

# Sugar Control Diet

*From The Sugar Control Bible and Cookbook by Dr. Jacqueline Paltis, D.C., N. D.*

This diet is to help you re-establish your 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 it. The closer you follow this diet, the sooner your body will respond.

Refer to The Sugar Control Bible and Cookbook by Dr. Jacqueline Paltis, D.C., N.D. if you want further clarification or recipes. Copies are available at the front desk at Optimal Wellness Center, bookstores, or at the library. ISBN: 1-892241-02-1.

## Drink Water

**MANDATORY:** 32 ounces per 50 pounds of body weight daily. (1 liter per 24 kg of body weight per day.)

- Water means pure water with nothing added.
- Reverse osmosis water is recommended.
- Include 8 ounces warm water with freshly squeezed juice of half a lemon first thing in the morning.

## Eat Whole Foods

- You must eat every 2 hours of your waking day.
- Unlimited proteins including eggs and dairy.
- Milk products as desired unless either overweight, have a skin problem, or tend toward constipation.
- You must eat at least 9 ounces (300 g) red meat per week.
- Unlimited green vegetables.
- Yellow vegetables in moderation.
- Unlimited fresh fruit.
- Fruit juices must be labeled "NO ADDED SUGAR". Those labeled "unsweetened" or "sugar free" may contain added sweeteners. Dilute juice 50/50 with water.
- See detailed list of appropriate foods on last page.
- If the food is modified and packaged, you don't want to eat it.

## Limit Your Intake Of Grains

Two slices of rice bread or sprouted grain bread (e.g., Ezekiel 4:9) may be eaten per day.

Basmati rice or roasted rice may be used. Place rice in a dry skillet and brown to a golden brown. Some kernels may pop. Cool. Store or cook as needed. Roasting changes the utilization of the rice within your body.

## Avoid Sugars Of All Kinds

Sucanat (or Splenda), a derivative of cane syrup, may be used as a sweetener in small quantities.

Processed fructose is deadly and honey is a medicine, not a food.

Nutrasweet (Equal) is not suitable. It is 10% methyl alcohol and breaks down in the body to formaldehyde formic acid (all of which are poisons) and phenylalanine which can be a nerve poison even in moderate amounts.

## No Caffeine

Limit coffee and tea. Decaffeinated coffee/tea or herbal tea 1-3 cups daily. (Does not count toward water intake per day.)

## Combine Foods Appropriately

To avoid stomach discomfort and more efficiently digest your food, do not eat proteins or fats with carbohydrates. The starch from the carbohydrates shuts off acid production in the stomach; your body needs the acid to digest proteins. Vegetables may be eaten with proteins, fats, or carbohydrates. Eat fruits alone and on an empty stomach; wait 20 minutes before eating other foods.

## Do Not Eat

SWEETNERS & ANYTHING MADE WITH SWEETNERS	REFINED FLOUR FOODS	STARCHY VEGETABLES	OTHER	INGREDIENTS, SAUCES & SPREADS
(Any)-ose	Bagels	Arrowroot	Alcohol: All	Baking Powder
Barley Malt	Biscuits	Burdock Root	Caffeine	Baking Soda
Carob	Bread	Cauliflower	Canned Foods	Barbeque Sauce
Cocoa	Cereal bars	Corn	Cheese	Extracts
Corn Syrup	Cereals	Jerusalem	<i>All Processed</i>	Ketchup
Cyclamates	Crackers	Jicama	<i>e.g. Velveeta,</i>	Margarine
Dextrose	Frozen Foods	Parsnips	<i>Singles</i>	Mayonnaise
Equal	Granola & Granola Bars	Potatoes: All	Dried Beans,	Nut Butters
Fruit Juice	Pasta	<i>incl.:</i>	<i>Peas,</i>	<i>e.g. Peanut,</i>
Concentrate	Protein Bars	<i>Irish Potatoes</i>	<i>Lentils</i>	<i>Almond</i>
Fruit Spreads	Rice Crackers	<i>Potato Starch</i>	Dried Fruit	Salad Dressing
Fructose	Wheat Products	<i>Red Potatoes</i>	<i>incl. Raisins</i>	Shortening
Glucose		<i>Sweet</i>	Fried Foods	Starch
Honey		<i>White</i>	Frozen Foods	<i>White</i>
Malt		Rutabaga	Fruit Concentrates	<i>Potato</i>
Mannitol		Turnips		<i>Corn</i>
Maple Syrup		Yam		Table Salt
Molasses				Sea Salt-OK
MSG				Vegetable Oil
Nutrasweet				<i>Incl. Crisco</i>
Rice Syrup				Worcestershire Sauce
Saccharin				
Sorbitol				
Sucrose				
Sugar				
Sweet-N-Low				
<i>e.g. Candy</i>				
<i>Incl. Breath Mints</i>				
Chewing Gum				
Desserts				
Ice Cream				
<i>Inc. Soy, Rice</i>				
Soda Pop, Incl. Diet				
Soy, Rice Milk				
Yogurt, Flavored				
Yogurt, Frozen				

