

HIGH PROTEIN, LOW CARBOHYDRATE PLAN FOR SPONTANEOUS HYPOGLYCEMIA

For _____ Date _____

GENERAL INSTRUCTIONS: The spontaneous hypoglycemia diet is divided into three stages. Follow Stage 1 carefully for about a week or as directed by your physician. Then proceed to Stage 2. Stage 3 is flexible and allows experimentation with some foods omitted entirely on Stages 1 and 2. Your doctor will tell you when to proceed to Stage 3.

Foods from List 1 (reverse side) may be eaten in quantities as desired to maintain weight during all 3 stages. Quantities of these foods are suggested in the sample menu to insure sufficient calories to prevent weight loss, but these portions may be exceeded if desired and allowed by your physician. Foods in List 2 must be limited to amounts indicated. All List 3 foods are excluded during Stages 1 and 2 and added sparingly in Stage 3. Progression to Stages 2 and 3 will require a decrease in some fats in the Basic Meal Plan to maintain a constant caloric intake.

Eat regularly as outlined in the Basic Meal Plan. Consuming food between meals reduces the amount of carbohydrate eaten at any one time and thus minimizes its effect upon the carbohydrate-sensitive person. Eat a variety of foods from Lists 1 and 2 for a well-balanced diet. Choose a source of Vitamin C daily. Good sources are marked (""), fair sources ("") (reverse side). Select a dark green or yellow fruit or vegetable every other day for Vitamin A.

Initially, it may be necessary to limit exercise or periods of strenuous activity to one hour or less per day. Prolonged periods of physical or emotional stress heighten the symptoms of hypoglycemia, and when such occasions are unavoidable, strict attention must be given to diet restrictions. During these periods it may be necessary to revert to Stage 1. As your condition improves or stabilizes, normal activity can be resumed.

Basic Meal Plan Stage 1	Sample Menu	Special Instructions
BREAKFAST Eggs (List 1) Fats (List 1) Meats (List 1) ½ serving breads and cereals (List 2) Fats (List 1) Sweets (List 1) Beverages (List 1)	BREAKFAST 2 eggs scrambled in 2 tsp. margarine 4 slices bacon ½ slice wheat toast with: 1 tsp. margarine 1 tsp. dietetic jelly optional	
MID MORNING 1 serving milk (List 2)	MID MORNING 1 cup CARNATION Nonfat Dry Milk	
NOON MEAL Meats (List 1) Fats (List 1) Vegetables (List 1) Vegetables (List 1) ½ serving breads & cereals (List 2) Fats (List 1) 1 serving fruits (List 2) Beverages (List 1)	NOON MEAL 5 oz. tuna (minimum), water packed 2 Tbsp. mayonnaise ½ stalk celery, diced 1 cup shredded lettuce 5 cheese crackers (small, thin) with 1 tsp. margarine 1 small fresh orange optional	
MID AFTERNOON 1 serving miscellaneous (List 2)	MID AFTERNOON 2 oz. peanuts or any food from List 1	
NIGHT MEAL Vegetables (List 1) Fats (List 1) Meats (List 1) 1 serving vegetables (List 2) Vegetables (List 1) Fats (List 1) ½ serving breads & cereals (List 2) Fats (List 1) Desserts (List 1)	NIGHT MEAL 1 cup fresh spinach salad 1 Tbsp. Italian dressing 3 oz. broiled pork loin ½ cup cooked peas 6 asparagus spears 2 tsp. margarine (served on vegetables) ½ slice Italian garlic bread with 1 tsp. margarine ½ cup diet gelatin	
BEDTIME 1 serving milk (List 2) ½ serving breads & cereals (List 2) Cheese (List 1)	BEDTIME 1 cup CARNATION Nonfat Dry Milk 2 saltine crackers 2 oz. cheddar cheese	

By _____

Stage 2: Add ½ serving breads and cereals per meal (breakfast, noon and night) and ½ serving breads and cereals either as a mid-morning or mid-afternoon snack (List 2). Add 1 serving fruit per day from List 2 and decrease fat intake.

Stage 3: In addition to Stage 2 increases, add 1 serving breads and cereals (List 2), 1 small serving (½ cup) vegetables and 1 small serving dessert from List 3. Add 1 serving milk per day (List 2). Adjust caloric intake by decreasing some fats. Be careful to spread out these carbohydrate increases throughout the day and not overload any one meal with them. In Stage 3 small amounts of dry wine or alcohol without sweetened mixes may be added if allowed by physician.

