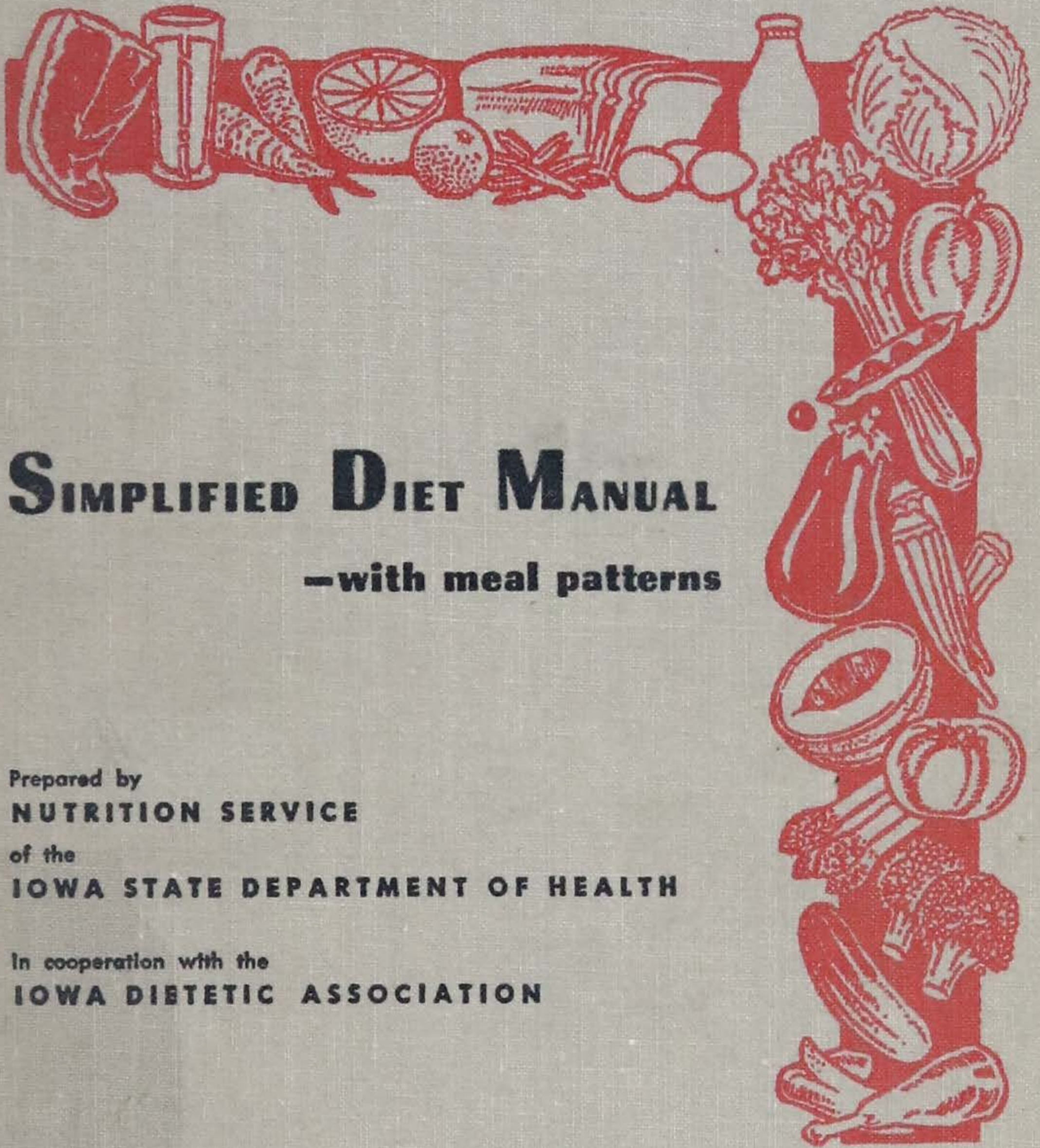


**2nd Edition—  
Revised and Expanded**



**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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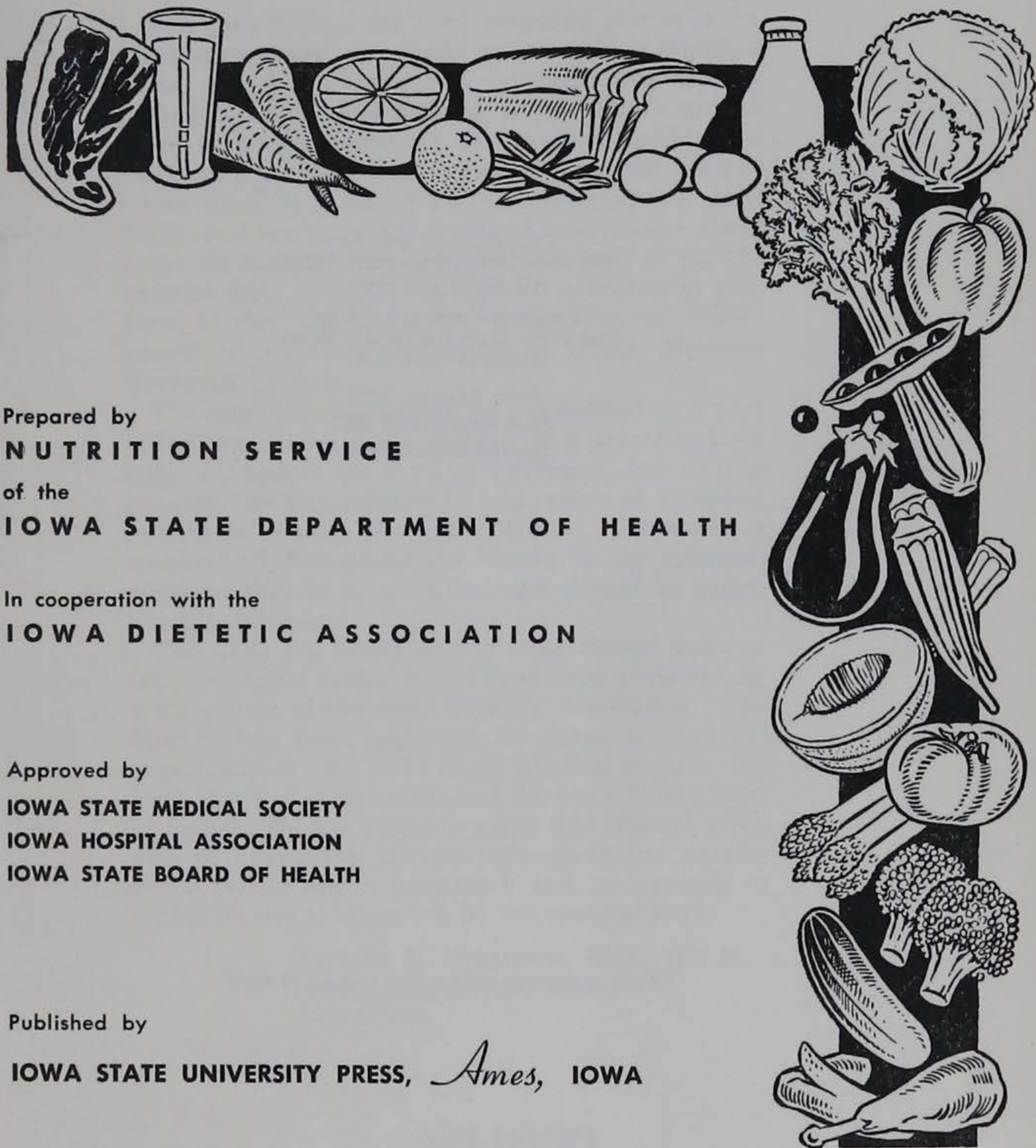
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**SIMPLIFIED DIET MANUAL**  
**with meal patterns**

REVISED, SECOND EDITION

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**NUTRITION SERVICE**

of the

**IOWA STATE DEPARTMENT OF HEALTH**

In cooperation with the

**IOWA DIETETIC ASSOCIATION**

Approved by

**IOWA STATE MEDICAL SOCIETY**

**IOWA HOSPITAL ASSOCIATION**

**IOWA STATE BOARD OF HEALTH**

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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 and nursing homes to use in interpreting a physician's orders. It is especially prepared for those hospitals and nursing homes 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 Daily 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*

## About the Book

The SIMPLIFIED DIET MANUAL has been useful to many physicians, dietitians, nutrition consultants, nurses, cooks and food supervisors. As implied by the title, it has been prepared as a manual that would make modified diets more easily understood.

The staff of Nutrition Service, Iowa State Department of Health, recognized a need for a diet manual that would be helpful to the dietary consultant as she worked with the untrained food service personnel of the 118 small hospitals and over 600 nursing and custodial homes in Iowa.

In 1953, Mrs. Nina Kagarice Bigsby, the dietary consultant to small hospitals and nursing homes, began a survey of diets that were being prescribed by physicians in Iowa. She worked with the cooks responsible for filling the prescriptions; she consulted with hospital nurses responsible for planning menus and instructing patients. Trial diet sheets were tested in small hospitals. Eventually a Trial Manual was compiled and used for several months in ten hospitals in Iowa:

Allen Memorial Hospital, Waterloo, Iowa  
St. Luke's Hospital, Davenport, Iowa  
Mahaska County Hospital, Oskaloosa, Iowa  
Grundy County Hospital, Grundy Center, Iowa  
Mary Frances Skiff Memorial Hospital, Newton, Iowa  
Palo Alto Memorial Hospital, Emmetsburg, Iowa  
Community Hospital, De Witt, Iowa  
Community Hospital, Belmond, Iowa  
Story County Hospital, Nevada, Iowa  
Loring Hospital, Sac City, Iowa

Following the use in these hospitals, a questionnaire was developed to evaluate the Trial Manual. A special committee of the Iowa Dietetic Association was formed to evaluate the Trial Manual and to make suggestions for it to be published. This IDA committee was composed of:

Dr. Marian Moore, Iowa State University, Ames  
Miss Elizabeth Yearick, University Hospitals, Iowa City  
Miss Ellen Clewell, University Hospitals, Iowa City

Miss May Morris, Veteran's Hospital, Des Moines  
Mrs. Darlene Ayres, St. Joseph's Hospital, Ottumwa  
Miss Betty Johnson, Ottumwa Hospital, Ottumwa

The Iowa State University Press, Ames, agreed to publish the diet manual. The royalties from its sale have gone to the Iowa Dietetic Association. Many hospitals in every state in the country have used the SIMPLIFIED DIET MANUAL. Many nursing homes and welfare agencies have discovered it and are using it.

The Second Edition includes these changes: A section on Diets for Children has been included. The Soft and Bland Diets have been liberalized somewhat. The formulae for Tube Feedings have been changed to include a greater variety of foods. A section on Fat Controlled Diets has been included. The American Heart Association diets for 500 mg., 1000 mg., and Mild Sodium Restriction have been incorporated in the Second Edition in the belief that the AHA terminology should be used more widely.

Nutrition Service of the Iowa State Department of Health and the Iowa Dietetic Association are proud to present the Second Edition of the SIMPLIFIED DIET MANUAL.

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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 (per cent)	Calcium (per cent)	Iron (per cent)	Thiamin (per cent)	Riboflavin (per cent)	Niacin (per cent)	Vitamin A (per cent)	Vitamin C (per cent)
Milk	25	75	5	15	60	5	15	..
Meat and Eggs	50	15	40	30	25	60	eggs 10 meat ..	..
Breads and Cereal	20	15	20	30	10	20	..	..
Fruits and Vegetables	5	20	35	30	25	20	Leafy, green, or yellow veg. 125 Other veg. & fr. 10	Citrus fruit 60 Other 40
Totals*	100	125	100	105	120	105	160	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.

Fats and sugar contribute negligible amounts to the above eight nutrients.

## HOW FOOD GROUPS CONTRIBUTE NUTRIENTS

In planning practical diets there has to be a starting point. The normal, healthy adult, about 25 years of age, who is moderately active has been chosen for calculating dietary needs. Modifications for health, age, and size are easily figured by adding and subtracting from the General Diet (beginning on page 16) which will furnish necessary nutrients to sustain this average adult under normal conditions. The remaining diets have been adapted from the General Diet to meet the varying needs of any individual.

Foods usually are classified into groups, and on page 14 will be found the common foods classified under basic headings. Underneath each is the amount needed daily to maintain good nutritional health for the average adult under normal conditions. On page 15 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%.

**This table can be useful in teaching why it is important to select a variety of foods from all four groups and why to leave out foods from any single group weakens the diet.**

## BASIC FOOD GROUPS FOR MENU PLANNING

### MILK

Children through teen age:

3 to 4 cups daily

Adults: 2 or more cups daily

Pregnant women: About 1 quart daily

Nursing mothers: About 1½ quarts daily

### MEAT and MEAT SUBSTITUTES

Meat, poultry, or fish — 2 or more servings daily

Eggs — 3 or 4 a week

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

### FRUITS AND VEGETABLES

*A total of four or more servings daily*

It is important to serve a *variety* throughout the week.

Foods high in vitamin C should be served daily.

Deep yellow or dark leafy green vegetables should be served often for vitamin A.

