

SIMPLIFIED DIET MANUAL

— with meal patterns

Prepared by
NUTRITION SERVICE
of the
IOWA STATE DEPARTMENT OF HEALTH

in cooperation with the
IOWA DIETETIC ASSOCIATION




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with meal patterns

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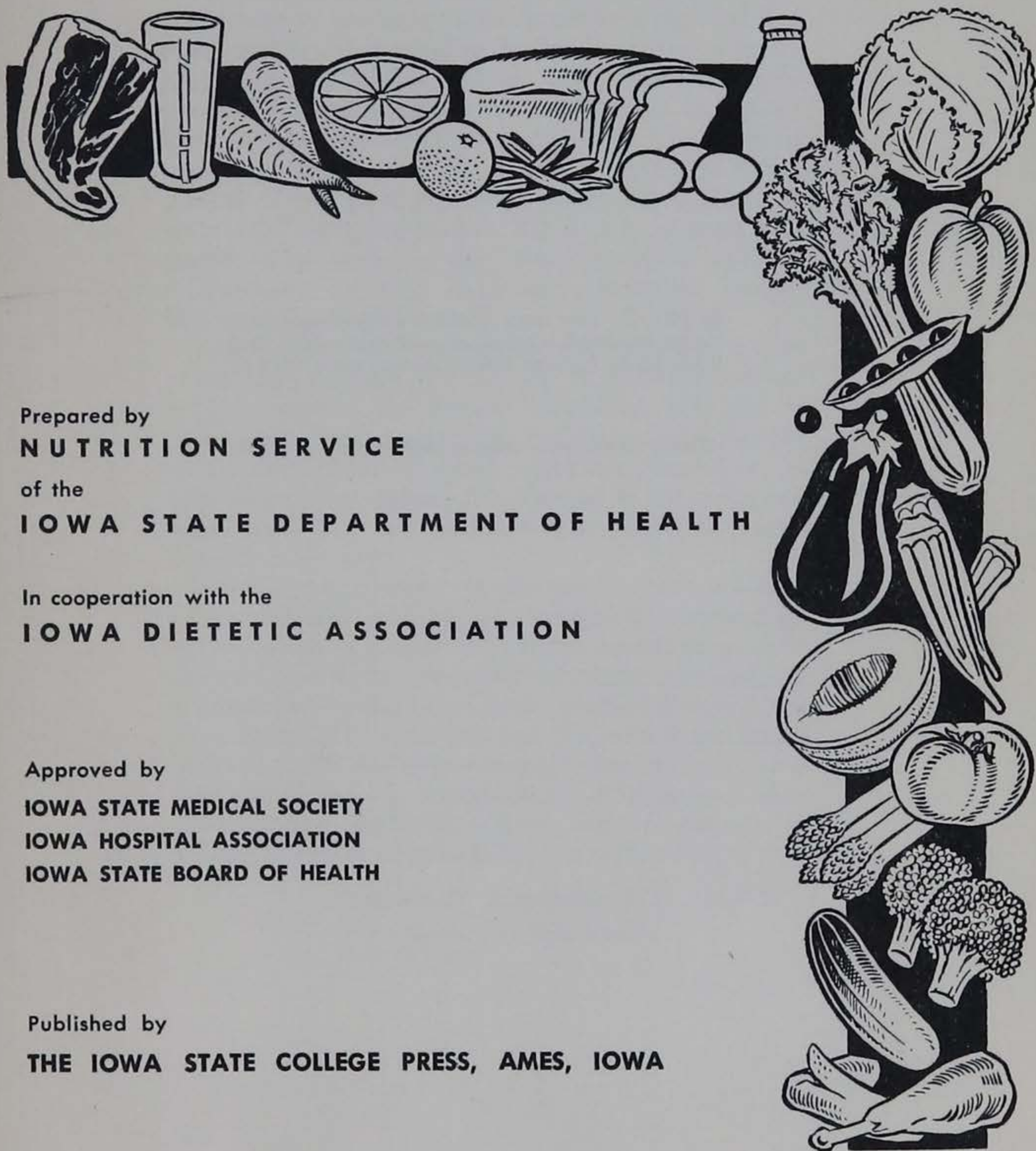
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Approved by
IOWA STATE MEDICAL SOCIETY
IOWA HOSPITAL ASSOCIATION
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A WORD TO THE USER

The Diet Manual has been prepared primarily for physicians to use as a guide in prescribing modified diets, and for personnel in hospitals to use in interpreting a physician's orders. It is especially prepared for those hospitals in which there is limited dietary supervision. It is hoped that this Manual will meet their need for clear-cut, practical information about meal planning for modified diets as well as for the general diet. All diets have been prepared to conform to the "Recommended Dietary Allowances" of the Food and Nutrition Board, National Research Council.

The modified diet cannot be overlooked as a part of the total therapy of a patient. It is prescribed not only to support the clinical treatment, but also to promote the maintenance of, or a return to, a normal nutritional state. Normal nutrition, therefore, is emphasized throughout the Manual in the acknowledgment that every modified diet should be nutritionally adequate.

The diets are based on the most recent authoritative material available and have been reviewed by a committee of the Iowa Dietetic Association. The Manual has been approved by three professional organizations: the Iowa State Medical Society, the Iowa Hospital Association, and the Iowa State Board of Health. We are happy to make this Manual available to physicians, nutritionists, dietitians, professional public health personnel, and to hospitals in which its use is approved by the medical staff.

EDMUND G. ZIMMERER, M.D., M.P.H.

*Commissioner of Public Health,
State of Iowa*

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SIMPLIFIED DIET MANUAL

with meal patterns

TABLE 1.
 Percentage of Daily Nutrient Allowance Furnished by Each Food Group
 (Based on the amounts of foods recommended in General Diet for average person.)

Food Group	Protein	Calcium	Iron	Thiamin	Riboflavin	Niacin	Vitamin A	Vitamin C
	(per cent)	(per cent)	(per cent)	(per cent)	(per cent)	(per cent)	(per cent)	(per cent)
Milk	25	75	5	15	60	5	15	..
Meat and Eggs	50	15	40	30	25	60	eggs meat	10 ..
Breads and Cereal	20	15	20	30	10	20
Fruits and Vegetables	5	20	35	30	25	20	Leafy, green, or yellow veg. Other veg. & fr.	125 10 Citrus fruit 60 Other 40
Butter or Margarine	10	..
Totals*	100	125	100	105	120	105	170	100

* In order to get the required amount of one nutrient, the food which is the chief contributor of that nutrient may boost the total of another nutrient above the 100% level. This is not harmful and is beneficial in many cases where the actual amount of nutrient may not be as large as the chart shows, due to inadequate storage of fresh food, loss of juices through cooking, or delay in serving.

HOW FOOD GROUPS CONTRIBUTE NUTRIENTS

In planning practical diets there has to be a starting point, so the normal, healthy person, about 25 years of age, with moderate activities has been chosen for calculating dietary needs. Modifications for health, age, and size are easily figured by adding and subtracting from a General Diet, (beginning on page 14) which will furnish necessary nutrition to sustain this average person under normal conditions. The remaining diets have been adapted from the General Diet to meet the varying needs of any one person.

Foods usually are classified into groups, and on page 12 will be found the common foods classified under basic headings. Underneath each is the amount needed daily to maintain good health for the average person under normal conditions. On page 13 will be found the size of servings considered "average" for all diets in this manual, unless otherwise indicated.

It is helpful to know which foods are rich in specific nutrients. Table 1 shows the approximate percentage of each day's needs that is furnished by the amount of food recommended in the General Diet. For example, the full amount of protein needed daily will be supplied as follows: milk will supply 25%; meat and eggs, 50%; bread and cereals, 20%; fruit and vegetables, 5%.

BASIC FOOD GROUPS FOR MENU PLANNING

Milk

Children through teen age:
3 to 4 or more cups daily

Adults: 2 or more cups daily

Pregnant women: At least 1
quart daily

Nursing mothers: About 1½
quarts daily

Meat and Meat Substitutes

Meat, poultry, or fish — 1 or
more servings daily

Eggs — 4 or more a week

Dried beans and peas, nuts,
and peanut butter — 2 or
more servings a week

High Vitamin C Foods

One or more servings daily

Grapefruit
Lemons
Limes
Oranges
Tangerines
Tomatoes
Cantaloupe (Muskmelon)
Pineapple, raw
Strawberries, raw

A large serving of

Cabbage, raw
Salad greens, raw
Green peppers, raw
Turnips, raw

Leafy, Green, and Yellow Vegetables

One or more servings daily

Asparagus, green
Beans, snap, green
Beans, lima
Broccoli
Brussels sprouts
Cabbage, green
Chard
Kale
Lettuce, leaf
Peas, green
Peppers, green and red
Spinach
Turnip greens
Other greens, including salad
greens
Carrots
Pumpkins
Squash, winter yellow
Sweet potato

Other Vegetables and Fruits

Two or more servings daily

Vegetables and fruits not listed elsewhere, including potatoes

Breads and Cereals

Four or more servings daily

Whole grain or enriched breads and cereals

Butter and Fortified Margarine

Some daily

Size of Servings

Unless otherwise indicated, the average servings listed are:

Meat, fish, or poultry	2½ to 3 ounces, cooked weight	
Meat substitute (see p. 55)	equivalent to 1 to 2 ounces of meat	
Potato Vegetables Fruit and fruit juices Desserts	} ½ cup	
Bread		1 slice
Cereal		½ cup cooked, ¾ to 1 cup prepared dry
Butter or margarine		1 pat (1 teaspoon)

The use of the following is recommended:

Iodized salt

Pasteurized milk fortified with 400 International Units of Vitamin D

Whole grain or enriched breads and cereals

GENERAL DIET

Use: The General Diet is used for persons who require no dietary modifications.

Adequacy: The suggested food plan includes foods in amounts which will provide the level of nutrients recommended for the average person by the National Research Council.

Diet Principles: The diet should be simple in character and preparation, and planned to provide maximum nourishment with minimum effort to the body.

FOOD FOR THE DAY	DESCRIPTION
MILK 2 to 4 or more cups	2 or more cups for adults, 3 or more cups for children, 4 or more cups for adolescents. May be used as a beverage and in cooking.
EGGS 1 daily	Prepared in any way or used in cooking
MEAT and MEAT SUBSTITUTES 2 servings	One serving should be meat, fish, or fowl. The other serving may be meat, eggs, cheese, dried beans or peas, or peanut butter. Liver and other organ meats should be included regularly.
POTATO and POTATO SUBSTITUTES 1 serving	White or sweet potatoes; macaroni, spaghetti, noodles, or rice.
VEGETABLES 2 or more servings	Include one leafy, green, or yellow vegetable and one raw vegetable.
FRUITS 2 or more servings	Include one citrus fruit or other food high in vitamin C.
BREAD and CEREALS 4 servings	Use whole grain or enriched breads and cereals.
FATS 2 tablespoons	Use butter or fortified margarine.

To meet the caloric needs of the individual, additional servings of the above foods may be used or the following foods may be added: soups; sweets such as desserts, sugar, and jellies; or other fats such as bacon, cream, and salad dressings.

Suggested Menu Plan for General Diet

Select from foods described.

Breakfast

Fruit or juice
Cereal with milk
and/or
Egg
Bread with butter or
margarine
Beverage



Dinner

Meat, poultry, or fish
Potato or substitute
Cooked vegetable
Salad — vegetable or fruit
Bread with butter or
margarine
Fruit or dessert
Milk

Lunch or Supper

Soup or juice, if desired
Meat, egg, or cheese dish
Vegetable — raw or cooked
Bread with butter or
margarine
Fruit or dessert
Milk

DIET FOR PREGNANCY

Diet Principles: The National Research Council Recommended Allowances for all nutrients are increased during pregnancy and lactation. The percentage increase is much greater for protein, minerals, and vitamins than it is for calories. Therefore the diet should be carefully selected to provide these necessary nutrients without providing excessive calories. The nutrient intake can be attained through a well-chosen diet; dietary supplements should be taken only if prescribed by the physician.

FOOD FOR THE DAY	DESCRIPTION
MILK 1 quart	Use pasteurized milk fortified with 400 International Units of vitamin D per quart. If the milk is not fortified, a vitamin D supplement will be prescribed by the physician. The milk may be whole, skim, buttermilk, fresh, or dried. It may be used as a beverage and in cooking.
EGGS 1 or more	Prepared in any way or used on cooking.
MEAT and MEAT SUBSTITUTES 2 medium servings	One serving should be lean meat, fish, or fowl. The other serving may be meat, eggs, cheese, dried beans or peas, or peanut butter. Liver and other organ meats should be included regularly.
POTATO and POTATO SUBSTITUTES 1 serving	White or sweet potato; macaroni, spaghetti, noodles, rice.
VEGETABLES 2 or more servings	One should be a leafy, green, or yellow vegetable.
FRUIT 1 or more servings	Include one citrus fruit or other food high in vitamin C.
BREADS and CEREALS 6 servings	Use whole grain or enriched breads and cereals. Less bread and cereals may be used if larger servings of meat are preferred.
FATS 2 tablespoons	Use butter or fortified margarine.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS as separate leaflet for issuing to patients. See page 91.

