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low fat / gall bladder cleansing & general health

prepared for. _____

date. _____

Select foods from each of the major allowed food-groups listed. Do not over eat so that you maintain or reach an obese condition. Even though the foods allowed are low in fat and cholesterol, by gaining weight you will manufacture your own fat and defeat the purpose of this dietary program. Be sure you select your daily menu from all the allowed food-groups.

DO NOT EAT:

Pork and pork products, butter, cream, whole milk, cheese (hoop cheese allowed, cottage cheese may be placed in cheesecloth with cream washed out in water), mayonnaise, ice cream, liver, giblets, kidney, sweetbreads, brains, gravy, egg noodles, baked beans, coconut, nuts, yogurt, milk chocolate, caviar, cream soup, sour cream, poultry skin, soup from meat or chicken (unless all fat is carefully skimmed off).

Trim all visible fat from the meat before preparing. In cooking, use no animal fat (butter, lard) or hydrogenated vegetable oil (shortening).

FOODS ALLOWED:

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| 1) Beverages: | Fruit juice, skim milk, buttermilk, coffee (black), tea, bouillon. |
| 2) Bread & Cereal (3 portions daily): | All allowed. Use skim milk with cereals. |
| 3) Fruit (3 portions daily): | All allowed. |
| 4) Vegetables (3 portions daily, 1 cup each): | All allowed. |
| 5) Protein: | Meat or poultry, 4 oz. daily (lamb, lean beef, veal, chicken, turkey, or duck). Fish, as desired (bonita, cod, halibut, salmon, sole, tuna). Cheese (hoop or washed cottage cheese). Egg (white only, no egg yolk). |
| 6) Dessert (2 portions daily): | Gelatin, fruit, plain cake, pudding (without eggs, use non-fat milk), sorbets. |
| 7) Fat: | 1 Tbsp. french dressing, olive oil, vegetable oil (soy, safflower). |

TYPICAL MENU: LOW FAT/LOW CHOLESTEROL DIET

(Approximately 1,400 calories, 85 mg cholesterol, 25 g saturated fat.)

- Breakfast:** Fruit juice, cereal with skim milk, toast, coffee or tea.
- Lunch:** Grapefruit or melon, vegetable plate of spanish rice (meatless), raw vegetable salad with oil dressing-optional, skim milk or buttermilk.
- Dinner:** Consommé (bouillon), meat roast (lean)-4 oz. portion, zucchini squash w/ stewed tomatoes, asparagus, fruit cocktail, beverage.

GENERAL GUIDELINES:

- 1) Eat only when hungry.
- 2) It is best not to eat between meals or at bedtime.
- 3) Do not drink water with your meals—drink water 15 minutes before or two hours after a meal.
- 4) Eat moderately and chew your food well. Use no condiments, salt, spices, or alcoholic drinks.
- 5) Do not eat when tired or emotionally upset. Rest and wait until you have recovered from either state.
- 6) Do not eat immediately before or after any intense physical or mental exertion.
- 7) Eat only natural, live, unprocessed foods.
- 8) Fresh air and exercise are part of a nutritive program. Get your full daily quota.
- 9) Try to rest after each meal if at all possible.
- 10) Strive for physical, mental, and emotional balance.

FRUIT OR FRUIT SALAD:

With fruit salad, use lettuce and celery. Tree-ripened fruits are best. Use 3 of the following:

Tangerines, sweet oranges, sweet grapefruit, sweet apples, sweet plums, watermelons, cantaloupes, honeydews, papayas, all berries, cherries, peaches, apricots, nectarines, prickly pears, grapes, persimmons, mangoes, pears, fresh figs, guavas.

COMBINATION SALAD:

Use 75% of lettuce, celery, tomatoes, plus 3 or 4 of the following:

Use all varieties of lettuce, carrots (tender and young), beets and tops (young), cucumber, cauliflower, sweet peppers, fresh peas, okra, bean sprouts, alfalfa sprouts, endive, escarole, swiss chard, chinese cabbage, chicory, jicama (hickima), dandelion (young), parsley, fennel (anise), Jerusalem artichokes, kale, celeriac (grated).

NOTE: A little olive oil and lemon and grapefruit juice may be used as a dressing, unless advised otherwise.

STEAMED VEGETABLES:

Carrots, celery, stringbeans, fresh peas, fresh limas, green soybeans, artichokes (globe and Jerusalem), dandelion, squashes, kale, kohlrabi, okra, vegetable oyster (salsify), eggplant, brussels sprouts, cauliflower, broccoli, pumpkin, collards.

NOTE: Steam vegetables in their skins. Sweet butter may be used sparingly.

**FOOD ITEMS NOT LISTED SHOULD BE LEFT OUT OF DIET.
DO NOT USE SALT, SPICES, OR ANY CONDIMENTS.**