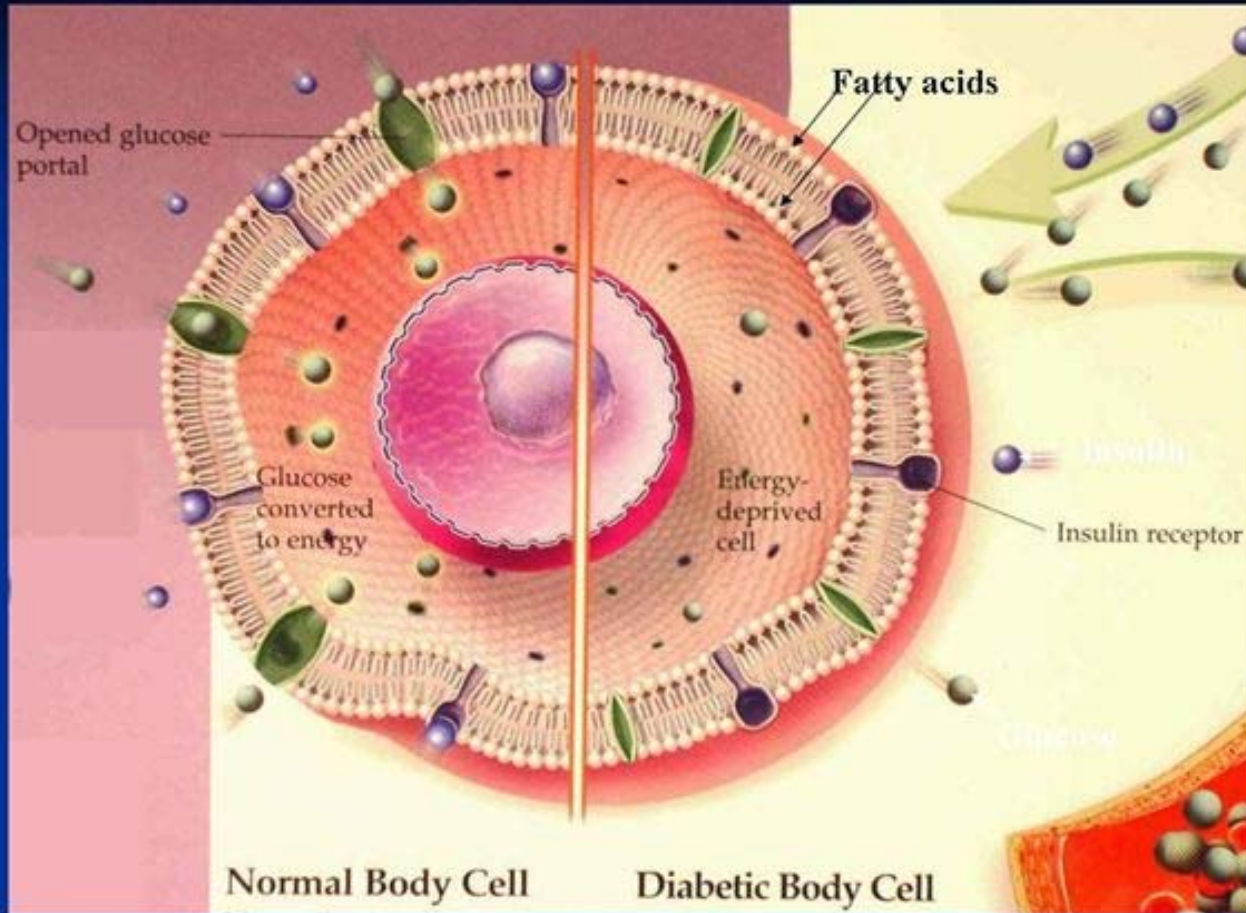


“New” Learning Objectives

1. Understand the common chronic health conditions associated with type 2 diabetes
2. Understand the challenge of “running the body”
3. Understand the role of 5000+ phytonutrients in “running the body” and “building great cells”
4. **Identify Healthy Fats & Damaged & Fake Fats**