To meet the caloric needs of the individual, additional servings of the above foods may be used or the following foods may be added: soups; sweets such as desserts, sugar, and jellies; or other fats such as bacon, cream, and salad dressings.

Iodized salt should be used.

Suggested Menu Plan for Pregnancy

Select from foods described.

Breakfast

Fruit or juice
Cereal with milk
and/or Egg
Bread with butter or
margarine
Beverage

Dinner

Meat, poultry, or fish
Potato or substitute
Cooked vegetable
Salad — vegetable or fruit
Bread with butter or
margarine
Fruit or dessert
Milk

Lunch or Supper

Meat, egg, or cheese
Vegetable — raw or cooked
Bread with butter or
margarine
Fruit
Milk

Between meals and in cooking — enough milk to bring daily consumption up to 4 cups.

DIET FOR LACTATION

(Based on General Diet.)

For satisfactory lactation, increase milk to about 6 cups per day, and add 1 citrus fruit or food high in Vitamin C (see page 12) to make a total of 2 servings of food high in Vitamin C. Then add breads, cereals, vegetables, and desserts to provide protein, minerals, vitamins, and calories for nutritional needs of both mother and child.

DIET FOR THE OLDER PERSON

Diet Principles: The National Research Council Recommended Allowances for the older person do not differ materially from those for middle life except for calories, which are lower. The older person needs the same basic foods every day to provide the recommended amounts of protein, minerals, and vitamins. Other foods may be served as desired but should not replace the necessary foods described below.

FOOD FOR THE DAY	DESCRIPTION
<p style="text-align: center;">MILK 2 or more cups</p>	<p>Include more milk and high protein milk drinks if the individual cannot or will not eat the recommended amounts of meat and meat substitutes. Milk may be whole, skim, buttermilk, evaporated, or dried. It may be used as a beverage and in cooking.</p>
<p style="text-align: center;">EGGS 1 daily</p>	<p>Prepared in any way or used in cooking and in milk drinks.</p>
<p style="text-align: center;">MEAT and MEAT SUBSTITUTES 2 servings</p>	<p>One serving should be meat, fish, or poultry. The other serving may be meat, eggs, cheese, dried beans or peas, or peanut butter. If meat cannot be chewed, it may be ground, chopped, or strained, or additional meat substitutes served. Commercial baby and junior foods may be used.</p>
<p style="text-align: center;">POTATO and POTATO SUBSTITUTES 1 serving</p>	<p>Include potatoes daily but limit the use of them. They are a good food but if used in too large a quantity, may replace other foods which are also valuable. Potato substitutes are macaroni, spaghetti, noodles, rice, etc.</p>
<p style="text-align: center;">VEGETABLES 2 or more servings</p>	<p>One vegetable should be a leafy, green, or yellow one. If there is difficulty in chewing, the vegetables may be chopped or strained.</p>
<p style="text-align: center;">FRUITS 2 or more servings</p>	<p>One fruit should be a citrus fruit or other food high in vitamin C. Fruit may be raw, cooked, chopped, strained, or served as a juice.</p>

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS as separate leaflet for issuing to patients. See page 91.

BREAD and CEREALS
4 servings

Serve whole grain or enriched breads and cereals. Like potatoes, the excessive use of breads and cereals may result in other necessary foods being omitted.

FATS
2 tablespoons

Use butter or fortified margarine.

Suggested Menu Plan for Older Person *

Select from foods described.

Breakfast

Fruit or juice
Cereal with milk
and/or Egg
Bread with butter or
margarine
Beverage

Dinner

Meat, poultry, or fish
Potato or substitute
Vegetable or salad
Bread with butter or
margarine
Fruit or dessert
Milk

Lunch or Supper

Meat, egg, or cheese dish
Vegetable — raw or cooked
Bread with butter or
margarine
Fruit
Milk

* It may be desirable to serve the food in small frequent feedings.

HIGH CALORIE, HIGH PROTEIN, HIGH VITAMIN DIET

Use: This diet is used to build and repair body tissues, to combat infection, for general malnutrition, and for nutritional rehabilitation of the patient.

Adequacy: This diet is planned to provide calories, protein, minerals, and vitamins in amounts greater than that recommended for the average person by the National Research Council.

Diet Principles: Lack of appetite is often a factor for the patient on this diet. To aid in food consumption, consider these factors:

1. Generally a patient cannot begin to eat a 3000 to 4000 calorie diet immediately. During the initial stages of treatment, servings may need to be kept small. Provide larger and more servings of food gradually.
2. Some individuals eat better if food for the day is served as three small meals with nourishments inbetween. For other patients a decrease in the number of feedings per day may result in a better appetite and an increase in total food consumption. For these patients, inbetween feedings only dull the appetite for the regular meal. The fact that each patient is different must be taken into consideration.
3. A simple addition to each meal may answer the need for increased calories, protein, and vitamins. For example, a slice of bread and butter, an extra glass of milk, a bedtime snack of cereal with cream and sugar, or the addition of nonfat dried milk to the milk.
4. The food should be simple to prepare and easy to digest. Many high calorie foods such as fried foods, rich pastries and desserts, and candy will only dull the appetite and will result in an overall decrease in food intake.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS as separate leaflet for issuing to patients. See page 91.

FOOD FOR THE DAY

DESCRIPTION

MILK
2 cups
Increase gradually to 1 to 2 quarts a day through the use of fluid milk or nonfat dried milk solids. May be used as a beverage and in cooking. An effective way of including additional milk in the diet is to add nonfat dried milk to fluid milk or to prepared dishes such as meat loaf, mashed potatoes, etc.

EGGS
1 or more
Increase to two or more daily, prepared in any way and used in cooking.

**MEAT and MEAT
SUBSTITUTES**
2 servings
Increase size servings to 3 to 5 ounces. One serving should be meat, fish, or fowl. The other serving may be meat, eggs, cheese, dried beans or peas, or peanut butter. Liver and other organ meat should be included regularly.

**POTATO and POTATO
SUBSTITUTES**
1 serving
Additional servings will increase calories, especially if additional amounts of butter, fortified margarine, or cream are added.

VEGETABLES
2 servings
Include one leafy, green, or yellow vegetable. Additional servings may be included. They add little protein or calories in comparison to other foods but do contribute vitamins and minerals.

FRUITS
2 servings
One should be a citrus fruit or other food high in vitamin C. Additional servings, along with the use of sweetened fruit juices, will increase calories.

BREADS and CEREALS
3 to 5 servings
Gradually increase amount. Use whole grain or enriched breads and cereals.

FATS
2 or more tablespoons
Use butter or fortified margarine daily. Increase calories through the use of bacon, salad dressing, and cream.

FOOD FOR THE DAY

DESCRIPTION

SOUP
as desired

Cream soups will add more calories and protein than broth soups. The addition of nonfat milk solids to cream soups would increase their value even more. A thin broth soup sometimes will stimulate the appetite.

DESSERTS
as desired

With heavier, high protein, high calorie meals it may be better to serve a simple dessert such as fruit, pudding, ice cream, gelatin, or cookies. These desserts will add calories without making the patient feel that he is obligated to eat more than he desires.

SWEETS
as desired

Sugar added to tea, coffee, and fruit juices as well as the use of jelly, jams, and hard candy will increase calories. The use of sweets, however, should not take the place of the protective foods in the diet.

SEASONINGS
in moderate amounts

Seasonings may be used in moderate amounts. Highly seasoned foods may dull the appetite.

BEVERAGES
as desired

Coffee, tea, and carbonated beverages may be used as desired.

Suggested Menu Plan for High Calorie, High Protein, High Vitamin Diet

Protein — 100 grams, Calories — 3000

Select from foods described.

Breakfast

1 serving fruit or juice
2 eggs
Cereal with sugar and cream
Toast with jelly
Butter or margarine
1 cup milk
Tea or coffee

Mid-morning

Fruit or fruit juice

Dinner

3 ounces meat, fish, or poultry
Potato or substitute
Cooked vegetable
Salad — vegetable or fruit
with salad dressing
Bread with jelly
Butter or margarine
Dessert
1 cup milk

Mid-afternoon

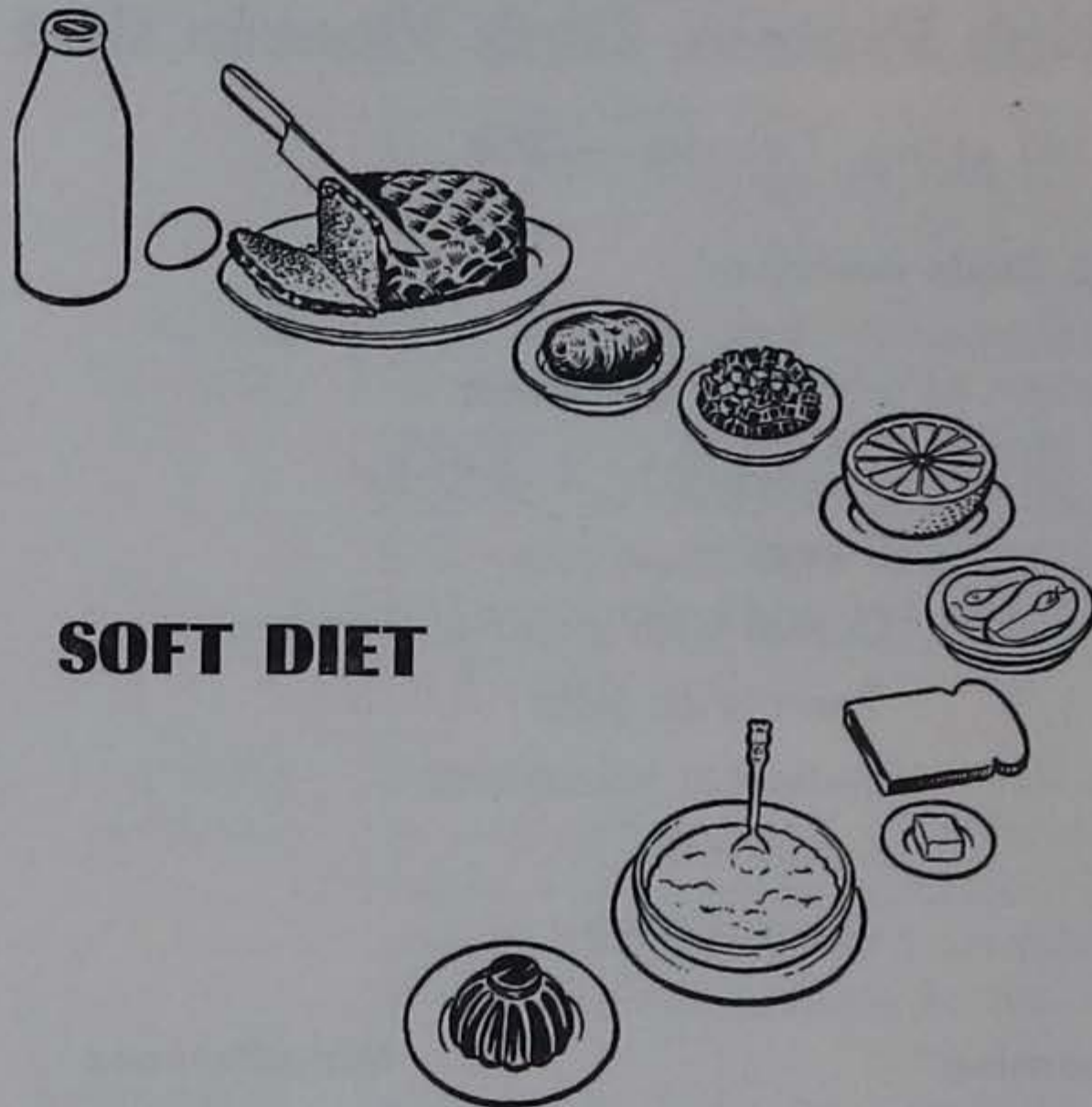
Fruit or fruit juice

Lunch or Supper

3 ounces meat or substitute
Vegetable — raw or cooked
2 slices bread with jelly
Butter or margarine
Fruit
1 cup milk

Bedtime

1 cup milk
Bread with butter or margarine



SOFT DIET

Use: This diet is used post-operatively following the Liquid Diet and leading to the General Diet, for the acutely ill patient, in some gastro-intestinal disturbances, and in conditions where mechanical ease of eating and digestion is desired.

Adequacy: The Soft Diet includes foods in amounts which will provide the level of nutrients recommended for the average person by the National Research Council.

Diet Principles: This diet is soft in texture, includes easily digested foods, and is modified in residue.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS AS separate leaflet for issuing to patients. See page 91.

FOOD FOR THE DAY

DESCRIPTION

MILK
2 or more cups

As a beverage and use additional amounts in cooking.

