like ice creams and chocolates. Maintaining blood glucose level by using sucralose as a sugar substitute is another way to control diabetes. Also

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

do regular checking and make sure that the blood glucose level is not exceeding its value. Glucose value should be between 80 and 120 mg/dL before meals and should be between 100 and 140 mg/dL after meals.

Usually doctors advice diabetic patients to carry sugar candy with them. This will help diabetic patients in preventing complications due to hypoglycemia. A good bed time snack reduces the risk of hypoglycemia during sleep hours. Before meals, make sure that appropriate insulin dosage is taken to maintain the blood glucose level. Basal and insulin lispro are two kinds of insulin dosages taken by diabetic patients before and after meals. It is better to take meals and snacks in regular intervals of time rather than taking a large quantity in single trip. Making a note of daily diabetic diet helps to a great extend in planning meals accordingly. Diabetic diet thus plays a key role in maintaining a healthier lifestyle.

Read more about [Diabetes Natural Treatment](#). Also know about [Diabetes Home Remedies](#). Read about [Ayurvedic Treatment for Diabetes](#).

Recipes from The Weekend Chef (<http://theweekendchef.com>)





Over 350,000 Free Food and 9,000 Drink Recipes

---

## Calorie Diabetic Diet Menu Helps Diabetics to Plan Their Diet

A calorie diabetic diet allows you to take control of calorie intake. We get calories from basic food content which are carbohydrates, proteins and fats. We get energy from carbohydrates but it affects our blood glucose level. More carbohydrates results in high sugar levels in your blood.

With the help of calorie diabetic diet you can control per day calorie intake and hence can manage diabetes effectively. The need of calories is not same for everybody, the amount lies between 1200 and 1800. But in the case of gestational diabetes calorie range should be between 2000-2500 calories per day.

In calorie diabetic diet you have to be careful about foods which you include in your meals. Plan your meal according to your calorie diet. The menu depends upon which calories diet you choose. Your doctor suggests you a calorie diet according to your diabetes type and physical status.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

If you choose 1800 calorie diet then plan your whole day meals such that throughout the day you get only 1800 calories and not more than that.

A sample menu for 1800 calorie diet is: In breakfast include two slices of wheat toast, one cup low-fat yogurt, 1/2 cup orange juice, two teaspoon margarine, four teaspoon sugar free jelly and coffee or tea.

The lunch should be of four oz grilled chicken, two dinner rolls, two oz fat-free or low-fat cheese, two cups green salad with one tablespoon dressing, one teaspoon margarine, one peach and one cup skim milk.

Dinner include one bread, 2/3 cup pasta noodles with 1/2 cup pasta sauce, 1/4 cup eggplant and zucchini, and 1/2 cup unsweetened applesauce.

This is one sample of 1800 calorie diet. You need not follow this plan every day, you can make variations in your meal but remember that plan your meal in such a manner so that it contains only 1800 calories. While choosing foods you can take the help of food exchange list. A food exchange system divides all foods into six groups. Each group contains list of foods

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

having same calories. You can replace the food with another food of same calories but exchanging foods between the groups is not allowed. You can exchange the food within the group. With the help of exchange list you can select the food and exchange it with another food having same calories.

Occasionally you have to eat some food which is not in your regular diabetic diet especially when you go for a party. Then in this case adjust your diet so that you can also enjoy that food. Eat less calories at lunch and have a small portion of cake or ice cream. Instead of sweets drink a calorie free beverage. If you take excess amount of calories than your regular calorie diet then burn the calories by exercise such as walking, cycling etc. Monitoring your blood glucose level is essential because if it goes up you can adjust your next meal and can keep sugar level within normal range.

Thus calorie diets are very effective in diabetes treatment and management.

Drink lots of water because it is calorie free and helps to flush away the toxins. Did you know that flavored carbonated water has no calories, sugar, body, sweetener, color or preservatives? Do you want to know more? Check out

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

[tutorials.carbonatedseltzerwater.com/](http://tutorials.carbonatedseltzerwater.com/)

This article is submitted by Ola Martinsson, who just recently got the diagnosis diabetes. Trying to read and understand as much as possible about diabetes. Found an interesting site at <http://adviceondiabetes.com> with a free ebook including more than 500 diabetes recipes.

---

## Vegetarian Weight Loss Diet

The Incredible Success of a Vegetarian Weight Loss Diet.

