

A Dietary Guide for Protein & Fat Intolerance

Your Guide to Using the Bil Diet™



Rather than think in terms of calories, menus, and diets, begin to think in terms of how food makes you feel. Foods should leave you feeling light, energized, revitalized—not heavy and dull.

– Dr. Howard F. Loomis, Jr.



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According to the 18th century French philosopher J.O. De La Mettrie, “the body of man is a machine which winds its own springs.” Thus, we must realize that what we put into that machine determines how well it is going to function.

Most people consistently eat the same 10 to 15 foods. This is because everyone has “dietary set points.” We consume the foods that make us feel good and avoid those that do not. This system works well because the brain controls all biochemical functions including the sense of taste and smell. Cravings actually have little to do with willpower and a lot to do with the nutrients that the body requires to sustain normal function.

The problem is that when we consume too much of a certain type of food, it reduces our ability to digest and assimilate that food. In other words, the body’s ability to produce enzymes for digestion is not unlimited and when our food intake exceeds those limits, we begin to experience symptoms.

This diet guide is just that—a guide to help you make wise dietary decisions. It is not necessary to completely eliminate the poor food choices from your diet, but you should make a conscious effort to reduce them. All foods are more easily digested if you take enzymes, but it is especially important to take enzymes if you select foods from the poor choice list.

We have set the guidelines for dietary success; only you can choose to attain it.





General Guidelines

- Eat fruit raw, without sugar or salt.
- Lightly steam vegetables until slightly crunchy.
- Limit processed sugar and artificial sugar substitutes such as aspartame and saccharin.
- Limit processed foods, including fast food.
- Limit foods that have been refined, preserved, colored, aged, and fumigated.
- Limit overcooking, microwaving, or frying foods.
- Limit foods that contain stimulants such as coffee, colas, and black teas.
- Consume meat, fish, and poultry in moderation.
- Moderate your intake of oils and fats; avoid trans fatty acids (trans fats) found in vegetable shortening, some margarines, and most processed foods.

The designation of a choice as “Acceptable Choice” or “Poor Choice” is directly related to the protein, carbohydrate, and fat content of that item, as well as the acid and alkaline mineral content.

Fruits

When choosing what kinds of fruit to eat, carefully consider the recommendations. Some fruits, such as apples, contain natural chemicals that make the gallbladder contract. This may cause pain or discomfort to a person with gallstones.

ACCEPTABLE CHOICE

Apricots	Figs	Melons	Peaches
Bananas	Grapes	Mulberries	Pears
Berries, sweet	Guava	Oranges, sweet or sour	Pineapples
Cherries	Kiwi	Papaya	Tomatoes
Currants	Lychee	Passionfruit	Lemons
Dates	Mangoes		

POOR CHOICE

Canned fruits

Sour fruits

Apples	Coconut	Grapefruit	Pomegranate
Avocados	Coconut milk	Nectarines	Prunes
Cranberries	Elderberries	Persimmons	Raisins
	Gooseberries	Plums	

(If you have arthritis, avoid citrus - including tomatoes.)



Vegetables & Herbs

ACCEPTABLE CHOICE

Alfalfa sprouts	Carrots	Kohlrabi	Spinach
Artichokes	Cauliflower	Leafy greens	Squash
Asparagus	Celery	Mushrooms	Swiss Chard
Beans, green & yellow	Chives	Okra	Turnips
Beets	Collards	Olives	Water chestnuts
Beet greens	Corn	Peppers, hot	Yams
Bok choy	Endive	Peppers, sweet	Zucchini
Broccoli	Garlic	Potatoes (all)	
Brussels sprouts	Kale	Rutabaga	

POOR CHOICE

Cabbage (Chinese red and white)	Eggplant	Parsnips	Sauerkraut
Cucumbers	Leeks	Pickles	
	Onions	Pumpkin	
	Parsley	Radishes	

Meats

Choose meats reasonably low in fat. Limit breaded, fried, and smoked meats.

ACCEPTABLE CHOICE

Beef, lean ground	Elk, lean	Liver	Tenderloin
Bison, lean	Emu	Ostrich	Venison
Chipped beef, lean	Flank steak	Rabbit	Wild game, lean

POOR CHOICE

Bacon	Frankfurters or hot dogs	Lunch or deli meats	Prosciutto
Beef sausage	Ham	Organ meats	Rib roast
Bratwurst	Italian sausages	Pastrami	Round steak
Brisket	Knockwurst	Pepperoni	Salami
Canadian bacon	Lamb	Polish sausage	Short ribs
Chuck roast	Liverwurst/	Pork	Sirloin steak
Corned beef or hash	Braunschweiger	Pork sausage	T-bone steak
Dried meats		Porterhouse steak	Veal



Poultry

Limit breaded, fried, and smoked poultry.

ACCEPTABLE CHOICE

Chicken
(light meat, no skin)

Cornish hen
Eggs

Quail
Turkey (light meat, no skin)

POOR CHOICE

Chicken (dark meat)
Duck

Goose and wild goose
Organ meats

Pâtés
Turkey (dark meat)

Seafood

Limit breaded or battered seafood. Broil or bake with a minimal amount of butter or oil.

