

# A Dietary Guide for Carbohydrate Intolerance

Your Guide to Using the Pan Diet™



Rather than think in terms of calories, menus, and diets, begin to think in terms of how food makes you feel. Foods should leave you feeling light, energized, revitalized—not heavy and dull.

– Dr. Howard F. Loomis, Jr.



## A Dietary Guide for Carbohydrate Intolerance: Your Guide to Using the Pan Diet™



According to the 18th century French philosopher J.O. De La Mettrie, “the body of man is a machine which winds its own springs.” Thus, we must realize that what we put into that machine determines how well it is going to function.

Most people consistently eat the same 10 to 15 foods. This is because everyone has “dietary set points.” We consume the foods that make us feel good and avoid those that do not. This system works well because the brain controls all biochemical functions including the sense of taste and smell. Cravings actually have little to do with willpower and a lot to do with the nutrients that the body requires to sustain normal function.

The problem is that when we consume too much of a certain type of food, it reduces our ability to digest and assimilate that food. In other words, the body’s ability to produce enzymes for digestion is not unlimited and when our food intake exceeds those limits, we begin to experience symptoms.

This diet guide is just that—a guide to help you make wise dietary decisions. It is not necessary to completely eliminate the poor food choices from your diet, but you should make a conscious effort to reduce them. All foods are more easily digested if you take enzymes, but it is especially important to take enzymes if you select foods from the poor choice list.

We have set the guidelines for dietary success; only you can choose to attain it.





## General Guidelines

- Eat fruit raw, without sugar or salt.
- Lightly steam vegetables until slightly crunchy.
- Limit processed sugar and artificial sugar substitutes such as aspartame and saccharin.
- Limit processed foods, including fast food.
- Limit foods that have been refined, preserved, colored, aged, and fumigated.
- Limit overcooking, microwaving, or frying foods.
- Limit foods that contain stimulants such as coffee, colas, and black teas.
- Consume meat, fish, and poultry in moderation.
- Moderate your intake of oils and fats; avoid trans fatty acids (trans fats) found in vegetable shortening, some margarines, and most processed foods.

The designation of a choice as “Acceptable Choice” or “Poor Choice” is directly related to the protein, carbohydrate, and fat content of that item, as well as the acid and alkaline mineral content.

## Vegetables & Herbs

### ACCEPTABLE CHOICE

Alfalfa sprouts	Carrots	Kale	Pumpkin
Asparagus	Cauliflower	Kohlrabi	Radishes
Beans, green & yellow	Celery	Leafy greens	Sauerkraut
Beets	Chives	Leeks	Spinach
Beet greens	Collards	Mushrooms	Squash, summer
Bok choy	Cucumbers	Okra	Swiss Chard
Broccoli	Eggplant	Onions	Turnips
Brussels sprouts	Endive	Parsley	Water chestnuts
Cabbage	Garlic	Peppers (all)	Zucchini
(Chinese red & white)	Green Onions	Pickles	

### POOR CHOICE

Artichokes	Olives	Rutabaga	Yams
Corn	Parsnips	Squash, winter	
Green peas	Potatoes (all)		



## Fruits

### ACCEPTABLE CHOICE

#### *Fresh fruits*

Fruits high in magnesium or potassium including:

Apricots	Bananas	Cantaloupe
Kiwi	Mangoes	Mulberries

### POOR CHOICE

#### *Canned fruits*

Fruits with added sugar, like cranberry sauce

#### *Dried fruits*

(If you have arthritis, avoid citrus - including tomatoes.)

## Nuts & Seeds

### ACCEPTABLE CHOICE

Raw nuts (soaked)

Roasted nuts including:

Almonds	Macadamia	Pine nuts	Sunflower seeds
Cashews	Peanuts	Pistachios	Walnuts
Filbert	Pecans	Sesame seeds	

### POOR CHOICE

Processed, store bought nut butters

Raw nuts (unsoaked)

(All raw nuts and seeds have enzymes that inhibit digestion.)

## Legumes

### ACCEPTABLE CHOICE

Tempeh	Tofu
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### POOR CHOICE

Baked beans	Kidney beans	Navy beans	Soybeans
Black beans	Lentils	Peas, black-eyed	
Chickpeas	Lima beans	Peas, green	
Fava beans	Mung beans	Pinto beans	

(Legumes may be an acceptable choice if accompanied by appropriate enzymes.)



## Poultry

*Limit breaded, fried, and smoked poultry.*

### ACCEPTABLE CHOICE

Chicken	Duck	Goose and wild goose	Turkey
Cornish hen	Eggs	Quail	

### POOR CHOICE

Organ meats	Pâtés
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## Meats

*Choose meats reasonably low in fat. Limit breaded, fried, and smoked meats.*

### ACCEPTABLE CHOICE

Beef, lean ground	Short ribs	Emu	Venison
Rib roast	Chuck roast	Tenderloin	Ostrich
Bison, lean	Sirloin steak	Flank steak	Wild game
Round steak	Elk, lean	Veal	Pork (no bacon or ham)
Chipped beef, lean	T-bone steak	Lamb	

