

## Weight Gain Dietary Regimen

Here are diet suggestions with high caloric values for weight gain or simply weight maintenance, high carbohydrates for generating additional energy, and high protein for muscle maintenance and rebuilding. All of these goals, and achievements, are important for neuronal reinnervation, one of the primary purposes of BuNaoGao.

This suggested dietary regimen may have to be modified for wheat or dairy intolerance and for those with already high cholesterol and/or triglycerides. Please understand, however, that we view these possible conflicts as lesser considerations, in that our first goal is to accomplish the effective treatment of ALS.

1. Focus on a very high calorie diet right now and one of the best ways to implement that is to meld together each of several food groups. Here are the most important::
  - a. High quality chocolate, dairy or soy cream, high fat cottage cheese, and ice cream. Puree together, then chill in individual cups and have one or two with every meal.
  - b. Breakfast—3-4 eggs cooked in butter, wheat bread, bacon or sausage (pork), and whole milk.
  - c. Alternate breakfasts can be oatmeal or other high carbohydrate cooked cereal, made with whole milk, honey and fresh berries on top. Have whole wheat or multi-grain bread with it.
  - d. Lunch--peanut butter (very high protein) with fruit jelly; hamburger patties (high fat version); potatoes cooked in butter; tuna fish sandwich prepared with mayo, sweet relish on wheat bread.
  - e. With each evening meal, have a shake made from high fat dairy or soy milk, Biotech Platinum protein supplement (3 scoops), fresh raspberries, honey, 2 scoops malted powder, and 2 bananas.
  - f. High protein dinner should include (for example) steak with good marbling, roast chicken with skin, or salmon sauteed in butter; honey sweetened yams; whole wheat or multi grain bread; and cooked green vegetable or salad for roughage
  - g. Snacks should be candied or dried fruits (such as dates, figs, pears, apricots), rice pudding, custards, cheese, ice cream smoothies throughout the day. Also, nuts (macadamia, cashews, other high carb nuts).
2. Avoid all overly processed foods, such as white bread, overly refined pasta, refined simple sugars.
3. Drink at least 6-8 full glasses of water each day.

## Here is a great protein chart:

Almonds	1 Cup	26g protein
Cashew nuts	1 Cup	15g protein
Eggs	2 Medium	12g protein
Egg whites	2 Medium	7g protein
Bass fish	8 oz	43g protein
Chicken breast	8 oz	40g protein
Cod fish	8 oz	38g protein
Cottage cheese	1 Cup	38g protein
Crabmeat	8 oz	34g protein
Duck	8 oz	36g protein
Flounder fish	8 oz	36g protein
Garbanzo beans	1 cup	20g protein
Haddock fish	8 oz	40g protein
Halibut fish	8 oz	44g protein
Herring fish	8 oz	38g protein
Lamb chops	8 oz	33g protein
Lima beans	1 cup	16g protein
Liver	8 oz	40g protein
Lobster	8 oz	37g protein
Oysters	1 cup	25g protein
Peanuts	1 cup	60g protein
Pork ribs	8 oz	28g protein
Pumpkin seeds	1 cup	67g protein
Red Snapper	8 oz	45g protein
Salmon	8 oz	43g protein
Sesame seeds	1 cup	42g protein
Shrimp	8 oz	41g protein
Soybeans	1 cup	16g protein
Swordfish	8 oz	42g protein
T-Bone Steak	8 oz	30g protein
Trout	8 oz	46g protein
Tuna	8 oz	63g protein
Turkey	8 oz	44g protein
Veal	8 oz	43g protein
Walnuts	1 cup	21g protein
Yogurt	1 cup	9g protein