#### High Vitamin C Foods

*One or more servings daily*

Grapefruit

Lemons

Limes

Oranges

Tangerines

Tomatoes

Cantaloupe

Pineapple — raw

Strawberries, raw

*A large serving of*

Broccoli

Brussels sprouts

Cabbage, raw

Cauliflower

Green peppers, raw

Turnips, raw

#### Suggested Vegetables

*For variety*

Asparagus, green

Beans, snap, green

Beans, lima

Broccoli

Brussels sprouts

Cabbage, green

Carrots

Cauliflower

Celery

Chard

Cucumber

Eggplant

Kale

Lettuce

Mustard greens

Peas, green

Peppers, green and red

Potatoes

Pumpkin

Spinach

Tomatoes

Turnip greens

Turnips

Squash, winter yellow

Sweet potatoes

Yams

**BREADS and CEREALS**

*Four or more servings daily*

Whole grain, fortified, or enriched breads and cereals

**BUTTER, FORTIFIED MARGARINE and SALAD OIL**

Some daily in moderation

**Size of Servings**

(for Children, see page 24)

Unless otherwise indicated, the average servings listed are:

<b>Meat, fish, or poultry</b>	2½ to 3 ounces, cooked weight	
<b>Meat substitute</b> see page 57	equivalent to 1 to 2 ounces of meat (also ½ cup cooked dried beans or peas)	
<b>Potato</b> <b>Vegetables</b> <b>Fruit and fruit juices</b> <b>Desserts</b>	} ½ cup	
<b>Bread</b>		1 slice
<b>Cereal</b>		½ cup cooked, ¾ to 1 cup prepared dry
<b>Butter or margarine</b>		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, restored, or enriched breads and cereals

## GENERAL DIET

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

**Adequacy:** The suggested food plan includes foods in amounts that will provide the amount of nutrients recommended by the National Research Council for the average adult.

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

FOOD FOR THE DAY	DESCRIPTION
<p style="text-align: center;">MILK 2 or more cups</p>	<p>Milk may be whole, skim, buttermilk, fresh, dried, or evaporated. May be used as a beverage and in cooking.</p>
<p style="text-align: center;">EGGS 3 or 4 a week</p>	<p>Prepared in any way or used in cooking.</p>
<p style="text-align: center;">MEAT and MEAT SUBSTITUTES 2 servings (total 5 oz.)</p>	<p>Meat, fish, or fowl should be used in one serving. The other serving may be meat, eggs, cheese, dried beans or peas, or peanut butter. Liver and other organ meats should be served regularly.</p>
<p style="text-align: center;">POTATO and POTATO SUBSTITUTES 1 serving</p>	<p>White or sweet potatoes; macaroni, spaghetti, noodles, or rice.</p>
<p style="text-align: center;">VEGETABLES 2 or more servings</p>	<p>May be fresh, canned, or frozen; served raw, or cooked. Serve one deep yellow or dark leafy green vegetable at least every other day.</p>
<p style="text-align: center;">FRUITS 2 or more servings</p>	<p>May be fresh, canned, or frozen; served whole, diced, or as juice. Serve one citrus fruit or other food high in vitamin C.</p>
<p style="text-align: center;">BREAD and CEREALS 4 servings</p>	<p>Use whole grain, restored, or enriched breads and cereals.</p>
<p style="text-align: center;">FATS 2 tablespoons</p>	<p>Use butter, fortified margarine, cream, or salad oil in moderate amounts to make food palatable.</p>



The suggested menu plan described below will furnish approximately 1600 calories. 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, fish, or meat  
substitute  
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 provide *only needed nutrients* and should be taken only if prescribed by the physician. NOTE: The 1500 or 1800 calorie diets (pp. 73-74) may be prescribed when it is advisable to restrict calories.

### 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, dried, or evaporated. It 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 medium servings (total 6 oz.)	Meat, fish, or fowl should be used in one serving. The other serving may be meat, eggs, cheese, dried beans or peas, or peanut butter. Liver and other organ meats should be served regularly.
POTATO and POTATO SUBSTITUTES 1 serving	White or sweet potato; macaroni, spaghetti, noodles, rice.
VEGETABLES 2 or more servings	May be fresh, canned, or frozen; served raw, or cooked. Serve one deep yellow or dark leafy green vegetable at least every other day.
FRUITS 2 or more servings	May be fresh, canned, or frozen; served whole, diced, or as juice. Serve one citrus fruit or other food high in vitamin C.
BREADS and CEREALS 6 servings	Use whole grain, restored, or enriched breads and cereals. Less bread and cereals may be used if larger servings of meat are preferred.
FATS 2 tablespoons	Use butter, fortified margarine, cream, or salad oil in moderate amounts to make food palatable.

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, fish, or  
meat substitute  
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 make certain a total of 4 cups is served.

## **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 14) to make a total of 2 servings of food high in vitamin C.

## 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>Serve 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 3 or 4 a week</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 (total 5 oz.)</p>	<p>Meat, fish, or poultry should be used in one serving. The other serving may be meat, eggs, cheese, dried beans or peas, or peanut butter. If meat cannot be chewed, it may be chopped, ground, 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>Serve potatoes often. They are a good food but if served in too large a quantity, may replace other foods which are also valuable. Potato substitutes are macaroni, spaghetti, noodles, rice.</p>
<p style="text-align: center;">VEGETABLES 2 or more servings</p>	<p>If there is difficulty in chewing, the vegetables may be chopped, mashed, or strained. Serve a deep yellow or a dark leafy green vegetable at least every other day.</p>
<p style="text-align: center;">FRUITS 2 or more servings</p>	<p>Fruit may be raw, cooked, chopped, strained, or served as a juice. Serve one citrus fruit or other food high in vitamin C.</p>

BREAD and CEREALS  
4 servings

Serve whole grain, restored, 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, fortified margarine, or salad oil in moderate amounts to make food palatable.

**Important:** Excess fat can dull the appetite. Try to avoid rich gravies, pastries, or repeated use of fried foods.

## Suggested Menu Plan for Older Person

(Select from foods described)

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

### 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

### Bedtime

Milk with cookies or crackers

If supper meal is served before 6 p.m., a bedtime nourishment should be provided.

## DIET FOR CHILDREN

**Use:** The Diet for Children is prescribed for children, age 1 to 6 years, who require no dietary modifications.

**Adequacy:** The suggested food plan includes food in amounts which will provide the nutrients recommended by the National Research Council for the average child.

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

**IMPORTANT:** *A sick child will regress in his level of performance. There is the possibility this regression will increase rather than decrease throughout a long illness.* For instance, a 6-year-old child will regress to the performance of a 4- or 5-year-old so far as eating is concerned.

FOOD FOR THE DAY	DESCRIPTION
MILK 3 or 4 cups	Milk should not be drunk to the exclusion of other foods. If milk served with meals tends to reduce the intake of other food, it should be served at the end of the meal or between meals. When a child will not drink milk, serve milk puddings and custards frequently. Milk fortified with 400 IU vitamin D per quart is recommended for children through the age of 21 years.
EGGS 1 daily	Prepared in any way or used in cooking.
MEAT and MEAT SUBSTITUTES 2 servings (total 1 to 2 oz.)	Meat, fish, or fowl should be in one serving. The other serving may be meat, eggs, cheese, peanut butter. Liver and other organ meats should be served regularly. It is important that meat be tender, moist, and cut into strips or bite-sized pieces.
POTATO and POTATO SUBSTITUTES 1 serving	White or sweet potatoes; macaroni, spaghetti, noodles, or rice.

VEGETABLES  
2 or more servings

May be fresh, canned or frozen; served raw or cooked. Serve one deep yellow or a dark leafy green vegetable at least every other day. Young children like crisp finger foods; serve them regularly.

FRUITS  
2 or more servings

May be fresh, canned or frozen; served whole, diced, or as juice. Serve one citrus fruit or other food high in vitamin C. Young children like crisp finger foods; serve them regularly.

BREAD and CEREALS  
2 to 4 servings

Use whole grain, restored, or enriched breads and cereals.

DESSERTS

Serve fruit often. Milk puddings, custard; ice cream, sherbet; angel food, sponge-type, chocolate, and plain cake, cookies; gelatin. Serve gelatin with generous amounts of fruit and vegetables often.

FATS  
In moderate amounts

Use butter, fortified margarine, or salad oil in moderate amounts for palatability. **IMPORTANT:** Excess fat can dull the appetite. Try to avoid rich gravies, pastries, or repeated use of fried foods.

SEASONINGS  
In moderate amounts

Seasonings may be used in moderate amounts. Highly seasoned foods are not recommended.

To meet the calorie needs of the individual, additional or larger 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 crisp bacon, cream, and salad dressings.

## Suggested Menu Plan for Children

(Select from foods described in amounts suggested below)

### Breakfast

Fruit or juice  
Cereal with milk  
Toast or bread  
Butter or margarine  
Milk

### Dinner

Meat, fish, or poultry  
Potato or substitute  
Vegetable—raw or cooked  
Bread with butter or  
margarine  
Pudding or fruit  
Milk

### Lunch or Supper

Eggs, meat, cheese, or peanut butter  
Vegetable—raw or cooked  
Bread with butter or margarine  
Fruit  
Milk

## Size of Servings for Children

	<i>1-year-old</i>	<i>2 to 3 years</i>	<i>4 to 5 years</i>
Milk	½ to 1 cup	½ to 1 cup	1 cup
Meat, fish, poultry, cottage cheese, or mild processed-type cheese	1 tablespoon	3 tablespoons	4 tablespoons
Eggs	1 whole	1 whole	1 whole
Potatoes Vegetables—cooked	2 tablespoons	3 tablespoons	4 tablespoons
Vegetables—raw	1 or 2 small pieces	2 or 3 small pieces	3 or 4 small pieces
Fruits, fresh or canned Desserts	¼ cup	⅓ cup	½ cup
Citrus fruit & juice	⅓ to ½ cup	⅓ to ½ cup	⅓ to ⅔ cup
Bread	½ to 1 slice	1 slice	1 to 1½ slices
Cereal	¼ cup	⅓ cup	½ cup



## **HIGH CALORIE, HIGH PROTEIN, HIGH VITAMIN DIET**

**Use:** This diet is prescribed 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 recommended by the National Research Council for the average adult.

**Diet Principles:** Lack of appetite is often a factor for the patient in need of 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 substantial amounts between meals. 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, between meal nourishment only dulls 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.

FOOD FOR THE DAY	DESCRIPTION
MILK 2 cups	Increase gradually to 1 to 1½ quarts a day through the use of fluid milk or non-fat 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 add it to prepared dishes such as meat loaf, mashed potatoes, etc.
EGGS 1 or more	Increase to 2 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. Meat, fish, or fowl should be in one serving. 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	Additional servings may be included. They add little protein or calories in comparison to other foods but do contribute vitamins and minerals. Serve one dark leafy green or deep yellow vegetable at least every other day.
FRUITS 2 servings	Additional servings, along with the use of sweetened fruit juices, will increase calories. Serve one citrus fruit or other food high in vitamin C.
BREAD and CEREALS 3 to 5 servings	Gradually increase amount. Use whole grain, restored, or enriched breads and cereals.
FATS 2 or more tablespoons	Use butter, fortified margarine, or salad oil daily. Increase calories through the use of bacon, salad dressing, and cream. Excessive use of fat may dull the appetite.

**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, but not to the exclusion of other food.

## **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

### **Mid-afternoon**

Fruit or fruit juice

### **Dinner**

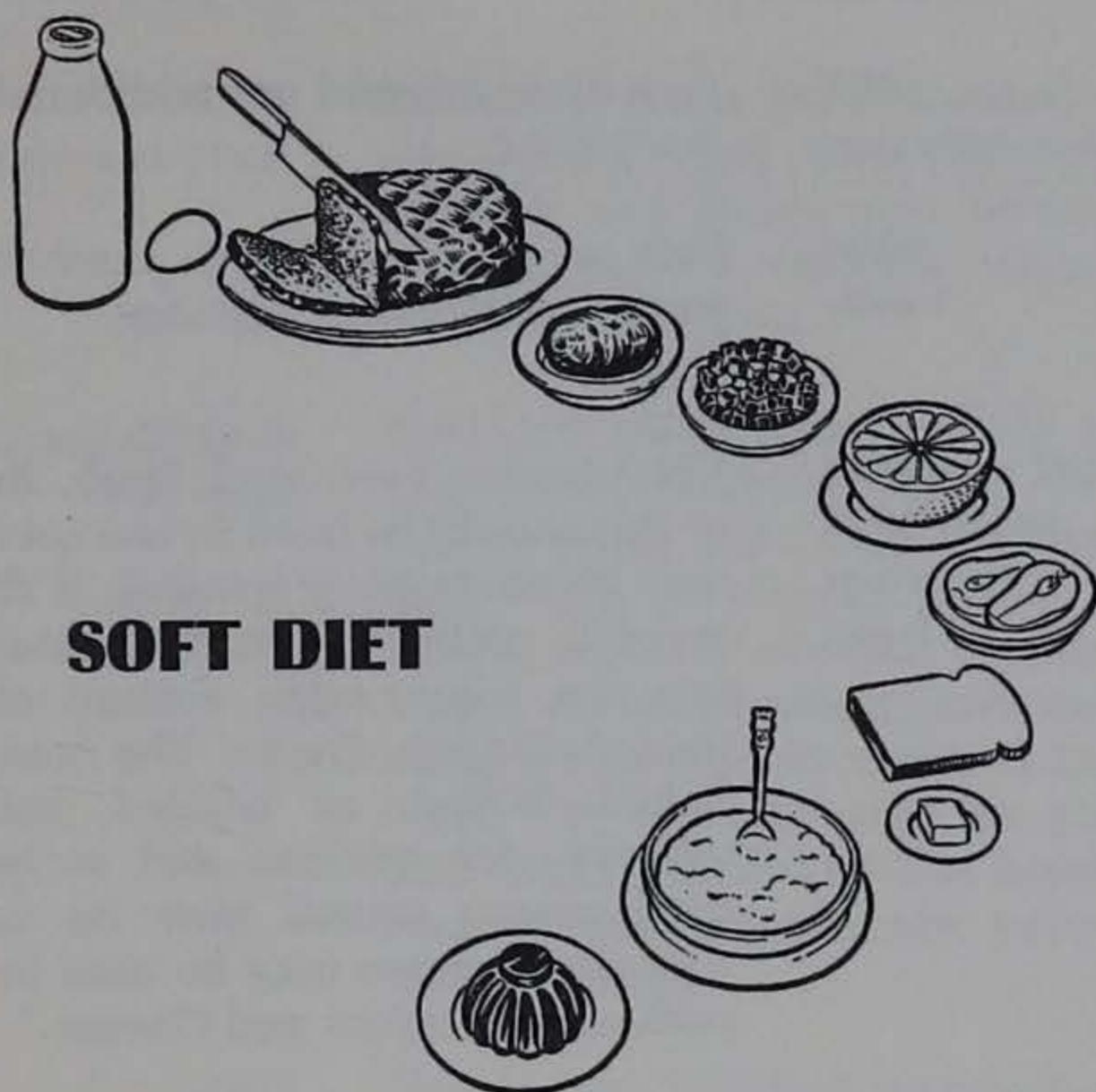
3 ounces meat, fish, or poultry  
Potato or substitute  
Cooked vegetable  
Salad — vegetable or fruit  
with salad dressing  
Bread with jelly  
Butter or margarine  
Dessert  
1 cup milk

### **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 prescribed post-operatively following the Liquid Diet and leading to the General Diet, for the acutely ill patient, in some gastrointestinal disturbances, and in conditions where mechanical ease of eating and digestion is desired. (See page 20 for the Diet for the Older Person.)

