

Percentage of Carbohydrates in Vegetables and Fruits

EAT SPARINGLY OF 15 PERCENT AND 20 PERCENT GROUPS

5 PERCENT VEGETABLES

Asparagus	Kohlrabi
Bean Sprouts	Lettuce
Broccoli	Okra
Cabbage	Olives (ripe)
Cauliflower	Peppers
Celery	Pumpkin
Chard	Radishes
Chinese cabbage	Spinach
Cucumber	String beans
Eggplant	Summer squash
Endive	Tomatoes
Greens (beets)	Turnips
Greens (mustard)	Watercress

10 PERCENT VEGETABLES

Beets
Brussels sprouts
Carrots
Dandelion greens
Leeks
Olives (green)
Onions
Rutabagas
Winter squash
Grapes

5 PERCENT FRUIT

Watermelon
Avocado
Honeydew melon
Muskmelon
Strawberries

15 PERCENT VEGETABLES

Artichokes
Oyster plant
Parsnips
Peas

20 PERCENT VEGETABLES

Beans (kidney, lima, navy)
Hominy
Corn
Potatoes

10 PERCENT FRUIT

Oranges
Peaches
Tangerines
Blackberries
Grapefruit

15 PERCENT FRUIT

Plums
Mulberries
Apples
Apricots
Blueberries
Cherries (tart)
Huckleberries

Loganberries
Pears
Pineapple
Raspberries

20 PERCENT FRUIT

Prunes (fresh)
Figs (fresh)
Bananas
Cherries (sweet)
Grape juice

OTHER ITEMS HIGH IN FAT (eat sparingly for snacks)

Cheese
Olives
Nuts
Peanut butter

Dr. Broda Barne's Easy and Consistent Weight Lost Diet and you do not even have to exercise

The following diet was scientifically put together under rigorous in hospital testing of 11 volunteers each of whom weighed over 295 pounds. Common for all volunteers was the self selection of a diet which was high in carbohydrates, a moderate protein intake and the avoidance of fat like the plague. However, fat plays an important role in weight reduction because it empties out of the stomach slowly thus assisting with decreasing hunger pains. On average volunteers lost 10 pounds per month. Every one of the volunteers was comfortable and had no need to fight hunger pains. In fact, it was not unusual for them to leave some of their 1300 calories uneaten.

Dr. Broda Barne's, M.D., endocrinologist put the diet together and notes in his book Hypothyroidism: The Unsuspected Illness that he prescribed the diet for patients for more than 35 years (whether or not they were Hypothyroid) and "the results have been consistent. There have been no patient's who did not lose weight as long as they stayed on the diet." It is a convenient diet since it contains food that might be prepared for the rest of the family.

When the desired amount of weight has been lost, enough carbohydrates can be added to the diet to maintain weight at that level and that usually means adding a piece of toast for breakfast and a dessert at the other two meals. There is none of the sudden great shifts in eating as with starvation or crash diets, and it is necessary only to drop the carbohydrates again if weight begins to accumulate. The diet is safe to do long term.

The diet consists of 50 grams of carbohydrate, 70 grams of protein (1 gram of protein for each 2.2 pounds of body weight) and 90 grams of fat, adding up to about 1,300 calories a day. For breakfast, this meant two eggs with bacon, ham, or sausage; two ounces of fruit juice; beverage with cream if desired; but no sugar or toast. Luncheon and dinner consisted of a portion of fat meat, a vegetable with butter or olive oil on it, a salad with generous salad dressing, a glass of milk, and a small serving of fresh fruit for dessert.

The vegetable and fruits were chosen from those lower in carbohydrate or on occasion a smaller quantity of those with higher carbohydrate content was used. Without any bread or cereals, the vitamin B content of the diet was supplemented with three or more brewer's yeast tablets daily.

The accompanying tables show the reducing diet used with the volunteers and since then for many hundreds of patients, along with a list of common vegetables and their carbohydrate content.

Reducing Diet

DO EAT FATS: REDUCE SWEETS AND STARCHES

BREAKFAST

2 eggs
3 strips bacon, sausage, or ham
2oz. fruit juice-unsweetened,
coffee or tea, cream (optional) without sugar

LUNCH AND DINNER (EACH)

One serving meat, fish or fowl
Vegetable with pat of butter or olive oil
Salad with abundance of dressing
One serving fresh fruit
One glass of milk, tea or coffee

If weight is not lost, reduce the quantity eaten.

AVOID: Bread, crackers, pancakes, waffles, potatoes, rice, macaroni, spaghetti, corn, bananas, pie, cake cookies, ice cream, sherbets, candy, colas, raisins, Jell-O, and all starches, sugars, and cereals.

ADD: 3 brewer's yeast tablets daily.