



Soups, etc.	Cream soups Gravies Cream sauce	Clear broth Vegetable soup made without whole milk or fat
Miscellaneous	Olives Mayonnaise Oily dressing Fried foods Potato chips Brewers yeast	Salt, spices Vinegar Popcorn without butter Relishes, pickles Catsup Low fat yeast extracts

### Sample Menu

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Grapefruit	Split pea soup	Tomato juice
2 poached egg whites	Crackers	Lean ham
2 slices whole wheat bread	Lean beef—roast	Broccoli with lemon
Jelly	Green vegetable	Lettuce salad with dry cottage cheese
Whole grain cereal	Rice cooked in clear broth	Whole wheat roll
$\frac{1}{2}$ cup skim milk	Tomato salad	Sherbet made with egg white
Coffee (without cream) or weak tea	Gelatin dessert	Coffee (without cream) or weak tea
	1 glass buttermilk	

If practical, a glass of skimmed milk should be taken midway between breakfast and lunch, and again between lunch and dinner. Carrot sticks and fresh fruit may be taken to allay hunger between meals.

Vegetable margarine should be substituted for butter and used sparingly, 1 pat a meal. Coffee and tea are allowed with sugar, but not with cream.

\* NOTE: The following foods are of high nutritive value, but are omitted from the diet because of their moderate cholesterol content. Any one (but not more than one) of these foods may be eaten once a day in amount not to exceed that suggested:

Liver—3 oz	Lobster—3 oz
Kidney—3 oz	Canadian bacon—3 oz
Sweetbreads—3 oz	Peanut butter—1 tbsp
Whole milk—1 glass (6 oz)	

