

# General Guidelines for OAiA Abstinence

1. We follow a food plan from OA Dignity of Choice, a healthcare professional or nutritionist.
2. Commit our food daily to our sponsor and report any food changes to our sponsor by the following day. We weigh and measure our food at home for the first 90 days, then work with our sponsor to determine if we continue weighing and measuring. We do not have to weigh and measure when eating out.
3. Refrain from sugar in food and beverages unless it is listed 5<sup>th</sup> in the ingredient list or if listed earlier than 5<sup>th</sup> in the list of ingredients, then 2 grams of sugar or less in the nutrition facts label is acceptable. We do not eat our trigger foods even if they are listed on the grocery list as a safe food for most people. If a food becomes a problem we eliminate it. We do not drink alcohol.

Be sure to read labels... it helps you keep sugar-free and obtain the right amount of fat for your plan. Sugar is listed as many names depending upon the source of the sugar. Here are some as listed by the Mayo Clinic to look for on food labels and avoid:

- agave
- cane juice and cane syrup
- corn sweeteners and high fructose corn syrup (HFCS)
- fruit juice concentrate and nectars
- honey
- malt syrup
- barley malt
- molasses
- sugar and brown sugar
- sugars ending with “-ose” (e.g. fructose, glucose, maltose, sucrose, dextrose)
- maltodextrin

Any sugar-free, alcohol-free spices or sauces are allowed. Items like mustard, tamari, salsa, and lemon juice may be used in moderation. One cup of fat-free broth can be used in recipes to make soup or cook vegetables and grains.

## **Types of food that does not spoil easily to carry with you or to have stocked at work:**

- Starches:
  - rice crackers
  - whole grain crackers, such as Triscuit or sesame
  - oatmeal and other whole grain dry cereal
  - ready to eat pouches of rice
- Protein:
  - canned or foil packaged tuna, salmon, or chicken
  - turkey pepperoni (bagged pepperoni does not need refrigeration)
- Dairy:
  - powdered milk
  - cheese sticks
  - sugar-free hot chocolate mix
- Fruits:
  - single serve applesauce
  - unsweetened fruit leather
  - dried or dehydrated fruit
  - 100% fruit juice
- Vegetables:
  - V8 or tomato juice
  - dried vegetables (these can be purchased from the Wedge, Whole Foods, camping stores REI, etc)
- Fats:
  - cheese sticks (these do not last as long in the car)
  - nuts/nut butter
  - olive oil and dressing in small containers

## Grocery List

Proteins and Dairy	Fruits and Fats	Vegetables	Starches
<u>PROTEIN</u> Beans Beef Cheese Deli Meats Eggs Fish Game Lamb Liver Peanut Butter (sugar free) Pork Poultry Shellfish Tempeh Soy Tofu Turkey Veal  <u>DAIRY</u> Almond, Soy, or low-fat coconut milk (unsweetened) Buttermilk Cottage Cheese Dry Milk Goat Milk Milk Yogurt, Plain, (unsweetened)	<u>FRUITS</u> Apples Applesauce, Sugar-Free Apricots Banana Blackberries Blueberries Cantaloupes Cranberries Grapefruit Honeydew Kiwi Lemons Limes Mangos Nectarines Oranges Papayas Peaches Pears Pineapple Plums Raspberries Rhubarb Strawberries Tangerines Watermelon  <u>FATS</u> (9-12 grams) Avocado Canned Coconut Milk Cream Cheese Half & Half Margarine Mayonnaise Nuts Oil Salad Dressing Sour Cream Sunflower Nuts	Artichokes Asparagus Bamboo Shoots Beets Bok Choy Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Chard Chicory Coleslaw Cucumber/Pickles Eggplant Endive Escarole Green Beans Lettuce Mushrooms Onions Parsley Peppers Pimento Radishes Romaine Rutabaga Sauerkraut Snow Peas Spinach Sprouts Squash, yellow Summer squash Tomato Turnips Zucchini	Amaranth Barley, Rolled Beans Brown Rice Buckwheat Chickpea Corn Corn Tortilla Cream Of Brown Rice Cream Of Rye Jicama Millet Oat Bran Oat Groats Oatmeal Peas Potato Pumpkin Quinoa Quinoa Flakes Rolled Rice Cakes (brown, unsweetened) Rice Milk Rye Sweet Potato Water Chestnuts Winter Squash Whole Grain Bread Yam