

Nutrition: Food Information → <http://www.fatsecret.com/calories-nutrition/usda/> (Dec 2023)

Nutritional Requirements:

1. 50-90 grams of dietary protein: 1 ounce of meat, poultry, fish, or an egg is about 5 grams of protein
16 ounces meat daily = 80 grams protein (1 gram per 1 kg lean body mass) **Your Goal:** _____ grams

Protein Supplements:

“Slim-Fast High Protein Creamy Chocolate Shake” 11 ounce bottles _____ ounces

Protein 20 gm, Fat 9 gm, Carbs 1 gm, Fiber 5 gm
Calcium 490 mg, Phosphorus 550 mg, Potassium 450 mg

“Premier Protein” 11 ounce bottles

Protein 30 gm, Fat 3 gm, Carbs 1 gm, Fiber 3 gm
Calcium 650 mg, Phosphorus 550 mg, Potassium 320 mg

“Body Fortress Whey Protein” 1 scoop (45 gm) (2 to 3 daily) **Patients with Kidney Disease**

Protein 30 gm, Fat 4 gm, Carbs 6 gm, Fiber 1 gm
Calcium 140 mg, Phosphorus 380 mg, Potassium 310 mg

2. **Omega-3** fatty acids (DHA + EPA) ~**4,000 mg** → Salmon 12 ounces or Sardines 18 ounces

“Triple Strength Omega-3” Fish Oil 1,400 mg, **4 capsules daily** (~950 mg omega-3 each)

Puritan.com (800-645-1030) ~\$24/month

Costco: TruNature 1,425 mg (900) ~\$15/month

Amazon: Innovixlabs 1,200 mg (900) ~\$20/month

Sam's: Members Mark 1,400 mg (900) ~\$16/mth

Walmart: Spring Valley 1,000 mg (955) ~\$19/mth

3. **Supplements:**

Multivitamin daily

Vitamin D: _____ units daily **or** 50,000 units (1,250 mcg) (prescription) _____ times weekly

Goal “25-Vitamin D” blood level between 40-100; toxic >150; must be monitored

Vitamin C: 500 mg 2 tabs daily (before exercise) (*increase if ill or having surgery*) (**Puritan** \$2.50/mth)

Vitamin E: 400 U 2 tabs daily (~180 mcg) (**Puritan** \$3.72/mth)

Selenium: 200 mcg daily (*increase to 600 mcg if ill or having surgery*)

alpha Lipoic Acid: 600 mg twice daily (**Amazon** – BulkSupplements ~\$11/mth) (**Puritan** ~\$16/mth)

What you can eat: (eat multiple small snacks; especially no large meal in the evening)

Meat, Poultry, Fish

Pepperoni, Sausage, Bacon

Eggs

Green Vegetables, raw carrots (you can have salad dressing – low sugar)

Nuts

Dairy Products (major source of calcium): **Calcium Goal 800 mg daily** (3-4 servings)

~300 mg Calcium: 1 cup of milk, yogurt, cottage cheese, or 1½ ounces of cheese

*One Fruit or ½ cup Berries daily (if you chose watermelon, it can only be a 4-inch square)

***Stop if not losing weight**

Propel ~1 quart daily (Walmart: 1 packet → 16 oz; 10 packets <\$4.00) → for salt & water

(Ketogenic diets cause you to lose salt & water)

What you cannot eat or drink:

Bread, Rolls, Buns, Biscuits (including **NO** wheat, rye, or whole grain)

Pancakes, Waffles, Tortillas, Crepes

Pasta, Spaghetti

Cereal

Rice (including brown rice)

Beans (you **can** have green beans – they are not really beans)

Corn, Peas, Grits, Cooked Carrots

Cake, Cookies, Donuts, Sweet Rolls

Potatoes, Fries, Hash Browns, Sweet Potatoes

Crackers, Chips, Pretzels, Cheetos, Popcorn

Juices, Drinks with sugar

Alcohol increases triglycerides & the risk of hypoglycemia (low blood sugar)

Treat Low Sugar with:

Crackers: do not use with any filler such as cheese or peanut butter
Smarties Candy: 6 grams of glucose per roll

