



INSULIN FRIENDLY LIVING EATING PLAN

"Mediterranean"

GETTING STARTED



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Executive Summary

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The “Insulin Friendly Living” eating model is reflected in many modern day diets with the Mediterranean Diet being one of the most popular, well studied, and has been praised for decades as a heart healthy diet that’s good for weight loss, improving diabetes, cognitive function, and even anti-aging.

It all started with the Seven Countries Study in the 1960s that showed that populations in the Mediterranean region experienced lower cardiovascular disease (CVD) mortality and since then many studies have confirmed the benefits of adherence to a Mediterranean dietary pattern on CVD risk factors.

Building on this information 20 randomized clinical trials published in January 2013 in the American Journal of Clinical Nutrition found that the Mediterranean diet improved blood sugar control more than the low-carbohydrate, low-glycemic index, and high-protein diets, in those managing type 2 diabetes. This suggests a Mediterranean diet may be effective to improve insulin resistance, hence why I wanted to parallel it with this summary.

References:

doi: 10.1056/NEJMoa1200303

<https://doi.org/10.3389/fnut.2016.00022>

The Mediterranean way of eating is linked to a lower incidence of depression, according to 41 observational studies published in September 2018 in the journal *Molecular Psychiatry*, and was associated with a 33 percent reduced risk of depression, compared with following a “pro-inflammatory diet” of the Standard American Diet (S.A.D.).

Frontiers in Nutrition concluded, “there is encouraging evidence that a higher adherence to a Mediterranean diet is associated with improving cognition, slowing cognitive decline, or reducing the conversion to Alzheimer’s disease.”

Once you have a fasting rotation concept in place, the Mediterranean diet shows more dramatic results according to a two-year randomized, clinical trial, with 322 moderately obese middle-aged participants combining it with caloric restriction.

U.S. News & World Report ranked the Mediterranean diet No. 1 on its 2019 “40 Best Diets” citing a “host of health benefits, including weight loss, heart and brain health, cancer prevention, and diabetes prevention and control.”

References:

<https://www.everydayhealth.com/mediterranean-diet/scientific-health-benefits-mediterranean-diet/>

Am J Clin Nutr. 2005 Nov;82(5):941-8doi: 10.1093/ajcn/82.5.941.

What caught my eye the most was a randomized clinical trial published in April 2013 in the New England Journal of Medicine (PREDIMED study) following 7,000 people in Spain with type 2 diabetes or a high risk for cardiovascular disease.

Those who ate a calorie-unrestricted Mediterranean diet with extra-virgin olive oil or nuts had a 30 percent lower risk of heart events. This is what we know to happen just about every time someone embraces an “Insulin Friendly Living” eating plan. When combined with a progressive rotational fasting calendar and a lifestyle full of advanced metabolic health magnifiers the health improvement results are off the charts! Oh, and so is weight loss.

As research and studies continue to assess the Mediterranean Diet it seems the high-fat content and whole-food-based nutrition are the links to the significant health benefits. Since that is the same base concept we follow in our plans it was a natural relationship to explore.

We now know that the real impact of the Mediterranean style of eating comes from the liberal use of neutral fats like olive oil, the beneficial fats in whole foods like fish and seafood, and minimal consumption of processed foods and conventional vegetable oils. Just like the Insulin Friendly Living eating concept does!

Now, here's your summary of the “Insulin Friendly Living eating plan, Mediterranean Style!

Handy Portion Guide

What's
on your
plate?

VEGGIES
(2 HANDFULS)

**HEALTHY
FATS**
(2 THUMBS)

**1 PALM SIZE
PROTEIN**



Portion Size from Insulin Friendly Living

This is your Insulin Friendly eating plan

Guiding principles:

Meal Frequency: 3 meals a day.

- When starting out, your focus is on eating 3 meals a day with no snacking in between, before or after meals. Once you have your rhythm eating 3 meals a day you can start designing your meals to include healthy fats as an ingredient and not just what you cook in. Then eliminating as many of the high insulin-producing foods that you can, one category at a time starting with powder-based foods made from any sort of flour like bread and baked goods.

