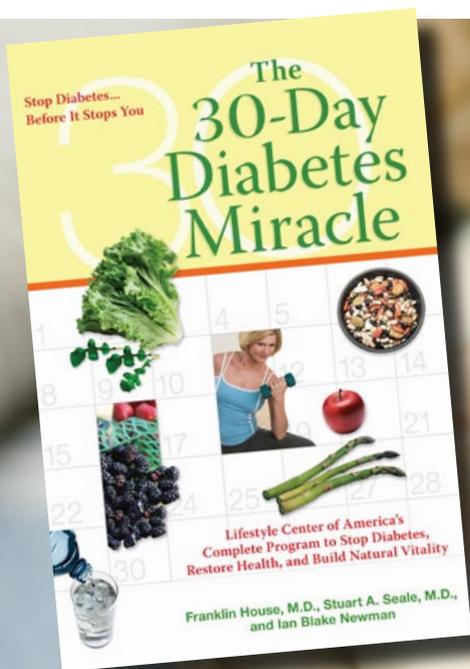


Franklin House, M.D., Stuart A. Seale, M.D., and Ian Blake Newman

# BREAKFAST LIKE A KING

*A Free eBook Compliments of the Authors of The 30-Day Diabetes Miracle*



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This free eBook is a companion to the new book *The 30-Day Diabetes Miracle* by Franklin House, M.D., Stuart A. Seale, M.D., and Ian Blake Newman.

*The 30-Day Diabetes Miracle* will encourage you to take ownership of your health by adopting a therapeutic and preventative plant-based diet, an easy-to-follow training program of physical activity, and other appropriate lifestyle choices to overcome the physical and emotional factors that can challenge your recovery. Through simple and sustainable steps, *The 30-Day Diabetes Miracle* will teach you to live a lifestyle that can potentially stop diabetes, and also treats and reduces the risk of obesity, heart disease, cancer, hypertension, elevated cholesterol, stroke, arthritis, depression, anxiety, fatigue, constipation, and even hemorrhoids and varicose veins.

If you believe it will take a miracle to restore your health—then *The 30-Day Diabetes Miracle* is for you.

To learn more, or to buy the book, please visit:

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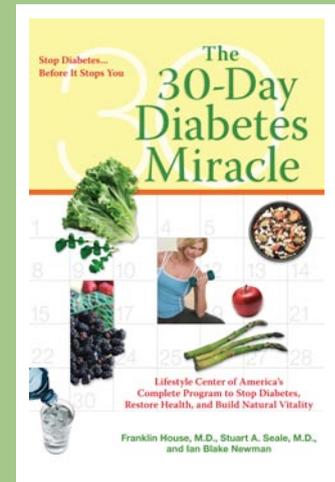
## BREAKFAST LIKE A KING!

You'll notice in our menus below a simple lifestyle habit that can have a profound effect on your health, all year long. You remember your mom, a teacher, or a public service announcement advising you that "breakfast is the most important meal of the day?" We agree. At Lifestyle Center of America, we have a saying:

*Eat breakfast like a king, lunch like a prince, and supper like a pauper.*

In other words, you should eat more food earlier in the day and less at the end of the day. That's the opposite of what most of us are used to. But if you really ponder it, this "counterintuitive" idea starts to seem much more intuitive. Food is energy—calories used as fuel to get you through the day. If you want the most energy to get you through the day, you should logically consume the most earlier in the day. Think of it this way: if you were flying from New York to Los Angeles would you want your pilot to fuel up at the beginning of the trip or wait until you have arrived at your destination? Wouldn't you worry about running out of fuel for the long journey if you waited to supply it at the *end* of the trip?

Diabetes is  
**not** a death  
sentence.

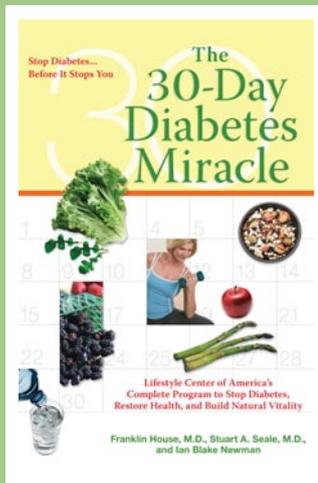


Diabetes does **not** mean you will have awful complications.

But most Americans have it backwards when it comes to “fueling” their daily journeys with food. They typically skip breakfast and have their largest meal at the end of the day, when they’re least likely to use that energy through their daily physical demands. Sometimes they get a huge input of energy in the form of a heavy meal right in front of the TV, just before going to bed. That’s a recipe for packing on the pounds through the dynamic of too-much-energy-in, not-enough-energy out.

This prescription of eating most of your food early in the day holds true especially for people with weight to lose. In the normal, healthy person, glucose tolerance, the body’s ability to handle sugar, decreases as the day progresses<sup>1 2 3</sup> owing to decreased insulin sensitivity and insufficient insulin secretion<sup>4 5</sup>. This suggests that the body is better able to handle larger meals at the beginning of the day rather than at the end of the day. However, in obese individuals the reverse pattern is seen—glucose tolerance improves as the day progresses<sup>6</sup>. Obese people have lower morning glucose tolerance because of defects in the nighttime control of glucose-insulin regulation. Apparently, obese people fail to suppress insulin secretion and plasma glucose during sleep, resulting in high morning levels. The reasons for this are complicated and involve sleep-related growth hormone secretion, circadian rhythms, and the stress hormone cortisol.

All you need to know is that eating breakfast is associated with successful



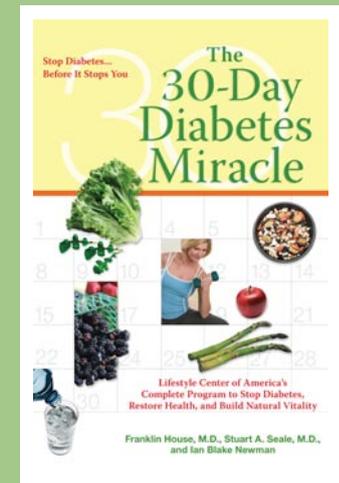
weight loss maintenance<sup>7 8 9</sup> in national studies, as well as by our own follow-up data<sup>10</sup>.

On the other side of the equation, we recommend you don't eat a dinnertime (evening) meal—or you eat a very small one, such as some steamed vegetables, a small cup of plant-based soup, or a small salad. We also think it's best not to snack at all at night. The idea behind eating nothing or very little after lunch is to put your body into a fasting state while you sleep until you “break-the-fast” at breakfast. Remember, overnight fasting increases insulin sensitivity, which is good.

This is a sensible way to sleep better, lose weight, rest your pancreas, and lower your diabetes medicine needs. Leaving off that midnight snack will prevent another midnight ride of the Paul Revere Hormone shouting, “The energy's coming!” to a “lazy” body. Bedtime snacking in people with diabetes is associated with obesity, elevated HgbA1c levels, and increased number of diabetic complications<sup>11</sup>. Just try it for a few days. Eating a nice high-fiber, plant-based lunch, then stop eating for the day, and see how much lower your morning (fasting) blood sugar levels get the next day.

Best of all, not eating late in the day means you wake up hungry! You won't *want* to skip breakfast, and you'll be more inclined to load up on those high-

Diabetes is  
**not** primarily a  
genetic  
disease.



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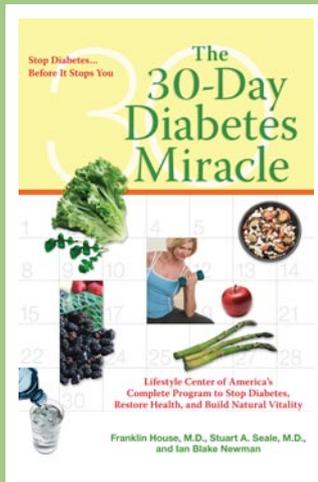
Type-2 diabetes is **not** something you catch like the flu.

fiber good carbs from a big bowl of oatmeal, whole wheat toast, and fruit. This, in turn – thanks to filling effect of fiber – will make it much easier for you to forgo snacking. That’s good news for several reasons. We have another popular saying at LCA:

*The bigger the snacks, the bigger the slacks<sup>12</sup>.*

Not only do many of us tend to eat *too much* while snacking, but we so often eat the *worst kinds* of snacks. High sugar, high fat foods (cakes, cookies, candies, chocolate, and desserts) are the things we crave, and these – not celery sticks – are the kinds of snacks that contribute considerably to caloric intake<sup>13</sup> and, of course, higher insulin needs as well as higher blood sugar. Very, very few of the healthiest people studied in the Alameda study were snackers<sup>14</sup>. Did you know that increased frequency of meals and snacks is even associated with increased risk of colon cancer<sup>15 16</sup>? At LCA, we find that small, frequent meals throughout the day – such as the American Diabetes Association recommends – because they increase the number of times your pancreas is stimulated, aggravate the diabetes process rather than improve it.

