

SUGAR CONTROL DIET

This Diet is used to improve your sugar control mechanism. Please follow it very closely. As your condition improves, various foods will be added by your Doctor. The objective is to return you to a more comprehensive diet, as soon as your body will allow. The closer you follow this diet, the sooner your body will respond. The benefits are many: people feel better on this diet, generally having more energy and their energy is more steady; weight loss is common; cravings disappear; mentally and emotionally people often feel much better; improved quality of sleep is generally noted. This is also the diet that we use to prevent Diabetes.

PROTEINS: Small amounts of protein every two hours is the key. You may have as much protein as you desire, but no more than the size of your palm at any one sitting.

Red Meat- optimally 3oz.3 times a week

Fish- unbreaded unlimited

Fowl- unbreaded unlimited

Eggs- unlimited

Nuts- see under snacks

Cheese- is O.K. if your doctor has not specifically stated that you should avoid milk products.

VEGETABLES: Eat lots and lots of these!

Green/Red Vegetables- unlimited

Yellow / Orange Vegetables- smaller portions

FRUITS: All fresh fruits are allowed except for bananas and mangos. No dried fruit.

BEVERAGES: WATER- IDEALLY!! ½ per pound of body weight daily. Herbal Teas (unsweetened) are fine.

Fruit Juice- (containing no added sweeteners) diluted 50% with water. Limited to two 6oz. glasses/day.

SNACKS:

Almonds- unlimited (All nuts chew thoroughly)

Walnuts- unlimited

Brazil Nuts- unlimited

Fresh Fruit

GRAINS: Restricted to Roasted Rice for dinner only.

Roasted Rice may be used. Method: Place long grain rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool, store and cook as needed, as you would cook regular rice.

NOT ALLOWED:

No wheat or wheat products are allowed (this includes white flour products like pasta, crackers, cereals and bread).

No sugar, honey, maple syrup, etc... are allowed

This program is designed to improve your bodies' ability to maintain its blood sugar within a healthy range. Your maintaining this diet strictly will also allow us to see what symptoms you normally experience which may be related to fluctuations in your blood sugar levels. This diet can also be helpful in correcting blood sugar problems in some patients, as well as help detect allergy related symptoms.