Dietary Guidelines Chart

PROTEIN

3 ½ oz or 100 grams equals one serving

All protein should be weighed raw – remove skin and all visible fat. Proteins may be boiled, broiled, baked grilled or barbequed.

Fry in a teflon pan.

Use a spray bottle for olive oil

Oil use is very little

Do not use margarine or butter

* Deli meats contain nitrates and artificial colorings. Avid poor quality prepared foods. Ask a butcher for nitrate/additive free meats.
** Avoid veal and pork products

MEAT & POULTRY
Best Choice - lean, low-fat

3 1/2 oz	beef heart
3 1/2 oz	lean beef, ground – Only 1 serving per week
3 1/2 oz	chicken breast, skinless white meat only
3 1/2 oz	turkey breast, skinless

2 servings of protein per day

FISH & SEAFOOD

1 1/2 oz	catfish
1 1/2 oz	cod
1 1/2 oz	crabmeat
1 1/2 oz	haddock
1 1/2 oz	halibut
1 1/2 oz	lobster
1 1/2 oz	scallops
1 1/2 oz	snapper
1 1/2 oz	swordfish
1 1/4 oz	shrimp
1 1/2 oz	trout
1 1/2 oz	tuna
1 oz	tuna, water packed, drained

VEGETARIAN

3 oz	tofu, soft
1 tbs.	Rice or Soy protein powder
1 1/2 oz	tempeh
1 oz	spirulina, dried

EGGS

1 large	whole egg◇
2 large	egg whites
¼ cups	egg substitute

DAIRY
No dairy products permitted

NOT ALLOWED
No artificial sea crab legs
No clams mussels or oysters
No deli meats
No ground meats of any type
No herring
No lamb
No pork
No sardines
No smoked meats
No squid
No Swiss Chalet or similar style chicken

LIQUIDS

Minimum 8 glasses or 64 oz (2 litres or 2 US quarts) of liquid each day is mandatory. More is better.
Water should comprise at least ½ of that volume

Water
Weak tea / herbal teas
Mineral water
Soda water
Decaffeinated coffee – limit caffeinated coffee to 1 cup per day

Not Pemitted
No alcohol
No Tonic water
No C Plus or Orange crush
No root beer
No orange juice or other juices
No fruit teas
No decaffeinated flavoured coffees

Preferred foods are favorable carbohydrates with a glycemic index of less than 60.
A balanced diet includes protein, carbohydrates and fats.

FAVOURABLE CARBOHYDRATES

BREAD SUBSTITUTES
2 servings per day

1 stick	Bread Stick plain-No cheese
½ sheet	Matzo – no egg matzo
1	Rye melba toast
1	Ryvita
1	Kavli Norwegian flat bread

GRAINS

1/3 cup	oatmeal, cooked, slow cooking type (49)
½ tbs.	barley (36)

NOT ALLOWED
No Bread
No cereals
No pasta

VEGETABLES
Cooked

1 small (7oz.)	artichoke
1 cup (12 spears)	asparagus
¼ cup	beans, adzuki
¼ cup	beans, black (43)
1 cup	beans, green wax, italian
¼ cup	beans, lima (46)
¼ cup	beans, kidney (42)
¼ cup	beans, navy (54)
¼ cup	beans, pinto (55)
1 ¼ cup	beet greens
¼ cup	bok choy (chinese cabbage)
1 ¼ cup	broccoli
¾ cup	brussell sprouts
1 1/3 cup	cabbage
1 ¼ cup	cauliflower
¼ cup	chickpeas (60)
1 ¼ cup	collard greens
2 (3")	dill pickles – No sugar
1½ cup	eggplant
1 ¼ cup	kale
1 cup	red/green lentils (41)
¾ cup	okra, sliced
1 cup	sauerkraut
1 1/3 cup	spinach
1 ¼ cup	swiss chard
½ cup	tomato sauce
¾ cup	tomatoes, canned
1 1/3 cup	turnip greens
1 ¼ cup	yellow squash (summer)
1 1/3 cup	zucchini
¼ cup	soy beans (25)