Fatty acids

**



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Simple Summary for Patients

■ Limit Damaged Fats

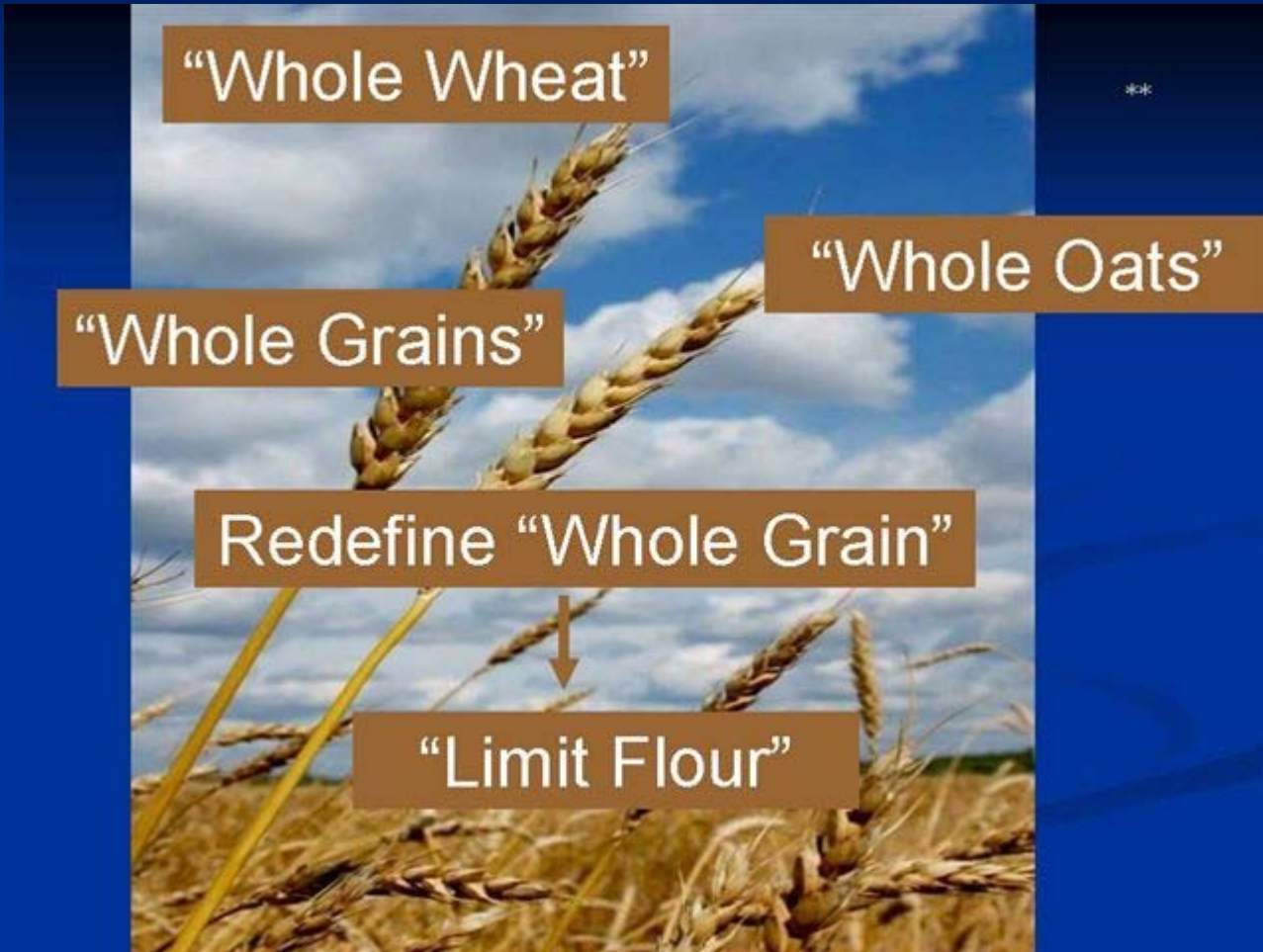
- No partially or hydrogenated fats—must read the ingredient label!
- Limit highly heated fats—limit fried anything, limit broiling & grilling of meats—can use low heat
- Limit animal fats

■ Eat healthy fats DAILY

- Use extra virgin olive oil, or other unrefined oil (your choice—try a variety--walnut, sesame, flax, peanut, avocado, etc. on salads, smoothies, etc. -max 1-2Tbsp./day)—use as a dressing, do not heat.
- Eat raw nuts daily—2 Tbsp- ¼cup max—esp. walnuts
- Avocados—1/4 max. daily

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5. **Identify Healthy Carbs**





Enriched wheat flour



“New” Learning Objectives

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4. Identify Healthy Fats & Damaged & Fake Fats
5. Identify Healthy Carbs
6. Read ingredients FIRST then Nutrition Facts on labels