It takes at least three- to four hours for your food to properly digest. We recommend you give yourself about five hours between meals (eat breakfast at, say, 7:30 a.m., and lunch at 1 p.m.). Eating regular meals using low-glycemic,

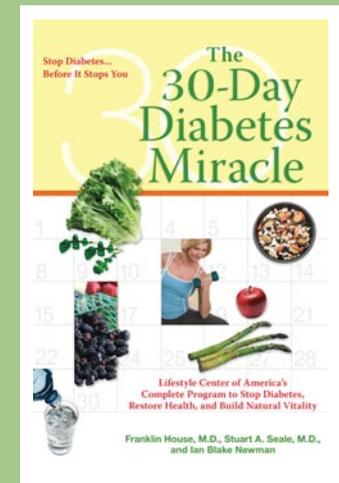


high-fiber foods will keep your blood sugars controlled and keep you satisfied so that you're not hungry until your next meal. With two good meals at breakfast and lunch, you can have a light supper or even skip it, and not feel hungry.

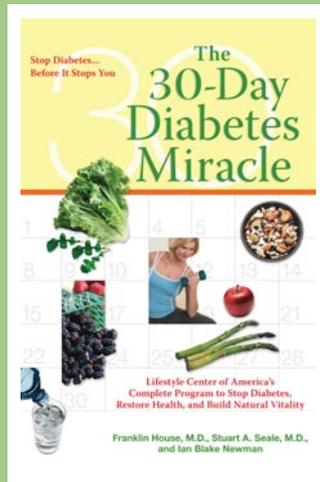
That leads us to the question of how you should think about lunch. We say "eat lunch like a prince" because the meal should be a full one, but not as big as breakfast's "king-size" meal. If you eat a plant-based, high-fiber lunch (heavy on the salad, veggies, beans, and whole grains), you'll be surprised to discover what many of our patients have: *you won't be not hungry between meals.*

Skipping or significantly reducing what is traditionally the highest-calorie meal (and doing so without feeling hungry or restricted) is a great secret to weight loss and morning blood sugar control. Regular caloric restriction is associated with prolonged life. In fact, restricting caloric intake to 60-70 percent of the normal "requirement" for weight maintenance prolongs the lifespan across a broad range of species <sup>17 18</sup> from rats to humans. Caloric restriction in adult men and women results in decreased metabolic, hormonal, and inflammatory risk factors for diabetes, cardiovascular disease, and possibly cancer <sup>19</sup>. Some observations have found that caloric restriction showed benefits on insulin resistance; blood lipid levels; blood pressure; asthma; seasonal allergies; infectious diseases of viral, bacterial, and fungal origin; rheumatoid arthritis; osteoarthritis; and other conditions <sup>20 21</sup> as well.

A diagnosis of type-2 diabetes does **not** mean you will have to take large doses of medicine for the rest of your life.



It is **not** best for you to place your diabetes management solely in the hands of your doctor.



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Here's a summary with more details about this pillar of our program to reverse diabetes:

***Eat breakfast like a king, lunch like a prince, and supper like a pauper!***

- Eat 50 to 60 percent of all your daily calories at breakfast (3-5 Carb Choices or 45-75 grams of carbohydrate). Breakfast is the most important meal of the day. This is when you should eat *substantial* foods. You can even have foods traditionally served for evening meals, such as bean chili on whole wheat toast with steamed Swiss chard, very satisfying on a cold, winter morning.
- Eat 30 to 40 percent of your calories at lunch (3-5 Carb Choices or 45-75 grams of carbohydrate). You could have vegetable barley stew, a mixed greens salad, and some fruit. Or, a great on-the-go meal might be whole wheat pita bread stuffed with hummus, sliced red peppers, cucumber, sprouts, red onion, and fresh basil leaves. Use your imagination and the choices become endless.
- Eat zero to 10 percent of your calories at supper (0-3 Carb Choices, or a maximum of 45 grams of carbohydrate). If you choose to eat in the evening, a plate of steamed “above-ground” vegetables, vegetable soup, a green leafy salad with lemon juice, or a piece of

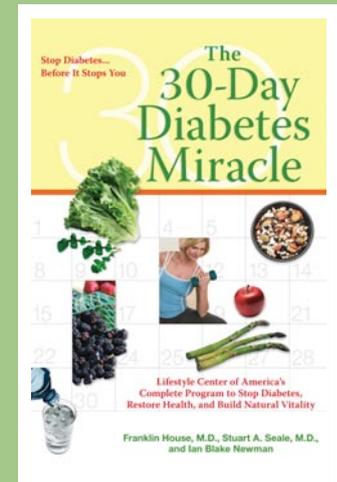
“northern hemisphere” fruit is the best choices. If you can avoid supper altogether, that’s probably the best option, so try working toward that as an ultimate goal.

- Remember: Eat a sensible, plant-based breakfast and lunch (and possible light supper) at regularly scheduled times, with no snacking in between. Careful—you can gain weight on a plant-based diet if you don’t watch calories.

## Menus and Recipes

Because breakfast really is the most important meal of the day for people with diabetes, below you can find a week’s worth of breakfast menus. Menu items in bold have recipes following. Carb counts can be found in the analysis. Please note that some recipes are higher in fat than others, so watch portions to ensure an overall low-fat diet. For more recipes, please see our book, *The 30-Day Diabetes Miracle*, or the upcoming *The 30-Day Diabetes Miracle Cookbook* (May 2008, Perigee).

Diabetes is **not** uncontrollable.



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# SUNDAY – DAY 1

MEAL	PORTION SIZE	# OF CARB CHOICES
Flaxseed French Toast	2 slices	2
Very Berry Topping	2/3 cup	1
Breakfast Great Northern Beans	1/2 cup	1
Almonds	1/2oz (11-12 nuts)	Free
Ground Flaxseed	1-2 tbls	Free
TOTAL # OF CARB CHOICES		4

## Flaxseed French Toast

*Makes 6 slices*

This is a hearty, cholesterol-free version of the breakfast favorite, usually laden with eggs and oil. The ground flaxseed provides heart-healthy Omega-3 fat, and the Ezekiel 4:9® Sprouted Grain Bread makes it diabetic-friendly, as long as you don't smother it with butter and maple syrup. Instead, top it with a dollop of Smart Balance® light, sliced fruit, or our **Very Berry Topping**.

### Nutrition Note:

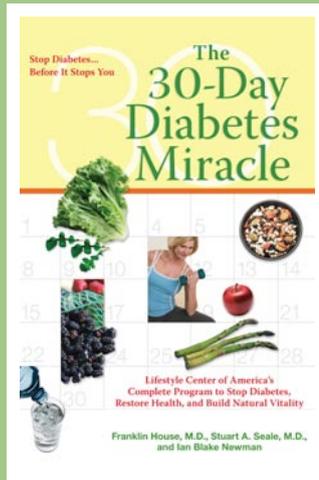
See Nutrition Note for **Ground Flaxseed** to learn more about flaxseed.

**Analysis for one serving: 1 slice with no toppings**

Calories: 126, Fat: 3.8 g, Total carbohydrate: 19.7 g, Protein: 4.5 g,

Dietary fiber: 2.6 g, Sodium: 149 mg, Net carb:

17.1 g, Carb choice per serving: 1



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# FLAXSEED FRENCH TOAST

*Makes 6 slices*

½ cup raw cashew pieces

½ cup warm water

1 cup warm water

1 ½ tablespoons cornstarch

2 tablespoons whole flaxseed

1 ½ teaspoons vanilla extract

¼ teaspoon salt

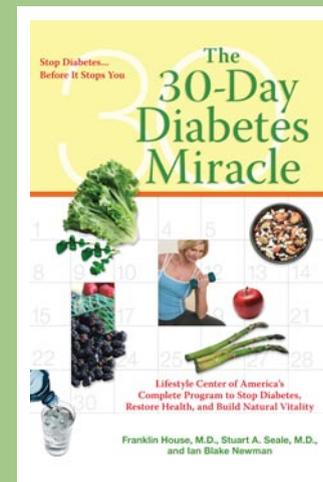
teaspoon cinnamon or coriander

6 slices Ezekiel 4:9® Sprouted Grain Bread or other whole-grain multigrain bread

Vegetable cooking spray

In a blender on high setting, blend cashews with the ½ cup of water until smooth and creamy, about 1-2 minutes. Add the rest of the ingredients, except for the bread, and blend on high speed until mixture thickens. Pour into shallow bowl or baking pan. Lightly spray a frying pan or griddle with vegetable cooking spray. If using a griddle with a temperature gauge, set it at 350°F. Dip each slice of bread into batter to coat the slice. Place on the frying pan and cook until golden brown, flip and brown the other side. Serve immediately.

