



Week 6

Carb Testing Protocol

Through this Sugar Detox course, I hope you now realize the importance and value in eating whole, unprocessed foods and have to come to understand this way of life is not a one-size-fits-all approach for everyone. Everyone is so different in how they respond to carbohydrates, even unrefined, whole, natural carbs. Your own body will respond to some types of carbs differently, as well as how much you choose to ingest of that particular carbohydrate, then someone else will, it depends on so many factors of your own bio-individuality.

This week is learning more about how your own body might respond to certain carbohydrates like carrots, beans, rice, sweet potatoes, apples or whatever carbohydrate you would like to test. Without actually testing these types of foods, you must rely on subjective measures like how you feel between meals, you remember those “hangry” symptoms we’ve discussed? Of course, you can certainly get enough information from that to know which food may have caused you to be hungry in one hour or caused your cravings to come back with a vengeance. You can also use the Pulse method which I gave you a couple weeks back to use for further knowledge if you don’t have a blood glucose monitor.

But for those of you, like me, who wonder if you really need to avoid a certain food or not, this testing is priceless! It is wonderful when you discover a misconception you had about a higher, whole, unrefined carbohydrate food and realize you don’t need to avoid it forever, you can actually eat some _____ (Fill in the blank) occasionally and it won’t spike your blood sugar and cause cravings.

My goal through this Sugar Detox course has always been to help you find what will work for you to reach your goals. I am offering this as just another tool to use toward this goal and it is completely optional whether you choose to try it or not.

Instructions

1. **Needed:** Blood Glucose Monitor and Meal Plan Tracker for recording. You must track what you eat, when, and how your blood glucose responds. You will need to record how much of a particular food you are testing.
2. **Test a specific carbohydrate** every morning at breakfast, that means with no other food, just that carb. No coffee with collagen, no creamer, no snack. If you want to have plain black coffee, tea or water before the meal that is fine, but keep it to the same thing every morning you test.

3. **Start by eating 50grams of the carbohydrate.** This is your whole meal. Do not eat anything else with it, no condiments, nothing, except salt is fine. Wait 2 hours. So this means you eat the food, then set a timer for 2 hours then take your blood glucose test following the instructions on your meter.
4. **Analyze reading:** Ideally your blood glucose will be between 90-115mg/dl at the 2 hour mark. If your blood glucose is in that range, that carbohydrate is a good fit for you and you can include it when you like, but I would still limit it to 2-3 times per week or less if you are still trying to lose weight. If it is higher than that range, you will retest this carbohydrate tomorrow at breakfast, BUT you will only eat 25 grams of the food. Retest your blood glucose after 2 hours. If it is still above 115 mg/dl, this particular carbohydrate is not a good fit for you. For the rest of the week, continue to pick a different carbohydrate you'd like to test.
5. **Other Responses:** Besides your blood glucose readings, I want you to make note of other responses that may be a sign of intolerance or sensitivity, like joint pain or skin rash or hives or low energy, "hangry" symptoms, digestion issues or poor mental clarity. So this means, even if you don't have a high spike in your blood glucose, if you have any of these other symptoms, it could be a sensitivity and you may not want to eat that particular food very often.
6. **Below are the carbohydrate choices with the amounts needed that equal 50grams.** If there are some that are not on my list, you will need to figure out how much of that food would equal 50 effective carbs (the total carbohydrates minus the fiber). I have not included any carbohydrates that contain gluten because you know how I feel about gluten.

Food	Volume /Weight in grams
<u>Grains and Pseudo grains</u>	
White rice (cooked)	1.14 cups/180g
Brown rice (cooked)	1.03 cups/210g
Oats (cooked, not instant)	2.1 cups/485g
Corn Tortillas	5.5 tortillas (small)/ 130g
Grits (cooked)	1.4cups/360g
Quinoa (cooked)	1.47 cups/275g
<u>Legumes</u>	
Lentils (cooked)	2.18cups/430g
Black beans (cooked)	1.95 cups/335g
Pinto beans (cooked)	1.73 cups/295g
Chickpeas (cooked)	1.55cups/255g
Lima beans (cooked)	1.55cups/290g
<u>Vegetables</u>	
White potato (baked)	2 cups or 1.6potatos/250g
Sweet potato (baked)	1.45cups or 2.5medium/290g
Carrots (raw)	5.8cups chopped/740g
Parsnips (cooked/boiled)	2.4cups sliced/370g
Butternut Squash (cooked)	3.4 cups cubed/690g

Cassava/yucca
Beets (cooked)

0.7cups/140g
3.7cups sliced/630g

Fruits

Apples
Banana
Blueberries
Cherries
Cantaloupe
Honeydew melon
Grapes
Mango
Oranges
Peaches
Papaya
Plantains
Watermelon

2 medium/425g
1.1cup mashed/250g
2.85cups/420g
3 cups with pits/475g
4.4cups diced/690g
3.55 cups diced/605g
2 cups/300g
2.3 cups pieces/375g
2.9cups or 3.5 oranges/485g
4.1cups/625g
3.8cups/550g
1.15cups/175g
4.6cups/700g