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DIETETIC DEPARTMEEE

NOTES ON CHOOSING YOUR REDUCING DIET

The attached diet sheet will be of help to you when Choosing your menu.

Please be careful to Choose only the correot amount of :~

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BREAD

:3

Slices per dlyA (remember you will be having (

) plain biscuits,

for tea.

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POTAT OES

FRUIT ~

NOTE -

3 helpings each day (this includes orange and pineapple juice, but
grapefruit and'tdï¬\201ato juice need.uot be counted.)

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Where fruit pies or fruit and custard are marked R. you.wjll receive
the fruit only, e. g. plum pie and oustala w you will leoeive stewed
plums (artificially sweetened).

MEAT DISHES â\200\224 If the meat dish (R) on the menu hes an unsuitable accompaniment

-with it (for example Zorkshiro pLdo.ing OI Iioe oI spaghetti) this

will be omitted

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be. omltâ\200\231tï¬\2021 from 0141133;

.VEGETABLES (green)

choice L.

You may choose a large helping if you are hungry. You may mark your
ROOT VEGETABLES including peas, mixed vegetables and sweet corn. These may be

taken only once a day as a small helping to mark your stomach.

NOTE: You may

When pureed vegetables are offered as a choice (B) you will receive the
whole vegetable, not pureed.

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In addition to your diet you may have 'Low Calorie' Fruit Squash
should your friends or relatives wish to bring it in.

NO EXTRA FRUIT MAY BE TAKEN

The Dietitian and Catering Staff will be pleased to help you with any problems.

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BRENT EAST YARRAGW AREA HEALTH AUTHORITY "f Y~ MAWRGW {325.3 (RICHARD WI
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