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### **Dr. Tucker's STRICT DIET for Hypoglycemia and Weight Reduction**

This program is designed to be adequate in complete proteins and fats and low in simple, slowly absorbed carbohydrates which do not cause a quick rise in the blood sugar.

#### **MEATS**

All meats are allowed, except cold cuts that contain sugar. (Check labels carefully. Low-fat or nonfat and turkey cold cuts usually have dextrose or corn syrup added. Bacon and ham are acceptable although they do list sugars on the labels. This sugar, however, cooks off and is not a problem. Hams that are heavily coated should be washed free of sugar.)

All fowl, game, fish, and shellfish are allowed in unlimited quantities

#### **DAIRY PRODUCTS**

Eggs, any style

Any natural cheese (natural cheese is any cheese you slice yourself) (aged cheeses) (bleu, Roquefort, cheddar, gouda, swiss)

Cream (heavy and sour)

Cottage and ricotta cheeses (1/2 cup limit)

Butter and margarine

#### **FRUITS**

Fresh coconut

Avocado (limit 1/2 per day)

Cantaloupe (limit 1/4 per day)

Strawberries (limit 6-8 per day)

Lime or lemon juice (limit 2 tsp per day) for flavoring

## **VEGETABLES**

Asparagus  
Bean sprouts  
Broccoli  
Brussels sprouts  
Cabbage (limit 1 cup per day)  
Cauliflower  
Celeriac Root  
Celery  
Chard  
Chicory  
Chinese cabbage (limit 2 cups per day)  
Chives  
Cucumber  
Daikon (long, white radish)  
Eggplant  
Endive  
Escarole  
Fennel Bulb  
Greens (mustard, beet)  
Jicama  
Kale  
Leeks  
Lettuce (any type)  
Mushrooms  
Okra  
Olives  
Parsley  
Pepper (red, green, yellow, etc.)  
Pickles (dill, sour, limit one per day)  
Pimiento  
Radicchio  
Radish  
Rhubarb  
Salad greens  
Sauerkraut  
Scallions (green onions)  
Snow peas  
Spinach  
String beans (green or yellow)  
Summer squash (crook neck yellow or summer only)  
Tomatoes  
Water chestnuts  
Watercress  
Zucchini

**NUTS** (limit 12 per day)

Almonds

Brazil

Butternuts

Filberts

Hazelnuts

Hickory

Pecans

Pistachios

Sunflower seeds (small handful)

Walnuts

(Cashews should not be used at first)

(Nuts should be dry roasted only)

**DESSERTS**

Sugar-free Jell-O

Custard (made with cream and artificial sweetener)

Cheesecake (no-crust or nut crust with cream cheese, sour cream, and artificial sweeteners)

**BEVERAGES**

Artificially sweetened drink mixes like Crystal Light, Country Time, etc.

Club soda, zero-carbohydrate flavored soda waters

Decaffeinated coffee

Sodas with no sugar or caffeine

Weak or decaffeinated tea

Caffeine-free diet sodas

Bourbon, cognac, gin, rum, scotch, vodka, dry wine (after a month or two on a perfect diet, most hypoglycemics can tolerate one drink)

**CONDIMENTS AND SPICES**

All spices including seeds (fresh or dried)

All imitation flavorings

Horseradish

Sugar-free sauces such as hollandaise, mayonnaise, mustard, ketchup, soy sauce, Worcestershire sauce

Sugar-free salad dressings

Oil and vinegar (all types)

**MISCELLANEOUS**

All fats

Caviar

Tofu

Only those using this diet for weight loss can partake of Dr. Atkins diet Advantage snack bars with Chocolate. If you are also Hypoglycemic you must wait 2 months before attempting to introduce any (unsweetened) chocolate into your diet; then experiment to find what you can eat with impunity.

If cholesterol is a problem, avoid cold cuts except sugar-free turkey. Trim all visible fat off meat. Remove the skin from poultry. Broil or grill foods instead of frying. Avoid full-fat cheese, heavy cream, solid margarine, hollandaise sauce, and macadamia nuts. Use egg whites or Egg Beaters instead of whole eggs. Use liquid margarine only. Nuts should be dry roasted only. Use olive oil.

Do not count calories, as a rule, count the grams of carbohydrates and limit them to 100 grams per day. You may find it helpful to start with 100g of protein or more, and then gradually adjust that amount to suit.

At least 6 weeks is usually required to show marked change. One may feel worse at first as a result of withdrawal symptoms from giving up caffeine, sugars, refined starches, etc. Then one may feel better for a short period of time and then get worse for several weeks before starting to feel better again.

A good breakfast is a MUST. Bedtime snack is a MUST. Between-meal snacks are as important as THE DIET itself. The best and easiest snack is a small portion saved from the previous meal. Celery, lettuce and other leafy vegetable can be the "bread" of any meal or snack.

## **AVOID**

- ..All sugars and honey, molasses, jelly, syrup, maltose, dextrose, fructose, and artificial sweeteners.
- ..Potatoes, rice, noodles, macaroni, spaghetti.
- ..Wheat and wheat product (wheat germ, wheat germ oil).
- ..Corn and corn products (corn oil, corn oil margarine, grits, hominy, carmel coloring, and fritos).
- ..Cereals usually contain wheat or corn and are high in starch. Check before using. Oatmeal may be used occasionally.
- ..Regular bread, crackers, matzos, potato chips, & pretzels.
- ..Cakes, pastries, pie, candies, chewing gum, cashews, chocolate, and jello.
- ..Dried peas and beans (except two or three in soup).
- ..Dates, raisins, figs, and other dried fruits.
- ..Coffee, strong tea, postum, ovaltine, cocoa, prune, and grape juices.
- ..Caffeinated drinks, and other sweet soft drinks.

**Dr. Tucker's LIBERAL DIET  
for Hypoglycemia and Weight Maintenance**

(Add these foods to the strict diet)

**FRUITS** (limit: one piece of fruit every four hours. No fruit juices)

Apples  
Apricots  
Blackberries (1/2 cup limit)  
Blueberries (1/2 cup limit)  
Boysenberries  
Casaba melon (1 wedge limit)  
Grapefruit  
Honeydew melon (1 wedge limit)  
Lemons  
Limes  
Nectarines  
Oranges  
Papaya  
Peaches  
Pears  
Plums  
Raspberries  
Strawberries  
Tangerines  
Tomato juice  
V-8 juice

**VEGETABLES**

Artichokes  
Beets  
Carrots  
Onions  
Peas  
Pumpkin  
Squash (winter such as acorn, butternut, fresh pumpkin, spaghetti, etc.)  
Turnips

**NUTS**

Cashews  
Peanuts  
Soy Nuts

**DAIRY PRODUCTS**

Whole, nonfat, low-fat milk and buttermilk  
Unsweetened Yogurt

**DESSERTS**

Sugarless diet puddings (1/2 cup a day limit)

**BREADS**

Three slices a day of sugar-free white, whole wheat, sourdough, or light rye. No more than two slices at one time or 3 servings a day of sugar-free flat bread (no more than two servings at a time)

**MISCELLANEOUS**

Carob powder

Flour, gluten, soy or quinoa only

Gravy made with gluten or soy flour only

Wheat germ

Puffed rice, shredded wheat, or other sugar-free cereals

One-cup popcorn (popped)

2 tacos or 2 enchiladas (2 corn tortillas only)