EGGS
1 daily

Soft or hard cooked, poached, baked, omelet, scrambled in double boiler, egg-nogs.

MEAT and MEAT
SUBSTITUTES
2 servings

One serving should be ground or very tender beef, lamb, veal, liver, fowl, or fish. The other serving may be meat, eggs, cottage cheese, or mild American cheese. The meat may be baked, boiled, or broiled, and served *without* rich gravies and sauces. Standard cream sauces may be used. The American cheese may be used in cooking, such as "Macaroni and Cheese."

AVOID: Pork, ham, luncheon meats, frankfurters, corned beef; smoked, spiced, processed meats or fish.

POTATO and POTATO
SUBSTITUTE
1 serving

White or sweet potato cooked tender such as mashed, creamed, escalloped, au gratin, and baked; spaghetti, macaroni, noodles, rice.

VEGETABLES
2 servings

Cooked tender young asparagus tips, beets, carrots, string beans, peas, spinach, squash; tomato and other vegetable juices.

FOOD FOR THE DAY

DESCRIPTION

FRUITS 2 or more servings	Include one citrus fruit. Cooked or canned applesauce, cherries, apricots, peaches, and pears; ripe banana; orange and grapefruit sections without membrane; fruit juices.
BREADS and CEREALS 4 servings	Enriched white bread, fine whole wheat and rye bread without seeds; soda crackers or saltines, rusk, zweiback, melba toast. Enriched, refined cooked cereals such as farina, cream of wheat, corn meal, malto-meal, strained oatmeal; dry cereals such as puffed rice, rice flakes, cornflakes. AVOID: Hot breads such as muffins and biscuits.
FATS as desired	Use butter or fortified margarine. Crisp bacon and cream may be added as desired.
SOUPS as desired	Broth and cream soups made with allowed vegetables.
DESSERTS as desired	Plain puddings such as vanilla, chocolate, butterscotch, rice, tapioca, bread; custard, plain ice cream, sherbet; angel food, sponge, chocolate, and plain cake; plain cookies; gelatin desserts and fruit whips, plain or with allowed fruit.
SWEETS as desired	Sugar, syrup, honey, clear jelly.
SEASONINGS in moderate amounts	Salt and flavorings.
BEVERAGES as desired	Coffee, tea, and carbonated beverages.

Suggested Menu Plan for Soft Diet

Select from foods described.

Breakfast

Fruit
Cereal with milk
and/or Egg
Toast with butter or margarine
Beverage

Dinner

Meat, fish, or poultry
Potato or substitute
Cooked vegetable
Bread with butter or margarine
Dessert or fruit
Milk

Lunch or Supper

Soup or fruit juice
Meat, egg, or cheese dish
Cooked vegetable
Bread with butter or margarine
Fruit or dessert
Milk

BLAND DIET

Use: For ulcers or open lesions upon the mucous lining of the stomach or duodenum and in various diseases of the gastro-intestinal tract where inflammation or spasms are present.

Adequacy: Bland Diets 3 and 4 include foods in amounts which will provide the level of nutrients recommended for the average person by the National Research Council. Bland Diets 1 and 2 are inadequate in iron, thiamine, niacin, and ascorbic acid.

Diet Principles:

1. Each patient should be treated individually. The diet is progressed as rapidly as the patient's condition warrants. Some patients may be started on Bland Diet 3 or 4. Others may require a more restricted diet at first.
2. Generally milk and cream are initially used since they are best tolerated by an inflamed mucous membrane. Cream inhibits further acid secretion.
3. Frequent small feedings are served to prevent accumulation of excessive acid and to neutralize digestive juices.
4. As healing occurs more food is added. Feedings should be kept frequent and small throughout the course of the treatment.
5. Foods should be of moderate temperature and as soft and smooth as possible to avoid mechanical irritation.
6. Foods that stimulate gastric secretion — spices, alcohol, tobacco, carbonated beverage, tea, coffee, meat extractives — are omitted or are limited to the extent specified by the attending physician.
7. Protein foods such as milk and eggs aid in lowering the free acid in the stomach. Proteins are also needed for blood regeneration. One way of increasing the protein value of the diet is by using nonfat dried milk.

HIGH PROTEIN MILK

Add $\frac{3}{4}$ cup nonfat dried milk to 1 quart of milk to increase the protein content by approximately 35 grams per quart.

BLAND DIET 1

Ulcer Management - Milk and Cream Regime

Four ounces ($\frac{1}{2}$ cup) of milk or milk and cream combinations are taken every hour from 7 a.m. through 9 p.m. or later if necessary. The standard milk and cream mixture may include equal parts of whole milk and 20% cream or the commercially prepared half-and-half which is a suitable proportion of milk and cream. The quality and frequency of feeding may be modified by the physician. To modify caloric intake the physician may order one of the following:

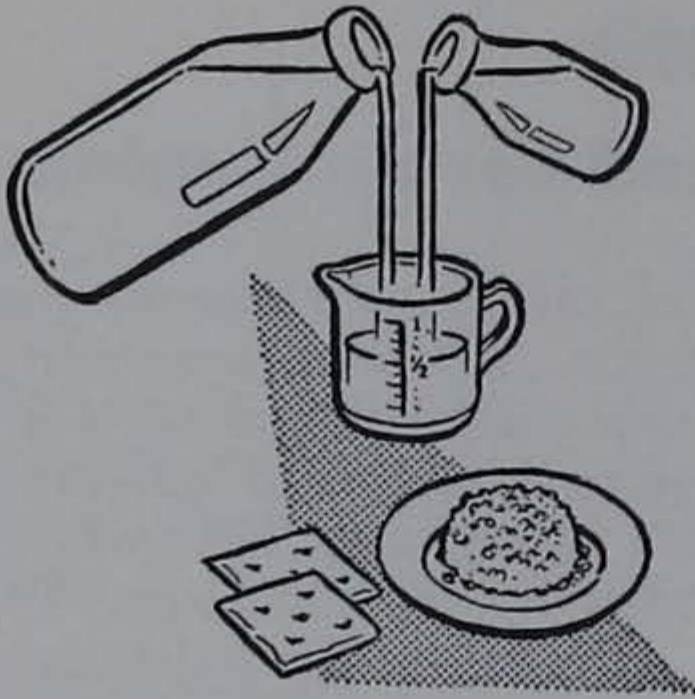
4 OUNCE ($\frac{1}{2}$ cup) SERVING*

	2 oz. milk 2 oz. cream	3 oz. milk 1 oz. cream	4 oz. milk	4 oz. skim milk
	(gms.)	(gms.)	(gms.)	(gms.)
Carbohydrate	5.4	5.7	6.0	6.4
Protein	4.0	4.2	4.4	4.4
Fat	14.4	4.6	4.8	.12
Calories	164	124	85	44

15 SERVINGS (Hourly - 7 a.m. through 9 p.m.)

	2 oz. milk 2 oz. cream	3 oz. milk 1 oz. cream	4 oz. milk	4 oz. skim milk
	(gms.)	(gms.)	(gms.)	(gms.)
Carbohydrate	81	85.5	90	96
Protein	60	63	66	66
Fat	216	144	72	1.8
Calories	2460	1860	1275	660

* Figures given here are actual, but in practice most technical persons use the nearest whole number. For example, 5.4 would be considered 5, while 5.6 would be considered 6. With other varied diets it is acceptable to use whole numbers.



BLAND DIET 2

Ulcer Management—Small, Frequent Feedings

The milk and cream mixture as described under Bland Diet 1 is taken every two hours with the addition of a small serving of one of the foods listed below. A slice of toasted white bread or soda crackers also may be served with each feeding. Butter or margarine, salt, and sugar may be used in small amounts.

FOOD FOR THE DAY

DESCRIPTION

EGGS	Soft cooked, poached, scrambled in double boiler.
CHEESE	Cottage cheese
POTATO	Baked, boiled, mashed, or creamed.
CEREALS	Refined cooked cereals such as farina, cream of wheat, corn meal, creamed rice; strained oatmeal.
SOUPS	Homemade strained cream soups made with a thin cream sauce and strained vegetable or potato.
DESSERTS	Plain custard, flavored and unflavored gelatin, cornstarch and rice pudding, ice cream.

BLAND DIET 3

Ulcer Management — Six Meals Per Day

This diet consists of six small meals per day served at regular intervals. The foods allowed are similar to those on the Soft Diet with the following additional modifications.

FOOD FOR THE DAY	DESCRIPTION
MILK 1 to 1½ quarts	May be used as milk or a milk beverage — eggnog, malted milk, milkshake — and in cooking.
EGGS 1 daily	Soft or hard cooked, poached, baked, omelet, scrambled in double boiler, egg-nogs.
MEAT and MEAT SUBSTITUTES 2 servings	One serving should be ground or very tender beef, lamb, veal, liver, fowl, or fish. The other serving may be meat, eggs, cottage cheese, or mild American cheese. The meat may be baked, boiled, or broiled and served <i>without</i> rich gravies and sauces. Standard cream sauces may be used. The American cheese may be used in cooking, such as "Macaroni and Cheese."
POTATO and POTATO SUBSTITUTES 1 serving	White potato cooked tender such as mashed, creamed, escalloped, au gratin, or baked; spaghetti, macaroni, noodles, or rice.
VEGETABLES (strained) 2 servings	Strained asparagus, beets, carrots, string beans, peas, spinach, squash — may be served alone or in cream soups.
FRUITS 2 servings	One serving should be ½ cup orange (or tomato) juice, taken at the end of the meal if it causes discomfort. The other serving may be ripe banana, cooked or canned applesauce, white cherries, peeled apricots, peaches, or pears; orange or grapefruit sections without membrane.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS AS separate leaflet for issuing to patients. See page 91.

FOOD FOR THE DAY**DESCRIPTION**

BREADS and CEREALS
4 or more servings

Use only white toast, melba toast, zwi-back, rusk, soda crackers, or saltines; farina, cream of wheat, corn meal, malto-meal; strained oatmeal.

FATS
as desired

Use only butter or fortified margarine and cream.

SOUPS
as desired

Use only homemade strained cream soups made with a thin cream sauce and allowed vegetables.

AVOID: Commercial and broth soups.

DESSERTS
as desired

Plain puddings such as vanilla, chocolate, butterscotch, rice, tapioca, bread; custard, plain ice cream, sherbet without fruit pulp; angel food, sponge, chocolate, and plain cake; plain cookies; gelatin desserts and fruit whips, plain or with allowed fruit.

SWEETS
as desired

Sugar, syrup, honey, clear jelly.

SEASONINGS
in moderate amounts

Salt and flavorings.

BEVERAGES
as desired

Decaffeinated coffee such as Postum.

AVOID: Carbonated beverages. Serve coffee and tea only if permitted by the physician.

Suggested Menu Plan for Bland Diet 3

Select from foods described.

Breakfast

½ cup strained orange or tomato juice (to be taken at end of meal)

1 egg

1 slice of toast with butter or margarine

Milk

Mid-morning

1 cup milk or milk beverage

1 to 2 slices of toast or ½ cup cereal

Dinner

1 serving meat

1 small serving (¼ cup) potato

1 small serving (¼ cup) strained vegetable

1 slice of toast with butter or margarine

Mid-afternoon

1 cup milk or milk beverage

½ cup custard, pudding, or other allowed dessert

Lunch or Supper

1 serving meat substitute

1 to 2 slices of toast or ½ cup cereal, macaroni, spaghetti, rice, etc.

1 small serving strained vegetable (may be combined with the milk to make a soup)

Bedtime

1 cup milk or milk beverage

1 to 2 slices of toast or ½ cup cereal

Sample Meals for Lunch or Supper

Strained cream soup

Poached eggs on toast

Fruit

Cottage cheese

Strained vegetable

Fruit

Toast

Milk

Strained cream soup

Macaroni and cheese

Fruit

BLAND DIET 4

Ulcer Management—Three Meals Per Day

This diet consists of three meals per day served at regular intervals. The foods allowed are similar to those on the Soft Diet with additional modifications.

FOOD FOR THE DAY	DESCRIPTION
MILK 2 or more cups	As a beverage — use additional amounts in cooking.
EGGS 1 daily	Soft or hard cooked, poached, baked, omelet, scrambled in double boiler, egnogs.
MEAT and MEAT SUBSTITUTES 2 servings	One serving should be ground or very tender beef, lamb, veal, liver, fowl, or fish. The other serving may be meat, eggs, cottage cheese, or mild American cheese. The meat may be baked, boiled, or broiled and served <i>without</i> rich sauces and gravies. Standard cream sauces may be used. The American cheese may be used in cooking, such as "Macaroni and Cheese."
	<p>AVOID: Pork, ham, luncheon meats, frankfurters, corned beef; smoked, spiced, processed meats or fish.</p>

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS AS separate leaflet for issuing to patients. See page 91.

POTATO and POTATO
SUBSTITUTES
1 serving

White or sweet potato cooked tender such as mashed, creamed, escalloped, au gratin, and baked; spaghetti, macaroni, noodles, rice.

