

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Healthy Oils vs. Saturated Fats: Saturated fats from red meat and dairy products worsen insulin resistance. High quality healthy oils improve the way the body handles blood sugar and insulin. Sources of Healthy Oils: Avocado, cold water, deep sea fish (cod, salmon, tuna), flaxseed oil, grape seed oil, nuts, nut butters, cold-pressed oils (olive oil, safflower oil, soybean oil, sesame seed oil), seeds (pumpkin, sunflower).

High Quality Lean Protein: Fish! Skinless poultry (white meat); chicken, duck breast, turkey, emu, ostrich, pheasant, game birds, eggs, low-fat dairy, nuts, beans, legumes, rabbit, lean cuts of red meat (cuts that include "loin" in the name); venison, elk, beef, bison, goat and lamb.

Fiber: Fiber plays an important role in promoting healthy insulin and blood sugar response by slowing digestion and preventing blood sugar spikes. Fiber is also important for creating and maintaining healthy bowel movements. Unexcreted bowel movements lead to a buildup of toxins in the body contributing to chronic inflammation that leads to diseases such as diabetes, and hypertension.

Good fiber sources: bran, beans, lentils, brown rice, nuts, seeds, green vegetables, apples.*

*Apples are not appropriate for all diabetics

Foods to Avoid Entirely:

- Refined products and foods which tend to be high in calories, salt, sugar and fat with very little nutrition: white flour products such as pasta, cake, muffins, pretzels, bagels, waffles, white bread, enriched flour products, white rice, rice cakes, breakfast cereals, candies, baked goods, popcorn, crackers, white potatoes (includes mashed potatoes, French fries, potato starch and flour), chips of any kind, and any sweetened or alcoholic beverages, etc.
- Margarine, butter, lard, shortening, palm and palm kernel oil, saturated fat, trans-fat (partially hydrogenated oils).
- Smoked or cured meats: bacon, hot dogs, luncheon meats, sausages, ham, Spam, and any other high fat or processed meats.
- Cuts of meat that are high in fat. Remove skin from poultry. Trim all visible fat.
- Meats cooked at extremely high temperatures or cooked to well-done.
- Any sweetened or artificially sweetened soft drinks, Kool-Aid, juice-flavored drinks, etc
- Fried foods/Deep Fried foods: including French fries, fried chicken, potato chips, corn chips and doughnuts.
- Any artificial sweeteners (they trigger an insulin surge)

Are you at risk for Insulin Resistance?	
Blood Tests to help you determine:	Symptoms characteristic of Insulin Resistance:
Fasting insulin \geq 15 mg/mL	Apple shaped obesity
Triglycerides \geq 130 mg/dL	Family history of type 2 diabetes
Triglyceride/HDL ratio \geq 3.0	Hypertension
	Dyslipidemia
	Polycystic ovaries

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Do you have Metabolic Syndrome?
<i>If you have 3 or more of the following criteria, you have metabolic syndrome.</i>
Central obesity as measured by waist circumference: Men: > 40 inches. Women > 35 inches.
Fasting blood triglycerides: > 150 mg/dL
Blood HDL: Men < 40 mg/dL. Women: < 50 mg/dL.
Blood pressure: > or = 130/85 mmHg.
Fasting glucose: > or = 100 mg/dL

Should You be Concerned?

- Heart disease & stroke is responsible for 65% of deaths in people with Diabetes.
- 73% of diabetics have high blood pressure
- Diabetes is the leading cause of blindness in adults ages 20 to 74, responsible for 12,000 to 24,000 new cases of blindness each year.
- Diabetes is the leading cause of kidney failure in the US.
- 60-70% of diabetics have mild to severe forms of nerve damage. Severe forms of nerve damage are the leading cause of amputations.
- More than 60% of non-traumatic lower limb amputations occur in diabetics in 2002. This translated into 82,000 amputations.
- 1/3 of diabetics have severe periodontal disease.
- Poorly controlled diabetes causes 5-10% of pregnancies and 15-20% of all spontaneous abortions in the first trimester. In the 2nd and 3rd trimesters it is the leading cause of excessively large babies, increasing the risk of complications during birth, and increasing the baby's risk of obesity.
- Life threatening biochemical imbalances such as ketoacidosis
- Diabetics are more susceptible to other illnesses, more likely to receive a poor prognosis, and develop additional complications. They are also more likely to die from these illnesses, such as pneumonia and influenza.