Servings:

- There are fatty and low-fat protein sources. You don't have to use one or the other, you can only use either one in your Insulin Friendly Living plan. When you are using just fatty protein, then raise your servings amount and decrease extra fat servings. When using low-fat protein, then beware of going over your protein limit which can increase insulin levels, stop ketosis and fat loss. In that case, add fat separately to fill up your meal intake needs.

Sources of Fat:

- There are different kinds of fats. If you want maximal health benefits from your diet you should aim to get at least 50% of your overall fats from natural sources with as much omega-3:s as possible while avoiding conventional oils at all costs.

(See the Good vs Bad Fats Poster)

Vegetables:

- You can include up to 500 grams or 18 oz of low insulin-producing vegetables per day if you choose, or about two open hand-fulls.

(See the IFL-Plate Poster)

Macronutrient Quick Reference Guide

Insulin Friendly Living Guide: MACRONUTRIENTS IN FOOD

FATS



SOURCES

- Walnuts
- Avocado
- Animal Fat
- Flax seeds
- Ghee
- Peanuts
- Avocado Oil
- Salmon
- Olive oil
- Coconut Oil
- Cashews
- Trout
- Butter



 Insulin Friendly Living

 DR DON CLUM

CARBS



SOURCES

- Rye bread
- Beans
- Quinoa
- Oats
- Lentils
- Whole grain bread
- Fruits
- Sweet potatoes
- Bran flakes
- Pinto beans
- Oatmeal
- Navy beans
- Whole grain pasta



PROTEINS



SOURCES

- Almonds
- Red Meat
- Peanuts
- Beans
- Nuts
- Fish
- Chicken
- Eggs
- Seeds
- Turkey
- Tofu
- Navy beans
- Kidney beans



How to use the Insulin Friendly Living eating plan:

Welcome! I am happy you're here. Let's get right to it.

The Insulin Friendly Living eating plan is designed to have minimal insulin stimulating effect and is based on your hormonal response, not calories.

You can find the Insulin Friendly Living Insulin Index, Glycemic Index, and food Satiation chart in the Facebook group

"[Insulin Friendly Fasting Secrets](#)," to show the insulin impact from food compared to the glycemic impact (they are not the same) and how well they satisfy hunger.

(I am offering you a FREE "[Meet & Greet](#)" call if you would like to see if my 6-month Insulin Friendly Living advanced metabolic lifestyle program is a good option and fit for you. Just click on the link provided on the next page.)

The servings in your plan consist of fat, fatty protein, low-fat protein, vegetables, and "others." Every single (1) serving has about 75 kcal.

Similar to the "Ketogenic Diet," the majority of the food choices and calories come from fat (anywhere from 50-70% & Keto is 65-80%).

Proteins are not a percentage of your food intake but rather about 60-70 grams for a woman and 75-90 for a man (+/- 15%).

Carbohydrates from green vegetables vary because they are very insulin friendly. I use them for meal volume more than anything.

I am not a fan of eating fiber for fiber's sake, and question how many nutrients from vegetable humans actually absorb. So, there are no vegetable requirements in my program, you eat them as you choose and feel appropriate. I do suggest that you eat no more than 18 oz gross weight a day and keep the insoluble fiber to a minimum.



**Click [HERE](#) to Join
the Free
Facebook Group
"Insulin Friendly
Fasting Secrets"**

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courses & much more. **FOR FREE!**



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Advanced Metabolic Health
Program is right for you?**

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Your FREE 15 min
Meet & Greet Call
With Dr. Clum**

Thank you for reading!
Dr. Don Clum

Fructose, the sugar from fruit can be problematic in Insulin Resistance and add to the metabolic conditions caused by Insulin Resistance like fatty liver, metabolic syndrome, type 2 diabetes, heart disease, Alzheimer's, weight gain, weight loss resistance, obesity, and cancer.

I suggest if you are going to eat fruit, make sure you do within your 3 meals and swap the equivalent 75 kcal portion with 1 serving of veggies. Do not exceed 2 servings a day.

