

SUGAR CONTROL DIET

This diet is used to improve your sugar control mechanism. Please follow it very closely. As your condition improves, your doctor will add various foods to your diet. The objective is to return you to a more comprehensive diet as soon as your body will allow. The closer you follow the sugar control 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 we use to prevent diabetes.

PROTEINS: At least 3-4 servings per day. A small amount of protein every two hours is 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 per week

Fish – unbreaded, unlimited

Fowl – unbreaded, unlimited

Eggs – unlimited

Nuts – see under snacks

Beans – limited to one ½ cup per day

Cheese – OK if your doctor has not specifically stated that you should avoid milk products

Yogurt – OK if no added sugar and no artificial sweeteners (plain Greek yogurt is a good option)

NO PORK

VEGETABLES: 3 cups per day. These should make up the majority of all your meals!

Green/Red Vegetables – unlimited

Yellow/Orange Vegetables – smaller portions

NO RED or WHITE POTATOES (sweet potatoes are ok)

NO CORN

FRUITS: 1-2 fruits per day. All fresh and frozen fruits are allowed except:

NO BANANAS and NO MANGOES.

NO DRIED or CANNED FRUIT

BEVERAGES:

Water – ideally ½ oz per pound of body weight daily, this is very important! So if you weigh 150 lbs. you should be drinking about 75 oz of water or a little more than 2 quarts

Herbal Tea – can count as water only if non-caffeinated

SNACKS: 20 nuts per day (this counts as 1 serving of fat). Chew all nuts thoroughly. All nuts should be raw if possible.

Almonds/Almond Butter

Walnuts

Brazil Nuts

NO CASHEWS

NO PEANUTS

FATS: 3-4 servings per day, (one serving is 1 TBS).

Butter

Olive Oil

Flax Oil

Coconut Oil

Avocado Oil

Avocado – ½ to 1

Nuts – see under snacks

GRAINS: ½ cup per day.

Quinoa

Roasted Brown Rice (or Brown Basmati Rice)

Method: place uncooked brown rice in a dry skillet and brown to a golden brown on low heat. Some of the kernels may pop. Cool the rice then store and cook as needed, as you would cook regular rice.

NOT ALLOWED:

NO WHEAT OR WHEAT PRODUCTS are allowed; this includes white flour and whole grain flour products like pasta, crackers, cereal and bread.

SWEETENERS:

NO SUGAR of any kind; this includes honey, maple syrup, agave, etc...

NO ARTIFICIAL SWEETENERS this includes; (Sucralose (Splenda), Aspartame (Equal, NutraSweet), Saccharin (Sweet'N Low), Acesulfame Potassium (Nutrinova)

INSTEAD USE LIQUID or POWDERED STEVIA (Sweet Leaf Liquid Stevia, Truvia and Stevia Extract In The Raw)

Raw honey in moderation is OK

IMPORTANT NOTE! Be extra careful with any condiments or sauces that you use such as tomato sauce, salad dressing, BBQ sauce, teriyaki/soy sauce, jam, etc... because they almost always contain sugar! Ask your doctor how you can make your own sugar-free versions of some of these condiments.

This program is designed to improve your body's ability to maintain its blood sugar within a healthy range. This diet can also be very helpful in correcting blood sugar problems in some patients, as well as helping to detect food sensitivities.