

Carbohydrate Elimination Diet



It has been recommended that you follow a carbohydrate elimination diet for a period of time. This is not a “life sentence”, but rather an experiment to determine the effects of these foods on your metabolism. There are a number of reasons why this diet would be advisable for you:

- Weight Loss
- Intestinal Dybiosis and/or Candida
- Irritable Bowel Disorder
- Inflammatory Bowel Disease
- Hypoglycemia
- Syndrome X
- Diabetes
- Depression

It is suggested that you follow this diet for two, three or four weeks or as otherwise indicated by your doctor or other health practitioner. After this time, depending on your progress and health status, you can begin to introduce some of these foods back into your diet one at a time.

Carbohydrates are molecules that are found in all plant foods. Foods that contain a lot of sugar or starch are particularly high in carbohydrates. Some common foods that are high in carbohydrates are fruits, juice, sugar, potatoes, pasta, rice, bread and crackers.

Please follow this diet for _____ weeks.

Main Sources of Carbohydrates

1. **Sugar** – refined sugar is added to most packaged and processed foods. It is found in desserts, baked goods, soft drinks, cereals, etc. You should also avoid other sweeteners such as honey, maple syrup, brown rice syrup, agave nectar, coconut sugar, etc. When reading labels, remember that sugar has many names. Look for evaporated cane juice, cane sugar, sucrose, glucose, lactose, beet sugar, barley malt, etc.

If you are having trouble implementing this diet, please speak with your Doctor. We also have a Holistic Nutritionist on staff who can offer additional support to make the transition as smooth as possible.

Main Sources of Carbohydrates Cont'd

2. **Grains** – refined grains such as white flour and products made from this – cookies, cakes, white paste, etc. are treated in the blood stream just as if they were sugar. Although we understand that whole grains are healthier than processed grains, we need to eliminate these as well for the purpose of this diet. This includes wheat, oats, rye, quinoa, rice, corn, spelt, kamut, bread, pasta, cereals, baked goods, breaded foods, etc.

3. **Vegetable Starches** – all root vegetables (those that grow below the surface of the ground) are high in starch and therefore are high in carbohydrates. These include potatoes, yams, sweet potatoes, carrots, beets, turnips, etc. Above ground squashes and corn also tend to be high in starch and should also be avoided.

4. **Fruits** – although we understand the many healthy properties fruit possess, it does contain fructose, which is a sugar and which functions much like other sugars in the body. It is necessary to avoid fruit during this time as well. Fruit juices must also be avoided as it is concentrated fructose (fruit sugar).

5. **Milk Sugar** – dairy products contain lactose (which is a sugar). This includes all milk, yogurt, cheese, ice cream, sour cream, cottage cheese, etc. Make sure to read labels carefully as dairy products are often found in processed and canned foods.

6. **Beans & Legumes** – this includes black beans, chickpeas, lentils, kidney beans, soybeans and products made from these legumes.

Notes
