

The Page Foundation



The Purpose of Blood Tests

Dietary Instruction

2810 FIRST STREET NORTH
ST. PETERSBURG 4, FLORIDA

puddings, or any drinks such as soft drinks or alcoholic drinks unless special permission is given.

No juices are to be drunk except after special permission.

No milk or milk products are to be eaten with the exception of butter without special permission.

It is not necessary or desirable to forgo breakfast before a blood as we want the blood to reflect the working conditions.

Since we find impairment of the carbohydrate mechanism of the body the most general disability, we often start our patients after the first blood has been taken, on a rather restricted diet as regards carbohydrates. The most restricted is what we call the "Eskimo Diet". It consists of meat, fish, fowl and eggs and nothing else. Such a diet is easy for some people and very difficult for others depending a great deal upon the digestive mechanism of the individual. However it is an adequate diet as it furnishes everything the body needs particularly for short periods of time. The Eskimos live very well on such a diet and Stefansson and others have proved that we can live very well on such a diet for long periods of time. There is a great difference in people however. If the hydrochloric acid of the stomach is lacking or of insufficient quantity, this nearly exclusive protein and fat diet causes distress. It is our practice to add to the Eskimo diet supplementary carbohydrates.

No. 1 Dietary Addition

Our **Number One** supplementary diet contains both raw and cooked 5% carbohydrate vegetables as follows:

asparagus	cucumber	okra
beans (green)	eggplant	pickles (dill)
broccoli	greens	sauerkraut
brussel sprouts	(all kinds)	squash
cabbage	lettuce	tomatoes
cauliflower	mushrooms	tomato juice
celery	olives (ripe)	watercress

No. 2 Dietary Addition

After the second blood test we may enlarge the diet by adding other vegetables containing a higher percentage of carbohydrates such as:

beets	peas
beans	potatoes (white or sweet)
carrots	turnips
corn	rutabagas

No. 3 Dietary Addition

This addition consists of grains such as whole wheat, oat meal, rice, rye, nuts, etc.

No. 4 Dietary Addition

This consists of fruit in limited amounts, the same amount every day. This should be one orange per day or its equivalent, i.e., one-half grapefruit, one apple, a peach, dish of strawberries, 4 prunes (raw or cooked) but no melons as these change the gravity of the urine and we lose valuable information regarding the endocrine treatment. For two days prior to blood tests no fruit or coffee is allowed.