

special diet book

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Corrigendum

The Abbreviations – P . K . , P . N .K . , P . K . N

And P . K . N . Dry mix ---- on pages 9 & 10

Should All be Read As –

P. K . N . (Pheryl ketonuric)

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Allergy

Dietary Programmers

Common Irritants Omitted Diet

General Description

In many instances sensitivity to food cannot be detected by testing the skin.

It is often more practical to try elimination diet for a time. The list of food omitted from this diet has been compiled from the common experiences of sensitive persons. Such foods include most types of cheese, eggs, fish,

Shellfish, fresh pork, nuts, chocolate, bananas, berries, grapes, pineapple, tomatoes, and sometime wheat and milk. It is not an absolute list and is subject to individual variation. This is trial diet for use for a limited time only. Although no essential food are omitted, it is likely to become monotonous if it is used indefinitely.

Allergy

Food Included and Excluded In Dietary Programme For Allergy

Type of food	Food Included	Food excluded
Beverage	Coffee And Tea in Moderation , milk.	Cola And cocoa
Bread	All, except any made with eggs.	Any containing eggs or nuts
Cereal	Any, except chocolate Flavored cereal	Chocolate flavored cereal.
Desserts	Gelatin desserts, ice cream, pastries, pudding, Rennet desserts all without eggs , chocolate , nuts	All desserts containing chocolate, eggs, or nuts
Fat	Butter, cream, salad oil, fresh dressing, without pepper, fortified margarine	Salad dressings containing eggs and pepper
Fruit	Canned, cooked, dried fresh or frozen fruit except those listed under "food excluded"	Canned, cooked, fresh or frozen rapes, melon, Pineapple, berries, or bananas.
Meat, egg, or cheese	Any meat (except fresh pork) chicken, cottage cheese.	Fresh pork, fish, shellfish, egg, other cheese
Potatoes	Potatoes, macaroni, rice, spaghetti	Noodles containing eggs.
Vegetables	Any except those listed under "food excluded"	Corn, cucumber, onions, radishes, tomatoes.
Sweets	Honey, Jam, sugar, sweet.	Sweets containing nuts, chocolate, eggs.
Miscellaneous	Gravy, herbs, olives, salt, spices in moderation. vinegar	Chocolate, cocoa, nuts, peanut butter, highly spiced food, and add unusual exotic food or flavouring.

Sample Menu for Allergy

	Sample Menu	Weight In GMS	Approx Measure
Break fast	Grapefruit Whole Grain Cereal Bacon Bread Toasted) Butter Tea Or Coffee	100 15 (dry) 15 25 5	½ Medium ½ cup (cooked) 3 strips 1 slice 1 teaspoon 1 cup
Lunch	Soup Roast Beef Gravy Mashed potatoes Cabbage Shredded lettuce French dressing Vanilla ice cream Cup of coffee or tea with milk and sugar	90 50 100 75 30 15 70	3 ozs ¼ cup ½ cup 1/3 cup 3 leaves 1 tablespoon 1/3 cup
Tea	Tea Bread Butter Jam Biscuit or scone(no eggs)	25 5 5	1 cup 1 slice 1 teaspoon 1 teaspoon 1
Dinner	Soup Chicken Baked potatoes with butter Green string beans Carrots Milk pudding Tinned pear Bread Butter	75 100 75 60 240 75 25 5	2 ½ ounces 1 medium ½ cup 2 ounces 1 cup ½ pear 1 slice 1 teaspoon

Diet Modified In Content 40 GMS Fat DietDIET

	Sample Menu	Weight GMS	Approximate Measure
<u>Break fast</u>			
Fruit	½ Grapefruit	100	½ Medium
Cereal	Whole Grain cereal	15(dry)	½ cup
Egg	Lightly cooked egg	50	1
Bread	Toast	50	2 slice
Butter	Butter	10	2 teaspoon
Beverage	Tea or coffee		1 cup
Skim milk	Skim milk	120 gms	½ cup
<u>Lunch</u>			
Meat	Lean roast meat	90	3 ounce
Potatoes or substitute	Boiled potatoes	150	1 Large
Vegetable	Cabbage	75	½ cup
Salad	Lettuce & slice tomatoes		½ medium
Dessert	Gelatin dessert	70	tomatoes
Fruit	Slice banana	100	1/3 cup
Skim milk	Skim milk	240 gms	1 medium ½ pint
<u>Tea</u>	Tea with sugar and skim milk		
	Bread	50 gms	1 slice
	Butter	10 gms	2 teaspoon
	Jam		
	Scon	15 gms	1
<u>Dinner</u>			
Meat	Roast chicken	60 gms	2 ozs
Potatoes or substitute	Baked potatoes	150 gms	1 large
Vegetable	Green string beans & carrots	75	1/3 cup
Dessert	Pudding made with ½ pint skim milk (no egg yolk)	60 gms	2 Tablespoon
Bread	Bread	50 gms	1 slice
Butter	butter	5 gms	1 teaspoon

Diet High In Polyunsaturated Fatty Acids

Type of food	Food Included	Food Excluded
Beverage	Carbonated beverage mad with out sugar, coffee, skim milk	Chocolate & cocoa Flavoured beverage. Whole milk.
Bread	Any, except saltines & those under “food excluded”	Any made with egg & a large amount of fat
Cereal	Any except those under “food exclude”	Cocoa flavored cereal
Dessert	Gelatin Desserts	Desserts made with chocolate cocoa, cream, egg yolk, fats & whole milk.
Fats	Corn oil, corn oil margarine, French dressing & mayonnaise made with corn oil only	Any other
	Any except avocados	Avocados pears .
Meat, egg, or cheese	Lean meat, fish or fowl in amounts allowed. Eggs, no more than 1 daily. Cottage cheese.	Fat meat, fish, fowl, fried meat, fish corned in oil, all cheese except cottage cheese
Potatoes or substitute	Any, except those listed in under “foods excluded,” in allowed amount.	Potatoes chips, fried potatoes.
Soup	Fat free bouillon or broth vegetable soup.	Any soup containing cream. Fat, or whole milk.
Sweet	None	All
Vegetables	Green vegetables hurt root vegetables in amounts allowed only.	None
Miscellaneous	Herbs, mustard, salt, spices, vinegar.	Chili sauce, gravy, nuts, olives, sweet pickles.

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Modified in sodium content for childrenDiets with strict sodium Restrictions 500 mg sodium for children,

Age 1 to 2 and 3 to 5 years.

Sample menu	<u>Age 1 – 2 Years</u> Approx. Measure	<u>Age 3 – 5 Years</u> Approx. Measure
<u>Break fast</u>		
Fruit orange juice	¼ cup	½ cup
Cereal whole grain cereal	¼ cup	½ cup
Bread Unsalted Toast	½ slice	1 slice
Butter Unsalted butter	1 teaspoon	2 teaspoon
Milk milk	½ pint	½ pint
Sugar sugar		2 teaspoon
<u>Midmorning</u>		
Fruit juice	¼ cup	½ cup
<u>Lunch</u>		
Meat unsalted minced beef	1 oz	-
Meat unsalted diced roast beef	-	1 oz
Potatoes unsalted buttered potato	¼ cup	¼ cup
Vegetables unsalted vegetable puree	2 Tablespoon full	3 Tablespoon
Sliced tomato	--	½ medium
Dessert custard (from milk allowance jello)	2 Tablespoon	3 Tablespoon
Tinned pears	¼ cup	½ cup
<u>Tea time</u>		
Fruit fruit juice or milk	½ cup	½ cup
Bread unsalted bread	½ slice	1 slice
Butter unsalted butter	1 teaspoon	2 teaspoon
<u>Dinner</u>		
Meat Unsalted poached egg	1	1
Potatoes potato or alternative(e.g. rice with unsalted butter).	½ medium	½ medium
Vegetable unsalted green beans “puree “	2 teaspoon	
Fruit mashed banana or slice	½ medium	1 medium
Milk	½ pint	½ pint
Unsalted bread	½ slice	1 slice
Unsalted butter	1 teaspoon	2 teaspoon

500 sodium 70 gm Protein diet

Sample Menu

<u>Breakfast</u>	<p>½ medium grapefruit or glass sweetened fruit juice . ½ cup cooked unsalted whole grain cereal or ½ oz shredded wheat , puffed wheat, or puffed rice 1 lightly cooked egg. 1 slice tomato, and 1 teaspoon unsalted butter & marmalade Tea with milk from allowance.</p>
<u>Morning</u>	<p>Fruit juice sweetened</p>
<u>Lunch</u>	<p>Fruit juice 2 ozs lean unsalted meat 3 ½ ozs unsalted potato, spaghetti or macaroni 2 ½ ozs unsalted cabbage Salad with ½ medium sliced tomato Jelly made with fruit juice, sugar & gelatin, milk from allowance and orange.</p>
<u>Tea time</u>	<p>Tea 1 slice bread with unsalted butter and jam.</p>
<u>Dinner</u>	<p>milk soup made with milk from allowance. Or fruit juice 2 ozs unsalted roast chicken 3 ½ ozs potato, rice, spaghetti, or macaroni (unsalted) 2 ½ ozs unsalted green string beans (fresh) 2 ozs carrots. 1`slice bread. 1 teaspoon unsalted butter . 3 ½ ozs (1 medium) slice banana or gelatin dessert (home made)</p>
<u>Evening</u> <u>Milk</u>	<p>Tea or fruit juice Milk low sodium milk can be made from low sodium milk powder 30 gm in water to make 240 gm, milk I pint daily</p>

