

The MIC B12 Food Plan

Note: We offer this food plan as a lifestyle change in your eating habits. Remember, no sugar, flour or wheat.

MIC Basic Food Plan

Breakfast	Lunch (4 hrs. after breakfast)	Dinner (5 hours after lunch)	MA (Metabolic Adjustment) (4 hours after dinner)
1 Protein	1 Protein	1 Protein	1 Dairy or 2 oz. Protein
1 Dairy	1 Cooked Vegetable	1 Cooked Vegetable	1 Fruit
1 Fruit	1 Fresh vegetable	1 Fresh Vegetable	
1 Grain or Starchy Vegetable	1/2 Daily Oil	1 grain or starchy vegetable	
	Men: add 1 fruit or 1 grain, or 1 starchy vegetable	1/2 Daily Oil	

The daily requirement for oil is one serving for women and two servings for men, to be divided among two or three meals.

NOTE: Men need to add two ounces of fish or poultry or one ounce of red meat at each meal to the amounts shown on the list. At lunch, men also add a serving of one of the following: a fruit, a grain, or a starchy vegetable.

This food plan is designed only for adults.

Clear soup is permitted before lunch OR dinner. Because of our carbohydrate sensitivity, we totally eliminate all artificial sweeteners, including "sugar-free" sodas.

The most important aspect of maintaining abstinence is to totally eliminate sugar, flour and wheat from our daily lives.

The food plan is a way of eating that is free from eating sugar, flour and wheat. The food plan eliminates the basic components of binge foods: sugar, flour, wheat and inordinate amounts of fat (sticky, greasy, pasty foods). This is not a reducing diet because it is not severely restricted in terms of basic food groups. However, it does reduce fat intake to an appropriate level.

Nonetheless, we would like to address the question of what to do when a person following the food plan continues to lose weight after reaching a healthy weight or when a person who is underweight when they begin the program fails to gain. Although unusual, if weight loss or failure to gain continues over time to an inappropriate level, any changes needed to stabilize one's weight should be developed with the assistance of a physician or other qualified professional. The most important thing is to maintain close contact with our office and remain totally honest about what you are eating, how much you weigh, how your bodies are functioning, and how you are feeling physically.

GUIDELINES FOR MIC B12 MEAL PLAN

Definition of Abstinence

We ask for help from our staff to abstain from those substances you find ourselves craving, ever mindful of your consumption of sugar, flour and wheat. Feeding your body with a plan of sound nutrition will allow you freedom from the insanity of this disease.

1. Weigh or measure all food as specified. Volume can trigger excessive eating. Eating larger or smaller quantities of food than recommended on the food plan can cause the physical craving to reappear. Eating added volume or restricting is often the beginning of the out of control eating process. Invest in measuring cups, measuring spoons, and a good scale. Since this is NOT a diet, wide variety and attractive presentation of your meals will help you stay abstinent. Make it interesting!

2. Look for hidden or additional names of sugar, flour and wheat in the "Ingredient" section for the label on all packaged or canned foods, drinks marinades, dressings, and spices, including salt. Do not confuse this with the "Nutrition Facts" section, which may list naturally occurring sugar. For example, the label on a can of tomato paste may list tomatoes as the only ingredient and yet under the "Nutrition Facts" section it may list 3 grams of sugar. The 3 grams of sugar naturally occur in the tomatoes. Check all labels regularly as manufacturers often alter ingredients.

3. Low calorie, lite, light, sugarless or sugar-free on a product label does not imply that the manufacturer has not added sugar in one of its many other forms. It is absolutely necessary to read all labels.

4. Fresh is best. If fresh fruit is not available, use frozen fruit or canned fruit packed in water or in its own juice. If juice is used, include it as part of the measurement.

5. Never use cornstarch or other thickeners.

6. This meal plan may help alleviate elevated triglycerides and elevated cholesterol levels caused by excessive carbohydrates and fats. For those with elevated cholesterol levels, limit eggs and red meats to three times a week.

