

HYPOGLYCEMIA DIET

UPON ARISING:

A small bowl of yogurt or one-half grapefruit.

BREAKFAST:

One egg with or without two slices of ham or bacon.

One half slice of bread only. It may be toasted with plenty of butter.

Herb tea or decaffeinated coffee.

2 HOURS AFTER BREAKFAST:

A snack of two shrimp, raw nuts or slices of roast beef, chicken, or turkey.

LUNCH:

Salad (large serving of lettuce, tomato, vinegar and oil dressing)

Vegetables if desired.

One half slice of bread or toast only, with plenty of butter.

Dessert (see below list of allowable foods).

Beverage.

2 HOURS AFTER LUNCH:

Attempt 8 ounces of milk, but if cannot tolerate milk substitute 4-6 ounces of unsweetened cranberry juice mixed with one tablespoon of Medipro Protein Powder. (Other allowable fruit juices may be substituted.)

2 HOURS BEFORE DINNER:

A light snack of raw nuts, cheese or celery stuffed with cheese.

DINNER:

Soup, if desired (not thickened with flour).

Vegetables

Liberal portion of meat, fish. or poultry.

Beverage.

2 HOURS AFTER DINNER:

Dessert: an unsweetened gelatin with home whipped cream (no sugar added) or one of the allowables listed below.

EVERY 2 HOURS UNTIL BEDTIME:

A small handful of nuts or Medipro Protein Powder drink



ALLOWABLE VEGETABLES:

Asparagus, avocado (limited), beets, broccoli, brussels sprouts, cabbage, cauliflower, carrots (limited), celery, cucumber, egg plant, lettuce, onions, peas, radishes, sauerkraut, summer squash, string beans, tomatoes, turnips.

ALLOWABLE FRUITS:

Fresh: one small apple, one half grapefruit, pineapple. If on occasion you feel you must use some canned fruits, be sure that they are unsweetened. May be cooked or raw, with or without cream, but definitely no sugar.

Mushrooms and raw nuts may be taken as freely as desired.

ALLOWABLE JUICES:

Any unsweetened cranberry or vegetable juice.

ALLOWABLE BEVERAGES:

Herb teas, decaffeinated coffee and coffee substitutes. (Once on the road to recovery you may sweeten your drinks with honey if desired. Remember, use honey only in mild cases or after the initial program is relaxed.) If using milk in coffee or tea remember that whole milk and cream have less carbohydrate content than 2% or skim milk.

ALLOWABLE DESSERTS:

Allowable fruits with yogurt or cream.

AVOID ABSOLUTELY:

Alcoholic and soft drinks such as club soda, dry ginger ale, whiskey and liquors. Sugar: candy and other sweets such as cake, pie, pastries, sweet custards, puddings and ice cream. Caffeine: ordinary coffee, strongly brewed tea and beverages containing caffeine. Potatoes, rice, grapes, raisins, plums, figs, dates and bananas (starch and sugar). Spaghetti, macaroni, noodles, donuts, jams, jellies, marmalades (starch and sugar). Wines, cordials, cocktails and beers (alcohol content is a high carbohydrate).