700 GM Sodium 100 GM Protein

Sample Menu

<u>Breakfast</u>	<p>½ medium grapefruit or 1 glass fruit juice ½ cup cooked unsalted whole grain cereal or 2 ozs dry cereal 2 eggs 1 slice toasted bread with unsalted butter & marmalade Tea or coffee</p>
<u>ozs</u>	<p>Tea or coffee Plain biscuit</p>
<u>Lunch</u>	<p>Fruit juice or unsalted milk soup 4 ozs lean meat, fish, or poultry 3 ½ ozs unsalted potato , spaghetti, rice, or macaroni 2 ½ ozs unsalted vegetables (not frozen peas or lima beans or mixtures of frozen vegetables containing peas or lime beans Salad with sliced tomato Gelatin dessert, unsalted fruit pie, pudding made without salt, baking powder or white egg</p>
<u>Tea time</u>	<p>Tea 1 slice bread with unsalted butter – jam Short bread biscuits</p>
<u>Dinner</u>	<p>Fresh fruit juice 2 ozs roast unsalted chicken, lean meat or fish 3 ½ oz baked potato, rice, spaghetti or macaroni 2 ½ oz vegetable (not peas or lima beans) Fresh fruit salad, gelatin dessert baked custard or fresh fruit</p>
<u>Evening</u>	<p>Milk drink with protein supplement</p>

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Modified Giovannetti diet containing 2.000 calories

And 3g of nitrogen

<u>breakfast</u>	<p>fruit or juice & glucose or grapefruit beef bacon rinda and fat(crisply grilled- no lean) or p.k. bread or tomato or fried apple ring. P . k. bread, toast Butter (from day's allowance) Marmalade, honey, or jam</p>
<u>Mid morning</u>	<p>Fruit juice and glucose or tea (with milk from allowance) Special biscuits (wheat starch)</p>
<u>Lunch</u>	<p>Vegetable (not peas, beans, or lentils) as a pie with wheat starch and vegetable margarine pastry. Or as a pie with 5 oz potato topping Or as a curry 3 oz (cooked weight) boiled rice. Or as a 3 oz boiled rice savoury fried vegetables pudding 1 fruit crumble wheat starch vegetable margarine sugar topping. Or 2 fruit pie wheat starch and vegetable margarine pastry. Or 3 fruit or fruit mould (wheat starch or corn flour thickening 1 oz cream 1 – 2 weekly only) Or 4 fruit fool (fruit puree wheat starch corn flour sauce) Or 5 boiled rice & ½ egg yolk, spread with jam, and margarine topping (½ egg white). Or 6 fruit & ½ egg yolk with margarine topping (1/2 egg white) Or 7sponch pudding (wheat starch ½ egg) syrup.</p>
<u>Mid afternoon</u>	<p>Fruit juice glucose or tea (milk from allowance) P .n . k bread & butter and jam. Or wheat starch biscuits or cake.</p>

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Modified Giovannetti Diet Containing 2.000 calories

And 3 g of Nitrogen

<u>Dinner</u>	Clear broth & and rice or vegetable Vegetable salad or vegetable stew. P . k m. bread and butter Fruit, if desired and glucose.
<u>Important</u>	During the day one whole egg must be taken. e. g .if ½ egg is used in pudding, ½ egg with salad. Or ½ scrambled egg at another meal. Or take one egg. Boiled, fried, poached, or omelette Or hard boiled egg in salad
<u>Daliy Allowance</u>	1 ½ oz butter 1 egg 6 ½ oz milk (measured carefully) for tea
<u>Special bread</u>	P .K . N .(pherylketonuric) leaves & P . K . N . dry mix can be obtained from birkett & bostock ltd . coronation bakery stockport.
<u>Pure wheat starch</u>	Obtainable from energen foods ltd
<u>Margarine</u>	Use only vegetable margarine.
<u>Frying</u>	Any vegetable oil may be used.
<u>Sugar & glucose</u>	Can be use freely
<u>Foods forbidden</u>	Ordinary flour in any form, meat, fish cheese.

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Diabetic Diet

General Rules:

Measuring food: Food should always be measured. You will need a standard 8 ounces (240 cc) measuring cup, a measuring teaspoon (5cc) and a measuring tablespoon (15cc) most food are measuring after cooking

Food preparation:

Meat should be baked, boiled or grilled. Do not fry foods

Unless fat allowed in the meal is used.

Food to avoid:

Sugar, sweet, honey, jam, jelly, marmalade, syrup, pie, cakes, pastries, condensed mil, soft drink, and fried food.

Eat only those food on diet list.

Eat only the amount of food on diet.

Do not miss meals.

Do not eat between meals.

List 1) Food Exchange : Vegetables

One serving for vegetables in food exchange list contains 25 calories and 5 grams of carbohydrate. One serving of vegetables equals to:

1/2 cup	Cooked vegetables (carrots, broccoli, zucchini, cabbage, etc.)
1 cup	Raw vegetables or <u>salad greens</u>
1/2 cup	Vegetable juice

List 2) Food Exchange: Fat-Free and Very Low fat Milk

One serving contains 90 calories. One serving is equal to:

1 cup	Milk, fat-free or 1% fat
3/4 cup	Yogurt, plain non fat or low fat
1 cup	Yogurt, artificially sweetened

Diabetic diets

<u>List 3</u>	<u>Fruit Exchanges. (fresh or canned without sugar Carbohydrate, 10gms, calories 40.</u>	
	<p>Apple 1 small (2" diam) 80 grms</p> <p>Applesauce ½ cup 100gms.</p> <p>Banana ½ large or 1 small 50 gms</p> <p>Dates 2 15 gms</p> <p>Grapefruit ½ 125 gms</p> <p>Grapefruit juice ½ cup 100gms</p> <p>Orange small 100gms</p> <p>Orange juice ½ cup 100 gms</p> <p>Pear 1 small 100gms</p> <p>Pineapple juice ½ cup 80 gms</p> <p>Plums 2 medium 100gms</p> <p>Prunes 2 25 gms</p> <p>Tangerines 1 large 100gms</p> <p>Water melon 1 cup 1 Large slice 175gms</p> <p>Grapes 12</p>	
<u>List 4</u>	<u>Bread Exchange Carbohydrate, 15gms, protein 2gms, calories 68.</u>	
	<p>Bread 1 slice 25 gms</p> <p>Biscuit 1 (2"diam) or 2 plan 35 gms</p> <p>Muffin or scone 1 (2" diam) 35 gms</p> <p>Flour 2 ½ Table spoon 20gms</p> <p>Cereal – cooked. ½ cup 100gms</p> <p>Cereal dry flaks or puffed 2/3 cup 20gms</p> <p>Rice (cooked) ½ cup 20gms</p> <p>Spaghetti ½ cup 100gms</p> <p>Baked beans ¼ cup 50gms</p> <p>Potatoes (boiled or baked) 1 (2"diam) 100gms</p> <p>Potatoes (mashed) ½ cup 100gms</p> <p>Plain sponge cake 1 ½ cube 25gms</p> <p>Ice cream (but omit 2 fat exchange) ½ cup 70gms</p>	

List 5 Meat Exchange.

Protein 7 gm; Fat 5gm; calories 73. (30 gms – 1 oz)

Meat and poultry (beef, lamb, liver, chicken, ets) 30 gms

3"x 2"x1/8") --- 1 oz

Cold meats	-	40 gms
White fish	1 oz	30 gms
Salmon	¼ cup	30gms
Shrimp	5 small	45 gms
Sardines	3 medium	30 gms
Cheese (cheddar)	1 oz	30 gms
Cheese (cottage)	¼ cup	45 gms
Egg	1	50 gms

List 6 fat exchange

Fat 5 gms. Calories 45

Butter	1 teaspoon (level1	5 gms
Bacon, crisp	1Rasher	10 gms
Cream (light)	2 Tablespoon(level 1)	30 gms
Cream cheese	1 Tablespoon (level 1)	15 gms
Mayonnaise	1 Tablespoon (level 1)	5 gms
Oil or cooking fat	1 Tablespoon (level 1)	5 gms
Nuts	6 small	-
Olives	5 small	50 gms

List 7 Milk Exchanges.

Carbohydrate 12gms protein 8 gms fat 10 gms Calories 170

Skim milk	1 cup (8 oz)	240 gms
Milk whole	1 cup	240 gms
Milk, Evaporated	½ cup	120 gms
Milk powder	¼ cup (3 level Tablespoon)	35 gms

Add 2 fat exchange if milk is fat free.

Diabetic Diets

1000 Calories

Carbohydrates 90 gms
Protein 60 gms fat 45 gms

Breakfast

1 Fruit Exchange (list 3)
1 Bread Exchange (list 4)
2 Meat Exchange (list 5)
1/2 Milk Exchange (list 7)
coffee or Tea any amounts.