Chronically high Insulin levels also cause problems, including:

- Hypertension, due to impaired sodium balance
- Harmful to the kidneys
- Damages the vascular system
- Increases the risk and progression of certain cancers
- Makes weight loss difficult, by preventing the release of fat stores even when the individual restricts caloric intake and exercises
- Promotes cravings for simple carbohydrates
- Contributes to the benign prostate enlargement

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Simple vs. Complex Carbohydrates

This is a quick list to help demonstrate the classification of commonly consumed carbohydrates. For additional information on how various foods affect blood sugar levels look at the Glycemic Index website:

<http://www.glycemicindex.com/>

Simple Carbohydrates	Complex Carbohydrates
Alcohol	Vegetables
Sweets & Candy	Fruits
Bread	Whole Grains
Pasta	Nuts
Cereal	Seeds
Crackers & Chips	Legumes
Tortillas	
White Rice	
Corn	
Potatoes	
Refried Beans	
Fruit Juice	

Common Foods and Suggested Substitutes:

Reduce or Eliminate:	Replace or substitute with:
Red Meat	Fish, white meat, poultry, tofu
Hamburger, Hot dogs, luncheon meats, smoked or cured meat	Soy-based or vegetarian alternatives
High fat dairy products	Low-fat or nonfat dairy
Ice cream, cookies, etc	Fruit
Fried foods, fatty snacks	Vegetables, fresh salad
Coffee, soft drinks	Herbal tea, green tea, fresh fruit and vegetable juices
Butter, lard, other saturated fats, margarine, shortening and other sources of trans fatty acids or partially hydrogenated oils.	Oils to cook with: Olive oil, grape seed oil, sesame seed oil, rice bran oil, coconut oil. Oils to use raw: flax seed oil, borage seed oil, pumpkin seed oil, avocado oil, and macadamia nut oil. Nut and seed butters: Almond butter, cashew butter, tahini, etc.

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Breakfast Recipes:

Granola

- 4 cup old fashioned rolled oats
- ½ cup sesame seeds
- ½ cup raw almonds
- 2 tsp. cinnamon
- 2 tsp. vanilla extract
- 1/3 tsp. stevia
- 1/4 cup olive oil

Preheat oven to 325 degrees. Mix all ingredients together and stir until well blended and oats etc. are thoroughly coated with oil. Spread onto a 9 X 13 sheet or edged cookie sheet. Bake for about 30 minutes stirring frequently to promote even browning. Cool and store in an airtight container. Serve as is or swimming in sugar-free almond milk.

Sandy's Royal Breakfast Cereal

- 1 cup Rolled Oats
- ½ cup of rolled rye
- ½ cup Rice Bran
- ½ cup Oat Bran
- ¼ cup Flax Meal
- 1 cup Instant Soy Protein
- ¼ cup Hemp Seed
- ½ cup of your favorite raw nuts
- 2-3 tbsp. cinnamon

Store the mixture in the refrigerator. At breakfast put ½ cup of cereal in bowl and add fruit, ½ cup berries, and ½ cup of skim milk or almond milk or water. Mix well. Eat cold or warm; do not cook. Makes 8 servings

Tri-berry Boost Smoothie

- 15 to 25 grams of soy protein
- 8 oz nonfat milk, vanilla soy milk, or almond milk (unsweetened)
- 1/3 cup strawberries (fresh or frozen)
- 1/3 cup raspberries (fresh or frozen)
- 1/3 cup blueberries (fresh or frozen)
- 3 to 4 ice cubes (optional)
- 1 tbsp flaxseed oil, ground flax seeds, or grape seed oil
- Raw almonds (optional)

Place all ingredients in the blender and liquefy.

