



SOUTH BAY
SEVENTH-DAY ADVENTIST
— CHURCH OF CHATTANOOGA —

Welcome To Seminar #1

So glad you are with us for this course!

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RECIPE

Fruity Quinoa Bowl

Ingredients

- ½ cup Quinoa, dry
- ½ cup Blueberries
- ½ cup Strawberries, diced
- ½ cup Mangos, diced
- 1 Orange , juiced
- 1 tbsp Lime juice
- ¼ cup Fresh mint, chopped

Instructions

1. Cook quinoa according to package instructions.
2. While quinoa is cooking, rinse and prepare blueberries, strawberries, and mango.
3. Combine orange juice and lime.
4. When quinoa is done cooking and has cooled, transfer to a large bowl and add fruit. Pour juice mixture over top and toss well.
5. Top with fresh mint.

INSULIN RESITANCE DIET

Food Classification System based on the Mastering Diabetes website.

Foods in 3 categories:

- The green light category contains the foods that you can eat ad libitum (i.e. as much as you need to feel full). These are all unrefined whole foods. They are optimal for reversing insulin resistance and there is no need to limit how much to eat.
- The yellow light category contains foods that you can include in small quantities, because they are either slightly processed or have a higher fat content. They shouldn't be daily staples, but they are still considered "healthy" choices.
- The red light category contains the foods that we recommend removing from your fridge, your kitchen cabinets, and most importantly your plate. These foods have been documented by evidence-based research to cause insulin resistance, increase your blood glucose, and promote chronic diseases.

Green Light	Yellow Light	Red Light
All fruits (exceptions: dates, avocados, and durian)	Whole grain or bean pastas	All red meat (beef, lamb, ham, pork, bacon, veal, sausage)
All non-starchy vegetables	Whole grain cereals	All white meat (chicken, turkey)
All starchy vegetables (potatoes, sweet potatoes, squash, and root vegetables)	Refined grains (ex: rolled oats, barley flakes, puffed rice)	Fish (salmon, tuna, shellfish etc.)

All legumes, including beans, peas, and lentils (exception: soybeans)	Whole grain breads and tortillas	Eggs (both egg whites and egg yolks)
Intact whole grains (minimally processed)	Avocados	All dairy products (cheese, milk, yogurt, butter, ghee, ice cream, sour cream etc.)
	Nuts	All refined oils (olive oil, coconut oil, avocado oil, canola oil, etc.)
	Seeds	All refined sugars (table sugar, evaporated cane juice, brown sugar, high fructose corn syrup, etc.)
	Coconut Meat	
	Soybeans and processed soy products including tofu and tempeh	

For the most part, the green light category is almost always full speed ahead, and the red light category is always stop, drop, and roll on back to the green light foods.

The yellow light category is where you experience some nuanced and personal variation based on your lifestyle, current health status, and goals.

Like anything, there are always exceptions. For instance, if you are in the initial transition phases of switching to a high-carbohydrate, plant-based diet and are experiencing spikes in your blood glucose after eating starch-heavy or fruit-heavy meals, it may be best to focus on leafy greens, legumes, and

non-starchy vegetables until your blood glucose control improves.

This chart should give you a solid foundation to guide your transition to a low-fat, plant-based, whole-food lifestyle to reverse insulin resistance and gain control over your diabetes health.

Session 1 Worksheet

1. Diabetes is worldwide _____.
2. Diabetes affects ___ % of adults around the world, according to the International Diabetes Federation.
3. Diabetes is the _____ expensive chronic disease in our nation, according to the Centers for Disease Control.
4. Both type 1 diabetes and type 1.5 diabetes are caused by _____ disease.
5. The underlying cause of type 2 diabetes is insulin _____.
6. By the time type 2 diabetes is diagnosed, beta-cell function has reduced to _____% of normal.
7. In addition to type 2 diabetes, prediabetes, gestational diabetes, type 1 diabetes, type 1.5 diabetes can have an underlying component of insulin _____.
8. _____ influences your risk for developing the following health conditions in addition to diabetes: coronary artery disease, cancer, high cholesterol, high blood pressure, obesity, polycystic ovary syndrome (PCOS), peripheral neuropathy, erectile dysfunction, retinopathy, Alzheimer's disease, chronic kidney disease, and fatty liver disease.
9. High levels of _____ and _____ in the diet have been associated with increased insulin resistance.
10. Insulin resistance can be _____ by eating a low-fat plant-based whole-foods diet.