### POOR CHOICE

Bacon	Corned beef or hash	Liverwurst/ Braunschweiger	Polish sausage
Beef sausage	Dried meats	Lunch or deli meats	Pork sausage
Bratwurst	Frankfurters, hot dogs	Organ meats	Porterhouse steak
Brisket	Ham	Pastrami	Prosciutto
Canadian bacon	Italian sausages	Pepperoni	Rabbit
	Knockwurst		Salami

## Seafood

*Limit breaded or battered seafood. Bake or broil with a minimal amount of butter or oil.*

### ACCEPTABLE CHOICE

Anchovies	Flounder	Mahi-mahi	Snapper
Bass	Frog legs	Oysters	Sole
Carp	Grouper	Perch	Squid
Catfish	Haddock	Pike	Tilapia
Caviar	Hake	Red snapper	Trout
Clams	Halibut	Salmon	Tuna, light
Cod	Herring	Sardines	Walleye
Crab	Lobster	Scallops	
Eel	Mackerel	Shrimp	

### POOR CHOICE

Abalone	Sturgeon
Snails, without butter	



## Grains, Flours, Cereals

Limit serving sizes.

### ACCEPTABLE CHOICE

Barley, pearl	Crackers, low fat (rye crispbread)	Pasta, whole grain
Bread, pita, whole grain	English muffins, whole grain	*Popcorn, plain
Bread (oat bran, light rye)	Flour, rye	*Quinoa
Cereal, cold (bran, natural muesli)	*Kasha (buckwheat groats)	*Rice bran
Cereal, oatmeal	Muffin, low fat, bran	*Rice, brown
	*Pasta, gluten free	

### POOR CHOICE

Bagel	*Flour, buckwheat	Pancakes, waffles
*Bread, rice	*Flour, cornmeal	Pretzels
*Cereal, cornflakes	*Flour, potato	*Rice cakes
*Cereal, cream of rice	Flour, white	*Rice, white
Cereal, cream of wheat	Flour, whole wheat	Tortilla chips
Cereal, sweetened	*Hominy grits	*Tortilla, corn
Crackers, graham	*Millet	

\*indicates gluten free  
(Read labels to avoid trans fats.)

## Soups

Avoid soups with added sugar or salt.

### ACCEPTABLE CHOICE

Beef stock, low fat	Chicken gumbo	Gazpacho	Tomato
Bouillon	Chicken rice	Minestrone	Vegetable soups
Broth, clear	Chicken stock, low fat	Oyster stew	

### POOR CHOICE

Beans & frankfurters	Clam chowder	Lentil and ham	Split pea and ham
Black bean	Creamy soups	Noodle soups	
Chili			



## Sweeteners

### ACCEPTABLE CHOICE

Fresh fruit and juices	Fruit juice sweetener	Fructose, natural	Stevia
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### POOR CHOICE

Artificial sweeteners	Milk chocolate	Powdered sugar	Syrup, maple
Fructose, artificial	Molasses	Sugar, brown and white	
Honey			

## Dairy

*Limit dairy consumption.*

### ACCEPTABLE CHOICE

Butter (small amount)	Ghee	Rice cheese
Buttermilk	Goat cheese, low fat	Ricotta cheese, low-fat
Cheese, low-fat	Goat's milk, low-fat	Romano cheese
Cottage cheese, low-fat	Kefir, low fat	Yogurt, low-fat (plain)
Cream cheese, low-fat	Milk, skim	Yogurt butter
Evaporated milk, non-fat	Mozzarella cheese, low-fat	Yogurt cheese
Feta cheese, low-fat	Parmesan cheese, low-fat	

### POOR CHOICE

Chocolate milk	Half & half	Whey cheese
Condensed milk	Ice cream	Whipping cream
Cream	Processed cheese	Whole milk
Dry milk	Sour cream	

## Salad Dressings & Oils

*Use dressing sparingly. Most low-fat dressings are acceptable. Limit creamy salad dressing.*

### ACCEPTABLE CHOICE

Almond oil	Corn oil	Olive oil	Sunflower oil
Bleu cheese	French	Russian	Thousand Island
Canola oil	Italian	Safflower oil	Vinaigrettes
Cider vinegar	Lemon juice	Sesame oil	Vinegar and oil
Coconut oil	Mayonnaise, low-fat	Soybean oil	

### POOR CHOICE

Avocado oil	Shortening
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## Beverages

### ACCEPTABLE CHOICE

Black tea (in moderation)  
Flavored tea, unsweetened  
Fruit juice, unsweetened  
Green tea  
Herbal tea, unsweetened

Rice milk (no carrageenan)  
Soy milk  
Vegetable juice, unsweetened  
Water

### POOR CHOICE

All alcoholic beverages  
Coffee

Cola and diet drinks  
Fruit-flavored drinks with added sugar

## Condiments

*Limit condiments with added sugar and hydrogenated oils.*

### ACCEPTABLE CHOICE

Enchilada sauce	Mayonnaise	Soy sauce	Tomato sauce, no salt
Gravy	Marinara sauce	Tartar sauce	Vinegar
Hollandaise	Mustard	Tomato paste	White sauce

### POOR CHOICE

Barbeque sauce	Jam	Ketchup	Miso
Horseradish	Jelly	Marmalade	Worcestershire sauce

## Enzyme Supplements

*Here are the recommended supplements specific to your body's needs:*

*Before Meals:*

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*After Meals:*

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*After Meals:*

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*Between Meals:*

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*A.M. and P.M.:*

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