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1/2 cup
1 cup
1/2 slice 1 inch thick

MODIFICATIONS OF ADEQUATE NORMAL DIET

Eggs: 1 poached, soft cooked, hard cooked or scrambled.
Bread, 1 slice.
Butter, 1 teaspoon.
Whole Milk, 1 cup.
Coffee or Tea, as desired (no sugar or cream).

Noon and Evening Meal

Lean Meat: medium serving (2 oz.) Beef, veal, lamb, fowl, fish.
All meats should be broiled, boiled or roasted

or
Cottage Cheese, 4 tablespoons
or
American Cheese, 2 thin slices
or

Eggs: 2 poached, soft cooked, hard cooked or scrambled.
Potato or corn or green lima beans, 1/2 cup.

Choice of (1/2 cup): Asparagus, beets, beet greens, broccoli, brussels sprouts, ca
cabbage, cauliflower, celery, eggplant, green beans, kohlrabi, kale, mustard gr
onions, okra, peas, spinach, squash, tomatoes, turnips, turnip greens, danc
greens, rutabagas, sauerkraut, wax beans.

Salad (1/2 cup): May be prepared from any fruits and vegetables on the allowe
including lettuce, radishes, cucumbers, green peppers.

Bread, 1 slice.
Butter, 1/2 teaspoon.
Dessert: Choice of fruit as listed for breakfast.
Whole Milk, 1 cup.