

# Diet Lists

FROM TIME TO TIME we will publish diet lists which seem to have clinical usefulness. Minor variations exist in all standard diet lists; nevertheless these are representative and may be considered useful guides. Publication does not necessarily imply complete agreement with all details.

The following diet list may be obtained from J. B. Roerig and Company, 800 Second Avenue, New York 17, N. Y.

## Reducing Diet

Diet for \_\_\_\_\_  
Your total calories should not exceed \_\_\_\_\_ for each day. Divide them as directed below. *Do not eat between meals.*

### Breakfast:

You may select from below \_\_\_\_\_ calories.

	Calories
4 oz. corn flakes.....	48
6 oz. glass milk.....	135
6 oz. glass skimmed milk....	68
1 teaspoon sugar.....	20
1 egg.....	75
Tea or black coffee, no sugar.	0
Saccharine, 1/4 grain tablet...	0
1/2 medium orange.....	26
1/2 medium grapefruit, 4" diameter.....	20
1 teaspoon butter.....	36
1/2 cup oatmeal, cooked.....	74
1 slice rye or white bread....	60
4 oz. glass tomato juice.....	25
1 small or 1/2 medium banana	45
1 plain soda cracker.....	24

### Lunch:

You may select from below \_\_\_\_\_ calories.

	Calories
1/2 cup asparagus tips (10 stalks).....	16

5 Brussels sprouts.....	12
3 stalks fresh celery.....	9
10 slices cucumbers.....	15
1/3 small head of lettuce.....	12
1/2 cup cooked spinach.....	12
1/2 cup canned tuna fish.....	200
1/2 cup canned salmon.....	200
3 tablespoonfuls cottage cheese	55
1 egg.....	75
1 slice rye or white bread....	60
2/3 cup cooked cabbage.....	20
1/2 cup eggplant.....	14
1/2 cup string beans.....	10
1 medium fresh tomato.....	20
1/3 cup carrots.....	18
1/3 cup turnips.....	13
1 small apple, raw.....	56
1/4 muskmelon.....	24
Tea or black coffee, no sugar.	0
Saccharine, 1/4 grain tablet...	0
1/2 cup broccoli.....	21
2/3 cup cauliflower.....	12
1/3 cup beets.....	32
1/4 cup white onions (2-3 small).....	24
1/3 cup green peas, fresh or canned.....	34

### Dinner:

You may select from below \_\_\_\_\_ calories.

	Calories
8 oz. chicken soup.....	75
1 cup tomato soup.....	90
1 cup beef broth.....	100
2 slices lean roast beef, 2"x3"x1".....	179
3 oz. hamburger steak.....	316
3 oz. lean round steak.....	140
2 slices lean roast lamb, 1"x4"x1".....	211
1 slice rye or white bread....	60
2 slices roast veal, 2"x3"x1/2".....	152
1 slice breast chicken.....	100
1/2 chicken broiler, medium... ..	120
1 egg.....	75
1 fillet haddock, 4"x3"x1/2"....	158
5 large oysters.....	60
Tea or black coffee, no sugar..	0
Saccharine, 1/4 grain tablet...	0
2 slices halibut, 4"x2"x1/2"....	126
1/2 cup shrimps.....	85
1 frankfurter.....	124

Bread, beverages, fruit, etc., from the above list, may be added to any meal provided the total calories do not exceed the amount prescribed. Six glasses of liquid each day are allowed. Be sure that your daily menus include a fresh fruit, either meat, fish or egg, milk, and three vegetables.

Special Instructions: \_\_\_\_\_

Next Appointment: \_\_\_\_\_

The following high calorie foods must be avoided.

Nuts  
Olives  
Olive oil

Chocolate and cocoa  
Gravy  
Cream soups  
Sauces  
Ice cream

Sweet or sour cream  
Candy  
Pastry  
Macaroni  
Potatoes

Alcoholic beverages		Calories	Sandwiches . . . . .	200-450
Canned fruits in syrup			Beer (8-oz. glass) . . . . .	110
Highly spiced or salted foods			Cocktails or highballs . . . . .	150-300
			Nuts (small serving—10). . . . .	100
			Do not use sugar unless you absolutely have to. No mayonnaise on salads. (Lemon juice may be used instead.)	
<i>Learn to count the number of calories in the foods you eat.</i>				
<i>Here are some examples of foods which contain many calories:</i>				
	Candy bars (per bar) . . . . .	200-300		
	Pie (1 serving) . . . . .	300-475		
	Cake (1 serving) . . . . .	200-475		
	Ice cream (1 serving) . . . . .	200-250		
	Sundaes . . . . .	350-450		
	Ice cream sodas . . . . .	325-400		
	Malted milk shakes . . . . .	450-600		

