

FOR

DIET LIST.

DATE,

SOUPS	DAILY AMOUNT	MEATS	DAILY AMOUNT	VEGETABLES	DAILY AMOUNT	BREAD	DAILY AMOUNT	PASTRY	DAILY AMOUNT	FRUITS	DAILY AMOUNT	BEVERAGES	DAILY AMOUNT
<input type="radio"/> Broths Beef Veal Mutton Chicken Bouillon Consommé Ox-tail		<input type="radio"/> Boiled Stewed Roasted Broiled Hashed Beef Mutton Mutton Chops Lamb Lamb Chops Veal Sweetbreads Brains Liver Kidneys Pork Bacon Ham Dried Beef Corned Beef Sausages Pigs' Feet Tongue Tripe		<input type="radio"/> Starchy Rice Corn Peas Beans Lima Beans Lentils Potatoes <i>Baked</i> <i>Boiled</i> <i>Mashed</i> <i>Chipped</i> Sweet Potatoes Beets Parsnips Turnips Carrots Kohl Rabi Artichokes Salsify Radishes		<input type="radio"/> Fresh Baked Stale Toasted Pulled Zwieback White Flour Graham Rye Crackers Gluten Almond Inulin Soya Aleuronat		<input type="radio"/> PUDDINGS Bread Cornstarch Blanc Mange Rice Tapioca Cup Custard Junket Cottage Hasty Suet Fruit		<input type="radio"/> Oranges Lemons Limes Shaddocks Grapes Bananas Pineapples Melons <i>Fresh</i> <i>Dried</i> <i>Stewed</i> <i>Preserved</i> Apples Peaches Pears Plums Prunes Apricots Cherries Raisins Dates Figs		<input type="radio"/> Non-Alcoholic Coffee Tea Cocoa Chocolate Lemonade Grape Juice Ginger Ale Soda Water Mineral Waters <i>Label:</i>	
<input type="radio"/> Purées & Creams Barley Rice Pea Bean Potato Tomato Asparagus Onion Celery		<input type="radio"/> POULTRY Chicken <i>White Meat</i> Squab Turkey Duck Goose Guinea Fowl		<input type="radio"/> Green Vegetabl's Tomatoes <i>Raw</i> <i>Stewed</i> <i>Baked</i> Egg Plant <i>Baked</i> Onions <i>Boiled</i> <i>Baked</i> Leeks Cabbage <i>Sauer Kraut</i> <i>Cole Slaw</i> Cauliflower Brussels Sprouts Sea Kale String Beans Asparagus Pumpkins Squashes Celery <i>Raw</i> <i>Stewed</i> Rhubarb Veg'tle Marrow Spinach Lettuce Water Cress Beet Tops Okra Capers Cucumbers Endives Chiccorry Sorrel		<input type="radio"/> HOT CAKES		<input type="radio"/> ICE CREAM Vanilla Chocolate Fruit Flavors		<input type="radio"/> WATER ICES Orange Lemon Sherbets		<input type="radio"/> Alcoholic Beer Ale Porter Stout Cider Sherry Port Madeira Malaga Tokay Rhine Wines <i>Label:</i> Champagnes <i>Label:</i> Clarets <i>Label:</i> Burgundies <i>Label:</i> Whiskies <i>Label:</i> Brandies <i>Label:</i> Gin <i>Label:</i> Liqueurs	
<input type="radio"/> Thick Soups Vegetable Noodle Julienne Vermicelli Calf's Head Mock Turtle Mulligatawnny Clam Chowder Fish Soups		<input type="radio"/> GAME Venison Rabbit Wild Duck Birds				<input type="radio"/> CEREALS Oat Meal Corn Meal Hominy Arrow-root Tapioca Cornstarch Farina Sago Macaroni Spaghetti		<input type="radio"/> CAKE Plain Fancy		<input type="radio"/> BERRIES Strawberries Blackberries Raspberries Huckleberries Gooseberries Cranberries Mulberries Currants		<input type="radio"/> CONDIMENTS Pepper Mustard Spices Herbs Vinegar Olive Oil Horseradish Sauces Caviare Pâté de Foie Gras	
<input type="radio"/> FISH Boiled Broiled Baked Salted Sardines in Oil		<input type="radio"/> EGGS Soft Boiled Poached Scrambled Omelet				<input type="radio"/> SPECIAL Beef Juice Clam Juice Scraped Beef Beef Tea Albumen Water Milk Toast Toast Water Barley Water Gruef Irish Moss Flaxseed Tea Milk Punch Egg Nog Koumiss Wine Whey Mulled Wine Panada Caudle Broth with Egg Predigested Food		<input type="radio"/> JELLIES Lemon Wine Fruit		<input type="radio"/> NUTS Cocoanuts Chestnuts Walnuts English Walnuts Brazil Nuts Hazel Nuts Pecan Nuts Shellbarks Salted Almonds Peanuts		<input type="radio"/> SALADS	
<input type="radio"/> OYSTERS Raw Panned Broiled Stewed Scalloped		<input type="radio"/> MILK Unskimmed Skimmed Buttermilk Cream <i>Boiled Milk</i> <i>Pasteurized</i>						<input type="radio"/> SUGARS Cane Sugar Grape Sugar Honey Molasses Confectionery Saccharine Levulose		<input type="radio"/> Olives Pickles Truffles Mushrooms			
<input type="radio"/> Clams Crabs Lobsters Shrimps Terrapin		<input type="radio"/> BUTTER											
		<input type="radio"/> CHEESES											

DIRECTIONS: A cross in any circle (X) signifies that all articles down to the next circle are permitted, except those crossed out. Individual articles in any list marked thus (X) are allowed; all not designated are forbidden.

GENERAL INSTRUCTIONS:

1. Eat slowly and at regular hours; masticate thoroughly.
2. Take fluids moderately at meals; drink water freely at other times.
3. Avoid anxiety and business cares at table; rest for a while after meals.
4. Use laxative foods and drink an abundance of water to prevent constipation.
5. Do not partake of a great variety of dishes at any one time, nor eat large quantities of anything very hot or cold.
6. Rich dishes, fried foods, pastries, sweets, stimulants, and strong condiments, should be used, if at all, only in small amounts.
7. Under-cooked vegetables, overdone or hashed meats, hard-boiled eggs, and any articles habitually found to disagree, are to be avoided.
8. A moderate daily quantity of food for adults should average about—
10 ounces of animal food (fish, oysters, meat, poultry, eggs, etc.);
30 ounces of vegetable food (including bread and cereals); and
50 to 80 ounces of liquids, including tea, coffee or cocoa, but
principally water.—THOMPSON.

SPECIAL INSTRUCTIONS: