

THE DIET

Breakfast:	Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used.
Lunch:	3.5 ounces of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird. One vegetable only to be chosen from the following: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. One breadstick (grissini) or one Melba toast. An apple or a handful of strawberries or one-half grapefruit.
Dinner:	The same four choices as lunch.

*The juice of one lemon daily is allowed for all purposes. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram, etc., may be used for seasoning, but **no oil, butter or dressing.***

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at all times. Drink about 2 liters of these fluids per day.

The fruit or the breadstick may be eaten between meals instead of with lunch or dinner, but not more than four items listed for lunch and dinner may be eaten at one meal.

No medicines or cosmetics other than lipstick, eyebrow pencil and powder may be used without special permission

The 3.5 ounces of meat must be scrupulously weighed raw after all visible fat has been removed. To do this accurately a letter-scale is suggested, as kitchen scales are not sufficiently accurate.

There is no objection to breaking up the two meals. For instance, having a breadstick and an apple for breakfast or before going to bed, provided they are deducted from the regular meals, is permissible. The whole daily ration of two breadsticks or two fruits may not be eaten at the same time. An item saved from the previous day may not be added on the following day.

Making up the Calories

The diet used in conjunction with **HCG must not exceed 500 calories per day**, and the way these calories are made up is of **utmost importance**. There are a number of foods, particularly fruits and vegetables, that have the same or even lower caloric values than those listed as permissible. We find that all foods not listed in the diet interfere with the regular loss of weight under HCG, presumably owing to the nature of their composition. *Pimiento peppers, okra, artichokes* and *pears* are examples of this. Where cottage cheese is made from skimmed milk, 3.5 ounces may occasionally be used instead of the meat, but no other cheeses are allowed.

Low-grade veal should be used for one meal. Fish (excluding all species with high oil content such as

herring, mackerel, tuna, salmon, dried or smoked fish), chicken breast, lobster, crawfish, prawns or shrimp, or crabmeat are acceptable. Where the Italian breadsticks, the so-called grissini, are not available, one Melba toast may be used instead, though they are psychologically less satisfying. A Melba toast has about the same weight as the very porous grissini, which is much more to look at and to chew.

Just as the daily dose of HCG is the same in all cases, so the same diet proves to be satisfactory for a small elderly lady of leisure or a hard working muscular giant. Under the effect of HCG, the obese body is always able to obtain all the calories it needs from the abnormal fat deposits, regardless of whether it uses up 1500 or 4000 per day. The patient is living to a far greater extent on the fat that he is losing than on what he eats.