

Sugar Control Diet

This diet is used to help you re-establish your sugar control mechanism. Please follow it very closely. As your condition improves, various foods will be added by your doctor. The object is to return to a normal, well-balanced diet, the sooner your body will respond.

Proteins:

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

Red Meat*	At least 9 oz. (300gm) /week
Fish**	Unbreaded – unlimited
Fowl	Unbreaded – unlimited
Eggs	Unlimited
Cheese	Unlimited
Cottage Cheese	Unlimited

**In the USA, red meat means: beef, venison and buffalo, and white meat: is lamb and pork. In the Arab countries and Australia and New Zealand, lamb can also be considered red meat.*

***In Scandinavian countries, fish must be included in the diet.*

Vegetables:

Green Vegetables	Unlimited
Yellow Vegetables	Small Portions

Fruits:

Fruit juices must be labeled 'unsweetened'. Those labeled 'No Added Sugar' or 'sugar free' may contain added sugar or other sweeteners.

Fresh	Unlimited
Canned	Unlimited (water or juice packed-no added sugar)
Frozen	Unlimited (no added sugar)
Juice	Unlimited (no added sugar)

Sugar Control Diet

Beverages:

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

Coffee and/or tea-black Milk	Total amount of 1-3 cups daily (decaffeinated) As desired*
---------------------------------	---

**Unless the patient is aged 10-25 and is either overweight and/or has a skin problem.
WATER – MANATORY!! 2/3 OZ PER POUND OF BODYWEIGHT DAILY. (1 Lt per 24 Kg
of body weight per day)*

Snackes:

Cashews – Raw	Unlimited
Brazil Nuts – Raw	Unlimited
Coconut – Raw	Fresh from tree is unlimited
Cheeses	Yellow or White is unlimited (Edam/ Gouda)
Any fresh fruit	

Foods to avoid*:

Sugar
Sweetners
Pasta of all kinds
All Wheat products
Cauliflower
Rice
Honey
Mixed Drinks
Alcoholic Beverages (Beer & Wine..ect)
Potatoes
Yams
Dried Beans and Lentils

**If in doubt, don't eat it. Ask your brain, not your mouth (mouth hunger). If this food is right for you at this time. If it simply 'tastes good' it is probably wrong.*

Sugar Control Diet

Special Instructions:

You must eat every 2 hours of your waking day. Two slices of RICE BREAD or SPROUTED GRAIN BREAD may be eaten per day. 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 and store and cook as needed as you would cook regular rice. This method changes the utilization of the rice within your body.

Sucunut (or Splenda in Australia), a derivative of cane syrup may be used as a sweetener in small quantities. Processed fructose is deadly and honey is worse. Honey is medicine only.

Nutrasweet, is not suitable. It is 10% methyl alcohol and breaks down in the body to 'formaldehyde', formic acid (all of which are poisons) and 'phenylalanine', which can be a nerve poison even in moderate amounts.