

Add an egg and slim / [British Egg Information Service].

Contributors

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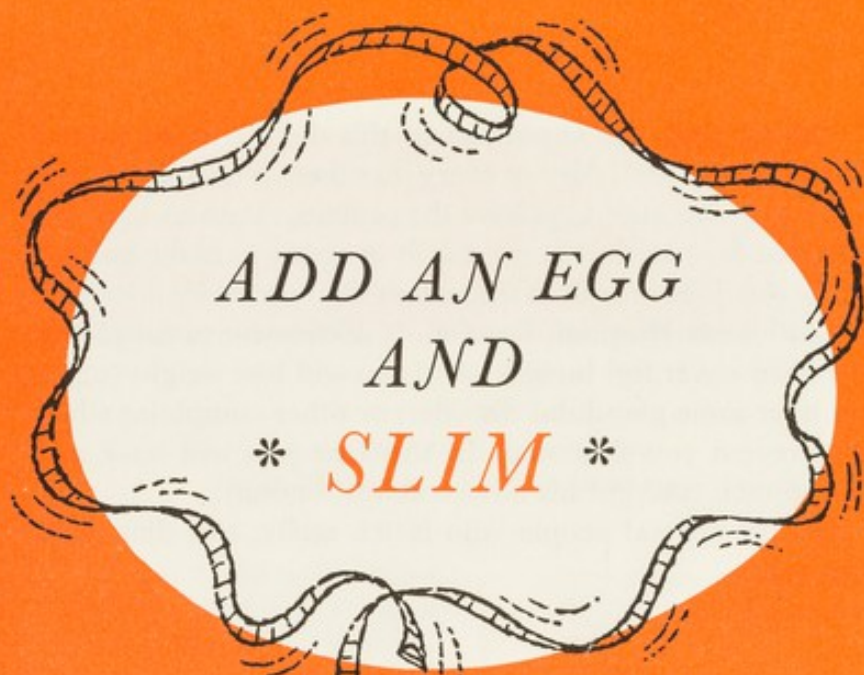
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You're overweight and you want to slim.
Possibly you tried to diet before and failed.
It was difficult . . . you had the family to cook for,
or you had to eat out often and they never had just the things
the diet said, on the menu. Or perhaps you felt weary
and cross or just terribly bored on your diet.

BUT NOW
with an important new medical discovery about diet
and the help of add-an-egg cookery

YOU REALLY CAN SLIM
successfully, lastingly, sociably, easily and happily

ON LOTS OF GOOD FOOD

Although eggs are important in this diet, it is not what is called an 'egg diet'. Almost every diet there is encourages you to eat eggs, because eggs have the protein, vitamins and iron you need for health, but no starch or sugar to make you fat.

The diet is the result of important discoveries by doctors at the Middlesex Hospital, London. It allows you to eat plenty. You need never feel hungry. And you will lose weight (unless you have some glandular disorder, or other complaint which will prevent you slimming. In this case you will have seen your doctor, and got his advice about dieting).

But, for normal people who fatten easily, this diet really does work.

HERE'S THE DIET—

AND WHY IT MAKES YOU SLIM

- * You eat plenty of what are called *protein* foods, like meat, fish, eggs and cheese. *Because these foods sustain you and you must have them for health.*
- * You eat fresh fruit and green vegetables. *Because they provide you with many of the vitamins and minerals you need for health.*
- * You eat plenty of fat, whether it is the fat of meat or the oil in certain fish, or butter, olive oil, and fats like margarine and cooking-fat. *Because fat, in conjunction with the protein foods mentioned above, actually helps you to slim, and to 'burn up' your own excess weight.*

BUT

- * You do not eat starchy foods like bread, cake, biscuits or foods made with cereals, or starchy root vegetables.
- * You do not eat sugar, or foods made with it, like jam or sweets.

Because it is sugar and starch that people who put on weight easily cannot use properly. Instead, they turn them into excess body fat, and so, of course, put on weight. This isn't greed. It is a physical deficiency, and they can learn how to control it. Remember, too, that starch and sugar are not essentials; so it is quite safe for you to cut them out.

- * The whole point, then, is this:

You will lose weight, provided you eat plenty of meat, fish, eggs and fat, plus green vegetables and fruit, cut out starch and sugar, and all things made with them, and don't cheat!

A WEEK OF WONDERFUL MEALS

You will slim on three good meals a day. We give you suggestions for a week to start you off. There is one secret to it. And that is to avoid flour and sugar in your cooking. We show you how on page 6.



A GOOD BREAKFAST

will help you say NO to buns at 11.0 a.m.

