

## The Argonne Anti-Jet-Lag Diet

The Argonne Anti-Jet-Lag Diet is helping travelers quickly adjust their bodies' internal clocks to new time zones. It is also being used to speed the adjustment of shift workers, such as power plant operators, to periodically rotating work hours. The diet was developed by Dr. Charles F. Ehret of Argonne's Division of Biological and Medical Research as an application of his fundamental studies of the daily biological rhythms of animals. Argonne National Laboratory is one of the US Department of Energy's major centers of research in energy and the fundamental sciences.

How to avoid jet lag:

1. **DETERMINE BREAKFAST TIME** at destination on day of arrival. You do not have to eat at destination meal times **until you are on the plane.**
2. **FEAST-FAST-FEAST-FAST** - Start four days before breakfast time in step 1. On day one, FEAST; eat heartily with high-protein breakfast and lunch and a high-carbohydrate dinner. No coffee except between 3 and 5 p.m. On day two, FAST on light meals of salads, light soups, fruits and juices. Again, no coffee except between 3 and 5 p.m. On day three, FEAST again. On day four, FAST; if you drink caffeinated beverages, take them in morning when traveling west, or between 6 and 11 p.m. when traveling east.
3. **BREAK THE FINAL FAST** at destination breakfast time. No alcohol on the plane. If the flight is long enough, sleep until normal breakfast time at destination, but no later. Wake up and FEAST on a high protein breakfast. Stay awake and active. Continue the day's meals according to mealtimes at the destination.

FEAST on high protein breakfast and lunches to stimulate the body's active cycle. Suitable meals include steak, eggs, hamburgers, high-protein cereals, green beans.

FEAST on high carbohydrates suppers to stimulate sleep. They include spaghetti and other pastas (but no meatballs), crepes (but no meat filling), potatoes, other starchy vegetables, and sweet desserts.

FAST days help deplete the liver's store of carbohydrates and prepare the body's clock for resetting. Suitable foods include fruit, light soups, broths, skimpy salads, unbuttered toast, and half pieces of bread. Keep calories and carbohydrates to a minimum, **preferably under 800 calories per day.**

1	2	3	4
FEAST	FAST	FEAST	FAST
B high protein	light foods	high protein	light foods
L high protein	light foods	high protein	light foods
D high carbo.	light foods	high carbo.	light foods

Coffee, tea, cola, other caffeinated beverages allowed only between 3 and 5 p.m.

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### BREAKING THE FINAL FAST

Westbound: If you drink caffeinated beverages, take them morning before departure.

Eastbound: Take them between 6 and 11 p.m. If flight is long enough, sleep until destination breakfast time. Wake up and FEAST beginning with a high protein breakfast. Lights on. Stay active.

### SAMPLE MENUS

#### [Feast Day]

Breakfast:

Plenty of steak, eggs, ham, cheese  
Milk (as much as you want)  
Some orange juice  
One piece of bread, lightly buttered

Lunch:

Lots of assorted cold cuts like chicken, turkey and lean meat  
Assorted cheeses (as much as you want)  
One cup of vegetables  
One apple, pear, banana or bunch of grapes

Dinner:

Pasta with a meatless tomato sauce  
One piece of bread, lightly buttered  
Fruit salad (as much as you want)  
Cake, cookies  
Alcoholic beverages (reasonable amounts)

[Fast Day] \*daily caloric intake should be less than 800.

Breakfast:

One egg any style  
½ cup yogurt  
½ cup orange juice

Lunch:

½ cup of packed tuna or salmon with lemon juice  
One piece of bread, lightly buttered or with light mayo  
Few slices of tomato and few leaves of lettuce  
½ cup milk

Dinner:

Medium sized salad solely consisting of pure vegetables  
1 tablespoon salad dressing  
One piece of bread, lightly buttered  
One (optional) alcoholic beverage  
One apple or pear

Main source: <http://www.netlib.org/misc/jet-lag-diet>

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