

THERAPEUTIC FOODS: BLOOD SUGAR REGULATION

LIST OF THERAPEUTIC FOODS

The table below includes foods rich in various nutrients that support blood sugar regulation, arranged in alphabetical order. Each vitamin, mineral, or compound is covered in more detail after the table.

	A	APDS	Arginine	B ₁	B ₂	B ₃	B ₅	B ₆	B ₇	Chromium	Manganese	MHCP	Potassium	Vanadium
Almonds			✓		✓						✓			
Apricots	✓													
Asparagus	✓			✓		✓	✓	✓			✓		✓	
Avocado						✓	✓	✓	✓					
Bananas				✓				✓			✓		✓	
Beans			✓	✓				✓			✓		✓	
Beef						✓	✓	✓						
Brewer's Yeast				✓	✓	✓		✓	✓				✓	
Broccoli	✓			✓		✓	✓	✓		✓	✓		✓	
Brussels sprouts	✓			✓		✓	✓	✓			✓		✓	
Buckwheat											✓			✓

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Butter	✓													
Butternut Squash	✓				✓	✓	✓	✓			✓		✓	
Carrots	✓			✓	✓	✓	✓	✓			✓			
Cauliflower				✓	✓	✓	✓	✓	✓		✓			
Chili Peppers	✓				✓	✓		✓						
Cinnamon											✓	✓		
Cod Liver Oil	✓													
Dandelion Root	✓			✓				✓						
Eggs	✓			✓	✓		✓		✓					
Flaxseeds				✓							✓			
Full-Fat Dairy	✓		✓	✓	✓		✓		✓					
Garlic		✓		✓				✓			✓			
Hazelnuts				✓							✓			
Kale	✓			✓	✓	✓		✓			✓		✓	

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Lamb					✓	✓								
Lentils				✓			✓	✓			✓			
Liver	✓			✓	✓	✓	✓		✓					
Macadamia Nuts				✓		✓					✓			
Mushroom					✓	✓	✓							
Olive Oil														✓
Onions		✓		✓		✓	✓		✓	✓				
Oysters										✓				
Parsley	✓													✓
Peas				✓	✓	✓		✓						
Pecans	✓			✓				✓			✓		✓	
Pistachios				✓				✓			✓			
Potatoes						✓	✓	✓		✓	✓		✓	
Poultry			✓			✓	✓	✓						

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Pumpkin Seeds			✓	✓				✓					✓	
Salmon	✓			✓	✓	✓	✓	✓	✓					
Seaweed	✓			✓	✓	✓	✓	✓			✓			
Sesame Seeds				✓				✓			✓			
Spinach	✓				✓						✓		✓	
Sunflower Seeds				✓		✓	✓	✓			✓			
Sweet Potato	✓			✓		✓	✓	✓			✓		✓	
Tomatoes	✓				✓		✓	✓			✓		✓	

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LIST OF KEY NUTRIENTS

The following nutrients, arranged in alphabetical order, help support healthy blood sugar regulation.

A (Retinol & Carotenoids)

Vitamin A plays a key role in the production and activity of adrenal hormones. Note that there are two primary forms: retinol (found in animal foods) and carotenoids (the precursor form found in plant foods)

APDS

APDS (allyl propyl disulfide) has been shown to lower blood sugar by competing with insulin for breakdown sites in the liver.

Arginine

Arginine plays an important role in the promoting of the secretion of insulin.

B₁ (Thiamin)

Vitamin B₁ is used to create the enzyme TPP (thiamine pyrophosphate), which is necessary for carbohydrate metabolism, energy production, and nerve function.

B₂ (Riboflavin)

Vitamin B₂ is needed to secrete insulin from the pancreas. It also helps improve metabolic activity, boosts the immune system, and supports the nervous system.

B₃ (Niacin)

Vitamin B₃ is a component of the coenzymes NADP (nicotinamide adenine dinucleotide phosphate) and NAD (nicotinamide adenine dinucleotide), which play a role in carbohydrate metabolism, energy production, and the manufacture of adrenal hormones. It's also

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been shown to naturally improve cardiovascular health markers such as blood pressure.

B₅ (Pantothenic Acid)

Vitamin B₅ is an important component of coenzyme A, involved in the manufacture of adrenal hormones and the utilization of fats and carbohydrates as fuel.

B₆ (Pyridoxine)

Vitamin B₆ helps maintain hormonal balance and is used in the creation of proteins and transmitters.

B₇ (Biotin)

Vitamin B₇ enhances glucose utilization and can help reduce hypoglycemia symptoms and sugar cravings. It is primarily synthesized by friendly gut bacteria, but can also be found in some foods.

Chromium

The body uses chromium to create Glucose Tolerance Factor (GTF), which enhances insulin activity. Low chromium levels may lead to insulin resistance.

Manganese

Manganese functions in enzymes that regulate blood sugar.

MHCP

MHCP (methylhydroxychalcone polymer) is a water-soluble compound found in cinnamon that helps improve insulin sensitivity. Like insulin, it increases the uptake of glucose by cells and stimulates glycogenesis.

Potassium

Potassium is essential for the conversion of blood sugar into glycogen.

Vanadium

Deficiency in vanadium may contribute to faulty blood sugar control, contributing to hypoglycemia or diabetes.