Sugar is eliminated as much as possible and is deceptively hidden behind around 60 different names found in processed food ingredient lists. See the list of hidden sugars that I have included.

For every serving pick a food from the servings list and use as many servings of it as you like as long as you stay within the total calorie amount for the day. 1800 calories are just an example. You would change the servings to meet your personal caloric goals, or use the Insulin Friendly Living "Handy Portion Guide" poster included in this summary to design your meals and plates.

Foods within the same category can be swapped with others replacing carbs with fats or protein servings as long as you keep within your daily total, or according to the "Handy Portion Guide," not exceeding your protein limits.

There's no caloric limit for your meals, as long as the daily food intake stays in line with your total and you consume all your food in just 3 meals each day. I have provided a snack category, although snacks aren't considered part of the plan and are something we try to avoid. They are included as an option for a smaller meal when issues arise with eating all three separate meals. If you are going to have a small snack-sized meal, it's most advantageous to make it your 3rd meal if possible. Again, the goal is 3 meals a day, AND, not plus, 1 snack a day to replace a full meal if needed, adjusting to meet your daily calorie goal.

Good vs Bad Fats Guide

Good Fats & Bad Oils

Risks of Rancid Oils

Heart disease
Cancer
Type 2 diabetes
Obesity
Metabolic syndrome
pre-diabetes
I. B. S.
Rheumatoid arthritis
Asthma
Psychiatric disorders
Autoimmune disease



Rancid Oils

Canola
Corn
Soybean
"Vegetable"
Peanut
Sunflower
Safflower
Cottonseed
Grapeseed
Margarine
Shortening
Fake Butter

Healthy Fat/Oils

(All/High Temperatures)
Coconut
Avocado
Medium temp
Olive
& for low temps
Butter



**Healthy Animals Provide
Healthy Natural Fats**

The "Other" category has items marked with an "x" that you can usually eat quite freely without counting them, since they affect the calories/macros very little and have a negligible impact on insulin. They are still to be consumed with your meals.

Ideally your eating plan should be made from whole foods and using as many organic, grass fed products as possible. We all do the best we can according to our values and budget. If you can only make one type of food organic it should be your animal products that contain fat. Fat builds up with the bioaccumulated pesticides and antibiotics the animals consume and take.

I have included a poster showing what fats are considered healthy and which to avoid as strictly as possible. Starches made from grains or found in starchy vegetables all produce a hyper-insulin response and are not included in this program. If you choose to include starches in your eating plan, the "Starch Hierarchy" poster shows the insulin impact from each kind so you can make the best insulin-friendly choice possible.

The Insulin Friendly eating plan executive summary is a general overview of the "What You Eat" in Dr. Don's Advanced Metabolic Health Program and is just one piece of the metabolic health puzzle.

"When You Eat" is just as important and taught using a progressive fasting rotation calendar incorporating 6 different fasting models through all 4 phases of the complete fasting cycle over 25 weeks.

The program also teaches and introduces metabolic exercise, stress resilience practices, sleep enhancement, stress relief cardio, and metabolic health magnifiers to produce optimal healing, weight loss, and reversing insulin resistance.

Insulin-Glycemic Index-Satiation Chart



Complete Chart Available in the: "Insulin Friendly Fasting Secrets" Facebook Group

FOOD INSULIN INDEX - GLYCEMIC INDEX & SATIATION SCORES

0-25

IDEAL

26-50

FRUIT:













0-25

26-50

51-75

76-100

100+

0-25	26-50	51-75	76-100	100+
 <p>Apples Insulin Index 50 + 6</p>	 <p>Apples Glycemic Index 59 + 4</p>	 <p>Apples Satiety Score 197</p>		
 <p>Oranges Insulin Index 39 + 7</p>	 <p>Oranges Glycemic Index 60 + 3</p>	 <p>Oranges Satiety Score 202</p>		
 <p>Banana Insulin Index 70 + 10</p>	 <p>Banana Glycemic Index 82 + 6</p>	 <p>Banana Satiety Score 118</p>		
 <p>Grapes Insulin Index 74 + 9</p>	 <p>Grapes Glycemic Index 71 + 6</p>	 <p>Grapes Satiety Score 162</p>		
<p>AVERAGE Insulin Index 65 + 5</p>		<p>AVERAGE Glycemic Index 71 + 3</p>		<p>AVERAGE Satiety Score 169.75</p>

