

# RANGE A DIETARY GUIDELINES

**People in Range A can eat just about anything they want. It is OK to eat:**

- Raw Vegetables
- Cheese, in moderation
- Desserts, in moderation
- Butter
- The No-No list items will quickly take your numbers out of Range A.
- Keep in mind that variety is the spice of life and temperance is Godliness.

**Guidelines if your numbers are not perfect but are still in Range A:**

- Take a calcium gluconate to prevent the rapid loss of the calciums.
- **If both UpH and SpH are below 6.4:**
  - Eat foods rich in Vitamin D.
  - Wheat products are fine.
  - Cheese is fine.
- **If both UpH and SpH are above 6.4:**
  - Decrease wheat products.
  - Limit bread to two slices of toast daily.
  - Decrease cheese products.

Use the General Dietary Guidelines to help you eat for better health, with the exceptions of the above Range A dietary guidelines.

Follow these guidelines until your next text, which should be in 4 weeks.

