

TEMPORARY MAINTENANCE DIET

1. Don't eat when you are not hungry.
2. Don't finish everything on your plate just because it is there.
3. Drink 8 glasses of liquid per day.
4. Several small meals per day are preferable to one or two larger ones.
5. Take one Swiss One "50" And two Potassium a day, unless otherwise directed by the staff.

PLEASE NOTE: THE FOOD ITEMS LISTED BELOW ARE THE MOST COMMON CHOICES; YOU MAY ALSO USE WHAT IS LISTED IN YOUR DIET MANUAL AND ON THE FOOD LIST.

PROTEIN: 8 - 10 oz a day.

* chicken breast	* chicken livers	* lentils	*crab meat	* turkey breast	* lean veal
* beef heart	* tuna	* lean beef	* egg whites	* tofu	* white fish
* shrimp	* lobster				

BREAD: 2 servings per day.

* Melba toast	* bread sticks	* flat bread	* crispmate	* triscuits	* matzo
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BEVERAGES: 8 glasses or 64 ounces each day.

*Water, teas * diet pop (caffeine-free) * soda water * crystal light * kool-aid (sugar-free)
 * decaffeinated coffee

VEGETABLES: Unlimited.

* Asparagus	* beet greens	* broccoli	* brussel sprouts	* cabbage
* cauliflower	* celery	* chard	* cucumber	* green or wax beans
* lettuce	* onions	* peppers	* mushrooms	* radishes
* spinach	* tomatoes	* zucchini	* okra	* avocado
* bamboo shoots	* egg plant	* kale	* pumpkin	* sauerkraut
* snow pea pods	* turnips	* water chestnuts		

DRESSINGS AND GARNISHES: Please refer to your diet manual and or the food list for your choices and quantities.

DESSERTS: Any one fresh fruit a day or 6 oz unsweetened fruit juice. Jell-O light. Plain yogurt (4oz fat free).

ABSOLUTELY NOT: If it is not listed here, or in your diet manual and or on the Food List, **DO NOT EAT IT.**