**Adequacy:** The Soft Diet includes foods in quantities which will provide the amount of nutrients recommended by the National Research Council for the average adult.

**Diet Principles:** This diet is soft in texture, includes easily digested foods.

### The Toothless Soft Diet

**Diet Principles:** It is important that foods may be swallowed without chewing. Fruits and vegetables should be mashed or strained. Meat, fowl, and fish should be finely chopped or ground and served with enough added broth to assure ease of swallowing.

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

## 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, egg-nogs.

MEAT and MEAT  
SUBSTITUTES  
2 servings  
(total 5 oz.)

Very tender beef, veal, lamb, liver, fowl, or fish should be used in one serving. This may be chopped or ground, if desired, to make it easier to eat. 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:** Highly seasoned or highly salted fish or meats, pork, ham, luncheon meats, frankfurters, corned beef; smoked, spiced fish or meats.

POTATO and POTATO  
SUBSTITUTE  
1 serving

White or sweet potato cooked tender such as mashed, creamed, escalloped, au gratin, and baked (omit skins); 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**

<p>FRUITS 2 or more servings</p>	<p>Serve one citrus fruit. Cooked or canned applesauce, Royal Anne cherries, apricots, peaches, and pears; ripe banana; orange and grapefruit sections without membrane; fruit juices.</p>
<p>BREAD and CEREALS 4 servings</p>	<p>Enriched white bread, whole wheat and rye bread <b>without</b> seeds, or cracked wheat; plain roll; soda crackers or saltines, rusk, zweiback, melba toast. Enriched, refined cooked cereals such as farina, cream of wheat, corn meal, malt meal, quick-type or strained regular oatmeal; dry cereals such as puffed rice, rice flakes, cornflakes. <b>Hot breads such as muffins and biscuits are sometimes not well tolerated.</b></p>
<p>FATS in moderate amounts</p>	<p>Use butter, fortified margarine, or salad oil in moderate amounts for palatability. Crisp bacon and cream may be added as desired.</p>
<p>SOUPS as desired</p>	<p>Broth and cream soups made with allowed vegetables.</p>
<p>DESSERTS as desired</p>	<p>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.</p>
<p>SWEETS as desired</p>	<p>Sugar, syrup, honey, clear jelly.</p>
<p>SEASONINGS in moderate amounts</p>	<p>Salt and flavorings.</p>
<p>BEVERAGES as desired</p>	<p>Coffee, tea, and carbonated beverages.</p>

## **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:** This diet is prescribed for ulcers or open lesions upon the mucous lining of the stomach or duodenum and in various diseases of the gastrointestinal tract where inflammation or spasms are present.

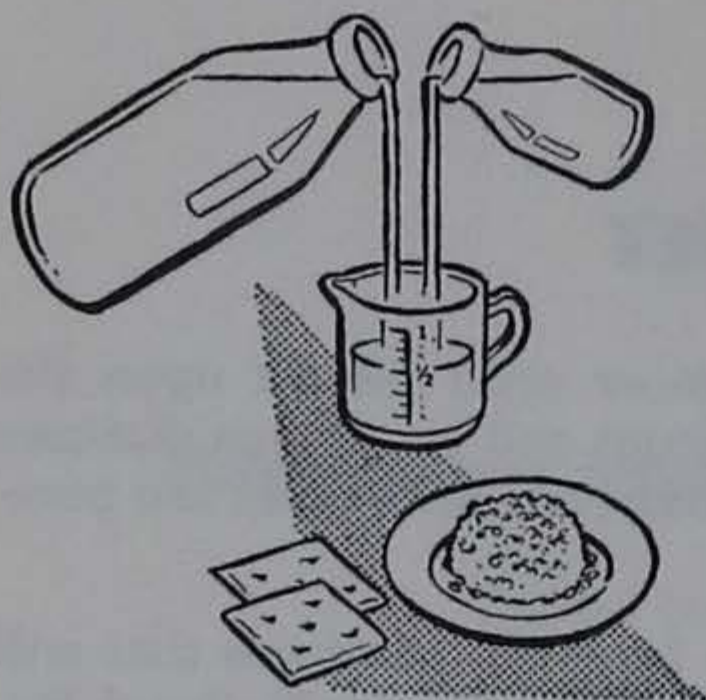
**Adequacy:** Bland Diets 3 and 4 include foods in quantities that will provide the amount of nutrients recommended by the National Research Council for the average adult. Bland Diets 1 and 2 are inadequate in iron, thiamine, niacin, and ascorbic acid.

### Diet Principles:

1. **Each patient should be treated individually.** The diet is increased 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.
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 — alcohol, tobacco, spices, 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 double the natural protein content and to increase the buffering action.



## 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 mixture of milk and cream may include equal parts whole milk and 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. half & half	3 oz. milk 1 oz. half & half	4 oz. milk	4 oz. skim milk
	(gms.)	(gms.)	(gms.)	(gms.)
Carbohydrate . . . . .	6	6	6	6
Protein . . . . .	4	4	4	4
Fat . . . . .	10	7	5	—
Calories . . . . .	130	103	85	40

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

	2 oz. milk 2 oz. half & half	3 oz. milk 1 oz. half & half	4 oz. milk	4 oz. skim milk
	(gms.)	(gms.)	(gms.)	(gms.)
Carbohydrate . . . . .	90	90	90	90
Protein . . . . .	60	60	60	60
Fat . . . . .	150	105	75	—
Calories . . . . .	1950	1545	1275	600

## BLAND DIET 2

(Also Post Surgical Soft Diet - omit hourly milk-cream feedings)

### Ulcer Management—Small, Frequent Feedings

A milk and cream mixture described under Bland Diet 1 is taken every two hours from 7 a.m. through 9 p.m. and later if necessary. A small serving of the foods listed below may be served with the milk and cream mixture.

Butter or margarine, salt, and sugar may be used in small amounts.

#### FOOD FOR THE DAY

#### DESCRIPTION

EGGS	Soft cooked, poached, scrambled.
CHEESE	Cottage cheese.
POTATO	Baked (omit skins), boiled, mashed, or creamed.
BREAD and CEREALS	Refined cooked cereals such as farina, cream of wheat, corn meal, creamed rice; quick-type or strained regular oatmeal. Toasted white bread and soda crackers.
SOUPS	Homemade strained cream soups made with a thin cream sauce and strained vegetable or potato.
DESSERTS	Plain custard, flavored and unflavored gelatin, cornstarch, tapioca and rice pudding, vanilla ice cream.

#### A Suggested Plan for Increase in Amount to be Served

NOTE: The period of time allotted to steps 1, 2, and 3 may last from one day to several days. It will differ with each individual.

- Step 1 With one or more servings of the milk and cream mixture, add one of the foods listed above.
- Step 2 Add a *very small serving* of the foods suggested above to two or more feedings as the patient desires: For example:
- 7 a.m. Cereal, 1 slice toast with butter.  
 11 a.m. Cream soup, potato, toast with butter, dessert.  
 3 p.m. Cereal, toast with butter.  
 7 p.m. Cream soup, egg or cottage cheese, toast with butter, dessert.
- Step 3 Increase size of serving portion of the above foods.

## 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, egg-nogs.
MEAT and MEAT SUBSTITUTES 2 servings (total 5 oz.)	Very tender beef, lamb, veal, liver, fowl, or fish should be one serving. This may be chopped or ground if desired. 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 (omit skins); 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 or diluted with water if it causes discomfort. The other serving may be ripe banana, cooked or canned apple-sauce, Royal Anne cherries, peeled apricots, peaches, or pears; orange or grapefruit sections without membrane; fruit juice.

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

**FOOD FOR THE DAY**

**DESCRIPTION**

**BREAD 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; quick-type or strained regular oat-meal.

**FATS**  
in moderate amounts

Butter, fortified margarine, cream, or salad oil may be used in moderate amounts for palatability.

**SOUPS**  
as desired

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

**AVOID:** Broth soups. Commercial soups that are usually highly seasoned often cause discomfort.

**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 or Sanka.

**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 or diluted  
with water)

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 or in gelatin)

### 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 is prescribed after healing has occurred. Each patient must learn which foods to avoid; the foods will differ with each patient. The patient is able to eat food on the General Diet with these modifications:

1. Highly seasoned foods should be avoided.
2. Fried foods are to be eaten very seldom.
3. Meals should be served at regular intervals to avoid long periods without food in the stomach.
4. A small between-meal feeding should be part of the daily intake.

### Suggested Menu Plan for Bland Diet 4

#### Breakfast

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

#### Mid-morning

Milk

#### Dinner

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

#### Lunch or Supper

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

#### Mid-afternoon

Custard  
 Beverage

#### Bedtime

Milk with crackers

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

## **LOW RESIDUE DIET**

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

**Adequacy:** This diet provides foods in quantities that will provide the amount of nutrients recommended by the National Research Council for the average adult 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.

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



FOOD FOR THE DAY

DESCRIPTION

<p>MILK Limit to 2 cups</p>	<p>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.</p>
<p>EGGS 1 daily</p>	<p>Soft or hard cooked, poached, baked, omelet, scrambled, eggnog.</p>
<p>MEAT and MEAT SUBSTITUTES 2 servings</p>	<p>Very tender beef, lamb, veal, liver, fowl, or fish should be one serving. This may be chopped or ground if desired. 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."</p> <p><b>AVOID:</b> Pork, ham, luncheon meats, frankfurters, corned beef; smoked, highly seasoned, or highly salted fish or meats.</p>
<p>POTATO and POTATO SUBSTITUTES 1 serving</p>	<p>White potato, mashed, creamed, escaloped, au gratin, and baked (omit skins); spaghetti, macaroni, noodles, and rice.</p>
<p>VEGETABLES (strained) 2 servings</p>	<p>Strained asparagus, beets, carrots, string beans, peas, spinach, squash — may be served alone or in clear or cream soups.</p>
<p>FRUITS 2 servings</p>	<p>Serve 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.</p>

FOOD FOR THE DAY	DESCRIPTION
BREADS and CEREALS 4 or more servings	Enriched white bread, whole wheat and rye bread <i>without seeds</i> ; soda crackers or saltines, rusk, zweiback, melba toast. Enriched, cooked refined cereals such as farina, cream of wheat, corn meal, maltomeal, quick-type or strained regular oatmeal; dry cereals such as puffed rice, rice flakes, cornflakes. Hot breads such as muffins and biscuits are sometimes not well-tolerated.
FATS in moderate amounts	Use butter, fortified margarine, cream, or salad oil in moderate amounts for palatability.
SOUPS as desired	Use homemade strained cream soups made with a thin cream sauce and allowed vegetables; 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	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 prescribed 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. It may be prescribed to supplement a tube feeding.

**Adequacy:** Depending upon the amount and choice of food the patient eats, this diet will tend to be low in protein, calories, iron, thiamine, or niacin.

**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 eggnogs.
POTATO	Strained <i>in cream soups only</i> .
VEGETABLES	Strained asparagus, carrots, green beans, peas, spinach, and tomato, combined with clear broth, cream soup, or gelatin; vegetable juices.
FRUITS	Citrus and other fruit juices.
BREADS and CEREALS	Cereal gruel.
FATS	Butter, fortified margarine, and cream may be used in soups.
SOUPS	Broth, or strained cream soup combined with allowed strained vegetables.
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

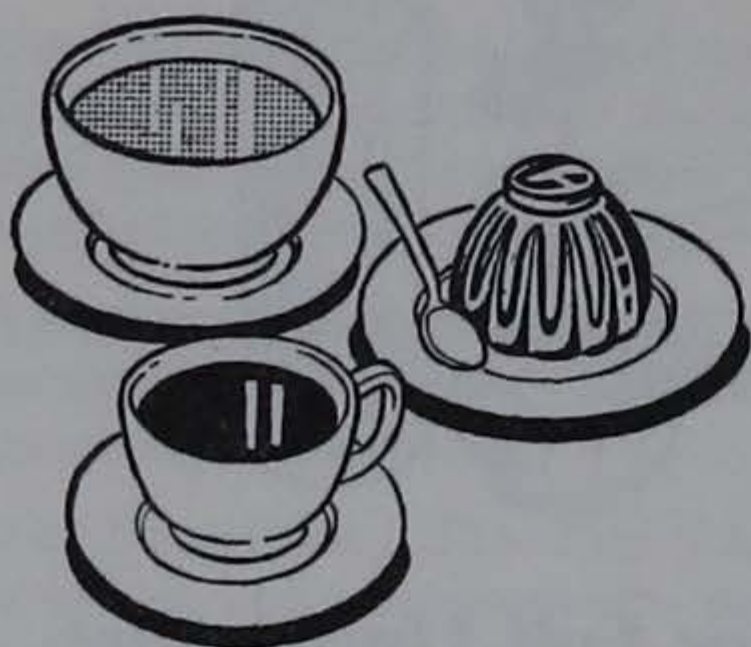
### Dinner

- 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 prescribed for patients post-operatively, in acute inflammatory condition of the gastrointestinal 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.

Certain post-operative patients may be limited to tea and fat free broth for one or more meals.

### FOOD FOR THE DAY

### DESCRIPTION

FRUITS	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 or unflavored  
gelatin

Tea or coffee

### **Lunch or Supper**

Broth

Flavored or unflavored  
gelatin

Tea or coffee

Between-meal nourishment: Fruit juice, if tolerated.