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## Very Berry Topping

Makes 2 cups (6 – 1/3 cup servings)

The brilliant colors of berries make this sauce as beautiful as it is delicious. Its the perfect low-glycemic topping for waffles, pancakes, and desserts.

### **Cook's Tip:**

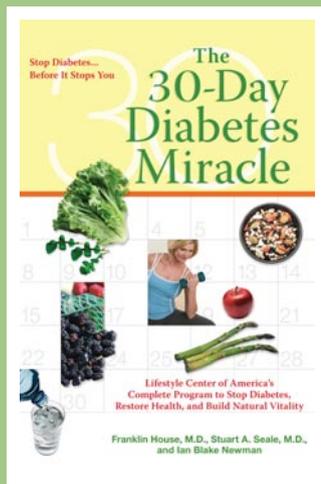
*For a nice flavor variation, try adding 1 tablespoon fresh lemon juice, 1/8 teaspoon orange flavor, OR ¼ teaspoon vanilla.*

### **Nutrition Note:**

Berries are part of the “miracle” of this cookbook. Nutritional wonders that make their sometimes high cost well worth every penny, berries are low-glycemic, and low in fat, calories, and sodium. They're also rich in fiber, potassium, Vitamin C, and antioxidant phytochemicals that are potential cancer-fighters and heart-protectors.

### **Analysis for one serving: 1/3 cup**

Calories: 44, Fat: 0.4 g, Total carbohydrate: 10.8 g, Protein: 0.6 g, Dietary fiber: 2.3 g, Sodium: 2 mg, Net carb: 8.5 g, Carb choice per serving: ½



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## Very Berry Topping

*Makes 2 cups (6 – 1/3 cup servings)*

1 cup fresh sliced or frozen unsweetened strawberries, separated

½ cup fresh or frozen unsweetened blueberries

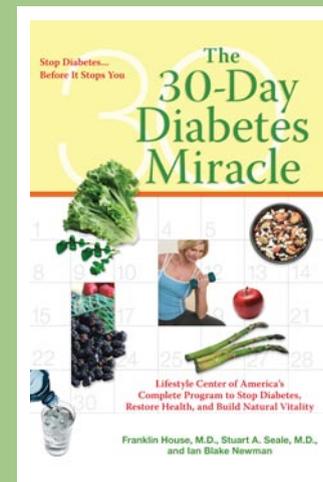
½ cup fresh or frozen unsweetened blackberries

½ cup fresh or frozen unsweetened sweet cherries

2 teaspoons 100 percent natural floral honey

Thaw berries if frozen. In a blender on high setting, blend ½ cup of strawberries until creamy, about 1 minute. Pour into a bowl, add remaining ingredients, and stir together. Serve over waffles as is or slightly warm in a saucepan or microwave before serving.

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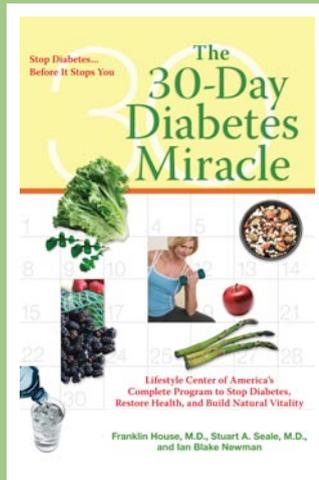
# Breakfast Great Northern Beans

Makes 5 ½ cups (11 – ½ cup servings)

Great Northern beans are white beans that are larger than Navy beans. They are so creamy when cooked that some people describe them as buttery. They run neck and neck with our **Kickin' Western Chili** as the most popular breakfast bean dish served at Lifestyle Center of America.

### Analysis for one serving: ½ cup

Calories: 137, Fat: 0.4 g, Total carbohydrate: 24.7 g, Protein: 6.2 g, Dietary fiber: 6.2 g, Sodium: 235 mg, Net carb: 18.5 g, Carb choice per serving: 1



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## Breakfast Great Northern Beans

Makes 5 ½ cups (11 – ½ cup servings)

6 cups Great Northern beans, regular sodium canned, drained

1 ½ cups water

1 teaspoon onion powder

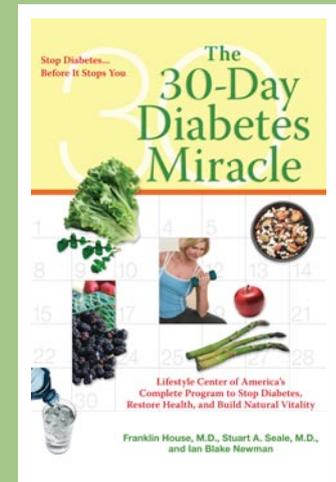
½ teaspoon garlic powder

1 teaspoon cumin

1 teaspoon Red Star® Nutritional Yeast Flakes

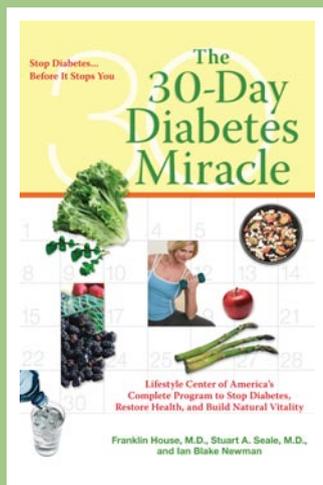
Combine ingredients in a saucepan and heat through. Smash about 1/3 of beans against side of pot to make beans thick and saucy.

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## Ground Flaxseed

*Makes: 3 tablespoons + 1 ½ teaspoons ground*

We encourage the daily use of ground flaxseed, a natural wonder for high-fiber, low-cholesterol health-promotion. Take a moment to read the Nutrition Note below and you will appreciate why.

### **Nutrition Note:**

Flaxseed is a good source of the essential Omega-3 fatty acid called alpha-linolenic acid (ALA). ALA has many health benefits, including cell membrane health, indirect anti-inflammatory actions, and heart-protective abilities. ALA can be converted by the body into the long chain type of Omega-3 found in fish. This Omega-3 makes platelets less sticky and reduces inflammatory processes in blood vessels, thus decreasing the risk of a heart attack. The conversion of ALA to this long chain Omega-3 is not very efficient, but every little bit helps. Flaxseed is also a great source of dietary fiber, including a type of soluble fiber that helps lower cholesterol levels. It also provides protein, iron, and potassium. Flax contains an impressive array of phytochemicals with powerful antioxidant and anti-cancer properties. One of these phytochemicals is a class of compounds called lignans, flax being the leading dietary source. Lignans provide fiber and some are plant estrogens that protect against breast cancer. **CAUTION:** as outstanding as flaxseed is, don't have more than 3 tablespoons whole seeds per day, because the husks of the seeds contain compounds that can be toxic in high doses.

## Ground Flaxseed

*Makes: 3 tablespoons + 1 ½ teaspoons ground*

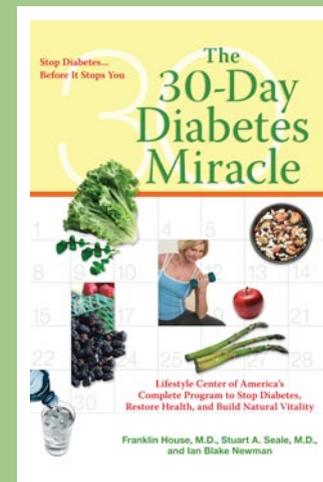
2 tablespoons whole flaxseed, light or dark

### **Analysis for one serving: 1 tablespoon ground flaxseed**

Calories: 35, Fat: 2.4 g, Total carbohydrate: 2.4 g, Protein: 1.4 g,  
Dietary fiber: 2 g, Sodium: 2 mg, Net carbohydrate: 0.4 g, Carb choice  
per serving: free

Measure whole seeds and put in a seed grinder, small coffee grinder, or mini food processor, and grind until fine, about 10-30 seconds. Eat after grinding by adding to hot or cold cereal, breads, soups, or salads. Once ground, don't leave flaxseed at room temperature or it will spoil—always refrigerate or freeze in a sealed container, where it will keep for up to 6 months. We recommend you grind only as much as you need at one time for optimal benefit. Store your whole flaxseed in an airtight container in the refrigerator or freezer.

