

## Low Arginine Diet

### **THIS DIET IS USED TO:**

- Improved Lysine to Arginine Ratio
- Boost the Immune Response
- Inhibit the Ability of the Herpes Virus to Replicate.

### **EAT:**

Fish, Turkey and Chicken

Eggs

Brewers Yeast (1 tablespoon daily)

Yogurt (1 cup daily) (high in lysine)

Low fat skim milk or cottage cheese (if you are not food sensitive)

Plenty of fresh vegetables and fruits with exception below

BEANS!!! And Lentils (highest in lysine)

### **AVOID:**

Nuts (especially almonds, cashews, peanuts, coconut, pecans, walnuts, almonds, Brazil nuts, hazel nuts) (high in arginine)

Seeds (pumpkin, sesame, sunflower)

Chick peas

Cooked soybeans

Chocolate

Gelatin

Brussels sprouts (high in arginine)

Corn (high in arginine)

### **SEVERLY LIMIT:**

Refined carbohydrates and sugars including cookies, cakes, ice cream

Sugared beverages

Wheat germ, flour and granola,

Dairy products (cottage cheese, ricotta, nonfat dry milk)

Fatty meats, fried foods