## TUBE FEEDINGS

**Diet Principles:** A tube feeding is any food that can be poured through a polyvinyl tube. Adequate carbohydrate and fat must be furnished in amounts to spare the protein; if protein content is too high, formula will not pass through the tube readily.

**Use:** A tube feeding is prescribed when a patient is unable to take food by mouth. It is useful for a patient who is too weak to consume regular food in amounts that furnish adequate nutrients.

**Adequacy:** The plain milk feedings furnish adequate protein, calcium, and riboflavin. They are inadequate in calories, iron, vitamin A, thiamin, and ascorbic acid.

2000 cc.	Buttermilk	Skim Milk	Whole Milk
Carbohydrate	100	100	100
Protein	70	70	70
Fat	2	2	75
Calories	700	700	1355

Tube feeding A is adequate in all but iron, and is only moderately low in thiamin and vitamin A.

Tube feeding B is adequate in all nutrients.

**IMPORTANT:** Additional supplemental vitamins and minerals may be contraindicated in tube feedings, particularly when a highly fortified commercial preparation is used.



## Tube Feeding A

Yield: 1800 cc. (1 $\frac{3}{4}$  quarts)

Carbohydrate—180 gms. (45%) Protein—80 gms. (20%) Fat—65 gms. (35%) Calories—1600

### DIRECTIONS

- (1) Beat  
Strain into bowl (2 qt. size)
- (2) Strain into beaten egg
- (3) Gradually add — stir with spoon
- (4) Add
- (5) Stir thoroughly.  
Strain into bottle to remove any lumps before delivery to patient.

### INGREDIENTS

- One egg
- 1 cup orange juice
- $\frac{1}{2}$  cup dry skim milk powder
- $\frac{1}{4}$  cup granulated sugar
- 1 teaspoon salt
- 1 quart skim milk
- 1 pint half and half

## Tube Feeding B

Yield: 2000 cc. (2 quarts)

Carbohydrate—210 gms. (45%) Protein—110 gms. (20%) Fat— 75 gms. (35%) Calories—1955

To be mixed in a blender

### DIRECTIONS

- (1) Strain into blender
- (2) Add—and blend thoroughly  
(May be mixed in two batches, depending upon size of the blender.)
- In a bowl (2 quart):
- (3) Combine with
- (4) Stir thoroughly.  
Strain into bottle to remove any lumps before delivery to patient.

### INGREDIENTS

- 1 cup orange juice
  - 1 cup cooked refined cereal
  - 2 eggs
  - 1 small can strained meat (3 $\frac{1}{2}$  oz.)
  - 1 small can strained vegetable (4 $\frac{3}{4}$  oz.)
  - 1 small can strained fruit (4 $\frac{3}{4}$  oz.)
  - 4 teaspoons salad oil
  - $\frac{1}{4}$  cup granulated sugar
  - 1 teaspoon salt
  - $\frac{1}{2}$  cup dry skim milk powder
  - 1 quart whole milk
- Select a variety from day to day.  
 Include liver twice a month.

## DIABETIC DIET

**Use:** This diet is prescribed 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 nine meal plans ranging from 1200 to 3500 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

ADA Plan Diet No.	C., P., F., and CAL. DISTRIBUTION FOR DAY				CARBOHYDRATE DISTRIBUTION FOR MEALS				
	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	..	..

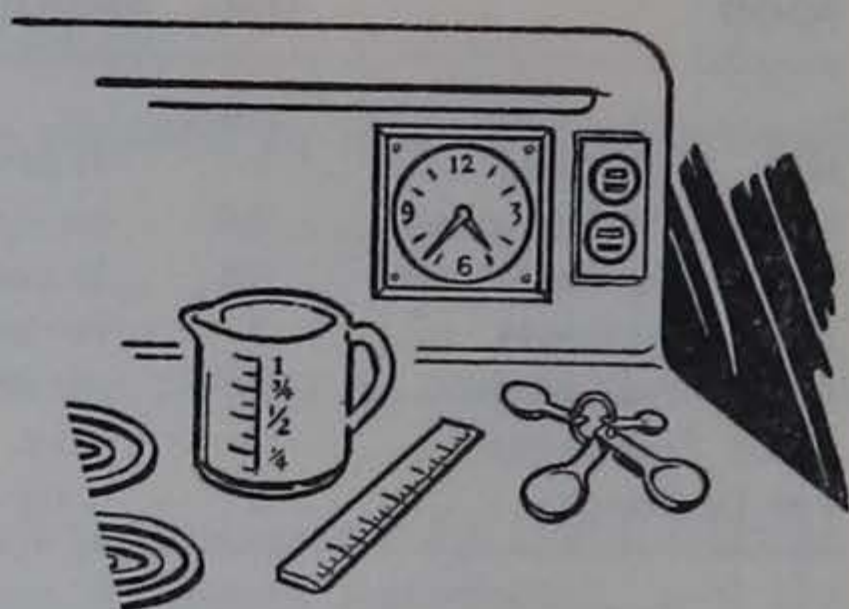
### TOTAL DAY'S FOOD IN SAMPLE MEAL PLANS

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

(This prescription may be filled with ADA Meal Plans No. 3 or No. 5.)

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	
			<u>181</u>	<u>83</u>	<u>80</u>	

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 with 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\*

(For diabetic diets, low calorie diets, fat controlled diets)

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

(For diabetic diets, low calorie diets, fat controlled diets)

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

(For diabetic diets, low calorie diets, fat controlled diets)

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

**Contain little Carbohydrate, Protein, or Calories**

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
		Watercress

\* 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  $\frac{1}{2}$  cup serving.

**Carbohydrate — 7 grams, Protein — 2 grams, Calories — 35.**

Beets	<b>Peas, green</b>	<b>Squash, winter</b>
Carrots	<b>Pumpkin</b>	Turnip
Onions	Rutabaga	

1. The vegetables printed in **bold face** are high in vitamin A; serve at least once every other 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  $\frac{1}{2}$  bread exchange may be used in place of a  $\frac{1}{2}$  cup serving of vegetable 2B.

### List 3. Fruit Exchanges

(For diabetic diets, low calorie diets, fat controlled diets)

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

**Carbohydrate — 10 grams, Calories — 40**

1 small apple — 2" diameter	$\frac{1}{4}$ cup grape juice
$\frac{1}{2}$ cup applesauce	$\frac{1}{8}$ (7" diam.) <b>honeydew melon</b>
2 medium apricots, fresh	1 small <b>orange</b>
4 halves apricots, dried	$\frac{1}{2}$ cup <b>orange juice</b>
$\frac{1}{2}$ small banana	1 medium peach
1 cup berries — straw., rasp., <b>black</b>	1 small pear
$\frac{2}{3}$ cup blueberries	$\frac{1}{2}$ cup pineapple
$\frac{1}{4}$ (6" diam.) <b>cantaloupe</b>	$\frac{1}{3}$ 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 <b>tangerine</b>
$\frac{1}{2}$ small grapefruit	1 cup watermelon
$\frac{1}{2}$ 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

(For diabetic diets, low calorie diets, fat controlled diets)

Each exchange is equal to 1 slice of bread.

Carbohydrate — 15 grams, Protein — 2 grams, Calories — 70

### 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 hamburger bun (8 to a pound)
- 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)
- ¼ cup baked beans, without pork
- ⅓ cup corn (½ ear)
- ⅔ cup parsnips
- ½ cup potatoes, white (1 small)
- ¼ cup potatoes, sweet or yams
- 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
- 2½ tablespoons flour



## List 5. Meat Exchanges

(For diabetic diets, low calorie diets, fat controlled diets)

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, whole
- 2½ tablespoons dried whole

### 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

(For diabetic diets, low calorie diets, fat controlled diets)

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

(For diabetic diets, low calorie diets, fat controlled diets)

**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 for a short period of time liquid and/or clear liquid foods. Following are substitutions which can be used for bread, fruit, meat, fat, and milk exchanges in the accompanying exchange lists.

### **1 Bread Exchange**

- 1/2 cup regular ice cream  
(liquid diet only)
- 1/2 cup flavored gelatin such as  
Jell-o
- 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

### **1 Meat Exchange**

- 1 egg — combine with milk  
or orange juice in a nog  
(liquid diet only)

### **1 Fat Exchange**

- 1 teaspoon salad oil — may be  
beaten into eggnog (liquid  
diet only)

## 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 found on pages 54-57.

### 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 fruit exchange (List 3)  
1 fat exchange (List 6)  
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 found on pages 54–57.

**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 exchange (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 fat exchange (List 6)  
1 cup milk (List 1) †  
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 found on pages 54-57.

### 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 exchange (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 fat exchange (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. 4**

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

This menu plan is for use with accompanying food exchange lists found on pages 54-57.

**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 found on pages 54-57.

### 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) †
- 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)
- 1 cup milk (List 1) †
- Coffee or tea, any amount

#### 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) †
- 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. 6**

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

This menu plan is for use with accompanying food exchange lists to be found on pages 54-57.

**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) †  
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)  
1 fruit exchange (List 3)  
5 fat exchanges (List 6)  
1 cup milk (List 1) †  
Coffee or tea, any amount

**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) †  
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. 7

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

This menu plan is for use with accompanying food exchange lists to be found on pages 54-57.

### 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 exchange (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) †
- 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)
- 1 cup milk (List 1) †
- Coffee or tea, any amount

#### 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) †
- Coffee or tea, any amount

#### 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 to be found on pages 54–57.

**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 to be found on pages 54-57.

### 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 prescribed 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 by the National Research Council for the average adult. 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 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 activity 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. 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. 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.
6. Other diets in the manual are modified as to calorie content. During pregnancy when it is advisable to restrict calorie intake, the 1500 and 1800 Calorie Diets may be used.

Under each of the three plans for Sodium Restriction, plans for 1200 and 1800 Calorie Diets may be found.

Under the Fat Controlled Diets, plans for 1200, 1500, and 2000 Calorie Diets may be found.



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

**Dinner**

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

**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)
- Coffee or tea, any amount

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

### Dinner

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

### Lunch or Supper

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

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\*If skim milk is used instead of whole milk, 4 fat exchanges may be added to the diet for the day.

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

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

#### Dinner

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

#### Lunch or Supper

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

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\*If skim milk is used instead of whole milk, 4 fat exchanges may be added to the diet for the day.

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

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

#### Dinner

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

#### Lunch or Supper

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

#### Between meals

1 cup skim milk (List 1)

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



## 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 cups	skim milk (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
3	fruit exchanges (List 3)
3	bread exchanges (List 4)
6	meat exchanges (List 5)
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)
- Coffee or tea, any amount

#### Dinner

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

#### Lunch or Supper

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

#### Between meals

- 1 cup whole milk (List 1)

\*This 1500 Calorie Diet may be prescribed during pregnancy when it is advisable to restrict calories.

†1. If four cups of skim milk are to be used (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.

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

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

#### Dinner

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

#### Lunch or Supper

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

#### Between meals

- 1 cup whole milk (List 1)

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\*This 1800 Calorie Diet may be prescribed during pregnancy when it is advisable to restrict calories.

† 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.

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



**LOW  
FAT  
DIET**

**Use:** The Low Fat Diet may be prescribed for liver diseases, gall bladder diseases, or for certain cardiovascular diseases.

**Adequacy:** The menu plan for the Low Fat Diet includes foods which will provide an intake of protein, minerals, and vitamins recommended by the National Research Council for the average adult. Because 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 physician may consider the use of the Moderate Fat, High Carbohydrate, Liberal Protein Diet for certain liver diseases.

**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.

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

## 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. 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 *without* sauces and gravies.

**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.

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

Serve a yellow or a dark leafy green vegetable at least every other day. 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, restored, or enriched breads and cereals.

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

FATS  
limit to 1 tablespoon

Use butter, fortified margarine, or salad oil. The amount allows 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 fat may be used on bread or in cooking.

## **MODERATE FAT, HIGH CARBOHYDRATE, LIBERAL PROTEIN DIET**

**Use:** The Moderate Fat, High Carbohydrate, Liberal Protein Diet is prescribed in liver diseases such as infectious hepatitis, jaundice, and cirrhosis. It may be prescribed in certain cardiovascular diseases.

**Adequacy:** The nutrient requirements in the convalescent stages of 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. If there is edema, restriction of the use of table salt may be beneficial.

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

## 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. 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 *without* sauces and gravies.

**AVOID:** Pork, ham, luncheon meats, frankfurters, corned beef, smoked, highly seasoned or highly salted fish or meats; 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

Serve a deep yellow or a dark leafy green vegetable at least every other day. 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.

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, restored, or enriched breads and cereals.

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

FATS  
limit to 1 tablespoon

Use butter, fortified margarine, or salad oil. The amount allows 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, Liberal 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.

## FAT CONTROLLED DIETS

**Use:** The Fat Controlled Diet is prescribed where there is a desire to restrict calories, to limit the calories from fat to 35% or less of the total calories and to provide approximately 10% of the total calories in the form of polyunsaturated fats.

**Adequacy:** The suggested plans for 1500 and 2000 calories will meet the recommendation of the National Research Council for the average adult. The plan for 1200 calories will provide 10 grams iron and will be moderately low in thiamin and riboflavin.

**Principles:** The diets provide control of total calories with a range from 1200, 1500, and 2000 calories. Approximately 10% of the total calories are in the form of salad oil. Eggs are limited to one per day.

### Composition of the Fat Controlled Diets With Per Cent of Total Calories

Diet	Calories	C gm	%	P gm	%	F gm	Approximately 10% Total Calories From Salad Oil	
							%	
1	1200	160	55	60	20	35	25	120/2½ tsp.
2	1500	175	45	75	20	55	35	150/3 tsp.
3	2000	255	50	75	15	75	35	200/4 tsp.

