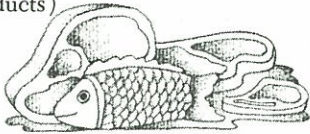
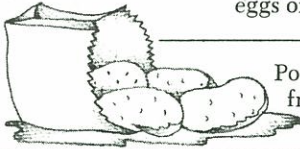
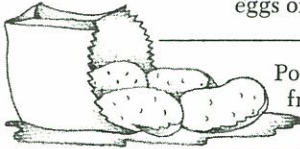
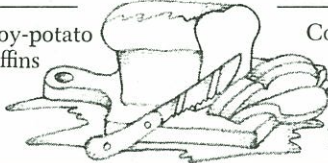

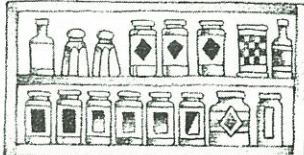


Grain-free diet

	Allowed foods	Eliminated foods
Meat, fish, and poultry	Beef, lamb, pork, veal; fish; baby meats (prepared in any way without the addition of grain products) 	Prepared meats such as scrapple, sausage, frankfurters, bologna, luncheon meat, and commercial hamburger (which may contain cereal fillers); meat loaf and croquettes made with bread or crumbs and canned meat mixtures; meats prepared with gravy and cream sauces thickened with flour; commercial chili, ham, and bacon
Eggs	As desired	None
Vegetables	As desired (add only allowed fat or eggs or milk in preparation) 	Breaded vegetables; creamed vegetables in which flour is used as thickening; tomatoes
Potatoes and substitutes	Potatoes as desired (french fries must be prepared at home with appropriate fat) 	Rice; macaroni, spaghetti, noodles, and other pastas; corn; pretzels; potato chips
Fruits	Fresh, frozen, and canned unsweetened fruits and juices	Canned sweetened fruits and juices; grape juice; tomato juice
Cereals and breads	Home made soy-potato bread and muffins 	Cornflakes; corn products; cakes, cookies; Rice Krispies and other rice products; pancakes, waffles; biscuits; cornbread; rye products; all prepared bread and bakery products
Fats	Butter, lard, olive oil; Willow Run oleomargarine; homemade salad dressing	Corn oil margarine, Mazola and Wesson oil, Crisco, Spry, and other vegetable oils containing cottonseed and corn oil constituents; commercial salad dressing; sandwich spreads
Soups	Made only from allowed foods; clear broths	Bouillon cubes; any made with grain products (watch dehydrated products)
Desserts	Tapioca (made with fruit); homemade ices	Ice cream cones; gelatins; custards; commercial bakery products and mixes; homemade bakery products (unless made with allowed foods); commercial ices, ice creams, and sodas
Beverages	Chocolate or pure cocoa; coffee, tea; fruit juice; milk, cream 	Some cocoas, coffee substitutes; instant tea, instant coffee; malted drinks; Ovaltine; beer, whiskeys; root beer; ale
Sweets	White, brown, or maple sugar; homemade jelly and jam (cane or beet sugar); homemade candy (cane or beet sugar)	Syrup; commercial jams and jellies; powdered sugar
Misc.	Spices; salt, pepper; plain herbs; homemade catsup and chili sauce; cheese 	Seasoned salt; gravies, cream sauces; vinegar; chewing gum; baking powder, yeast; Cracker Jack; Fritos; peanut butter; salt from restaurant saltcellars; matzos; synthetic pepper; (also toothpaste, tooth powder)