

HG DIET FOOD LIST

"STRICT DIET:

MEAT and FISH: All meats except cold cuts that contain sugars or dextrose; All fowl and game; All fish and shellfish.

DAIRY PRODUCTS: Eggs; Any natural cheese (bleu, roquefort, cheddar, cream, gouda, swiss, etc;)
Cream (heavy and sour;)
Cottage and Ricotta (1/2 cup limit per day;)
Butter; Margarine.

FRUITS: Fresh coconut; Avocado (limit 1/2 per day;)
Cantaloupe (limit 1/4 per day;)
Strawberries (limit 6-8 per day;)
Lime or Lemon juice for flavoring (limit 2 tsp. per day.)

VEGETABLES: Asparagus; Bean Sprouts; Broccoli; Brussels sprouts; Cabbage (limit 1 cup per day);
Cauliflower; Celery Root (celeriac;)
Celery; Chard; Chicory; Chinese cabbage (limit 2 cups per day;)
Chives; Cucumber; Daikon (long, white radish;)
Eggplant; Endive; Escarole; Fennel Bulb; Greens (Mustard, Beet, Collard etc;)
Jicama; Kale; Leeks; Lettuce (any type;)
Mushrooms; Okra; Olives; Parsley; Peppers (green, red, yellow, etc;)
Pickles (dill, sour, limit one per day;)
Pimiento; Radicchio; Radish; Rhubarb; Sauerkraut; Scallions (green onions;)
Spinach; Squash (yellow or summer only;)
String beans (green or yellow;)
Snow peas; Soy Beans, Tomatoes (not sauce or paste);
Water Chestnuts; Watercress; Zucchini.

NUTS: (limit 12 per day) Almond; Brazil; Butternut; Filbert; Hazel; Hickory; Macadamia; Pecan; Pistachio; Sunflower seeds (small handful); Walnut.

DESSERTS: Sugar-free Jell-O with NutraSweet; Custard (made with cream and artificial sweetener.)

DRINKS Club soda; Decaffeinated coffee; Decaffeinated tea; Caffeine-free diet sodas and drinks such as Crystal Light.

CONDIMENTS and SPICES: All herbs and spices including seeds (fresh or dried); All imitation flavorings; Horseradish; Sugar-free sauces such as Hollandaise, Mayonnaise, Mustard, Ketchup; Sugar-free salad dressings; Oil and Vinegar (all types;)
Worcestershire sauce.

MISCELLANEOUS: All fats; Caviar; Tofu.

LIBERAL DIET: *Add the following foods to the strict diet:*

FRUIT: (limit: one piece of fruit every four hours. No fruit juices.) Apples; Apricots; Blackberries (1/2 cup limit;)
Blueberries (1/2 cup limit;)
Boysenberries; Casaba melon (1 wedge limit;)
Grapefruit; Honeydew melon (1 wedge limit;)
Lemons; Limes; Nectarines; Oranges; Papaya; Peaches; Pears; Plums; Raspberries; Strawberries; Tangerines; Tomato juice; Tomato sauce or paste; V8 Juice.

VEGETABLES:(remove limits from strict side) Add: Artichokes; Beets; Carrots; Onions; Peas; Pumpkin; Winter squash; Hubbard squash; Turnips; Rutabagas, Spaghetti squash. NUTS—(remove limits from strict side) Add: Cashews; Peanuts; Soy Nuts.

DAIRY PRODUCTS: Whole, Non-fat, Low-fat milk and buttermilk, unsweetened yogurt, unsweetened nut milks

DESSERTS: Sugarless diet puddings (1/2 cup a day limit)

BREADS: Three slices a day of sugar-free white, whole wheat, sourdough or light rye. No more than two slices at one time. You can also have 3 small servings of sugar-free crackers.

MISCELLANEOUS: Corn tortillas (2 only per day;)
Carob powder; Flour (gluten or soy only;)
Gravy made with gluten or soy flour only;)
Popped popcorn (one cup only;)
Sugar-free cereals (puffed rice, shredded wheat, oatmeal etc;)
Wheat germ."

<http://www.fibromyalgiatreatment.com/hypoglycemia.html>