CHOOSE FROM

Fried egg, with bacon and fried tomato
Two-egg omelette with a bacon filling
Grilled herrings with a pat of butter
Smoked haddock with a poached egg and a pat of butter
Scrambled eggs with fried tomatoes
Grilled gammon with egg and a pat of butter
Kippers

TEA OR COFFEE WITHOUT SUGAR



A GOOD MIDDAY MEAL

*will help you say NO to cakes with tea
(If you eat out—see pages 7 and 8)*

CHOOSE FROM

Green salad with hardboiled eggs and cheese, with oil and vinegar, or home-made mayonnaise (see p. 6)
Cheese omelette with fried tomatoes and a green vegetable
Poached eggs on spinach with cheese sauce (see p. 6)
Fried fish (see p. 6) with green vegetables
Ham or all-meat luncheon meat and salad
Grilled herrings or mackerel with mustard sauce and green vegetables
Grilled kidneys and scrambled egg and a green vegetable
Choose any of the sweets on page 5

TEA OR COFFEE WITHOUT SUGAR



A GOOD MEAL IN THE EVENING

CHOOSE FROM

Roast joint of beef, mutton, veal or pork with green vegetables
Cold meat from the joint, green salad, and pickles
Steak or chop, fried or grilled, with one or two green vegetables
Grilled or fried fish with sauce (see p. 6) and green vegetables
Braised liver, kidneys or heart, green vegetables
Fried slice of veal fillet with egg on top, green vegetables
Stewed meat (see p. 6) with green vegetables
Choose any of the sweets on page 5

*And you will sleep all the better for a cup of hot milk
(flavour it with coffee essence if you like)*



AND YOU CAN STAY SLIM ALWAYS

Just try this diet for a week. Most people who eat this way lose weight at the rate of about five to seven pounds in the first week. Of course, this depends upon how much weight you have to lose, but you can keep up this kind of slimming quite safely as long as you like, until your weight is normal.

Now, when you have reached the right weight for your height and age, make your own rules for cutting down starch and sugar to a minimum. You will find this gets easier all the time, because most people lose their taste for very sweet things after a while, and do not feel the need to go back to their starchy, sugary foods. And they feel better and look better, too.

Do not try to rush things by starving. You will only feel wretched and your health will suffer. Soon, this will cease to be a 'diet', and become a new way of eating that will keep you slim and healthy. In the end, you'll find you love it.

CHOOSE A SWEET OR A SAVOURY FROM HERE

ANY FRESH FRUIT
(except bananas).

PLAIN YOGHOURT FROM
YOUR DAIRY; try it with a
spoonful of 'diabetic'
jam on top.

BAKED PEAR OR APPLE
Pour a little water sweetened
with saccharine and flavoured
with vanilla essence over it
before baking. Or, best of
all, fill the centre with
'diabetic' jam.

EGG AND MILK CUSTARD,
sweetened with powdered
saccharine.

ONE-EGG FLUFFY OMELETTE
Beat the white stiffly before
combining it with the well-
whisked yolk. Cook as usual.
Fill with grated cheese or
buttered apples.

TRY CHEDDAR spread with
butter and wrapped in a lettuce
leaf. Try an egg baked in cream
with grated cheese on top, or
herring roes rolled in bacon
and grilled or baked.

JUNKET
with nutmeg on top.

STEWED FRUIT, sweetened
with powdered saccharine.

FRUIT FLUFF
Make a pulp of stewed fruit,
whisk in a little cream, then
fluff it all up with stiffly
whisked white of egg.

BUTTERED APPLES
Put apples, peeled and cored,
in a baking dish; top with
lemon peel. Add 1 oz of
butter in little pieces, sweeten
with powdered saccharine.
Bake uncovered without water
for 30 minutes in moderate
oven. Turn them over
occasionally.

CHEESE PUFF BALLS
They're crisp and golden.
Beat one egg white stiffly,
fold in a tablespoon grated
Parmesan cheese. Drop a
spoonful at a time into
smoking fat. Drain on paper.
(Take the trouble to get
Parmesan, it makes all the
difference.)

*And isn't it marvellous—on this diet cream is not fattening.
You can eat cream with any of the sweets you like or in your coffee.*



COOKING WELL

WITHOUT FLOUR OR SUGAR

SWEETENING WITHOUT SUGAR

There are several sweetening pills and powders sold at the chemist's. You can either cook with them or add them to your dishes afterwards. Remember they are *very* sweet. One tiny pill is equal in sweetness to a large lump of sugar.

THICKENING WITHOUT FLOUR

YOUR GRAVY will be thick and rich and a beautiful colour if you thicken it with tomato purée instead of flour. And it will not be fattening. Buy the purée in a tube so that you can use a little at a time. **YOUR SOUPS** and stews will be nicer and far better for everyone if you thicken them with egg yolk instead of flour. And of course if you do this you can include them in your diet. Beat the whisked egg yolk into a little of your soup or stew away from the heat, then stir the mixture back into the saucepan. Do not boil again.

FRYING WITHOUT FLOUR

YOUR FRIED FOODS can be crisp and delicious without being coated in flour or breadcrumbs. Dry your fish or liver very carefully and have the fat smoking hot. As long as you don't use flour, frying is *not* a fattening way to cook on this diet.

CREAMY SAUCES TO HELP YOU SLIM

MAYONNAISE—and don't let anyone tell you it's difficult. Mix two egg yolks with salt, pepper and mustard. Slowly add a tablespoonful of vinegar, a little at a time, whisking thoroughly with a fork. Now add $\frac{1}{2}$ pint of olive oil, steadily and fairly quickly with a metal spoon, stirring very briskly. Add a few drops of water if your mayonnaise gets too thick. Time—about ten minutes.

HOT SAVOURY SAUCE—made in five minutes. Bring a small tin (or half a large one) of unsweetened evaporated milk nearly to the boil. Stir in 3 oz of grated cheese, or some tomato purée, or anchovy sauce, or a teaspoon of made mustard, and cook for a couple of minutes. Take it off the heat, cool for a moment, then beat a lightly whisked egg in, until the sauce is rich and thick. (Enough for 4 people.)



CHOOSING A SLIMMING MEAL

FROM A RESTAURANT MENU

It is quite easy to choose delicious, non-fattening foods in any kind of restaurant.

You can eat meat, fish (provided it's not fried in *batter*), chicken, or an egg dish; omelette or bacon and eggs can be got in cafés. And they are all nice with salad. Ask for oil and vinegar instead of the usual bottled salad cream. Bottled salad cream is fattening. No starchy vegetables, of course, but most restaurants will give you a second green vegetable instead, if you ask nicely.

It will probably pay you to make friends with your waitress. The magic words 'I'm slimming' usually win her sympathy and co-operation.

For sweets you can choose fresh fruit which can be sliced and eaten with cream. Delicious! Or cheese, of course, spread with butter. Cream cheese eaten with a spoon is very nice, too.

P.S. Don't forget your sweetening tablets.

DELECTABLE NON-FATTENING PUDDINGS

TO HAVE AT HOME

COFFEE SPONGE

To 1½ cups strong coffee, add ½ oz powdered gelatine. And sweeten to taste with a sugar-substitute.

Mix thoroughly. When jelly is half congealed, add 2 egg yolks. Whip till very fluffy. Now fold in 2 stiffly beaten whites and a teaspoonful of vanilla. Chill two hours.

ADD-AN-EGG JELLY

Add a well-whisked egg to a packet jelly just before it sets. This is delicious with cream.

APPLE SNOW

Make a purée of 1½ lbs cooking apples flavoured with a sugar-substitute (about 12 tablets), add ¼ teaspoonful cinnamon plus the juice and grated rind of a lemon. Cool, and gradually fold in 2-3 stiffly beaten egg whites.

REAL-CREAM ICE-CREAM, FOR A PARTY

Make ¼ pint fruit purée. (You will need about 1 lb fruit.) Whip ¼ pint cream until thick but not stiff. Mix the two together and fold in a stiffly beaten egg white. Put in freezing tray and stir about every half-hour. Makes enough for 2-3 people.



HELP YOURSELF

Eggs · Meat (*lean and fat*), including bacon and ham
Fish (especially sardine, pilchard, herring, mackerel) and shell fish
Cheese · Butter · Cream · Olive and other vegetable oils
Lard and dripping · Margarine and cooking fat
Salads (except beetroot)
Fresh fruit and nuts (except those listed below)
Green vegetables (except those listed below)
Tea and coffee · Alcoholic drinks (except those listed below)

HESITATE

Soups (make sure they are not thickened with flour;
use tomato purée or egg)
Sauces (as above)
Sausages (make sure they are the all-meat kinds
without bread or cereal) · Luncheon meats (look on the tin to
make sure they're *all* meat)

HANDS OFF

Starchy root vegetables
Broad beans and peas and lentils, dried or fresh
Sweet corn, bananas and chestnuts · Flour, arrowroot, cornflour
(this includes custard powder and blancmange)
Foods made with cereals, including breakfast cereals
Macaroni and spaghetti and similar types of pasta
All-foods made from, or prepared with, sugar · Canned fruits in syrup*
Dried fruits such as prunes, figs, dates
Jams and preserves* (including honey) · Sweets* and confectionery
Sweetened soft drinks* · Beer and stout, sweet wines and liqueurs
Ice cream** · Malted milk drinks

**Except those made for diabetics*

***Except when you make it yourself*