

Low Sugar & Low Starch Diet

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This diet is a diet low in sugary and starchy foods. The diet consists of “real” food like meat, fish, cheese, eggs, salads and vegetables, and you will limit the amount of fruit, bread, pasta, dairy, potatoes, rice and beans . This eating plan will provide your body with the nutrition that it needs, while limiting the food that your body does not need, especially nutritionally-empty carbohydrates.

Your carbohydrate intake will be around _____ grams per day.

Medical supervision is recommended for any weight loss program, especially if you are currently taking any medications. As your weight decreases and your health improves, medications will be adjusted accordingly. We will also monitor blood work to make sure that your numbers are within normal range. In addition, research has shown that there is a positive relationship between how often you see your doctor and how much weight you lose. Many of our patients have reported that their regularly-scheduled appointments help to ensure that they follow the diet.

CHOLESTEROL Many patients ask how the “no sugar, no starch” diet will affect cholesterol levels since it is not a low-fat diet. Quite simply, if you follow the diet as we prescribe, your cholesterol levels will improve. To ensure this is the case and for your own information, we will periodically check your cholesterol levels.

Vitamins & Supplements Although the “no sugar, no starch” diet is very nutritious, we recommend that you take an iron-free multivitamin to be sure that you are getting all of the vitamins and minerals that you need.

We recommend that you also take 1000mg of fish oil with a meal.

Drink up It is important to drink an adequate amount of fluid per day – preferably water or another non-caffeinated beverage. Not only is water good for your cells, water also helps prevent constipation and bad breath.

Healthcare Apps

Calorie trackers : MyFitnessPal, Lose It, CalorieCounter, GoMeals;

Grocery shopping: Foducate, FastFood Calories;

Dining out/restaurant: Resturant Nutrition

Resting Metabolic Rate This is how many calories your body burns in a day.

Men: $900 + 10 (\text{ ____ kg}) \times \text{activity factor}$

Women: $800 + 7 (\text{ ____ kg}) \times \text{activity factor}$

Activity factor: 1.2 (low), 1.4 (moderate), 1.6 (high)

Exercise Try to exercise most days of the week. It is important to incorporate strength training to your routine. This is one of the strongest predictors of weight maintenance.

Target Heart Rate: $220 - \text{age} (0.75) = \text{ ____ } ;$

LIST OF FOODS LOW IN CARBOHYDRATES

This diet is focused on providing your body with the nutrition it needs, while eliminating foods that your body does not require, namely nutritionally-empty carbohydrates. If the food is packaged, **check the labels** and make sure you read the label. All food may be cooked in microwave oven, baked, boiled, stir-fried, sautéed, roasted, fried (with no flour, breading or corn meal), or grilled.

When you are hungry, EAT YOUR CHOICE OF THE FOLLOWING FOODS:

Meat: Beef, pork, ham (unglazed), bacon, lamb, veal, or other meats. With processed meats (sausage, pepperoni, hot dogs, etc.), check the label- carb count should be about 1 gram per serving.

Poultry: Chicken, turkey, duck or other fowl.

Fish & Shellfish: Any fish including tuna, salmon, catfish, bass, trout, shrimp, scallops, crab and lobster.

Eggs: whole eggs are permitted without restriction.

Do Not Avoid the fat that comes with these foods.

Stop eating when you feel full!

FOODS THAT MUST BE EATEN EVERY DAY:

Salad Greens: 2 cups a day. Includes: arugula, bok choy, cabbage, chard, chives, endive, greens (all varieties including beet, collards, mustard and turnip), kale, lettuce, parsley, spinach, radicchio, radishes, scallions, and watercress. If it's a leaf – you can eat it.

Vegetables: 1 cup (measured uncooked) a day. Includes: artichokes, asparagus, broccoli, Brussel sprouts, cauliflower, celery, cucumber, eggplant, green beans, jicama, leeks, mushrooms, okra, onions, peppers, pumpkin, shallots, snow peas, sprouts, sugar-snap peas, summer squash tomatoes, rhubarb, wax beans, zucchini.

FOODS ALLOWED IN LIMITED QUANTITIES:

Cheese: up to 4 ounces a day. Includes: hard, aged cheeses such as swiss, cheddar, brie, camembert, blue, mozzarella, gruyere, cream cheese, goat cheeses.

