

## **Dr. Tony Hampton's Simple Steps on How to Reverse Type 2 Diabetes:**

- 1) Learn how to read labels with focus on net carbs: Total carbohydrates minus fiber = Net carbohydrates.
- 2) Reduce your carbohydrate intake to less than 50 carbohydrates per day.
- 3) Increase consumption of FAT in your diet (best micronutrient for diabetics)
- 4) Learn about the benefits of INTERMITTENT FASTING
- 5) Reduce processed foods in your diet (eat real food)

Consult with your healthcare professional since medication dose reductions will be needed when you lower starchy carbohydrate consumption.

### **Start a low carbohydrate diet:**

#### Starchy (High Carb) Vegetables

The main vegetables to avoid when reducing carbohydrates are the starchier and sweeter vegetables: Beets, Peas, Winter Squashes, Parsnips, Potatoes in all forms, Sweet Potatoes, Corn, Plantains

Try these low-carb substitutes instead:

Mashed Cauliflower, Cauliflower "Rice" , Spaghetti Squash, Zucchini Noodles, Cauliflower "Potato" Salad

### **50-100 Grams Per Day**

This range is great if you want to lose weight effortlessly while allowing for a bit of carbs in the diet. It is also a great maintenance range for people who are carb sensitive.

### **20-50 Grams Per Day**

This is the perfect range for people who need to lose weight fast, or have obesity or diabetes. When eating less than 50 grams per day, your body will get into ketosis, supplying energy for the brain via so-called ketone bodies. This is likely to kill your appetite and cause you to lose weight automatically.

Be aware that a low-carb diet is NOT no-carb. There is room for plenty of low-carb vegetables.