# Sugar Control Diet

This diet is used to help re-establish the sugar control mechanism. Please follow it very closely. As your condition improves, your Doctor will add various foods. The object is to return you to a normal, well-balanced diet as soon as your body will allow. The closer you follow this diet, the sooner your body will respond.

Special Instructions: You must eat no longer than every 2 hours of your waking day.

Proteins:

You may have as much protein as you desire but not less than the amount listed.

Red Meat At least 3-5 lb. a week (Test to find out how much) Beef, Buffalo, Bear, Venison

Fish Un-breaded Unlimited

Fowl Un-breaded Unlimited (Chicken in Very Small Portions)

Eggs Unlimited

Cheese Unlimited

Cottage Cheese Unlimited

Butter Unlimited

Vegetables:

Green Vegetables Unlimited

Yellow Vegetables Small Portions

Fruits:

All fresh fruits Unlimited

Juice Unlimited (Fresh squeezed only)

Beverages:

Coffee 1-3 Cups daily

Tea 1-3 Cups daily

Milk If desired and there is no skin or weight problems

Water Mandatory 1 Quart per 50 Pounds of body weight plus 2 Quart Minimum.

Snacks:

Raw Cashews Unlimited

Raw Brazil Nuts Unlimited

Aged Cheese Unlimited

Foods to Avoid:

Sugar

Sweeteners

Mixed Drinks

Alcoholic Beverages

All Wheat Products

Potatoes

Cauliflower

Yams

Rice Except Roasted

Dried Beans and Lentils

Honey Honey is Medicine not a Food

Special Instructions for Roasted Rice:

Place wholegrain rice in a dry skillet and brown it to a golden brown. Some of the kernels may pop. Cool, store, and cook as needed, as you would cook regular rice. This method changes the utilization of the rice within your body to a protein.

Date First Taught: 1978

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