Lunch

Consommé soup
2 Meat Exchange (list 5)
1 Bread Exchange (list 4)
Salad As desired
1Fruits Exchange (list 3)
1/2 Milk Exchange (list 7)
1 fat Exchange (list 6)

Tea time

coffee or Tea any amount
1 Bread Exchange (list 4)
1 Fat Exchange (list 6)

Dinner

consommé soup
2 Meat Exchange (list 5)
Salads As desired
1 Fruits exchange (list 3)
Coffee or Tea any amount

Evening

(only when directed by
doctor)
1/2 cup milk (1/2 cup milk
exchange and 1/2 bread
exchange (2 dry biscuits)
will Add approximately 140
calories to daily diet

Diabetic Diet**1200 Calories****Carbohydrate 125 gms****Protein 60 gms****Fat 50 gms**

<u>Breakfast</u>	1 Fruit Exchange (list 3) 1 Bread Exchange (list 4) 1 Meat Exchange (list 5) 1 Milk Exchange (list 7) Coffee or tea in any amount.
<u>Lunch</u>	Consommé soup. 2 Meat Exchange (list 4) 1 Bread Exchange (list 4) Vegetable & salad as desired (list 1) 1 Fruit Exchange (list 3) 1 Milk (Skim) Exchange (list 7) Coffee or tea any amount
<u>Tea time</u>	Tea 1 bread Exchange ½ Fate Exchange Salad
<u>Dinner</u>	Consommé soup 2 Meat Exchange (list 5) 1 bread Exchange (list 4) Vegetable as desired (list 1) 1 Vegetable Exchange (list 2) 1 Fruit Exchange (list 3) ½ Fat Exchange (list 6) Coffee or tea
<u>Evening</u>	½ cup milk (½ milk exchange) and 2 plain biscuits (½ bread exchange) will add approximately 140 calories to daily diet. To be given only when directed by Doctor.

Diabetic diet 1500 calories**Carbohydrate 150 gms****Protien 70 gms****Fat 70 gms**

<u>Daily Food Allowances</u>	<u>Sample Menu</u>
<u>Breakfast</u> 1 Fruit Exchange (list 3) 2 Bread Exchange (list 4) 1 Meat Exchange (list 5) 1 Milk Exchange (list 7) 2 Fat Exchange (list 6) Tea or coffee any amount.	<u>Breakfast:</u> Orange Juice ½ cup Cereal (cooked) ½ cup Toast 1 slice Butter 1 Teaspoon Egg 1 Crisp beef bacon 1 slice Milk 1 cup Tea or coffee any amount.
<u>Lunch:</u> Consommé 2 meat Exchange (list 5) 2 Bread Exchange (list 4) Vegetable & salad as desired (list 1) 1 fruit Exchange (list3) 1 Milk Exchange (list7) 1 Fat (list 6) Tea or coffee	<u>Lunch</u> Consommé 2 oz meat Potatoes mashed ½ cup Lettuce & Tomatoes Salad as desired 1 Orange 1 cup Milk 1 Slice Bread 1 Teaspoon of butter
<u>Tea time</u> Tea or Coffee 1 Bread Exchange (list 4)	<u>Tea time</u> Tea or coffee 1 sponge Cake
<u>Dinner:</u> 2 Meat Exchange (list 5) Bread Exchange (list 4) Vegetable as desired 1 Vegetable Exchange (list2) 1 Fruit Exchange (list 3) ½ Milk Exchange (list 7) 1 Fat Exchange (list 6) Tea or coffee	<u>Dinner:</u> Tomato Juice small glass Chicken 2 oz Rice boiled ¼ cup Cabbage as desired Peas ½ cup Small banana 1 Table spoon Ice cream ½ cup Milk
<u>Evening : ½ cup milk (1/2 cup Exchange & ½ bread Exchange) 2 plain biscuit ,will add approximately 140 calories to the Diet</u>	

Diabetic Diet1800 CaloriesCarbohydrate 180 gms protein 80 gm Fat 80 gms

<u>Daily Food Allowances</u>	<u>Sample Menu</u>
<u>Break fast</u> 2 fruit Exchange (list 3) 2 Bread exchange (list 4) 2 Meat Exchange (list 5) 1 Milk Exchange (list 7) 2 fat Exchange (list 6) Coffee or tea any amount	<u>Break fast</u> Orange Juice 1 cup Toast 2 slices Eggs 2 Beef Bacon 2 slice Milk 1 cup Tea or Coffee any amount
<u>Lunch</u> Consommé 2 Meat Exchange (list 5) 2 Bread Exchange (list 4) Vegetable & salad as desired 1 Vegetable Exchange (list 2) 1 Fruit Exchange (list 3) 1 Milk Exchange (list 7) 1 Fat Exchange (list 6) Coffee or Tea any amount	<u>Lunch</u> Consommé 2 oz meat or chicken ets. 2 Baked potato Salad as desired Cauliflower as desired 1 pears or Apple ½ cup Turnips Milk 1cup
<u>Tea time</u> Tea 1 Bread Exchange (list4) 1 Fat Exchange (list3)	<u>Tea time</u> Tea 1 slice bread & butter salad
<u>Dinner</u> 2 Meat Exchange (list5) 1 Bread exchange (list4) Vegetable as desired (list1) 1 Vegetable Exchange (list2) 1 Fruit Exchange (list3) 1 Milk Exchange (list7) Coffee or Tea	<u>Dinner</u> Consommé 2 oz Roast Beef ½ cup Mashed potatoes Green string beans as desired ½ cup peas 1 orange 1 cup Milk
<u>Evening</u> ½ cup milk (1/2 bread exchange & ½ milk exchange) 2 plain biscuit will add approximately 140 calories to the diet	

Diabetic diet

2000 calories

Carbohydrates 210 gms Protein 90 gms fat 90gms

Dally food Allowance

<u>Breakfast</u>	1 Fruit Exchange (list 3) 3 Bread Exchange (list 4) 2 Meat Exchange (list 5) 1 Milk Exchange (list 7) 2 Fat Exchange (list 6) Coffee or Tea any amount.
<u>Lunch</u>	Consommé 2 Meat Exchange (list 5) 2 Bread Exchange (list 4) Vegetables & salad as desired (list 1) 1Vegetable Exchange (list 2) 2 Fruit Exchange (list 3) 1 Milk exchange (list 7) 2 Fat Exchange (list 6) Coffee any Amount.
<u>Tea time</u>	Tea 1 Bread Exchange (list 4) 1 Fat Exchange (list 6) Salad If desired.
<u>Dinner</u>	Consommé 3 Meat Exchange (list 5) 1 Bread Exchange (list 4) Vegetable as desired (list 1) Vegetable Exchange (list 2) 2 Fruit Exchange (list 3) 1 Milk Exchange (list 7) 1 Fat Exchange (list 6) Coffee or Tea

Sample Menu For Gall Bladder Diseases

<u>Breakfast</u>	½ Grapefruit or 1 glass fruit juice. 1 Cup cooked cereal or ½ oz dry cereal. 3 oz white fish, finnan Haddock or soft boiled or poached Egg Occasionally. 2 slices Toast spread thinly with butter. Marmalade. Tea or coffee
<u>Mid-Morning:</u>	Tea , Coffee or fruit Drink , plain biscuit.
<u>Lunch</u>	Soup 2 ozs lean meat, chicken ,liver, lamb, or white fish plainly cooked without added fat, and not fried. ½ cup mashed potatoes or potato baked in jackets, or ½ cup rice or spaghetti . Slice tomato. ½ cup carrots, string beans, celery, asparagus, or spinach. Cereal pudding, jellies, fruit whips, stewed fruits, orange, banana.
<u>Tea time</u>	Tea 1 slice thinly buttered bread. 1 sponge cake.
<u>Dinner</u>	2 ozs lean meat ets (as at lunch)
<u>Evening</u>	Fruit or milk drink The intake of butter should be limited to not more than 1 oz daily and milk to 1 pint, although larger quantities of skim milk can be given.
<u>Food to be omitted from the diet</u>	Cream, ice cream, pastries, suet pudding, raw apples, fried food, broccoli, Brussels sprout, cabbage, cauliflower, cucumber, kohlrabi, onions, dried peas, dried beans, green & red peppers, radish, turnips, garlic, gravy, nuts, olives, pickles, cheese, (except cottage cheese) watermelon, sausages, chocolates.

Gastro – Intestinal Disorders:**Diet for chronic ulcerative colitis****Foundation diet**

<u>Type of food</u>	<u>Food included</u>	<u>Food excluded</u>
<u>Beverage</u>	Tea, coffee in most cases, cereal, beverage, carbonated, beverage.	Milk & milk drinks
<u>Bread</u>	White bread, scones, cream crackers	Bread or biscuits containing whole grain flour or bran.
<u>Cereal</u>	Cooked oatmeal & cereals prepared from corn or rice.	Whole grain cereals.
<u>Dessert</u>	Cakes, custard, gelatin desserts, ice cream , pastry, pie, pudding, rennet desserts all without fruit or nuts.	Cakes ets containing fruits or nuts.
<u>Fat</u>	Butter, cream, half milk and any other half cream, fortified margarine.	
<u>fruits</u>	None	All
<u>Meat, Egg, Cheese</u>	Tender meat, fish, fowl, Eggs, cheese.	Shellfish
<u>Potatoes or substitute</u>	Potatoes, refined rice, spaghetti macaroni, noodle.	Whole grain rice
<u>Soup</u>	Bouillon	Any other
<u>Vegetable</u>	None	All
<u>Miscellaneous</u>	Gravy, herbs except garlic salt, spices in moderation	Garlic, nuts, olives, pickles

Gastro – Intestinal Disorders:

Additions to foundation diet for chronic ulcerative colitis

Physicians order addition one at a time beginning with addition 1.

