

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
MILD GROUP: 2 or more cups daily	All milk and mild drinks, all cheeses, ice cream	None
MEAT GROUP:	Limit all meats, poultry, fish and shellfish, except those to avoid, to 4 ounces daily. Eggs, cottage cheese, peanut butter and other cheeses may be used as meat substitutes as desired	Glandular meats, such as; liver, heart, brains, and kidney. Sweetbreads, anchovies, sardines, herring
VEGETABLE AND FRUIT GROUP: 4 or more servings daily	All fruits and fruit juices. Limit the following to two servings per week: asparagus, peas, spinach, mushrooms, celery, dried peas and beans, soybeans, lentils	None
BREAD AND CEREAL GROUP: 4 or more servings daily	All whole grain or enriched bread and cereal products. Rice, macaroni, noodles and other pastas. Limit the following to two servings per week: wheat germ, bran, and oatmeal	None
ADDITIONAL: To achieve and maintain ideal status	FATS: Butter or fortified margarine. All fats and oils.	FATS: None
	SOUPS: Cream soups made with milk and allowed vegetables. Vegetable bouillon, broth and consommé.	SOUPS: Meat bouillon, broth, and consommé. Soups made with meat stock base.
	SWEETS AND DESSERTS: All except those to avoid.	SWEETS AND DESSERTS: Mincemeat pie if made with meat.
	MISCELLANEOUS: Iodized salt. All herbs and spices, seasonings and sauces and flavorings, except those to avoid.	MISCELLANEOUS: Meat gravies. Baker's and brewer's yeast.
	BEVERAGES: All beverages, water, alcohol if in moderation and by permission of physician.	BEVERAGES: None.

<b>Sample Menu</b>		
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
½ cup Orange Juice ½ cup farina 1 poached egg 1 slice toast 1 tsp. Margarine 1 tbsp. Jelly 1 cup milk Coffee, cream, sugar	6 ounces vegetarian vegetable soup 2 ounces beef patty on bun Sliced tomato and lettuce Mayonnaise, catsup, mustard Apple 1 cup milk	2 ounces chicken ½ cup mashed potatoes ½ cup carrots 1 slice bread 2 tsp. Margarine ½ cup ice cream 2 sugar cookies Coffee, cream, sugar