BURST TRAINING: HUH WHAT?!

By Lora Lucas

EXERCISE

- Today you are learning some about taking control of your health with exercise.
- I'd like to Introduce you to burst training
- As always - please consult YOUR physician in conjunction with the changes you are making in this program.
- Ask about what YOUR target glucose levels should be before and after exercise!

BURST TRAINING: GOAL

- The goal of burst training is to get you performing aerobic exercise.
- Aerobic exercise is also known as
 - Cardiovascular exercise
- How will you know that you are performing burst training correctly?
 - Breathing
 - Heart Rate
 - Talking
 - Comfort

BURST TRAINING: DEFINED

- Burst training is a form of aerobic exercise.
- The goal of this form of exercise is to improve your body's efficiency pumping blood.
 - Nutrients
 - Water
 - Removal of waste from cells
 - Aid in healing processes
- Burst training is also known as HIIT training (High Intensity Interval Training)
- You will be performing bursts of activity at a higher intensity than your normal pace.

BURST TRAINING: WHERE TO START

- Burst training: hit it hard & take a break.
 - Choose a form of exercise you can do easily and safely!
 - Walking is an easy example we'll follow today.
 - Start your exercise session by warming up by walking at your normal pace.
- What now?
 - After 5 minutes of walking at a normal pace, add a "burst".
 - Increase your speed to go "as fast as you can"
 - What if all I can do is a fast walk? That's okay. If you can do that safely, go for it!
 - Continue this "burst" of activity for 20-30 seconds.

● At the end of 20-30 seconds, what should you feel?

- Out of breath
- Like you've worked Hard to Very Hard
 - You've pushed yourself and now you've earned ...
 - a walking rest!
 - DO NOT STOP NOW!

● Complete your first burst by returning to a walk at normal pace.

● Allow your heart rate & breathing to go back to your normal.

● Repeat this burst-normal pace pattern 3-5 times to complete this exercise session.

● Be sure to end your session with a 3-5 minute cool down of walking at normal pace.

1 - 10 Borg Rating of Perceived Exertion Scale	
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal: Just like my hardest race

BURST TRAINING: GOALS

● REMEMBER THE GOAL: your heart should be pounding!

- Once you have completed a “burst”, you want your heart rate to slow safely.

● Frequency?

- Burst training should occur 3-6 times a week.

BURST TRAINING: EFFECTS

- Increase your body's sensitivity to Insulin.
- What's your goal?
- Increase your body's fat-burning.

S.M.A.R.T. HEALTH GOALS – Week 1

Specific Measurable Attainable Relevant Time-Based

“Beloved, I wish above all things that thou mayest prosper and be in health.” 3 John 2

Instructions

It is important to apply these principles we have learned in order to achieve success. We have given you suggestions, but to make them work, you need to customize them to fit your individual situation. For example, a goal which states, I want to lose weight is not acceptable because it is not specific, there is nothing to compare it to; therefore, I will never know when my results are good enough or when I plan to accomplish it. However, a goal which states I will lose 1 pound by (date) is a SMART goal as it meets all five of the elements. This week you will write out seven SMART goals. Keep the goals small so you can realize success.

WEIGHT: Set your own goal to maintain your current weight or stay within 2 pounds of that weight. Losing weight too fast is unhealthy. Participants often gain a little the first week as they transition to a new lifestyle. Example: if your current weight is 200 pounds, you will weigh no more than 202 pounds and not less than 198 pounds by our next meeting (date).

EXERCISE: Burst training for 5-10 repetitions, 3-6 days a week; set the goal at a level you believe you can accomplish.

WATER: Drink 8-10, 8-ounce glasses of water per day; set the goal at a level you believe you can accomplish.

FIBER: 20-25 grams/day. Keep the Full Plate Diet book handy for reference. Also, read nutritional labels to check for total grams of fiber.

