

# Pituitary Diet

## Plenty of:

Seafood and poultry  
Nuts and seeds (raw) keep refrigerated  
Vegetables (90% cooked)  
Water and herbal teas

## Moderate Amounts of:

Eggs (6 or more per week)  
Red meat (not pork)  
Whole grains  
Fresh fruits

## Some:

Butter  
Oil (mono unsaturates: olive, sesame, canola)  
(poly unsaturates: corn, safflower- keep refrigerated)

## Avoid:

All dairy products (except for small amounts of butter)  
Sugar and desserts  
Coffee, tea, Cokes, alcohol, etc.  
Fruit juices  
Fried foods  
Margarine, Crisco, hydrogenated oils  
Refined carbohydrates (pasta, white bread)

## Schedule:

High protein breakfast, do not skip  
Moderate lunch  
Lighter dinner

## Diet Outline:

### Breakfast

Eggs  
Steak or organ meat  
Poultry or fish  
Whole grain (no more than one small serving)  
Herbal tea or water

### Lunch

Poultry, fish or red meat  
Vegetables  
Whole grain serving  
Fruit, small serving  
Water or herbal tea

### Dinner

The same basic meal as lunch

## For Weight

### Loss:

No snacking between meals.  
Take five hours between breakfast and lunch.  
Take six hours between lunch and dinner.