INSULIN FRIENDLY LIVING



MEDITERRANEAN STYLE EATING PLAN

Welcome to your personal Insulin Friendly Living Mediterranean eating plan. If at first all of this seems overwhelming, don't worry - it's actually very simple and effective.

1 serving of protein or carbs = 75 kcal
1 serving of fat = 35 kcal

Your daily plan is divided into 4 serving categories: carbohydrates, proteins, fats and vegetables or berries

Every one of those has a number at the end of it - meaning the number of servings it contains.

Each day has 75 kcal coming from vegetables and berries (not visible in the table)

1475 KCAL

Meal	CHOOSE 1 FORM EVERY LINE		
		OPTION 1	OPTION 2
Breakfast	Carbohydrates (2)	Oatmeal, raw 40 g / 1.4 oz	Oat bread 2 slices
	Proteins (1)	Cottage cheese 0.5-2%	Egg(s) 1 pc cooked
	Fats (2)	Oil (olive, canola) 2 tsp	Butter 2 tsp
	Vegetables, Berries	1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli or berries like (e.g.) blueberries, raspberries or strawberries	
	Energy: 295 kcal Carbohydrates: 150 kcal Protein: 75 kcal		

You have many options to go with every meal, you can choose one of the listed or replace them with different foods found at the end of your plan.

For every meal, you want to choose at least one option from every category, (Pro, Carb, Fat) and it's as simple as that.

*If you are going to eat carbs,
choose wisely!*

The Insulin Friendly Living

STARCH HIERARCHY

If you must have a starch, choose wisely!

PASTA - HOMEMADE IS BETTER



**FIRST
CHOICE**

RICE - JUST NOT WHITE



**SECOND
CHOICE**

POTATO - SWEET & YAMS



**THIRD
CHOICE**

PUFFED GRAINS - ROCECAKES & POPCORN



**LAST
CHOICE**

ALL STARCH SIGNIFICANTLY RAISES INSULIN AND ARE
NOT CONSIDERED INSULIN FRIENDLY

1475 KCAL

(Example to show chart use)

Meal	CHOOSE 1 FORM EVERY LINE		
	OPTION 1	OPTION 2	
Breakfast	Carbohydrates (2)	Oatmeal, raw 40 g / 1.4 oz	Oat bread 2 slices
	Proteins (1)	Cottage cheese 0.5-2%	Egg(s) 1 pc cooked
	Fats (2)	Oil (olive, canola) 2 tsp	Butter 2 tsp
	Vegetables, Berries	1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower or berries like (e.g.) blueberries, raspberries or strawberries	
Energy: 295 kcal		Carbohydrates: 150 kcal	Protein: 75 kcal

If you choose to replace the given options with one at the end of the list, you have to multiply it by the number at the end of the category (in brackets)

FOOD	1 SERVING
Low-fat poultry, fish and game, uncooked	65 g / 2.3 oz
Salmon fillet, or other fatty fish, uncooked	60 g / 2.1 oz
Tuna, in water, uncooked or	60 g / 2.1 oz
Minced meat, chicken, uncooked	65 g / 2.3 oz
Egg, whole, boiled	1 pc
Turkey cold cuts	4-5 slices
Ham cuts, low fat, <2%	3-4 slices
Minced meat, roast beef, 9%, uncooked	45 g / 1.6 oz
Shrimp	110 g / 3.9 oz
Ground Beef, pork, beef, baked	20 g / 0.7 oz
Ground Beef, pork, beef, uncooked	30 g / 1.1 oz

Green - preferable

Orange - acceptable, but try to limit the amount.

Pink - not the best option, eat only from time to time or small amounts.

