



CONTOUR  
LIGHT



# Simple Dietary Suggestions

## Dietary Suggestions:

Undergoing red light therapy is not a license to increase your food intake. On the contrary, it is recommended that you go on a low-fat diet. This allows your kidneys, liver and lymphatic systems to more effectively purge the excess fat as it is converted to energy.

It is recommended that you utilize a diet consisting of five meals per day totaling 1200 calories and follow these simple guidelines:

1. Avoid all sugars - (sweet tea, sodas, sweets, or any items containing sugar or high fructose corn syrup)
2. Avoid all fats - (including all fried foods), and avoid carbohydrates (pasta, potatoes, dried beans). Steamed rice is okay, without sauce. Salads and green vegetables are great (spritz is okay, but no dressings with fat and calories). Lean meats and fish are fine.

The important take-away is that the goal is to shrink your fat cells. To keep them reduced in size, you need to maintain a good diet and limit each day's caloric intake to balance with the number of calories that you burn each day