

Food Guide

Carefully following a food plan which is high in protein and low in carbohydrates is essential in maintaining the proper chemical balance within the body. This ensures the maximum utilization of the foods you eat and promotes the ability to maintain optimum health. Sugar, starches and readily available carbohydrates must be eliminated from the diet. You must remember to read labels on foods that may contain hidden sugars or sugar products. Eat only complex (natural) carbohydrates and avoid refined (processed) carbohydrates.

1. What You Eat

Avoid all processed carbohydrates. Eat only high-quality carbohydrates, protein and moderate amounts of fat.

2. How Much You Eat

Eat frequent small meals, enough to prevent hunger, but not enough to be stuffed. Three meals and three protein snacks a day.

3. When You Eat

Eat meals and snacks by the clock. Eat approximately every two or three hours. Start the day with a high-quality breakfast, then a snack approximately two to three hours later, followed by lunch, then a second snack, dinner, and then a third snack one hour before bedtime. If any meals are delayed for longer than 3 hours, an additional snack would be required.

On the following pages you will find listed, "Allowable Foods," "Other Considerations," "Foods to Avoid," "Allowable Snacks." and "Allowable Beverages."

A Sample Menu

Breakfast Choose from eggs, cheese, meat, fish or fowl.
Grains – any wholegrain cereal or wholegrain bread, beverage.

Snack Choose from “Allowable snacks.”

Lunch Choose from meat, fish or fowl.
Allowable vegetable and/or salad.

Snack Choose from “Allowable Snacks.”

Dinner Choose from meat, fish, or fowl.
Allowable vegetable and/or salad.

Snack Choose from “Allowable snacks.”

The daily menu routine should be three small meals and three small snacks every day!

Important Note

You may reduce the quantity of foods listed, according to your own needs, but continue to eat the same combination of food groups. This is most important in maintaining the proper balance of your internal environment.

In reducing quantity, never eliminate snacks. Consumption of fruits should be minimized during the first 30 days as they contain a high content of natural sugars.

As with any nutritional program, medical supervision is recommended.

Allowable Foods

Meats, Seafood, Fish, and Fowl are excellent sources of animal protein.

Dairy Products, Eggs	Nuts, Seeds and Grains	
* Cottage Cheese	Excellent Vegetarian Sources of Complete Protein	
* Pot Cheese	Almonds	Barley
* Farmer's Cheese	Brazil Nuts	Brown Rice (No White Rice)
* All Cream Cheeses	Butternuts	Buckwheat
Hard Cheeses	Peanuts	Millet
Kefir	Pecans	Oats
Acidophilus Milk	Pignolias (Pine Nuts)	Psyllium Seed
Milk	Pumpkin and Squash Seeds	Rye
Yogurt (Without Honey or Sugar!)	Sesame Seeds	Whole Wheat (Stone Ground)
Butter or Margarine	Walnuts	
* Contain approximately ½ the protein of hard cheeses.		
Nut Butters and Tahini (Sesame Butter) are good sources of protein and can be used for snacks. Read the label to make sure no sugar has been added.		

Snacks	
Snacks should be eaten every two to three hours and must consist of protein. Servings should be ¼ to ½ cup. Snacks are eaten between meals, however if a meal is delayed an additional snack should be eaten.	
Nuts or Seeds	Deviled Egg
Cooked Cereal Leftover from Breakfast	Leftover Meat (3 Small Slices)
½ Apple and a few Slices of Cheese	Shrimp Cocktail
Raw Vegetables and Cream Cheese	Yogurt (Unsweetened) with Vegetable or Fruit
Hard-Boiled Egg	Peanut Butter and Crackers, or Fruit

Vegetables (The lower the percentage of carbohydrates, the less natural sugar.)

