

Rosedale Dietary Guidelines

There are 3 main rules

1. AVOID SUGARS AND STARCHES. The fewer the better; chose your health.
2. Eat the appropriate amount of protein for a person's size. (lean mass). Guideline example, most people will require 40-60 grams a day depending on their size. Estimated desired weight in kilograms. 1 gram of protein per kilogram of desired weight per day divided up in 3 servings per day. Give or take about 5 grams a day.
3. If you limit omega 6 fatty acids found in corn oil, peanut oil, soy bean oil, sesame oil, sunflower oil, and follow the guidelines then most foods can be eaten as desired.

Foods	Diabetic type 1 Maximum servings	Diabetic Type ; Heart problems; Obesity; Etc.	Normal health maintenance	Notes.
Sugars- to be totally avoided the less the better including honey, and fruit and corn.	NO	NO	NO	Stevia, is a good substitute as a sweetener to be used in moderation
Paneer (not to eat with grains or starches). See note on sauces. 1-2 servings a day of cheese . Can be 2 of paneer or 1 paneer and one of another cheese	2 serving/day if desired	2 serving/day if desired	2 serving/day. Could have with one sprouted grain product. (rotie, idlie)	Paneer is lighter than other cheeses and has more protein; a good option.
Cheese. Moderate quantities, provided it is not eaten with starches/grains	1 serving.	1 serving	1 serving	See paneer notes.
Flour, wheat, white etc.	No	No	Limited	Grains can be sprouted which will give you half the carbs.
Avocados	Great	Great	Great	Great source of fat
Butter	Limited	Limited	Limited	Good for cooking, Ghee even better
Ghee. All fats should not be eaten with sugars, starches, grains. such as rice, potatoes.	Great	Great	Great	Along with coconut oil are the best oils

Nuts, all nuts. Though cashews best when mixed with other nuts. Almonds, walnuts excellent choice. Best to limit peanuts.	As desired, no more than 8-10 per hour	As desired, no more than 8-10 per hour	As desired, no more than 8-10 per hour	Preferable not to eat 3 hours before bed, but if you must, nuts are you better option. 1 serving has about 3 grams protein.
Eggs. Preference to be boiled, poached, sunnyside up. If scrambled then in limited quantities. Best boiled.	2 pr serving (see notes). 1-3 servings/day	2 pr serving (see notes). 1-3 servings/day	2 pr serving (see notes). 1-3 servings/day	Best to not go over 4-6 a day. 1 egg = 6 grams of protein and lots of good fats.
Sweets made with stevia	With caution	With caution	With caution	As long as no other sugars or starches.
Diet snacks. General rule to find net carbs total carbohydrates- fiber- alcohol = Net carbs	Some products might be ok if low in net carbs.	Some products might be ok if low in net carbs.	Some products might be ok if low in net carbs.	Many sugar free products are very misleading and have high starch, harmful oils and other items.
Curd. 3-4 ounces a serving is good. Great option for vegetarians to get some protein and fat that is necessary for good health	Yes	Yes	Yes	Fat and protein which is good. 1 serving has approx. 7 grams protein
Raw Guavas (fruit/Green)	Yes	Yes	Yes	As long as not sweet.
Black soy beans	Yes 1 serving daily ok	Yes 1 serving daily ok	Yes 1 serving daily ok	Good source of protein for vegetarians
Lemons	yes	yes	yes	
Sprouted grains. Dhal, chick peas, grains, etc.	One per week as blood sugar tolerates	Two sprouted bean/grain products per week ok	Two sprouted bean/grain products per week ok	Sprouted bean/grain products such as roties, idlies,etc will cut carbs by ½ only.
Other sprouted grain				See dhal.
Fresh coconut (without milk)	Yes	Yes	Yes	
Dry Coconut	Yes	Yes	Yes	Dried is better
Vegetables	Yes No carrots or tomatoes	Yes	Yes	Except corn. Carrots and tomatoes in limited quantities.
Salads	Yes	Yes	Yes	Be mindful of sugars/oils in

				dressings.
Soups	Yes	Yes	Yes	Within guidelines
Fish	Yes; within the allotment of protein allowed.	Yes; within the allotment of protein allowed.	Yes; within the allotment of protein allowed	Deck of cards size portion has approx 15 grams of protein.
Oils to Avoid; Safflower oil, sunflower oil, peanut oil, soybean oil, sesame oil, corn oil.	No	No	No	All corn products are particularly unhealthy. High in fructose. Causes allergies, autoimmune disease, diabetes, heart disease, etc.
Healthy oil choices; Coconut oil, olive oil, ghee, and fats found in most nuts, avocados.	Yes	Yes	Yes	No limitations; in fact it is very important to have healthy oils daily
Corn. ALL corn products especially should be avoided.	No	No	No	
Sauces. Good to use coconut powder, coconut oil, olive oil, ghee, all spices. Avoid any sugars, starches, flours.	Yes	Yes	Yes	Within guidelines.
Coconut Oil	Yes	Yes	Yes	One of best oils.
Chicken and other meats	Yes	Yes	Yes	Deck of cards size portion has approx 15 grams of protein
Fruit	No	No	Very limited quantity of berries; aprox 15 1x per wk.	Fruit sugar (fructose) will far outweigh any nutritional benefit

Please keep in mind that during the first 2-4 weeks on this program, your body will be in a transition period wherein you will be 'unlearning' how to burn sugar and 'learning' how to burn fat. During this time, you may feel a slight drop in energy level and a general 'slowness'. Please do not be discouraged, as this is only temporary. Once your body becomes adept at burning your own fat stores, you will have a constant supply of

energy always available and your overall health will vastly improve. The transition period may vary in length between individuals, but EVERYONE gets better, no exceptions. Taking good vitamin supplements will speed up the transition and lessen the negative strain on your body. The supplements provided by Oneness Health contain everything you need, and are recommended to everybody wishing to sustain an improved level of health. Keep up the good work!