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(54) **COMPOSITIONS AND METHODS TO LOWER GLYCOHEMOGLOBIN LEVELS**

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(52) **U.S. Cl.** ..... **424/439; 426/106; 426/531; 426/648**

(58) **Field of Classification Search** ..... None  
See application file for complete search history.

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(57) **ABSTRACT**

The invention provides for a diet that significantly reduces the glycohemoglobin levels in individuals with type 2 diabetes. A diet plan can be provided to an individual in the form of cards and/or pages with an appropriate meal plan, food items and/or pre-packaged meals, or in an electronic medium for the individuals to use to develop appropriate meal plans. The diet comprises food items having a nutritional composition that consists essentially of 30% protein, 50% fats, and 20% carbohydrates, or food items having a nutritional composition that consists essentially of 30% protein, 40% fats, and 30% carbohydrates.

**4 Claims, 7 Drawing Sheets**