3% Carbohydrates		6% Carbohydrates		
Beet Greens	Fennel	Asparagus	Leeks	Rhubarb
Celery	Lettuce	Bamboo Shoots	Mushrooms	Sauerkraut
Chinese Cabbage	Olives	Broccoli	Mustard Greens	Spinach
Chives	Parsley	Cabbage	Okra	Summer Squash
Cilantro	Pickles (Dill/Sour)	Cauliflower	Onions, Green	Tomato
Cucumbers	Poke	Collard Greens	Peas, Chinese or Snow	Turnip Greens
Endive	Radishes	Eggplant	Peppers	Water Chestnuts
Escarole	Watercress	Kale	Pimentos	Zucchini

Vegetables (Continued)

10% Carbohydrates	15% Carbohydrates
Artichoke, Globe or French	Artichoke, Jerusalem
Beans, Green or Wax	Beets
Brussel Sprouts	Parsnips
Carrots	Peas
Kohlrabi	Pumpkin
Onion	Soybeans
Rutabaga	Squash, Hubbard or Winter
	Vegetable Spaghetti

Fruits (The lower the percentage of carbohydrates, the less natural sugar.)

7% Carbohydrates	10% Carbohydrates	15% Carbohydrates	23% Carbohydrates
Avocado	Boysenberries	Apples	Bananas and Plantains (No More than 1 Per Week)
	Cantaloupe	Apricots	
	Casaba Melon	Blackberries	
	Coconut, Fresh	Cherries	
	Cranberries	Grapefruit	
	Fruit Salad (No Grapes)	Oranges	
	Honeydew Melon	Peaches	
	Lemon	Pears	
	Lime	Pineapple	
	Strawberries	Plums	
		Raspberries	
		Tangerines	

Beverages

	5% Carbohydrates	10% Carbohydrates	15% Carbohydrates
Broths			
Bullion	Milk	Blackberry Juice	Apricot Juice
Chicory	Sauerkraut Juice	Carrot Juice	Grapefruit Juice
Dandelion Root	Tomato Juice	Lemon Juice	Loganberry Juice
Decaffeinated Coffee	V8 Vegetable Juice	Lime Juice	Orange Juice
Herb Teas (Watch for Caffeine)	Vegetable Juice	Pomegranate Juice	Pineapple Juice

Foods to Avoid	And Why
Caffeine Candies	Causes Liver to Release Glycogen (Simple Sugar) into Bloodstream
Canned Meat	Contains Sugar
Chewing Gum	Contains Sugar
Chocolate	Contains Sugar and Caffeine
Cocoa	Contains Sugar and Caffeine
Coffee	Contains Caffeine
Colas	Contains Sugar and Caffeine
Cold Cuts	Contains Sugar
Commercial Teas	Contains Caffeine
Non-Herbal Teas	Contains Caffeine
Cookies	Contains Sugar and White Flour
Custards	Contains Sugar
Dessert Toppings	Contains Sugar
Dried Fruit	Too High in Concentration of Natural Sugars
Fruits, Canned	Contains Sugar if Canned in Syrup
Grape Juice	Natural Sugar Content is too High
Honey	Is 12½ Times More Concentrated than Cane Sugar
Hotdogs	Contains Sugar
Ice Cream	Contains Sugar
Jams	Contains Sugar
Jell-O	Contains Sugar
Jellies	Contains Sugar
Macaroni	Contains Refined White Flour
Marmalades	Contains Sugar
Matzo Meal	Contains Refined White Flour
Molasses	Too High in Concentration of Natural Sugars
Noodles	Contains Refined White Flour
Ovaltine	Contains Sugar and Cocoa
Papaya Juice	Too High in Natural Carbohydrates

Foods to Avoid	And Why
Pastries	Contains Sugar and White Flour
Pies	Contains Sugar and White Flour
Pizza	Contains Sugar and White Flour
Potato Chips	Oil Used for Deep-Frying is Indigestible (Rancid), Too Much Salt
Pretzels	Contains White Flour and Excess of Salt
Prune Juice	Too High in Concentration of Natural Sugars
Puddings	Contains Sugar (Sometimes Cocoa or Chocolate)
Salami	Contains Sugar, Preservatives
Sausage	Contains Sugar, Preservatives
Scrapple	Contains Preservatives
Soft Drinks	Contains Sugar and Caffeine
Spaghetti	Contains Refined White Flour
Sugar	Severely Alters Blood-Sugar Level
Sweet Pickles	Contains Sugar
Sweet Relishes	Contains Sugar
Syrups	Contains Sugar
White Flour	A Refined Carbohydrate
White Rice	A Refined Carbohydrate