Raw

7 ½ cups	alfalfa sprouts
3 cups	bean sprouts (mung)
2 cups	bamboo shoots, canned
2 cups	broccoli
2¼ cups	cabbage, shredded
2 cups	cauliflower
2 cups	celery, sliced
1 (9")	cucumber
3 cups	cucumber, sliced
5 cups	endive, chopped
5 cups	escarole, chopped
1 head	lettuce, iceberg
6 cups	lettuce, romaine, chopped
3 cups	mushrooms, chopped
2/3 cup	onion, chopped
2 (3" diam)	peppers, green/red
1 ½ cup	pepper, green/red chopped
2 cups	radishes, sliced
½ cup	salsa
¾ cup	snow peas
4 cups	spinach
1 (3" diam)	tomato
1 cup	tomato, chopped
½ cup	water chestnusts

SALADS

1 large spinach salad (2 cups raw spinach, ¼ spanish onion, ¼ cup mushrooms, 1 tsp. lemon juice)

1 large tossed salad (2 cups mixed greens, ¼ green pepper, ¼ cucumber, ¼ tomato)

NOT ALLOWED
No avocados
No carrots
No corn
No peas
Np potatoes
No rice
No yellow beans

FRUITS
Fresh or Canned (no sugar added) as indicated.

Dietary Guidelines Chart

Select fruits that are in season in your growing area.

½ (2½" diam)	apple (52)
3/8 cup	applesauce, unsweetened
3 small	apricots (44)
½ cup	blackberries
½ cup	blueberries
1 cup (¼ melon)	cantaloupe, cubed
7	cherries (32)
½ (3½" diam.)	grapefruit (36)

1 (2" diam.)	lemon
1 (2½" diam.)	lime

½ (3" diam.)	orange (62)
1/3 cup	orange, mandarin, canned unsweetened
1 (2½" diam.)	peach (40)
1/3 cup	peaches, canned unsweetened
½ (2" diam.)	pear (51)
1/3 cup	pears, canned unsweetened
½ cup	pineapple
¼ cup	pineapple, canned unsweetened
1 (2¼" diam.)	plum (34)
2/3 cup	raspberries
½ cup	rhubarb
1 cup	strawberries

NOT ALLOWED

No bananas
No grapes
No honeydew melon
No kiwi
No nectarines
No tangerines
No watermelon

MISCELLANEOUS SEASONINGS

White Vinegar, salt, pepper, garlic, onion, fresh herbs, spices and seasonings are allowed
Do not use premixed seaonings or sauces (ex. Shrimp sauce, bernaise sauce, ketchup, etc)

Keens dried Mustard (powdered) and regular mustard (no sugar)
1 tbsp Hunts Tomato Paste
Soya Sauce
Pataks Tandoori Past for grills and barbeque
Unico Tomato paste

GARNISHES

1 tbsp	Kraft Miracle whip Ultra Low Fat
1 tbsp	Milk
1 tbsp	Philadelphia Ultra Low Fat cream cheese
	Salsa

SWEETENERS

Stevia

ABSOLUTELY NOT ALLOWED

No butter
No cocktail sauce
No gum of any type
No HP sauce
No ketchup
No Mrs. Dash seasonings
No commercial oils or salad dressings (except fat free products listed earlier)
No popcorn
No red wine vinegar
No sugar
No powdered sugar substitutes
No weight watchers products
No Worcestershire Sauce

Eating Out

Here are some steps you can take to ensure that you stay on the program when eating out

- Choose restaurants that cook to order instead of fast food outlets that have fixed, unchangeable menus

Choose restaurants that feature seafood and fresh vegetable dishes rather that exotic sauces and desserts. Make sure they will prepare the fish in an acceptable way and insist on vegetable without butter and sauces. Most restaurants will be glad to accommodate you