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# MONDAY – DAY 2

MEAL	PORTION SIZE	# OF CARB CHOICES
Simply Steel Cut Oats	1 cup	2
Breakfast Pinto Beans	1/2 cup	1
Strawberries	1 cup	1/2
Pecans	1/2 oz (10 halves)	Free
Unsweetened Soy /Almond Milk	1/2 cup	Free
Ground Flaxseed	1-2 tbs	Free
<b>TOTAL # OF CARB CHOICES</b>		<b>3 1/2</b>

## Simply Steel-Cut Oats

*Makes 3 cups (6 – ½ cup servings)*

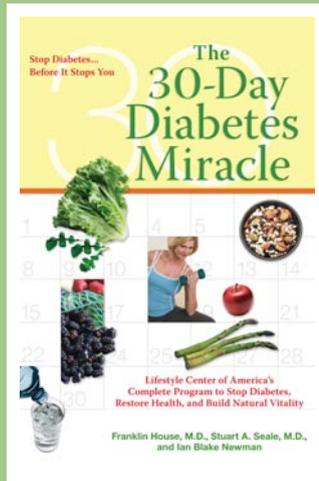
The dense, chewy texture of steel-cut oats is wonderful. Sprinkle with walnuts, and the desire for a crunchy, chewy hot breakfast cereal is more than adequately satisfied.

### **Nutrition Note:**

*Steel-cut oats are usually imported from Ireland or Scotland. They're made by cutting whole oat berries (called oat groats) into 2 or 3 pieces. They take longer to cook than rolled oats, but are definitely worth the wait.*

### **Analysis for one serving: ½ cup**

Calories: 105, Fat: 1.7 g, Total carbohydrate: 18.3 g, Protein: 4.4 g,  
Dietary fiber: 2.9 g, Sodium: 198 mg, Net carbohydrate: 15.4 g,  
Carb choice per serving: 1



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## Simply Steel-Cut Oats

*Makes 3 cups (6 – ½ cup servings)*

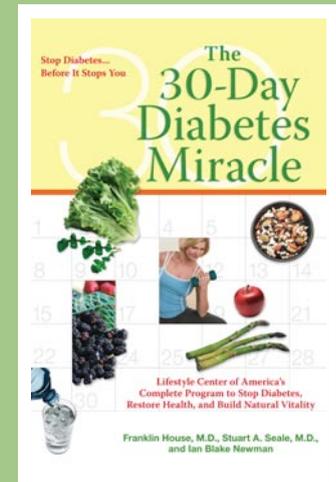
3 cups water

½ teaspoon salt

1 cup steel-cut oats

In a medium saucepan, bring water and salt to a boil. Add steel-cut oats and stir briefly. Reduce heat, cover, and simmer 40-45 minutes.

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## Breakfast Pinto Beans

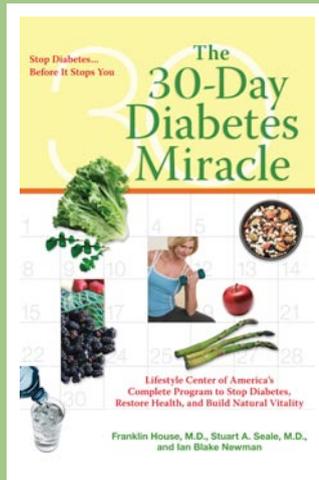
*Makes 5 ½ cups (11 – ½ cup servings)*

These very meaty tasting beans are also called “Red Mexican” beans. They have streaks of reddish-brown on their skin, which disappear when they’re cooked.

### **Analysis for one serving: ½ cup**

Calories: 131, Fat: 0.5 g, Total carbohydrate: 24.4 g, Protein: 7.9 g, Dietary fiber: 8.1 g, Sodium: 151 mg, Net carb: 16.3 g, Carb choice per serving: 1

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## Breakfast Pinto Beans

*Makes 5 ½ cups (11 – ½ cup servings)*

6 cups pinto beans, regular sodium canned, drained

1 ½ cups water

1 teaspoon onion powder

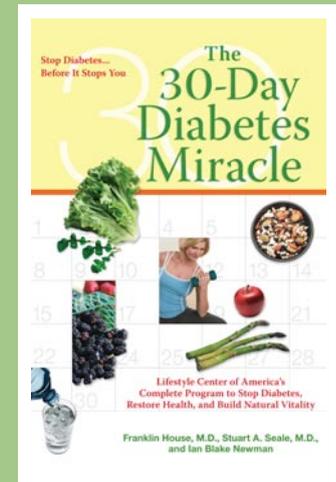
½ teaspoon garlic powder

1 teaspoon cumin

1 teaspoon Red Star® Nutritional Yeast Flakes

Combine ingredients in a saucepan and heat through. Smash about 1/3 of beans against side of pot to make beans thick and saucy.

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## TUESDAY – DAY 3

MEAL	PORTION SIZE	# OF CARB CHOICES
Traditional Scrambled Tofu	1 cup	1/2
Ezekiel 4:9® Sprouted Grain Bread	1 1/2 slices	1 1/2
Smart Balance® Light Margarine	2 tsp	Free
Pear	1 medium	1 1/3
Pecans	1/2 oz. (10 halves)	Free
Ground Flaxseed	1-2 tbls	Free
TOTAL # OF CARB CHOICES		3 1/3

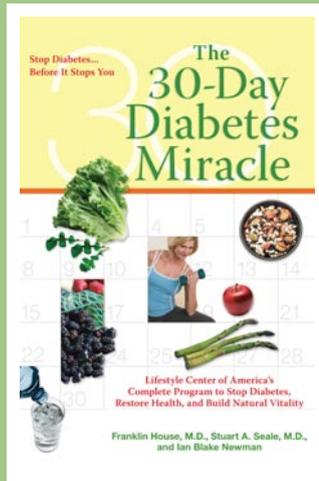
## Traditional Scrambled Tofu

*Makes 3 cups (6 – ½ cup servings)*

Our non-dairy take on traditional scrambled eggs is a big hit with our guests—especially those transitioning onto a plant-based diet. Season as you would eggs, and stop worrying whether the experts say eggs are good or bad for you this week.

### **Nutrition Note:**

What is nutritional yeast? Yeast is a one-celled microorganism growth-form classified in the kingdom Fungi (same family as edible mushrooms), which reproduces asexually by budding. These microorganisms are traditionally used in breweries, distilleries, and paper mills. Pure strains of *Saccharomyces cerevisiae* yeast are grown on mixtures of cane and beet molasses. After the fermentation process is completed the yeast is harvested, thoroughly washed, pasteurized, and dried. We only use Red Star® Nutritional Yeast, which is not made from by-products of breweries, distilleries or paper mills, is not a genetically modified organism (GMO), and contains no added sugars or preservatives. Red Star® Nutritional Yeast is grown specifically for its nutritional value. It provides protein, dietary fiber, B-complex vitamins—thiamin (B1), riboflavin, (B2), niacin



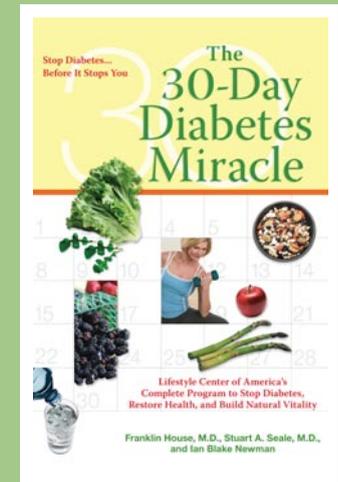
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(B3), pyridoxine (B6), cyanocobalamin (B12)—and folic acid. It's naturally low in fat and salt. Besides providing nutrition, Red Star® Nutritional Yeast enhances the flavor and taste of whatever it's added to.

**Analysis for one serving: ½ cup without optional vegetables**

Calories: 82, Fat: 4.4 g, Total carbohydrate: 5.0 g, Protein: 7.7 g, Dietary fiber: 1.2 g, Sodium: 215 mg, Net carb: 3.8 g, Carb choice per serving: free

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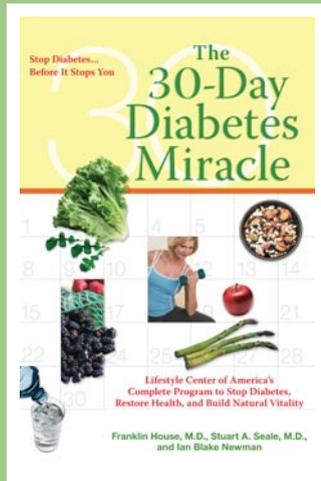
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## Traditional Scrambled Tofu

*Makes 3 cups (6 – ½ cup servings)*

- |   |   |
|---|---|
| 2 cups drained water-pack, extra firm tofu      | 2 teaspoons McKay's® Chicken-Style Seasoning, Vegan |
| 1 ½ teaspoons extra-virgin olive oil            | 1/8 teaspoon turmeric powder                        |
| ½ cup chopped onion                             | ½ teaspoon salt                                     |
| ¼ cup chopped bell pepper, optional             | ½ teaspoon onion powder                             |
| ½ cup fresh chopped tomatoes, optional          | ¼ teaspoon garlic powder                            |
| 2 tablespoons fresh green onion or dried chives | 2 tablespoons Red Star® Nutritional Yeast Flakes    |

Remove tofu from its package, rinse, drain, and set aside. In a large skillet, sauté vegetables in olive oil until tender, about 3-4 minutes. Crumble tofu into skillet with vegetable mixture, add remaining ingredients, stir together, and cook over medium heat 5-10 minutes. Serve immediately.



