

Fibromyalgia Diet

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*Exercising in the morning on an empty stomach burns more fat than exercise in the afternoon.

DIET: A diet heavy in fruit, vegetables and complex carbohydrates is recommended. Drink a minimum of 6-8 glasses of water and/or non-caffeinated fluids daily. Eating small meals 5-6 times a day [instead of three larger meals] and avoiding sugars can minimize hypoglycemic tendencies. Watch portion sizes, especially those involving fat and protein.

Recommended vitamins include:

Vitamin C	1000-1000 mg/day
Vitamin B complex	10-50 mg/day
Calcium	800-1000 mg/day for females pre-menopause 1200-1500 mg/day menopause or post menopause (300 mg equals 8 oz. milk or one slice cheese)
Vitamin E	200-400 mg/day
Malic Acid	1200-1400 mg/day

Again, six to eight daily glasses of decaffeinated fluids are essential!

Breakfast Options

Choice One:

Coffee or tea (with non-fat milk if preferred)

Two pieces of white toast or one English muffin

(with one-teaspoon peanut butter or one tab of butter and/or poached egg)

Choice Two:

One large glass of juice diluted with ½ water (heat in microwave for 1 minute) and one cup of non-fat yogurt or non-fat cottage cheese. Salt & pepper to taste

Choice Three:

A half cantaloupe or two slices watermelon or two cups of strawberries with 4 amino acids

Lunch

Choice One:

One large bowl tomato soup with one chicken breast

Choice Two:

One large bowl French onion soup [no croutons or cheese] with 6 ounces of poached fish.

Choice Three:

One large bowl of vegetable borscht with 6 ounces of sliced turkey breast.

Choice Four:

Sautéed fresh vegetables (string beans, carrots, onions, peppers, eggplant) cooked with lemon juice (no oil) with fish or chicken

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Dinner**Choice One;**

Chicken - 1 breasts (skinned - may be seasoned with mustard)
with eight stalks of asparagus seasoned with lemon and pepper

Choice Two;

Turkey - 5 oz., white meat only (seasoned with soy sauce if preferred)
with one cup sliced cucumber and one whole tomato (diced)

Choice Three;

Fish - 8 oz. portion of one: Haddock, halibut, cod, swordfish or water-packed tuna
with salad made of bean sprouts, alfalfa sprouts, mixed greens. Dressing made of
Balsamic vinegar and whole-grain mustard may be used.

Note: Unless otherwise instructed, all meat and fish are to be backed or broiled without the use of butter or oil.

Snacks**Choice One;**

One small can of pumpkin, seasoned with cinnamon, nutmeg and one packet sugar substitute.
Heat for 3>4 minutes in microwave and enjoy. Supplement with 2 tlbs of non-yogurt

Choice Two;

One large orange or papaya or grapefruit or tangerine with boiled egg.

Choice Three;

Crudités of celery, carrot sticks, radishes and cherry tomatoes with boil egg.

Quantities of Food

“Quantity” refers to the actual volume of food per serving. If you were to place your hands together to form a bowl, the amount of food that would fit into that bowl would be the amount of food you would consume in one serving. One half of your stomach should be for solid foot; one-fourth for liquid. Space allows for food to easily mix and thus metabolize more efficiently.

Chewing

Chewing affects our metabolism and the proper utilization of foods. For example, salivary amylase helps break down the starches in grains, vegetables and fruits, creating simple sugars. This allows for more efficient use of the energy in carbohydrates. It also allows the stomach and small intestine to focus on protein metabolism without the burden of dealing with starch. Chewing also makes the bones in the skull move more. The temporal lobes of the skull pump as the jaw moves rhythmically up and down. This has a positive effect on the hypothalamus. Thus, endocrine balance and nervous system strength are also enhanced.

It has been recommended that people chew each mouthful 75 to 150 times, however 35 times is acceptable for healthy people. Energy expended in the process of chewing prevents the body from losing heat and energy in the digestive tract and thus aids in the preservation and utilization of metabolic heat in an efficient manner. In addition, chewing slows down the eating process itself, which allows us to focus on mealtimes as a nutrifying event rather than as something that needs to be done while we're on the run.

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NOTE

To maintain percent body fat, use a combined program of diet and exercise. Modify your diet to reduce foods that are high in fat such as meats, oils, legumes, whole grain bread and potatoes. Perform moderate intensity aerobic exercise 3>5 days per week for 20>30 minutes per day. The optimum exercise program includes continuous activities that engage the large leg muscles. Such exercises include walking, jogging, jumping rope and cycling.

The human body needs at least 1100-1200 calories a day to carry out basic bodily functions such as heartbeat, breathing, temperature control, etc. Men usually need more calories for these functions than women do.

VEGETABLES and FRUIT

(according to carbohydrate content)

3%	6%	3%	6%
Asparagus	String beans	Cantaloupe	Apricots
Bean sprouts	Beets	Rhubarb	Blackberries
Beet greens	Carrots	Strawberries	Cherries
Celery	Chives	Watermelon	Currants
Swiss chard	Collards		Grapefruit
Cucumber	Dandelion greens		Guava
Endive	Eggplant		Melons
Lettuce	Kale		Lemon
Mushrooms	Leeks		Limes
Radishes	Okra		Oranges
Sauerkraut	Onions		Papaya
Spinach	Parsley		Plums
Squash	Peppers		Raspberries
Tomatoes	Pimento		Tangerines
Watercress	Pumpkin		
Turnips			

Top Ten Animal Proteins (Less than 5% Fat): Cod (grilled), Sole or flounder (grilled), Halibut(grilled), Scallops (grilled), Lobster(steamed), Crab (all species, steamed), Cottage cheese (low fat), Mussels (steamed), Turkey breast (roasted, no skin).

Best Protein Sources (over 20% protein, under 20% fat): Soybeans, Split peas, Kidney beans, Dried whole peas, Lima beans, Black-eyed peas, Lentils, Black beans, Navy beans

NOTE: Eat 3 meals a day. Avoid snacks. Do not eat after 8 p.m.

Stress reduction plays an important role in body fat loss.

Fat and alcohol are the two highest calorie groups to eliminate.

If the body receives fewer than 1100-1200 calories per day, it will automatically slow its metabolism to conserve the available calories necessary to carry out its functions.

Thus weight loss is not possible.

In order to lose fat, no less than the minimum daily

Calories must be consumed to keep the metabolism rate high

Common Prescriptive Treatments; [Consult your Physician] Pregabalin, Milnacipran