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Dressings, Dips & Sauces

Healthy Oil Dressing

- 1 oz macadamia nut oil (optional)
- 3 oz olive oil or grape seed oil (increase to 4 oz if macadamia nut oil is omitted)
- 4 oz organic flaxseed oil
- 2 tbsp lemon juice
- 2 tsp balsamic vinegar
- 2 garlic cloves, finely minced
- 1 tbsp Italian herbs
- 1 tsp salt or salt substitute (optional)
- 1 tsp black pepper

Place all ingredients into a blender and blend for 2 to 3 minutes. Store in the fridge.

Parsley Sauce for Steamed Vegetables

- 1 cup chicken broth or vegetable broth
- 1 egg yolk
- 1 Tbsp corn starch
- 1/8 tsp. pepper
- 1/8 tsp. nutmeg
- 1 Tbsp grape seed oil
- 1 Tbsp. dill weed
- ¼ tsp. salt

Heat broth then add ¼ c. broth to beaten egg yolk and corn starch. Stir together and pour into broth. Add remaining ingredients and heat until boiling and thickened. Pour over steamed vegetables.

Lime Dressing

- 2 tbsp. lime juice
- 1 tbsp. gluten-free Dijon mustard
- ¼ tsp. sea salt
- 1/8 tsp black pepper
- ¼ to 1/3 cup Olive oil

Place the Chinese cabbage in a salad bowl and add all the other salad ingredients. Mix well.

To make the lime dressing, put all the ingredients, except the oil, in a small bowl and whisk together. Add the oil slowly, whisking continuously until you have a smooth dressing. (If you can't get the dressing to emulsify, try adding a little cold water). Add the dressing to the salad ingredients, mix well, and serve.

Garlic Guacamole

- 1 ripe avocado
- 1 to 2 cloves fresh garlic
- ½ to 1 tsp of Bragg's Amino Acids
- ½ to 1 tbsp omega 3 mayo (optional)

Mash avocado in a bowl, mince garlic and add garlic, Braggs and mayo to the avocado. Mix well.

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Sweet Mustard Dressing:

- ½ cup prepared mustard
- 1 dropper Herbasweet
- 1 tbsp. Walnut oil
- 1 tbsp. Apple cider vinegar

Mix together and serve.

Salads and Wraps

Curry Chicken Salad

- 4 ½ cup chopped cooked chicken
- ¾ cup Noyonnaise (mayonnaise substitute) or Omega 3 mayonnaise
- ½ cup chutney (chopped)
- 1 ½ tsp. curry powder
- 1 Tbsp. lemon or lime juice
- 1/12 cup toasted almonds

Mix above ingredients and refrigerate before serving. If you cannot find chutney in your grocery store, the following mixture may be used.

(Chutney Mixture)

- ¼ cup unsweetened, chopped pineapple
- 1 tsp. apple cider vinegar
- 1 Tbsp. minced tomato
- ¼ tsp. paprika
- ¼ tsp. salt
- 1/8 tsp. pepper
- 1 tsp. minced onion
- 1/16th tsp. powdered stevia

Lentil, Radish and Cucumber Salad

- 1 cup Dried lentils (soaked in water over night, then drained)
- 2 cups Vegetable broth
- 1 ½ cups Thinly sliced halved cucumbers
- ½ cup thinly sliced radishes
- 1/8 cup rice vinegar
- 1/8 cup lemon juice
- 2 Tbsp. Chopped fresh chives
- 2 tsp. Italian salad dressing, sugar-free and preservative-free
- 1/8 tsp. salt
- 1/8 tsp. pepper (black, white or red)

Marinate the cucumbers and radish slices about 15 to 20 minutes in the rice vinegar and lemon juice. Rinse lentils and combine with broth and in a medium pot. Bring to a boil. Reduce heat to moderately low and cook, partially covered until lentils are just tender, 20 to 25 minutes. Drain and let cool. Gently stir lentils, chives, and salad dressing into the cucumber and radish mix. Add salt and pepper.