7. Red meat should be limited to three to five times per week. Other sources of protein include tofu, tempeh, beans, chicken, fish, low-fat ricotta and low-fat cottage cheese.

8. If constipation is a problem, eight 8-oz. glasses of water per day added to your meal plan will help. Exercise, even walking, will also help. Two teaspoons of ground flaxseed on your cereal is also useful.

9. Tomato juice or vegetable cocktail juice without sugar may be used as a cooked vegetable substitute. 1 cup juice = 1 cup cooked vegetables.

10. Caffeine is an addictive stimulant and should be avoided. Suggested drinks are decaffeinated coffee, decaffeinated tea, herbal tea, carbonated water, and water.

11. Two or more proteins may be combined to equal one protein serving. For example, two ounces of cooked ground meat and one-half cup of pinto beans equals four ounces of protein.

12. For abstainers with high blood pressure who are prescribed a low sodium diet, fresh is best, frozen is the next best. Always read the label for sodium content as well as sugar. "Instant" anything has higher sodium content.
13. You may use part of you milk allowance as a coffee lightener. One percent or skim milk may be used in this plan.

ROTATE ALL FOODS. WEIGH AND MEASURE ALL FOODS. WRITE, COMMIT, AND FOLLOW YOUR PLAN AS SPECIFIED. WHEN IN DOUBT, LEAVE IT OUT. PRIOR PLANNING PREVENTS POOR PERFORMANCE

**IF YOU FAIL TO PLAN, THEN YOU HAVE PLANNED TO FAIL.
SUGGESTIONS FOR IMPLEMENTING ABSTINENCE**

1. Following the food plan as written will allow you to become well physically, mentally, and spiritually. The MIC food plan balances proteins and carbohydrates to support steady, stable blood sugar levels and a steady metabolism - essential to prevent triggering cravings and binges. The recommended time between meals further supports this. **DO NOT SKIP MEALS!** This schedule works best:

Breakfast + 4 hours = Lunch + 5 Hours = Dinner + 4 hours = Metabolic Adjustment

2. Active participation in an exercise class is helpful in solidifying your commitment to improved health.
3. Have your primary care doctor review this program of eating and follow his/her suggestions.
4. Your food should be written down. By writing your menu for a week, shopping is easier. Planning helps eliminate chaos and last minute choices made when hungry. Going over your meal plan with you're a friend or family member daily will help you feel comfortable at planning nutritious and interesting meals and will affirm your commitment to remain abstinent. A daily log of everything you eat is an additional reinforcement.
5. **DO NOT WEIGH YOURSELF** more than once a day. If you are over or under your ideal weight, you may expect to lose or gain weight on this plan safely and appropriately.
6. If something listed on this food program is or becomes a problem for you, eliminate it.
7. **SIT DOWN FOR MEALS AND EAT SLOWLY.**
8. Include fish or poultry in your food plan daily if possible.
9. We suggest one vegetarian day per week. Try soy protein (tofu or tempeh). Check meat substitutes for wheat.
10. Beware of products advertised as low-calorie, low-fat, or fat-free. They frequently contain sugar or flour in some form.
11. When eating in a restaurant, ask questions. It's OK to ask for what you need!

12. We suggest taking a multi-vitamin daily. Check vitamins for sugar, flour, and wheat. Ask the doctor or pharmacist to recommend medications that are free of sugar, alcohol, flour, and wheat whenever possible.

13. Do not repeat the use of any starchy vegetable or grain more than THREE times per week. We can become sensitive with overuse.

14. The food plan is a way of eating that is free of sugar, wheat, and flour. The food plan eliminates the basic components of our binge foods: sugar, flour, wheat and inordinate amounts of fat (sticky, greasy, pasty foods). This is not a reducing diet because it is not severely restricted in terms of basic food groups. However, it does reduce fat intake to an appropriate level.

