

**DR. HECTOR P. GARCIA**

3024 MORGAN AVENUE  
CORPUS CHRISTI, TEXAS

EAT LIBERALLY

EAT SPARINGLY OR OMIT

**FRUITS**

Any fresh or stewed fruit. Fruit juice.  
Canned fruit packed in water.

OMIT canned fruits packed in syrup.

**CEREALS**

Shredded Wheat, Bran Flakes, Wheaties,  
Grape Nuts, All Bran, Ralston, Muffets,  
Pep and Shredded Ralston. Barley.

Eat sparingly of all cereals except  
those listed opposite. Rice.

**SOUPS**

Vegetable, meat stock, chicken, bean  
and split pea soups.

Eat sparingly of milk or cream soups.

**MEATS, FISH, POULTRY, EGGS AND CHEESE**

Broiled, baked or boiled lean meat,  
chicken, turkey or fish, once a day.  
Cottage or cream cheese. One boiled  
or poached egg a day.

OMIT all fried meats, poultry, fish  
and eggs. OMIT cheese except cottage  
or cream cheese. OMIT all canned and  
spiced meats. OMIT all fatty meats.

**VEGETABLES**

Any fresh, raw or cooked vegetable,  
except white and sweet potatoes.

Eat sparingly of canned vegetables,  
fried vegetables and potatoes.

**BREADS**

Whole wheat bread, crackers, muffins,  
and rolls. Use butter sparingly.

Eat sparingly of white and rye bread,  
crackers, rolls and muffins. Eat  
sparingly of pancakes and waffles.

**BEVERAGES**

Weak tea and coffee. Buttermilk and  
milk. Postum. Drink water liberally.

OMIT carbonated beverages, alcoholic  
drinks and sodas. OMIT cream.

**DESSERTS**

Any fresh or stewed fruit or fruit  
juice. Sherbet. Jello.

OMIT all rich desserts, pies, cakes,  
pastries and ice cream.

**MISCELLANEOUS**

Eat sparingly of macaroni, spaghetti,  
noodles, sugar. OMIT chocolate, nuts,  
salad oils; jams, jelly, preserves,  
honey and iodized salt.33