## Recommended Foods

PROTEINS	UNLIMITED VEGETABLES		LIMITED VEGETABLES	FRUITS	OTHER
Red Meat: (All) at least 9 oz (300 g) / week: Beef Buffalo Lamb Organ Meats e.g. Liver, Kidney Venison White Meat: All Seafood: All Eggs: All Dairy: All <i>Butter</i> <i>Buttermilk</i> <i>Cream Cheese</i> <i>Milk</i> <i>Cow, Goat, Sheep</i> <i>Sour Cream</i> <i>Yogurt, Plain</i> <i>Cheeses/All Aged</i> Nuts: All, Raw <i>Especially:</i> <i>Almonds/Not Initially</i> <i>Brazil Nuts</i> <i>Cashews</i> <i>Pecans/Not Initially</i> Seeds: All/Not Initially Tofu	Alfalfa Sprouts Anise Root Artichokes Asparagus Bean Sprouts Beans, Green Beans, Wax Beet Greens Bibb Lettuce Boston Let. Bok Choy Broccoli Brussels Sprouts Cactus Carrot, Raw Capers Cabbage: All Celery Chicory Chili Peppers Chinese Cab Chives Collard Greens Comfrey Leaves Coriander Leaf Cucumber Daikon Dandelion Greens Flowers, Edible Eggplant Endive Escarole Fennel Fiddlefern Finocchio Garlic Gherkins Grape Leaves Kale Kohlrabi Lettuce (All)	Mushrooms Mustard Grns Nasturtium Lvs Olives Onion, Raw Parsley Peppers: All, Incl. Hot Pickle, Dill Pimentos Poke Greens Radishes Sauerkraut Watch Ingredients Snow Peas Sour Grass Spinach Squash, Summer <i>Cassera</i> <i>Chayote</i> <i>Cocozeile</i> <i>Cymling</i> <i>Pattypan</i> <i>Scalloped</i> <i>Spaghetti</i> <i>Straight</i> <i>Crookneck</i> <i>Veg. Marrows</i> <i>Zucchini</i> String Beans Summer Savory Sunflower Greens Swiss Chard Truffles Turnip Greens Watercress Winter Melon	4-6 oz portions 4-6 times/week Artichoke Hearts Bamboo Shoots Beets (Fresh only) Brussels Sprts Carrots, Cooked Celeriac Leeks Okra Onions, Cooked Oyster Plant Peas Pumpkin Rutabagas Scallions Squash, Winter <i>Acorn</i> <i>Banana</i> <i>Butternut</i> <i>Calabaza</i> <i>Des Moines</i> <i>Gold Nugget</i> <i>Hubbard</i> <i>Peppercorn</i> <i>Table Queen</i> <i>Danish Turban</i> <i>Turk's Turban</i>	Fresh, 100% Fruit only. Incl. but not limited to: Berries (all) <i>Blackberries</i> <i>Blueberries</i> <i>Boysenberries</i> <i>Cranberries</i> <i>Huckleberries</i> <i>Loganberries</i> <i>Raspberries</i> <i>Strawberries</i> Apples Apricots Avocado Banana Caimito Cherries Coconut, Raw Dates, Fresh Figs, Fresh Grapefruit Grapes Guava, Kiwi Lemon, Lime Mango Nectarine Orange Papaya Paw Paw Peach, Pear Pineapple, Fresh Plums Tangerine Tomato, Raw Ugli Fruit Melon: All <i>Cantaloupe</i> <i>Casaba Melon</i> <i>Honeydew</i> <i>Muskmelon</i> <i>Watermelon</i>	Cold Pressed Oils Almond Oil Barage Oil Canola Oil Evening Primrose Flax Seed Oil Ghee Olive Oil Peanut Oil Rice Oil Safflower Oil Sesame Oil Walnut Oil Grains <i>100% Sprouted</i> Basmati Rice Rice: Cooked Properly No Instant Rice  Ingredients, Sauces and Spreads: Food Cooked in Wine Herbs Mustard Pepper Sea Salt Spices (Watch Ingredients) Vinegar: All Yeast: All Miscellaneous: <i>Seaweed</i> <i>Undried Beans</i> <i>(Not Initially)</i>