Starchy Vegetables

baked potato(white)	1 small 6 oz.
beans: lima, navy, all dried beans	1/2 cup cooked
corn	1 med.
corn (kernel)	1/2 cup cooked
mashed potatoes (white)	1/2 c.
mashed yams	1/2 c.
parsnips	1/2 c.
peas, dried	1/2 c.
peas, green	1/2 c.
pumpkin	1/2 c.
sweet potato	1small, 6 oz.
squash*	1/2 c.

* acorn, butternut, hubbard, winter and spaghetti squash

Dairy

NOTE: Dairy may also be used as a protein

buttermilk	1 cup
low-fat or non-fat ricotta cheese	1/2 cup
milk: skim or 1 %	1 cup
low fat cottage cheese	1/2 cup
low or non-fat yogurt	1 cup
unsweetened soy beverage	1 cup

NOTE: If you are dairy sensitive, eliminate dairy and substitute 2 oz. of any type of protein.

Fruits

apple	1 medium
apple juice	1/2 c.
applesauce	1/2 c.
apricots	3 medium
berries	1 cup
citrus juice	1 cup
cantalope	1/2 (6" dia)
cherries	1 cup
cranberry juice	1 cup
fruit cocktail	1 cup
grapefruit	1/2 large
grapes	1 cup
honeydew	1/4 (7" dia.)

Kiwi	3 small
lemons, limes	2 small, 1 large
nectarines	2 small, 1 large
orange	1 large
peach	1 large
pear	1 large
pineapple	1 cup
pineapple juice	1/2 cup
plums	3 med.
prune juice	1/2 cup
tangerine	2 small
watermelon	1 cup

Condiments

Any spice or sauce that is sugar-free, alcohol-free or wheat-free including, but not limited to, mustard, tamari, salsa, non-fat yogurt, lemon juice, etc. Limit spice and condiment use to the levels recommended in recipes or no more than 1 teaspoon per day of any one spice and no more than two tablespoons per day of any one sauce.

Fats

Polyunsaturated oils are essential to good health. The fat requirement is normally divided between two or more meals. **Women require one fat serving per day and men require two.** Choose from the following:

oil- 1 tablespoon	margarine- 1 tablespoon
mayo- 1 tablespoon	salad dressing- 2 tablespoons

Grains

1 cup of any of the following, measured after cooking:

amaranth	grits
barley	millet
brown rice	oat bran*
buckwheat	oatmeal +
Cereals:	quinoa
puffed brown rice	3 rice cakes =1 serving
puffed corn	cream of rye
puffed millet	rye

*(1/2 C raw=1 C cooked) +Non-wheat sugar-free, dry cereal

Beverages

Suggested drinks are water, carbonated water, herbal tea, decaffeinated coffee or decaffeinated tea.

Clear soup(without sugar) is permitted before lunch or dinner.

Tomato juice or vegetable cocktail juice without sugar may be used as a cooked vegetable substitute. 1 cup juice =1 cup cooked vegetables.

Please note: All diet sodas have artificial sweeteners, which are now known to create cravings similiar to sugar.

Names of Flour and Wheat

Types & forms of flour: Any bean, vegetable, nut, or grain that is ground into flour, meal, or powder is "flour," as the term is used in our definition of abstinence. Starches and guar gum are also considered flour. We do not consume any kind of flour.

Types & forms of wheat: Bran (if made from wheat) Bulgar Cracked wheat Durum wheat Gluten (wheat protein) Kamut Red wheat Red spring wheat Seitan (made from wheat protein, gluten) Semolina Spelt Triticale (a wheat/rye hybrid) Wheat berries Wheat bran Wheat flakes Wheat germ Whole-grain wheat Winter wheat

Protein

(COOKED PROTEIN) Note: Men: Eat 5 oz. of red meat and 6 oz. of fish or poultry

beef	4 oz.
chicken	4 oz.
dried beans	1 cup cooked
eggs	2 medium
fish	4 oz.
hot dogs(not sugar cured)	4 oz.
lamb	4 oz.
pork	4 oz.
shellfish	4 oz.
turkey	4 oz.
veal	4 oz.
vegetarian protein(tofu, tempeh)	6 oz.