- Addition 1.** Ripe banana or orange juice
- Addition2.** Tomato juice or vegetable puree.
- Addition3.** Boiled milk.
- Addition4.** Milk (not boiled), non fat dry milk, half milk half cream as tolerated.
- Addition5.** Canned or cooked apple, peaches, pears, or apricots.
- Addition6.** Cooked or canned asparagus, carrots.
- Addition7.** Shredded lettuce, plain salad dressing

Gastric diet

<p><u>Stage 1</u> 5. a.m. 7. a. m. 9. a.m. 11. a. m. 1. p. m. 3. p . m. 5 . p. m. 7. p. m. 9. p. m.</p>	<p>5 oz milk 5 oz ovaltine 5 oz egg in milk 5 oz milk 5 oz Herlicks 5 oz milk 5 oz milk 5 oz ovaltine 5 oz egg in milk</p>
<p><u>Stage 2</u> 5 a.m. 6 a.m. 9 a.m. 11 a.m. 1 p.m. 3 p.m. 5 p.m. 7 p.m. 9 p.m.</p>	<p>5 oz flavored milk 5 oz milk or weak milky tea small helping sieved porridge. Or 1 lightly boiled egg or 1 lightly poached egg 1 thin slice bread and butter or crispy toast.</p> <p>5 oz milk 1 rusk Small helping pounded fish, mince lamb, minced chicken or fish or chicken soufflé 1 table spoon creamed potatoes Small helping liquidized vegetables.</p> <p>5 oz junket or egg custard. 5 oz milk or milky weak tea. 1 slice sponge cake. Small helping minced chicken, minced lamb Poached fish, fish soufflé or chicken soufflé . 1 tablespoon well mashed potatoes Small helping of sieved vegetable.</p> <p>5 oz cereal milk pudding with fruit juice or fruit puree 5 oz flavored milk. 5 oz milk during the night when awake. Water and fruit juice when required.</p>

Gastric diet

Stage 3

5 a.m.	5 oz flavored milk
6 a.m.	<p>Freshly made weak tea, milk and sugar Small helping of sieved porridge. Or Cornflakes with milk and sugar. Or 1 poached egg lightly cooked. Or 1 Boiled egg lightly cooked. Or 1 scrambled egg lightly cook 2 thin slice bread and butter or toast.</p>
9 a.m.	5 oz milk 1 – 2 biscuits
11 a.m.	<p>Thinly slice or minced lean meat Or grill , baked lightly, steamed white fish, soufflé Or Boiled chicken, chicken soufflé, well mashed potatoe. Sieved vegetables Average helping of milk pudding</p>
3 p.m.	<p>Freshly made weak milky tea & sugar 3 rusks, one thin slice bread & butter. Or sponge cake instead of rusks if desired.</p>
5 p.m.	As menu given 11 a.m. above.
7 p.m.	5 oz milk (flavored as desired) 1 plain biscuit or rusk.
9 p.m.	5 oz milk if awake during the night.

Gastric diet**Stage 4.**

5 a.m.	5 oz flavored milk
6 a.m.	Porridge or cornflakes and milk and 2 eggs, lightly boiled, poached or scrambled bread or toast as desired Freshly made tea
9 a.m.	Milk and 2 biscuits.
11 a.m.	Soup Sliced lean meat,& liver boiled chicken, minced beef, sweet breads steamed, grilled or lightly baked fish Potatoes – boiled And Mashed or potato soufflé or plain boiled rice Salad Milk pudding, egg custard, milk or fruit jelly, soufflé baked or stewed fruit (when possible) avoiding all seeds and pips.
3 p.m.	2 cups freshly made tea, 1 thin slice bread & butter Sponge cake.
5 p.m.	As at 11 a.m. (menu)
9 p.m.	5 oz milk and biscuit Milk during the night if awake.
<u>Avoid the following food</u>	Orange, lemons, Grapefruit, Herring, Sardines, Sausages, Veal, Tongue, Beans, Peas, Parsnips, Leek, Dried fruits, Hot spices, Pickles, Peppers, Chutney, strong tea and coffee, fried Food, Highly Seasoned meat, New Bread, Pastry, Hot Buttered Toast, Nuts, Sauces (bottled).

ABland diet

<u>Breakfast</u>	<p>½ Grapefruit or fruit Juice. ½ cup cooked cereal. 1 lightly boiled, poached , or scrambled egg. 1 cup weak milky tea. White bread toasted crisply, butter, and jelly (marmalade)</p>
<u>Mid Morning</u>	<p>Weak tea or coffee, plain biscuits.</p>
<u>Lunch</u>	<p>2 ½ ozs well cooked chicken, tender roast beef, lean well cooked meat, or fish (not fried) ½ cup mashed potatoes. ½ cup mashed vegetables. Salad (small amount of lettuce and slice tomato without skin). Milk pudding, ice cream, milk jelles, soufflé, custard</p>
<u>Tea</u>	<p>Weak milky tea. White bread toasted, sponge cake, biscuit</p>
<u>Dinner</u>	<p>Milk soup or strained vegetable soup 2 ½ ozs tender chicken, meat, fish or egg custard, cottage cheese, cream cheese . Or cheddar cheese to make into a cheese dish ½ cup mashed potatoes or baked potato. ½ cup mashed vegetables (green Or Root) Stewed apples, milk pudding, fruit jelly, ice cream, custards.</p>
<u>Evening</u>	<p>A glass of warm milk, ovaltine, or bengers food Fruit juice with water should be taken between meals.</p>

Diet for Sprue

Foundation Sample Menu

<u>Breakfast</u>	<p>½ cup Orange Juice ½ cup Farina 2 lightly boiled or poached egg. 2 slice melba toast, 1 teaspoon butter and jelly marmalade. Tea or coffee.</p>
<u>Mid Morning</u>	<p>Cup of tea. Melba toast, or sponge cake.</p>
<u>Lunch</u>	<p>4 ozs lean meat, chicken, fish, or cottage cheese. 3 ½ ozs boiled potatoes, spaghetti, refined rice, or macaroni . 2 ½ ozs asparagus, carrots, green string beans, pumpkin, or puree of corn, lima beans, peas (not Dried)spinach, tomatoes. Jelly, fruit whip, orange soufflé, custard, baked apple, slice banana, tinned pears, apricots or peaches.</p>
<u>Tea</u>	<p>Tea melba toast (2 slices) 1 teaspoon butter and jelly jam. Sponge cake.</p>
<u>Dinner</u>	<p>4 ozs lean meat, chicken, fish, or cottage cheese. 3 ½ ozs boiled potatoes, spaghetti, refined rice, or macaroni . 2 ½ oz green string beans, asparagus, carrots, pumpkin or puree of tomatoes, spinach, lime beans, peas gelatin dessert, fruit whip, soufflé, custard, tinned pears, peach, or apricots, cooked apple. 2 slices melba toast.</p>
<u>Evening</u>	<p>Tea</p>
<u>Butter allowance</u>	<p>½ oz daily Skim milk, note whole milk, to be used.</p>

Purine free and low purine diets

The diet during acute attacks of gout should be as low as possible in foods containing purines, All foods in group 1 are omitted. Calories to be adjusted to maintain the patient's normal weight. Excessive use of fats should be avoided and calories should be maintained with carbohydrates. Two sample menus are given the one which is purine free is for use during acute attacks of gout.

Food Grouped according to purine content

<u>Group 1</u>	<p><u>High purine content (100 to 1,000 mg of purine Nitrogen 100 mg of food)</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Broth</td> <td style="width: 50%;">Meat Exectract</td> </tr> <tr> <td>Gravy</td> <td>foe</td> </tr> <tr> <td>Heart</td> <td>Sardines</td> </tr> <tr> <td>Herring</td> <td>sweetbreads</td> </tr> <tr> <td>Kidney</td> <td>yeast</td> </tr> <tr> <td>Liver</td> <td>goose</td> </tr> </table> <p>Food in this list <u>should be omitted entirely</u> from the diet of patient who Have gout.</p>	Broth	Meat Exectract	Gravy	foe	Heart	Sardines	Herring	sweetbreads	Kidney	yeast	Liver	goose		
Broth	Meat Exectract														
Gravy	foe														
Heart	Sardines														
Herring	sweetbreads														
Kidney	yeast														
Liver	goose														
<u>Group 2</u>	<p><u>Moderate purine content (9 to 100 mg of purine Nitrogen per 100 mg of food)</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><u>Meat</u></td> <td style="width: 50%;"><u>Vegetable</u></td> </tr> <tr> <td>Brains)</td> <td>Asparagus</td> </tr> <tr> <td>Fish) Except those</td> <td>Beans(shell)</td> </tr> <tr> <td>Fowl)in group 1</td> <td>Lentils</td> </tr> <tr> <td>Meat)</td> <td>Mushrooms</td> </tr> <tr> <td>Shellfish)</td> <td>peas</td> </tr> <tr> <td></td> <td>Spinach</td> </tr> </table> <p>Two ounce of meat, fish, or fowl or ½ cup Vegetable from this group is allowed each day on five days on week during remissine.</p>	<u>Meat</u>	<u>Vegetable</u>	Brains)	Asparagus	Fish) Except those	Beans(shell)	Fowl)in group 1	Lentils	Meat)	Mushrooms	Shellfish)	peas		Spinach
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Beverages	Fruit														
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Eggs, 5 daily or substitute															
<u>Substitutes for 1 egg</u>	<p>1 Heaped Tablespoon of cottage cheese. 1 ounce of cheddar cheese. 1 pint milk. 1 serving of custard.</p>														

