

# Keep it Simple

Preliminary Dietary Recommendations at Diagnosis of Diabetes and Pre-Diabetes:

## **Foods to Avoid:**

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Candy  
Cookies  
Cakes  
Ice cream  
Pies  
Honey  
Sweet sodas  
Juices  
Muffins

Sugar free or no sugar added foods and drinks that have more than 60-80 calories per serving- ( eg sugar free ice cream, no sugar added muffins etc)

## **Foods Allowed:**

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Bread- In Moderation

Rice – In Moderation

Potatoes – In Moderation

Whole Fresh Fruit with Meals (*not separate from meal*)

Sugar free or no sugar added' foods that have no more than 10 calories per serving

Stanley Schwartz, M.D., Associate Professor of Medicine, University of Pennsylvania, gives this simple list to his newly diagnosed patients immediately. On average his patients have lowered their A1c results by a full point by just following this simple list of foods to avoid.

Dr. Schwartz completed his Internal Medicine residency at the University of Pennsylvania, School of Medicine in 1976. Following completion of a two-year fellowship in Endocrinology at the University of Chicago he joined the faculty at Penn in 1978. Dr. Schwartz maintains a large clinical practice in diabetes and its complications at the Hospital of the University of Pennsylvania. He also practices general endocrinology and has a busy internal medicine consultative service for perioperative patients. He is the associate director for clinical systems' to HUP Health Information Services for "Clinical Computing." Dr. Schwartz is the principal investigator for EDIC, an NIH sponsored trial for following DCCT patients. He arranged and is the chairperson for Diabetes Disease Management in the University of Pennsylvania Health System.

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