

The Diabetes Control Center Crazy Easy Diet

Don't try this without approval from your professional medical team

5 days per week

Never have:

1. Rice (white or Brown)
2. Pork and Beans, or any beans except green beans
3. Pizza
4. Fried food
5. Macaroni and cheese.
6. Sugar Sweets
7. Junk Food
8. Watermelon or other melons.
9. Sweet Tea
10. Any high carb, high fat food

Unlimited

1. Lean meat (not fried)
2. Raw Vegetables
3. Rabbit food e.g. broccoli, cauliflower collards, turnip greens, kale, cabbage.
4. Green Beans
5. Diet Soda

Limited: At each meal have any **2** of the following

1. ½ cup grits or pasta or potatoes, peas, beans
2. 1 slice of bread or roll
3. One fruit (a day)

Snack suggestions:

1. Small cup of sugar-free Jello with fruit, top with Cool Whip and Cherry
2. 5 Vanilla wafers
3. Raw veggies, e.g. carrots, celery.
4. 3 – 4 low fat cheese squares
5. Hard-boiled egg

Please see our website for Diabetes/Thyroid information
www.DiabetesContolSC.com