

The Two-Week Test

The Goals of this short program are three fold:

1. *Make you aware of the possible over consumption of carbohydrates and starches.*
2. *Challenge your body to utilize energy from proteins and healthy fats.*
3. *Decrease inflammation within the body and encourage further healing.*

Avoid all high glycemic index foods for two weeks. Re-evaluate signs and symptoms.

Foods to avoid: Bread, pasta, cereal, rice, beans, legumes, fruit and fruit juice, milk, yogurt, rice cakes, crackers, potatoes, sweets, corn, alcohol. Minimize coffee intake.

Allowable foods: unlimited vegetables, meats, fish, sea food, cheese, eggs, tofu, nuts & seeds, nut butters, vegetable juices.

During the Two-Week Test:

- Do not go hungry! Eat as much of the allowed food as desired. Do not worry about calories or fat during these two weeks.
- Eat any amount of allowable foods.

Remember, don't allow yourself to get hungry! Keep some items ready to eat at all times such as almonds, cashews, carrot and celery sticks, cheese, etc.

Meal Ideas:

Eggs

Omelets, with any combination of vegetables, meats and cheeses.

Scrambled with guacamole, sour cream and salsa.

Scrambled with a scoop of ricotta or cottage cheese and tomato sauce.

Boiled or poach with spinach or asparagus and hollandaise or cheese sauce.

Add turkey or chicken slices if appealing.

Soufflés.

Salads:

Chef - leaf lettuce, meats, cheeses, eggs.

Spinach - with bacon, eggs, anchovies.

Caesar - Romaine lettuce, eggs, Parmesan cheese, anchovies.

Any salad with chicken, tuna or shrimp.

Salad Dressings:

Extra virgin olive oil and vinegar (balsamic, wine, apple cider). Plain or with salt and spices to taste.

Creamy - made with heavy cream, mayonnaise, garlic and spices.

Fish & Meats:

Pot roast cooked with onions, carrots and celery.

Roasted chicken stuffed with a bulb of anise, celery and carrots.

Chili made with fresh chopped meat and a variety of vegetables such as diced eggplant, onions, celery, peppers, zucchini, tomatoes and spices.

Steak and eggs.

Any meat with a vegetable and a mixed salad.

Chicken Parmesan with a mixed salad.

Fish (not breaded or fried) with any variety of sauces and vegetables.

Tuna melt on bed of broccoli or asparagus.

Sauces:

A quick cream sauce can be made by simmering heavy cream with mustard or curry powder and cayenne pepper, or any flavor choice. Delicious over eggs, poultry and vegetables.

Italian style tomato sauce helps make a quick Parmesan out of any fish, meat or vegetables. Put this over spaghetti squash for a vegetarian pasta-like dish. Or make a "lasagna" out of slices of eggplant or zucchini instead of pasta.

Snacks:

Celery stuffed with nut butter or cream cheese.

Guacamole with vegetable sticks for dipping.

Hard boiled eggs.

Rolled slices of fresh meat and cheese. Vegetable juices.

Almonds, cashews, sunflower seeds.

When Dining Out:

Use these tips to make it a pleasurable event::

- Let the waiter know you do not want any bread to avoid temptation.
- Don't hesitate to ask for an extra vegetable instead of rice or potato.
- Avoid fried food (its usually laden with bread crumbs and bad fat).
- Avoid iceberg lettuce. Choose a Caesar or spinach salad instead.

Dining Menu Options:

Chinese - steamed dishes, or Moo Shu (No rice, pancakes or sweet sauce).

Continental - filet mignon or other steak, duck, fish or seafood.

French - Coquille Saint-Jacques, Boeuf A La Bourguignonne.

Italian - Eggplant Parmesan, Veal Marsala, Mussels marinara.

Vegetarian - tofu or cheese and vegetables, egg dishes.

When shopping always read labels to avoid sugars. They are disguised under many names including maltose, corn syrup, dextrose, etc. Also look for and avoid hydrogenated and partially hydrogenated fats and oils.

Many people find the loss of grains in the diet leaves the digestive tract sluggish, which may make you a little constipated. Adding plain unsweetened psyllium (available in health food stores) to a glass of water or tomato juice will keep your system running smoothly. Another way to add psyllium to your diet is to use it in place of flour for thickening sauces or in place of bread crumbs to coat meats and vegetables.

After the Two-Week Test

If you feel better and your signs and symptoms have improved, your next task is to find out how sensitive you are to carbohydrates at each meal. In other words, what's your limit. (If you feel no different following the Two-Week Test, you may not be carbohydrate intolerant.)

Begin adding one carbohydrate food every few days or until carbohydrate intolerance symptoms occur, i.e. bloating, tired after meals, weight gain, etc. Do not experiment with carbohydrate foods at back-to-back meals. Slowly add a piece of toast for breakfast, see how you feel. Add a baked potato or rice for dinner. If you feel bloated - too much carbohydrates!