RECIPES: Try some high-fiber recipes this week. Each of the fiber wheels in the Full Plate Diet book are recipes. Write down how many you can realistically try this week. Write down the ingredients you may need to purchase on your way home.

BLOOD SUGAR: Write out how often you are going to check your sugars.

LEARNING: Read the Full Plate Diet through this week.

MY GOALS:

1. **Weight:** I will weigh no more than _____ and not less than _____ by _____ (date).
2. **Exercise:** I will do Burst Training for _____ repetitions _____ days this week.
3. **Water:** I will drink _____ glasses of **water** per day.
4. **Fiber:** I will increase my fiber intake to _____ grams per day.
5. **Recipes:** I will try at least _____ new high-fiber recipes this week.
6. **Blood Sugar:** I will check my blood sugar _____ and when I feel badly or as instructed by my doctor.
7. **Learning:** I will read The Full Plate Diet.

Addendum

Fiber Counting Guides

Free App:

Cronometer

--gives daily totals

Free Websites:

www.MyNetDiary.com

--Tracks daily totals

<https://fullplateliving.org/high-fiber-foods/list>

--Lists serving size, calories/serving, and fiber grams/serving

5 Categories:

--Nuts and Seeds

--Fruits

--Vegetables

--Grains

--Beans and Peas

Fiber Content of Foods in Common Portions

A high fiber diet can help lower cholesterol, control blood sugar (soluble fiber), and prevent constipation (insoluble). Aim for 25-35 grams (g) of total fiber each day –or 6-8 grams per meal, and 3-4 grams per snack, choosing foods from all the categories listed here. Increase your fiber intake gradually, over 2 or 3 weeks, so your system can adapt to the added bulk without discomfort. Drink plenty of fluids, at least 6-8 cups of caffeine-free liquid daily.

Food Item	Serving Size	Total Fiber/ Serving (g)	Soluble Fiber/ Serving (g)	Insoluble Fiber/ Serving (g)
Vegetables, cooked (cooked)				
Asparagus	½ cup	2.8	1.7	1.1
Beets, flesh only	½ cup	1.8	0.8	1.0
Broccoli	½ cup	2.4	1.2	1.2
Brussels sprouts	½ cup	3.8	2.0	1.8
Corn, whole kernel, canned	½ cup	1.6	0.2	1.4
Carrots, sliced	½ cup	2.0	1.1	0.9
Cauliflower	½ cup	1.0	0.4	0.6
Green beans, canned	½ cup	2.0	0.5	1.5
Kale	½ cup	2.5	0.7	1.8
Okra, frozen	½ cup	4.1	1.0	3.1
Peas, green, frozen	½ cup	4.3	1.3	3.0
Potato, sweet, flesh only	½ cup	4.0	1.8	2.2
Spinach	½ cup	1.6	0.5	1.1
Tomato sauce	½ cup	1.7	0.8	0.9
Turnip	½ cup	4.8	1.7	3.1
Raw Vegetables				
Cabbage, red	1 cup	1.5	0.6	0.9
Carrots, fresh	1, 7 ½ in. long	2.3	1.1	1.2
Celery, fresh	1 cup chopped	1.7	0.7	1.0
Cucumber, fresh	1 cup	0.5	0.2	0.3
Lettuce, iceberg	1 cup	0.5	0.1	0.4
Mushrooms, fresh	1 cup pieces	0.8	0.1	0.7
Onion, fresh	½ cup chopped	1.7	0.9	0.8
Pepper, green, fresh	1 cup chopped	1.7	0.7	1.0
Tomato, fresh	1 medium	1.0	0.1	0.9
Fruits				
Apple, red, fresh w/skin	1 small	2.8	1.0	1.8
Applesauce, canned	½ cup	2.0	0.7	1.3
Apricots, dried	7 halves	2.0	1.1	0.9
Apricots, fresh w/skin	4	3.5	1.8	1.7
Banana, fresh	½ small	1.1	0.3	0.8
Blueberries, fresh	¾ cup	1.4	0.3	1.1
Cherries, black, fresh	12 large	1.3	0.6	0.7
Figs, dried	1 ½	3.0	1.4	1.6
Grapefruit, fresh	½ medium	1.6	1.1	0.5
Grapes, fresh w/skin	15 small	0.5	0.2	0.3
Kiwifruit, fresh, flesh only	1 large	1.7	0.7	1.0
Mango, fresh, flesh only	½ small	2.9	1.7	1.2
Melon, cantaloupe	1 cup cubed	1.1	0.3	0.8
Orange, fresh, flesh only	1 small	2.9	1.8	1.1
Peach, fresh, w/skin	1 medium	2.0	1.0	1.0
Pear, fresh, w/skin	½ large	2.9	1.1	1.8
Plum, red, fresh	2 medium	2.4	1.1	1.3
Prunes, dried	3 medium	1.7	1.0	0.7
Raisins, dried	2 tbsp	0.4	0.2	0.2
Raspberries, fresh	1 cup	3.3	0.9	2.4
Strawberries, fresh	1 ¼ cup	2.8	1.1	1.7
Watermelon	1 ¼ cup cubed	0.6	0.4	0.2