Purine for diet

Sample Menu

<u>Breakfast</u>	<p>½ grapefruit or fruit juice 1 cup cornflakes 1 lightly boiled egg, poached or scrambled egg Weak tea or coffee with sugar & milk. White bread Toasted. (1 slice) with butter & marmalade.</p>
<u>Mid Morning</u>	<p>Tea, coffee, or milk drink Biscuits.</p>
<u>Lunch</u>	<p>3 heaped tablespoonfuls cottage cheese. 3 ½ oz mashed potatoes. 3 oz buttered cabbage (group 3) 1 small tomato 1 slice white bread & butter 1/3 cup vanilla icecream. ½ pint milk .</p>
<u>Tea</u>	<p>Tea with milk & sugar. White bread, butter, jam, syrup, or honey, cakes, biscuits.</p>
<u>Dinner</u>	<p>2 poached eggs. 1 medium size baked potato ½ cup buttered string beans. 1 tablespoon carrots or celery. Milk pudding or jelly. 1 slice bread (white) & butter.</p>
<u>Evening</u>	<p>Milk drink.</p>

Low purine Diet

Sample menu

<p><u>Breakfast</u></p>	<p>½ grapefruit or fruit juice 1 cup cornflakes 1 lightly boiled egg, poached or scrambled egg White bread Toasted. (1 slice) with butter & marmalade.</p>
<p><u>Mid Morning</u></p>	<p>Tea, coffee, or milk drink Biscuits.</p>
<p><u>Lunch</u></p>	<p>Milk soup made with vegetable. 2 ozs lean roast beef, lean lamb, fish or chicken (note fried and not from group 1) 3 ½ ozs Mashed potatoes. 3 ozs green vegetables (group 3) Tomatoes. Vanilla Ice cream, jelly, custard, fruit, milk pudding 1 slice white bread & butter (if desired)</p>
<p><u>Tea</u></p>	<p>Tea. White bread, butter & jame. Cakes, Biscuits, Buns.</p>
<p><u>Dinner</u></p>	<p>2 Eggs, cheese soufflé, welsh Rarebit, Macaroni, & cheese Cheese custard, Baked Tomatoes with cheese. 3 ½ ozs Boiled or Baked potatoes. 3 ozs green vegetable (group 3 or salad. 2 oz carrots. Milk pudding, Ice cream, jelly, custard. Fruit.</p>
<p><u>Evening</u></p>	<p>Milk drink.</p>

Restricted Protein Diet

		<u>Protein</u>		
		<u>40 gms</u>	<u>50 gms</u>	<u>60 grms</u>
		<u>Ozs</u>	<u>ozs</u>	<u>ozs</u>
<u>Breakfast</u>	½ grapefruit or small glass fruit juice Porridge (cooked Weight) Or cornflakes or shredded wheat Thin slice (2) bread (as toast If desired) Marmalade Milk in tea and in cereal	6 1 2 3	6 1 2 3	6 1 2 3
<u>Med morning</u>	Fruit juice with sugar or cup of tea			
	Fruit juice Chicken, lean meat, fish Mashed Potatoes or rice Green vegetable (no peas or beans) Salad Stewed fruit, fresh fruit or low protein pudding (fruit mould, fruit sago, boiled rice & jam semolina whip)	1 ½ 4	2 5	3 6
<u>Tea</u>	Tea with milk from allowance – milk Bread, scones or bars Jam or honey. Salad if desired.	1 2	1 2	1 2
<u>Dinner</u>	Orange juice Egg Or fish Baked potato Salad Green vegetables (3 ozs) Root vegetables (2 ozs) Fresh fruit salad or fresh fruit Thin slices of bread`	1 1 1	2 (two) 2 2	2 (two) 2 ½ 1 ½
<u>Evening</u>	Cup of tea.			
<u>For bidden</u>	Meat, egg, poultry, fish, cheeses milk (except in quantity as stated).			

Weight Reducing Diet

General Instructions

Take regular meals, three a day using Food which are allowed in you diet.
Cutting –down generally on all foodstuffs is bad: what is **important is not to eat sugar or starchy food**

To succeed with your weight loss you will need a strong will – power. If friends tempt you to eat something you know you should not eat, then it is you, yourself, that suffers if you accept the offered food.

These food are allowed:

<u>Soup</u>	Clear soup, Oxo, Bovril, or beef tea (consommé)
<u>Meat</u>	Only lean meat to be used (without thickening).
<u>Fish</u>	Any white fish grilled, baked, or stewed but not fried. No breadcrumbs or butter to be used.
<u>Egg</u>	Poached, boiled or scrambled. Not fried.
<u>Cheese</u>	Any variety may be taken asa substitute for meat, or a little can be taken if you are feeling hungry.
<u>Fruit</u>	Fresh fruit except grapes, peaches, and banana. Stewed fruit without sugar.
<u>Vegetables</u>	All variety except potatoes, peas, or broad beans.
<u>Butter</u>	4 ozs butter per week.
<u>Milk</u>	Half pint fresh milk per day.
<u>Drinks</u>	Tea, ground coffee, soda water , water.
<u>Sweetening</u>	If desired saccharin, saxin may be used, do not cook but add after cooking.

Weight Reducing Diet

The following must be avoided

Fried food

Sugar, sweets, chocolate, jam, marmalade, honey, syrup, glucose, ice cream, gum, peanut butter, cakes, pies, pastry, pudding, sweet biscuits, etc.

Bread: (only take amount given in diet.)

Cereals, porridge, cornflakes, spaghetti, noodles, macaroni, baked beans, lentils, split peas, sweet corn, barley.

Rice: (only take amount given in diet).

Potatoes : chips crisps.

Cream, salad oils, salad dressing, mayonnaise, olives, pickles, sauces, fat meat, sausages.

Canned soups, canned fruits.

Soft drink.

Dried fruit such as dates, figs, apricot, raisins, nuts.

Weight Reducing Diet

20 – 25 calories per kg per day

30 – 35 calories per kg per day

Weight reducing Diet 800 calories.

<u>Breakfast</u>	<p>½ grapefruit or small glass of unsweetened fruit juice. Tea with milk from daily allowance (no sugar) 1 boiled or poached egg or 2 oz steamed fish 2 ry vita or one thin slice (1oz) brown bread and butter from allowance.</p>
<u>Mid Morning</u>	<p>Coffee or tea with milk from allowance, or Bovril, oxo, or marmite.</p>
<u>Lunch</u>	<p>2 ½ oz lean meat, liver, kidney, lamb, fish, chicken, grilled steak, or cheese custard. Gravy without fat or thickening 4 tablespoonfuls of green vegetables (cauliflower, cabbage, brussel sprouts, spinach, runner beans etc.) Green salad, 1 tablespoonful root vegetables (turnips, onions, carrots, fresh fruit (not banana) or fruit stewed without sugar but saccharin can be added.</p>
<u>Tea</u>	<p>Tea with milk from allowance (no sugar) 1 thin slice bread spread with marmdto if desired Salad.</p>
<u>Dinner</u>	<p>2 ½ oz chicken, liver, kidney, tongue, or lean meat, or 3 oz steamed or baked fish or 1 ½ oz cheese 4 tablespoon green vegetable. 1 tablespoon root vegetables Fresh fruit (apple, pears, oranges) or stewed fruit without sugar</p>
<u>Evening</u>	<p>Tea or coffee with milk from allowance</p>
<u>Daily allowance</u>	<p>Milk ¼ pint Instead of 1 slice bread you can 3 cream cracker, or 2 ryvita or 2 butter ½ oz table spoon voiled rice or 2 table spoon spaghetti.</p>
	<p style="text-align: center;"><u>The following food may be taken in unrestricted quantities:</u></p> <p>Green vegetable, salads, soda water, lemon juice, clear soup, marmite, oxo, rhubarb.</p> <p style="text-align: center;"><u>Forbidden food</u></p> <p>Ice cream, cream, pastry, nuts, olives, mayonnaise, fat meat, duks, goose.</p>

Weight Reducing diet 1000 Calories

<u>breakfast</u>	1/2 Grapefruit or ½ cup unsweetened fruit juice. Tea or coffee with milk from allowance (no sugar). 1 boiled or poached egg or 2 oz steamed fish. 1 Thin slice Brown bread with butter from allowance.
<u>Mid Morning</u>	Tea or coffee with milk from allowance or Bovril, oxo, or marmite.
<u>Lunch</u>	Clear soup if desired 2 ½ oz lean meat, grilled steak, roast beef, lamb, liver, kidney, chicken, salmon, or 3 oz steamed fish, gravy but without fat or thickening. 4 tablespoon green vegetables (brussel sprouts, cabbage, celery, cauliflower, marrow, runner beans. 1 tablespoon root vegetables (turnips, carrots, onions etc. salad Fresh fruit (apple, pears, orange) or fruit stewed without sugar (saccharin can be added.)
<u>Tea time</u>	Tea with milk from allowance 1 thin slice brown bread (or exchange from the list) spread with butter from allowance, and marmite if desired salad
<u>Dinner</u>	Clear soup 2 ½ oz lean meat, grilled steak, roast beef, lamb, liver, kidney, chicken, salmon, 1 ½ oz cheddar cheese or 3 oz steamed fish 4 tablespoon green vegetables 1 tablespoon root vegetables 1 thin slice brown bread (or exchange from the list) Fresh fruit
<u>Evening</u>	Remainder of milk from allowance, tea or coffee
<u>Daily allowance</u>	Milk ½ pint butter ½ oz. Instead of 1 oz bread the following can be taken 2 ryvite or 5 cream crackers or 2 semi-sweet biscuits (rich tea, marmite or ½ cup corn flaks or 2 tablespoon cooked spaghetti or 2 tablespoon boiled rice

Sample menu for minimum residue diet.

