

Hypoglycemia Diet Post-Polio Institute

The most recent research at The Post-Polio Institute has shown that polio survivors with fatigue have slowed brain waves, reduced levels of brain activating hormones and a significantly decreased ability to think of words they want to say, pay attention and concentrate. Dr. Susan Creange has discovered that polio survivors with blood sugar levels in the low normal range have as much difficulty paying attention and concentrating as do diabetics with extremely low blood sugars as a result of their taking too much insulin. Polio survivors often have a "Type A" diet, drinking three cups of coffee for breakfast, not having lunch and eating cold pizza for dinner. The Post-Polio Institute "Hypoglycemia" Diet, recommending about 16 grams of protein at breakfast as a long-lasting energy source, has been found to reduce many of the symptoms of post-polio fatigue.

Protein-Rich BREAKFAST FOODS

Food	Protein grams	Fat grams
Cottage Cheese (Lite)(1 cup)	28	2.3
Egg McMuffin	17	32
Salmon (3 oz)	17	5.4
Yogurt (8 oz)	12	4
Tofu	10	5.9
Swiss Cheese (1 oz)	8.1	7.8
Milk (8 oz)	8.1	4.7
Lite 'n' Lively Cheese (1 oz)	6.4	4.3
Egg: Hard Boiled	6.1	5.6
Bagel	6	1.4
Bacon (3 strips)	5.8	9.4
Quaker Life	5.2	1.8
Egg Beaters (1/4 cup)	5	0
Peanut Butter (1 TBS)	4.6	8.2
English Muffin	4.5	1.1
Oatmeal (1 package)	4.4	1.7
Cheerios (1 o cups = 1oz)	4.3	1.8
Egg White	3.4	0
Shredded Wheat (1 oz)	3.1	0.6
Cream Cheese (Lite) (1 oz)	2.9	4.7
Total (1 cup)	2.8	0.6
Coffee?	0.1	0

POWER BREAKFASTS for Polio Survivors

A 150 pound person needs 70 grams of protein per day . . .

Polio survivors need protein in the morning for long-lasting energy . . .

So, how about getting 25% of your daily protein need met at breakfast?

12 minute breakfast:	2 hard boiled eggs (12 g) and an English Muffin (4.5 g)
8 minute breakfast:	3 scrambled egg whites (10 g) and a bagel (6 g)
6 minute breakfast:	Toasted bagel (6 g), lite cream cheese (6 g) and 1/2 glass 2% milk (4 g)
4 minute breakfast:	Yogurt (12 g) and 1 oz of low-fat cheese (6 g)
2 minute breakfast:	1/2 cup low-fat cottage cheese (14 g)

CHECK WITH YOUR DOCTOR BEFORE CHANGING OR STARTING ANY DIET!

Dr. Susan J. Creange	Post-Doctoral Fellow The Post-Polio Institute Englewood Hospital and Medical Center Englewood, New Jersey 07631
Dr. Richard L. Bruno	Director, The Post-Polio Institute Phone: (201) 894-3724 Toll Free: 1-877-POST-POLIO PPSENG@AOL.COM http://members.aol.com/harvestctr/pps/polio.html