

GSD CHILDREN- Diet plan

FOOD GROUP	FOODS ALLOWED	FOODS NOT ALLOWED
Beverages	Coffee, tea, diet drinks. Limit milk each day.	Other beverages like cocoa, juices, and sweetened sodas and drinks.
Cereals	Dry and cooked. Wheat, rice, corn, oat cereals such as like rice, krispies, corn flakes, shredded wheat and cheerios.	Cereals with fruit or sugar; wheat germ; bran flakes.
Breads	White, wheat, and rye breads and crackers; English muffins; dinner rolls; biscuits; pita bread; bagels.	Raisin bread; muffins; sweet rolls; pies; cakes; pancakes; waffles.
Starches	Brown and white rice; pastas; tortillas; popcorn; and allowed starchy vegetables.	Any starches with sugar added.
Vegetables	All except those listed in “NOT ALLOWED”, such as cabbage, onion, lettuce, mushrooms, spinach, squash, green beans, turnips, etc.	Sweetpotatoes; all vegetable processed with added sugar, milk and cheese. Limit peas and carrots to ¼ cup daily.
Fruits	Raw limes; some lemon juice; avocados.	All other fresh, canned and dried fruits; tomatoes.
Milk & cheese	Only 1 serving daily of one of the following foods; 1 cup low fat milk 1 cup low fat yogurt 1 ½ ounce cheese	Ice cream; whole milk products; cream sweetened yogurt or milk.
Meats	Lean poultry, beef, pork, and fish. Limit eggs to each week.	Organ meats; fatty meats. Limit processed meats like hot dogs, cold cuts, sausage, and ham due to high salt and fat content.
Legumes & Nuts	Broad beans; chickpeas; common beans; tofu; sesame seeds to 2 tablespoons or 1 ounce daily.	Any beans, nuts or seeds with sugar and salt added.
Soups	Broth soups made with allowed meat, starches, and vegetables.	Cream soups.
Fats	Corn, safflower, canola and soybean oils and margarines.	Fats from coconut, cottonseed and palm oils; butter.
sweets	Sugar substitutes; sugarless gum and candies; dextrose; corn syrup; diet jello.	All other sugars, sweets, syrups such brown & white sugars, maple syrup, fructose, molasses, honey, etc.