VEGETABLES
2 servings

Cooked *tender* young asparagus tips, beets, carrots, string beans, peas, spinach, squash; tomato and other vegetable juices.

FRUITS
2 or more servings

Include one citrus fruit or tomato; take at end of the meal if it causes discomfort. Cooked or canned applesauce, white cherries, peeled apricots, peaches, and pears; ripe banana; orange and grapefruit sections without membrane.

BREADS and CEREALS
4 servings

Enriched white bread, fine whole wheat and rye bread without seeds; soda crackers or saltines, rusk, zweiback, melba toast. Enriched, refined cooked cereals such as farina, cream of wheat, corn meal, malto-meal, strained oatmeal; dry cereals such as puffed rice, rice flakes, cornflakes.

AVOID: Hot breads such as muffins and biscuits.

FATS
as desired

Use butter or fortified margarine. Crisp bacon and cream may be added as desired.

SOUPS
as desired

Use only homemade cream soups made with allowed vegetables.

AVOID: Commercial and broth soups.

FOOD FOR THE DAY

DESCRIPTION

DESSERTS
as desired

Plain puddings such as vanilla, chocolate, butterscotch, rice, tapioca, bread; custard, plain ice cream, sherbet without fruit pulp; angel food, sponge, chocolate, and plain cake; plain cookies; gelatin deserts and fruit whips, plain or with allowed fruit.

SWEETS
as desired

Sugar, syrup, honey, clear jelly.

SEASONINGS
in moderate amounts

Salt and flavorings.

BEVERAGES
as desired

Decaffeinated coffee such as Postum. Use coffee, tea, carbonated beverages only if permitted by the physician.

Suggested Menu Plan for Bland Diet 4

Select from foods described.

Breakfast

Fruit
and/or Cereal with milk
Egg
Toast with butter or margarine
Beverage

Dinner

Meat, fish, or poultry
Potato or substitute
Cooked vegetable
Bread with butter or margarine
Dessert or fruit
Milk

Lunch or Supper

Soup or fruit juice
Meat, egg, or cheese dish
Cooked vegetable
Bread with butter or margarine
Fruit or dessert
Milk

LOW RESIDUE DIET

Use: The Low Residue Diet is sometimes used in the treatment of diarrhea, colitis, gastro-intestinal disturbances, and during the post-operative period following surgery on the lower bowel.

Adequacy: This diet provides foods in amounts which will provide the level of nutrients recommended for the average person by the National Research Council, providing the individual can tolerate milk.

Diet Principles: The diet includes foods which will reduce (not eliminate) the residue in the colon. It is smooth in texture and is mechanically and chemically nonirritating. The foods allowed are similar to those on the Soft Diet with additional modifications.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS as separate leaflet for issuing to patients. See page 91.

FOOD FOR THE DAY

DESCRIPTION

MILK
Limit to 2 cups

Milk may be used as a beverage and in cooking. Some individuals on this diet do not tolerate milk to drink. In that case the milk will need to be used in cooking or boiled before serving, and added gradually to the diet.

EGGS
1 daily

Soft or hard cooked, poached, baked, omelet, scrambled in double boiler, eggnog.

MEAT and MEAT
SUBSTITUTES
2 servings

One serving should be ground or very tender beef, lamb, veal, liver, fowl, or fish. The other serving may be meat, eggs, cottage cheese, or mild American cheese. The meat may be baked, boiled, or broiled and served *without* rich gravies and sauces. Standard cream sauces may be used. The American cheese may be used in cooking, such as "Macaroni and Cheese."

AVOID: Pork, ham, luncheon meats, frankfurters, corned beef; smoked, spiced, processed meats or fish.

POTATO and POTATO
SUBSTITUTES
1 serving

White potato, mashed, creamed, scalloped, au gratin, and baked; spaghetti, macaroni, noodles, and rice.

VEGETABLES
(strained)
2 servings

Strained asparagus, beets, carrots, string beans, peas, spinach, squash — may be served alone or in cream soups.

FRUITS
2 servings

Include one citrus fruit (or tomato) juice; the other serving may be ripe banana, cooked or canned applesauce, white cherries, peeled apricots, peaches, and pears; fruit juices.

FOOD FOR THE DAY	DESCRIPTION
BREADS and CEREALS 4 or more servings	Enriched white bread, fine whole wheat and rye bread without seeds; soda crackers or saltines, rusk, zweiback, melba toast. Enriched, cooked refined cereals such as farina, cream of wheat, corn meal, malto-meal, strained oatmeal; dry cereals such as puffed rice, rice flakes, cornflakes. AVOID: Hot breads such as muffins and biscuits.
FATS in limited amounts	Use only butter or margarine and cream. Limit amount to that which will make food palatable.
SOUPS as desired	Use homemade strained cream soups made with a thin cream sauce and allowed vegetables; fat-free clear broth soups.
DESSERTS as desired	Plain puddings such as vanilla, chocolate, butterscotch, rice, tapioca, bread; custard, plain ice cream, sherbet without fruit pulp; angel food, sponge, chocolate, and plain cake; plain cookies; gelatin desserts and fruit whips, plain or with allowed fruit.
SWEETS as desired	Sugar, syrup, honey, clear jelly.
SEASONINGS in moderate amounts	Salt and flavorings.
BEVERAGES as desired	Weak tea and coffee, carbonated beverages.

Suggested Menu Plan for Low Residue Diet

Select from foods described.

Breakfast

Citrus fruit juice
Cereal with 1 cup milk
and/or Egg
Toast with butter or margarine
Beverage

Dinner

Meat, fish, or poultry
Potato
Strained vegetable
Bread with butter or margarine
Dessert
Beverage

Lunch or Supper

Meat, cheese, or egg dish
Potato substitute if desired
Strained vegetable
Bread with butter or
margarine
Fruit
1 cup milk

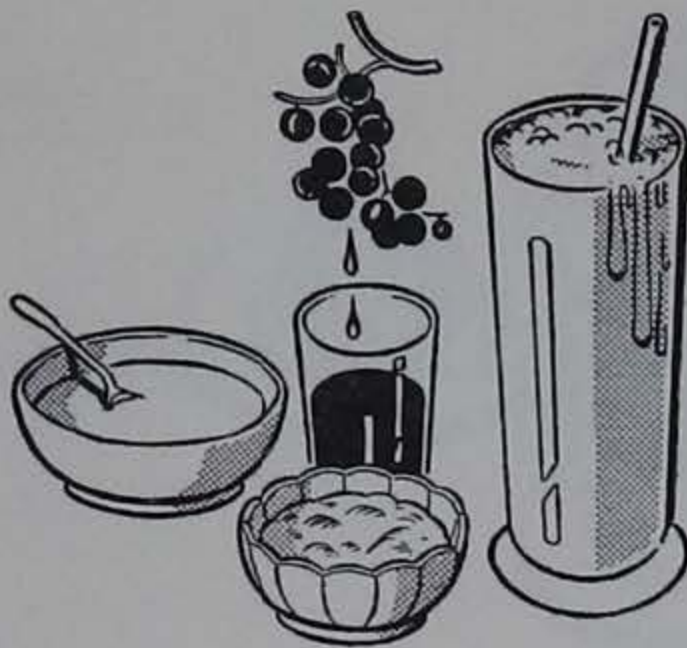
FULL LIQUID DIET

Use: This diet is used for the post-operative patient following the Clear Liquid Diet, for the acutely ill patient, and for the patient who cannot chew or swallow solid food.

Adequacy: This diet is inadequate in iron, thiamine, and niacin, and will tend to be low in protein and calories, depending upon the amount and choice of food the patient takes.

Diet Principles: The Full Liquid Diet includes foods which are liquid at body temperature and which are free from mechanical and chemical irritants.

FOOD FOR THE DAY	DESCRIPTION
MILK	1 to 1½ quarts as a beverage and in cooking. May use milk in milk drinks such as eggnog, milkshake, or malted milk, in high protein milk, and in strained cream soups.
EGGS	In egnogs.
POTATO	Strained <i>in cream soups only</i> .
VEGETABLES	Strained asparagus, carrots, green beans, peas, spinach, and tomato, <i>in cream soups only</i> ; vegetable juices.
FRUITS	Citrus fruits and other fruit juices.
BREADS and CEREALS	Cereal gruel.
FATS	Butter, fortified margarine, and cream may be used in soups.
SOUPS	Broth, strained cream soups.
DESSERTS	Soft custard, rennet, flavored and unflavored gelatin, plain ice cream, sherbet without pulp.
SWEETS	Sugar, honey, syrup.
SEASONINGS	Salt, and flavorings in moderation.
BEVERAGES	Coffee, tea, carbonated beverages.



Suggested Menu Plan for Full Liquid Diet

Select from foods described.

Breakfast

Fruit juice
Cereal gruel
Milk or milk beverage

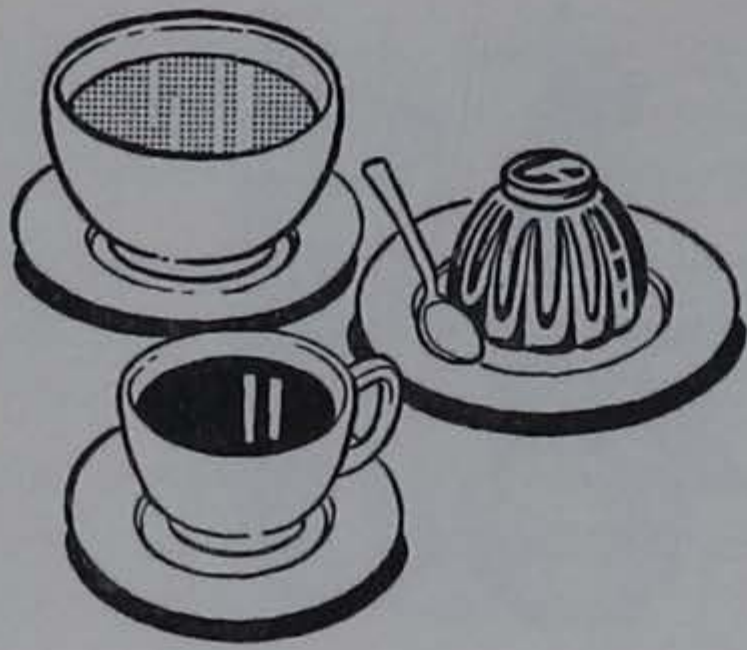
Dinner

Soup
Fruit juice
Dessert
Milk or milk beverage

Lunch or Supper

Soup
Fruit juice
Dessert
Milk or milk beverage

Between-meal nourishment: Milk, milk beverage, or fruit juice.



CLEAR LIQUID DIET

Use: This diet is used for patients post-operatively, in acute inflammatory condition of the gastro-intestinal tract, in acute stages of many illnesses, especially those with high elevation of temperature, and in conditions when it is necessary to minimize the amount of fecal material in the colon.

Adequacy: This diet is inadequate in all nutrients. It should be used only for a short period of time (24 to 48 hours).

Diet Principles: This diet is planned to provide fluids without stimulating extensive digestive processes, to relieve thirst, and to provide oral feedings which will promote a gradual return to a normal intake of food. Small servings may be served every two or three hours and at mealtime.

FOOD FOR THE DAY

DESCRIPTION

FRUIT	Fruit juices, if tolerated.
SOUPS	Fat-free clear broth.
DESSERTS	Flavored and unflavored gelatin.
SWEETS	Sugar.
BEVERAGES	Coffee, tea, and carbonated beverages.

Suggested Menu Plan for Clear Liquid Diet

Select from foods described.

Breakfast

Broth

Tea or coffee

Dinner

Broth

Flavored and unflavored
gelatin

Tea or coffee

Lunch or Supper

Broth

Flavored and unflavored
gelatin

Tea or coffee

Between-meal nourishment: Fruit juice, if tolerated.

TUBE FEEDINGS*

Use: A tube feeding is used when a patient is unable to take food by mouth.

Adequacy: With the vitamin supplements the formulas provide protein, minerals, and vitamins above that recommended for the average person by the National Research Council, providing an entire formula is taken in a 24-hour period.

Tube Feeding 1

Carbohydrate — 175 grams, Protein — 90 grams, Fat — 100 grams, Calories — 2000

INGREDIENTS	DIRECTIONS
7 eggs †	1. Beat the eggs slightly. Add sugar or syrup, salt, and mix.
½ cup sugar or corn syrup	
½ teaspoon salt	
1 cup orange juice	
6 cups milk	2. Add orange juice and vitamins. Beat to remove any lumps.
Multiple vitamin supplement, as prescribed	3. Gradually stir in milk.
	4. Strain through one thickness of gauze or through a very fine sieve. Pour into bottles. Cover and refrigerate.

Yield: About 2 quarts. Use over a 24-hour period. Make a fresh formula every day.

* Taken from the *Manual of Diets for the Des Moines Hospitals*, prepared by the Des Moines Dietetic Association.

