

Diet for Patients With Chronic Pain

EATING

Eat one or more of these protein foods every time you eat:

Beef, fish/seafood, poultry, eggs, cottage cheese, pork, lamb

Eat a green vegetable daily:

Spinach, broccoli, green beans, peas, lettuce, celery, okra, brussels sprouts

Limit the following:

Rolls, doughnuts, bread, pastries, potatoes, rice, pasta, tortillas

Never eat any of these without eating a protein food with them

Salt: Don't use

DRINKING

Drink non-carbohydrate drinks:

Drink tea or coffee with low-calorie sugar substitute.

Diet Drinks are acceptable.

DO NOT DRINK THE FOLLOWING:

Fruit Juice, regular sodas, coffee/tea with regular sugar, energy drinks that contain carbohydrates

MILK: Do not drink if you are overweight

CAFFEINE: Desired but only with low-calorie sugar substitute

DIETARY SUPPLEMENTS

Take one multivitamin/mineral tablet or capsule daily – any brand as long as it has folic acid and vitamin C

Take one or two vitamin D-calcium-magnesium tablets daily (sold for osteoporosis)

Take a vitamin B12 tablet under your tongue 3 times a week

Take a protein/amino acid supplement as a tablet, capsule, powder, bar or drink 3 or more times per week.

Any of these is acceptable: soy, whey, algae, alfalfa, brewer's yeast

