

## SUGAR CONTROL DIET

The following is a two-week diet, designed to help recalibrate your body's sugar control circuits. It will increase your energy and vitality. Please follow it closely. It is not a healthy diet for all times, but it is beneficial for you during a trial period. As your condition improves, we will add other foods back into your diet. This way of eating does take a little planning, but is well worth the effort. Most people may also lose weight while on this diet without being hungry. Others, who need to gain weight, often find their weight will return to normal without undue effort. **MAIN CHALLENGES: 6 feedings daily; plan ahead**

**PROTEINS:** Each meal should include a minimum of 4-6 ounces of protein, but you can have as much as you desire. Meat, poultry, fish, eggs are unlimited, *if no sensitivity exists.*

**VEGETABLES:** Eat as much as you desire. You cannot eat too much. Focus on dark, leafy greens and a variety of colors. No potatoes, yams, or other starchy vegetables. (ie: corn, peas, winter squash, cooked beets or carrots )

**FRUITS:** Careful here – only to be eaten between meals as a snack with nuts or seeds or a piece of cheese or a bite of plain, full fat yogurt. Leave the sweeter fruits such as bananas, mangos, persimmons, papayas, dried fruits, etc. alone. One or two small sized pieces of fruit per day is plenty. (apples, pears, peaches, plums, all berries)

**GRAINS:** No grain including breads, rolls, muffins, and pasta. No beans or legumes. No rice.

**NUTS:** Soaked or slow-roasted nuts make a great snack.

**DAIRY:** No dairy is allowed, unless approved by your practitioner.

**FATS:** No artificial or hydrogenated fats allowed, such as margarine or shortening.

**SWEETENERS:** No sweeteners of any kind. Stevia OK if no hyperinsulinemia ( high insulin levels) exists.

*You must eat every two to three hours of the waking day. You need not eat a large volume of food at these meals – just a handful of nuts or a slice of cheese. Include a medium piece of fruit or some raw veggies if desired No processed or packaged foods allowed. Eat only those foods found in nature. Eat some raw vegetables every day unless otherwise advised.*

*Organic is best, but the most important thing is to avoid starches and potential intolerant foods. Avoid antibiotic-treated, hormonally-raised animal foods, and foods treated with pesticides and insecticides.*