

cheat sheet

WHAT NOT TO EAT

*after your doc says
you have prediabetes*

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What Not to Eat After Your Doc Says You Have Prediabetes

Well hey there!

I'm so glad you grabbed this **Cheat Sheet of What NOT to Eat After Your Doc Says You Have Prediabetes.**

When your'e first diagnosed with prediabetes, it's important to get the strain off your pancreas as much as possible.

To do this, you need to clear out the non-nutritious sources of sugar from your diet.

And I don't just mean sugar *sugar*, like white table sugar (obviously that's gotta go.)

I'm also talking about the hidden sugars from foods that aren't doing you any favours.

On the next page, I've listed the worst offenders so if you haven't cut them out already, do so immediately.

Hugs and high fives,

April, The Love Carbs Coach
Prediabetes Reversal Dietitian

Here's What to Eliminate ASAP

All non-nutritious sources of easily digestible sugars, such as:

- All added sugars, including brown sugar!
- All juices (even no-added sugar juices)
- Bagels, doughnuts, croissants
- Chocolate bars
- Cakes and cookies
- Hard candies
- Granola bars
- Instant noodles
- Instant mashed potatoes
- Instant oatmeal
- Instant Rice (*white rice is fine if basmati or jasmine)
- Low fibre, high glycemic boxed cereals (examples: Rice Krispies, Corn Flakes, Raisin Bran, Special K, etc)
- Most canned soups
- Pop, even "diet" (you may be sensitive to the artificial sweetener)
- Potato Chips
- Rice cakes
- Soda crackers and any low fibre crackers
- White bread
- Yogurts* (check labels - some are loaded with sugars and/or artificial sweeteners. Get the lowest sugar you can)

Please be sure to avoid foods with artificial sweeteners which can be found in yogurts, snack bars, drinks and even chips!