

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 our 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; craving 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 here. You may have as much protein as you desire, but no more than the size of your palm as any one sitting.

Red Meat – optimally no more than 3 oz., 3 times a week

Fish – unlimited unbreaded

Fowl – unlimited unbreaded

Eggs – unlimited

Nuts – ALL NUTS SHOULD BE RAW

Cheese/Cottage Cheese/Yogurt – O.K., if your doctor has not taken you off of milk products.

VEGETABLES: Eat lots and lots of these!

Green/Red Vegetables – Unlimited

Yellow/Orange Vegetables – smaller portions. NO POTATOES.

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

BEVERAGES: Water!! ½ body wt. in ounces. Also unsweetened herbal teas are fine. Fruit Juice (no added sweeteners), diluted 50% with water. Limited to 2, 6 oz. glasses/day.

GRAINS: Restricted to roasted rice for dinner only. No more than 1 cup.

Method: Place long grain rice in a dry skillet and brown to a golden brown. Some kernels may pop. Cool and store and cook as needed as you would cook regular rice.

NOT ALLOWED:

No wheat or wheat product like – bread, crackers, muffins, cereals or pasta are allowed.

No sugar, honey, maple syrup etc.

FINAL NOTE: This program is designed to improve your body's ability to maintain it's blood sugar within a healthy range. Strictly adhering to this diet will allow us to isolate symptoms you normally experience that may be related to fluctuations in your blood sugar levels. This diet can be helpful in correcting blood sugar problems, as well as helping to detect food allergy related symptoms. Dramatic changes in health can occur in patients when their blood sugar is maintained within a normal range. Feedback from your body is of tremendous value – this may be the most important information learned regarding you health. Please make this investment in you health by following this diet closely, and please inform me of any changes in how you feel.