

Dr. Hyman's Carb Intake Recommendations

Based on The Blood Sugar Solution and The 10-Day Detox Diet Plans

Use this chart to figure out which of Dr. Hyman's targeted health solution plans will help you overcome your challenges and achieve health.

Health Condition or Status	Total Daily Carb Intake	Recommended Carb Choices	Recommended Plan
<p>Check here for your personal issues ...</p>	<p>Note percentage of total calories and total grams best for you...</p>	<p>Learn what to eat, how much, and what to avoid</p>	<p>Go 1 step further; choose a targeted solution to take back your health</p>
<ul style="list-style-type: none"> ✓ Obese - 25+ pounds to lose ✓ Severe Diabesity or insulin resistance ✓ On medication to manage blood pressure, diabetes or cholesterol 	<p>Very Low Carb Intake</p> <p>10 to 15% of total daily calories or 50 to 70 grams daily</p>	<p>Eat: non-starchy vegetables</p> <p>How Much? 75% of your plate</p> <p>Avoid: Beans/legumes, starchy vegetables, grains (all gluten and gluten-free products), dairy, fruit (except small serving of berries)</p>	<p>The Blood Sugar Solution Super Advanced Plan <i>or</i></p> <p>The Blood Sugar Solution 10-Day Detox Diet</p>
<ul style="list-style-type: none"> ✓ Overweight - 10-25 pounds to lose ✓ Advanced Diabesity or insulin resistance ✓ On medication to manage metabolic syndrome 	<p>Low Carb Intake</p> <p>15 to 20% of total daily calories or 60 to 85 total grams daily</p>	<p>Eat: non-starchy vegetables; 1 serving of legumes (if tolerated)</p> <p>How Much: 75% of your plate</p> <p>Avoid: Starchy vegetables, grains (all gluten and gluten-free products), dairy, fruit (except small serving of berries)</p>	<p>The Blood Sugar Solution Advanced Plan</p>
<ul style="list-style-type: none"> ✓ About 5 pounds to lose ✓ Mild to moderate diabesity or insulin resistance ✓ Not on medications to manage ✓ Seeking better energy, cognition and overall wellness 	<p>Moderate Carb Intake</p> <p>20 to 30% of total daily calories or 75 to 150 total grams daily</p>	<p>Eat: non-starchy vegetables; 2 to 3 servings of gluten-free grains, legumes, starchy vegetables, low-glycemic fruits</p> <p>How Much: 50 to 75% of your plate</p> <p>Avoid: dairy, grains, any processed flour-based foods like cookies, crackers, bread & pasta</p>	<p>The Blood Sugar Solution Basic Plan</p>
<ul style="list-style-type: none"> ✓ Little to no weight to lose ✓ No sign of diabesity or insulin resistance ✓ Seeking to bolster system for temporary conditions such as pregnancy or lactating ✓ Athletes in training seeking peak performance 	<p>Standard Carb Intake</p> <p>30 to 40% of total daily calories or 100 to 200 total grams daily</p>	<p>Eat: non-starchy vegetables; 3 to 4 servings of gluten-free grains, legumes, starchy vegetables, low-glycemic fruits; gluten-, dairy- & flour-based products in moderation and only if tolerated</p> <p>How Much: 50 to 75% of your plate</p> <p>Avoid: processed and refined flour-based food products</p>	<p>The Blood Sugar Solution Healthy For Life Plan</p> <p><i>A personalized plan for your circumstances and goals</i></p>

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Whether you are on The Blood Sugar Solution or The 10-Day Detox Diet, controlling your blood sugar is the key to success. Use this guide to help select the carbs that are right for you based on Dr. Hyman's Carb Intake Recommendations to create the best blood sugar sensitizing meals.

