

The Sunshine Chiropractic Clinic  
380 High Street  
Maryville, TN 37804  
(865)984-6850

The Sunshine Chiropractic Clinic  
404 Northshore Drive  
Knoxville, TN 37919  
(865)584-0080

# Sugar Control Program

*The TBM's Sugar Control Program can bring your body and your mind back to normal functioning and guide you to a healthier lifelong eating style.*

*The Sugar Control program is intended to be used under the supervision of a TBM physician so that the program can be tailored for the individual's needs. The diet is not designed for anyone with kidney problems, Parkinson's disease, for pregnant women, women trying to become pregnant, or athletes. If you are on medication, have diabetes, high blood pressure or any cardiovascular disease or problem, or have had a heart attack in the past year, do not attempt this program without a doctor's supervision. No one should begin a diet or fitness program without consulting a physician first.*

## **Sugar Control Program**

### **Permitted Foods**

#### Protein (unlimited)

Red meat—At Least 9 ounces per week ( in one serving or three 3-ounce servings)  
Game, Pork, Organ Meats Liver, Brains, etc)  
Fish, Shellfish, Poultry, Fowl (Chicken, Turkey, Duck, Pheasant, Cornish Hen, etc.)  
Eggs, Whole Milk, Cheese, Cottage Cheese, and Plain Yogurt.

#### Fresh Vegetables

Greens—Unlimited  
Canned –Okay (No Sugar or Syrup) Yellow Vegetables (small portions only) Fresh Juiced Vegetables

#### Fruits

Fresh - Canned OK (No sugar or Syrup)  
Fresh juiced juice is OK.

#### Beverages

Herbal Teas (1-3 cups per day, No sweetener.

Milk—(only if there is no allergy, or weight problem).

WATER-MANDATORY!!! - 1 Quart per 50 lbs. body weight per day. ( A 100-lb. person needs 8 glasses per day; A 200-lb. person needs 16 glasses per day.)

#### Snacks (unlimited)

Raw cashews, Coconut (fresh from tree only)  
Raw Brazil Nuts, Yellow White Aged Cheese

### Misc.

Vinegar (make sure it doesn't have sugar in it), Herbs & Spices, Butter, Mustard (with no sugar), Sprouted seeds, Grains, and Lentils, cooked wine in prepared foods, Soups made of permitted ingredients, Marine oils, Cold pressed vegetable oils (olive, sesame, walnut, rice bran are the best). One tablespoon or more per day. You may use Duke's mayonnaise or homemade mayonnaise without sugar added.

## **Tips & Tricks**

- ◆ Plan—Make a shopping list. Stock up on supplies.
- ◆ Get rid of tempting foods.
- ◆ Get the whole family involved.
- ◆ Carry snacks with you.
- ◆ Cook extra food to use in future meals
- ◆ Cook extra rice pilaf ahead of time. This keeps well.

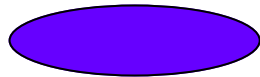
*If you are sick and tired of feeling sick and tired, if you are ready to take control of your life and feel well again (or for the first time), the Sugar Control Program is for YOU!*

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The Sugar Control Bible  
and Cookbook—The Complete Nutrition Guide to Revitalizing Your Health by Dr. Jacqueline Paltis, D.C., N.D. is available for purchase at both of our offices. This book is full of menu suggestions, recipes, tips for eating out, and shares a wealth of nutritional information.



A complete & detailed list of the permitted and non-permitted foods are available at the front desk.

## No No's

Sugar  
Sweet N Low  
Soda pop  
Rice Syrup  
Wheat Products  
Seeds  
White Rice  
Arrowroot Powder  
Cauliflower  
Parsnips  
Fruit Spreads  
Ice Cream  
Mixed Drinks  
Soy Milk  
MSG  
Nut Butters  
Candy  
Equal (NutraSweet)  
Sorbitol  
Molasses  
Maple Syrup  
Grain Products  
Lentils  
Rice Crackers  
Cornstarch  
Potatoes  
Rutabagas  
Fruit Concentrates  
Margarine  
Alcoholic Beverages  
Rice Dream

## No No's

Salt (Dextrose added)  
Aspartame  
Cookies, cake  
Saccharin  
Chewing gum  
Honey  
Carob  
Cereals  
Dried peas  
Legumes  
White starch  
Potato starch  
Yams  
Corn  
Frozen yogurt  
Crisco  
Beer & wine  
Frozen foods  
Candy  
Mayonnaise  
Beets  
Spry  
Splenda

When  
In  
Doubt,  
Leave  
It  
Out!