Tube Feeding 2

Carbohydrate — 370 grams, Protein — 270 grams, Fat — 130 grams,
Calories — 3730

INGREDIENTS

3½ cups nonfat dried
milk

¾ cup malted milk
powder

7 cups milk

8 eggs †

½ teaspoon salt

Multiple vitamin
supplement, as
prescribed

DIRECTIONS

1. Mix the nonfat dried milk and malted milk powder together. Sprinkle on top of the milk and beat in with a mixer or rotary egg beater.

2. Beat the egg slightly, add salt and gradually stir in the milk mixture.

3. Add the vitamins and stir.

4. Strain through one thickness of gauze or through a very fine sieve. Pour into bottles. Cover and refrigerate.

Yield: About 2 quarts. Use over a 24-hour period. Make a fresh formula every day.

† SPECIAL PRECAUTION: Because eggs are not cooked, only fresh eggs of highest quality should be used in preparing tube feedings.

DIABETIC DIET

Use: This diet is used for diet control in diabetes.

Adequacy: The Diabetic Diet is planned to meet the nutritional needs of the patient.

Diet Principles:

1. The diet is planned to return the patient to as nearly normal living as possible.
2. **THE EXCHANGE DIET.** This diet was prepared by the American Dietetic Association, American Diabetes Association, and the Diabetes Branch of the United States Public Health Service. The diet is based on the grouping of food into six food groups. Foods in each group have comparable food values; thus, a food within a group may be exchanged or substituted for another food in the same group. For example, a bread exchange can be one slice of bread, $\frac{1}{2}$ cup cereal, or $\frac{1}{2}$ cup potato. Included are six meal plans ranging from 1200 to 2600 calories. These are designed to meet the needs of most individuals but can be adjusted easily to satisfy differences.
3. **MEASURING FOOD.** Food should be measured with standard measuring equipment — 8 ounce cup, measuring spoons, ruler — until the amounts can be guessed accurately. Then checks should be made from time to time to make certain that the measurements are accurate. The foods are measured after they are cooked. All measurements are level.
4. **SPECIAL FOODS.** Special foods are not necessary. They are expensive, and labels are often misleading. For variety you may purchase some diabetic canned fruit. The diabetic patient generally can eat the same foods planned for other patients or members of the family — milk, meat, vegetables, and fruits without added sugar. The food may be prepared with the other patients' meals in the hospital and the diabetic's portion taken out before extra fat, flour, or sugar is added.
5. **NO SUGAR.** No sugar is to be used on the foods or in cooking; no honey, molasses, syrup, jelly, jam, or other sugar products are included. Saccharin, Sucaryl, or a similar artificial sweetener may be used as directed by the physician.

Composition of the Diabetic Diet

FOOD EXCHANGES

FOOD	LIST	AMOUNT	WEIGHT	C.	P.	F.	CAL.
			(gms.)	(gms.)	(gms.)	(gms.)	
Milk Exchanges	1	½ pint	240	12	8	10	170
Vegetable Exchanges ..	2A	as desired
Vegetable Exchanges ..	2B	½ cup	100	7	2	..	36
Fruit Exchanges	3	varies	..	10	40
Bread Exchanges	4	varies	..	15	2	..	68
Meat Exchanges	5	1 oz.	30	..	7	5	73
Fat Exchanges	6	1 tsp.	5	5	45

A. D. A.* SAMPLE MEAL PLANS

C., P., F., and CAL. DISTRIBUTION FOR DAY					CARBOHYDRATE DISTRIBUTION FOR MEALS				
Diet	Carbo- hydrate	Protein	Fat	Calories	Breakfast	Lunch	Dinner	Bedtime	Midday- ernoon
	(gms.)	(gms.)	(gms.)		(gms.)	(gms.)	(gms.)	(gms.)	(gms.)
1	125	60	50	1200	25	37	32	27	..
2	150	70	70	1500	25	52	47	27	..
3	180	80	80	1800	40	52	47	42	..
4	220	90	100	2200	40	67	72	42	..
5†	180	80	80	1800	37	52	59	27	..
6†	250	100	130	2600	52	77	74	42	..
7†	370	140	165	3500	82	92	114	42	40
8	250	115	130	2600	55	82	72	42	..
9	300	120	145	3000	70	82	75

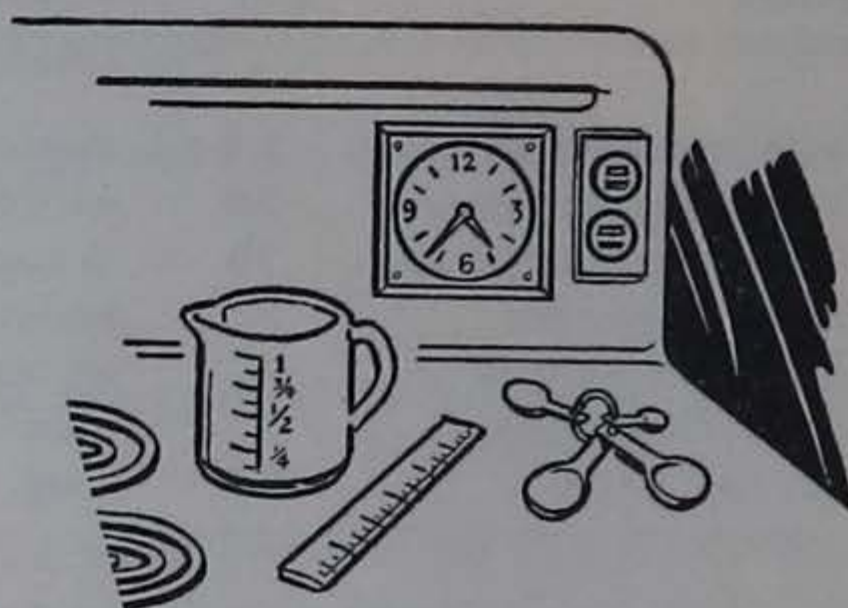
TOTAL DAY'S FOOD IN SAMPLE MEAL PLANS

DIET	MILK	VEG. A	VEG. B	FRUIT	BREAD EX.	MEAT EX.	FAT EX.
1	1 pint	as desired	1	3	4	5	1
2	1 pint	as desired	1	3	6	6	4
3	1 pint	as desired	1	3	8	7	5
4	1 pint	as desired	1	4	10	8	8
5†	1 quart	as desired	1	3	6	5	3
6†	1 quart	as desired	1	4	10	7	11
7†	1 quart	as desired	1	6	17	10	15
8	1 pint	as desired	1	4	12	10	12
9	1 pint	as desired	1	4	15	10	15

* Adapted from the American Dietetic Association.

† These diets contain more milk and are especially suitable for children.

Procedure For Calculating A Diabetic Diet



A prescription for a diabetic diet can be easily translated into a food plan by using the accompanying food exchange lists. The following sample prescription illustrates how it can be done.

Sample Prescription	Carbohydrates	180 grams
	Protein	80 grams
	Fat	80 grams
	Calories	1800

FOOD	LIST	AMOUNT	C.	P.	F.
			(gms.)	(gms.)	(gms.)
Milk, whole ...	1	1 pint	24	16	20
Vegetables	2A	as desired	—	—	—
Vegetables	2B	1 Exchange	7	2	—
Fruit	3	3 Exchanges	30	—	—
			61 (Step 1)		
Bread	4	8 Exchanges	120	16	
				34 (Step 2)	
Meat	5	7 Exchanges		49	35
					55 (Step 3)
Fat	6	5 Exchanges			25
			181	83	80

As the basis of the diet use 2 cups of milk (for an adult), vegetables from List 2A as desired, 1 serving of vegetable from List 2B, and 3 servings of fruit. To determine the number of servings of bread, meat, and fat that may be added to complete the daily allowances, proceed as follows:

Step 1. To determine the number of bread servings: Subtract from the number of grams of carbohydrate allowed (180), the amount already furnished by the milk, fruit, and vegetables (61); divide the result by 15 (the number of grams of carbohydrate in one bread exchange as noted in List 4).

$$\begin{array}{r} 180 \\ - 61 \\ \hline 119 \div 15 = 8 \text{ bread exchanges} \end{array}$$

Step 2. To determine the number of meat servings: Subtract from the number of grams of protein allowed (80), the amount already furnished by the milk, vegetables, and bread (34); divide by 7 (the number of grams of protein in one meat exchange).

$$\begin{array}{r} 80 \\ - 34 \\ \hline 46 \div 7 = 7 \text{ meat exchanges} \end{array}$$

Step 3. To determine the number of fat servings: Follow the same procedure in regard to fat, dividing the results by 5 (the number of grams of fat in one fat exchange).

$$\begin{array}{r} 80 \\ - 55 \\ \hline 25 \div 5 = 5 \text{ fat exchanges} \end{array}$$

The diet is calculated as closely as possible to the prescription but it is not necessary to split exchanges such as bread or meat. A variation from the prescription of as much as 7 grams of carbohydrate and 3 grams of protein is permissible.

The food is then divided into meals. This should be done with the patient, taking into consideration such factors as:

1. Present meal patterns which are usually related to occupation, working hours, place of eating, etc.
2. Diabetic condition; i.e., the tendency to excrete more or less sugar at varying times during the day.
3. Type of insulin.

The carbohydrate content of the diet should be divided between the meals, avoiding too large a proportion of the total at any one meal. A protein-rich food should be included at each meal.

Fat usually requires no special consideration in apportioning.

EXCHANGE LIST OF FOODS

The exchange list of foods is based upon the grouping of foods into six food groups — milk, vegetables, fruits, breads, meats, and fats. Foods within each group have comparable food value. Exchange means that a food listed in a particular group may be substituted, or exchanged for, or used in place of another food included in the same group. For example, a bread exchange could be 1 slice of bread, or $\frac{1}{2}$ cup of cooked cereal or $\frac{1}{2}$ cup potato.

Follow the diet prescribed to be used with this food exchange list. Include the number of exchanges allowed from each food group every day as suggested on the diet.

List 1. Milk Exchanges

Each exchange is equal to 1 cup milk.

Carbohydrate — 12 grams, Protein — 8 grams, Fat — 10 grams, Calories — 170

1 cup whole milk	1 cup buttermilk
1 cup skim milk †	(made from whole milk)
$\frac{1}{2}$ cup evaporated milk	1 cup buttermilk
$\frac{1}{4}$ cup powdered whole milk	(made from skim milk) †
$\frac{1}{4}$ cup powdered skim milk †	

† Add 2 fat exchanges to meal when one cup of skim milk or buttermilk made from skim milk is used.

List 2. Vegetable Exchanges

2A. These vegetables may be used in ordinary amounts. An average serving would be $\frac{1}{2}$ cup.

Asparagus	"Greens"	Lettuce (head)
Broccoli	Beet	Lettuce (leaf)
Brussels sprouts	Chard	Mushrooms
Cabbage	Collard	Okra
Cauliflower	Dandelion	Pepper
Celery	Kale	Radishes
Chicory	Mustard	Rhubarb
Cucumbers	Spinach	Sauerkraut
Escarole	Turnip	String Beans, young
Eggplant		Summer squash
		Tomatoes

* The Exchange Lists in this manual are based on material in *Meal Planning with Exchange Lists*, prepared by committees of the American Diabetes Association, Inc., and the American Dietetic Association in cooperation with the Chronic Disease Program, Public Health Service, Department of Health, Education and Welfare.

2B. Each exchange is a 1/2-cup serving.

Carbohydrate — 7 grams, Protein — 2 grams, Calories — 36.

Beets
Carrots
Onions

Peas, green
Pumpkin
Rutabaga

Squash, winter
Turnip

1. The vegetables printed in **bold face** are high in vitamin A; use at least one serving each day.
2. The vegetables used may be fresh, commercially canned, or frozen.
3. The vegetables may be served either raw or cooked.
4. 1 cup serving of vegetable 2A or 1/2 bread exchange may be used in place of a 1/2 cup serving of vegetable 2B.

List 3. Fruit Exchanges

The size of the exchange or serving varies with the kind of fruit.

Carbohydrate — 10 grams, Calories — 40

1 small apple — 2" diameter	1/4 cup grape juice
1/2 cup applesauce	1/8 (7" diam.) honeydew melon
2 medium apricots, fresh	1 small orange
4 halves apricots, dried	1/2 cup orange juice
1/2 small banana	1 medium peach
1 cup berries — straw., rasp., black	1 small pear
2/3 cup blueberries	1/2 cup pineapple
1/4 (6" diam.) cantaloupe	1/3 cup pineapple juice
10 large cherries	2 medium plums
2 dates	2 medium prunes, dried
1 large fig, fresh	2 tablespoons raisins
1 small fig, dried	1 large tangerine
1/2 small grapefruit	1 cup watermelon
1/2 cup grapefruit juice	
12 grapes	

1. The fruits printed in **bold face** are rich in vitamin C; use at least one serving each day.
2. Fresh, dried, cooked, canned, or frozen fruits may be used as long as *no* sugar has been added. Look at the label on the can or package to be sure it says "unsweetened" or "no sugar added."