**NOTE:** In order to further increase the proportion of polyunsaturated fat, serve frequently fish, chicken, and pork.

**NOTE:** To make use of salad oil in an acceptable way:

Serve as French dressing: A recipe comprised of 4 parts salad oil to 1 part vinegar provides the following:

2½ teaspoons dressing contain 2 teaspoons oil

4 teaspoons dressing contain 3 teaspoons oil

5 teaspoons dressing contain 4 teaspoons oil

Salad oil may be brushed on broiled fish.

Salad oil may be whipped into an eggnog.

## FAT CONTROLLED DIET NO. 1

Carbohydrates—160 gms. (55%) Protein—60 gms. (20%) Fat—35 gms. (25%) Calories—1200

This menu plan is for use with accompanying food exchange lists to be found on pages 54-57.

### FOOD FOR THE DAY

1 pint	milk, skim (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
4	fruit exchanges (List 3)
6	bread exchanges (List 4)
4	meat exchanges* (List 5)
3	fat exchanges
	$\frac{1}{2}$ fat exchange, regular (List 6)
	2 $\frac{1}{2}$ tsp. salad oil

### A SUGGESTED DISTRIBUTION

#### Breakfast

1 fruit exchange (List 3)  
 1 meat exchange\* (List 5)  
 1 bread exchange (List 4)  
 $\frac{1}{2}$  fat exchange, regular  
 (List 6)  
 Coffee or tea, as desired

#### Dinner

2 meat exchanges (List 5)  
 2 bread exchanges (List 4)  
 Any amount vegetable exchanges  
 (List 2A)  
 1 vegetable exchange (List 2B)  
 1 fruit exchange (List 3)  
 1 $\frac{1}{2}$  tsp. salad oil  
 Coffee or tea, as desired

#### Supper

1 meat exchange\* (List 5)  
 2 bread exchanges (List 4)  
 Any amount vegetable ex-  
 changes (List 2A)  
 1 fruit exchange (List 3)  
 1 tsp. salad oil  
 1 cup skim milk (List 1)  
 Coffee or tea, as desired

#### Bedtime

1 cup skim milk (List 1)  
 1 bread exchange (List 4)  
 1 fruit exchange (List 3)

\* Limit eggs to 1 per day.

## FAT CONTROLLED DIET NO. 2

Carbohydrates—175 gms. (45%) Protein—75 gms. (20%) Fat—55 gms. (35%) Calories—1500

This menu plan is for use with accompanying food exchange lists to found on pages 54-57.

### FOOD FOR THE DAY

1 pint	milk, skim (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
4	fruit exchanges (List 3)
7	bread exchanges (List 4)
6	meat exchanges* (List 5)
5	fat exchanges
	2 fat exchanges, regular (List 6)
	3 tsp. salad oil

### A SUGGESTED DISTRIBUTION

#### Breakfast

1 fruit exchange (List 3)  
 1 meat exchange\* (List 5)  
 2 bread exchanges (List 4)  
 1/2 fat exchange, regular (List 6)  
 Coffee or tea, as desired

#### Dinner

3 meat exchanges\* (List 5)  
 2 bread exchanges (List 4)  
 Any amount vegetable exchanges (List 2A)  
 1 vegetable exchange (List 2B)  
 1 fruit exchange (List 3)  
 1/2 fat exchange, regular (List 6)  
 1 1/2 tsp. salad oil  
 Coffee or tea, as desired

#### Supper

2 meat exchanges\* (List 5)  
 2 bread exchanges (List 4)  
 Any amount vegetable exchanges (List 2A)  
 1 fruit exchange (List 3)  
 1 fat exchange, regular (List 6)  
 1 1/2 tsp. salad oil  
 1 cup skim milk  
 Coffee or tea, as desired

#### Bedtime

1 cup skim milk (List 1)  
 1 bread exchange (List 4)  
 1 fruit exchange (List 3)

\* Limit eggs to 1 per day.

## FAT CONTROLLED DIET NO. 3

Carbohydrates—250 gms. (50%) Protein—75 gms. (15%) Fat—75 gms. (35%) Calories—2000

This menu plan is for use with accompanying food exchange lists to be found on pages 54-57.

### FOOD FOR THE DAY

1 cup	milk, whole (List 1)
1 cup	milk, skim (List 1)
Any amount	vegetable exchanges (List 2A)
1	vegetable exchange (List 2B)
4	fruit exchanges (List 3)
12	bread exchanges (List 4)
5	meat exchanges* (List 5)
8	fat exchanges
	4 fat exchanges, regular (List 6)
	4 tsp. salad oil

### A SUGGESTED DISTRIBUTION

#### Breakfast

1 fruit exchange (List 3)  
 1 meat exchange\* (List 5)  
 2 bread exchanges (List 4)  
 1 fat exchange (List 6)  
 Coffee or tea, as desired

#### Dinner

3 meat exchanges\* (List 5)  
 4 bread exchanges (List 4)  
 Any amount vegetable exchanges (List 2A)  
 1 vegetable exchange (List 2B)  
 1 fruit exchange (List 3)  
 1 fat exchange, regular (List 6)  
 2 teaspoons salad oil  
 Coffee or tea, as desired

#### Supper

1 meat exchange\* (List 5)  
 4 bread exchanges (List 4)  
 Any amount vegetable exchanges (List 2A)  
 1 fruit exchange (List 3)  
 2 fat exchanges, regular (List 6)  
 2 tsp. salad oil  
 1 cup milk, whole (List 1)  
 Coffee or tea, as desired

#### Bedtime

1 cup milk, skim (List 1)  
 2 bread exchanges (List 4)  
 1 fruit exchange (List 3)

\* Limit eggs to 1 per day.

## 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. Restriction of sodium has been found useful in treating some patients with hypertension. **NOTE:** The diets are designed for adults.

**Adequacy:** The Sodium Restricted Diets include food in quantities that will provide the amount of nutrients recommended by the National Research Council for the average adult.

**Diet Principles:** Because certain foods contain liberal amounts of natural sodium, these foods as well as table salt, are limited in the amount served. 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 prescribed medication or drinking water.

In 1958 the American Heart Association published diet plans for three levels of sodium restriction. These are mild restriction, 1000 mg. and 500 mg. sodium per day. With each of the three levels of sodium there is a plan for 1200 calories, 1800 calories, and unrestricted calories. The AHA Sodium Restricted Diets are included in this manual with permission of the American Heart Association.

### **MILD Sodium Restricted Diet**—mild limitation

Salt may be used lightly during preparation of food but is omitted from the tray at mealtime. The food served on this diet is therefore quite palatable and the patient can adjust readily to it.

### **1000 Milligram Sodium Diet**—moderate limitation

Food is prepared without salt. A daily limit of only  $\frac{1}{4}$  teaspoon salt is allowed. Because the milk and meat are restricted there are upper limits to the protein content of the diet.

### **500 Milligram Sodium Diet**—strict limitation

This rigid restriction of foods containing natural sodium results in a diet that is often not well accepted by the patient. Because of this, it is difficult to maintain this low-sodium intake over long periods of time. Food is prepared without salt and no added salt is allowed. Because the milk and meat are restricted there are upper limits to the protein content of the diet.

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**Note:** Upon receipt of a physician's prescription, local heart associations will provide a copy of the following booklets published by the American Heart Association. (1) *Your Mild Sodium Restricted Diet*, (2) *Your 1000 Milligram Sodium Restricted Diet*, or (3) *Your 500 Milligram Sodium Restricted Diet*.

The adaptations of these diets as included in this Manual, with necessary related food information, AVAILABLE TO PHYSICIANS as separate booklets for issuing to patients.

## A.H.A.\* 500 MILLIGRAM SODIUM DIET For 1200 Calories

See Food Lists for 500 mg. Sodium Diet pp. 97-111.

This is the diet plan to be used each day while patient is restricted to 1200 calories. Do not use more, or less, than the number of units allowed from each food list.

(If the patient is on a 250 Milligram Sodium Diet, follow this plan with one exception: use low sodium milk.)

### FOOD FOR THE DAY

Prepare and serve all foods on this 500 mg. Sodium Diet *without salt*.

Choose 2 units	from Milk List 1A
Choose 1 unit or more and 1 unit and 1 unit	from Group A } from Group B } Vegetable from Group C } List
Choose 4 units	from Fruit List
Choose 5 units	from Bread List
Choose 5 units	from Meat List
Choose no units	from Fat List
Choose 1 unit	from Free Choice List

### A SUGGESTED MEAL PLAN

(Food allotted between meals may be added to meals if patient prefers.)

#### Breakfast

1 unit fruit (Fruit List)  
1 unit meat (Meat List)  
1 unit bread (Bread List)  
 $\frac{1}{2}$  unit fat\*\* (Free Choice List)  
Coffee or tea, any amount

#### Mid-morning

$\frac{1}{2}$  unit skim milk (Milk List 1A)

#### Lunch or Supper

2 units meat (Meat List)  
2 units bread (Bread List)  
1 unit or more A vegetable (Vegetable List)  
1 unit B vegetable (Vegetable List)  
1 unit fruit (Fruit List)  
1 unit fat\*\* (Free Choice List)  
1 unit skim milk (Milk List 1A)  
Coffee or tea, any amount

#### Dinner

2 units meat (Meat List)  
1 unit bread (Bread List)  
1 unit or more A vegetable (Vegetable List)  
1 unit C vegetable (Vegetable List)  
1 unit fruit (Fruit List)  
 $\frac{1}{2}$  unit fat\*\* (Free Choice List)  
Coffee or tea, any amount

#### Mid-afternoon

1 unit fruit (Fruit List)

#### Bedtime

$\frac{1}{2}$  unit skim milk (Milk List 1A)  
1 unit bread (Bread List)

\* American Heart Association

\*\* Selected as free choice (Total 2 units fat)



## A.H.A.\* 500 MILLIGRAM SODIUM DIET For 1800 Calories

See Food Lists for 500 mg. Sodium Diet pp. 97-111.

This is the diet plan to be used each day while the patient is restricted to 1800 calories. Do not use more, or less, than the number of units allowed from each food list.

(If the patient is on a 250 Milligram Sodium Diet, follow this plan with one exception: use low sodium milk.)

### FOOD FOR THE DAY

Prepare and serve all foods on this 500 mg. Sodium Diet *without salt*.

Choose 2 units	from Milk List 1
Choose 1 unit or more and 1 unit and 1 unit	from Group A } from Group B } Vegetable from Group C } List
Choose 4 units	from Fruit List
Choose 7 units	from Bread List
Choose 5 units	from Meat List
Choose 4 units	from Fat List
Choose 2 units	from Free Choice List

### A SUGGESTED MEAL PLAN

(Foods allotted between meals may be added to meals if patient prefers.)

#### Breakfast

- 1 unit fruit (Fruit List)
- 1 unit meat (Meat List)
- 2 units bread (Bread List)
- 1 unit fat (Fat List)
- ½ unit milk (Milk List 1)
- 1 unit free choice (Free Choice List)
- Coffee or tea, any amount

#### Mid-morning

- 1 unit fruit (Fruit List)

#### Lunch or Supper

- 2 units meat (Meat List)
- 2 units bread (Bread List)
- 1 unit or more A vegetable (Vegetable List)
- 1 unit B vegetable (Vegetable List)
- 1 unit fruit (Fruit List)
- 2 units fat (Fat List)
- 1 unit milk (Milk List 1)
- Coffee or tea, any amount

#### Dinner

- 2 units meat (Meat List)
- 2 units bread (Bread List)
- 1 unit or more A vegetable (Vegetable List)
- 1 unit C vegetable (Vegetable List)
- 1 unit fruit (Fruit List)
- 1 unit fat (Fat List)
- Coffee or tea, any amount

#### Mid-afternoon

- ½ unit milk (Milk List 1)
- 1 unit fruit (½ unit Free Choice List)

#### Bedtime

- 1 unit bread (Bread List)
- 1 unit fruit (½ unit Free Choice List)

\* American Heart Association

## A.H.A.\* 500 MILLIGRAM SODIUM DIET For Unrestricted Calories

See Food Lists for 500 mg. Sodium Diet pp. 97-111.

This is the plan to be used each day if calories are not restricted. *Only milk and meat are limited* because they are high in natural sodium. There are no upper limits on foods from the other food lists, but include each day the amounts of vegetables, fruit, and bread indicated below.

(If the patient is on a 250 Milligram Sodium Diet, follow this plan with one exception: use low sodium milk.)

### FOOD FOR THE DAY

Prepare and serve all foods on this 500 mg. Sodium Diet *without salt*.

Choose only 2 units	from Milk List 1	}	Vegetable List
Choose at least 1 unit and at least 1 unit	from Group A		
and at least 1 unit	from Group B		
Choose at least 2 units	from Group C		
Choose at least 4 units	from Fruit List		
Choose only 5 units	from Bread List		
Choose units as desired	from Meat List		
Choose units as desired	from Fat List		
Choose units as desired	from Free Choice List		

### A SUGGESTED MEAL PLAN

(If a between meal snack is desired, fruit or fruit juice would be a good selection.)

#### Breakfast

1 or more units fruit (Fruit List)  
1 unit meat (Meat List)  
1 or more units bread (Bread List)  
Fat units, as desired (Fat List)  
Free choice units, as desired (Free Choice List)  
Coffee or tea, any amount

#### Dinner

2 units meat (Meat List)  
1 or more units bread (Bread List)  
1 or more units A vegetable (Vegetable List)  
1 or more units fruit (Fruit List)  
1 or more units C vegetable (Vegetable List)  
Fat units, as desired (Fat List)  
1 milk unit (Milk List 1)  
Free choice units, as desired (Free Choice List)  
Coffee or tea, any amount

#### Lunch or Supper

2 units meat (Meat List)  
1 or more units bread (Bread List)  
1 or more units A vegetable (Vegetable List)  
1 or more units B vegetable (Vegetable List)  
1 or more units fruit (Fruit List)  
Fat units, as desired (Fat List)  
1 unit milk (Milk List 1)  
Free choice units, as desired (Free Choice List)  
Coffee or tea, any amount

\* American Heart Association

## A.H.A.\* 1000 MILLIGRAM SODIUM DIET For 1200 Calories

See Food Lists for 1000 mg. Sodium Diet pp. 97-111.