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Spinach Salad

- 1 bunch spinach, torn (remove stems)
- ½ head cauliflower, broken into flowers, then sliced thinly
- ½ lb. mushrooms, sliced
- 1 small red onion, thinly sliced

Toss all ingredients. Serve with Balsamic vinegar OR sugar-free, preservative-free dressing. Serves 4

Summer Salad

- 3 eggs (hard boiled and chopped)
- 1/2 medium green pepper (chopped)
- 1/2 medium red pepper (chopped)
- 1 Tbsp. chopped onion
- 2 large celery stalks (chopped)
- 2 cup cherry tomatoes
- 1/8 cup chopped fresh parsley

Dressing

- 3/4 cup fat free Mayonnaise or Omega 3 mayonnaise
- 1/2 cup soy, almond or oat milk without added sugar
- 2 Tbsp. apple cider vinegar
- 1/8 tsp. stevia

Mix together and pour over vegetables, brown rice, barley, kasha or Quinoa pasta. Chill. Serves 10.

Tomato and Cucumber Salad

- 6-8 Roma tomatoes, diced
- 1 cucumber, diced
- 1 avocado, mashed
- ¼ small onion, diced
- Juice from 1 lime
- Fresh basil, shredded

Mix ingredients. Splash with red wine vinegar. Add basil to taste. Serves 2

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Tuna Fish Salad Fajitas

- 1 6 oz can chunk light Tuna, drained or wild Alaskan salmon
- Omega 3 Mayonnaise (Flax or Safflower can also work)
- ¼ tsp. Chili powder
- 1 medium Carrot, grated
- 1 Green onion, chopped
- 1 Tomato, diced
- ½ an Avocado, peeled and cut in to chunks
- ¼ cup Fresh Basil
- Salt and pepper
- 4 Large Green Leafs for Wraps

In a bowl combine tuna miracle whip and chili powder. Add carrot, onion, and tomato, avocado and fresh basil. Season with salt and pepper to taste; stir gently. Servings 2.

Veggie Wraps

- Lettuce leaves or collard leaves
- ¼ cup cucumber or green zucchini
- ¼ cup onion
- alfalfa sprouts
- 1 avocado, cut in pieces
- feta cheese
- poppy seed dressing (sugar and preservative-free)

Layer vegetables in lettuce leaves. Sprinkle feta cheese over vegetables and drizzle dressing over vegetables. Wrap cabbage roll style. Refrigerate for 2 hours before serving.

Veggie Hash

- Cruciferous: broccoli, green and red cabbage, cauliflower
- Root Vegetable Suggestions: Carrot, Yam, Beet, Parsnip, Radish, Jicama
- Squashes to use: Zucchini, Summer Squash, Chayote, Crook Neck Squash, Winter Squash (acorn, butternut, turban, etc.)
- Bulb/Stem Veggies to use: Asparagus, Celery, Fennel and Kohlrabi
- Pepper: bell peppers (all colors)

Cut vegetables into ¼ to ½ inch cubes. Any dense vegetable you have in your refrigerator will work. Grate, slice, or dice the vegetables. Place all the veggies together in a bowl and keep refrigerated. When ready to eat place serving in a fresh bowl and add your favorite dip or sauce.

Sauce Suggestions: hummus, lime/lemon juice, guacamole, a healthy low fat salad dressing, sun-dried tomato pesto, basil pesto, or pinjur (roasted red peppers, roasted eggplant, and roasted garlic.) Get creative and make it Delicious!!!

