

The Easy Diet

What the EASY DIET does:

- A. Provides an easy to read (not so easy to do), simple, guideline for dieting.
- B. Severely limits carbohydrates
- C. Limits fats and calories.

What the EASY DIET does not do:

- A. Provide adequate vitamins - take a multivitamin daily.
- B. Provide a personalized meal plan.
- C. Follow the generally recommended food pyramid.

The 1200 calorie diet recommended in some programs call for 5 starch, 3 fruit, 2 milk, 1-2 vegetable, 4 meat and 3 fat servings per day. Our experience with type 2 diabetes at the Diabetes Control Center indicates that a more severe carbohydrate restriction is needed if one is to control weight and blood sugar in people with type 2 diabetes. Children and people with type 1 diabetes are another story and should not follow these restrictions.

General Guidelines

1. Eat 3 meals a day. If this is not possible, eat something at mealtime, 3 times daily.
2. Do not eat anything sweetened with sugar, honey, syrup. You may have artificial sweeteners such as Equal®, Sweet and Low®, Splenda®. Diet soda is OK
3. Do not eat fatty meals. No fried foods. Limit pork and beef to twice weekly, then eat only lean cuts. No breakfast meats like sausage, country pudding (a Southern pork delicacy - very fatty). Bacon has only 3 gm fat per slice (limit serving to 3 slices).
4. Eat only one fruit (or 1 glass unsweetened fruit juice) per day. Any melon (watermelon, cantaloupe, honey dew melon) is limited to 1 ¼ cup and that counts for the fruit for that day.
5. Limit starch-fruit-milk carbohydrates to 4-6 servings per day.

EXAMPLES OF A SERVING OF STARCH-FRUIT-MILK CARBOHYDRATES

1 slice of bread, biscuit or 2 inch cube of cornbread

1/3 cup of rice, 1/2 cup of grits, mashed potatoes, beans, peas, corn

1 medium apple, orange, ½ banana, 1 glass milk or ½ glass of fruit juice

Note: Green vegetables contain carbohydrates, but not nearly so much as starches, fruits and milk (about 1/3 as much). We consider raw vegetables, green vegetables, e.g., cauliflower, asparagus, eggplant, broccoli (ugh!), green (string) beans FREE foods (amount unlimited - how much of that stuff can one eat anyway?).

The point is, you can eat 3 servings of these (if not cooked) to one of the starchy stuff and get great fiber in the process. See list of free foods below.

6. It is better not to eat rice, 1 cup = amount of carbohydrate in 10 teaspoons of sugar! If you eat rice, have only 1/3 cup per meal.

7. Have a salad with lunch and with the evening meal (dressing should be low fat and not sweetened with sugar).

Exercise as often as possible. The key is often. Get some exercise every day, even if only 5 minutes. Exercise should be dedicated to exercise for the sake of exercise, not exercise with work or while doing something else.

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Free Foods

Artichoke and hearts
Asparagus
Green beans
Wax or Italian Beans
Bean sprouts
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots (raw)
Cauliflower
Celery
Cucumber
Eggplant
Green onions – scallions

Collard - turnip greens
Kale
Leeks
Okra
Onion
Pea pods
Peppers
Salad greens
Lettuce-endive-romaine
Snow peas
Spinach
Summer squash
Tomato
Watercress
Zucchini

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