

# Complete Guide and Easy Recipes for People on Insulin Resistance Diet

Insulin resistance is a condition in which the body's cells do not respond properly to the hormone insulin. This can lead to high blood sugar levels, which can damage the blood vessels and organs. Insulin resistance is a major risk factor for type 2 diabetes, heart disease, and stroke.



## THE PCOS DIET: Complete Guide and Easy Recipes for People on Insulin Resistance Diet

★★★★★ 5 out of 5

Language : English

File size : 2389 KB

Print length: 89 pages

Lending : Enabled



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### What is the Insulin Resistance Diet?

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The insulin resistance diet is based on the principle that insulin resistance is caused by eating too many carbohydrates. Carbohydrates are broken down into glucose, which is then transported into the cells by insulin. When the cells are insulin resistant, they do not take up glucose properly, which leads to high blood sugar levels.

The insulin resistance diet helps to improve insulin sensitivity by reducing the amount of carbohydrates that are consumed. This forces the body to burn fat for energy instead of glucose. When the body burns fat, it produces ketones, which are small molecules that can help to improve insulin sensitivity.

### **What are the Benefits of the Insulin Resistance Diet?**

The insulin resistance diet has a number of benefits, including:

- Improved insulin sensitivity
- Lower blood sugar levels
- Reduced risk of type 2 diabetes, heart disease, and stroke
- Weight loss
- Improved energy levels
- Reduced inflammation

### **What are the Foods to Eat on the Insulin Resistance Diet?**

The insulin resistance diet includes foods that are low in carbohydrates and high in fiber. These foods include:

- Non-starchy vegetables

- Lean protein
- Healthy fats
- Whole grains
- Fruit

Here are some examples of foods that are included in the insulin resistance diet:

- Broccoli
- Cauliflower
- Spinach
- Kale
- Chicken
- Fish
- Beans
- Lentils
- Olive oil
- Avocado
- Nuts
- Seeds
- Berries
- Apples

## What are the Foods to Avoid on the Insulin Resistance Diet?

The insulin resistance diet includes foods that are low in carbohydrates and high in fiber. These foods include:

- Starchy vegetables
- Sugary drinks
- Processed foods
- White bread
- White rice
- Potatoes
- Corn



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