Consuming a vegetarian weight loss diet can be one of the best ways to take extra pounds off and to keep them off for good. If you are someone who has been looking to lose weight, chances are that you have tried numerous different diet plans that simply haven't worked for you. Even if you were successful at initially losing weight, those lost pounds always seem to find their way back. You don't have to worry about these issues when you follow a vegetarian diet that's packed with nutritious foods!

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

There are a couple of differences in your average vegetarian diet and one that's designed to help you lose weight. This is simply because when there is extra fat to lose, keeping a limit on consumed calories is necessary. But once you have lost the weight that you'd like, you can stop focusing on limiting calories and you can start focusing on living life in delicious abundance.

What Makes up a Vegetarian Weight Loss Diet?

There are four major food categories that make up a healthy vegetarian diet, and there is no exception just because you happen to be trying to get rid of some excess weight. These food groups include fruits, vegetables, grains and legumes. In order to understand what a vegetarian weight loss diet can do for you, it's important to understand what each of these categories entail.

Grains

The first thing to understand is that not all grains were created equally. In fact, all refined grains should be eliminated from your diet plan for good. They don't offer any nutritional value and they add a bunch of empty calories to

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

your daily consumption. Instead, focus on whole grains like brown rice, quinoa, couscous, oats, millet and more. Consuming whole grains on a regular basis can help you to fight hunger, to keep blood glucose levels normal and to provide you with necessary vitamins and minerals found in them.

### Legumes

The legume family includes beans, nuts and seeds including lentils, sunflowers seeds and hemp seeds. These foods provide a vegetarian weight loss diet with plenty of healthy fats that are needed, protein to help keep hunger at bay, and enzymes known to help fight some cancers. Eat a wide range of legumes such as black beans, kidney beans, peas, almonds and cashews.

### Fruits and Vegetables

One can never get enough fruits and vegetables, especially when following a vegetarian weight loss diet. These foods are fabulous sources of vitamins, minerals and antioxidants that can help fight diseases such as cancer, heart disease and even diabetes. Almost all fruits and vegetables are low in calories, and they're easy to incorporate into a daily routine.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Incorporating a well balanced diet of fruits, vegetables, grains and legumes can help you to fight the bulge for a final time, without ever having to worry about your waist line again. Following a vegetarian weight loss diet for life can help you feel energized, healthy and ready for whatever life has to offer.

To visit the original article click here: [Vegetarian Weight Loss Diet](#)

SacredEden.com is an online health store that can fill all your health needs. Sacred Eden's mission is to restore people back to a state of perfection. Visit SacredEden.com and find out more about our herbal formulas, vitamins, minerals and much more.

More [Vegetarian Recipe Articles](#)

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

---

## Is A Vegan Diet Healthy For Teens

A well-planned vegan diet can be a healthy dietary choice for anyone and at any stage of development. A vegan teen is no less healthy than a meat-eating teen. It's about making healthy food choices and teaching your teen how to make them.

Teens, who are expressing to their parents a desire to adopt a plant-based diet are for the most part quite proactive in educating themselves about veganism. In fact, it was probably during the course of learning about veganism that they independently made the decision to adopt such a lifestyle.

Whether it's out of concern for the environment, animal rights or health reasons more and more teens are announcing to their parents that they want to become vegans. If you are the parent of one of these teens there is no need to go into a fit. In fact, this decision could not have come at a better time. Sure you're concerned that making such a dietary change may negatively impact your teens' growth and development.

However, this couldn't be any further from the truth. A vegan teen is also a very health conscious teen. Therefore, a

Recipes from The Weekend Chef (<http://theweekendchef.com>)





Over 350,000 Free Food and 9,000 Drink Recipes

vegan teen will take greater care to adopt a well-planned diet over their meat-eating counterparts who are more likely to snack on pizza, hot dogs and sugary snacks instead of fruits and vegetables.

That said, the best way to respond to a teen who decides to become vegan is to be supportive. Educating yourself about this dietary choice may even help you become more health conscious about your own eating habits. We learn as much, if not more, from our children as they learn from us so why not let this be another opportunity to learn and bond with your teen.