Calories 2.050. protein 75 gms, carbohydrate 240gms

<u>On awaking</u>	½ cup strained fruit juice
<u>Breakfast</u>	½ cup cooked farina or flour of oatmeal. 2 soft boiled or poached eggs. 1 slice toast (white bread) & 1 teaspoon butter and 1 teaspoon jelly marmalade.
<u>1 hour later</u>	One cup coffee or tea.
<u>Mid morning</u>	1 cup strained orange or grapefruit juice.
<u>Lunch</u>	½ cup strained broth 3 oz tender roast beef, minced lamb, chicken ¼ cup gravy 1/3 cup refined rice, spaghetti, macaroni, or noodles. 1 slice toast (white bread) if desired- 1 teaspoon butter. 1/3 cup vanilla ice cream or jelly.
<u>Tea time</u>	1 cup of tea
<u>Later</u>	1 slice bread with 1 teaspoon butter & jelly jam 1 cake (no fruit or nuts)
<u>Dinner</u>	2 oz tender meat, fish, or poultry, or cottage cheese ½ cup steamed rice ½ cup baked custard, ice cream, gelatin dessert, rennet desert 1 slice white bread toasted , 1 teaspoon butter and 1 teaspoon jelly
<u>Evening</u>	1 cup tea or coffee. Small amount of glucose strained juice can be given between meals diet should be kept fairly dry hence fluids are omitted or limited at meal times , and given in small quantities only between meals

Sample Menu For Low Residue Diet

<p><u>Breakfast</u></p>	<p>Small glass of strained fruit juice ½ cup of well cooked cereal or corn flaks Soft boiled or poached egg, or steamed white fish. 1 slice white bread or toast (not whole meal) with butter Syrup, honey, or jelly marmalade. 1 cup tea or coffee</p>
<p><u>Mid Morning</u></p>	<p>Tea or coffee and one plain biscuit (1 cup only)</p>
<p><u>Lunch</u></p>	<p>½ cup consommé 2 ½ oz lean roast beef, lamb, chicken, liver, fish. ½ cup boiled rice, or helping of mashed potatoes. Puree of corn, peas, spinach, or tomatoes, or minced carrots, asparagus, or white flower of cauliflower. Gelatin desserts, steamed cake mixture pudding, egg custard or milk jelly with milk from allowance, or cream crackers with cottage cheese.</p>
<p><u>Tea time</u></p>	<p>Freshly made weak tea with milk and sugar (1 cup only) Bread (not whole meal) butter, jelly, or honey Sponge cake (no fruit or nuts)</p>
<p><u>Dinner</u></p>	<p>1 cup consommé or strained fruit juice 2 ½ oz lean meat, chicken, liver, lamb, rabbit or fish. ½ cup boiled rice, macaroni, or spaghetti. ½ cup well mashed vegetables (no tough skins) or 3 leaves of well shredded lettuce and puree tomato. Vanilla ice cream, slice banana, or jelly.</p>
<p><u>Evening</u></p>	<p>1 cup tea or strained soup Milk should not exceed ¾ pint daily. Diet should be kept fairly dry hence limited fluids at meal times, but well strained tomato or orange juice can be given in small quantities between meals.</p>

High residue diet

<u>Soup</u>	Vegetable soup and broth
<u>Meats</u>	Meat of any kind but only small quantity of poultry
<u>Fish</u>	Any kind of fresh fish
<u>Vegetable</u>	Cabbage, cauliflower, spinach, string beans, peas, parsnips, lettuce, celery, tomatoes, mustard and cress in large quantities but carrots, turnips, and potatoes in small quantities.
<u>Fruit</u>	Apple, orange, melons, strawberries, raspberries, prunes, dates, figs, raisins, grapefruit, peaches, pears.
<u>Cereals</u>	Oatmeal, wheat flaks, bran, grape nuts, shredded wheat.
<u>Bread</u>	Any kind of brown or currant bread, vita wheat or ryvita.
<u>Pudding</u>	Light pudding, stewed fruit, fruit pudding, fruit creams, and fruit jellies.
<u>Preserve</u>	All kind of jam marmalade, honey.
<u>Cakes</u>	Fruit cake and gingerbread.
<u>Fats</u>	Salad oil, butter, cream, and bacon.
<u>Fluids</u>	Water in abundance, tea, coffee, fruit juice.

High Residue Diet

Food High In Roughage.

Whole meal Bread
Digestive, coconut or macaroon biscuits
Whole meal flour.
Fruit, dried or fresh, with edible pips or skins.
Green vegetable.
Jam with pips.
Nuts.
Oatmeal or quaker oats.
Peas and beans.

Food With Moderate Amount Of Roughage.

Fruit with no pips or skins
Root Vegetable.

Food With Little Or No Roughage.

Biscuit, Plain.
Bread (not whole meal)
Butter
Madeira or sponge cake.
Cheese.
Corn flour.
Cream.
Eggs.
Steamed fish.
Meat.
Milk.
Strained Fruit Juice.
Sugar.
Jelly.

High Residue Diet Sample Menu

<u>On Morning</u>	Glass of water (hot or cold) with lemon juice.
<u>Breakfast</u>	Stewed Prunes, Rhubarb, Grapefruit, Bran Cereal, Porridge, or Shredded Wheat. Egg, Bacon, Tomato or fish
<u>Mid Morning:</u>	Tea or other Beverage. Digestive or coconut Biscuit Fruit.
<u>Lunch:</u>	Grapefruit or Vegetable soup 3 oz meat or 2 oz poultry 4 Table spoon Green Vegetables. 1 Table spoon Root Vegetables. Salad 4 oz potatoes. Fruit pudding and fresh fruit.
<u>Tea:</u>	Tea Whole meal Bread, Butter, Jam, or yeast Extract. Fruit Cake, Ginger bread. Fresh fruit if desired.
<u>Dinner:</u>	As lunch
<u>Evening:</u>	Tea and digestive Biscuit, or glass of water Fresh fruit Plenty of fluid should be drunk throughout the day.

Standard Tube Feeding**Food Included and Amount**

	<u>Unit</u>	<u>500cc</u>	<u>1,000cc</u>	<u>1,500cc</u>	<u>2000,cc</u>
Milk, whole	<u>weigh gm</u>	<u>268</u>	<u>535</u>	<u>800</u>	<u>1,070</u>
	Approx. measure	1 cup	2 ¼ cups	3 ¼ cups	4 ½ cups
Eggs whole	<u>weigh gm</u>	<u>67</u>	<u>135</u>	<u>200</u>	<u>270</u>
	Approx. measure	1 ½ egg	2 ½ egg	4 eggs	5 eggs
Dextri-meltose No.1.	<u>weigh gm</u>	<u>35</u>	<u>70</u>	<u>100</u>	<u>135</u>
	Approx. measure	3 tablespoon	6 tablespoon	9 tablespoon	12 tablespoon
Half milk & Half cream	<u>weigh gm</u>	<u>134</u>	<u>270</u>	<u>400</u>	<u>540</u>
	Approx. measure	½ cup	1 cup	1 ¾ cup	2 ½ cup
Non fat milk Solids	<u>weigh gm</u>	<u>30</u>	<u>60</u>	<u>90</u>	<u>120</u>
	Approx. measure	1/3 cup	2/3 cup	1 cup	1 1/3 cup
Salt (NaCl)	<u>weigh gm</u>	<u>1.8</u>	<u>3.5</u>	<u>5.5</u>	<u>7.0</u>
	Approx. measure	½ teaspoon	¾ teaspoon	1 teaspoon	1 ½ teaspoon
Vitamin Supplement	<u>weigh gm</u>	<u>2</u>	<u>4</u>	<u>5</u>	<u>6</u>
	Approx. measure	½ teaspoon	1 teaspoon	1 ¼ teaspoon	1 ½ teaspoe. k

Method:

To mix. Place all ingredients except the half milk and half cream in an electric mixer. Turn on the motor. Add solids. Mix well. Turn of the motor and stir the half milk and Half cream into mixture. Strain into sterilized jar through & fine strainer or gauze.
Keep refrigerated.