Be Aware of Hidden Sugar

The Hidden Names for Sugar



Granulated Sugars:

1. Golden sugar
2. Glucose syrup solids
3. Grape sugar
4. Icing sugar
5. Maltodextrin
6. Muscovado sugar
7. Panela sugar
8. Raw sugar
9. Table Sugar
10. Sucanat
11. Turbinado sugar
12. Yellow sugar

Simple Sugars:

1. Dextrose
2. Fructose
3. Galactose
4. Glucose
5. Lactose
6. Maltose
7. Sucrose

More Granulated:

1. Beet sugar
2. Brown sugar
3. Cane juice crystals
4. Cane sugar
5. Castor sugar
6. Coconut sugar
7. Confectioner's sugar
8. Corn syrup solids
9. Crystalline fructose
10. Date sugar
11. Demerara sugar
12. Dextrin
13. Diastatic malt
14. Ethyl maltol
15. Florida crystals

Liquid Sugars:

1. Agave Nectar/Syrup
2. Barley malt
3. Blackstrap molasses
4. Brown rice syrup
5. Buttered sugar/buttercream
6. Caramel
7. Carob syrup
8. Corn syrup
9. Evaporated cane juice
10. Fruit juice
11. Fruit juice concentrate
12. Golden syrup
13. High-Fructose Corn Syrup
14. Honey
15. Invert sugar
16. Malt syrup
17. Maple syrup
18. Molasses
19. Rice syrup
20. Refiner's syrup
21. Sorghum syrup
22. Treacle

Don't be fooled!

Meal		CHOOSE 1 FROM EVERY LINE			
Breakfast		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (2)	Oatmeal, raw 40 g / 1.4 oz	Oat bread 2 slices	Muesli 1 dl / 1/3 cup	
	Proteins (1)	Cottage cheese 0.5-2%	Egg(s) 1 pc cooked	Quark 125 g / 4.4 oz	
	Fats (2)	Oil (olive, canola) 2 tsp	Butter 2 tsp	Cashew nuts 4 tsp	
	Vegetables, Berries	1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries			
Energy: 295 kcal		Carbohydrates: 150 kcal		Protein: 75 kcal	
		Fat: 70 kcal			
Snack		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc	
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz	
	Fats (1)	Butter 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp	
	Vegetables, Berries	1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries			
Energy: 185 kcal		Carbohydrates: 75 kcal		Protein: 75 kcal	
		Fat: 35 kcal			
Lunch		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (2)	Rice (cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup	
	Proteins (2)	Chicken fillet cooked 45 g / 1.6 oz	Salmon fillet cold smoked 70 g	Vegan protein (e.g. tofu) 120g/4.2oz	
	Fats (2)	Oil (Olive, Coconut) 1 tsp	Fatty fish suffices	Avocado 20 g / 0.7 oz	
	Vegetables In addition	Half a plate or two handfuls of veggies You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups			
Energy: 370 kcal		Carbohydrates: 150 kcal		Protein: 75 kcal	
		Fat: 70 kcal			
Snack		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (1)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Orange 1 pc	
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Tuna (in water) 55 g / 2 oz	
	Fats (1)	Butter 1 tsp	Avocado 20 g / 0.7 oz	Cashew nuts 2 tsp	
	Vegetables, Berries	1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries			
Energy: 185 kcal		Carbohydrates: 75 kcal		Protein: 75 kcal	
		Fat: 35 kcal			
Dinner		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (2)	Rice(cooked) 1.5 dl / 2/5 cup	Potato/sweet potato 200 g / 7 oz	Pasta (cooked) 2 dl / 2/3 cup	
	Proteins (1)	Chicken fillet cooked 45 g / 1.6 oz	Vegan protein (e.g. tofu) 60 g/2.1 oz	Beans cooked 65 g / 2.3 oz	
	Fats (3)	Oil (Olive, Coconut) 1 tsp	Avocado 40 g / 1.4 oz	Cashew nuts 4 tsp	
	Vegetables In addition	Half a plate or two handfuls of veggies You can use 5% cooking cream while preparing food for 0.5 dl or 1.5 cups			
Energy: 330 kcal		Carbohydrates: 150 kcal		Protein: 75 kcal	
		Fat: 105 kcal			
Supper		OPTION 1	OPTION 2	OPTION 3	
	Carbohydrates (2)	Oat bread 1 slice	Yogurt (low fat) 2 dl / 2/3 cup	Big banana 1 pc	
	Proteins (1)	Turkey cold cuts 3-4 cuts	Egg(s) 1 pc cooked	Cottage cheese 80 g / 2.8 oz / 1dl	
	Fats (1)	Butter 1 tsp	Cashew nuts 2 tsp	Seeds (flax, sunflower) 2 tsp / 7 g	
	Vegetables, Berries	1 dl / 1/3 cup or 1/3 cup of vegetables like (e.g.) green salad, tomato, broccoli, cauliflower, wok mix or berries like (e.g.) blueberries, raspberries or strawberries			
Energy: 260 kcal		Carbohydrates: 150 kcal		Protein: 75 kcal	
		Fat: 35 kcal			