Sure, as a parent you will still have some concerns such as whether your vegan teen will get the appropriate amount of vitamins and nutrients. Well whole grains, beans, lentils, tofu, nuts and veggie meats are all excellent sources of protein. Additionally, beans, cashews, raisins, spinach, tempeh and tomato juice are packed with iron. You might also be concerned about your teen getting vitamin B-12. No need to worry about that either because he or she can easily do so by eating fortified cereals, fortified soy milk or taking multivitamins. If that's not enough, numerous studies have shown that eliminating dairy products and meat, while eating

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

nuts and whole grains will improve cardiovascular health. As you can see, this dietary transition is not the end of the world. Johnny will still be Johnny and Susie will still be the same Susie, just with improved cardiovascular health and lowered risk of contracting several other deadly diseases.

An unbalanced diet whether vegetarian or non- can be unhealthy. However, a vegan or vegetarian diet can effectively provide your teens' body with all the nutrients needed and it is relatively easy to plan a balanced vegan diet.

Amirah Bellamy is a Vegan Transitional Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to [www.AmirahBFit.com](http://www.AmirahBFit.com)

---

## Zone Diet – Vegetarian

Dispel the notion that Zone diet is meant only for those who eat non-vegetarian foods. If you are a vegetarian you can

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

convert your diet into a Zone diet vegetarian meal. This excellent diet is not based on being vegetarian or non-vegetarian. It is purely a diet based on carbohydrates, proteins and fat, but in a precisely fixed ratio. The ratio is 40:30:30. In simple words your meal should consist of 40% carbohydrates, 30% fat and 30% protein. What makes up the protein portion is not the question.

If you need to know more about this, pick up Dr. Barry Sears' "The Soy Zone." Dr. Barry Sears, a former research scientist at the Boston University School of Medicine and the Massachusetts Institute of Technology, created the Zone diet.

### The Zone Vegetarian Diet

In the main, vegetarians consume carbohydrates more than they consume proteins. It is an incorrect notion that meals high in carbohydrates help in reducing weight and give you a healthy life. Diets high in carbohydrates lead to increased Insulin levels in your body which leads to gain and storage of fats. Vegetarians need to consume vegetable proteins to balance the carbohydrates they intake.

Your Zone diet needs to be in the Right Proportion and in the

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Right Portion. Not only should your diet be in the 40:30:30 ratio but your meal portion also needs to be precise. That is why you get to consume your diet in the number of Zone blocks. Calculation of Zone blocks depends on your weight and height in addition to other minor measurements. An average male consumes, say, 14 Zone blocks and an average female 11 blocks in a day.

Assume an average Zone diet consists of:

- Skinless chicken or turkey breast (proteins)
- Black beans and Raw Broccoli (carbohydrates)
- Avocado and Macadamia nuts (fat)

To make this into a vegetarian Zone meal, all you need to do is replace the protein portion with Soybean based meat substitutes, such as Soybean hot dogs or hamburgers. Tofu, Soy-based products, Cheese, Nuts, and meat substitutes, such as seitan and tempah make for great protein substitutes for vegetarians. However, you need to be careful when selecting vegetables. Green beans, for example, have high protein and carbohydrate contents. If you opt for these, you may upset the carbohydrate to protein ratio. This is where you need to juggle your contents.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

## The Bottom Line

Make sure you use favorable carbohydrates and fats in your Zone diet vegetarian meals. Opt for fruits and vegetables that contain low starch, and avoid bananas and prunes due to their high sugar content. Use monounsaturated fat only. You can consume avocado, macadamia nuts, peanuts, almonds and shun butter, vegetable shortenings and creams. Use olive oil and peanut butter, instead.

It is worth repeating that Zone diets should be consumed in the Right Proportion and in the Right Portion. This is a wellness diet that will help reduce your weight and keep you healthy. It is never too late to make that lifestyle change.

The author has written thousands of website content articles on various topics.

Related [Vegetarian Recipe Articles](#)

---



Over 350,000 Free Food and 9,000 Drink Recipes

## Vegetarian Zone Diet

You probably thought that the Zone diet was all meat and little vegetables. You may be right in a way as the main food recommended in the diet is chicken and fish. But this does not mean that vegetarian Zone diet does not exist. Zone diet is not meant only for non-vegetarians. You may have been misled by the 40:30:30 (40% carbohydrates, 30% fat, and 30% protein) diet plan as being ideally suited for non-vegetarians. Zone diet for vegetarians is very much possible.