Avoid processed cheeses, such as Velveeta. Check the label; carbohydrate count should be less than 1 gram per serving

One stick of string cheese is an ounce of cheese

Cream: up to 2 tablespoonfuls a day, Includes heavy, light or sour cream (not half & half)

Mayonnaise: up to 2 tablespoons a day. Duke's and Hellman's are low-carb. Check labels

Olives (black or green): up to 6 per day

Avocado: up to ½ of a fruit per day

Lemon/lime juice: up to 2 teaspoonfuls a day

Soy sauces: up to 2 tablespoons a day. Kikkoman is a low-carb brand. Check the labels

Pickles, dill or sugar-free: up to 2 servings a day. Mt. Olive makes sugar-free pickles. Check labels

Snacks: Pork rinds/skins, pepperoni slices, ham, beef, turkey, deviled eggs

CARBOHYDRATES – Monitor Carefully

You need to carefully watch the amount of carbs in these foods. It will add up!

Sugars are simple carbohydrates. Example: grains (even “whole” grains), rice, cereals, flour, cornstarch breads, pastas, muffins, bagels, crackers, and “starchy” vegetables such as slow cooked beans (pinto, lima, black beans, etc.), carrots, parsnips, corn, peas, potatoes, French fries, potato chips

Fats & Oils

May use olive oil and vinegar for salad dressing. Best is homemade oil and vinegar.

If you prefer bleu cheese, ranch, Caesar, Italian read the label **1-2 grams of carbohydrate per serving** or less.

Avoid lite dressings, they commonly have more carbohydrate.

Fats, in general, are important to include because they taste good and make you feel full. Enjoy the fat or skin served with your meat or poultry, as long as there is no breading on the skin.

Sweeteners and Deserts

Use alternative sweeteners: Splenda, Nutrasweet, Truvia and Sweet & Low.

Beverages

Drink as much as you need of water, essence-flavored seltzers (zero carbs) and bottled spring and mineral waters.

Caffeinated beverages: Some patients find that their caffeine intake interferes with their weight loss and blood sugar control. With this in mind keep your caffeinated drinks to 2 servings of coffee, tea or soda per day.

ALCOHOL

Alcohol can interfere with weight loss. As weight loss and dietary patterns become well-established, alcohol in moderate quantities may be added back into the diet. Read label of the drinks, you are looking for low carbohydrate drinks.

QUANTITIES

Eat when you are hungry; stop when you are full. Learn to listen to your body. A low-carbohydrate diet has a natural appetite reduction effect to ease you into the consumption of smaller and smaller quantities comfortably. Therefore, do not eat everything on your plate “just because it is there.”

I recommend that you start your day with a nutritious low-carbohydrate meal. Example: Meat or other protein source (usually eggs) and a low-carb vegetable. Could be an omelet or breakfast quiche.

Be Aware ----Large amount of carbohydrates in these foods:

Sugar, bread, cereal, flour-containing items, fruits, juices, honey, whole or skimmed milk, yogurt, canned soups, dairy substitutes, catsup, sweet condiments and relishes

Beware of fat-free or lite diet products and foods that have hidden sugars and starches, like coleslaw, sugar-free cookies and cakes

Check labels on liquid medications, cough syrups, cough drops and gum

READING a Nutrition Label

1. Look at serving size
2. Total carbohydrate count
3. Check ingredient list. Carefully look for any form of sugar or starch listed in the first 5 ingredients.

All of these are forms of sugar: Sucrose, dextrose, fructose, maltose, lactose, glucose, honey, syrup, high-fructose corn syrup, maple syrup, brown rice syrup, molasses, evaporated cane juice, cane juice, fruit juice concentrate, corn sweeteners.

Nutrition Facts		
Serving Size 4 oz. (113g)		
Servings Per Container 4		
Amount Per Serving		
Calories 280	Calories from Fat 130	
% Daily Value*		
Total Fat 14g	22%	
Saturated Fat 3.5g	18%	
Trans Fat 2.5g		
Cholesterol 120mg	40%	
Sodium 640mg	27%	
Total Carbohydrate 13g	4%	
Dietary Fiber 1g	4%	
Sugars 0g		
Protein 24g		
Vitamin A 2%	• Vitamin C 2%	
Calcium 2%	• Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	30g 35g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Adapted from Why We Get Fat? By Gary Taubes

Examples

FRUIT		
Medium Size	Calories	Carbs
Banana	105	27
Orange	62	15.3
Apple	72	19
Peach	38	9.4
Strawberry	49	11.7
Bing Cherry	74	18.7

RICE		
1 Cup	Calories	Carbs
White	204	44
Long	205	44
Sticky	169	37
Brown	215	44
Wild	166	35

BEANS		
100 grams	Calories	Carbs
Black	91	16.6
Red Kidney	337	61.3
Green Snap	31	7.1
Pinto	347	62.5
Refried	94	15.5

NUTS		
1 Cup	Calories	Carbs
Peanuts	828	24
Almonds	827	28
Walnuts	785	16
Cashews	755	39
Pecans	684	14

SUGAR		
1 tsp	Calories	Carbs
White	16	4.2
Brown	11	11
Confect	12	3