Exercise daily: Legs - Walk for 2 miles in 30 to 35 minutes or
Cycle for 15 to 30 minutes or
Elliptical for 10 to 15 minutes or
Jog for 10 to 15 minutes Time depends on intensity
Add weights, push-ups, & sit-ups to each of the leg exercises

Exercise Booster: **Creatine** ~6 grams daily (especially for **Vegetarians** or persons taking **Statins**)
Puritan.com has 1,000 mg capsules or add powder to protein drinks, smoothies, etc

Monitor Pulse Oximeter if you have cardiac or pulmonary disease
Monitor Glucose if you have diabetes
Monitor Blood Pressure & Pulse

Weigh Daily

For Neurological Disorders:

1. Follow steps 1 through 4 above, except:
2. Increase Omega-3 to **6 capsules** daily
3. Increase Selenium to **3 tabs** daily
4. Borage Oil 1,000 mg (active ingredient: gamma-linolenic acid – GLA) **6 capsules** daily

Amazon: ‘Now’ on Amazon 240 mg GLA per capsule (~\$25/month)

Hair or Nail problems: Biotin 10,000 mcg daily (**stop 1 week prior to have labs drawn**)

Effects of dietary supplements on PAIN:

Omega-3 Fish Oil:

1. Maintains bone mass & cartilage integrity
2. Diabetic Neuropathy:
 - Improves cold & vibratory perception
 - Improves sensory scores & pain
3. Rheumatoid Arthritis:
 - Reduces the number of tender & swollen joints
 - Improves clinical scores
 - Patients reduce their anti-rheumatoid medications in 3-4 months
 - Reduces morning stiffness & fatigue
 - Improves daily activity
 - Improves patient's global perception of their disease activity
 - Reduces pain in 3-4 months
4. Degenerative Arthritis
 - Prevents the development of pain & stiffness
 - Maintains physical function
 - Allows increased minutes of exercise
5. Promotes weight loss
6. Reduces post-operative pain
7. Exercise:
 - Reduces post-exercise soreness, muscle edema, reduced range of motion
 - Reduces post-exercise fatigue & pain
 - Improves muscle power
 - Reduces muscle inflammation
8. Covid-19: Reduces inflammation, pain, & fatigue
9. Migraines may be reduced
10. Symptoms in Parkinson Disease & early Dementia improve & progression slowed
11. Depression, anxiety, & ADHD probably improve

Alpha Lipoic Acid:

1. Diabetic Neuropathy: Improves nerve conduction, pain, & symptoms
2. Lumbo-Sacral Nerve Compression: Reduces pain & disability
3. Pain of Unknown Etiology (joint, nerve, or muscle): Reduced ~70% in 2 months

Vitamin E:

1. Diabetic Neuropathy: Improves nerve conduction, numbness, & freezing pain
2. Degenerative Arthritis:
 - Reduces pain at rest & with movement
 - Reduces stiffness & improves function
 - Reduces inflammation in joint
3. Rheumatoid Arthritis: Reduces morning pain & pain with exercise

Vitamin C:

1. Surgery:
 - Reduces post-operative pain
 - Reduces "Complex Regional Pain Syndrome"
 - Improves outcomes after joint & back surgery

Alpha Lipoic Acid + Vitamin E + Vitamin C: Improves muscle blood flow after exercise in older men

Diet for the Brain (Dec 2023):

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Protein Supplements:

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2. **Omega-3** fatty acids (DHA + EPA) ~**4,000 mg** → Salmon 10 ounces or Sardines 18 ounces daily
“Triple Strength Omega-3” Fish Oil ~1,400 mg, **6 capsules daily** (~950 mg omega-3 in each capsule)

Puritan.com (800-645-1030) ~\$36/month

Amazon: Innovixlabs 1,200 mg (900) ~\$30/month

Costco: TruNature 1,425 mg (900) ~\$22/month

Sam's: Members Mark 1,400 mg (900) ~\$24/month

Walmart: Spring Valley 1,000 mg (955) ~\$28/month

3. **alpha Lipoic Acid:** 600 mg **twice daily** (Amazon – BulkSupplements ~\$11/month) (**Puritan.com** ~\$13/month)

4. **Borage Oil** 1,000 mg/capsule – **6 capsules daily** (active ingredient: gamma-linolenic acid – **GLA**)

Amazon: “Now” 240 mg GLA per capsule #120 (~\$25/month)

3. **Other Supplements:**

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