



**Table 4. Diet for Patients With Chronic Pain**

**A. EATING**

1. Eat one or more of these protein foods every time you eat:

Beef, fish/seafood, poultry, eggs, cottage cheese, pork, lamb

2. Eat a green vegetable daily:

Spinach, broccoli, green beans, peas, lettuce, celery, okra, brussels sprouts

3. Limit the following:

Rolls, doughnuts, bread, pastries, potatoes, rice, pasta, tortillas.  
Never eat any of these without eating a protein food with them.

4. Salt: Don't use.

**B. DRINKING**

1. Drink non-carbohydrate drinks. Drink tea or coffee with low-calorie sugar substitute.  
Diet drinks are acceptable.

2. DO NOT DRINK THE FOLLOWING:

Fruit juice, regular sodas, coffee/tea with regular sugar, energy drinks that contain carbohydrates.

3. MILK: Do not drink if you are overweight.

4. CAFFEINE: Desired but only with low-calorie sugar substitute.

**C. DIETARY SUPPLEMENTS**

1. Take one multivitamin/mineral tablet or capsule daily—any brand as long as it has folic acid and vitamin C.

2. Take one or two vitamin D–calcium–magnesium tablets daily (sold for osteoporosis).

3. Take a vitamin B<sub>12</sub> tablet under your tongue 3 times a week.

4. Take a protein/amino acid supplement as a tablet, capsule, powder, bar, or drink 3 or more times per week.  
Any of these is acceptable: soy, whey, algae, alfalfa, brewer's yeast.