

# Shedding Pounds & Slashing High Blood Sugar

## Dr. Westman's Miracle Foods Make Eating Healthy Simple

by **Brad Lemley**

*Natural Health Response*

"This list of foods is carefully chosen," says Dr. Westman. "It's similar to the one Dr. Atkins used in his New York City practice on about 60,000 patients, so it has a lot of experience behind it."

As for the question "How long do you eat this way?" Dr. Westman says that depends on your health when you begin, your goals and your genetic need to restrict carbs.

If you start out overweight and diabetic, want to become slim and healthy and happen to be genetically predisposed to handle carbs poorly, "you should know I have patients who've been eating 20 grams of carbs or less daily for more than 20 years, and they are doing fine. So get it out of your head that this may be unhealthy or harmful and needs to have an endpoint."

In fact, he says, "the Paleo hunter-gatherer diet basically says we did not have carbs in any quantity for 490,000 years, so our genetics are not set up to handle them. My experience is that generally, people worry way too much about 'carb restriction' and not nearly enough about carb overconsumption.

So with that in mind, here is the list of permitted foods from Page 4 of the instruction packet Dr. Westman gives to patients. (We've had to edit a bit for space. To see the complete packet, [click here](#).)

### Foods to Eat When You're Hungry

**Meat:** Beef (including hamburger and steak), pork, ham (unglazed), bacon, lamb, veal or other meats.

For processed meats (sausage, pepperoni, hot dogs), check the label, but carbohydrate count should be about 1 gram per serving (and be organic if possible and nitrate-free).

**Poultry:** Chicken, turkey, duck or other fowl.

**Fish and Shellfish:** Any fish, including tuna, salmon, catfish, bass, trout, shrimp, scallops, crab and lobster (no farmed seafood; there are too many toxins).

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**Eggs:** Whole eggs are permitted without restrictions.

You do not have to avoid the fat that comes with the above foods. Also, you do not have to limit quantities deliberately, but you should stop eating when you feel full.

### Foods That Must Be Eaten Every Day

**Salad Greens:** 2 cups a day. Includes arugula, bok choy, cabbage (all varieties), chard, chives, endive, greens (all varieties, including beet, collards, mustard, and turnip), kale, lettuce (all varieties), parsley, spinach, radicchio, radishes, scallions and watercress. (If it is a leaf, you may eat it.)

**Vegetables:** 1 cup (measured uncooked) a day. Includes artichokes, asparagus, broccoli, Brussels sprouts, cauliflower, celery, cucumber, eggplant, green beans (string beans), jicama, leeks, mushrooms, okra, onions, pepper pumpkin, shallots, snow peas, sprouts (bean

and alfalfa), sugar snap peas, summer squash, tomatoes, rhubarb, wax beans and zucchini.

**Bouillon:** 2 cups daily — as needed for sodium replenishment. Clear broth (consommé) is strongly recommended unless you are on a sodium-restricted diet for hypertension or heart failure.

### Foods Allowed in Limited Quantities

**Cheese:** up to 4 ounces a day. Includes hard, aged cheeses such as Swiss and cheddar, as well as Brie, Camembert blue, mozzarella, Gruyere, cream cheese, goat cheeses. Avoid processed cheeses, such as Velveeta. Check the label; carbohydrate count should be less than 1 gram per serving.

**Cream:** up to 4 tablespoons a day. Includes heavy, light or sour cream (not half and half).

**Mayonnaise:** up to 4 tablespoons a day. Duke's and Hellmann's are low-carb. Check the labels of other brands. For an even healthier option, try **Primal Mayo**.

**Olives (Black or Green):** up to 6 a day.

**Avocado:** up to 1/2 of a fruit a day.

**Lemon/Lime Juice:** up to 4 teaspoons a day.

**Soy Sauces:** up to 4 tablespoons a day. Kikkoman is a low-carb brand. Check the labels of other brands.

**Snacks:** Pork rinds/skins; pepperoni slices; ham, beef, turkey and other meat rollups; deviled eggs.