Oats & Honey

INGREDIENTS: RICE, GRANOLA BAR PIECES (WHOLE GRAIN OATS, SUGAR, CRISP RICE [RICE FLOUR, SUGAR, MALT EXTRACT, SALT, CANOLA OIL, SOY LECITHIN], CANOLA OIL, HONEY, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, NATURAL FLAVOR, WHEAT FLOUR), SUGAR, WHOLE GRAIN OATS, WHOLE GRAIN WHEAT, WHOLE GRAIN CORN, BROWN SUGAR SYRUP, WHEAT BRAN, CORN BRAN, BARLEY MALT EXTRACT, HONEY, CANOLA OIL, CINNAMON, SALT, ANNATTO EXTRACT COLOR, NATURAL FLAVOR, NONFAT MILK, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. **CONTAINS SOY, WHEAT AND MILK INGREDIENTS.**

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 GENERAL OFFICES, MINNEAPOLIS, MN 55440 USA
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This package is sold by weight and by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

Nutrition Facts

Serving Size 1 cup (58g)
 Servings Per Container about 7

Amount Per Serving	Nature Valley 1 1/2 cup	
	Crunchy	skin milk
Calories	230	270
Calories from Fat	25	25
	% Daily Value**	
Total Fat 3g*	5%	5%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	1%
Sodium 220mg	9%	12%
Potassium 115mg	3%	9%
Total Carbohydrate 48g	16%	18%
Dietary Fiber 4g	15%	15%
Sugars 16g		
Other Carbohydrate 28g		
Protein 4g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	4%	4%

* Amount in cereal. A serving of cereal plus skim milk provides 3g total fat, less than 5mg cholesterol, 290mg sodium, 320mg potassium, 54g total carbohydrate (22g sugars) and 9g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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4. Identify Healthy Fats & Damaged & Fake Fats
5. Identify Healthy Carbs
6. Read ingredients FIRST then Nutrition Facts
7. Identify “Fun Foods” & 80%-20% Guide

80% Real Food

**



20% "Fun Foods"



**Norm
Metabolic Man**



**

Norm's Stats

New Type 2 DM

10/19/2007

**

- A1C=10.0%
- FBG=255 mg/dl
- ↑ LFT's
- BP 177/92
- Weight=352#

Norm Refused all medications!

Norm's Stats—3 weeks later^{**}

■ 10/19/2007

■ A1C=10.0

■ FBG=25

■ ↑ LFT's

■ BP 177/92

■ Weight=352#

■ 11/8/2007

■ FBG=120

■ BP 140/80

■ Weight=340#

Norm's Diet:

“Cut out Processed Foods . . . Eat Real Foods^{}!”**

Breakfast

Chopped
Fruit/Nuts
Oatmeal
1/4c. Ground flax
seeds
Whole wheat toast
1/4 grapefruit
1 date
6 oz. v-8 juice

Lunch

Salad or soup
with veges, dry
beans, barley,
salmon
occasionally
olive oil &
vinegar on salad

Dinner

Vege, beans
PB & WW
crackers salmon

Snacks: Snap peas, few nuts,
veges

Norm choose to eliminate: Meats, poultry, bread, cold
cereal, rice, pasta, potatoes, sweets, juices

DASH Diet

**

(Dietary Approaches to Stop Hypertension)

- 9 servings fruits/veges/day
- 2-3 servings low-fat dairy products
- Whole grains, fish, nuts, low in red meat and sweets
- 3000 mg sodium/day
- BP dropped by 11.6 mm HG
- BP effects seen in 2 weeks
- ↓↓ CHD & stroke 15-27%

Norm's Stats—3 months later^{**}

■ 10/19/2007

■ A1C=10.0

■ FBG=255

■ ↑ LFT's

■ BP 177/92

■ Weight=352#

■ 11/8/2007

■ FBG=120

■ BP 140/80

■ Weight=340#

■ 1/16/2008

■ A1C=6.5

■ FBG=115

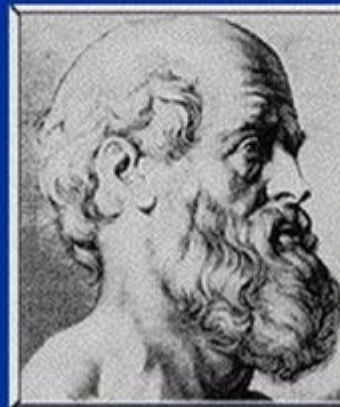
■ Normal LFT's

■ BP 140/80

■ Weight=314#
(38# loss/12
weeks)

Hippocrates: Father of Medicine^{**}

“Let Food be thy Medicineand Medicine be thy Food.”



350 B.C.



After a short stay in America, Michelangelo's David statue was brought back to Florence, Italy . . .