

Diets For Hypoglycemia

By R. Paul St. Amand, M.D.

Dietary Restrictions the hypoglycemic must follow:

“HAVE NONE OF THESE:

Alcohol (for one month)
Sugar in any form, including soft drinks
Fruit juices and dried fruits
Baked beans
Black-eyed peas (cowpeas)
Garbanzo beans (chickpeas)
Refried beans
Lentils
Lima beans
Starch
Potatoes
Corn (limit popcorn to one cup)
Bananas
Barley
Rice
Pasta
Burritos (flour tortilla)
Tamales

Ingredients:

Caffeine, Dextrose, Maltose, Sucrose, Glucose, Honey, Corn Syrup, Rice Syrup, Cane Syrup, Fructose, Agave Syrup, Cane Sweeteners, Brown Rice Syrup.

(NON-CALORIC SWEETENERS SUCH AS SUCRALOSE, STEVIA, CYCLAMATE, SACCHARIN are fine.)

What follows is the list of foods that you can eat. The list was designed to provide the best stabilization of blood glucose.

HG Diet Food Plan

There are two diets for hypoglycemia or carbohydrate intolerance. The Strict diet is for weight loss. The Liberal Diet is for maintaining weight. Both work equally well at stabilizing blood glucose levels.

The 1st Foods list is for following the HG Strict diet. When following the hg Liberal diet, you can eat the foods that are listed on both the 1st and 2nd food list, while paying attention to any food limits.

Strict Diet (for weight loss) -1st Foods List

Meat and Fish

All meats except cold cuts that contain sugars or dextrose

Deli cut meats contain no added sugars

All fowl and game

All fish and shellfish

Any sugar on bacon and ham will cook off.

Only select breakfast sausages are sugar free. Check the labels.

Dairy

Eggs

Any natural "hard" cheese (bleu, swiss, cheddar, jack, colby, cream, gouda, roquefort, etc.)

Cream, heavy

Sour Cream

Cottage and Ricotta cheese (1/2 cup limit per day)

Butter and Margarine

Fruits

Fresh coconut (no limit)

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 teaspoons per day)

Vegetables

Asparagus

Bean Sprouts

Broccoli

Brussels sprouts

Cabbage (limit 1 cup per day)

Cauliflower

Celery Root (celeriac) and 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, orange)
Pickles (*limit 1 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 (Do not eat more than 12 nuts per day, except sunflower seeds)

Almond
Brazil
Butternut
Filbert
Hazel
Hickory
Macadamia
Pecan
Pistachio
Sunflower seeds (small handful)
Walnut

Desserts-sugar free only

Sugar-free Jell-O with NutraSweet

Custard (made with cream and artificial sweetener)

Beverages-sugar free, decaffeinated, tea free only

Club soda

Decaffeinated coffee

Caffeine-Free Zero Calorie Sodas (Coca-Cola Zero Caffeine-Free, Sprite Zero)

Sparkling water (La Croix, Crystal Bay, Kroeger, S. Pellegrino)

Crystal Light with no sugar or tea

Sugar free hot Cocoa (wonder cocoa and Numo skinny hot chocolate have the same caffeine as decaf coffee)

Condiments and spices

All herbs and spices including seeds (fresh or dried)

All imitation flavorings

Horseradish

Oil and Vinegar (all types)

Worcestershire sauce

Sugar-free sauces- (Hollandaise, Mayonnaise, Mustard, Ketchup)

Sugar-free salad dressings (Bolt House, Skinny Girl, Primal Kitchen-check each flavor)

Miscellaneous

All fats

Caviar

Tofu

LIBERAL DIET-2nd Foods List

Add the following foods to the strict diet foods list and r

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 all 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
Whole, Non-fat, Low-fat buttermilk
unsweetened yogurt

unsweetened nut milks

DESSERTS-sugar free:

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

Sugar free pumpkin pie-crustless (made with cream and artificial sweetener)

Sugar free cheesecake-crustless (made with cream and artificial sweetener)

BREADS:

Three slices a day

No more than two slices at one time

You can have 3 small servings of sugar-free crackers

Sugar-free white

Sugar-free whole wheat

Sugar-free sourdough

Sugar-free light rye

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

If you have high cholesterol avoid the following:

Cheese

Cream

Eggs-whole

Margarine-solid

Hollandaise sauce

Lunch meat (except turkey)

Macadamia nuts

Cholesterol Substitutes:

Egg whites -Egg Beaters

Margarine-liquid

Meats-trim all visible fat.

Poultry-remove skin

Nuts -dry roasted only

Oil-canola or olive

Cooking spray-olive or canola

This diet is not meant to be used to make a medical diagnosis. Please consult your own physician before making any changes to your current diet, medications or treatment. Prior to commencing any diet R. Paul St. Amand M.D. recommends a basic work-up that includes a thyroid test, blood count, blood glucose screening and testing for any conditions that may mimic blood sugar abnormalities." Dr St Amand, MD

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