This is the diet plan to be used each day while patient is restricted to 1200 calories. Do not use more, or less, than the number of units allowed from each food list.

### FOOD FOR THE DAY

Each day  $\frac{1}{4}$  teaspoon salt may be used in cooking or served at meal-time.\*\*

Choose 2 units	from Milk List 1A	} Vegetable List
Choose 1 unit or more and 1 unit and 1 unit	from Group A from Group B from Group C	
Choose 4 units	from Fruit List	
Choose 5 units	from Bread List	
Choose 5 units	from Meat List	
Choose no units	from Fat List	
Choose 1 unit	from Free Choice List	

### A SUGGESTED MEAL PLAN

(Food allotted between meals may be added to meals if patient prefers.)

#### Breakfast

1 unit fruit (Fruit List)  
1 unit meat (Meat List)  
1 unit bread (Bread List)  
 $\frac{1}{2}$  unit fat\*\*\* (Free Choice)  
Coffee or tea, any amount

#### Dinner

2 units meat (Meat List)  
1 unit bread (Bread List)  
1 unit or more A vegetable (Vegetable List)  
1 unit C vegetable (Vegetable List)  
1 unit fruit (Fruit List)  
 $\frac{1}{2}$  unit fat\*\*\* (Free Choice List)  
Coffee or tea, any amount

#### Mid-morning

$\frac{1}{2}$  unit skim milk (Milk List A)

#### Mid-afternoon

1 unit fruit (Fruit List)

#### Lunch or Supper

2 units meat (Meat List)  
2 units bread (Bread List)  
1 unit or more A vegetable (Vegetable List)  
1 unit B vegetable (Vegetable List)  
1 unit fruit (Fruit List)  
1 unit fat\*\*\* (Free Choice List)  
1 unit skim milk (Milk List 1A)  
Coffee or tea, any amount

#### Bedtime

$\frac{1}{2}$  unit skim milk (Milk List 1A)  
1 unit bread (Bread List)

\*American Heart Association

\*\*The  $\frac{1}{4}$  teaspoon salt contains about 600 mg. sodium. If patient prefers to omit it, foods that contain *no more than* 600 mg. sodium may be substituted each day within the limits of calorie restriction. See Food Lists for sodium content.

\*\*\*Selected as free choice. (Total 2 units fat)

## A.H.A.\* 1000 MILLIGRAM SODIUM DIET For 1800 Calories

See Food Lists for 1000 mg. Sodium Diet pp. 97-111.

This is the diet plan to be used each day while patient is restricted to 1800 calories. Do not use more, or less, than the number of units allowed from each food list.

### FOOD FOR THE DAY

Each day  $\frac{1}{4}$  teaspoon salt may be used in cooking or served at mealtime.\*\*

Choose 2 units	from Milk List	
Choose 1 unit or more	from Group A	}
and 1 unit	from Group B	
and 1 unit	from Group C	
Choose 4 units	from Fruit List	Vegetable List
Choose 7 units	from Bread List	
Choose 5 units	from Meat List	
Choose 4 units	from Fat List	
Choose 2 units	from Free Choice List	

### A SUGGESTED MEAL PLAN

(Foods allotted between meals may be added to meals if patient prefers.)

#### Breakfast

- 1 unit fruit (Fruit List)
- 1 unit meat (Meat List)
- 2 units bread (Bread List)
- 1 unit fat (Fat List)
- $\frac{1}{2}$  unit milk (Milk List 1)
- 1 unit free choice (Free Choice List)
- Coffee or tea, any amount

#### Mid-morning

- 1 unit fruit (Fruit List)

#### Lunch or Supper

- 2 units meat (Meat List)
- 2 units bread (Bread List)
- 1 unit or more A vegetable (Vegetable List)
- 1 unit B vegetable (Vegetable List)
- 1 unit fruit (Fruit List)
- 2 units fat (Fat List)
- 1 unit milk (Milk List 1)
- Coffee or tea, any amount

#### Bedtime

- 1 unit bread (Bread List)
- 1 unit fruit ( $\frac{1}{2}$  unit Free Choice List)

#### Dinner

- 2 units meat (Meat List)
- 2 units bread (Bread List)
- 1 unit or more A vegetable (Vegetable List)
- 1 unit C vegetable (Vegetable List)
- 1 unit fruit (Fruit List)
- 1 unit fat (Fat List)
- Coffee or tea, any amount

#### Mid-afternoon

- $\frac{1}{2}$  unit milk (Milk List 1)
- 1 unit fruit ( $\frac{1}{2}$  unit Free Choice List)

\*American Heart Association

\*\*The  $\frac{1}{4}$  teaspoon salt contains about 600 mg. sodium. If patient prefers to omit it, foods that contain *no more than* 600 mg. sodium may be substituted each day within the limits of calorie restriction. See Food Lists for sodium content.

## A.H.A.\* 1000 MILLIGRAM SODIUM DIET For Unrestricted Calories

See Food Lists for 1000 mg. Sodium Diet pp. 97-111.

This is the plan to be used each day if calories are not restricted. *Only milk and meat are limited* because they are high in natural sodium. There are no upper limits on foods from the other food lists, but include each day the amounts of vegetables, fruit, and bread indicated below.

### FOOD FOR THE DAY

Each day  $\frac{1}{4}$  teaspoon salt may be used in cooking or served at mealtime.\*\*

Choose only 2 units	from Milk List 1	
Choose at least 1 unit	from Group A	} Vegetable List
and at least 1 unit	from Group B	
and at least 1 unit	from Group C	
Choose at least 2 units	from Fruit List	
Choose at least 4 units	from Bread List	
Choose only 5 units	from Meat List	
Choose units as desired	from Fat List	
Choose units as desired	from Free Choice List	

### A SUGGESTED MEAL PLAN

(If a between meal snack is desired, fruit or fruit juice would be a good selection.)

#### Breakfast

1 or more units fruit (Fruit List)  
1 unit meat (Meat List)  
1 or more units bread (Bread List)  
Fat units, as desired (Fat List)  
Free choice units, as desired (Free Choice List)  
Coffee or tea, any amount

#### Dinner

2 units meat (Meat List)  
1 or more units bread (Bread List)  
1 or more units A vegetable (Vegetable List)  
1 or more units C vegetable (Vegetable List)  
1 or more units fruit (Fruit List)  
Fat units, as desired (Fat List)  
1 unit milk (Milk List 1)  
Free choice units, as desired (Free Choice List)  
Coffee or tea, any amount

#### Lunch or Supper

2 units meat (Meat List)  
1 or more units bread (Bread List)  
1 or more units A vegetable (Vegetable List)  
1 or more units B vegetable (Vegetable List)  
1 or more units fruit (Fruit List)  
Fat units, as desired (Fat List)  
1 unit milk (Milk List 1)  
Free choice units, as desired (Free Choice List)  
Coffee or tea, any amount

\*American Heart Association

\*\*The  $\frac{1}{4}$  teaspoon salt contains about 600 mg. sodium. If patient prefers to omit it, foods that contain *no more than* 600 mg. sodium may be substituted each day. See Food Lists for sodium content.

## A.H.A.\* MILD SODIUM RESTRICTED DIET For 1200 Calories

See Food List for MILD Sodium Restriction pp. 97-111.

This is the diet plan to be used each day while the patient is restricted to 1200 calories. Do not use more, or less, than the number of units allowed from each food list.

### FOOD FOR THE DAY

Foods may be salted lightly during preparation but do not serve salt at meal-time.

Choose 2 units	from Milk List 1A	
Choose 1 unit or more	from Group A	}
and 1 unit	from Group B	
and 1 unit	from Group C	
		Vegetable List
Choose 4 units	from Fruit List	
Choose 5 units	from Bread List	
Choose 5 units	from Meat List	
Choose no units	from Fat List	
Choose 1 unit	from Free Choice List	

### A SUGGESTED MEAL PLAN

(Food allotted for between meal snacks may be added to meal if patient prefers.)

#### Breakfast

1 unit fruit (Fruit List)  
1 unit meat (Meat List)  
1 unit bread (Bread List)  
 $\frac{1}{2}$  unit fat\*\* (Free Choice List)  
Coffee or tea, any amount

#### Dinner

2 units meat (Meat List)  
1 unit bread (Bread List)  
1 unit or more A vegetable (Vegetable List)  
1 unit C vegetable (Vegetable List)  
1 unit fruit (Fruit List)  
 $\frac{1}{2}$  unit fat\*\* (Free Choice List)  
Coffee or tea, any amount

#### Mid-morning

$\frac{1}{2}$  unit skim milk (Milk List 1A)

#### Mid-afternoon

1 unit fruit (Fruit List)

#### Lunch or Supper

2 units meat (Meat List)  
2 units bread (Bread List)  
1 unit or more A vegetable (Vegetable List)  
1 unit B vegetable (Vegetable List)  
1 unit fruit (Fruit List)  
1 unit fat\*\* (Free Choice List)  
1 unit skim milk (Milk List 1A)  
Coffee or tea, any amount

#### Bedtime

$\frac{1}{2}$  unit skim milk (Milk List 1A)  
1 unit bread (Bread List)

\*American Heart Association

\*\*Selected as free choice (Total 2 units fat)

# A.H.A.\* MILD SODIUM RESTRICTED DIET For 1800 Calories

See Food List for MILD Sodium Restriction pp. 97-111.

This is the diet plan to be used each day while the patient is restricted to 1800 calories. Do not use more, or less, than the number of units allowed from each food list.

## FOOD FOR THE DAY

Foods may be salted lightly during preparation, but do not serve salt at meal-time.

Choose 2 units	from Milk List	
Choose 1 unit or more	from Group A	} Vegetable List
and 1 unit	from Group B	
and 1 unit	from Group C	
Choose 4 units	from Fruit List	
Choose 7 units	from Bread List	
Choose 5 units	from Meat List	
Choose 4 units	from Fat List	
Choose 2 units	from Free Choice List	

## A SUGGESTED MEAL PLAN

(Foods allotted for between meal snacks may be added at mealtime if patient prefers.)

### Breakfast

- 1 unit fruit (Fruit List)
- 1 unit meat (Meat List)
- 2 units bread (Bread List)
- 1 unit fat (Fat List)
- ½ unit milk (Milk List 1)
- 1 unit free choice (Free Choice List)
- Coffee or tea, any amount

### Dinner

- 2 units meat (Meat List)
- 2 units bread (Bread List)
- 1 unit or more A vegetable (Vegetable List)
- 1 unit C vegetable (Vegetable List)
- 1 unit fruit (Fruit List)
- 1 unit fat (Fat List)
- Coffee or tea, any amount

### Mid-afternoon

- ½ unit milk (Milk List 1)
- 1 unit fruit (½ unit Free Choice List)

### Mid-morning

- 1 unit fruit (Fruit List)

### Lunch or Supper

- 2 units meat (Meat List)
- 2 units bread (Bread List)
- 1 unit or more A vegetable (Vegetable List)
- 1 unit B vegetable (Vegetable List)
- 1 unit fruit (Fruit List)
- 2 units fat (Fat List)
- 1 unit milk (Milk List 1)
- Coffee or tea, any amount

### Bedtime

- 1 unit bread (Bread List)
- 1 unit fruit (½ unit Free Choice List)

\*American Heart Association

## A.H.A.\* MILD SODIUM RESTRICTED DIET For Unrestricted Calories

See Food List for MILD Sodium Restriction pp. 97-111.

This is the plan to be used each day if calories are not restricted. There are no upper limits on foods from the food lists, but include each day the amounts of milk, vegetables, fruits, and bread indicated below.

### FOOD FOR THE DAY

Foods may be salted lightly during preparation, but do not serve salt at meal-time.

Choose at least 2 units	from Milk List	
Choose at least 1 unit	from Group A	}
and at least 1 unit	from Group B	
and at least 1 unit	from Group C	
		Vegetable List
Choose at least 2 units	from Fruit List	
Choose at least 4 units	from Bread List	
Choose at least 5 units	from Meat List	
Choose units as desired	from Fat List	
Choose units as desired	from Free Choice List	

### A SUGGESTED MEAL PLAN

(If a between meal snack is desired, fruit or fruit juice would be a good selection.)

#### Breakfast

1 or more units fruit (Fruit List)  
 1 or more units meat (Meat List)  
 2 or more units bread (Bread List)  
 Fat units, as desired (Fat List)  
 Milk units, as desired (Milk List 1)  
 Free choice units, as desired (Free Choice List)  
 Coffee or tea, any amount

#### Dinner

2 or more units meat (Meat List)  
 1 or more units bread (Bread List)  
 1 or more units A vegetable (Vegetable List)  
 1 or more units C vegetable (Vegetable List)  
 1 or more units fruit (Fruit List)  
 Fat units, as desired (Fat List)  
 1 or more units milk (Milk List 1)  
 Free choice units, as desired (Free Choice List)  
 Coffee or tea, any amount

#### Lunch or Supper

2 or more units meat (Meat List)  
 1 or more units bread (Bread List)  
 1 or more units A vegetable (Vegetable List)  
 1 or more units B vegetable (Vegetable List)  
 1 or more units fruit (Fruit List) or pudding or cake  
 Fat units, as desired (Fat List)  
 1 or more units milk (Milk List 1)  
 Free choice units, as desired (Free Choice List)  
 Coffee or tea, any amount

\* American Heart Association



## **EXCHANGE LIST OF FOODS\***

**(For Sodium Restricted diets)**

Because all food contains sodium in various amounts, it is important for the physician and the patient to have a good idea of foods with high sodium content and those with relatively low sodium content.

The foods listed below are grouped according to the amount of sodium to be found in each serving. The lists are arranged so that one can readily compare the sodium content of six groups of food — Milk, Vegetables, Fruit, Bread and Cereals, Meat, Fish and Poultry, and Fat.

These exchange lists are to be used with the plans suggested for Sodium Restricted diets.

