

Nutritional Suggestions for Peripheral Neuropathy

Gluten Intolerance is Common

Avoid

- Wheat
- Rye
- Barley
- Oats

Most Important

- Talk to your doctor about Biotin injections
- 600mg of Alpha-Lipoic acid (R-Lipoic)
- Broad spectrum, high antioxidant vitamin/mineral supplement
- Omega 3 - 4,400mg daily
- Gamma-Linolenic Acid (GLA) 250mg daily (Borage, Evening Primrose)
- Diabetic neuropathy – increase magnesium to bowel tolerance (start at 250mg daily and gradually increase)
- Diabetic neuropathy – Vitamin C 500mg 4 times per day
- Chemo therapy induced neuropathy – increase Vitamin E slowly(full spectrum) to 800mg daily. Also add in ALC (L-carnitine) label recommendations.

Helpful

- Work with a fitness trainer for 1 month to put together a program for your needs
- Aerobic exercise for 30 minutes 3 times per week (bike, swimming etc.)
- Talk with a nutritionist about a detox program to remove metals

Diet Suggestions

- **Diet high in plant material and complex carbohydrates and low in fat and animal products – “Eat to Live” – Joel Furhman**
- High sugar in the diet will increase neuropathy. A diet low in sugar and refined carbohydrates is essential. Avoid alcohol
- Be careful of “gluten free” foods that are high in carbohydrates
- Heavy metal poisoning is common with neuropathy. Avoid eating tuna and large fish such as swordfish and shark.
- Eat an organic diet as much as possible.
- Guar gum fiber 15-30grams daily for blood sugar stabilization (or pectin fiber at 30-45gms daily)

FIBER CONTENT OF FOODS



Food Item	Amt	Grams Fiber
Fruits		
Apple, red/skin	1 med.	3.3
Applesauce, canned	½ cup	1.5
Apricots: cnd, drained	½ cup	2.0
dried	5 halves	1.3
fresh/skin	1 whole	0.7
Avocado, fresh, flesh only	1 oz.	1.9
Banana, fresh	1 med.	3.1
Berries: blackberries, fresh	1 cup	7.6
blueberries, fresh	1 cup	3.5
raspberries, fresh	1 cup	8.0
strawberries, fresh	1 cup	3.3
Cherries: blk, fresh	10 large	1.4
red, cnd	½ cup	1.4
Dates	2 med.	4.0
Figs, dried	2 each	3.7
Fruit Cocktail, canned	½ cup	1.3
Grapefruit, fresh, pink	½ med.	2.0
Grapes, fresh	10 each	0.4
Kiwi, fresh, flesh only	1 med.	2.3
Mango, fresh, flesh only	1 each	3.7
Melon: cantaloupe	1 cup	1.4
honeydew	1 cup	0.7
watermelon	1 cup	0.6
Nectarine, fresh	1 each	2.3
Orange, fresh, flesh only	1 med.	3.1
Peaches: cnd	½ cup	1.6
fresh w/skin	1 med.	1.5
Pear: cnd	½ cup	2.0
fresh/skin	1 med.	5.1
Pineapple: cnd	½ cup	1.0
fresh	½ cup	1.1
Plum, red, fresh	2 med.	1.8
Prunes: dried	2 med.	2.0
stewed	½ cup	4.0
Raisins	4 tbsp	1.4
Tangerine, fresh, flesh only	1 med.	1.5
Dairy		
Cheese	1 oz.	0
Ice Cream, vanilla	½ cup	0.5
Yogurt, plain	8 oz.	0
Nuts and Seeds		
Nuts: almonds	6 whole	0.8
brazil nuts	6-8 whole	2.1
hazelnuts (filberts)	1 oz.	2.7
peanuts, roasted	1 oz.	2.3
pecans	10 whole	2.7
walnuts	7 whole	1.9
Coconut, dried	½ cup	2.1
fresh	½ cup	3.5
Peanut Butter, smooth	1 tbsp.	1.0
crunchy	1 tbsp.	1.3
Sesame Seeds	1 tbsp.	1.4
Sunflower Seeds	1 oz.	2.6