Food Item	Serving Size	Total Fiber/ Serving (g)	Soluble Fiber/ Serving (g)	Insoluble Fiber/ Serving (g)
Legumes (cooked)				
Black beans	½ cup	6.1	2.4	3.7
Black-eyed peas	½ cup	4.7	0.5	4.2
Chick peas, dried	½ cup	4.3	1.3	3.0
Kidney beans, light red	½ cup	7.9	2.0	5.9
Lentils	½ cup	5.2	0.6	4.6
Lima beans	½ cup	4.3	1.1	3.2
Navy beans	½ cup	6.5	2.2	4.3
Pinto beans	½ cup	6.1	1.4	4.7
Pasta, Rice, Grains				
Barley, pearled, cooked	½ cup	3.0	0.8	2.2
Popcorn, popped	3 cups	2.0	0.1	1.9
Rice, white, cooked	½ cup	0.8	trace	0.8
Spaghetti, white cooked	½ cup	0.9	0.4	0.5
Spaghetti, whole wheat, cooked	½ cup	2.7	0.6	2.1
Wheat bran	½ cup	12.3	1.0	11.3
Wheat germ	3 tbsp	3.9	0.7	3.2
Breads and Crackers				
Pumpernickel	1 slice	2.7	1.2	1.5
Rye	1 slice	1.8	0.8	1.0
White	1 slice	0.6	0.3	0.3
Whole wheat	1 slice	1.5	0.3	1.2
Cereals				
All Bran	1/3 cup	8.6	1.4	7.2
Benefit	¾ cup	5.0	2.8	2.2
Cheerios	1 ¼ cup	2.5	1.2	1.3
Corn flakes	1 cup	0.5	0.1	0.4
Cream of wheat, regular, dry	2 ½ tbsp	1.1	0.4	0.7
Fiber One	½ cup	11.9	0.8	11.1
40% Bran Flakes	2/3 cup	4.3	0.4	3.9
Grapenuts	¾ cup	2.8	0.8	2.0
Oat bran, cooked	¾ cup	4.0	2.2	1.8
Oat flakes	1 cup	3.1	1.5	1.6
Oatmeal, dry	1/3 cup	2.7	1.4	1.3
Puffed Wheat	1 cup	1.0	0.5	0.5
Raisin Bran	¾ cup	5.3	0.9	4.4
Rice Krispies	1 cup	0.3	0.1	0.2
Shredded Wheat	1 cup	5.2	0.7	4.5
Special K	1 cup	0.9	0.2	0.7
Wheat flakes	¾ cup	2.3	0.4	1.9
Nuts and Seeds				
Almonds	6 whole	0.6	0.1	0.5
Flaxseeds	1 tbsp	3.3	1.1	2.2
Peanut butter, smooth	1 tbsp	1.0	0.3	0.7
Peanuts, roasted	10 large	0.6	0.2	0.4
Sesame seeds	1 tbsp	0.5	0.2	0.3
Sunflower seeds	1 tbsp	0.5	0.2	0.3
Walnuts	2 whole	0.3	0.1	0.2

Adapted from Anderson JW. *Plant Fiber in Foods*. 2nd ed. HCF Nutrition Research Foundation Inc, PO Box 22124, Lexington, KY 40522, 1990.