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\* The Exchange Lists for use with restricted diets are based on material prepared by the American Heart Association in 1958 in cooperation with the American Dietetic Association, American Heart Association, Council on Foods and Nutrition of the American Medical Association, Nutrition Foundation, and the Public Health Service, U.S. Department of Health, Education and Welfare.

## MILK LIST

(For Sodium Restricted diets)

NOTE: When milk is used in cooking, be sure to count it in the total allowance for the day.

### List 1. Milk Units

(For Unrestricted and 1800 Calorie Diet Plans)

### 250 milligrams Sodium

		Each Unit contains about				
		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
4 Tablespoons	Low sodium dry milk (powder) . . . . .	7	8	10	12	170
1 cup	Low sodium dry milk (reconstituted) . . . . .	"	"	"	"	"
1 cup	Low sodium whole liquid milk (canned or frozen) . .	"	"	"	"	"
1 cup	Low sodium nonfat dry milk (reconstituted) . . . . .	"	"	—	"	80
<b>and 2 fat units</b>	. . . . .	—	—	"	—	90
3 Tablespoons	Low sodium nonfat dry milk (powder) . . . . .	"	"	—	"	80
<b>and 2 fat units</b>	. . . . .	—	—	"	—	90

### 500 mg. - 1000 mg. Sodium MILD Sodium Restriction

1 cup	Milk, whole . . . . .	120	8	10	12	170
1 cup	Milk, skim . . . . .	"	"	—	"	80
<b>and 2 fat units</b>	. . . . .	—	—	"	—	90
1 cup	Buttermilk, whole milk (unsalted - ask local dairy)* . . . . .	"	"	"	"	170
1 cup	Buttermilk, nonfat (unsalted - ask local dairy)* . . . . .	"	"	—	"	80
<b>and 2 fat units</b>	. . . . .	—	—	"	—	90
3 Tablespoons	Nonfat milk (powder) . . . . .	"	"	—	"	80
<b>and 2 fat units</b>	. . . . .	—	—	"	—	90
1 cup	Nonfat milk (reconstituted) . . . . .	"	"	—	"	80
<b>and 2 fat units</b>	. . . . .	—	—	"	—	90
½ cup	Evaporated whole milk . . .	"	"	"	"	170
1 cup	Evaporated whole milk (reconstituted) . . . . .	"	"	"	"	"

\* On MILD Sodium Restriction - buttermilk need not be unsalted.

NOTE: On Mild Sodium Restriction with Unlimited Calories:

½ quart Ice Cream contains approximately . . . . 100 5 15 25 250

## List 1A. Milk Units

(For 1200 Calorie Diet Plan)

### 250 milligrams Sodium

		Each Unit contains about				
		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
3 Tablespoons	Low sodium nonfat dry milk (powder) . . . . .	7	8	neg.	12	80
1 cup	Low sodium dry milk (reconstituted) . . . . .	"	"	"	"	"

### 500 mg. - 1000 mg. Sodium

#### MILD Sodium Restriction

1 cup	Skim milk . . . . .	120	8	neg.	12	80
3 Tablespoons	Nonfat dry milk (powder) . . . . .	"	"	"	"	"
1 cup	Nonfat dry milk (reconstituted) . . . . .	"	"	"	"	"
1 cup	Nonfat buttermilk (un- salted - ask local dairy)*	"	"	"	"	"
1 cup	Evaporated skim milk (reconstituted) . . . . .	"	"	"	"	"

\* On MILD Sodium Restriction - buttermilk need not be unsalted.

**VEGETABLE LIST**

(For Sodium Restricted diets)

**Group A Units****250 mg. - 500 mg. - 1000 mg. Sodium**

(Use fresh, frozen, or dietetic canned)

Each Unit contains about

	mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
Asparagus . . . . .	9	neg.	neg.	neg.	neg.
Broccoli . . . . .	"	"	"	"	"
Brussels sprouts . . . . .	"	"	"	"	"
Cabbage . . . . .	"	"	"	"	"
Cauliflower . . . . .	"	"	"	"	"
Chicory . . . . .	"	"	"	"	"
Cucumber . . . . .	"	"	"	"	"
Eggplant . . . . .	"	"	"	"	"
Endive . . . . .	"	"	"	"	"
Escarole . . . . .	"	"	"	"	"
Green beans . . . . .	"	"	"	"	"
Lettuce . . . . .	"	"	"	"	"
Mushrooms . . . . .	"	"	"	"	"
Okra . . . . .	"	"	"	"	"
Peppers, green or red . . . . .	"	"	"	"	"
Radishes . . . . .	"	"	"	"	"
Squash, summer (yellow, zucchini, etc.) . . . . .	"	"	"	"	"
Tomato juice (low sodium dietetic only)* . . . . .	"	"	"	"	"
Tomatoes . . . . .	"	"	"	"	"
Turnip greens . . . . .	"	"	"	"	"
Wax beans . . . . .	"	"	"	"	"

Each Unit  
is a  
½ cup  
serving

\* MILD Sodium Restriction — use fresh, frozen, or regular canned

**MILD Sodium Restriction**

Add to the above Group A List:

Artichoke . . . . .	45	neg.	neg.	neg.	neg.
Beet greens . . . . .	130	"	"	"	"
Cauliflower . . . . .	20	"	"	"	"
Celery . . . . .	110	"	"	"	"
Chard . . . . .	100	"	"	"	"
Dandelion greens . . . . .	75	"	"	"	"
Kale . . . . .	110	"	"	"	"
Mustard greens . . . . .	45	"	"	"	"
Spinach, raw or frozen . . . . .	70	"	"	"	"
Spinach, canned . . . . .	320	"	"	"	"
Tomato juice (may be regular canned)* . . . . .	230	"	"	"	"

Each unit  
is a  
½ cup  
serving

\* MILD Sodium Restriction — use fresh, frozen, or regular canned

## Group B Units

### 250 mg. - 500 mg. - 1000 mg. Sodium

Each Unit contains about

		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
	Onions . . . . .	9	2	neg.	7	35
Each unit is a ½ cup serving	Peas (fresh or low sodium dietetic canned only) .	"	"	"	"	"
	Pumpkin . . . . .	"	"	"	"	"
	Rutabaga (yellow turnip) . . . . .	"	"	"	"	"
	Squash (Acorn, Hubbard, etc.)	"	"	"	"	"

### MILD Sodium Restriction

Add to the above B Group List:

Each unit is a ½ cup serving	Beets . . . . .	100	"	"	"	"
	Carrots . . . . .	30	"	"	"	"
	Turnips, white . .	40	"	"	"	"
	Peas (may include regular canned)	270	"	"	"	"

## Group C Units

### 250 mg. - 500 mg. - 1000 mg. Sodium

Each Unit contains about

		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
½ cup cooked	Beans, lima or navy (dried) . .	5	2	neg.	15	70
⅓ cup cooked	Beans, lima (fresh)	"	"	"	"	"
¼ cup	Beans, baked (no pork) . . . . .	"	"	"	"	"
⅓ cup or ½ small ear	Corn . . . . .	"	"	"	"	"
½ cup cooked	Lentils (dried) . . .	"	"	"	"	"
⅔ cup	Parsnips . . . . .	"	"	"	"	"
½ cup cooked	Peas, split green or yellow, cow- peas, etc. (dried) . . . . .	"	"	"	"	"
1 small	Potato, white . . .	"	"	"	"	"
½ cup	Potatoes, mashed	"	"	"	"	"
¼ cup or ½ small	Sweet potato . . .	"	"	"	"	"

### MILD Sodium Restriction

Add to the above Group C List:

Each Unit contains about

		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
½ cup	Beans, lima, frozen . . . . .	310	2	neg.	15	70

**FRUIT LIST**

(For Sodium Restricted diets)

**Fruit Units****250 mg. - 500 mg. - 1000 mg. Sodium  
MILD Sodium Restriction**

(Use fresh, frozen, canned, or dried)

Each Unit contains about

		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
1 small	Apple . . . . .	2	neg.	neg.	10	40
1/3 cup	Apple juice or apple cider ..	"	"	"	"	"
1/2 cup	Applesauce . . . .	"	"	"	"	"
4 halves	Apricots (dried) .	"	"	"	"	"
2 medium	Apricots (fresh) .	"	"	"	"	"
1/4 cup	Apricot nectar ..	"	"	"	"	"
1/2 small	Banana . . . . .	"	"	"	"	"
1 cup	Blackberries . . . .	"	"	"	"	"
1/4 small	Cantaloupe . . . .	"	"	"	"	"
10 large	Cherries . . . . .	"	"	"	"	"
1 Tablespoon	Cranberries (sweetened) ..	"	"	"	"	"
1/3 cup	Cranberry juice (sweetened) ..	"	"	"	"	"
2	Dates . . . . .	"	"	"	"	"
1 medium	Fig . . . . .	"	"	"	"	"
1/2 cup	Fruit cup or mixed fruits . . . . .	"	"	"	"	"

		Each Unit contains about				
		mg	gm	gm	gm	
		Sodium	Pro.	Fat	CHO	Calories
½ small	Grapefruit . . . . .	2	neg.	neg.	10	40
½ cup	Grapefruit juice	"	"	"	"	"
12	Grapes . . . . .	"	"	"	"	"
¼ cup	Grape juice . . . . .	"	"	"	"	"
⅓ medium	Honeydew melon	"	"	"	"	"
½ small	Mango . . . . .	"	"	"	"	"
1 small	Orange . . . . .	"	"	"	"	"
½ cup	Orange juice . . . . .	"	"	"	"	"
⅓ medium	Papaya . . . . .	"	"	"	"	"
1 medium	Peach . . . . .	"	"	"	"	"
1 small	Pear . . . . .	"	"	"	"	"
½ cup diced or 2 small slices	Pineapple . . . . .	"	"	"	"	"
⅓ cup	Pineapple juice . . . . .	"	"	"	"	"
2 medium	Plums . . . . .	"	"	"	"	"
2 medium	Prunes . . . . .	"	"	"	"	"
¼ cup	Prune juice . . . . .	"	"	"	"	"
2 Tablespoons	Raisins . . . . .	"	"	"	"	"
1 cup	Raspberries . . . . .	"	"	"	"	"
2 Tablespoons	Rhubarb (sweetened) . . . . .	"	"	"	"	"
1 cup	Strawberries . . . . .	"	"	"	"	"
1 large	Tangerine . . . . .	"	"	"	"	"
½ cup	Tangerine juice . . . . .	"	"	"	"	"
1 cup	Watermelon . . . . .	"	"	"	"	"

NOTE: 1200 or 1800 calorie diet plan — DO NOT USE sweetened fruit or fruit canned or frozen in sugar syrup.

NOTE: Fresh lemons and limes (and their juice) may be used as desired. They do not count as a unit. Unsweetened cranberries and cranberry juice and unsweetened rhubarb may also be use as desired.

NOTE: Read labels on packages of dried and frozen fruit. Sometimes sodium sulfite has been added to dried fruit and salt to frozen fruit. Use only with MILD Sodium Restriction.

**BREAD LIST**

(For Sodium Restricted diets)

**Bread Units****250 mg. - 500 mg. - 1000 mg. Sodium**  
(Low Sodium Breads, Cereals, and Cereal Products)

		Each Unit contains about				
		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
<b>BREAD AND ROLLS</b> (yeast) made without salt						
1 slice	Bread . . . . .	5	2	neg.	15	70
4 pieces	3¼" Melba toast (unsalted) . . . . .	"	"	"	"	"
1 medium	Roll . . . . .	"	"	"	"	"
<b>BREADS</b> (quick) made with sodium-free baking powder or potassium bicar- bonate and without salt, or made from low sodium dietetic mix						
1 medium	Biscuit . . . . .	"	"	"	"	"
1 cube (1½")	Cornbread . . . . .	"	"	"	"	"
2 three-inch	Griddle cakes . . . . .	"	"	"	"	"
1 medium	Muffin . . . . .	"	"	"	"	"
<b>CEREALS</b> (cooked), unsalted						
½ cup	Farina . . . . .	"	"	"	"	"
½ cup	Grits . . . . .	"	"	"	"	"
½ cup	Oatmeal . . . . .	"	"	"	"	"
½ cup	Rolled wheat . . . . .	"	"	"	"	"
½ cup	Wheat meal . . . . .	"	"	"	"	"
<b>CEREALS</b> (dry)						
¾ cup	Puffed rice . . . . .	"	"	"	"	"
¾ cup	Puffed wheat . . . . .	"	"	"	"	"
⅔ biscuit	Shredded wheat . . . . .	"	"	"	"	"
1½ Tablespoon uncooked	Barley . . . . .	"	"	"	"	"
2 Tablespoons	Cornmeal (not self-rising) . . . . .	"	"	"	"	"
2½ Tablespoons	Cornstarch . . . . .	"	"	"	"	"
5 two-inch- square	Crackers (low so- dium dietetic) . . . . .	"	"	"	"	"
2½ Tablespoons	Flour (not self-ris- ing) . . . . .	"	"	"	"	"



		Each Unit contains about				
		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
½ cup cooked	Macaroni . . . . .	5	2	neg.	15	70
1 five-inch-square	Matzo (plain, unsalted) . . . . .	"	"	"	"	"
½ cup cooked	Noodles . . . . .	"	"	"	"	"
1½ cups	Popcorn (unsalted) . . . . .	"	"	"	"	"
½ cup cooked	Rice, brown or white . . . . .	"	"	"	"	"
¼ cup cooked	Spaghetti . . . . .	"	"	"	"	"
2 Tablespoons uncooked	Tapioca . . . . .	"	"	"	"	"
1 three-inch-square	Waffle (yeast) . . . . .	"	"	"	"	"

### MILD Sodium Restriction

Add to the above Bread Units:

		Each Unit contains about				
		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
<b>BREAD AND ROLLS</b> —May be commercial type, made from mixes, or made with baking power, salt, or baking soda		over 200	2	Neg.	15	70
<b>CEREALS</b> (cooked)						
May be lightly salted . . . . .		"	"	"	"	"
<b>CEREALS</b> (dry)						
Also ¾ cup	Other dry cereals . . . . .	"	"	"	"	"
5 two-inch-square	Crackers (preferably unsalted tops) . . . . .	"	"	"	"	"
2	Graham crackers . . . . .	"	"	"	"	"