List 4. Bread Exchanges

Each exchange is equal to 1 slice of bread.

Carbohydrate — 15 grams, Protein — 2 grams, Calories — 68

BREAD

- 1 slice bread, bakers — usual cut,
16 slices to a loaf (white, whole
wheat, or rye)
- 1½ slices thin slice sandwich loaf
- 1 roll, plain yeast — 16 rolls to a
pound
- ½ large hamburger bun
- 1 biscuit, 2" diameter
- 1 muffin, 2" diameter
- 1 cube (1½") cornbread

VEGETABLES

- ½ cup cooked dried beans or peas
(lima, navy, kidney, blackeyed,
cowpeas, split peas)
- ⅓ cup corn (½ ear)
- ⅔ cup parsnips
- ½ cup potatoes, white (1 small)
- ¼ cup potatoes, sweet
- 15 large potato chips — 2" diameter
(omit 2 fat exchanges)
- 1 cup popcorn

CEREAL

- ½ cup cooked cereal
- ¾ cup cereal; dry, flake, and
puffed type
- ½ cup cooked rice, macaroni,
spaghetti, noodles

CRACKERS

- 2 graham, 2½" square
- 20 oyster (½ cup)
- 5 saltines, 2" square
- 3 soda, 2½" square
- 6 round, thin, 1½" diameter

OTHER

- ½ cup ice cream, vanilla
(omit 2 fat exchanges)
- 1½" cube sponge cake, no icing
- 4 small vanilla wafers

List 5. Meat Exchanges

Each exchange is equal to 1 ounce of meat.

Protein — 7 grams, Fat — 5 grams, Calories — 75

MEAT

- 1 ounce beef, fowl, lamb, veal, (medium fat)
- 1 ounce liver, pork, ham (lean)
- 1 slice cold cuts: 4½" diam. x ⅛" salami, minced ham, bologna, liver sausage, luncheon loaf
- 1 frankfurter (8 to 9 per lb.)

CHEESE

- 1 ounce cheddar type
- ¼ cup cottage

FISH

- 1 ounce cod, haddock, halibut, etc.
- ¼ cup salmon, tuna, crabmeat, lobster
- 5 shrimp, clams, oysters, (medium)
- 3 sardines (medium)

EGGS

- 1 egg

PEANUT BUTTER

- 2 tablespoons peanut butter*

1. * Use only 1 peanut butter exchange (2 tablespoons). If additional exchanges are used, count every 2 exchanges (4 tablespoons) as 2 meat exchanges and 1 bread exchange.
2. Measure meat after cooking, eliminating bones and extra fat before measuring.
3. Include liver and other organ meats regularly.

List 6. Fat Exchanges

Each exchange is equal to 1 teaspoon butter.

Fat — 5 grams, Calories — 45

- 1 teaspoon butter or margarine
- 1 slice bacon, crisp
- 3 tablespoons 12% cream (half & half)
- 2 tablespoons 20% cream, light
- 1 tablespoon 40% cream, heavy
- 1 tablespoon cream cheese

- 1 tablespoon French dressing
- 1 teaspoon mayonnaise
- 1 teaspoon oil or cooking fat
- 6 small nuts
- 5 small olives
- ⅛ avocado — 4" diameter

Foods Allowed as Desired

Negligible carbohydrate, protein, and fat.

- Coffee
- Tea
- Clear broth
- Bouillon
- Gelatin, unsweetened
- Rennet tablets
- Cranberries
- Lemon

- Mustard
- Pickle, sour
- Pickle, dill-unsweetened
- Pepper
- Spices
- Vinegar
- Rhubarb

Liquid and Clear Liquid Substitutions for a Diabetic Diet

Sometimes a diabetic patient cannot eat solid food and it is necessary to substitute liquid and/or clear liquid foods. Following are substitutions which can be used for bread, fruit, and milk exchanges in the accompanying exchange lists. These substitutions will replace the carbohydrate but not necessarily other nutrients.

1 Bread Exchange

- 1/2 cup regular ice cream
(liquid diet only)
- 1/2 cup flavored gelatin such as
jello
- 1/2 cup cola type soft drink
- 3/4 cup gingerale
- 3/4 cup orange juice
- 1 tablespoon sugar added to
tea or coffee

1 Fruit Exchange

- 1 fruit (juice) exchange
- 1/2 cup gingerale

1 Milk Exchange

- 1 cup milk (liquid diet only)
- 1 fruit (juice) exchange
- 1/2 cup gingerale

A. D. A.* MEAL PLAN NO. 1

Carbohydrate — 125 grams, Protein — 60 grams, Fat — 50 grams,
Calories — 1200

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 pint	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
4	bread exchanges (List 4)
5	meat exchanges (List 5)
1	fat exchange (List 6)

Divide this food into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 1 bread exchange (List 4)
- Coffee or tea, any amount

Dinner

- 3 meat exchanges (List 5)
- 1 bread exchange (List 4)
- vegetables, any amount
(List 2A)
- 1 vegetable exchange (List 2B)
- 1 fat exchange (List 6)
- 1 fruit exchange (List 3)
- Coffee or tea, any amount

Lunch or Supper

- 1 meat exchange (List 5)
- 1 bread exchange (List 4)
- vegetables, any amount
(List 2A)
- 1 fruit exchange (List 3)
- 1 cup milk (List 1) †
- Coffee or tea, any amount

Bedtime

- 1 cup milk (List 1) †
- 1 bread exchange (List 4)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

A.D.A.* MEAL PLAN NO. 2

**Carbohydrates — 150 grams, Protein — 70 grams, Fat — 70 grams,
Calories — 1500**

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 pint	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
6	bread exchanges (List 4)
6	meat exchanges (List 5)
4	fat exchanges (List 6)

Divide this into meals as follows:

Breakfast

1 fruit exchange (List 3)
1 meat exchange (List 5)
1 bread exchange (List 4)
1 fat exchange (List 6)
Coffee or tea, any amount

Dinner

3 meat exchanges (List 5)
2 bread exchanges (List 4)
vegetables, any amount
(List 2A)
1 vegetable exchange
(List 2B)
1 fruit exchange (List 3)
1 fat exchange (List 6)
Coffee or tea, any amount

Lunch or Supper

2 meat exchanges (List 5)
2 bread exchanges (List 4)
vegetables, any amount
(List 2A)
1 fruit exchange (List 3)
1 cup milk (List 1)†
1 fat exchange (List 6)
Coffee or tea, any amount

Bedtime

1 cup milk (List 1)†
1 bread exchange (List 4)
1 fat exchange (List 6)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

A. D. A.* MEAL PLAN NO. 3

Carbohydrate — 180 grams, Protein — 80 grams, Fat — 80 grams,
Calories — 1800

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 pint	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
8	bread exchanges (List 4)
7	meat exchanges (List 5)
5	fat exchanges (List 6)

Divide this food into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 2 bread exchanges (List 4)
- 2 fat exchanges (List 6)
- Coffee or tea, any amount

Dinner

- 3 meat exchanges (List 5)
- 2 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 vegetable exchange,
(List 2B)
- 1 fruit exchange (List 3)
- 2 fat exchanges (List 6)
- Coffee or tea, any amount

Lunch or Supper

- 2 meat exchanges (List 5)
- 2 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 fruit exchange (List 3)
- 1 cup milk (List 1) †
- 1 fat exchange (List 6)
- Coffee or tea, any amount

Bedtime

- 1 cup milk (List 1) †
- 2 bread exchanges (List 4)
- 1 meat exchange (List 5)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

A. D. A.* MEAL PLAN NO. 4

**Carbohydrate — 220 grams, Protein — 90 grams, Fat — 100 grams,
Calories — 2200**

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 pint	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
4	fruit exchanges (List 3)
10	bread exchanges (List 4)
8	meat exchanges (List 5)
8	fat exchanges (List 6)

Divide this food into meals as follows:

Breakfast

1 fruit exchange (List 3)
2 meat exchanges (List 5)
2 bread exchanges (List 4)
3 fat exchanges (List 6)
Coffee or tea, any amount

Dinner

3 meat exchanges (List 5)
3 bread exchanges (List 4)
vegetables, any amount
(List 2A)
1 vegetable exchange
(List 2B)
2 fruit exchanges (List 3)
3 fat exchanges (List 6)
Coffee or tea, any amount

Lunch or Supper

2 meat exchanges (List 5)
3 bread exchanges (List 4)
vegetables, any amount
(List 2A)
1 fruit exchange (List 3)
2 fat exchanges (List 6)
1 cup milk (List 1) †
Coffee or tea, any amount

Bedtime

1 cup milk (List 1) †
2 bread exchanges (List 4)
1 meat exchange (List 5)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

A.D.A.* MEAL PLAN NO. 5

Carbohydrate — 180 grams, Protein — 80 grams, Fat — 80 grams,
Calories — 1800

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 quart	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
6	bread exchanges (List 4)
5	meat exchanges (List 5)
3	fat exchanges (List 6)

Divide this food into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup milk (List 1) †

Dinner

- 3 meat exchanges (List 5)
- 2 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 vegetable exchange
(List 2B)
- 1 fruit exchange (List 3)
- 1 fat exchange (List 6)
- 1 cup milk (List 1) †

Lunch or Supper

- 1 meat exchange (List 5)
- 2 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 fruit exchange (List 3)
- 1 fat exchange (List 6)
- 1 cup milk (List 1) †

Bedtime

- 1 cup milk (List 1) †
- 1 bread exchange (List 4)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

A. D. A.* MEAL PLAN NO. 6

**Carbohydrate — 250 grams, Protein — 100 grams, Fat — 130 grams,
Calories — 2600**

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 quart	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
4	fruit exchanges (List 3)
10	bread exchanges (List 4)
7	meat exchanges (List 5)
11	fat exchanges (List 6)

Divide this food into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 2 bread exchanges (List 4)
- 3 fat exchanges (List 6)
- 1 cup milk (List 1) †

Dinner

- 3 meat exchanges (List 5)
- 3 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 vegetable exchange
(List 2B)
- 1 fruit exchange (List 3)
- 5 fat exchanges (List 6)
- 1 cup milk (List 1) †

Mid-afternoon

- 1 fruit exchange (List 3)

Lunch or Supper

- 2 meat exchanges (List 5)
- 3 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 fruit exchange (List 3)
- 3 fat exchanges (List 6)
- 1 cup milk (List 1) †

Bedtime

- 1 cup milk (List 1) †
- 2 bread exchanges (List 4)
- 1 meat exchange (List 5)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

A. D. A.* MEAL PLAN NO. 7

Carbohydrate — 370 grams, Protein — 140 grams, Fat — 165 grams,
Calories — 3500

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 quart	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
6	fruit exchanges (List 3)
17	bread exchanges (List 4)
10	meat exchanges (List 5)
15	fat exchanges (List 6)

Divide this food into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 2 meat exchanges (List 5)
- 4 bread exchanges (List 4)
- 4 fat exchanges (List 6)
- 1 cup milk (List 1) †

Dinner

- 3 meat exchanges (List 5)
- 5 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 vegetable exchange (List 2B)
- 2 fruit exchanges (List 3)
- 5 fat exchanges (List 6)
- 1 cup milk (List 1) †

Lunch or Supper

- 3 meat exchanges (List 5)
- 4 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 2 fruit exchanges (List 3)
- 4 fat exchanges (List 6)
- 1 cup milk (List 1) †

Mid-afternoon

- 1 fruit exchange (List 3)
- 2 bread exchanges (List 4)
- 1 meat exchange (List 5)

Bedtime

- 1 cup milk (List 1) †
- 2 bread exchanges (List 4)
- 1 meat exchange (List 5)
- 2 fat exchanges (List 6)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

A.D.A.* MEAL PLAN NO. 8

**Carbohydrate — 250 grams, Protein — 115 grams, Fat — 130 grams,
Calories — 2600**

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 pint	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
4	fruit exchanges (List 3)
12	bread exchanges (List 4)
10	meat exchanges (List 5)
12	fat exchanges (List 6)

Divide this food into meals as follows:

Breakfast

1 fruit exchange (List 3)
2 meat exchanges (List 5)
3 bread exchanges (List 4)
3 fat exchanges (List 6)
Coffee or tea, any amount

Dinner

3 meat exchanges (List 5)
3 bread exchanges (List 4)
vegetables, any amount
(List 2A)
1 vegetable exchange (List 2B)
2 fruit exchanges (List 3)
4 fat exchanges (List 6)
Coffee or tea, any amount

Lunch or Supper

3 meat exchanges (List 5)
4 bread exchanges (List 4)
vegetables, any amount
(List 2A)
1 fruit exchange (List 3)
3 fat exchanges (List 6)
1 cup milk (List 1) †
Coffee or tea, any amount

Bedtime

1 cup milk (List 1) †
2 bread exchanges (List 4)
2 meat exchanges (List 5)
2 fat exchanges (List 6)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

A. D. A.* MEAL PLAN NO. 9

Carbohydrate — 300 grams, Protein — 120 grams, Fat — 145 grams,
Calories — 3000

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY

1 pint	Milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
4	fruit exchanges (List 3)
15	bread exchanges (List 4)
10	meat exchanges (List 5)
15	fat exchanges (List 6)

Divide this food into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 2 meat exchanges (List 5)
- 4 bread exchanges (List 4)
- 4 fat exchanges (List 6)
- Coffee or tea, any amount

Dinner

- 3 meat exchanges (List 5)
- 5 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 vegetable exchange (List 2B)
- 2 fruit exchanges (List 3)
- 5 fat exchanges (List 6)
- Coffee or tea, any amount

Lunch or Supper

- 3 meat exchanges (List 5)
- 4 bread exchanges (List 4)
- vegetables, any amount
(List 2A)
- 1 fruit exchange (List 3)
- 4 fat exchanges (List 6)
- 1 cup milk (List 1) †
- Coffee or tea, any amount

Bedtime

- 1 cup milk (List 1) †
- 2 bread exchanges (List 4)
- 2 meat exchanges (List 5)
- 2 fat exchanges (List 6)

* American Dietetic Association.