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Cooked Vegetables:

Green Bean Casserole

- 1 pkg. Green beans
- 1 small onion finely chopped
- ¼ tsp. sea salt
- 8 medium mushrooms
- 1 ½ cups water
- 1 ½ tbsp. brown rice flour
- ½ cup goats milk, soy milk or nonfat milk

Combine green beans and onion in casserole dish. In a saucepan combine water, mushrooms, sea salt and butter. Heat to boiling and boil for 3 minutes. In a cup mix ½ cup goats' milk and brown rice flour. Pour into mushroom mixture and bring to boil until thickened. Pour over green beans and bake uncovered for 40 minutes

Wonderful Squash Casserole

- 3 yellow zucchini squash
- 3 green zucchini squash
- ¼ cup oat flour or brown rice flour (gluten free)
- 1 medium onion
- 5 tbsp. olive oil or grape seed oil
- salt and pepper

In 2-quart casserole dish, slice zucchini, alternating colors. Layer with onions. Between each layer sprinkle oat flour, butter, salt, pepper and chopped onions. Bake 375 degrees until squash is tender.

Zucchini Boats

Slice zucchini in half lengthwise. Sprinkle with salt, pepper, paprika, onions, fresh garlic and chili powder. Bake in 400 degrees oven until tender. Serve hot.

Bean Dishes; Salads, Soups & Dips

Black Bean Salad

- 1 15-oz can of black beans
- ½ cup frozen corn, thawed
- 6 cherry tomatoes, quartered
- ½ cup minced green onion
- 1 clove garlic, crushed or minced
- ½ cup diced red bell pepper
- ½ cup chopped cilantro
- 2 cups mixed field greens
- 1 tbsp olive or flaxseed oil

Mix all ingredients together in a large bowl and serve.

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Black-Bean Soup

- 1 pound dried black beans, picked over, rinsed and soaked overnight, then drained
- 2 quarts water
- 6 c. chicken stock or vegetable broth
- ¾ lb. yams, peeled and cut into ½-inch dice
- 2 c. chopped fresh or drained canned tomatoes
- 1 c. coarsely chopped onion
- ½ c. chopped cilantro stems
- ½ tsp. dried thyme
- Salt
- ½ c. extra-virgin olive oil
- 3 garlic cloves, minced
- 1 ½ Tbsp. apple cider vinegar or sherry vinegar
- Tabasco* to taste

Garnishes:

- Chopped onion
- 2 hard-cooked eggs, chopped
- 2 small bananas, sliced
- Cilantro leaves and small sprigs
- Extra-virgin olive oil
- Tabasco*

Make the soup: Put the beans in a large clean pot. Add the water, stock, yams, tomatoes, onion, cilantro stems, thyme and 1 tsp. of salt and bring to a boil. Reduce the heat to low and cook, stirring occasionally until the beans are tender and the soup has thickened, about 2-2 ½ hours.

Transfer 3 cups of the beans to a food processor and puree until smooth. Stir the puree into the soup. If the soup is too thick, thin it with a little water. Stir in the olive oil, garlic and vinegar, season with salt and a bit of Tabasco (only enough to brighten the flavor—not to make it too spicy) and bring to a boil.

Prepare the garnishes: Put the onion in a colander and rinse under cold water; pat dry. Put the onion, eggs, bananas and cilantro in separate bowls. Set out the olive oil, vinegar and Tabasco. Ladle the soup into bowls and serve with the garnishes.

The soup can be refrigerated for up to 3 days. Reheat gently. 6 Servings

*Tabasco in tiny quantities acts only as a flavor enhancer. Use more if you prefer your food spicy.

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Dinner Dishes (Lean Meats, Tofu, etc):

Asian Salmon

- 2 tsp low-sodium soy sauce
- 1 tbsp Dijon mustard
- ½ lb salmon, cut into 2 pieces
- ½ cup onion slices
- 1 garlic clove, chopped
- ¼ tsp dried ginger (or ½ tsp minced fresh ginger)
- 2 cups sliced fresh shitake mushrooms

Preheat oven to 350 degrees F. Mix the soy sauce into the mustard and coat the salmon. Sauté onion, garlic, ginger and mushrooms in a medium pan for about 5 minutes. Bake the salmon in a baking dish, depending on how thick it is (about 7 minutes if less than an inch thick). When cooked place on bed of mushroom mixture.