#### AVOID

- Breads and rolls with salt toppings
- Potato chips
- Pretzels

**MEAT LIST**  
(For Sodium Restricted diets)

**Meat Units**

**250 mg. - 500 mg. - 1000 mg. Sodium**

Each Unit contains about

			mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
<b>MEAT or POULTRY</b> (fresh, frozen, or canned low sodium dietetic)							
1 ounce, cooked							
beef		pork	} 25	7	5	neg.	75
chicken		quail					
duck		rabbit					
lamb		tongue (fresh)					
liver (beef, calf, chicken, pork)		turkey					
		veal					
<b>FISH or FISH FILLETS</b> (fresh only)							
1 ounce, cooked							
bass	eels	salmon	} "	"	"	"	"
bluefish	flounder	sole					
catfish	halibut	trout					
cod	rockfish	tuna					
1 ounce	Canned tuna or salmon, low sodium dietetic ..		"	"	"	"	"
1/4 cup	Cottage cheese (unsalted) .....		"	"	"	"	"
1 whole	Egg (limit is 1 a day) .....		"	"	"	"	"
1 ounce	Cheese, low sodium dietetic .....		"	"	"	"	"
2 Tablespoons	Peanut butter, low sodium dietetic .		"	"	"	"	"

## MILD Sodium Restriction

Add to the above Meat Units:

		Each Unit contains about				
		mg Sodium	gm Pro.	gm Fat	gm CHO	Calories
<b>MEAT or POULTRY</b>		<b>more than</b>				
May include regular canned . . . .		<b>50</b>	<b>7</b>	<b>5</b>	<b>neg.</b>	<b>75</b>
1 ounce	Brain . . . . .	"	"	"	"	"
	Kidney . . . . .	"	"	"	"	"
<b>FISH or FISH FILLETS</b>						
May include frozen or regular canned		"	"	"	"	"
1 ounce	Clams	}	"	"	"	"
	Crabs					
	Lobster					
	Oysters					
	Scallops					
	Shrimp					
1	Egg (are not limited) . . . . .	"	"	"	"	"
1 ounce	Cheese, American or Swiss . . . . .	"	"	"	"	"
¼ cup	Cottage cheese, may be lightly salted . . . . .	"	"	"	"	"

### AVOID

Salty or smoked meat such as bacon, bologna, chipped or corned beef, frankfurters, ham, kosher meats, luncheon meats, salt pork sausage, smoked tongue, etc.

Salty or smoked fish such as anchovies, caviar, salted and dried cod, herring, sardines, etc.

Processed cheese,\* cheese spreads,\* or any cheese such as Roquefort, Camembert, or Gorgonzola

\* Unless it is low sodium dietetic.

**FAT LIST**

(For Sodium Restricted diets)

**Fat Units****250 mg. - 500 mg. - 1000 mg. Sodium**

Each Unit contains about

		mg Sodium	gm Fat	Calories
1/8 of four-inch	Avocado . . . . .	neg.	5	45
1 teaspoon (1 small pat)	Butter, unsalted . . . . .	"	"	"
1 Tablespoon*	Cream, heavy (sweet or sour)	"	"	"
2 Tablespoons*	Cream, light (sweet or sour)	"	"	"
1 teaspoon	Fat or oil for cooking, un- salted . . . . .	"	"	"
1 Tablespoon	French dressing, unsalted, or low sodium dietetic . . . . .	"	"	"
3 Tablespoons	Half and half . . . . .	"	"	"
1 teaspoon	Margarine, unsalted . . . . .	"	"	"
1 teaspoon	Mayonnaise, unsalted or low sodium dietetic . . . . .	"	"	"
6 small	Nuts, unsalted . . . . .	"	"	"

\*Limit is 2 tablespoons a day because cream contains more sodium than the other fats.

**MILD Sodium Restriction**

Add to the above Fat Units:

Each Unit contains about

		mg Sodium	gm Fat	Calories
1 teaspoon (1 small pat)	Butter, salted . . . . .	over 30	5	45
1 Tablespoon	French dressing, may be salted or commercial . . . . .	"	"	"
1 teaspoon	Margarine, salted . . . . .	"	"	"
1 teaspoon	Mayonnaise, salted . . . . .	"	"	"

**AVOID:** Salted nuts, olives, bacon and bacon fat, salt pork

## FREE CHOICE LIST

(For Sodium Restricted diets)

### Free Choice Units

**250 mg. - 500 mg. - 1000 mg. Sodium**

		Each Unit contains about
		Calories
2 units from the	Fat List, page 108 . . . . .	75
1 unit from the	Bread List, pages 104-5 . . . . .	"
2 units from the	Fruit List, pages 102-3 . . . . .	"
1 unit from the	Vegetable List, pages 100-1 . . . . .	"
4 teaspoons of	Sugar (white or brown) . . . . .	"
4 teaspoons of	Syrup, honey, jelly, jam, or marmalade . . . . .	"
75 calories* of	Candy, homemade, salt free, or special low so- dium candy) . . . . .	"

NOTE: The free choice units may be split if the patient prefers. For example: Use one unit from the fruit list and two tablespoons of sugar rather than two units from the fruit list.

## MILD Sodium Restriction

Add to the above Free Choice Units:

Candy is limited only to that without salted nuts

\*CANDY COUNTER - The following amounts of candy will give you approximately 75 calories:

- 1 piece (1" x 1" x 3/4") fondant or fudge-type candy (24 pieces to a pound)
- 2 large, or 16 small, gum drops (2/3 ounce)
- 4 pieces (1" x 1" x 1/2"), or 7-8 smaller pieces, hard candy (2/3 ounce)
- 3 marshmallows (2/3 ounce)
- 10 jelly beans (1 ounce)

**SEASONINGS**

(For Sodium Restricted diets)

Flavoring Extracts, Herbs, Spices, Aromatic Seeds

**250 mg. - 500 mg. - 1000 mg. Sodium****You May Use**

Allspice	Garlic	Peppermint extract
Almond extract	Ginger	Pimento
Anise seed	Horseradish root or horse- radish prepared without salt	Poppy seed
Basil	Juniper	Poultry seasoning
Bay leaf	Lemon juice or extract	Purslane
Bouillon cube, low so- dium dietetic if less than 5 mg. sodium per cube	Mace	Rosemary
Caraway seed	Maple extract	Saccharin
Cardamon	Marjoram	Saffron
Catsup, dietetic	Meat extracts, low sodium dietetic	Sage
Chili powder	Meat tenderizers, low so- dium dietetic	Salt substitutes, if recommended by the physician
Chives	Mint	Savory
Cinnamon	Mustard, dry	Sesame seeds
Cloves	Nutmeg	Sorrel
Cocoa (1 to 2 tea- spoons)	Onion, fresh, juice, or sliced	Sugar
Coconut	Orange extract	Tarragon
Cumin	Paprika	Thyme
Curry	Parsley	Tumeric
Cyclamate, calcium (sugar substitute)	Pepper, fresh green or red	Vanilla extract
Dill	Pepper, black, red, or white	Vinegar
Fennel		Wine, if allowed
		Walnut extract

**Avoid**

Bouillon cube, regular	Horseradish, prepared with salt	Pickles
Catsup, regular	Meat extracts	Relishes
Celery leaves, dried or fresh	Meat sauces	Salt
Celery salt	Meat tenderizers	Salt substitutes, un- less recommended by the physician
Celery seed	Monosodium glutamate	Soy sauce
Chili sauce	Mustard, prepared	Worcestershire sauce
Cyclamate, sodium (sugar substitute)	Olives	
Garlic salt	Onion salt	

NOTE: Read the label on mixed spices to be sure that no sodium compound or unpermitted seasoning is included.

**MILD Sodium Restriction**

Add to the above seasonings you may use:

Celery leaves	Cyclamate, sodium (sugar substitute)	Onion salt may be used in cooking in place of regular salt
Celery salt may be used in cooking in place of regular salt	Garlic salt may be used in cooking in place of regu- lar salt	Salt is permitted in cooking
Celery seed		

## MISCELLANEOUS FOODS

(For Sodium Restricted diets)

**250 mg. – 500 mg. – 1000 mg. Sodium**

### You May Use

#### Beverages

Alcoholic beverages, with physician's permission  
Cocoa made with milk from diet  
Coffee, instant  
Coffee, regular  
Fruit juices (Be sure to count them as fruit units.)  
Lemonade, using sugar from diet, calcium cyclamate, or saccharin  
Milk (as allowed on milk list)  
Postum  
Tea

**Candy**, home-made without salt, or special low sodium candy  
(If calories are restricted, candy may be used as a 75-calorie free choice.)

#### Cornstarch

**Gelatin**, plain, unflavored (Use fruits and fruit juices from day's allowance.)

#### Leavening agents

Cream of tartar  
Sodium-free baking powder  
Potassium bicarbonate  
Yeast

**Rennet dessert powder** (not tablets) if calories are unrestricted

**Tapioca** for thickening fruit or milk tapioca pudding (Be sure to count the tapioca, fruit, milk, and egg from day's allowance.)

### Avoid

Instant cocoa mixes  
Prepared beverage mixes, including fruit-flavored powders  
Malted milk and other milk preparations  
Fountain beverages  
Commercial candies  
Commercial sodium-containing and sweetened gelatin desserts  
Regular baking powder  
Baking soda (sodium bicarbonate)  
Rennet tablets  
Molasses  
Pudding mixes

## MILD Sodium Restriction

**Add to the above Miscellaneous Foods you may use:**

Baking powder  
Baking soda (for baking only)  
Commercial candies (See Free Choice List.)

NOTE: Carbonated beverages vary too much both in sodium and calories to be listed.  
The physician's permission should be granted.

## REFERENCES ON NUTRITION AND DIET THERAPY

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**FOOD AND NUTRITION BOARD, NATIONAL RESEARCH COUNCIL  
RECOMMENDED DAILY DIETARY ALLOWANCES<sup>1</sup>, REVISED 1958**

DESIGNED FOR THE MAINTENANCE OF GOOD NUTRITION OF HEALTHY PERSONS IN THE U.S.A.

(Allowances are intended for persons normally active in a temperate climate)

	Age Years	Weight kg. (lb.)	Height cm. (in.)	Calories	Protein gm.	Calcium gm.	Iron mg.	Vitamin A I.U.	Thiam. mg.	Ribo. mg.	Niacin <sup>2</sup> mg. equiv.	Asc. Acid mg.	Vitamin D I.U.	
Men . . . . .	25	70 (154)	175 (69)	3200 <sup>3</sup>	70	0.8	10	5000	1.6	1.8	21	75		
	45	70 (154)	175 (69)	3000	70	0.8	10	5000	1.5	1.8	20	75		
	65	70 (154)	175 (69)	2550	70	0.8	10	5000	1.3	1.8	18	75		
Women . .	25	58 (128)	163 (64)	2300	58	0.8	12	5000	1.2	1.5	17	70		
	45	58 (128)	163 (64)	2200	58	0.8	12	5000	1.1	1.5	17	70		
	65	58 (128)	163 (64)	1800	58	0.8	12	5000	1.0	1.5	17	70		
	Pregnant (second half)				+300	+20	1.5	15	6000	1.3	2.0	+3	100	400
	Lactating (850 ml. daily)				+1000	+40	2.0	15	8000	1.7	2.5	+2	150	400
Infants <sup>4</sup> . .	0-1/12 <sup>4</sup>				See									
	2/12-6/12	6 (13)	60 (24)	kg.x120	Footnote	0.6	5	1500	0.4	0.5	6	30	400	
	7/12-12/12	9 (20)	70 (28)	kg.x100	4	0.8	7	1500	0.5	0.8	7	30	400	
Children .	1 - 3	12 (27)	87 (34)	1300	40	1.0	7	2000	0.7	1.0	8	35	400	
	4 - 6	18 (40)	109 (43)	1700	50	1.0	8	2500	0.9	1.3	11	50	400	
	7 - 9	27 (60)	129 (51)	2100	60	1.0	10	3500	1.1	1.5	14	60	400	
	10-12	36 (79)	144 (57)	2500	70	1.2	12	4500	1.3	1.8	17	75	400	
Boys . . . . .	13-15	49 (108)	163 (64)	3100	85	1.4	15	5000	1.6	2.1	21	90	400	
	16-19	63 (139)	175 (69)	3600	100	1.4	15	5000	1.8	2.5	25	100	400	
Girls . . . . .	13-15	49 (108)	160 (63)	2600	80	1.3	15	5000	1.3	2.0	17	80	400	
	16-19	54 (120)	162 (64)	2400	75	1.3	15	5000	1.2	1.9	16	80	400	

<sup>1</sup> The allowance levels are intended to cover individual variations among most normal persons as they live in the United States under usual environmental stresses. The recommended allowances can be attained with a variety of common foods, providing other nutrients for which human requirements have been less well defined. See text for more detailed discussion of allowances and of nutrients not tabulated.

<sup>2</sup> Niacin equivalents include dietary sources of the preformed vitamin and the precursor, tryptophan. 60 milligrams tryptophan equals 1 milligram niacin.

<sup>3</sup> Calorie allowances apply to individuals usually engaged in moderate physical activity (page 2). For office workers or others in sedentary occupations they

are excessive. Adjustments must be made for variations in body size, age, physical activity, and environmental temperature.

<sup>4</sup> See text for discussion of infant allowances. The Board recognizes that human milk is the natural food for infants and feels that breast feeding is the best and desired procedure for meeting nutrient requirements in the first months of life. No allowances are stated for the first month of life. Breast feeding is particularly indicated during the first month when infants show handicaps in homeostasis due to different rates of maturation of digestive, excretory, and endocrine functions. Recommendations as listed pertain to nutrient intake as afforded by cow's milk formulas and supplementary foods given the infant when breast feeding is terminated. Allowances are not given for protein during infancy.

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This index is a guide which may be used to locate suitable diets. It is not intended to be used to prescribe diets.

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