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## Golden Soy Oat Pancakes

Makes 3 cups batter = 12 pancakes (6—2 pancake servings)

They look and taste like traditional pancakes, but they won't raise your blood sugar like traditional pancakes, thanks to the bean foundation.

Make recipe for **Golden Soy Oat Waffles** (next recipe). Heat skillet or grill and lightly spray with vegetable cooking spray. Drop ¼ cup portions of batter onto hot surface and flip when browned. Add healthy toppings like fresh, low glycemic fruit or our **Very Berry Topping**.

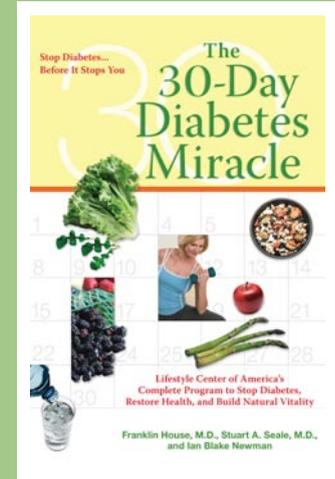
### *Nutrition Note:*

See Nutrition Note for **Golden Soy Oat Waffles**.

**Analysis for one serving: 2 - 4 ½” pancakes (1/4 cup batter per pancake):**

Calories: 160, Fat: 6.2 g, Total carbohydrate: 19.4 g, Protein: 8.0 g, Dietary fiber: 3.8 g, Sodium: 198 mg, Net carb: 15.6 g, Carb choice per serving: 1

MEAL	PORTION SIZE	# OF CARB CHOICES
Golden Soy Oat Pancakes	3	1 1/2
Very Berry Fruit Topping	2/3 cup	1
Breakfast Black Beans	1/2 cup	1
Almonds	1/2 oz (11-12 nuts)	Free
Unsweetened Soy /Almond Milk	1/2 cup	Free
Ground Flaxseed	1-2 tbls	Free
<b>TOTAL # OF CARB CHOICES</b>		<b>3 1/2</b>



# Golden Soy Oat Waffles

*Makes 3 cups batter = 4 – 6” waffles*

Waffles made of beans? Don't be surprised if you never go back to the flour-heavy originals. You won't taste the beans, but they'll give these waffles the right flavor and texture. And the best news is they'll make this breakfast very diabetic-friendly, because fiber-rich beans are one of the best plant foods for regulating blood sugar. Add healthy toppings like our **Very Berry Topping** to taste.

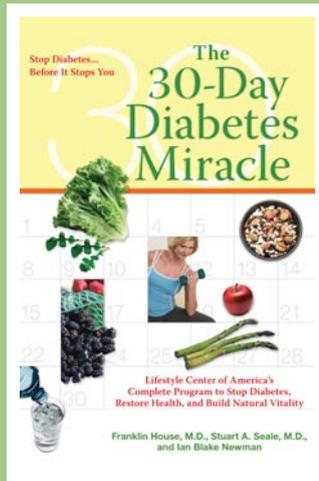
## ***Cook's Tip:***

Sort dry beans, rinse in a colander, and place in a covered container in a generous amount of water, and refrigerate overnight. In the morning (after 6-8 hours), drain beans, and measure needed amount of soaked beans. One half cup of any dry bean yields at least 1 cup soaked. Store remaining beans in water in covered container in refrigerator for up to 10 days, changing the water once. You can soak a large batch of soybeans and freeze the extras in 1 cup portions for future waffles or pancakes. Thaw before using. If you don't want to use soybeans, you can substitute pinto, navy, northern, cannellini, chickpea, or black beans in this recipe.

## ***Nutrition Note:***

The combination of beans and grains in these waffles provides much more protein than the average waffles. Most importantly, though, this recipe avoids

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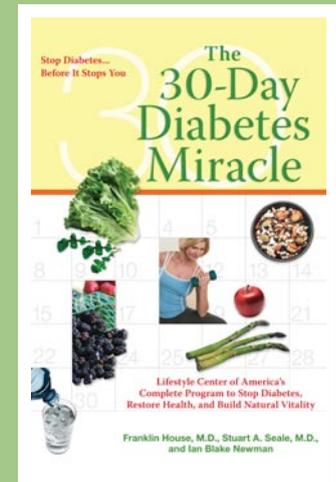
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the typically high-glycemic spike to your blood sugar caused by traditional waffles, and creates instead a nutritious low-glycemic load, to help regulate your blood sugar at breakfast, and keep you feeling satisfied for hours after eating (thanks to the fiber). Just don't smother these waffles with maple syrup!

**Analysis for one serving: ½ of a 6” waffle with no toppings**

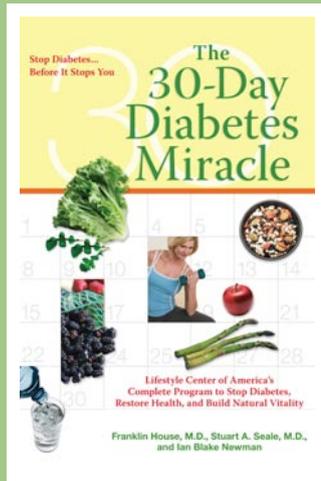
Calories: 109, Fat: 3.9 g, Total carbohydrate: 13.4 g, Protein: 5.7 g, Dietary fiber: 2.7 g, Sodium: 149 mg, Net carb: 10.7 g, Carb choice per serving: 2/3

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## Golden Soy Oat Waffles

*Makes 3 cups batter = 4 – 6" waffles*

- 1 cup soaked soybeans (see Cook's Tip for how to prepare soaked beans)
- 1  $\frac{2}{3}$  cups water
- 1 tablespoon 100 percent natural floral honey
- 2 teaspoons canola oil
- 1 teaspoon vanilla extract or maple flavoring
- $\frac{1}{2}$  teaspoon salt
- 1  $\frac{1}{3}$  cups old-fashioned rolled oats

In a blender on high setting, blend all ingredients except oats for a minimum of 90 seconds. Add oats and blend again for another minute. Pour batter into a bowl and then heat up a regular (not Belgian) 6 diameter waffle iron. By the time the waffle iron is fully heated, the batter will have thickened to the right consistency so no additional water will have to be added. Put  $\frac{3}{4}$  cup batter in the waffle iron and bake. These whole grain bean waffles are heavier and will require a longer cooking time, which varies with the brand of waffle iron and may take anywhere from 3 to 8 minutes. You will need to experiment with your model of waffle iron. *Warning: Don't peek until the time is up, or waffle will come apart.*

## Breakfast Black Beans

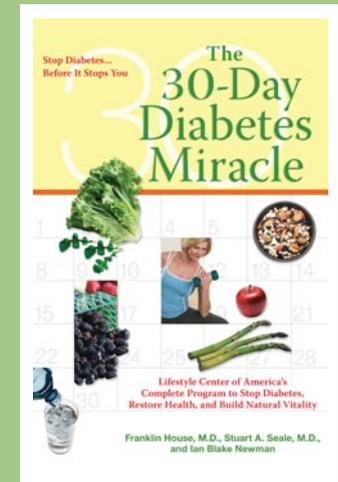
*Makes 5 ½ cups (11 – ½ cup servings)*

Including beans for breakfast is a top tip for a healthy, high-fiber, low-glycemic breakfast for people with diabetes. Make a big batch and store in the fridge or freezer for a quick breakfast side dish. Known also as “turtle beans,” black beans have a matte black sheen, a creamy colored flesh, and an earthy, rich flavor.