According to Dr. Barry Sears who created the diet, vegetarians can still apply the 40:30:30 plan, but as 40% carbohydrates, 30% monounsaturated fat, and 30% vegetable protein.

Vegetarians can opt for Soy as the main source of protein, in place of chicken and fish. Vegetarians need to read "The Soy Zone," another excellent book by Dr. Sears for vegetarians interested in this diet.

### What to Include in Your Diet

It is a well known fact that the main vegetarian diet consists of carbohydrates. This makes for a very unbalanced diet. Despite not eating meat, vegetarians still gain and store fat

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

in their bodies caused by high level of insulin. To reduce fat storage caused by carbohydrate-high diets, vegetarians need to replace some of the carbohydrates with vegetable proteins.

Certain vegetables, such as green beans, are a source of both proteins and carbohydrates. Here one needs to be careful how one selects the food. Select protein-rich vegetarian foods along with carbohydrates to ensure that the ratio of the diet plan is maintained. You can always opt for meat substitutes that are Soybean based, such as Soybean hot dogs, hamburgers, sausages, among many other items. This would convert your carbohydrate-rich vegetarian diet into a Zone diet fit for vegetarians!

Practising vegetarians can select from the following protein-rich vegetables for their vegetarian Zone diet. These are: Tofu, Soybean protein, Soy-based products, Eggs (if they are not a no-no), Cheese, Nuts, Nut butters, and Meat substitutes (seitan, tempah, and vegetable protein), to name a few.

Make It a Lifestyle Change

Following the Zone diet is not very difficult, whether it is for vegetarians or non-vegetarians. Two things to take care

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

are: the right proportion, and the right portion. Most of us have never bothered about portion control as well as proportion and have always let our palates lead us by the nose. This is going to be difficult in the beginning, but you will eventually learn to master it. You have no choice if you want to meet your goal of a healthy life.

Most of us consider diet as a means to achieve a particular goal vis-à-vis weight and/or shape. This is good, but we need to consider following the Zone diet as a means of lifestyle change and not just a fad. Lifestyle change requires us to continue with this diet even after we have achieved our goals. The alternate would be that we reverse back to where we started from! And we know that it was pretty bad!

The author has written thousands of website content articles on various topics.

More [Vegetarian Recipe Articles](#)

---

Recipes from The Weekend Chef (<http://theweekendchef.com>)





Over 350,000 Free Food and 9,000 Drink Recipes

## A Vegan Diet Can Impact the World

Environmentalists, green advocates, and anyone else who is interested in doing more to preserve the planet will be interested in knowing that by adopting a vegan diet they can impact the world. How so? In several ways, but specifically with respect to the environment and the people of the world.

Your adopting a vegan diet can help the people of the world, in that a plant-based diet uses less resources. Thus, the abundance of resources that are required to feed farm animals could instead be used directly to produce human food, which will feed a lot more humans. In fact, the United Nations has declared that a plant-based diet can feed more people than an animal-based diet. For instance, while 1 acre of land can yield 20,000 pounds of potatoes, that same acre of land when used to raise cattle only produces 165 pounds of meat. This is why 850 million of the human population is undernourished, that's 1 of every 7 humans. However, the solution to the problem is simple, eat less meat and support your local farmers! By changing your eating habits through adopting a

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

plant-based diet, you leave more for others to eat.

Next, by adopting a vegan diet you can also impact the environment. By reducing your consumption of meat you also reduce the toll on the environment. Animal agriculture requires more farm land, fertilizer and water, nearly 3 to 4 times that of plants. Up to 5000 gallons of water is required to produce 1 pound of beef. In a 2006 report, the United Nations Food and Agriculture Organization stated that international meat industry generates 18% of the overall global greenhouse gas emissions, even more than all trains, planes, automobiles and boats combined. Also, 30% percent of the earth's land mass is being used for grazing and production of livestock feed resulting in topsoil erosion from overgrazing, deforestation and compaction. Animal agriculture has also been linked to degradation and contamination to water systems by manure, pesticides and fertilizers. Additionally, the consumption of seafood is depleting the ocean of its marine life and in turn destroying the coral and reefs. Essentially, by adopting a plant-based diet you will help preserve the planet's natural resources and reduce the pollution generated by animal agriculture.