† Part of milk may be used for coffee, tea, or cereal.

CALORIE RESTRICTED DIETS

Use: The Calorie Restricted Diets are used for weight reduction and as a basis for weight control.

Adequacy: With the exception of the 1000-Calorie Diet, the Calorie Restricted Diets include foods in amounts which will provide the protein, minerals, and vitamins recommended for the average person by the National Research Council. The 1000-Calorie Diet is marginal in meeting these recommendations.

Diet Principles:

1. The Calorie Restricted Diets are planned to permit an individual to lose weight and still maintain bodily health. This requires an adequate intake of protein, minerals, and vitamins. It is important, therefore, that an individual eat all the food allowed on the diet.
2. If a person is maintaining weight at a constant level, a decrease of 1000 calories per day from the total calorie intake — while at the same time keeping activities constant — should result in a weekly weight loss of about two pounds. It is generally accepted that a weight loss greater than two pounds per week is undesirable and may undermine health.
3. On a reduction diet an individual may reach a point where he will remain the same weight one or two or even three weeks, due to the water balance in the body. Weight loss will resume, however, if the diet is continued.
4. Usually fluid or salt restriction is not considered desirable for weight reduction unless required for medical reasons.
5. Some individuals find they are better satisfied and can lose weight more easily on a diet higher in protein. As indicated on the individual diets, modifications can be made to increase the protein by including more meat and milk exchanges and fewer bread exchanges.
6. The suggested menu plan may be modified to meet individual desires. For example, if an individual would like a mid-afternoon or evening snack, he may reserve some food from the previous meal for that purpose, or he could divide the food for the day into five small meals instead of the suggested three.
7. Other diets in the manual can be modified as to calorie content. For example, a Low Sodium Diet may also be restricted in calories. This can be done by following the desired low calorie meal plan with the foods allowed on the Low Sodium Diet.



1000 Calorie Diet

Protein — 60 grams

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY*

2 cups	Skim milk (List 1)
5	meat exchanges (List 5)
Any amount	vegetable exchange (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
2	bread exchanges (List 4)
2	fat exchanges (List 6)

The food may be divided into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- Tea or coffee, any amount

Dinner

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 vegetable exchange (List 2B)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup skim milk (List 1)

Lunch or Supper

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 fruit exchange (List 3)
- 1 cup skim milk (List 1)

* Another meat exchange or 1 cup skim milk may be substituted for one bread exchange. This will increase the protein to 65 grams.

1200 Calorie Diet

Protein — 60 grams

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY*

2 cups	Whole milk (List 1)
5	meat exchanges (List 5)
Any amount	vegetable exchange (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
3	bread exchanges (List 4)
2	fat exchanges (List 6)

The food may be divided into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- Tea or coffee, any amount

Dinner

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 vegetable exchange (List 2B)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- ½ fat exchange (List 6)
- 1 cup whole milk (List 1)

Lunch or Supper

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- ½ fat exchange (List 6)
- 1 cup whole milk (List 1)

- *1. If skim milk is used instead of whole milk, 4 fat exchanges may be added to the diet for the day.
2. If more meat and less bread is desired, 1 or 2 meat exchanges may be substituted for 1 or 2 bread exchanges. This can increase the protein to 70 grams.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS AS separate leaflet for issuing to patients. See page 91.

1500 Calorie Diet

Protein — 65 grams

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY*

2 cups	Whole milk (List 1)
5	meat exchanges (List 5)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
5	bread exchanges (List 4)
6	fat exchanges (List 6)

The food may be divided into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 2 bread exchanges (List 4)
- 2 fat exchanges (List 6)
- Tea or coffee, any amount

Dinner

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 vegetable exchange (List 2B)
- 1 fruit exchange (List 3)
- 2 bread exchanges (List 4)
- 2 fat exchanges (List 6)
- 1 cup whole milk (List 1)

Lunch or Supper

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- 2 fat exchanges (List 6)
- 1 cup whole milk (List 1)

- *1. If skim milk is used instead of whole milk, 4 fat exchanges may be added to the diet for the day.
- 2. If more meat and less bread is desired, 2 to 4 meat exchanges may be substituted for 2 to 4 bread exchanges. This can increase the protein to 85 grams.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS AS separate leaflet for issuing to patients. See page 91.

1200 Calorie Diet

Protein — 80 grams (using 1 quart milk)

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY*

4 cups	Skim milk (List 1)
5	meat exchanges (List 5)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
3	bread exchanges (List 4)
3	fat exchanges (List 6)

The food may be divided into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup skim milk (List 1)

Dinner

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 vegetable exchange (List 2B)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup skim milk (List 1)

Lunch or Supper

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup skim milk (List 1)

Between meals

- 1 cup skim milk (List 1)

* If more meat and less bread is desired, 1 or 2 meat exchanges may be substituted for 1 or 2 bread exchanges. This would increase the protein to 90 grams.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS AS separate leaflet for issuing to patients. See page 91.

1500 Calorie Diet

Protein — 85 grams (using 1 quart milk)

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY*

2 cups	Whole milk (List 1)
2	skim milk (List 1)
6	meat exchanges (List 5)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
3	bread exchanges (List 4)
3	fat exchanges (List 6)

The food may be divided into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup whole milk (List 1)

Dinner

- 3 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 vegetable exchange (List 2B)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup skim milk (List 1)

Lunch or Supper

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup skim milk (List 1)

Between meals

- 1 cup whole milk (List 1)

- *1. If four cups of skim milk are used entirely (instead of two cups whole milk and two cups skim milk) 4 fat exchanges can be added to the diet.
2. Two cups whole milk with $\frac{1}{4}$ cup nonfat dried milk added to each cup may be substituted for the four cups of milk listed.
3. If more meat and less bread is desired, 1 or 2 meat exchanges may be substituted for 1 or 2 bread exchanges. This would increase the protein to 95 grams.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS AS separate leaflet for issuing to patients. See page 91.

1800 Calorie Diet

Protein — 90 grams (using 1 quart milk)

This menu plan is for use with accompanying food exchange lists.

FOOD FOR THE DAY*

4 cups	Whole milk (List 1)
6	meat exchanges (List 5)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
5	bread exchanges (List 4)
3	fat exchanges (List 6)

The food may be divided into meals as follows:

Breakfast

- 1 fruit exchange (List 3)
- 1 meat exchange (List 5)
- 2 bread exchanges (List 4)
- 1 fat exchange (List 6)
- 1 cup whole milk (List 1)

Dinner

- 3 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 vegetable exchange (List 2B)
- 1 fruit exchange (List 3)
- 2 bread exchanges (List 4)
- 1 fat exchange (List 6)
- 1 cup whole milk (List 1)

Lunch or Supper

- 2 meat exchanges (List 5)
- vegetable exchanges,
any amount (List 2A)
- 1 fruit exchange (List 3)
- 1 bread exchange (List 4)
- 1 fat exchange (List 6)
- 1 cup whole milk (List 1)

Between meals

- 1 cup whole milk (List 1)

- *1. Skim milk may be substituted for whole milk in part or in all. For each glass substituted, 2 fat exchanges may be added to the diet for the day.
2. If more meat and less bread is desired, 1 or 2 meat exchanges may be substituted for 1 or 2 bread exchanges. This can increase the protein to 100 grams.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS AS separate leaflet for issuing to patients. See page 91.



LOW FAT DIET

Use: The Low Fat Diet may be used for liver diseases, gall bladder diseases, or for diseases involving high fatty acid content of the blood.

Adequacy: The menu plan for the Low Fat Diet includes foods which will provide an intake of protein, minerals, and vitamins recommended for the average person by the National Research Council. Since fats are restricted the diet will be low in calories unless calories are provided through additional servings of foods rich in carbohydrate and protein. The nutrient requirements in liver diseases are increased over the recommendations for normal health and the Low Fat Diet Menu Plan may not meet these requirements. In this case the physician may consider the use of the Moderate Fat, High Carbohydrate, High Protein Diet.

Diet Principles: The diet is planned to reduce the fat intake and to restrict the fats to those which are highly emulsified and readily digested. No fried foods may be served.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS as separate leaflet for issuing to patients. See page 91.

FOOD FOR THE DAY	DESCRIPTION
MILK 2 cups or more	Skim milk, nonfat dried milk, buttermilk made from skim milk.
EGGS 1 daily (if tolerated)	Poached, soft or hard cooked, scrambled in top of double boiler. Egg white as desired such as in meringues or angel food cakes.
MEAT and MEAT SUBSTITUTES 2 servings	<p>Lean beef, lamb, veal, poultry; lean fish such as cod, flounder, haddock, bluefish, perch, bass, whitefish; dry cottage cheese. Meat may be baked, broiled, or boiled and served <i>without</i> sauces and gravies.</p> <p>AVOID: Pork, ham, luncheon meats, frankfurters, corned beef, smoked, spiced, processed meats or fish; fatty fish or fish canned in oil such as salmon, tuna, sardines; cheddar type cheese; peanut butter.</p>
POTATO and POTATO SUBSTITUTES 1 or more servings	White or sweet potato — baked, boiled, or mashed; macaroni, spaghetti, noodles, rice, etc. Any fat used must be taken from the fat allowance.
VEGETABLES 2 or more servings	<p>One should be a leafy, green, or yellow vegetable. All fresh, frozen, or canned vegetables, either raw or cooked, except those to be avoided.</p> <p>AVOID: Strong flavored vegetables if they cause discomfort: cabbage, onions, turnips, rutabagas, radishes, peppers, cauliflower, Brussels sprouts, broccoli, etc.</p>
FRUITS 2 or more servings	<p>One should be a citrus fruit; canned, frozen, or dried fruits; fresh fruit if tolerated.</p> <p>AVOID: Cantaloupe, watermelon, and honeydew if they cause discomfort; avocado, olives, and coconut.</p>

BREADS and CEREALS
4 or more servings

Use whole grain or enriched breads and cereals.

AVOID: Hot breads such as muffins, biscuits, rich rolls, sweet rolls, and doughnuts.

FATS
limit to 1 tablespoon

Use only butter or fortified margarine. The amount allows for 1 teaspoon per meal which may be used on bread or in cooking.

SOUPS
as desired

Homemade soups made with fat-free broth or skim milk, with or without allowed vegetables.

DESSERTS
as desired

Fruit, fruit whips, gelatin desserts, angel food cake, vanilla wafers, and arrowroot cookies, sherbet, and simple puddings prepared with skim milk. All should be prepared without nuts or chocolate. Cocoa may be used.

SWEETS
as desired

Sugar, syrup, honey, plain jelly and jams, gum drops, hard candy.

SEASONINGS
in moderate amounts

Salt, nutmeg, cinnamon, flavorings.

BEVERAGES
as desired

Coffee and tea.

Suggested Menu Plan for Low Fat Diet

Select from foods described.

Carbohydrate — 225–350 grams, Protein — 75–100 grams, Fat — 40–50 grams, Calories — 1500–2200

The carbohydrate, protein, fat, and calories will vary depending upon whether the smaller or larger amounts of food are served. Fats are high in calories and when they are restricted, calories need to be provided through foods high in carbohydrate and protein.

Breakfast

Fruit

Egg

Cereal with sugar and 1 cup
skim milk

1 to 2 slices bread

1 to 2 tablespoons jelly

1 teaspoon butter or margarine

Coffee or tea

Dinner

2 or 3 ounces lean meat,
fish or poultry

Potato or substitute

Vegetable — cooked or raw

1 to 2 slices bread

1 to 2 tablespoons jelly

1 teaspoon butter or margarine

Fruit or dessert

1 cup skim milk

Lunch or Supper

2 to 3 ounces lean meat or
substitute

Vegetable — cooked or raw

1 to 2 slices bread

1 to 2 tablespoons jelly

1 teaspoon butter or margarine

Fruit

1 cup skim milk

In between meals or in cooking — 1 cup skim milk

The allowed butter or margarine may be used on bread or in cooking.