### **Analysis for one serving: ½ cup**

Calories: 136, Fat: 0.6 g, Total carbohydrate: 25.2 g, Protein: 8.4 g, Dietary fiber: 6.1 g, Sodium: 362 mg, Net carb: 19.1 g, Carb choice per serving: 1

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## Breakfast Black Beans

*Makes 5 ½ cups (11 – ½ cup servings)*

6 cups black beans, regular sodium canned, drained

1 ½ cups water

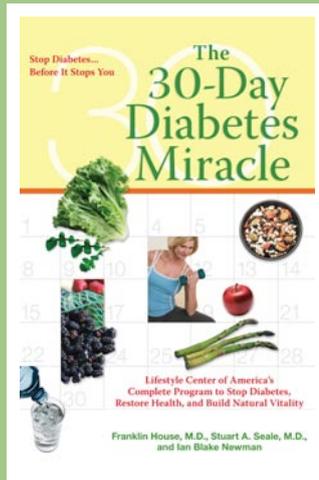
1 teaspoon onion powder

½ teaspoon garlic powder

1 teaspoon cumin

1 teaspoon Red Star® Nutritional Yeast Flakes

Combine all ingredients in a saucepan and heat through. Smash about 1/3 of beans against side of pot to make recipe thick and saucy.



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## Creamy Cranberry Quinoa

Makes 2 ¾ cups (about 5 – ½ cup servings)

Quinoa (pronounced KEEN-wah) is a relative newcomer to the healthy American plate. It's usually associated with savory pilafs, but here it's used in a delicious new hot cereal option.

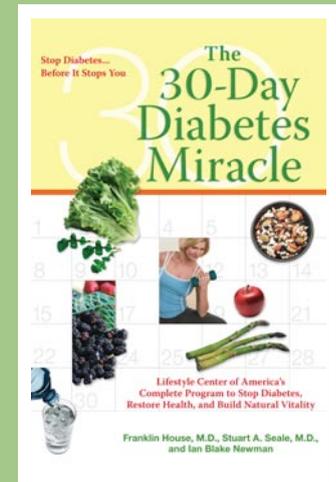
### ***Nutrition Note:***

Quinoa, like buckwheat, is not a true grain, but it looks like one and can be used in similar ways, such as hot cereal, pilaf, and risotto. Though it doesn't look it, quinoa's related to green leafy vegetables like spinach and Swiss chard. It's coated with a bitter tasting resin (saponin), which protects its seeds from birds and insects, so before cooking, always rinse quinoa in a fine strainer under running water until water runs clear. Drain well, then cook.

### **Analysis for one serving: ½ cup with no sweetener or toppings**

Calories: 120, Fat: 2.0 g, Total carbohydrate: 21.3 g,  
Protein: 4.3 g, Dietary fiber: 2.1 g, Sodium: 128 mg, Net  
carbohydrate: 19.2 g, Carb choice per serving: 1

MEAL	PORTION SIZE	# OF CARB CHOICES
Creamy Cranberry Quinoa	1 cup	2
Kickin' Western Chili	3/4 cup	1
Sweet cherries	1/2 cup	1/2
Walnuts	1/2 oz (7 halves)	Free
Unsweetened Soy /Almond Milk	1/2 cup	Free
Ground Flaxseed	1-2 tbls	Free
<b>TOTAL # OF CARB CHOICES</b>		<b>3 1/2</b>



## Creamy Cranberry Quinoa

*Makes 2  $\frac{3}{4}$  cups (about 5 –  $\frac{1}{2}$  cup servings)*

$\frac{3}{4}$  cup dry quinoa

1  $\frac{1}{2}$  cups water

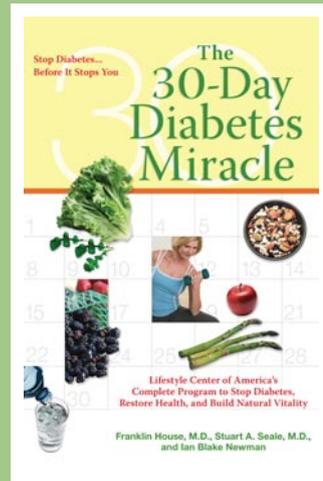
$\frac{1}{4}$  teaspoon salt

1 cup soymilk, unsweetened or plain

$\frac{1}{4}$  cup dried cranberries

1 teaspoon vanilla extract (optional)

Put quinoa in a fine strainer and rinse under running water until water runs clear. Drain well. In a medium saucepan, stir together rinsed quinoa, water, and salt. Bring to a boil, reduce heat to low, cover, and simmer about 15-20 minutes until water is absorbed. Stir in soymilk, cranberries, and vanilla. Simmer another 10 minutes until cereal is thickened. Add healthy toppings to taste.



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## Kickin' Western Chili

*Makes 9 cups (18 – ½ cup servings) with burger crumbles*

*Makes 7 cups (14 – ½ cup servings) without burger crumbles*

This first-place chili cook-off winner is bursting with fabulous textures and flavors. The longer it cooks, the better it gets. At Windcrest Restaurant, we serve these beans every day—for *breakfast!* We know this is a large batch of chili, so see the Cook's Tip below for freezing leftovers.

### **Cook's Tip:**

Divide leftover chili into portions that meet your needs and freeze. Thaw in the microwave or overnight in the refrigerator.

### **Nutrition Note:**

To lower the sodium in this recipe, use low-sodium canned beans.

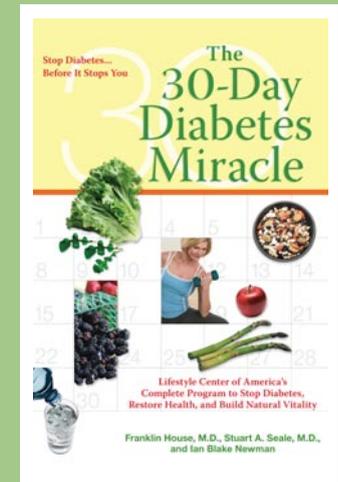
#### **Analysis for one serving: ½ cup with burger crumbles**

Calories: 97, Fat: 1.5 g, Total carbohydrate: 15.8 g, Protein: 6.4 g, Dietary fiber: 4.5 g, Sodium: 238 mg, Net carb: 11.3 g, Carb choice per serving: 2/3

#### **Analysis for one serving: ½ cup without burger crumbles**

Calories: 101, Fat: 1.1 g, Total carbohydrate: 18.6 g, Protein: 5.6 g, Dietary fiber: 5.2 g, Sodium: 281 mg, Net carb: 13.4 g, Carb choice per serving: 1

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## Kickin' Western Chili

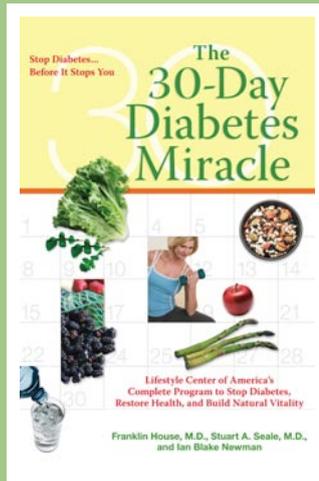
*Makes 9 cups (18 – ½ cup servings) with burger crumbles*

*Makes 7 cups (14 – ½ cup servings) without burger crumbles*

1 ½ teaspoons extra-virgin olive oil	1 ½ cups regular sodium canned pinto beans, drained
1 ½ cups chopped onion	1 ½ cups regular sodium canned red kidney beans, drained
¼ cup chopped green bell pepper	1 ½ cups regular sodium canned black beans, drained
3 garlic cloves, minced	13 ozs canned diced tomatoes
2 tablespoons chili powder, or to taste	¼ cup tomato paste
1 ½ teaspoons ground cumin	2 tablespoons canned chopped mild green chilies
1/8 teaspoon oregano	1 ½ cups water
¾ teaspoons paprika	
3 cups Morningstar Farms® Grillers Recipe (burger) Crumbles, thawed, or other meatless burger crumbles, optional	

Heat oil in a large saucepan over medium heat. Add onion, green bell pepper, and garlic, sautéing until tender, about 4-5 minutes. Stir in seasonings and burger crumbles, and sauté for one more minute. Add remaining ingredients, bring to a boil, reduce heat, and simmer until flavors are blended, about 30-45 minutes.

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## Cashew Burger Gravy

*Makes 2 cups (6 – 1/3 cup servings)*

If you thought your gravy days were over because you're health conscious, think again. Here's a mouth-watering, low-fat gravy with high fat flavor, which is also very versatile.

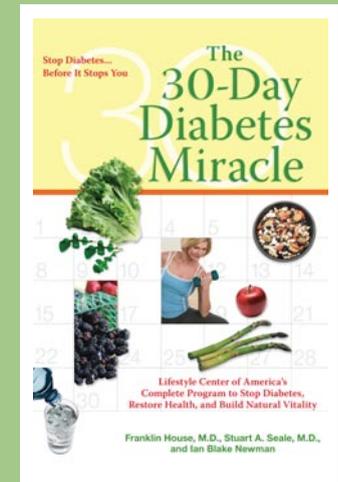
### ***Nutrition Note:***

This gravy is healthier than popular gravy because the fat from cashews is the healthier unsaturated kind, and the "burger" is not from ground beef. Besides ground beef's higher fat/saturated fat content, it's more likely to contain E. coli and other bacteria than other meat or plant-based ingredients.

