

optimal food for weight loss (insulin resistant)

These foods are ideal for someone who is wanting to lose weight while also managing blood sugars. These foods emphasise the nutrients that are associated with weight management and are harder to obtain in adequate quantities (i.e. vitamin D, choline, vitamin E, calcium, potassium, zinc, vitamin B5, niacin, folate, magnesium, cysteine, and vitamin A). They also emphasise a lower energy density to help with portion sizes and a lower insulin load to stabilise blood sugar.

vegetables

- watercress
- chicory greens
- endive
- coriander
- escarole
- spinach
- beet greens
- parsley
- chard
- asparagus
- arugula
- mustard greens
- collards
- lettuce
- alfalfa
- Chinese cabbage
- turnip greens
- broccoli
- chives
- portabella mushrooms
- celery
- okra
- banana pepper
- zucchini
- pickles
- cucumber
- white mushroom
- shiitake mushroom
- jalapeno peppers
- kale
- red peppers
- cabbage
- eggplant
- sauerkraut
- cauliflower
- radicchio
- summer squash
- radishes
- chayote

fruits

- blackberries
- avocado
- raspberries
- olives

spices

- basil
- paprika
- curry powder
- sage
- thyme
- dill
- marjoram
- cloves
- mustard seed
- caraway seed

animal products

- chicken liver
- turkey liver
- veal liver
- beef liver
- beef brains
- chicken liver pate
- lamb liver
- lamb kidney
- pork liver
- ham (lean only)
- beef heart
- chicken breast
- steak (lean)
- lamb (lean)
- turkey heart
- liverwurst
- liver sausage
- pork chop
- roast pork
- lamb brains
- pork ribs
- pork loin

- sirloin steak
- veal loin
- pork sausage
- ground pork
- pork shoulder
- roast ham
- turkey
- turkey drumstick
- turkey ham
- ground turkey
- ground beef
- turkey (skinless)
- veal

seafood

- caviar
- fish roe
- salmon
- anchovy
- trout
- crab
- sturgeon
- oysters
- halibut
- lobster
- mackerel
- sardine
- molluscs
- crayfish
- cisco
- flounder
- herring
- rockfish
- pollock
- cod
- shrimp
- tuna

egg

- egg yolk
- whole egg