

SUGAR CONTROL PROGRAM

This program is used to help re-establish the sugar control mechanism. Please follow it very closely. As your condition improves, we will add various foods into your diet. The object is to return you to a normal, well-balanced diet as soon as your body will allow it. The closer you follow this program, the sooner your body will respond.

WATER... Mandatory!!! One quart per 50 lbs. of body weight.

Proteins

You may have as much protein as you desire; but, not less than the amount listed.

- Red meat * at least 9 oz. a week (300 gm)
- Pork and lamb unlimited
- Organ meats unlimited
- Fish and shellfish unbreaded – unlimited
- Chicken – fowl unlimited
- Eggs unlimited
- Cheese unlimited
- Cottage cheese unlimited

*** In the USA, red meat means: beef, venison and buffalo. White meat is lamb and pork.**

Vegetables

- Green vegetables unlimited
- Yellow/orange vegetables limit to 2 or 3 servings weekly
- Tomatoes unlimited

Fruits

Fruit juices must be labeled, “no added sugar.” Those labeled “unsweetened” or “sugar-free” may contain added sugar or other sweeteners.

- Fresh unlimited
- Canned unlimited - water/juice packed/no sugar added
- Juice unlimited - no sugar added and not from concentrate

Beverages

- Decaffeinated coffee black – 1-3 cups daily
- Decaffeinated tea black – 1-3 cups daily
- Milk as desired if there are no skin or weight problems

Note

- Mustard is acceptable.
- Hellmans mayonnaise is ok.

Snacks

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| ▪ Cashews - roasted or salted | unlimited (not honey roasted) |
| ▪ Brazil nuts – roasted or salted | unlimited |
| ▪ Coconut | unlimited - raw, fresh from tree |
| ▪ Cheese | unlimited – yellow, white aged, string |
| ▪ Any fresh fruit | unlimited |

Foods to Avoid!!!

Sugar	Mixed drinks
Sweeteners	Alcoholic beverages
Pasta of all kinds	Beer and wine
All wheat products	Potatoes
Cauliflower	Yams/sweet potatoes
Rice (except as listed)	Dried beans and lentils
Honey	Beets
Frozen juices	Frozen foods
Concentrated juices	Tofu

IF IN DOUBT... LEAVE IT OUT!!!

Ask your brain, not your mouth if this food is right for you at this time.

Special Instructions:

- You must eat every 2 hours of your waking day, (a handful of nuts, grapes, something to keep your blood sugar levels, level).
- Sprouted grain bread or rice bread may be eaten daily.
- Two slices – toasted Ezekiel or Genesis bread, (available at Kroger on E. Main St.; frozen food section and Health in Hand).
- Remember you may use real butter, seasonings, sea salt and pepper.

Roasted Rice (may be used)

Method: Place any whole grain rice in a dry skillet and brown to a golden brown on medium heat. Some of the kernels may pop. Cool and store and cook as needed as you would cook regular rice. This method changes the utilization of the rice within your body.

Please Note...

NutraSweet, Splenda and Equal is not suitable. It is 10% methyl alcohol and breaks down in the body to formaldehyde/formic acid (both of which are poisons) and phenylalanine, which can be a nerve poison even in moderate amounts. Processed fructose is deadly! Honey should be avoided. Try Stevia for additional sweet taste.

Remember... The rewards of change are greater than the comfort of staying the same!