

CORE INSIGHT

40 Aberdeen Avenue, suite 103, St. John's NL, A7A 5T3 709-738-0366
www.coreinsight.ca

SUGAR CONTROL PROGRAM

This program is used to help re-establish the sugar control mechanism. Please follow it very closely. As your condition improves, various foods will be added by your doctor. 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 program, the sooner your body will respond.

Water is mandatory!

Drink one liter of water for every 24 kilograms of body weight per day or 1 quart for every 50 pounds of body weight.

Foods You Can Have

PROTEINS

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

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|------------------------|------------------------------|
| • Red Meat* | At least 9 oz. A week (300g) |
| • Emu and Ostrich | Unlimited |
| • Pork and Lamb | Unlimited |
| • Organ meats | Unlimited |
| • Fish and Shellfish** | Unbreaded-unlimited |
| • Fowl | Unbreaded-unlimited |
| • Eggs | Unlimited |
| • Cheese | Unlimited |
| • Cottage Cheese | Unlimited |

*In the USA, red meat means beef, venison, buffalo. White meat is lamb and pork. In the Arab countries and in Australia and New Zealand, lamb can also be considered a red meat.

**In Scandinavian countries, fish must be included in the diet.

VEGETABLES

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|--------------------------------|---|
| • Green vegetables | Unlimited |
| • Yellow and Orange vegetables | Two to three small portions per week (if desired) |
| • Tomatoes | Unlimited |

FRUITS

FRUIT JUICES MUST BE LABELED "NO ADDED SUGAR". THOSE LABELED "UNSWEETENED OR "SUGAR FREE" MAY CONTAIN ADDED SUGAR OR OTHER SWEETENERS.

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|----------|--|
| • Fresh | Unlimited |
| • Canned | Unlimited (water or juice packed-no sugar added) |
| • Juice | Unlimited (no sugar added) |

BEVERAGES

- | | |
|------------------------|--|
| • Decaffeinated coffee | Black—1-3 cups daily |
| • Decaffeinated tea | Black—1-3 cups daily |
| • Milk | As desired if there is no skin or weight problem |

SNACKS

- | | |
|-------------------|-----------|
| • Raw Cashews | Unlimited |
| • Raw Brazil Nuts | Unlimited |

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- Cheese Yellow or white aged is unlimited
- Any Fresh Fruit Unlimited

Foods to Avoid

- ◆ Sugar
- ◆ Sweeteners
- ◆ Pastas of all kinds
- ◆ All wheat products
- ◆ Cauliflower
- ◆ Rice (except as listed below)
- ◆ Honey
- ◆ Frozen juices
- ◆ Concentrated juices
- ◆ Mixed Drinks
- ◆ Alcoholic Beverages
- ◆ Beer and Wine
- ◆ Potatoes
- ◆ Yams
- ◆ Beans, lentils, legumes
- ◆ Beets
- ◆ Frozen Foods
- ◆ Tofu (any soy product)

IF IN DOUBT, LEAVE IT OUT!

Special Instructions

- You must eat every **TWO HOURS** of your waking day.
- You are allowed two slices of **RICE BREAD** or **SPROUTED GRAIN BREAD** per day. We recommend Ezekiel Bread. This is a Californian made, fully sprouted grain bread that comes in coloured cellophane wrapping and is found in the frozen section of most health food stores and many grocery stores.
- Eat every 2 hours! This will keep your blood sugar at a comfortable level.
- **ROASTED RICE** may be used. **METHOD:** Place any whole grain rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool and store, and cook as needed as you would cook regular rice. This method changes the utilization of the rice within your body.
- Eat as much as you need to in order to feel satisfied. You will not gain weight and your fat and cholesterol levels will not be impacted negatively.

Miscellaneous

- You must follow this program strictly for two weeks after your doctor has corrected your sugar "circuits". You will then be asked to have a party meal for your dinner on the 13th night of the program. The doctor will check your sugar circuits the next day to determine if your sugar mechanism is resilient enough to start re-introducing the foods that you were not allowed during the program. Approximately 80% of patients only need the two weeks of strict adherence. Some people have sugar mechanism's that are too brittle to come off of the program at the two-week mark. These individual's will be required to continue the strict portion of the program for another week before another test meal is had again.
- Foods from the "no-no" list are re-introduced slowly over the course of 1-4 weeks. The goal is to have the patient eat whatever they want, whenever their body will let them.

Note: This program is not a diet. This program cleanses the liver allowing the doctor to get the results you want. It also teaches patients healthful eating habits. Remember, Food is not to be demonized.