

Dietary Guidelines

Endometriosis and Chronic Pelvic Pain

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General Instructions:

- Lots of whole wheat and raw food, preferably organic.
- Boil food in minimal water or a steamer or microwave.
- No more than one cup of coffee a day.
- Avoid alcoholic beverages (including wine).
- Avoid butter/margarines, fried food, salty snacks and chocolate.
- Drink plenty of fluids, including at least 2 cups of mineral water (low sodium).
- Bean family, if tolerated, can be strained.
- Take yeast integrator every day.
- Take vitamin B with Omega 3 integrator.
- Do a light physical activity every day, including walking swimming and cycling.

Breakfast:

- ¾ c Skim-milk, 2 tbs whole wheat rusks, and 2 tbs of jam
- 1 c yogurt, 2 tbs of Cornflakes, and 1.5 tbs of honey

Lunch:

- 2/3 c pasta or rice
- ¾ c white bread, ¾ c whole wheat bread, and 1 ½ c of potatoes

Vegetables:

1 cup every day

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| • Cucumber | 1 c | • Radish | 1 c |
| • Fennel | ¾ c | • Cauliflowers | 1c |
| • Mushrooms | 1/3 c | • Asparagus | 1c |
| • Green Leafy | 1 c | • Beans | 1/4c |
| • Lettuce | 1/2c | • Lentils | 1/3c |
| • Tomatoes | 1/2c | • Green beans | 1 and ½ c |
| • Spinach | 1/4c | (Hazelnut) | ¼ c |
| • Zucchini | 1 and 1/4c | (Walnut) | ¼ c |
| • Broccoli | 1c | (Almonds) | 1/4c |
| • Artichoke | 1/2c | | |
| • Carrots | 1/3c | | |
| • Brussel Sprouts | 1/4c | | |
| • Chicory bean | 1 c | | |
| • Aubergine | 1 c | | |

Oils:

- Only olive, soy, sunflower or mais oil – no more than 1 tsp daily

Fruits:

2 cups every day

• Orange	1 c	Pineapple	¾ c
• Tangerine	1/3 c	Apple	¾ c
• Grapefruit	1 and ¼ c	Banana	1/3 c
• Apricot	2 c	Cherries	1 c
• Strawberry	1 and ¼ c	Kiwi	1 c
• Peach	1 and ¼ c	Cantaloupe	1 c
• Pear	1 c	Watermelon	1 c
• Grapes	¾ c	(yogurt)	1 c

Dinner:

Balanced meals with approx 3 c of protein, 2 c carbohydrates, and 2 c fruit/vegetables

• Cod	1 c	Sole	1 c
• Cuttle fish	¾ c	Squid	½ c
• Octopus	1 c	Trout	1 c
• Turbot	1 c	Swordfish	1 c
• Salmon	1 c	Chicken	½ c
• Ham	1/3 c	Pork	½ c
• Cottage cheese	¾ c	Mozzarella	1/3 c
• Turkey Breast	1 c	Eggs	1 egg
• Red meat	¾ c	Tuna	1 c