Food Item	Amt	Grams Fiber
Vegetables		
Asparagus, ckd	½ cup	1.5
Beans: green, cnd	½ cup	1.3
Beets, flesh only, ckd, cnd	½ cup	1.5
Broccoli, frz, chpd, ckd	½ cup	2.8
raw	½ cup	1.2
Brussels Sprouts, ckd	½ cup	3.2
Cabbage, fresh	½ cup	0.8
ckd	½ cup	1.4
Carrots, cnd	½ cup	1.1
fresh	1 med.	2.0
sliced, ckd	½ cup	2.3
Cauliflower, frz, ckd	½ cup	2.5
raw	½ cup	1.3
Celery, fresh, chopped	½ cup	1.0
Corn, whole kernel, cnd	½ cup	2.1
Cucumber, fresh/skin	½ cup	0.3
Eggplant, ckd	½ cup	1.8
Greens: collard, ckd	½ cup	2.7
kale, ckd	½ cup	1.3
mustard, ckd	½ cup	1.4
spinach, frz, ckd	½ cup	3.5
raw	1 cup	0.7
turnip, ckd	½ cup	2.5
Lettuce, iceberg	1 cup	0.7
Mushrooms, fresh	½ cup	0.4
Okra, frz, ckd	½ cup	2.6
Olives	5 large	0.7
Onion, ckd	½ cup	1.5
fresh	½ cup	1.1
Peas: field, blackeye, etc	½ cup	5.5
green, cnd	½ cup	3.5
green, frz	½ cup	4.4
snow, ckd	½ cup	2.3
Potato: baked, flesh only	1 med.	2.3
with skin	1 med.	4.4
mashed	½ cup	1.6
sweet, baked	1 med.	4.8
sweet, cnd	½ cup	2.0
Squash, yellow, ckd	½ cup	1.8
zucchini, ckd	½ cup	1.0
Tomato, cnd	½ cup	1.3
fresh	½ cup	1.5
Beverages		
Milk	8 oz.	0
Juice: apple	½ cup	0.2
cranberry	½ cup	0.3
grapefruit	½ cup	0.3
orange	½ cup	0.5
prune Juice	½ cup	2.6
V-8	½ cup	1.0
Soft Drinks	12 oz.	0



FIBER CONTENT OF FOODS

Food Item	Amt	Grams Fiber	Food Item	Amt	Grams Fiber
Grains and Cereals			Meats and Protein		
All Bran	¾ cup	13.2	Beef	1 oz.	0
Cheerios	¾ cup	2.7	Cold Cuts, frankfurters	1 slice/1 each	0
Cornflakes	¾ cup	0.5	Eggs	1 each	0
Fiber One	¾ cup	21.0	Fish	1 oz.	0
Grapenuts	¾ cup	7.5	Pork	1 oz.	0
Grits, cooked	½ cup	0.4	Poultry: Chicken, Turkey	1 oz.	0
Nutri-Grain, wheat	¾ cup	8.0	Breads and Crackers		
Oatmeal, cooked	½ cup	2.0	Bagel, plain 4"	1	2.0
Product 19	¾ cup	0.8	Biscuit, baked, 2"	1	0.8
Puffed Rice	¾ cup	0.2	Combread, 2" sq.	1 sq.	1.4
Puffed Wheat	¾ cup	0.4	Bread: French	1 slice	0.8
Quaker Oatmeal Squares	¾ cup	3.0	oatmeal	1 slice	1.1
Raisin Bran	¾ cup	5.5	pita, white, 4"	1 each	0.6
Rice Krispies	¾ cup	0.1	pumpernickel	1 slice	2.1
Shredded Wheat	2 biscuits	5.5	raisin	1 slice	1.1
Special K	¾ cup	0.5	rye	1 slice	1.9
Total, whole wheat	¾ cup	2.7	sourdough	1 slice	0.8
Wheat Bran Flakes	¾ cup	5.1	white	1 slice	0.6
Wheaties	¾ cup	2.3	whole wheat	1 slice	1.9
Pasta, noodles, macaroni:			Bun, hamburger or hotdog	1 each	0.9
white, cooked	½ cup	0.6	Crackers: graham	3 sqs.	0
spinach, cooked	½ cup	1.3	saltine	5 sqs.	0.5
whole wheat, cooked	½ cup	1.3	saltine, whole wheat	5 sqs.	2.1
Popcorn, air popped	3 cups	3.6	snack, standard type	5 each	0.3
Rice: white, cooked	½ cup	0.2	snack, whole wheat	5 each	2.1
brown, cooked	½ cup	1.2	English Muffin	1	1.5
wild, cooked	½ cup	1.0	Melba Toast, wheat	4 slices	1.3
Wheat bran	¾ cup	10.3	Pretzels, hard	15	2.9
Wheat germ	¾ cup	4.3	Roll: brown & serve	1	0.8
Legumes			brown & serve, wheat	1	3.0
Beans, cooked			Taco shell	1	1.0
baked	½ cup	3.4	Tortilla: corn	1	1.6
black, cnd	½ cup	7.5	flour	1	1.0
butter, dried, ckd	½ cup	6.6	Waffle, toasted	1	0.8
garbanzo, cnd	½ cup	5.3	KEY:		
kidney, dried, ckd	½ cup	6.6	cnd = canned		
cnd, ckd	½ cup	8.2	ckd = cooked		
lima, cnd, ckd	½ cup	5.8	fiz = frozen		
fiz, ckd	½ cup	5.4	oz = ounce		
navy, cnd, ckd	½ cup	9.6	sq(s) = square(s)		
pinto, cnd	½ cup	5.5	med = medium		
dried, ckd	½ cup	7.7	blk = black		
white, cnd,	½ cup	6.5	tbsp = tablespoon		
dried, ckd	½ cup	6.2			
Chick Peas, ckd	½ cup	6.3			
Lentils, dried, ckd	½ cup	7.8			
Split Peas, dried, ckd	½ cup	8.2			