High Calorie High Protein

<p><u>Break fast</u></p>	<p>½ Grapefruit or fruit juice Porridge or cornflakes 2 Eggs Lightly boiled or poached or scrambled 2 slice toast, butter and marmalade Tea or coffee with milk and sugar</p>
<p><u>Mid Morning</u></p>	<p>Milk drink made with ¼ pint fortified milk biscuits</p>
<p><u>Lunch</u></p>	<p>4 oz roast beef, lean meat, Grilled Steak, liver, kidney, fish, chicken or cheese dish. Curry gravy if desired. ½ cup mashed potatoes or 3 ½ oz cooked rice. Spaghetti, Macaroni, ½ cup buttered green vegetables salad Milk pudding, ice cream in moderation, custard, jellos, junket, stewed or tinned fruits, or cheese and melba toast . Fresh fruit.</p>
<p><u>Tea</u></p>	<p>Tea with milk and sugar. Bread with butter and jam Cake.</p>
<p><u>Dinner</u></p>	<p>Soup 4 oz lean meat, grilled steak, chicken, fish etc. or cheese dish Baked potatoes or 3 ½ oz mashed potatoes, rice, spaghetti or macaroni . 2 Table spoon Green vegetable. 1 Table spoon root vegetable (carrots, Turnips, Onions) Milk pudding, egg custard, junket, soufflés, tinned or stewed fruit. Fresh fruit.</p>
<p><u>Evening</u></p>	<p>Milk drink made with fortified milk or egg nog. No fried food, pastries, heavy cream to be used in this diet.</p>

Fractured Jaw Diet

High Calories

<u>From Central Kitchen</u>	All food to be <u>Pulverised</u> in kitchen
<u>Breakfast</u>	Fruit juice Eggs Scrambled, poached or lightly boiled
<u>9.a.m.</u>	Two pints fortified milk to be sent daily to ward 1 egg flip.
<u>11.30.a.m.</u>	Cream soup 4 oz lean meat and gravy, chicken, fish etc. 3 oz potatoes 4 oz vegetables. Cream caramel, orange, or lemon soufflé. Flavored milk, jelly, fruit trifle etc.
<u>3. p.m</u>	Milk drink Ice cream.
<u>5.30. p.m.</u>	As at 11.30.a.m.
<u>7.p.m.</u>	Thin blancmange and fruits
<u>9.p.m.</u>	Egg flip.

Low Oxalate Diet

Foods Allowed

Apple fresh or stewed, prunes, grapefruit, cucumber, cauliflower , kidney beans, lima beans, sweet corn, mushrooms, turnips, lentil, peas, bread, cornflakes, flour, macaroni, rice, eggs, bacon, poultry, corn beef, kidney, and liver.

Food high in Oxalic Acid and Forbidden in low oxalate Diet.

Almond, cashews, beetroots, cocoa, dried figs, parsley, lemon peel, peppers, rhubarb, sorrel, spinach, string beans, carrots, celery, endive, gooseberries, grapes, onions, oranges, asparagus, and tinned pineapple.

The Ten Day Reducing Diet

<p><u>1st day</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee <u>Lunch:-</u> 2 hard boiled eggs ½ cup tomatoes 1 glass skim milk <u>Dinner:-</u> 2 hamburgers ½ head lettuce ½ grapefruit</p>
<p><u>2nd day</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee <u>Lunch:-</u> 4 tablespoon cottage cheese ½ cup shredded carrots 1 slice whole wheat toast 1 glass skim milk <u>Dinner:-</u> ½ grilled chicken ½ cup spinach Mixed green salad Small baked apple</p>
<p><u>3rd day</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee <u>Lunch:-</u> 2 scramble eggs 1 slice whole wheat toast 1 large slice tomatoes 1 glass skim milk <u>Dinner:-</u> Lean steak Salad bowl ½ grapefruit</p>

<p><u>4th day:</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee</p> <p><u>Lunch:-</u> 1 hamburger Lettuce salad 1 ryvita 1 glass skim milk</p> <p><u>Dinner:-</u> Grilled lean fish ½ cup tomatoes Coleslaw dressed with lemon juice Small baked apple</p>
<p><u>5th day:</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee</p> <p><u>Lunch:-</u> 2 hard boiled eggs ½ cup spinach Apple sauce 1 glass skim milk</p> <p><u>Dinner:-</u> Grilled lean steak ½ cup broccoli or cauliflower ½ fresh fruit salad</p>
<p><u>6th day:</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee</p> <p><u>Lunch:-</u> 1 slice cheese on whole wheat toast Apple sauce 1 glass skim milk</p> <p><u>Dinner:-</u> 2 slice liver ½ cup cauliflower ½ grapefruit</p>

<p><u>7th day:-</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee</p> <p><u>Lunch:-</u> 2 chopped hard boiled eggs mixed with chopped celery. 1 slice whole wheat toast 1 glass skim milk</p> <p><u>Dinner:-</u> ½ grilled chicken ½ cup string beans ½ cup fresh fruit salad</p>
<p><u>8th day:-</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee</p> <p><u>Lunch:-</u> 1 hamburger on whole wheat toast 1 slice orange 1 glass skim milk</p> <p><u>Dinner:-</u> 2 slice roast joint ½ cup broccoli Raw carrots Grapefruit</p>
<p><u>9th day:-</u></p>	<p><u>Breakfast:-</u> ½ Grapefruit Black coffee</p> <p><u>Lunch:-</u> 1 large waldorf salad with nuts Ryvita 1 glass skim milk</p> <p><u>Dinner:-</u> Grilled lean fish ½ cup stewed tomatoes Cucumber salads Small baked apple</p>

10th day:-

Breakfast:-

½ Grapefruit

Black coffee

Lunch:-

Mushroom omelet

Lettuce & tomatoes salad

Fresh fruit not (banana)

1 glass skim milk

Dinner:-

Cold lean beef or lamb

½ head lettuce

Apple sauce

If grapefruit is unobtainable eat any fresh fruit except banana which contain carbohydrate.

A cup is roughly ½ lb. so ½ cup = 2 medium or 1 large tomatoes and about 4 ozs. Of vegetables.

If hungry during the day take a small cup Bovril, small glass skim milk, or a raw carrots mid morning and mid afternoon. Eat every thing on the diet as although low in calories, it is carefully balanced diet.

Eat every thing on the menu each day.

Fortified Milk Mixture

Calories 680 per pint. 50 gms. Portion 33 gms. Fat 39 gms. Fortified milk is mad by adding 2 ozs . dried full cream milk powder to each pint of milk. To this mixture, glucose, lactose, ovaltine, bengers, food, herdicks malted milk etc. and eggs can be added to increase the calories.

High calories lemonade _____ recipe 234 calories.

1 oz. lemon juice 2 oz glucose

Lemon rind 5 oz water

Method boil the water with lemon rind and glucose for five minutes.

Allow to cool a little, add lemon juice and strain. Serve very cold.

A quicker method is to dissolve the glucose in 1 oz. lemon juice mixed with 4 ozs . cold water. Strain carefully if it is to be used for a patient with colitis or typhoid.

Composition of foods

(protein , fats, (carbohydrates, Calories, Iron,)

Fruits:-

Content per 100 gms .	Protein.	Fats		carbohydrate	Calories	Iron
Edible portion.		Total	Cholesterol			Mg.
Fresh sweet apple	0.3	0.4	.007	15	58	0.3
Avocados	1.7	26.4	---	5.1	245	0.6
Bananas	1.3	0.4	.008	24	94	0.6
Dates (dried)	2.2	0.6	----	75	284	2.1
Fruit salad (canned)	0.4	0.2	-----	18.6	70	0.4
Grapes (fresh)	0.8	0.4	0.006	16.7	68	0.5
Grapefruit	0.6	0.2	-----	9.8	39	0.3
Grapefruit juice	0.4	0.1	-----	10	36	0.4
Lemons	0.9	0.6	-----	8.7	32	0.6
Water melon	0.5	0.2	0.017	6.9	28	0.2
Oranges	0.9	0.2	0.014	11.3	45	0.4
Orange juice fresh	0.6	0.1	-----	12.9	49	0.4
Peaches (canned)	0.4	0.1	-----	18.2	68	0.4
Pears (fresh)	0.5	0.4	0.014	15.5	61	0.3
Pears (canned)	0.2	0.1	----	18.4	68	0.2
Plums (fresh)	0.7	0.2	-----	12.2	47	0.5
Prunes (cooked)	1.0	0.2	----	43.2	165	1.5
Raisins	2.3	0.5	----	71.2	268	3.3
Strawberries	0.8	0.6	0.009	8.1	37	0.8
Tangerines	2.6	1.0	----	35.1	142	1.9
Rhubab	0.5	0.1	----	3.8	16	0.5
Miscellanies :-						
Olives	1.5	13.5	-----	4.0	132	1.6
Tomato past	2.0	0.4	-----	7.0	98	0.8
Mayonnaise	1.5	78	---	3.0	720	1.0
Chocolate (milk)	6.0	33.5	----	54.0	542	4.0
Coco per cup	1.5	3.0	-----	5.0	56	0.47
Yeast (dried)	46.1	1.6	0.68	37.4	348	18.2
Vegetable oil	-----	100	-----	-----	883	----

Composition of foods

(protein , fats, Cholesterol (carbohydrates, Calories, Iron,)