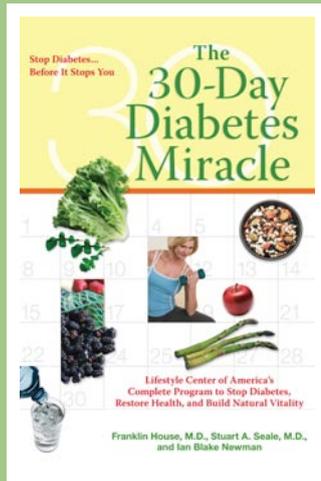
### **Analysis for one serving: 1/3 cup**

Calories: 52, Fat: 3.0 g, Total carbohydrate: 5.0 g, Protein: 1.9 g, Dietary fiber: 0.4 g Sodium: 167 mg, Net carb: 4.6 g, Carb choice per serving: 1/3

MEAL	PORTION SIZE	# OF CARB CHOICES
Cashew Burger Gravy	2/3 cup	2/3
Country Barley Biscuits	1 1/2 - 2" biscuits	1 1/2
Breakfast Great Northern Beans	1/2 cup	1
Kiwi	2 medium	1
Almonds	1/2 oz. (11-12)	Free
Ground Flaxseed	1-2 tbls	Free
<b>TOTAL # OF CARB CHOICES</b>		<b>~4</b>



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## Cashew Burger Gravy

*Makes 2 cups (6 – 1/3 cup servings)*

1 ¼ cups water

¼ teaspoon salt

¼ cup raw cashew pieces

½ cup water

2 tablespoons cornstarch

1 ½ teaspoons McKay's® Beef-Style Seasoning, Vegan

6 tablespoons Morningstar Farms® Burger Recipe Crumbles, thawed then measured

1 ½ teaspoons dried chives

Combine 1 ¼ cups water and salt in a large saucepan and bring to a boil. In a blender, combine cashews with ½ cup water, cornstarch, and beef-style seasoning, and blend 1-2 minutes until smooth and creamy. Add blender ingredients to the pot of boiling salt water, whisking until gravy thickens. Add burger crumbles and chives. Cook one more minute. Serve over **Country Barley Biscuits** (recipe following) or Ezekiel 4:9® Sprouted Grain or other whole wheat toast.

# Country Barley Biscuits

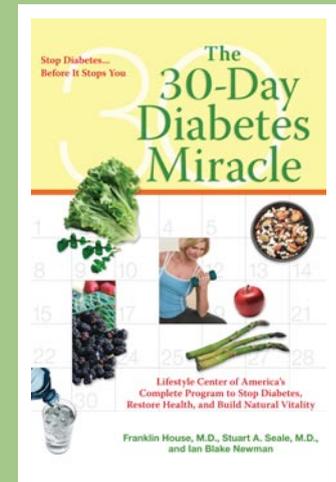
*Makes 12 – 2” biscuits*

The barley flour in these low-fat, diabetic-friendly gems gives them a unique, sweet, whole-grain flavor. Make this generous batch and freeze some for future use.

## **Analysis for one serving: 1 biscuit**

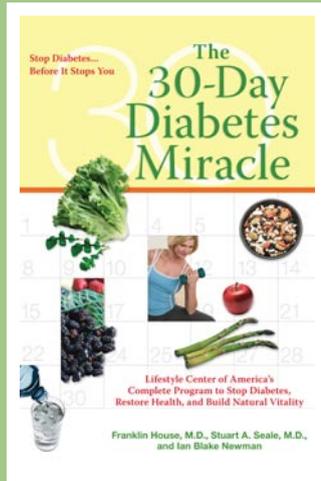
Calories: 121, Fat: 3.7 g, Total carbohydrate: 19.5 g, Protein: 3.7 g, Dietary fiber: 3.0 g, Sodium: 108 mg, Net carb: 16.5 g, Carb choice per serving: 1

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## Country Barley Biscuits

*Makes 12 – 2” biscuits*

- $\frac{3}{4}$  cup unsweetened soymilk, warmed to 110° F.
- 1  $\frac{1}{2}$  teaspoons rapid rise yeast
- 1 cup barley flour
- 1  $\frac{1}{4}$  cups whole wheat pastry flour
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons + 2 teaspoons canola oil
- Vegetable cooking spray

Preheat oven to lowest temperature to create a warm oven, then turn oven off. Briefly whisk together warm milk and yeast and set aside. In a medium bowl, mix dry ingredients together. Add the oil to the yeast mixture, then add to dry ingredients. Stir quickly, but as little as possible. Dough should be moist, but hold together. Mixture will be sticky but fluffy. Turn out onto a well-floured board. Make dough into a ball and roll out with a rolling pin to 1” thickness. Cut biscuits using a 2” biscuit cutter. Place biscuits, sides touching, on baking sheet sprayed with vegetable oil cooking spray. Let rise in pre-warmed oven for 30 minutes. Without removing from oven, turn the oven up to 350° F. Bake 14 minutes until golden brown.

## Santa Fe Waffles

*Makes 3 cups batter = 4 – 6” waffles*

Bring the taste of the southwest to your breakfast table with this savory black bean waffle. Top with our **Pico Fresca** (recipe following) for an authentic south of the border taste experience.

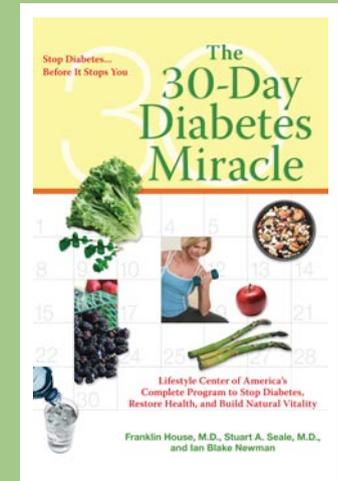
### **Cook’s Tip:**

Sort dry beans, rinse in a colander, and place in a covered container in a generous amount of water, and refrigerate overnight. In the morning (after 6-8 hours), drain beans, and measure needed amount of soaked beans (1/2 cup of any dry bean yields at least 1 cup soaked). Store remaining beans in water in covered container in refrigerator for up to 10 days, changing the water once. You can soak a large batch of beans and freeze the extras in 1 cup portions for future use. Thaw before using. In a pinch for time? Use low-sodium canned black beans, drained.

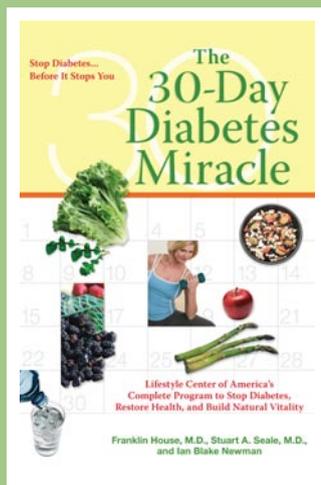
### **Analysis for one serving: ½ of a 6” waffle**

Calories: 94, Fat: 2.1 g, Total carbohydrate: 15.1 g, Protein: 4.1 g, Dietary fiber: 2.9 g, Sodium: 149 mg, Net carbohydrate: 12.2 g, Carb choice per serving: 2/3

MEAL	PORTION SIZE	# OF CARB CHOICES
Santa Fe Waffles	1 1/2 6” waffles	2
Pico Fresca	1/2 cup	Free
Banana, green on ends	1/2 of a 6” banana	1
Ground Flaxseed	1-2 tbls	Free
<b>TOTAL # OF CARB CHOICES</b>		<b>3</b>



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## Santa Fe Waffles

*Makes 3 cups batter = 4 – 6" waffles*

- 1 cup soaked black beans (See Cook's Tip for how to prepare soaked beans)
- 1  $\frac{2}{3}$  cups water
- 2 teaspoons canola oil
- 1 teaspoon onion powder
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon cayenne pepper
- $\frac{1}{4}$  teaspoon cumin
- 1  $\frac{1}{3}$  cups old-fashioned rolled oats

Blend ingredients except oats on high for a minimum of 90 seconds. Add oats and blend again for another minute. Pour batter into bowl and then heat up a regular (not Belgian) 6" diameter waffle iron. By the time the waffle iron is fully heated, the batter will have thickened to the right consistency so no additional water will have to be added. Put  $\frac{3}{4}$  cup batter in the waffle iron and bake. These whole grain bean waffles are heavier and will require a longer cooking time, which varies with the brand of waffle iron and may take anywhere from 3 to 8 minutes. You will need to experiment with your model of waffle iron. *Warning:* Don't peek until the time is up, or waffle will come apart.

