



Patients show no lack of enthusiasm for appetizing diet dishes.

How to help your patient stick to a high vitamin-mineral diet

The secret ingredient in a successful diet is acceptance. If foods are varied and inviting, a patient will be more inclined to follow the diet faithfully.

The menu pictured above is a tempting example of well-balanced diet planning. This cottage cheese salad dotted with dried fruits and peanuts is an

attractive source of calcium, iron, Vitamin A, B₂, niacin and C. Oysters supply vitamins A and D, iron and calcium. Colorful cabbage-carrot slaw contains vitamins A and C and calcium.

For dessert: custard topped with orange juice concentrate, providing calcium, as well as vitamins A, B₁, B₂ and C.



A glass of beer can add zest to a patient's diet.

8 oz. glass contains 10 mg. calcium. 50 mg. phosphorus, 1-8 min. daily requirement of niacin, smaller amounts of other B-complex vitamins. (Average of American Beers)

United States Brewers Association, Inc.

For reprints of this and 11 other diet menus, write us at 535 Fifth Avenue, N.Y. 17, N.Y.



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