Vegetables:-

Content per 100 gms .	Protein.	Fats		carbohydrate	Calories	Iron
Edible portion.		Total	Cholesterol			Mg.
Asparagus (tinned)	2.1	0.2	0.01	4.1	21	0.9
Broad beans (dried)	25.4	1/7	----	58	338	6.5
Beans green	2.4	0.2	----	8	35	1.1
Green beans `canned	5	0.4	-----	18.3	95	1.7
Beetroot	1.6	0.1	-----	9.6	42	1.0
Broccoli	3.3	0.2	-----	5.5	29	1.3
Brussels sprouts	4.7	0.5	-----	8.7	47	1.0
Cabbage	1.6	0.1	-----	5.7	25	0.6
Carrots	1.1	0.2	0.001	9.1	40	0.9
Cauliflower	2.4	0.2	.02	4.9	25	1.1
Celery stall	1.7	0.3	-----	9	46	0.5
Chicory and endives	1.7	0.2	-----	4.1	20	---
Corn (sweet canned)	3.2	1.2	0.1	20.5	92	0.5
Cucumbers	0.8	0.1	----	3.0	13	0.3
Eggplant	1.1	0.2	0.002	5.5	24	0.4
Kale	3.9	0.6	-----	7.2	40	2.2
Kohlrabi leaves	3.1	0.4	-----	5.4	30	1.5
Kohlrabi tubers	2.1	0.2	-----	6.2	29	0.5
Lentil (dried)	25.7	1.0	0.04	5.4	339	8.6
Lettuce	1.3	0.2	---	2.8	15	0.5
Mushrooms	4	0.15	-----	3.3	26	---
Onions	1.4	0.2	-----	9.0	40	0.5
Parsley	3.7	1.0	---	9.0	50	0.5
Parsnips	1.5	0.5	-----	18.2	78	0.10
Peppers	1.2	0.2	-----	5.3	24	1.8
Fresh green peas	6.7	0.4	----	17.0	90	0.23
Green peas canned	3.4	0.4	----	12.9	69	1.8
Potatoes	2.0	0.1	0.003	19.1	85	3.0
Spinach	2.2	0.3	0.006	3.9	22	3.0
Fresh tomatoes	1.0	0.3	-----	4.0	23	0.6
Turnips	1.1	0.2		7.1	32	0.5

Composition of foods

(protein , fats, Cholesterol (carbohydrates, Calories, Iron,)

Meat .poultry .and seafood:-

Content per 100 gms .	Protein.	Fats		carbohydrate	Calories	Iron
Edible portion.		Total	Cholesterol			Mg.
Bacon (medium fat)	25	55.0	-----	1.1	607	3.1
Beef hamburger	22	30.0	-----	0	364	2.1
Beef sirloin	23	22.0	-----	0	297	2.9
Beef rib roast	24	24.0	----	0	319	3.0
Beef corned	24	15.0	-----	0	232	4.0
Beef kidney	15	8.1	0.41	1.0	140	6.3
Beef liver	19.8	4.2	0.32	3.6	136	12.1
Beef tongue	16.4	15.0	-----	0.4	207	6.5
Beef tripe	19.1	2.0	0.15	0	99	1.6
Veal	19.2	11.0	0.065	0	181	2.9
Chicken	20.0	11.0	0.09	0	185	3.0
Ham (boiled)	22.8	22.7	----	0	302	2.7
Ham (tinned)	14.9	24.3	-----	1.5	289	2.2
Roast leg of lamb	24.0	19.0	-----	0	274	3.3
Rib chop	24.0	35.0	.07	0	418	3.0
Meat Extract	17.6	---	---	47	285	4.2
Pork (medium fat)	18.1	14.9	0.09	0	224	2.5
Pork chops	23.0	26.0	----	0	333	3.0
Rabbit	20.8	10.2	0.05	0	180	3.1
Beef sausages	16.0	28.0	-----	0	320	2.4
Sheep liver	21.0	3.9	-----	2.9	136	12.6
Sheep kidney	16.6	3.3	-----	3.3	105	9.2
Turkey	20.1	20.2	0.015	0	268	3.8
<u>Seafood</u>						
Cod fish	16.5	0.4	0.05	0	70	0.9
Haddock	16.8	0.3	-----	0	74	0.9
Halibut	18.5	5.2	----	0	121	0.9
Salmon (fresh)	28.0	5.6	0.06	0.2	170	1.2
Salmon (tinned)	20.6	9.6	----	0	169	1.3
Shrimp	17.8	0.8	0.15	0.8	82	2.0

Composition of foods

(protein , fats, cholesterol (carbohydrates, Calories, Iron,)

Cereal Products And Dairy Products:-

Content per 100 gms .	Protein.	Fats		carbohydrate	Calories	Iron
Edible portion.		Total	Cholesterol			Mg.
Bread white	8.5	3.2	-----	51.8	275	0.6
Bread toasted	9.7	3.7	-----	59.0	313	2.1
Bread wheaten	9.3	2.6	----	49.0	240	2.2
Cornflakes	7.9	0.7	----	80.3	359	1.0
Cornstarch	0.5	0.3	-----	86.9	362	1.0
Flour white un enriched	10.8	1.1	----	75.5	370	0.7
Flour white enriched	9.2	1.0	----	73.8	350	4.8
Rice (dry) whole	7.6	1.7	-----	77.7	356	5.5
Semolina	8.3	1.2	----	78.0	356	0.2
Spaghetti (dry)	12.8	1.4	-----	76.5	377	1.5
Macaroni	12.8	1.4	----	76.5	377	1.5
<u>Dairy product :-</u>						
Butter	0.6	81.	0.28	0.4	716	0.2
Cheddar cheese	25.0	32.2	0.16	2.1	398	1.0
Cottage cheese	19.5	0.5	-----	2.0	95	0.3
Cream cheese	7.1	36.9	0.14	2.0	368	0.1
Lebneh	13.0	10.0	----	10.0	145	0.3
Cream (light)	2.5	20.0	0.10	4.0	206	0.2
Cream (heavy)	2.3	35.0	0.13	3.0	336	0.2
Eggs (1 meduim)	6.1	5.5	0.22	0.35	76	1.3
Eggs 1 white medium	3.3	---	----	0.3	15	0.06
Eggs 1 yolk medium	2.8	5.4	0.22	0.05	61	1.2
Milk whole	3.3	4.01	0.01	4.94	65	0.1
milk evaporated	7.0	7.9	---	9.9	139	0.2
Milk condensed (sweetened)	8.1	8.4	---	59.9	327	0.2
Milk dried whole	25.8	26.7	0.1	38.0	496	0.6
Milk dried non fat	35.6	1.0	0.004	52.0	359	0.6
Laban	3.0	3.0	---	5	55	0.1

Food High in Sodium (more than 50 mg per 100 grms)

Food	Average Weight Gms	Serving Approximate measure	Sodium Per serving	Mg. Per 100 grms
Asparagus spears tinned	75	5 medium spears	308	410
Bacon fried crisps	25	4-5 slice	600	2400
Lima beans frozen	75	½ cup	233	310
String beans canned	75	2/3 cup	308	410
Bread, rye, white and whole wheat	25	1 slice	150	600
Butter	5	1 teaspoon	44	880
Carrots canned	75	½ cup	210	280
Cheddar cheese	30	1 ounce	210	700
Cottage cheese	35	1 tablespoon	102	290
Cream cheese	30	1 ounce	75	250
Processed cheese	30	1 ounce	450	1500
Chicken breast raw	60	2 ounces	47	78
Chicken leg raw	60	2 ounces	66	110
Cod fish fresh	60	2 ounces	41	63
Corn canned	75	½ cup	154	205
Cornflakes	15	½ ounce	99	660
Egg (white)	30	1	45	150
Egg whole	50	1	65	130
Farina	15 dry	½ cup	14	90
Gelatin dessert (flavored)	8	1 tablespoon	26	330
Ham (raw)	60	2 ounce	666	1110
Ice cream	70	1/3 cup	70	100
Kidney	60	2ounces	126	210
Lamb chop raw	60	2 ounces	59	98
Lamb chop raw	60	2 ounces	47	78
Liver calf raw	60	2 ounces	66	110
Margarine	7	2 teaspoon	77	1110
Mayonnaise	15	1 tablespoon	89	590
Mushroom tinned	75	½ cup	300	400

Food High in potassium (more than 50 mg per 100 grms)

Food	Average Weight Gms	Serving Approximate measure	Potassium Per serving	Mg. Per 100 gms
Whole milk	240	½ pint	350	147
Grapefruit juice	240	8 ounces	360	150
Orange juice fresh	240	8 ounces	415	173
Tomato juice fresh	240	8 ounces	552	230
Avocado	100	½ 510	510	510
Lima beans	75	½ cup	473	630
Cereal:-				
Whole grain (dry)	15	½ cup cooked	218	1450
Whole bran	30	1 ounce	323	1010
Cocoa	7	1 tablespoon	98	1400
Currants	30	1 ounce	189	629
Coconut (dry)	30	1 ounce	224	745
Dates	30	1 ounce	233	778
Figs (dried)	30	1 ounce	234	780
Lentil (dried)	100	½ cup	1200	1200
Peas` (dried)	30	½ cup (cooked)	296	955
Parsnips	75	½ cup	387	516
Potatoes	100	½ cup	532	532
Prunes	30	1 ounce	216	721
Raisins	30	1 ounce	225	751
Sardines	90	3 ounces	459	510
Spinach	75	½ cup	440	586

Note

1 gram fat = 9 calories

1 gram carbohydrate or protein = 4 calories