## Pico Fresca

Makes 2 ½ cups (5 – ½ cup servings)

This low-carb spicy topping recipe combines vine-ripened tomatoes with avocado and a jalapeño pepper. Add an extra jalapeño if you want more heat.

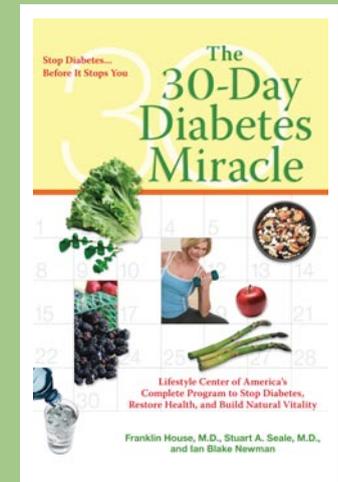
### **Cook's Tip:**

Remove jalapeño pepper seeds with a knife, and be careful not to touch your eyes after touching the seeds. Wash your hands.

### **Analysis for one serving: ½ cup**

Calories: 64, Fat: 4.8 g, Total carbohydrate: 5.8 g,  
Protein: 1.3 g, Dietary fiber: 2.2 g, Sodium: 128 mg, Net  
carbohydrate: 3.6 g, Carb choice per serving: free

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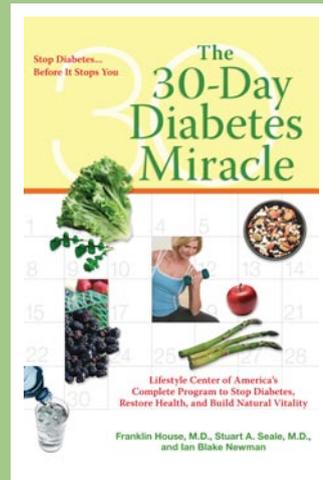
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## Pico Fresca

*Makes 2 ½ cups (5 – ½ cup servings)*

- 1 cup avocado, cut into ½” chunks
- 1 ¼ cups coarsely chopped fresh tomato
- 3 tablespoons chopped onion
- ½ clove garlic, minced
- 1 tablespoon sliced jalapeño pepper, seeds removed
- 2 tablespoons fresh chopped cilantro
- ¼ teaspoon salt
- 2 tablespoons fresh lime juice

Combine all ingredients in a bowl. Serve over **Santa Fe Waffles**.

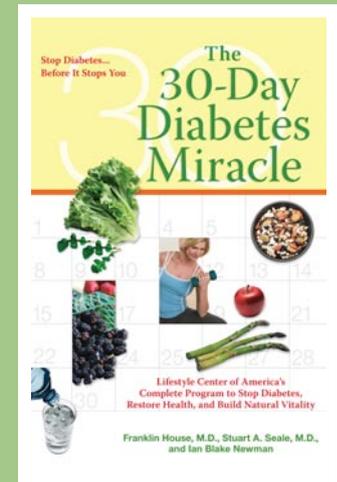


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# Notes

- <sup>1</sup> Service FJ, Hall LD, Westland RE, et al. "Effects of size, time of day, and sequence of meal ingestion on carbohydrate tolerance in normal subjects." *Diabetologia*. 1983, 25:316-321.
- <sup>2</sup> Van Cauter E, Shapiro ET, Tillil H, et al. "Circadian modulation of glucose and insulin responses to meals: relationship to cortisol rhythm." *Am J Physiol*. 1992, 262:E467-E475.
- <sup>3</sup> Verrillo A, De Teresa A, Martino C, Di Chiara G, Pinto M, et al. "Differential roles of splanchnic and peripheral tissues in determining diurnal fluctuation of glucose tolerance." *Am J Physiol*. 1989, E459-E465.
- <sup>4</sup> Service FJ, Hall LD, Westland RE, O'Brien PC, et al. "Effects of size, time of day, and sequence of meal ingestion on carbohydrate tolerance in normal subjects." *Diabetologia*. 1983, 25:316-321.
- <sup>5</sup> Lee A, Ader M, Bray GA, Bergman RN. "Diurnal variation in glucose tolerance. Cyclic suppression of insulin action and insulin secretion in normal weight, but not obese subjects." *Diabetes*, 1992, 41(6):742-749.
- <sup>6</sup> Van Cauter E, Polonsky KS, Blackman JD, Roland D, Sturis J, et al. "Abnormal temporal patterns of glucose tolerance in obesity: relationship to sleep-related growth hormone secretion and circadian cortisol rhythmicity." *J Clin Endocrinol Metab*. 1994, 79:1797-1805.
- <sup>7</sup> Hill JO, Wyatt H, Phelan S, Wing R. "The National Weight Control Registry: is it useful in helping deal with our obesity epidemic?" *J Nutr Educ Behav*. 2005, 37(4):206-210.
- <sup>8</sup> Wing RR, Phelan S. "Long-term weight loss maintenance." *Am J Clin Nutr*. 2005, 82(suppl):222S-225S.
- <sup>9</sup> Wyatt HR, Grunwald GK, Mosca CL, Klem ML, et al. "Long-term weight loss and breakfast in subjects in the National Weight Control Registry." *Obes Res*. 2002, 10(2):78-82.
- <sup>10</sup> The National Weight Control Registry, a database of more than 4,000 individuals who have been successful at long-term weight loss maintenance, reports that 78 percent of registry members eat breakfast every day of the week. Eating breakfast was also one of the habits associated with better health status and even *prolonged life* in another famous study, this one from Alameda County, CA. In this population, not eating breakfast regularly was associated with 1.5 times increased risk of death, compared to those who ate breakfast regularly. The other habits included never smoking, drinking fewer than five alcoholic beverages at one sitting, sleeping seven- to eight hours a night, getting physically active, maintaining ideal weight, and avoiding snacks. See: Masheb RM, Grilo CM. "Eating patterns and breakfast consumption in obese patients with binge eating disorder." *Behav Res Ther*. 2006, 44(11):1545-1553. See also: Kaplan GA, Seeman TE, Cohen RD, Knudsen LP, et al. "Mortality among the elderly in the Alameda County Study: behavioral and demographic risk factors." *Am J Public Health*. 1987, 77(3):307-312. Most important meal of the day? How about most important meal of your life?



- <sup>11</sup> Morse SA, Ciechanowski PS, Katon WJ, Hirsch IB. "Isn't this just bedtime snacking? The potential adverse effects of night-eating symptoms on treatment adherence and outcomes in patients with diabetes." *Diabetes Care*. 2006, 29(8):1800-1804.
- <sup>12</sup> Kaya Chong, one of our LCA nutritionists, puts it simply: snacking is associated with obesity in part because it increases the number of times you have to "face food"—and if you tend to overeat, this is one way you wind up adding unnecessary calories to your diet, not to mention a heavier workload for your tired pancreas.
- <sup>13</sup> Morse SA, Ciechanowski PS, Katon WJ, Hirsch IB. "Isn't this just bedtime snacking? The potential adverse effects of night-eating symptoms on treatment adherence and outcomes in patients with diabetes." *Diabetes Care*. 2006, 29(8):1800-1804.
- <sup>14</sup> Schoenborn CA. "Health habits of US adults, 1985: the "Alameda 7" revisited." *Public Health Rep*. 1986, 101(6):571-580.
- <sup>15</sup> De Verdier MG, Longnecker MP. "Eating frequency—a neglected risk factor for colon cancer?" *Cancer Causes Control*. 1992, 3(1):77.
- <sup>16</sup> Lane MA, Mattison J, Ingram DK, Roth GS. "Caloric restriction and aging in primates: relevance to humans and possible CR mimetics." *Microsc Res Tech*. 2002, 59(4):335-338.
- <sup>17</sup> Lane MA, Mattison J, Ingram DK, Roth GS. "Caloric restriction and aging in primates: relevance to humans and possible CR mimetics." *Microsc Res Tech*. 2002, 59(4):335-338.
- <sup>18</sup> Lane MA, Black A, Handy A, Tilmont EM, et al.. "Caloric restriction in primates." *Ann NY Acad Sci*. 2001, 928:287-295.
- <sup>19</sup> Fontana L, Klein S. "Aging, adiposity, and calorie restriction." *JAMA*. 2007, 297(9):986-994.
- <sup>20</sup> Johnson JB, Laub DR, John S. "The effect on health of alternate day calorie restriction: eating less and more than needed on alternate days prolongs life." *Med Hypotheses*. 2006, 67(2):209-211.
- <sup>21</sup> Roth GS, Ingram DK, Lane MA. "Caloric restriction in primates and relevance to humans." *Ann NY Acad Sci*. 2001, 928:305-315.

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