Bulgur Pilaf with Shrimp and Snow Peas

- 1 tsp. Olive oil
- 1 Onion, chopped
- ¼ tsp. Turmeric
- ¼ tsp. pepper
- 1 pinch of Cayenne Pepper
- 1 ½ cups Bulgur
- 3 ½ cups Hot vegetable stock
- ½ tsp. Saffron Threads
- ½ lb. Snow Peas, trimmed
- ½ lb. Cooked peeled large shrimp
- ½ cup Fresh parsley, chopped
- 2 medium Tomatoes, chopped
- Salt to taste
- Lemon Wedges

In a large non-stick skillet, heat oil over medium heat; cook onion, turmeric, pepper and cayenne, stirring occasionally, for 5 minutes or until onion is softened. Add bulgur, vegetable stock and saffron, bring to boil. Reduce heat to low, simmer, covered, for 15 minutes or until liquid is absorbed. Meanwhile, in a pot of boiling water, cook snow peas for 1 minute. Drain and rinse under cold water, drain again. To bulgur mixture, add snow peas, shrimp, parsley and tomatoes, cook over medium heat, toss gently for about 3 minutes or until hot. Season with salt to taste. Garnish each plate with lemon wedge. Serves 6.

Dr. Sandy's Golden Salmon Delight

- 1 lb. wild salmon
- 3 tbsp Dijon mustard
- 3 tbsp omega 3 mayo

Mix the Dijon mustard and mayo together, coat the salmon with mustard sauce. Bake in the oven at 350 until the salmon flakes easily with a fork.

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Curried Chicken or Tofu over Brown Rice

- ½ cup uncooked quick brown rice
- 7.5 oz firm tofu, cut into small cubes, or 1 boneless chicken breast, cut into bite-sized pieces.
- Olive oil for sautéing
- ½ cup chopped onion
- 1 clove of garlic, minced
- Ginger
- 2 tsp curry powder
- 1 tsp chili powder
- 1 cup chicken or vegetable stock
- 1 medium red bell pepper, chopped
- ½ cup coconut milk (make sure it is mixed well before using)
- Salt and pepper to taste

Follow instructions on the package of quick brown rice. While the water for the rice is coming to a boil, cut up the tofu or chicken and other ingredients. Sauté onion with a little olive oil in a medium sauté pan over medium-low heat for about 5 minutes, stirring frequently; add garlic and ginger, and continue to sauté for another minute, then remove from heat and add the curry powder and chili powder. Mix well. Return to heat and add stock, chicken, bell pepper, and coconut milk. Simmer until chicken is done, about 10 min. Salt and pepper to taste. Place rice on plate and top with the curry mixture.

Lemony Wild Salmon with Dill weed

- 1 lb Wild Salmon
- 1 lemon
- Fresh or dried Dill weed
- 1 to 3 cloves of fresh garlic

Place salmon in a baking dish, cut half the lemon into slices, slice garlic. Using the unsliced half of the lemon, squeeze juice over the salmon. Place a layer of sliced garlic over the salmon, and then add a layer of lemon slices. Bake in the oven at 350 until salmon is cooked all the way through. Serves 4.

Shrimp and Rice Casserole

- 1 cup dry brown rice
- 2 Tbsp. grape seed oil
- Sauté till golden brown (about 7 minutes).
- ¾ cup onion (chopped)
- 1 cup diced celery
- Add rice and sauté 3-5 minutes.
- 4 cup tomato juice
- Pinch cayenne or red pepper
- 1/8 cup parsley flakes
- Add and simmer 10-15 minutes.
- 2 1/2 cup shrimp (about 1 lb.)
- 2 small cans diced tomatoes

Mix in well. Bake covered for 30 minutes at 350 degrees.