

Starchless and sugarless diet / Callard & Co.

Contributors

Callard & Co.

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STARCHLESS AND SUGARLESS DIET.

Observance of the following Diet List (compiled by an eminent authority) ensures the Starchless and Sugarless Diet, essential for the treatment of Diabetes or Obesity.

MAY EAT.

Butcher's Meat of all kinds.
 Ham, Bacon, or other smoked, salted, dried or cured meats.
 Poultry. Game.
 Shell-fish, and Fish of all kinds, fresh, salted or cured.
 Animal Soups not thickened, Beef-tea and Broths.
 Eggs dressed in any way.
 Cheese. Cream Cheese.
 Butter. Cream.
 Greens. Spinach. Turnip-tops. Turnips.
 French Beans. Brussels Sprouts.
 Cauliflower. Broccoli. Cabbage.
 Asparagus. Seakale. Vegetable Marrow. Mushrooms.
 Watercress. Mustard and Cress. Cucumber. Tomato.
 Lettuce. Endive. Radishes. Celery. Rhubarb.
 Vinegar. Oil. Pickles.
 Jellies and Custard sweetened with Saccharin.
 Savoury Jelly.
 Blanc-mange made with Isinglass or Gelatine and Cream.
 Nuts of any description, except Chestnuts.
 Olives.

Saccharin may be used as a sweetening agent whenever desired.
 Callard's Diabetic Bread, Biscuit, and Cake Specialities.

Obtainable from **CALLARD & Co., 74, Regent Street, London.**

MAY DRINK.

Tea. Coffee. Cocoa from nibs.
 Dry Sherry. Claret. Dry Sauterne. Burgundy. Chablis. Hock.
 Brandy, Whisky, and other Unsweetened Spirits.
 Soda and other Aerated Table Waters.
 Light Dinner or Bitter Ale, in small quantities.
 Callard's Sugarless Beverages.

Obtainable from **CALLARD & Co., 74, Regent Street, London.**

MUST AVOID EATING.

Sugar in any form.
 Wheaten Bread and Biscuits of all kinds.
 Toast.
 Rice. Arrowroot. Cornflour. Oatmeal. Sago. Tapioca.
 Macaroni. Vermicelli.
 Potatoes. Carrots. Parsnips. Beetroot.
 Peas. Spanish Onions.
 Pastry and Puddings of all kinds.
 Fruits of all kinds (Lemons excepted), fresh and preserved.
 Sauces and Gravies thickened with Flour.

MUST AVOID DRINKING.

Milk, except sparingly.
 Sweet Ales, mild and old. Porter and Stout. Cider.
 All sweet Wines. Sparkling Wines. Port Wine, except sparingly.
 Liqueurs.