ACCEPTABLE CHOICE

Abalone
Bass
Clams
Cod
Crab
Flounder
Frog legs

Grouper
Haddock
Hake
Halibut
Lobster
Oysters
Perch

Pike
Red snapper
Scallops
Shrimp
Snails, without butter
Snapper
Sole

Squid
Talapia
Tuna (light)
Walleye

POOR CHOICE

Anchovies
Carp
Catfish

Caviar
Eel
Herring

Mackerel
Mahi-mahi
Salmon

Sardines
Sturgeon
Trout

Soups

Avoid soups with added sugar or salt.

ACCEPTABLE CHOICE

Beef stock, low-fat
Bouillon
Broth, clear

Chicken gumbo
Chicken rice
Chicken stock, low-fat

Gazpacho
Minestrone
Tomato, low-fat

Vegetable soups

POOR CHOICE

Beans and frankfurters
Black bean

Chili
Clam chowder

Creamy soups
Noodle soups

Oyster stew
Split pea and ham



Dairy

Limit dairy consumption.

ACCEPTABLE CHOICE

Butter (small amount)
Cheese, low-fat
Cottage cheese, low-fat 2%
Cream cheese, low-fat
Dry milk, non-fat
Evaporated milk, non-fat
Feta cheese, low-fat

Ghee
Goat cheese, low-fat
Goat's milk, low-fat
Kefir, low-fat
Milk, skim, 1% or 2%
Mozzarella cheese, low-fat
Parmesan cheese, low-fat

Rice cheese
Ricotta cheese, low-fat
Sour cream, low-fat
Yogurt butter
Yogurt cheese
Yogurt, low-fat

POOR CHOICE

Buttermilk
Chocolate milk
Condensed milk
Cream

Evaporated milk
Half & half
Ice cream
Processed cheese

Sour cream
Whey cheese
Whipping cream
Whole milk

Grains, Flours, Cereals

ACCEPTABLE CHOICE

Barley, pearl
Bread
(oat bran, light rye, wheat)
Bread, pita, whole grain
*Bread, rice
Cereal, cold (bran, wheat
flakes, natural muesli)
*Cereal, cornflakes
*Cereal, cream of rice
Cereal, cream of wheat
Cereal, oatmeal

Crackers, graham
Crackers, low fat
(rye crispbread, wheat)
English muffins, whole grain
*Flour, buckwheat
*Flour, cornmeal
*Flour, potato
Flour, rye
Flour, whole wheat
*Hominy grits
*Kasha (buckwheat groats)

*Millet
Muffin, low fat, bran
*Pasta, gluten free
Pasta, whole grain
*Popcorn, plain
Pretzels
*Quinoa
*Rice cakes
*Rice, brown
*Tortilla, corn

POOR CHOICE

Bagel
Cereal, sweetened
Flour, white

Pancakes, waffles
*Rice bran
*Rice, white

Tortilla chips

*indicates gluten free (Read labels to avoid trans fats.)



Legumes

ACCEPTABLE CHOICE

Tempeh Tofu

POOR CHOICE

Baked beans	Kidney beans	Navy beans	Soybeans
Black beans	Lentils	Peas, black-eyed	
Chickpeas	Lima beans	Peas, green	
Fava beans	Mung beans	Pinto beans	

(Legumes may be an acceptable choice if accompanied by appropriate enzymes.)

Nuts & Seeds

ACCEPTABLE CHOICE

Raw nuts (soaked)

POOR CHOICE

Processed, store bought nut butters Raw nuts (unsoaked) Roasted nuts

(All raw nuts and seeds have enzymes that inhibit digestion.)

Salad Dressings & Oils

Use dressing sparingly. Most low-fat dressings are acceptable. Limit creamy salad dressing.

ACCEPTABLE CHOICE

Canola oil	Olive oil	Vinaigrettes
Cider vinegar	Safflower oil	Vinegar and oil
Lemon juice	Sunflower oil	

POOR CHOICE

Almond oil	Corn oil	Russian	Thousand Island
Avocado oil	French	Sesame oil	
Bleu cheese	Italian	Shortening	
Coconut oil	Peanut oil	Soybean oil	



Condiments

Limit condiments with added sugar and hydrogenated oils.

ACCEPTABLE CHOICE

Enchilada sauce	Marinara sauce	Soy sauce	Vinegar
Horseradish	Miso	Tomato sauce, no salt	Worcestershire sauce
Ketchup	Mustard	Tomato paste	

POOR CHOICE

Barbeque sauce	Hollandaise	Jelly	Tartar sauce
Gravy	Jam	Mayonnaise	White sauce

Beverages

ACCEPTABLE CHOICE

Black tea (in moderation)	Green tea	Vegetable juice, unsweetened
Coffee (in moderation)	Herbal tea, unsweetened	Water
Flavored tea, unsweetened	Rice milk (no carrageenan)	
Fruit juice, unsweetened	Soy milk	

POOR CHOICE

All alcoholic beverages	Fruit-flavored drinks with added sugar
Cola and diet drinks	

Enzyme Supplements

Here are the recommended supplements specific to your body's needs:

Before Meals:

After Meals:

After Meals:

Between Meals:

A.M. and P.M.:

Notes