Vegetables

1 Cup of any of the following:

artichoke	mushroom
asparagus	okra
bamboo shoots	onions
beans: (yellow or green)	peppers
bok choy	pimentos
beets	radishes
broccoli	rhubarb
brussel sprouts	romaine
cabbage	rutabaga
carrots	sauerkraut
cauliflower	snow pea pods
celery	spinach
chicory	summer squash
chinese cabbage	swiss chard
cucumber	tomatoes
dill pickles	turnips
eggplant	vegetable juice
endive	water cress
escarole	
greens *	

*beet, collard, danelion, kale, all types of lettuce, mustard, any sprouts (no wheat grass) **NOTE:** Tomato juice or vegetable cocktail juice without sugar may be used as a cooked vegetable substitute. 1 cup juice =1 cup cooked vegetables.

Names of Sugar

Types & forms of sugar:

Ace-K
Acesulfame-k (Sunette, Sweet and Safe, Sweet One)
Aguamiel
Alcohol, alcoholic drinks
Alitame
Amasake
Artificial sweeteners of any kind-Equal, Splenda Sweet'n'low, Sweet Thing) NOTE: All artificial sweeteners are considered sugar
Artificial flavors (check with company)
Aspartame/NutraSweet
Barley malt
Cane juice
Caramel coloring
Concentrated fruit juice
Corn sweetener
Cyclamates
Date paste, syrup
Dextrin
Dried/dehydrated fruit
Evaporated cane juice (e.g., Florida Crystals)
Extracts
Fat substitutes (made from concentrated fruit paste)
Fructooligosaccharides (FOS)
Fruit flavorings (check with company)
Fruit juice concentrate
Glucoamine/glucosamine
Glycerine
Honey (any type)
Jaggery
-ides, any additive with this suffix: monosodium glycerides, olyglycerides, saccharides (any), trisaccharides,diglycerides, disaccharides, glycerides (any), monoglycerides, onosaccharides, etc.
Licorice root powder
"Light", "lite" or "low"sugar
Malted barley
Maltodextrins
Malts (any)
Molasses, black strap molasses
"Natural" flavors (call company)
"Natural" sweeteners
Nectars

Neotame
-ol, any additive with this suffix: carbitol, glucitol, glycerol, glycol, hexitol, inversol, maltitol, mannitol, sorbitol, xylitol, etc.
Olestra (made from sucrose)
-ose, these additives with this suffix: colorose, dextrose, fructose, galactose, glucose, lactose, levulose, maltodextrose, maltose, mannose, polydextrose, polytose, ribose, sucralose, sucrose, tagatose, zylose.
Raisin juice, paste or syrup
Rice malt, sugar or syrup
Rice sweeteners
Saccharin, liquid saccharin
Sorghum
Splenda (Sucralose)
Stevia
Sucanat (evaporated cane juice)
Sucraryl
Sugars, any type: apple sugar, barbados sugar, bark sugar, beet sugar, brown sugar (any grade), canesugar, caramel sugars, confectioner's sugar, date sugar, grape sugar, invert sugar, milled sugar, "natural" sugar, powdered sugar, raw sugar, turbinado sugar, unrefined sugar, etc.
Sunenette/Sweet-One (Acesulfame-K)
Syrups, any type: agave syrup, barley syrup, brown rice syrup, corn syrup, date syrup, high fructose corn syrup, maple syrup, raisin syrup, yinnie syrup (rice syrup), etc.
Vanillin
Whey (as an additive)
Xanthan gum
NOTE: All artificial sweeteners are considered sugar