Sample Daily Menus

Supper (Restaurant)		
Lobster with Butter	Onion Soup (Without Croutons)	Filet Flounder
Broccoli	Steak – Mushroom	Broiled Tomato
Lettuce Hearts (Check Dressing)	Green Beans	Tossed Salad
Melon in Season	Fresh Strawberries with Unsweetened Whipped Cream	Celery and Radishes
Beverage		Beverage
Note: When dining in restaurants it's best to avoid ordering peas or carrots as they are often cooked with a bit of sugar.		

Supper (At Home)		
Baked Ham	Lamb Chops	Spaghetti
Carrots	Baked Corn Squash	Tomato Sauce with Meatballs and Sausage
Buttered Cabbage Wedge	Cucumber-Watercress Salad with Dressing	Short-Cooked Sliced Green Peppers
Herb Tea		Escarole Salad with Dressing
Cream Cheese Ball Rolled in Chopped Nuts		Beverage

Breakfast		
2 Poached Eggs	3 Ounce Slice Roast Beef	1/3 Cup Oatmeal or 1 Slice Buttered Protein Bread
Ham, Bacon or Pork Sausage	Lettuce, Tomato, Olive	2 Scrambled Eggs
Leftover Cooked Vegetables		
Beverage	Beverage	1 Cup Orange Juice

Lunch (To Carry)

3 Ounce Can Salmon	½ Ham and Cheese Sandwich (3 Ounces)	2 Deviled Eggs
Lettuce	Carrot Sticks	Celery Stuffed with Peanut Butter
Radishes	Pecan Nuts	Lettuce and Green Pepper Salad
Beverage	V8 Vegetable Juice	Beverage

Lunch (Restaurant)

Cheeseburger (No Bun)	Chef's Salad	Western Omelet
Lettuce and Tomato	Oil-Vinegar Dressing	Green Salad
Beverage	Beverage	Beverage

Lunch (At Home)

Tuna Salad with Celery	Open-Faced Toasted Cheese and Tomato Sandwich	Hamburger Patty
Cheese Wedge	Vegetable Salad with Dressing	Sliced Tomatoes and Cucumbers
Lettuce, Olives, Radishes		½ Cup Cottage Cheese
Beverage	Beverage	Beverage

Other Considerations

Bread, Crackers, Flour, etc. All breads and pasta products should be consumed on a limited basis due to the high starch and carbohydrate content. These products are converted quickly by the body into sugar.

Fats, Oils

- Almond Oil
- Butter
- Olive Oil
- Safflower Oil
- Sesame Oil
- Soy Oil
- Sunflower Oil

Salt

Salt should be minimized in the diet: It has been shown to contribute to hypertension, retention of water, and weight gain.

Sugar by any Other Name... Is Still Sugar			
Brown Sugar	Dextrose	Fructose	Honey (1½ Times More Concentrated than Cane Sugar)
Invert Sugar	Karo Syrup	Lactose	Levulose
Maltose	Mannitol	Maple Syrup	Molasses
Sorbitol	Sucrose	Turbinado	Yellow "D" Sugar

Special Note

Artificial sweeteners place an unnecessary burden on the system and may induce a "sugar-like" response. They should be avoided by anyone who feels poorly after ingesting any of these sugar substitutes.

Artificial Sweeteners

- Acesulfame K (ACK, Ace K, Sweet One, Swiss Sweet, Sunett)
- Advantame
- Aspartame (Equal, NutraSweet)
- Neotame (Newtame)
- Saccharin (Sweet'N Low, Sugar Twin)
- Sucralose (Splenda)
- Calcium Cyclamate
- Sodium Cyclamate
- Sucaryl

Quantity of Food

Eating too much food is as bad as eating the wrong foods. Any food not immediately utilized by the body is converted to excess sugar and fat deposits. Small, but frequent meals and snacks of high-quality protein and complex, (natural, as opposed to refined carbohydrates) will help stabilize the body's internal environment and actually encourage weight loss.