

SUGAR CONTROL PROGRAM

(follow for 2 consecutive weeks)

This program is used to re-establish the sugar control mechanism. Please follow it exactly. The object is to return you to a normal well-balanced diet as soon as your body will allow it.

*****YOU MUST EAT EVERY 2 HOURS OF YOUR WAKING DAY *****

WATER - MANDATORY!! One quart per 50 pounds of body weight per day.

PROTEINS - UNLIMITED

Red meat *	Unlimited, but at least 9oz a week (300 gm)
Pork and Lamb	Unlimited
Organ meats	Unlimited
Fish and Shellfish	Unbreaded - unlimited
Fowl	Unbreaded -unlimited
Eggs	Unlimited
Cheese	Unlimited
Cottage cheese	Unlimited

* Red meat means beef, venison and buffalo. White meat is poultry, lamb and pork.

VEGETABLES

Green vegetables	Unlimited
Yellow and orange **	Two to three 4 oz portions per week (if desired).
Tomatoes, onions, etc.	Unlimited

**This means the starchy vegetables like carrots or corn, not red peppers, etc.

FRUITS

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

***** No sugar added means no sugar in the ingredients list. In the labeling of packaged foods, you will notice that all foods break down to some percentage of sugar. This is not what is meant by sugar added.**

Sugar is disguised in many ways. In the ingredients list, any word that ends in "ose" is a form of processed, added sugar; eg: fructose, maltose, dextrose, sucrose, etc. Also corn syrup and any fake sweeteners are not allowed including sugar alcohols which end in "ol" eg: maltitol, sorbitol, etc.

BEVERAGES

Decaffeinated coffee or tea	Black 1-3 cups daily
Whole milk or cream	As desired if there is no skin or weight problem
Moderate caffeine	_____OK _____Not OK

SNACKS

Raw cashews	Unlimited (found in Trader Joe's, Whole Foods, Aldis, Walmart, Kroger, Publix) Unlimited
Raw Brazil nuts	Raw, fresh from the tree is unlimited
Coconut Cheese	Yellow or white aged cheese is unlimited
Fresh fruit	Unlimited
Yogurt	Whole fat- plain (you can add your own fruit)

CONDIMENTS – Any seasoning **without sugar** is unlimited

Olive oil, vinegar, butter, mustard, etc. are unlimited. Stay away from fake fat products with hydrogenated oils like margarine. Read labels carefully, most commercial salad dressings have sugar or fake sweeteners. Ketchup and mayonnaise are more than 50% sugar.

FOODS TO AVOID

Sugar	Cereal	Beets
Sweeteners *	Alcoholic beverages (all)	
Pasta of all kinds	Cauliflower	
All wheat products **	Potatoes	
Rice (except as listed below) ***	Yams	
Honey	Dried beans	
Fruit juices	Tofu	
Frozen foods (except plain vegetables and no sugar added fruit)		

*Sweeteners include the sugar alcohols previously mentioned as well as **aspartame (Nutrasweet), sucralose (Splenda), saccharin products, or stevia, etc.**

** 2 slices of **Sprouted Grain Bread** per day may be eaten. *Alvarado St. Bakery* brand found in Genuardi's, Giant and Acme. Trader Joe's has their own brand. Whole foods sells frozen only. If you tested gluten (+), it must **ALSO** be gluten free. Found in Kroger and Trader Joe's.

***Roasted Rice may be used. Cook long-cooking rice (white or brown) in a dry skillet until golden brown. Some kernels may pop. Cool and store or cook as needed. Cook the roasted kernels as you would regular rice.

****You will begin the program **immediately** following the sugar adjustment.

IF IN DOUBT, CALL ME!!!!

843-543-1253