MODERATE FAT, HIGH CARBOHYDRATE, HIGH PROTEIN DIET

Use: The Moderate Fat, High Carbohydrate, High Protein Diet is used in liver diseases such as infectious hepatitis, jaundice, and cirrhosis.

Adequacy: The nutrient requirements in liver diseases are increased tremendously over the recommendations for normal health. This diet and menu plan is designed with this in mind.

Diet Principles: The emphasis is on a liberal allowance of protein and carbohydrate rather than on restriction of fat. This emphasis is necessary to assist in preventing further liver damage and to repair previous injury. Fats are restricted to those which are highly emulsified and readily digested.

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS as separate leaflet for issuing to patients. See page 91.

FOOD FOR THE DAY

DESCRIPTION

MILK 2 or more cups	Whole milk if tolerated. Skim milk, non-fat dried milk, buttermilk made from skim milk.
EGGS 1 daily if tolerated	Poached, soft or hard cooked, scrambled in top of double boiler. Egg white as desired such as in meringues or angel food cakes.
MEAT and MEAT SUBSTITUTES 2 servings	Lean beef, lamb, veal, poultry; lean fish such as cod, flounder, haddock, bluefish, perch, bass, whitefish; dry cottage cheese. Meat may be baked, broiled, or boiled and served <i>without</i> sauces and gravies. AVOID: Pork, ham, luncheon meats, frankfurters, corned beef, smoked, spiced, processed meat or fish; fatty fish or fish canned in oil such as salmon, tuna, sardines; cheddar type cheese; peanut butter.
POTATO and POTATO SUBSTITUTES 1 or more servings	White or sweet potato — baked, boiled, or mashed; macaroni, spaghetti, noodles, rice, etc. Any fat used must be taken from the fat allowance.
VEGETABLES 2 or more servings	One should be a leafy, green, or yellow vegetable. All fresh, frozen, or canned vegetables, either raw or cooked, except those to be avoided. AVOID: Strong flavored vegetables if they cause discomfort: cabbage, onions, turnips, rutabagas, radishes, peppers, cauliflower, Brussels sprouts, broccoli, etc.
FRUITS 2 or more servings	One should be a citrus fruit. Canned, frozen, or dried fruits; fresh fruit if tolerated. AVOID: Cantaloupe, watermelon, and honeydew if they cause discomfort; avocado, olives, and coconut.

BREADS and CEREALS
4 or more servings

Use whole grain or enriched breads and cereals.

AVOID: Hot breads such as muffins, biscuits, rich rolls, sweet rolls, and doughnuts.

FATS
limit to 1 tablespoon

Use only butter or fortified margarine. The amount allows for 1 teaspoon per meal which may be used on bread or in cooking.

SOUPS
as desired

Homemade soups with fat-free broth or skim milk, with or without allowed vegetables.

DESSERTS
as desired

Fruit, fruit whips, gelatin desserts, angel food cake, vanilla wafers, arrowroot cookies, sherbet, and simple puddings, prepared without nuts or chocolate. Cocoa may be used.

SWEETS
as desired

Sugar, syrup, honey, plain jelly and jams, gum drops, hard candy.

SEASONINGS
in moderate amounts

Salt, nutmeg, cinnamon, flavorings.

BEVERAGES
as desired

Coffee and tea.

Suggested Menu Plan for Moderate Fat, High Carbohydrate, High Protein Diet

Select from foods described.

**Carbohydrates — 400 grams, Protein — 130 grams, Fat — 90 grams,
Calories — 3000**

Generally a patient cannot begin to eat a 3000 or more calorie diet immediately. During the initial stages of treatment, servings may need to be kept quite small and gradually increased to the amount suggested.

Breakfast

2 servings fruit
Egg
Cereal with sugar and
1 cup milk with added
nonfat dried milk
2 slices bread
2 tablespoons jelly
1 teaspoon butter or margarine
Coffee or tea

Dinner

3 ounces lean meat, fish, or
poultry
Potato or substitute
Vegetable — cooked or raw
2 slices bread
2 tablespoons jelly
1 teaspoon butter or margarine
Fruit or dessert
1 cup milk with added
nonfat dry milk

Lunch or Supper

3 ounces lean meat or
substitute
Vegetable — cooked or raw
2 slices bread
2 tablespoons jelly
1 teaspoon butter or margarine
Fruit
1 cup milk with added
nonfat dry milk

In between meals or in cooking: 1 cup milk with added nonfat dried milk; 2 servings fruit; cookies as allowed.

1. The allowed butter may be used on bread or in cooking.
2. Calories may be increased even further by adding foods high in protein and carbohydrate.
 - a. Protein can be increased by using larger servings of lean meat, and by serving dry cottage cheese.
 - b. Carbohydrate can be increased by adding sugar to fruits and juices and using hard candy (pure sugar candy).
 - c. Increase size servings of fruits, breads, cereals, potatoes, etc.

SODIUM RESTRICTED DIETS

Use: Sodium Restricted Diets are used whenever there is generalized edema related to congestive heart failure, toxemia of pregnancy, ACTH and cortisone therapy, and other edematous states caused by sodium retention.

Adequacy: The Sodium Restricted Diets include food in amounts which will provide the level of nutrients recommended for the average patient by the National Research Council.

Diet Principles: The diets are planned for sodium restriction to control edema. There is restricted use also of stimulants and foods and types of preparations which are likely to cause discomfort to some patients. Each diet described includes the amount and kind of food which will provide approximately the level of sodium indicated in the name of each diet. Allowance is not made for other sources of sodium such as drinking water.

400 to 500 mg. Sodium Diet

(Salt — 1 gram)

FOOD FOR THE DAY	DESCRIPTION
<p>MILK limit to 2 cups</p>	<p>May be used as a beverage or in cooking.</p>
<p>EGG limit to 1 daily</p>	<p>Boiled, poached, or scrambled with unsalted butter.</p>
<p>MEAT and MEAT SUBSTITUTES 2 servings (4 oz. only)</p>	<p>Use fresh lean beef, lamb, pork, veal, liver, fish, or poultry; an additional egg may be substituted for 2 ounces of meat. Meat may be baked, boiled, or broiled and served <i>without</i> sauces or gravies. The following meats and fish are higher in sodium and should be limited in use: heart, kidney, brains, clams, crabs, lobster, and shrimp.</p> <p>AVOID: Meat, fish, or poultry which has been smoked, brine cured, dried, canned, or frozen with salt, including cold cuts, frankfurters, ham, sausage; cheddar type, cottage and cream cheese; peanut butter.</p>
<p>POTATO and POTATO SUBSTITUTES 1 or more servings</p>	<p>White or sweet potato; macaroni, spaghetti, noodles, rice — all prepared without salt.</p>
<p>VEGETABLES 2 or more servings</p>	<p>Include one leafy, green, or yellow vegetable. Use the following vegetables fresh, cooked, canned, or frozen without salt: asparagus, eggplant, string beans, peas, pumpkin, squash, lettuce, tomatoes. The strong flavored vegetables — broccoli, Brussels sprouts, cabbage, cauliflower, cucumber, onions, radishes, turnips — should be omitted from the diet if they cause discomfort. The following vegetables are higher in natural sodium and should be limited in use: beets, beet greens, celery, Swiss chard, kale, spinach, carrots.</p> <p>AVOID: Frozen peas and lima beans; vegetables canned with salt.</p>

Note: This Diet, with necessary related food information, AVAILABLE TO PHYSICIANS as separate leaflet for issuing to patients. See page 91.

<p>FRUITS 2 or more servings</p>	<p>Include one citrus fruit or other food high in vitamin C. Use all fresh, canned, or frozen fruit or fruit juices except raisins and dried figs. Omit melons if they cause discomfort.</p> <p>AVOID: Any canned fruit containing a sodium preservative.</p>
<p>BREADS and CEREALS 4 servings</p>	<p>Enriched <i>low sodium</i> bread; unsalted cooked cereals except quick cooking cereals containing salt; shredded wheat, shredded Ralston, puffed wheat, puffed rice, Muffets.</p> <p>AVOID: Baked products made with baking powder, baking soda, salt, or prepared mixes.</p>
<p>FATS as desired</p>	<p>Unsalted butter and vegetable shortenings.</p>
<p>SOUPS as desired</p>	<p>Homemade unsalted cream soups made with milk allowance.</p> <p>AVOID: Canned soups and bouillon.</p>
<p>DESSERTS as desired</p>	<p>Fruit, gelatin desserts made from plain unsweetened gelatin powder; fruit ices; unsalted custard and puddings made from milk allowance; unsalted baked products made with low sodium baking powder.</p> <p>AVOID: Baked products prepared with salt, baking powder, or baking soda.</p>
<p>SWEETS as desired</p>	<p>Sugar, honey, jellies, and jams without sodium preservatives.</p> <p>AVOID: Commercial syrups, brown sugar, and molasses.</p>
<p>SEASONINGS in small amounts</p>	<p>Allspice, almond extract, bay leaves, caraway, cinnamon, cocoa (except Dutch process) curry powder, lemon juice, marjoram, dry mustard, nutmeg, paprika, pepper, pimento, poultry seasonings, sage, thyme, vanilla extract, vinegar.</p> <p>AVOID: SALT, pickles, relishes, olives, catsup, prepared mustard, garlic, and celery salt, meat sauces, Worcestershire sauce.</p>
<p>BEVERAGES as desired</p>	<p>Coffee, tea, carbonated beverages.</p>

Suggested Menu Plan for 400 to 500 mg. Sodium Diet

Select from unsalted foods described on preceding pages.

Breakfast

Fruit
Cereal with 1 cup milk
or Egg
Bread with butter
Beverage

Dinner

2 ounces meat, fish, or poultry
Potato or substitute
Cooked vegetable
Salad — vegetable or fruit
Bread with butter
Fruit
Beverage

Lunch or Supper

2 ounces meat or 1 egg
Cooked vegetable
Salad — vegetable or fruit
Bread with butter
Fruit
1 cup milk

200 mg. Sodium Diet

Salt — ½ gram

Use the 400 mg. Sodium Diet and substitute sodium-free milk such as Lonolac for regular milk. Avoid those meats, vegetables, and fruits listed as being higher in sodium.

1200 mg. Sodium Diet

Salt — 3 grams.

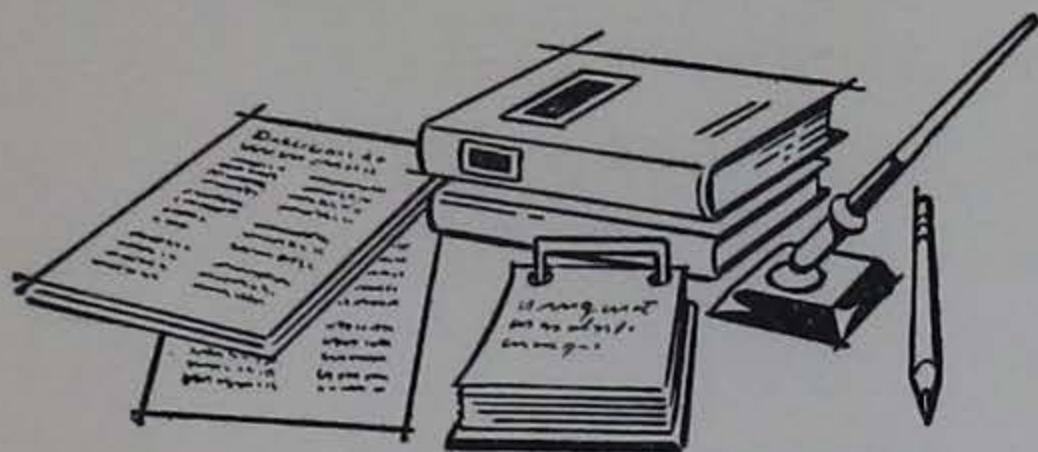
Use the 400 mg. Sodium Diet and substitute three servings of regular bread for low sodium bread.

Low Salt Diet

Salt — 4 to 7 grams

This is a General Diet calling only for the elimination of salt in cooking and on the tray and the elimination of highly salted foods and salt-preserved foods such as:

ham	bouillon cubes	American type cheese
bacon	canned soups	peanut butter
sausage	dehydrated soups	potato chips, pretzels
luncheon meat	meat sauces	salted crackers
corned beef	meat broths	brine-cured vegetables such as
smoked fish	meat gravies	olives, pickles, sauerkraut
canned meat and fish	ketchup	
	Worcestershire sauce	



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1200	Calorie,	60	grams	protein—	with	Food	Exchange	List	
1500	"	,	65	"	"	"	"	"	"
1200	"	,	80	"	"	"	"	"	"
1500	"	,	85	"	"	"	"	"	"
1800	"	,	90	"	"	"	"	"	"

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1200	"	, 80	"	"	"	"	"	"	"
1500	"	, 85	"	"	"	"	"	"	"
1800	"	, 90	"	"	"	"	"	"	"

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