

Shipshewana Clinic  
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## HYPOGLYCEMIC DIET GUIDE

First Thing in the Morning: Medium orange, half of a grapefruit, or 4 oz. of fresh juice

Breakfast: Fruit or 4 oz. fresh juice, 1 egg with or without 2 slices of ham or turkey bacon, ONE slice of any bread or toast with butter, and a beverage.

2 Hours After Breakfast: Fruit or 4 oz. fresh juice, plain yogurt, nuts (raw almonds, pecans, or walnuts)

Lunch: Choose either meat, fish, cheese, or eggs; salad (large serving of lettuce, tomato or Waldorf salad with light dressing); vegetable; ONE slice of any bread (whole grain or wheat) or toast with butter; dessert; and beverage.

3 Hours After Lunch: 8 oz. of milk (skim, soy, or almond), nuts, plain yogurt.

1 hour before dinner: 4 oz. of fresh juice.

Dinner: Soup if desired (not thickened with flour); vegetables; liberal portion of meat (either fish, or poultry); ONE slice of bread (whole grain or wheat) if desired; dessert; beverage.

2 to 3 Hours After Dinner: 8 oz. of milk (skim, soy, or almond)

Every 2 hours until bed: 4 oz. of milk (skim, soy, or almond) OR a small handful of nuts.

ALLOWABLE VEGETABLES: Asparagus, Avocado, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Carrots, Celery, Corn, Lima Beans, Cucumbers, Eggplant, Onions, Peas, Radishes, Sauerkraut, Squash, String Beans, Tomatoes, and Turnips.

Lettuce, Mushrooms, and suggested Nuts may be taken as freely as desired.

ALLOWABLE FRUITS: Apples, Apricots, Berries, Grapefruit, Melons, Oranges, Peaches, Pears, Pineapple, and Tangerines. (Note: May be cooked or raw, with or without cream, but without sugar. Canned fruits should be packed in water, not syrup. Raw is preferred.)

JUICE: Any unsweetened fruit or vegetable juice, except grape or prune juices.

BEVERAGE: Weak tea, decaffeinated coffee, coffee substitutes, Tupelo honey if desired.

DESSERTS: Fruit, unsweetened gelatin.

ABSOLUTELY AVOID: All alcohol and soft drinks (beer, wine, soda, liquor, etc...); Sugar (candy, sweets, cake, pies, pastries, puddings, ice cream, etc...); Caffeine (regular coffee, strong tea, etc...); Starches (potatoes, rice, grapes, raisins, plums, figs, dates, bananas, spaghetti, macaroni, noodles, doughnuts, jams, jellies, and marmalades)