- Ask for salads with no dressing
- -Avoid chicken in all restaurants. It is never prepared in an acceptable manner
- -Safe choices are steamed or poached fish, lobster or shrimp. You might be safe ordering your main dish from the appetizer of Hors d'oeurve section of the menu – an average seafood cocktail without sauce provides 3 ½ oz of protein. A 1 lb. steamed lobster yields 6 oz of protein.
- Grilled fish tastes wonderful. Be sure to order without butter or oil. Often the grill is brushed with oil to prevent sticking. Fish or seafood cooked in foil or parchment paper, without sauce is a good choice.
- If you choose steak and salad, a small filet is around 3 ½ oz. Order it grilled with all the fat trimmed with allowed spices only, no sauces. You will find that rare or medium rare preparations are juicy enough to not need any sauce. (By the way, a squeeze of lemon on steak is a secret of many chefs.
- The salad bar is wide open. It's easy to enjoy the permitted items and pass o the others. Pile a plate with leafy greens, tomato, diced, green pepper and celery. Avoid croutons, bacon bits (real or) artificial, grated cheese, beans and anything marinated in oils
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◈ Use in moderation because of higher amounts of saturated fats. tsp. = teaspoon tbs. = tablespoon Approximate glycemic index in ( ).

Dietary Guidelines Chart

General Dietary Guidelines

Eat a serving of fish every day. If you are a vegetarian, or when circumstances prevent this, consume flax oil as a primary fat source. These foods are rich in omega-3 fatty acids, a type of fat highly beneficial for helping restore normal insulin sensitivity

Make sure you consume legumes (beans, peas, and lentils) every day. They contain high amounts of protein and fibre, both of which are important to lower the insulin response to meals

Eat mixed meals or snacks containing protein, carbohydrate and fat. Carbohydrates eaten alone can often cause an increase in the insulin response – eaten together the meal will generally lower that response

The only carbohydrate that may be eaten alone is a piece of whole fruit chosen from the guideline chart. The fruits included on this chart cause a low insulin response.

Use olive oil or canola oil for cooking, and flax or walnut oil for homemade salad dressings. These are fats that favorably impact your cells' ability to use insulin. (Note: Do not cook with flax or walnut oils, and be sure to refrigerate these oils and any dressings made with them.

Avoid saturated or trans fats, such as margarine, lard or butter. These fats have a negative effect on how the body uses insulin. (Read Labels; most processed foods contain the following unhealthy fats: palm, palm kernel, and partially hydrogenated vegetable oils

Avoid the following starchy foods: potatoes, rutabagas, parsnips, turnips, and whole corn (including popcorn) .

Avoid refined carbohydrates and/ or simple sugars. This includes any carbohydrates not listed on the Dietary Guidelines chart. Again, these are foods that will cause a rapid rise in insulin

Instructions

1. Follow the rules exactly. Your success depends on it.

2. The first week is the most difficult. Strictly adhering to the diet now will control I the cravings later.

3. You will be placed on vitamin and mineral supplements. They absolutely must be taken as directed.

4. The vitamin injections are administered three to five times a week. As conveniently arranged with our staff. Make sure you attend as required.

5. Expect the weight loss on this regimen to average four to five pounds per week*. Your actual daily weight loss will vary somewhat due to normal body fluctuations.

6. A food scale must be purchased and used. You must know exactly how much protein and vegetables you are eating.

7. All physical activities are allowed. It is not necessary to restrict exercise while dieting, but you need to inform us of your exercise levels.

8. In the unlikely event you become constipated, please discuss this with us.

9. Be careful oils, creams, ointments, lotions, dishwashing detergents, fats, etc applied to the skin can interfere with the metabolism of fat and hinder weight loss. Use rubber gloves for kitchen work. This is a very peculiar but important aspect of the treatment. Glycerine, Vaseline, mineral oil, baby oil, and regular Vaseline intensive care hand lotion are allowed.

10. The only cosmetics allowed are powders, eyebrow pencil, eyeliner and hypoallergenic or water based cosmetics and creams. Only soaps that don't contain creams are allowed (ie. Dial, Ivory and glycerine bars) . This should be stated on the product packaging.

11. Suntan lotions with an SPF of 20 or more are allowed.

12. All alcoholic beverages are strictly forbidden.

13. Cough syrups, throat lozenges and chewing gum are not allowed (not even diet gum due to its oil base.)

14. Please advise the doctor of any medications you take or are prescribed to you during treatment.

15. Your food diary must be filled in accurately, listing the foods, liquids, and the amounts you have ingested