All Plans allow for non-starchy vegetables. Enjoy these foods - raw or cooked – in unlimited quantities:

Arugula	Celery	Green beans	Radicchio
Artichoke	Chives	Hearts of palm	Snap beans
Asparagus	Collard greens	Jalapeno peppers	Snow peas
Bean sprouts	Cucumber	Kale	Shallots
Beet greens	Dandelion greens	Lettuces	Spinach
Bell peppers (any color)	Eggplant	Mushrooms	Summer squash
Broccoli	Endive	Mustard greens	Swiss chard
Brussels sprouts	Fennel	Onions	Tomatoes
Cabbage	Garlic	Parsley	Turnip greens
Cauliflower	Ginger root	Radishes	Watercress
			Zucchini

The Basic and Healthy for Life Plans are a little more flexible regarding carb intake, allowing for some starchy vegetables, legumes, grains and low-glycemic fruits. Refer to the following charts to help add variety in the right serving sizes:

STARCHY VEGETABLES

Cooked unless otherwise noted; each serving = 15 grams of carbs

<u>Food Item</u>	<u>Serving</u>	<u>Food Item</u>	<u>Serving</u>
Winter squash	1/2 cup	Artichokes	1 artichoke
Beetroot	1 cup	Burdock Root (raw)	1/2 root
Carrots	1 cup	Corn	1/2 cup
Green peas	1/2 cup	Jerusalem artichokes	1/2 cup
Turnips	1/2 cup	Lima Beans	1/2 cup
Parsnip	2/3 cup	Baked Potato	1/2 medium
Pumpkin	1 cup	Rutabaga	1/4 large
Sweet potato/yam	1/2 medium		

LEGUMES

Cooked unless otherwise noted; each serving = 15 grams of carbs

<u>Food Item</u>	<u>Serving</u>	<u>Food Item</u>	<u>Serving</u>
Adzuki beans	1/4 cup	Black bean	1/3 cup
Broad (fava) beans	1/2 cup	Chickpeas	1/3 cup
Black-eyed beans	1/2 cup	French beans	1/3 cup
Kidney beans	1/3 cup	Lentils	1/3 cup
Mung beans	1/3 cup	Navy or pinto beans	1/3 cup
Split peas	1/3 cup		

GLUTEN-FREE GRAINS

Cooked unless otherwise noted; each serving = 15 grams of carbs

<u>Food Item</u>	<u>Serving</u>	<u>Food Item</u>	<u>Serving</u>
Brown rice	1/3 cup	Millet	1/3 cup
Buckwheat (kasha)	1/3 cup	Polenta	1/3 cup
Teff	1/3 cup	Quinoa	1/3 cup
Popcorn (popped)	2 ½ cups		

WHOLE-GRAIN FLOURS

All items dry; measurements = 15 grams of carbs

<u>Food Item</u>	<u>Serving</u>	<u>Food Item</u>	<u>Serving</u>
Amaranth flour	2 TBSP	Brown rice flour	2 TBSP
Arrowroot flour	2 TBSP	Buckwheat flour	3 ½ TBSP

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FRUIT

Fresh unless otherwise noted; each serving = 15 grams of carbs

<u>Food Item</u>	<u>Serving</u>	<u>Food Item*</u>	<u>Serving</u>
Apples	1 small	Bananas	1/2 medium
Avocados	1/2 avocado	Apricots	2 medium
Fresh berries	1/2 cup	Cherries	1 cup
Kiwis	1 large	Dates	2 medium
Peaches	1 medium	Grapefruit	1/2 large
Melons	1 cup of cubes	Currants, dried	2 TBSP
Nectarines	1 medium	Oranges	1 medium
Tomatoes	1 medium	Figs, dried	1 medium
Pears	1/2 large	Prunes	3 prunes
Sun-dried tomatoes	1/6 ounce	Raisins	2 TBSP
Plums	2 plums	Tangerines	2 small
		Grapes	15 grapes
		Mangos	1/2 medium

*Items listed in the right-hand column are meant to be introduced once you have successfully transitioned off of The Blood Sugar Solution or 10-Day Detox Diet. Enjoy these selections sparingly and omit if you notice changes in weight, return of cravings or changes in lab results when testing glucose, insulin etc.