POULTRY, FISH, MEAT AND EGGS

FOOD	1 SERVING
Low-fat poultry, fish and game, uncooked Salmon fillet, or other fatty fish, uncooked Tuna, in water, uncooked of Minced meat, chicken, uncooked Egg, whole, boiled Turkey cold cuts	65 g / 2.3 oz 60 g / 2.1 oz 60 g / 2.1 oz 65 g / 2.3 oz 1 pc 4-5 slices
Ham cuts, low fat, <2% Minced meat, roast beef, 9%, uncooked Shrimp	3-4 slices 45 g / 1.6 oz 110 g / 3.9 oz
Ground Beef, pork, beef, baked Ground Beef, pork, beef, uncooked	20 g / 0.7 oz 30 g / 1.1 oz

DAIRY PRODUCTS

FOOD	1 SERVING
Fat-free milk and buttermilk Fat-free yogurt and curdled milk Cottage cheese <2% fat Quark, skimmed milk, unsweetened Protein powder, whey isolate	2.2 dl / 0.9 cups 2 cups 1 dl / 80g / 2.8 oz 125 g / 4.4 oz 25 g / 0,9 oz
Cheese <10% fat Feta cheese <5% fat	3-4 slices 1 dl / 0.4 cups
Cheese 10-20% fat Yogurt, fat 2.5% or sweetened Bulgarian yogurt	2-3 slices 1.5 dl / 0.6 cups 1 cup

VEGAN PROTEIN

FOOD	1 SERVING
Soy beans Tofu Broad bean Pulled oats Chickpeas, in unsalted water Quorn, fillets, cubes and grits	60 g / 2.1 oz 90 g / 3.2 oz 35 g / 1.2 oz 35 g / 1.2 oz 55 g / 2 oz

FRUITS AND BERRIES

FOOD	1 SERVING
Berries	3 dl / 180g / 1 cup
Orange, grapefruit, apple, banana	1 small
Pear	1 pc
Peach, nectarine	1.5 pcs
Mandarin, satsuma, kiwi	2 pcs
Apricot	4 pcs
Plum	5 pcs
Grapes	15 pcs
Pineapple	130 g / 4.6 oz
Pineapple, in its own broth	145 g / 5.1 oz
Watermelon and honeydew melon	200 g / 7 oz
Fresh juice, orange	1.7 dl / 0.5 cup
Juice soup or jelly, sweetened	1.8 dl / 0.5 cup
Raisins	3 tbs