Amirah Bellamy is a Vegan Coach, Vegan Fitness Meal Planning

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans, purchase her infamous eBook “The 50¢ Book That’s Hotter Than 50 Cent,” or INSTANTLY grab her FREE Vegetarian Starter Kit go to [www.AmirahBFit.com](http://www.AmirahBFit.com)

---

## Diabetic Diets – A Single Step to Ensure Lasting Success With Your Diabetic Diet

Managing a diabetic diet can be overwhelming. It was for my mother. But here is what I told her. There is only one thing you must do for victory. Take a good look at where your sugar is coming from. Most diabetics feel that they do not eat all that much sugar. Admit it, by the time you know of your diabetes you have an ingrained need to eat sweets. This is otherwise known as a craving.

Since we only need enough sugar to keep our brains functioning at tip top speed, let’s consider the amount that is absolutely necessary for your diabetic diet control. Mindful that no one in the free world is ever sugar deprived of the 8 teaspoons or

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

32grams of sugar per day. Children and young adults need more sugar about 65 grams or 11-12 teaspoon a day. This requirement is to supply the daily energy necessary to grow, change and develop into adults.

So where is all this sugar? My guess is that it is hidden in all the convenience food of a contemporary lifestyle. The invention of Tomato ketchup is the ring leader with 7 teaspoons in 2Tbs. Then came barbecue sauce, pancake syrup, sodas with as much as 37 teaspoons in one bottle. This followed by 'health giving' cans of energy drinks with as much as 68grams of sugar. Stay away from these as if they were the plague, even if your favorite talk show host or celebrity praises their virtues.

Take a reserved attitude about fast food like McDonalds Vanilla shake with 24 teaspoons of sugar. They put the fast in fast blood sugar elevation. Is 'read the labels of prepared food' coming to mind here? This little action will put you on a new path – the pathway to awareness and body protection. Once your body and mind pick up this new attitude, two things can happen. You will consciously seek to avoid these foods and happily seek hew healthier alternatives found in fresh food. You will feel contented instead of deprived and in an

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

unhealthy sugar spiral.

The real solution is to quickly switch to natural food. Instead of apple juice, eat a fresh apple. This simple action will give you 3 benefits. It will readjust your sweet palate since a slice of apple has less sugar than a swallow of juice. Chewing will tell your brain that you are eating and that you will be soon satisfied, decreasing your sugar craving, and you will be getting necessary fiber, a factor that is needed to alleviate your complaint and giving you a healthy, happy body.

When seeking to attempt a diabetic diet you might turn to artificial sweeteners. This is not the healthiest idea for a diabetic. Artificial, sweeteners are not recognized by the body as food. The idea of no calories is mesmerizing! However, the science of sweeteners is fuzzy and no one knows the long term effect on brain and body function. This molecule that masquerades as sugar with unrecognizable composition will put a strain on both your digestive system and your immune system, each trying unsuccessfully to breaking down this foreign molecule in your body. This can leave you with bladder issues, aches and pains as unutilized material and inflammation settle in your joints causing you even more discomfort.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

One other things to consider; although it is sweet you will still be deprived of the energy coming from real sugar. I think this is too much metabolic stress for a person whose cells refuse to admit sugar leaving it to roam in the blood stream.

There is one other aspect of food that you must consider and that is foods that are easily digested into sugar by natural enzymes in your mouth. Foods made with white flour such as crackers, white bread, rolls and buns have this characteristic. Instead plan to eat high fiber foods diabetics need from whole wheat, oats and fibrous grains. Vegetables like white potatoes which breaks down to sugar in the mouth can be replaced by more fibrous vegetables such as sweet potato.

Giving this simple idea a fearless focus you will easily master this one skill. With this one conscious consideration you might never have to deal with the unstable health care industry. Instead, imagine reversing your diabetes and dying peacefully in your own bed of natural causes at the ripe old age of 103, like my mother.

Celia Westberry is an author, speaker and wellness lifestyle

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

coach. She helps clients to reprogram their minds and bodies to have a personal relationship with food to be happier, healthier and more contented. Her book *Eat Yourself Younger Effortlessly* is the easy way to slow aging, feel, great and look good has glycemic ready recipes to help you Start Over with healthy eating. Visit her at <http://www.westberrywellnessprograms.com>

Recipes from The Weekend Chef (<http://theweekendchef.com>)