Priority 1 - Two Week Test

BEVERAGE

- SPRING WATER
- HERBAL TEA
- ALKALINE WATER

HEALTHY OILS

- FLAX SEED OILS
- VIRGIN COLD PRESSED OLIVE OIL
- GHEE

NUTS AND SEEDS

- RAW/GROUND/BUTTER
- FLAX SEEDS
- SESAME SEEDS
- SUNFLOWER SEEDS
- PUMPKIN SEEDS
- ALMONDS

HEALTHY FLESH FOODS

- PACIFIC SALMON
- OCEAN CHAR
- HALIBUT
- HADDOCK
- COD
- SOLE
- POLLOCK
- TUNA
- BUTTERFISH
- ROUGHY
- MONK
- SEA BASS
- ORGANIC FREE-RANGE CHICKEN
- ORGANIC TURKEY
- ORGANIC FERTILE EGGS
- ORGANIC FREE-RANGE BEEF

VEGETABLES

3% CARBOHYDRATES

- ASPARAGUS
- BEAN SPROUTS
- BEET GREENS
- BROCCOLI
- CABBAGE
- CAULIFLOWER
- CELERY
- SWISS CHARD
- CUCUMBER
- ENDIVE
- LETTUCE
- MUSTARD GREENS
- RADISH
- SPINACH
- WATERCRESS

6% CARBOHYDRATES

- STRING BEANS
- BEETS
- BRUSSEL SPROUTS
- CHIVES
- COLLARDS
- DANDELION GREENS
- EGGPLANT
- KALE
- KOHLRABI
- LEEKS
- OKRA
- ONION
- PARSLEY
- RED PEPPER
- PIMENTO
- PUMPKIN
- RUTABAGAS
- TURNIP

SULPHUR VEGETABLES

- BROCCOLI
- CAULIFLOWER
- BROCCOFLOWER
- BRUSSELS SPROUTS
- CHIVES
- ONIONS
- LEEKS

SEA VEGETABLES

- DULSE
- KELP

NATURAL HERBS & SPICES

- ANISE
- BAY LEAF
- BASIL
- CARDAMON
- CELERY
- CINNAMON
- CUMIN
- DANDELION
- DILL
- DRY MUSTARD
- FENNEL
- GARLIC
- GINGER ROOT
- MARJORAM
- OREGANO
- PARSLEY
- ROSEMARY
- SAFFRON
- SAVOY
- SEA SALT
- TARRAGON
- THYME
- OTHER

Priority 2

FRUITS

3% CARBOHYDRATES

- RHUBARB
- CANTALOUPE
- STRAWBERRIES
- WATERMELON
- MELONS
- TOMATO

6% CARBOHYDRATES

- FRESH APRICOT
- BLACKBERRIES
- CRANBERRIES
- GUAVA
- MELONS
- LEMON
- RASPBERRIES
- ORANGE
- PAPAYA
- PEACH
- PLUMS
- TANGERINE
- LIME
- KIWI

NON-GLUTEN GRAINS

- BROWN RICE
- WILD RICE
- AMARANTH
- QUINOA
- MILLET

LENTILS / LEGUMES

- TOFU
- CHICK PEAS
- SOY BEANS
- SOY MILK
- LENTILS

Avoid / Minimize

FRUITS

15% CARBOHYDRATE

- APPLES
- BLUEBERRIES
- CHERRIES
- GRAPES
- KUMQUATS
- LOGANBERRIES
- MANGO
- MULBERRIES
- FRESH PINEAPPLE
- POMEGRANATE
- BANANAS

VEGETABLES

15% CARBOHYDRATES

- ARTICHOKE
- OYSTER PLANT
- PARSNIP
- GREEN PEAS
- SQUASH
- CARROTS

CAUTIONS

NIGHTSHADES

- EGGPLANT
- GREEN/YELLOW PEPPER
- CAYENNE
- WHITE POTATOES
- TOMATO
- TOBACCO

TABLE OF GLYCEMIC INDEX, PROTEIN, FAT, AND CARBOHYDRATES

Food	Glycemic Index	Percent Protein	Percent Fat	Percent Carbohydrates
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Bakery goods

Pastry	59			
Sponge cake	46			
White bread	69	9	3	51
Whole wheat bread	72	9	3	49
Whole-grain rye bread	42			

Dairy Products

Ice cream	36	5	11	21
Milk, skim	32	4	below 1	5
Milk, whole	34	4	4	5
Yogurt	36	3	2	5

Vegetables

Baked beans, canned	40	2	below 1	10
Beets	64			
Black-eyed peas	33	1	below 1	10
Carrots	92			
Chickpeas	36	8	1	21
Kidney beans	29	8	trace	19
Lentils	29	8	1	20
Lima beans	36	8	1	15
Parsnips	97	1	1	12
Peas, frozen	51	5	below 1	50
Potato chips	51	6	40	14
Potato, instant mashed	80	2	3	16
Potato, russet, baked	98	2	below 1	19
Potato, sweet	48	1	below 1	13
Potato, white	70	2	below 1	11
Soybeans	15	11	6	13
Tomato soup	38	2	2	13
Yams	51	2	below 1	20

Fish

Fish sticks	38	17	9	6
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Fruit

Apples, Golden Delicious	39			
Bananas	62	1	below 1	22
Cherries	23			
Grapefruit	26	below 1	below 1	4
Grapes	45	1	below 1	17
Orange juice	46	1	below 1	10
Oranges	40	1	below 1	12
Peaches	29	1	below 1	8
Pears	34	1	below 1	14
Plums	25	1	below 1	19
Raisins	64	2	below 1	77

Grains

All - Bran	51	1	1	25
Brown rice	66			
Buckwheat	54			
Cornflakes	80	8	below 1	85
Oatmeal	49	2	1	10
Shredded wheat	67			
Swiss muesli	66			
White rice	72	2	1	24
Spaghetti	50			
Whole wheat spaghetti	42			
Sweet corn	59	3	1	19

Meat

Sausages	28			
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Nuts

Peanuts	13	26	49	21
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Sugar

Fructose	20			100
Glucose	100			100
Honey	87	below 1		82
Maltose	110			100
Sucrose	100			