CEREAL, RICE AND POTATO PRODUCTS

FOOD	1 SERVING
Oatmeal and four-grain flakes, uncooked	20 g / 0.5 dl / 0.7 oz
Bread, fiber > 6g / 100g, rye-, mixed- and oat bread	1 slice
Crispbread, rye bread, fiber 17 %	1.5 pieces
Rice cake	3 pieces
Muesli, with dried fruits	0.5 dl / 4 tablespoons / 0.2 cups
Pasta, fiber > 6g / 100g, cooked	70g / 1 dl / 0.4 cups
Whole grain rice, rice-oat mixture, cooked	55g / 0.75dl / 0.3 cups
Noodles, fiber > 6g / 100g, cooked	25 g / 0.9 oz
Rice-barley mixture, cooked	50 g / 1.8 oz
Long grain (white) rice, cooked	70 g / 1 dl / 0.4 cups
Potato or sweet potato, boiled	100 g / 2 small / 3.5 oz
French fries, baked in oven	30 g / 1.1 oz

QUINOA, BEANS, LENTILS AND SPROUTS

FOOD	1 SERVING
Beans, green, boiled	180 g / 6.3 oz
Broad bean, boiled	75 g / 2.6 oz
Bean, white, boiled	68 g / 2.4 oz
Bean, kidney, boiled	68 g / 2.4 oz
Lentils, red, boiled	75 g / 2.6 oz
Quinoa, boiled	50 g / 1.8 oz

ADD THESE CARB AND FIBER SOURCES TO EACH MEAL (SERVING SIZE CONTAINS 10-20 KCAL)

FOOD

Kale, broccoli
 Cauliflower, Brussels sprouts
 Grate, carrot-lantern
 Grate, carrot-lingonberry
 Grate, swede-pineapple
 Carrot
 Swede, turnip
 Zucchini, boiled
 Onion
 Frozen vegetables, mixes
 Peas

20 KCAL

50g / 1dl / 1.8 oz
 90 g / 3.2 oz
 70 g / 1.5 dl / 2.5 oz
 60 g / 1.75 dl / 2.1 oz
 50 g / 1.8 oz
 65 g / 2.3 oz / 1 pc
 75 g / 2.6 oz
 100 g / 3.5 oz
 60 g / 2.1 oz / 4 slices.
 60 g / 2.1 oz / 1dl
 30 g / 1.1 oz / 3 tbsp

FOOD

Green salad
 Cucumber
 Bell pepper, average
 Leek
 Radish
 Asparagus
 Spinach, fresh
 Pumpkins
 Red cabbage
 Tomatoes
 Beetroot
 Frozen vegetables, pea-corn-pepper

10 KCAL

75g / 2.6 oz / 3 dl
 90 g / 3.2 oz / 18 slices.
 50 g / 1.8 oz, 5 rings
 40 g / 1.4 oz / 20 wed.
 50 g / 1.8 oz / 5 pcs
 70 g / 2.5 oz / 10 pcs
 75 g / 2.6 oz / 1.5 dl
 60 g / 2,1 oz / 4 tbsp
 40 g / 1.4 oz / 1 dl
 125 g / 4.4 oz / 1 pc
 80 g / 2.8 oz / 1 pc
 30 g / 1.1 oz / 3 tbsp

FAT SOURCES

FOOD	1 SERVING
Sandwich spread, <40% fat	3 tsp / 13.5 g
Sandwich spread, 40% fat	2 tsp / 10 g
Sandwich spread, 60% fat	1.5 tsp / 7 g
Sandwich spread, 80% fat	1 tsp, 5 g
Oils, 100% fat	1 tsp, 4 g
Seeds, sunflower seeds	2 tsp, 6 g
Flaxseed	2 tsp, 7 g
Almond	2 tsp, 6 g
Nut mix, pecan	0.5 tbsp / 5 g
Walnut	1 tbsp / 6 g
Cashew	2 tsp / 6 g
Avocado	20 g / 0.7 oz
Salad dressing, French	2 tsp / 9 g
Salad dressing, light	2 tbsp / 30 g

SAUCES

FOOD	1 SERVING
Food cream 5%	0.5 dl / 50 g / 0.2 cups
Food cream 10%	0.3 dl / 30 g / 0.1 cups
Food cream 15%	0.25 dl / 25 g / 0.1 cups
Double cream 35%	2 tsp / 10 g
Sour cream 30%	2 tsp / 9 g
Sour cream 10-12%	0.25 dl / 25 g / 0.1 cups