

ALFRED VOGL, M.D.
1528 PARK AVENUE
NEW YORK 28, N. Y.
PHONE ATWATER 9-2700

BREAKFAST

Fruit: ~~any type of fruit or fruit juice (at least 2 ounces).~~ *1 apple or orange*
Cereal: ~~Choice of any cooked or uncooked cereal with skimmed milk.~~
Egg: Egg white ALLOWED ONLY.
Beverage: Skimmed milk, ~~light~~ tea or coffee without cream.
1 slice of whole wheat bread or rye bread

LUNCH

Soup: Vegetable soup ALLOWED ONLY (made with skimmed milk).
Meat soups or chicken soup, NOT ALLOWED.
Meat: Serving of any lean meat, chicken or turkey *or fish*
Vegetables: Cooked vegetables such as: carrots, string beans, peas,
corn, onions, beans, spinach, or uncooked vegetables
as: lettuce, tomatoes, radishes, sauerkraut, green pepper,
or cucumber. Potatoes (boiled or mashed) or baked (without *but potatoes*
butter). Use skimmed milk in mashed potatoes. *or as substitute of rice*
Bread: *Rye* white bread, one day old, or toast.
Beverage: Skimmed milk, ~~light~~ tea or coffee without cream.

DINNER

Meat: No fried or fatty meats allowed. No stews or gravies permitted.
No duck or goose allowed. Serving of only lean meat, chicken, *or fish*,
turkey. Meat may be cooked, broiled or baked.
Fish: Baked fresh fish may also be taken. Canned fish such as:
salmon, tuna, etc., NOT ALLOWED AT ANY TIME.
Vegetables: Choice of any vegetable as above, ~~or unseasoned, spaghetti or macaroni~~
Salad: Lettuce and tomato salad WITHOUT DRESSING. Cottage cheese salad.
Beverage: *But* Skimmed milk, light tea or coffee without cream.
Dessert: Choice of: cooked or raw fruits, or gelatin dessert (without *unsweetened*
cream), plain sponge cake.
1 slice of bread
-Eat Small Or Moderate Size Meals-

THE FOLLOWING FOODS MUST BE AVOIDED:

No liver, brain, kidneys or
sweetbreads.
No eggs except egg white.
No butter or cream allowed.
No whole milk. No nuts or olives.
No fried and fatty foods.
No soup except vegetable soup.

No dressings such as: mayonnaise or
Russian dressing. No gravies allowed.
Vegetable fats such as Misco, Crisco,
or Spry to be used sparingly only.
No canned fish of any kind.
No ice cream.
No spicy, salted or canned meats.

[Documentos médicos diversos] [manuscrito] Gabriela
Mistral.

AUTORÍA

Mistral, Gabriela, 1889-1957

FORMATO

Manuscrito

DATOS DE PUBLICACIÓN

[Documentos médicos diversos] [manuscrito] Gabriela Mistral. [10] h. ; 28 cm.

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