

# Sugar Control Program

This program is used to help you to re-establish your sugar control mechanism and get you in the "zone." Please follow it very closely. As your condition improves, various foods will be added by your doctor. 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 diet, the sooner your body will respond.

## **PROTEINS:**

You may have these protein sources (preferably grilled or baked, not fried):

- Red Meat
- Fish & Seafood
- Fowl
- Lamb
- Eggs
- Cheese, hard and soft
- Yogurt - unsweetened

It is advisable for women to eat approx. 3-4 oz of protein 3 times a day and men 4-6 oz 3 times a day. Rule of thumb - amount of protein equals size of your palm. If you are hungry or have trouble "sticking with program" you can increase the protein.

## **VEGETABLES:**

Vegetables - make sure to get plenty, especially fresh and steamed (no canned vegetables).

Limit starchy vegetables (potatoes, corn, peas, etc.).

**NO CARROT JUICE!**

## **FRUITS:**

Fresh - No bananas One to three per day  
No canned or dried  
No fruit juices  
Fruit is best as a snack between meals.

## **BEVERAGES:**

Water - **Mandatory!! 1 quart per 50 lbs.**

Herbal Tea - Coffee or caffeinated tea may be used if no adrenal involvement.

Coffee and/or tea - black

Milk - Avoid if there are skin, weight or sinus problems. Good to avoid in general.

**SNACKS:**

All nuts – raw (peanuts, cashews not good choices)  
Olives  
Fruit

**FOODS TO AVOID:**

Sugar	Mixed drinks
Artificial sweeteners	Alcoholic beverages
Honey, maple syrup, etc.*	Beer and wine
Pasta of all kinds	Potatoes, corn winter squash
All wheat products**	Dried beans and lentils
Rice of all kinds	Soybean products
	Beets

***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.***

Ideally, eat 3 meals and 2 snacks per day. Make sure to eat one hour after rising and no more than 5 hours between meals.

*\*Stevia may be used as a sweetener.*

*\*\*Sprouted grain bread is allowed if you are craving starch (one slice per day). This bread is made from sprouts and no flour. It can usually be found in the freezer section of your health food stores.*