

# Phase 3 - HCG Diet Approved Foods

Phase 3 of the HCG diet is characterized by weight stabilization. This is the most important phase of the diet and quite possibly the hardest. The foods eaten in phase 3 are not clearly defined like they are in phase 2. Whatever you eat must not precipitate a weight gain or loss within two pounds. The only guideline for phase 3 foods is that they must not be, or contain, starches or sugars, as explicitly instructed by Dr. A.T.W. Simeons in "Pounds and Inches: A New Approach to Obesity." Although that sounds simple, it actually can be quite difficult with an American diet because nearly all foods have one or the other. Despite that fact, you can easily compile a food list for phase 3.

## Fruits

Low carb and low-sugar fruits are acceptable in phase 3. Fruits that are high in sugar or starches, such as bananas, pineapples, watermelons, grapes, and mangoes, cannot be eaten. The best fruits are berries, grapefruit, oranges, cherries and apples, as these fruits are relatively low in sugar and will help keep your weight stabilized. Avoid fruit juices or drinks containing fruit unless you are certain no sugar has been added.

## Vegetables and Legumes

All vegetables are not created equal with regard to phase 3 foods. Vegetables that you may love may no longer be acceptable in this phase. Avoid the obvious culprits such as white and sweet potatoes; also avoid peas, squash, corn, and beans including hummus. Acceptable phase 3 vegetables are leeks, broccoli, lettuce, celery, asparagus, onions, cauliflower and greens. Nuts, such as almonds, pecans, walnuts, and pistachios, are a great snack food for this phase.

## Dairy and Eggs

Starches and sugars, not fats, are prohibited in phase 3. Therefore, whole milk, eggs, cheese, yogurt without added sugar, sour cream and cottage cheese are all appropriate foods. There is no need to eat low-fat versions of these dairy products, according to Dr. Simeons. Ice cream or any dairy products with sugar, however, are not allowed. An omelet with cheese and vegetables would provide a healthy and hearty breakfast.

## Meat and Seafood

Add meat and seafood to the list of admissible foods in phase 3, with lean meats being preferable. Breaded meats or seafood, such as fried chicken, shrimp, or fish, are not acceptable during this phase. Read the nutritional labels carefully on any processed meats, such as hot dogs, potted meat, and deli or lunch meats, as many of these contain sugar. Canned tuna, salmon, and mackerel are exceptions to this rule.