

CARBOHYDRATE CONTROL DIET

This diet is used to re-establish your carbohydrate (sugar) metabolism. This diet is primarily high protein no carbohydrate. Basically you can eat as much red and green food as you wish but no white food besides fish, chicken, garlic and onion. It is important that you follow it strictly and if broken you may have to begin your 2-week period again. It is recommended after the 2 weeks to stick to 70% protein and 30% carbohydrate daily to maintain the wellbeing feeling and to allow the liver and pancreas to do their job properly.

It is not uncommon to experience headaches, nausea and a basic hangover feeling for the first 3 to 4 days of being on the diet. This generally passes after 24 to 48 hours. If you are bedridden vomiting, dizzy and shakey, EAT A SMALL AMOUNT OF SUGAR i.e. a few lollies or similar. This is not a desired state. If you are a coffee addict, drink ½ a cup with some sugar. If this does not help you may use Panadol or similar.

FOODS YOU CAN EAT!

- Red meat At least 300g a week Fish, no breadcrumbs or batter
- Fowl, e.g. chicken no breadcrumbs, Eggs, chicken and duck
- Cheese, Cottage cheese, Yoghurt, milk etc if dairy products are allowed
- Fresh fruit, except bananas, raw coconut
- Fruit and vegetable juice if there is no added sugar and preferably diluted like cordial
- All nuts EXCEPT PEANUTS and WALNUTS Herbal and green teas
- Red and green vegetables i.e. spinach, endive beans, peas, broccoli, tomato capsicum
- Soy products with no added sugar or wheat, Roasted rice (see reverse of sheet)
- Fresh herbs, spices, salt and pepper, Olive or coconut oil
- Macadamia butter (available at reception)

PLEASE NOTE: YOU MUST EAT EVERY TWO HOURS OF YOUR WAKING DAY. This can include a handful of nuts or a piece of fruit. In this diet it is better to snack regularly rather than 3 big meals a day.

PLEASE NOTE: YOU MUST DRINK APPROXIMATELY 1 LITRE OF WATER TO EACH 25KG OF BODY WEIGHT. That is, if you weigh 50 kg you drink 2 litres a day, if you weigh 65kg you drink approx 2.5 litres a day of water. It is generally best to add a little fruit juice or lemon juice to your water for flavour and absorption. This may vary with weather. If hot drink more if cold drink a little less.

PLEASE NOTE: DAIRY PRODUCTS ARE NOT ALLOWED, I.E. CHEESE, MILK, YOGHURT ETC

SMALL PORTION FOODS

- Yellow vegetables ie, pumpkin, squash, carrots, corn should only be eaten 2 to 3 times a week
- Tea and coffee , up to 3 cups a day of decaffeinated only with no sugar, honey or artificial sweeteners . .
- Rice bread - three slices a day are allowed (available from BMSNTC reception, fresh daily). Most people buy a few loaves and freeze it. Then take out your 3 slices for each day to allow it to taste fresher. It is actually quite nice toasted. Rice bread does usually contain milk solids. Some Health food stores, Hot Bread Bakeries and supermarkets do stock it but it can be like a brick.
- **PLEASE NOTE:** Normal bread is not allowed.
- Low Carb Bars (available from reception) You may have 3 a day

ABSOLUTE * NO* FOODS!!!

- ALL WHEAT PRODUCTS (this includes bread, cakes, biscuits, pizza, batter, etc)
- Basically most grains are to be avoided, like rye, millet, barley, cous cous, etc
- Sugar, Cordials and soft drinks, Alcoholic beverages, Honey, Dried- beans, lentils, all Potatoes, Cauliflower, Pasta of all kinds, Oats, Yams, all Artificial sweeteners, Rice (except roasted), Rice cakes, Breakfast cereals, Basically sweet tasting or starchy foods.

SOME SUGGESTIONS

ROASTED RICE

Place long grain rice in a dry frypan and brown lightly. You may use a little olive oil. You may get a few popped pieces, just pick these out. Cool and then store in the fridge. You may then cook the rice in whichever way you would normally. This alters the rice to behave more like a protein rather than a carbohydrate. If you boil the rice after frying it the result is a risotto texture. If you allow it to sit in the fridge for 24 hours its texture returns similar as before.

BREAKFAST SUGGESTIONS

Bacon and eggs, boiled eggs, omelettes, and pancakes made with rice flour, fruit with seeds and nuts, creamed roasted rice, toasted rice bread with macadamia butter, protein shakes with fruit

LUNCH SUGGESTIONS

Cold meat and salad, rice bread sandwich (Most people toast it first and let it cool), meat and veggie, fish and salad, some Chinese or Asian dishes without noodles or white veggie, stir-fries, grilled fish, chicken pieces and salad, soup.

NUTS

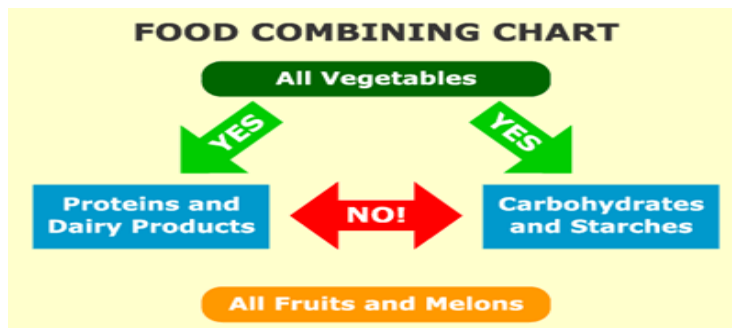
Nuts may be used as a snack when you have to eat every 2 hours and it is not mealtime. It is handy to have a bag of almonds, macadamias or cashews in your pocket when out. A handful of these will satisfy hunger and will fulfil the diet plan. (fresh macadamias low carb bars and berry bites are allowed, these are available at reception).

FRUIT JUICE

Fruit juice is best had mixed with water. Straight 100% juice is actually a food. When diluted part of your water requirement is also fulfilled.

FOOD COMBINING

Food combination is also useful especially for digestion purposes. Below is a simple graph of foods to be eaten together or separate. The fruits and melons etc should be eaten atleast 20 minutes before solid food. This is a handy guide particularly after the first 2 weeks.



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