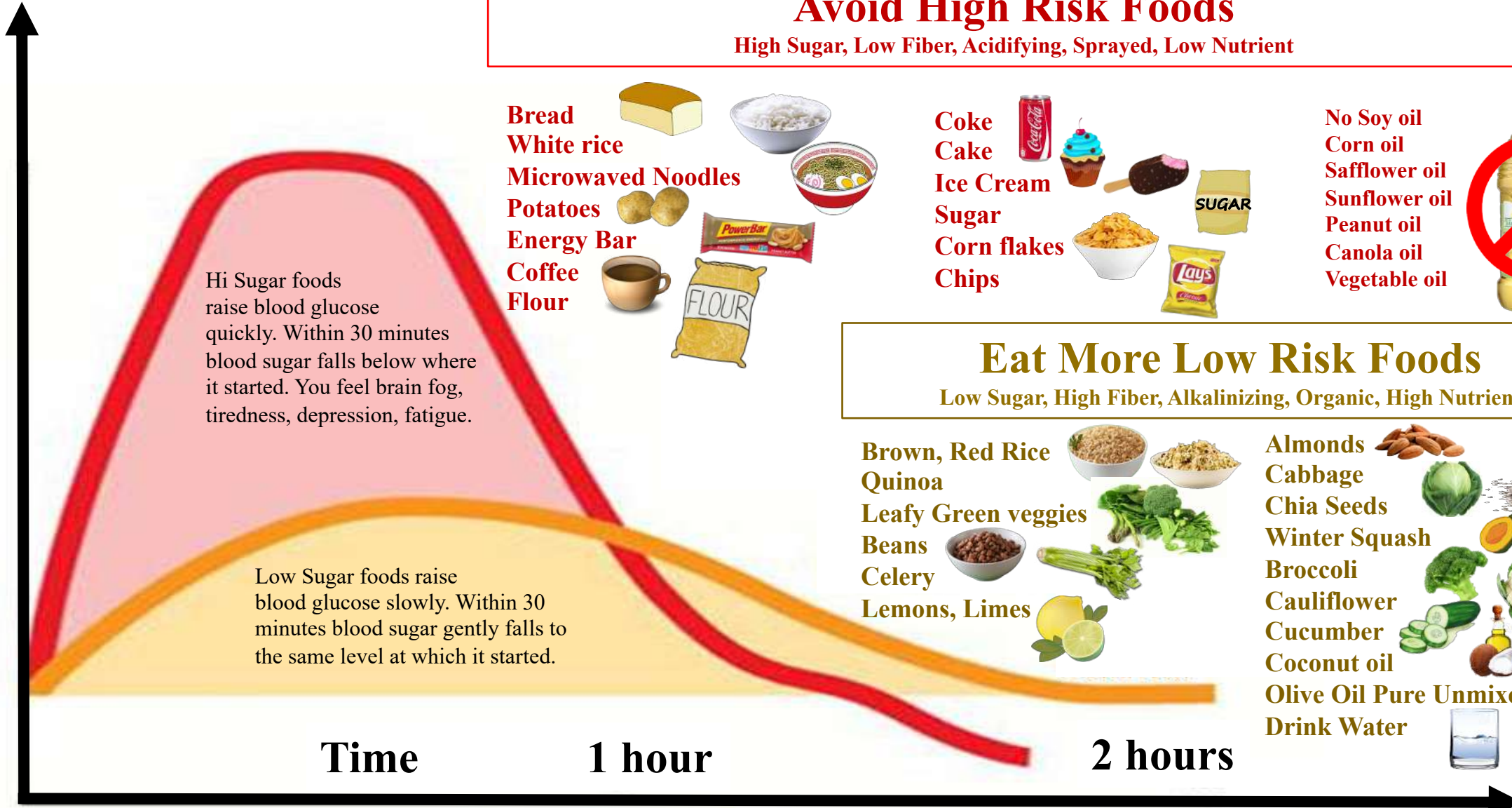# How to Reduce Risk of Diabetes, Hypertension, Heart Disease, Cancer, Alzheimer's, Obesity, and Osteoarthritis

Blood Glucose Levels

Avoid High Risk Foods
High Sugar, Low Fiber, Acidifying, Sprayed, Low Nutrient

Hi Sugar foods raise blood glucose quickly. Within 30 minutes blood sugar falls below where it started. You feel brain fog, tiredness, depression, fatigue.

Low Sugar foods raise blood glucose slowly. Within 30 minutes blood sugar gently falls to the same level at which it started.

Bread
White rice
Microwaved Noodles
Potatoes
Energy Bar
Coffee
Flour

Coke
Cake
Ice Cream
Sugar
Corn flakes
Chips

No Soy oil
Corn oil
Safflower oil
Sunflower oil
Peanut oil
Canola oil
Vegetable oil

Eat More Low Risk Foods
Low Sugar, High Fiber, Alkalinizing, Organic, High Nutrient

Brown, Red Rice
Quinoa
Leafy Green veggies
Beans
Celery
Lemons, Limes

Almonds
Cabbage
Chia Seeds
Winter Squash
Broccoli
Cauliflower
Cucumber
Coconut oil
Olive Oil Pure Unmixed
Drink Water

Time   **1 hour**   **2 hours**