

# *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 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 9 oz. a week		
Fish	Unbreaded	Unlimited	
Fowl	Unbreaded	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 are allowed in unlimited quantity, canned fruits are limited (water packed unsweetened only) and frozen fruit and fruit juices must be unsweetened.

## 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 1 Quart to clean the body

## Snacks:

Raw Cashews	Unlimited
Brazil Nuts	Unlimited
Yellow 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 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.