LIST 1: FOODS PERMITTED

Eggs	Poached, scrambled, soft or hard boiled, baked, fried, omelets or souffles made from other allowed foods.
Cheese	All excepting whey cheese such as Mysost
Meats	All meats, fish, and poultry
Vegetables	Asparagus, bean sprouts, green or wax beans, "broccoli," "Brussels sprouts," "cabbage, cauliflower, celery, chicory, cucumbers, esca- role, eggplant, greens (beet, chard, "collard, dandelion, "kale, "mustard, "spinach, "turnip), lettuce, mushrooms, okra, "peppers (red or green), radishes, sauerkraut, summer squash, "tomatoes, watercress
Soups	Broth, bouillon, consommé, broth-type soups containing allowed vegetables & meats
Desserts	Plain gelatin or artificially-sweetened gelatin.
Sweets	Artificially-sweetened jelly, sugar substitute
Fats	Butter, margarine, mayonnaise, heavy cream, bacon, salad dressings, oil, shortening
Beverages	Artificially-sweetened carbonated drinks, coffee substitute, "tomato juice or other vegetable-base juices
Miscellaneous	Dill pickles, olives, hollandaise sauce, béarnaise sauce, butter sauces, and other sauces not thickened with flour or cornstarch, herbs, spices, flavorings, lemon, mustard, horseradish, vinegar, au jus

LIST 2: FOODS PERMITTED IN LIMITED AMOUNTS

Milk	CARNATION Nonfat Dry Milk, whole milk, buttermilk, plain yogurt, CARNATION Evaporated Milk, "1/2" and "1" (See reverse side Stages 1-3 for number of servings allowed.)
Cheese	Cottage cheese (Limit to "1" cup per day)
Vegetables	Artichokes, beets, carrots, onions, peas (green), pumpkin, rutabaga, winter squash, turnips (Limit to "1/2" cup serving per day)
Fruits	Fresh fruits or canned unsweetened fruits. Approximately "1" cup equals 1 serving. (See reverse side Stages 1-3 for number of servings allowed.) "Good sources of Vitamin C include strawberries, grapefruit, cantaloupe, oranges, and papayas. "Raspberries, honeydew melons, watermelons and tangerines are fair sources of Vitamin C.
Breads & Cereals	Bread (1 slice), bagel (1"), biscuit or muffin (1-2" dia.), hamburger or hot dog buns (1" bun in 8 per pound package), cornbread (1 1/2" cube), graham crackers (2), melba toast (4), oyster crackers (20), saltine crackers (4), thin round crackers (6), Ry-krisp (3), tortilla (1- 6" dia.), hot cereal ("1" cup), dry flaked cereal ("1" cup), dry puffed cereal (1" cups), rice or grits, cooked ("1" cup), spaghetti, macaroni, noodles, other pastas, cooked ("1" cup), popcorn, popped (1 cup). Amounts listed indicate one serving. (See reverse side Stages 1-3 for number of servings allowed.)
Desserts	Artificially-sweetened pudding or custard. (Milk allowance must be calculated.)
Sweets	Dietetic syrup (limit to 4 tbsp. per day)
Beverages	Fruit juices without added sugar may be substituted for fruit allowance. (See reverse side Stages 1-3 for number of servings allowed.)
Miscellaneous	Gravies, cream sauces, cheese sauces, and other sauces containing flour, milk, or cornstarch (Limit - 4 tbsp. per day), nuts (Limit - 2 ounces per day), catsup (Limit - 1 tbsp. per day)

LIST 3: FOODS TO AVOID

Cheese	Whey cheeses
Meats	Vegetable protein meat substitutes
Vegetables	Corn, dry peas or beans (lima, navy, kidney, black-eyed, split peas, etc.), baked beans, hominy, parsnips, white potatoes, sweet potatoes, yams
Fruits	All fruits canned in sugar syrup, fruit sweetened with sugar or honey
Breads & Cereals	Pancakes, waffles, sweet rolls, coffee cake, doughnuts
Desserts	Sweetened gelatin, custards and puddings except dietetic, ice cream, sherbet, pie, pastries, candies, chocolate, cake and cookies
Sweets	Jelly, sugar, honey, molasses, candy, coconut
Beverages	Alcohol, regularly sweetened carbonated drinks, regularly sweetened fruit punches, coffee, tea
Miscellaneous	Sweet pickles
