



slim for good

the hormone balancing diet

Fruit		
Low fructose/insulin	Medium fructose/insulin	High fructose/insulin
Avocado Blueberries Cantaloupe Cranberries Grapefruit Guava Lemons Limes Nectarines Olives Oranges Peaches Raspberries Starfruit Strawberries Tomatoes	Apples Apricots Bananas Cherries Dates Fresh figs Grapes Honeydew Kiwi Mango Papaya Pears Pineapple Plums Pomegranate Sundried to Tangerines Tomato juice Watermelon	All dried fruit Canned fruit cocktail Fruit juice concentrates Fruit juice ice lollies Fruit juices Jams Preserves Sorbet



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Vegetables		
Low fructose/insulin	Medium fructose/insulin	High fructose/insulin
Artichoke Asparagus Aubergine Bok Choy Broccoli Brussels sprouts Butternut squash Cabbage Carrots Cauliflower Celery Courgettes Cucumber Ginger Kale Kale chips Leeks Lettuce Mushrooms Okra Onions Peas Peppers Pumpkin Radish Radishes Spinach Sugar snap peas Watercress Turnips	Beetroot Parsnips Sweet Potatoes	Carrot juice Mashed potato Potato chips Root vegetable crisps White Potatoes



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Legumes, Grains, Nuts & Seeds

Low fructose/insulin	Medium fructose/insulin	High fructose/insulin
Almonds Black beans Brazil Nuts Broad beans Cannellini beans Cashews Chai Seeds Chickpeas Chilli homemade Dehydrated unsweetened coconut Flax Seeds Green beans Hazelnuts Hummus Kidney beans Lentil soup Lentils Lima Beans Macadamia nuts Mung Beans Peanuts Peas Pecans Pine Nuts Pinto beans Pistachios	Amaranth Brown rice Buckwheat Fermented soy Millet Quinoa flakes Quinoa pasta Rice tortillas Sprouted whole grain breads	Baked beans Biscuits Cakes Corn Corn tortillas Couscous Honey roasted peanuts Instant porridge Macaroni cheese Muesli Pasta Pies Pita Polenta Popcorn Pop-tarts Potatoes Puffed rice Rice cakes Risotto Scones Sugar cereals Sweetened nut butters Tortillas Water crackers Wheat bread White flour



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Legumes, Grains, Nuts & Seeds

Low fructose/insulin

Medium
fructose/insulin

High fructose/insulin

Poppy Seeds
Porridge oats
Pumpkin seeds
Quinoa
Roasted chestnuts
Sesame Seeds
Sunflower Seeds
Unsweetened Nut butters
Walnuts
Wild rice



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Sweeteners		
Low fructose/insulin	Medium fructose/insulin	High fructose/insulin
85% dark chocolate Chicory Raw Cacao (powder & nibs) Stevia Xylitol	70% dark sugar	Agave Aspartame Brown sugar Caramel sauce Chocolate syrup Corn syrup Dark chocolate (below 70%) Fruit Juice concentrate Honey Liquorice Maple syrup Marshmallows Milk chocolate Molasses Saccharin Splenda Sucralose Sweets White sugar