

A Dietary Guide for General Maintenance

Your Guide to Using the HCL 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.

Vegetables & Herbs

ACCEPTABLE CHOICE

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

POOR CHOICE

Cabbage		Parsnips	Radishes
(Chinese red & white)	Olives, black	Pickles	Sauerkraut
Cucumbers	Onions	Potatoes (all)	Yams



Fruits

ACCEPTABLE CHOICE

Apricots	Figs	Nectarines	Prunes
Bananas	Grapes	Oranges, sweet	Raisins (unsulphured)
Berries, most	Lemons	Papaya	Tomatoes
Cherries	Mangoes	Peaches	
Coconut, coconut milk	Melons	Pears	
Dates	Mulberries	Pineapples	

POOR CHOICE

Canned fruits

Apples	sweetened	Passionfruit	Pomegranate
Avocado	Grapefruit	Persimmons	
Cranberries,	Oranges, sour	Plums, sour	

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

Dairy

Limit dairy consumption.

ACCEPTABLE CHOICE

Butter (small amount)	Ghee	Rice cheese
Cheese, low-fat	Goat cheese, low-fat	Ricotta cheese, low-fat
Cottage cheese, low-fat 2%	Goat's milk, low-fat	Sour cream, low-fat
Cream cheese, low-fat	Kefir, low-fat	Yogurt, low-fat (plain)
Dry milk, non-fat	Milk, skim, 1% or 2%	Yogurt butter or cheese
Evaporated milk, non-fat	Mozzarella cheese, low-fat	
Feta cheese, low-fat	Parmesan cheese, low-fat	

POOR CHOICE

Buttermilk	Half & half	Yogurt, regular
Chocolate milk	Ice cream	Whey cheese
Condensed milk	Processed cheese	Whipping cream
Cream	Sour cream	Whole milk



Poultry

Limit breaded, fried, and smoked poultry.

ACCEPTABLE CHOICE

Chicken (light meat, no skin)	Cornish hen Eggs	Quail Turkey (light meat, no skin)
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POOR CHOICE

Chicken (dark meat) Duck	Goose and wild goose Organ meats	Pâtés Turkey (dark meat)
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Meats

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

ACCEPTABLE CHOICE

Beef, lean ground	Emu	Rib roast	Veal
Bison, lean	Flank steak	Round steak	Venison
Brisket, lean	Liver	Short ribs	Wild game, lean
Chipped beef, lean	Ostrich	Sirloin steak	
Chuck roast	Porterhouse steak	T-bone steak	
Elk, lean	Rabbit	Tenderloin	

POOR CHOICE

Bacon	Dried meats	Liverwurst/ Braunschweiger	Polish sausage
Beef sausage	Frankfurters/hot dogs	Lunch or deli meats	Pork
Bratwurst	Ham	Organ meats	Pork sausage
Canadian bacon	Italian sausage	Pastrami	Prosciutto
Corned beef or hash	Knockwurst	Pepperoni	Salami
Corned brisket	Lamb		

Seafood

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

ACCEPTABLE CHOICE

Bass	Grouper	Perch	Snapper
Clams	Haddock	Pike	Sole
Cod	Hake	Red snapper	Squid
Crab	Halibut	Scallops	Tilapia
Flounder	Lobster	Shrimp	Tuna (light)
Frog legs	Oysters	Snails, without butter	Walleye

POOR CHOICE

Abalone	Caviar	Mahi-mahi	Sturgeon
Anchovies	Eel	Salmon	Trout
Carp	Herring	Sardines	
Catfish	Mackerel		



Soups

Avoid soups with added sugar or salt.

ACCEPTABLE CHOICE

Beef stock, low-fat	Chicken gumbo	Gazpacho	Vegetable soups
Bouillon	Chicken rice	Minestrone	
Broth, clear	Chicken stock, low-fat	Tomato, low-fat	

POOR CHOICE

Beans and frankfurters	Chili	Creamy soups	Oyster stew
Black bean	Clam chowder	Noodle soups	Split pea and ham

Grains, Flours, Cereals

Limit serving sizes.

ACCEPTABLE CHOICE

Barley, pearl	Crackers, graham	*Millet
Bread (oat bran, light rye, wheat)	Crackers, low fat (rye crispbread, wheat)	Muffin, low fat, bran
Bread, pita, whole grain	English muffins, whole grain	*Pasta, gluten free
*Bread, rice	*Flour, buckwheat	Pasta, whole grain
Cereal, cold (bran, wheat flakes, natural muesli)	*Flour, cornmeal	*Popcorn, plain
*Cereal, cornflakes	*Flour, potato	Pretzels
*Cereal, cream of rice	Flour, rye	*Quinoa
Cereal, cream of wheat	Flour, whole wheat	*Rice cakes
Cereal, oatmeal	*Hominy grits	*Rice, brown
	*Kasha (buckwheat groats)	*Tortilla, corn

POOR CHOICE

Bagel	Pancakes, waffles	Tortilla chips
Cereal, sweetened	*Rice bran	
Flour, white	*Rice, white	

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

Legumes

ACCEPTABLE CHOICE

Tempeh	Tofu
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POOR CHOICE

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

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

Beverages

ACCEPTABLE CHOICE

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

POOR CHOICE

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

Sweeteners

ACCEPTABLE CHOICE

Fresh fruit and juices	Fructose, natural
Fruit juice sweetener	Stevia

POOR CHOICE

Artificial sweeteners	Maple syrup	Powdered sugar
Fructose, artificial	Milk chocolate	Sugar, brown and white
Honey	Molasses	



Condiments

Limit condiments with added sugar and hydrogenated oils.

ACCEPTABLE CHOICE

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

POOR CHOICE

Barbeque sauce	Jam	Mayonnaise
Gravy	Jelly	Tartar sauce
Hollandaise	Marmalade	White sauce

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
