KEEP SLIM AND TRIM with Domino SUGAR MENUS

New REDUCING DIET Menus
To Whom It May Concern:

I have studied the reducing diets outlined on the following pages and I can recommend this type of diet for reducing. I also approve the philosophy introducing the actual dietary recommendations.

I have found that individuals on a reasonably appetizing diet are much more likely to adhere faithfully to it than where the recommendations are such as to remove too much of the pleasure of eating. There is no need to eliminate sugar from reducing diets.

Sincerely yours,

[Signature]

Harry J. Johnson, M.D.
Director, Department of Nutrition
French Hospital, New York City
Practically no one need be overweight! Obesity is not only unattractive physically but is a health hazard as well. Overweight is generally the result of overeating, and its victims, for the most part, are those who most enjoy eating.

The correction lies in cutting down calories. There are countless so-called reducing diets recommended to every overweight person. Most, however, take no account of the pleasure people derive from eating. They change mealtime to refueling time, demand Spartan-like self-denial, and turn happy lives into martyred routines. Like New Year resolutions, such diets are quickly broken. Their sole objective is rapid weight-loss which, in itself, sometimes does more harm than good.

Any diet low enough in calories will bring about a weight loss. The rate of loss will be in direct proportion to the cut in calories. A gradual loss—say one to two pounds a week—is best. When weight is lost slowly, the body gradually adjusts itself to the change. A new routine of eating is established over a longer period of time, and you form a new habit of eating. If this new habit of eating is a pleasant one and not too expensive to follow, the chances are good that the lost weight will not be regained.

Many reducing diets emphasize high protein foods. While proteins are very valuable in sound nutrition, if you are now eating adequate protein, there is no need to increase your intake because you are reducing.

On the other hand, many dieters automatically give up low-cost, energy-giving sugar the moment they start to reduce. They
DOMINO SUGAR MENUS...

have "heard" that sugar is fattening. But any medical man will tell you: *No one food—including sugar—is fattening in itself. It's how much of it you eat.*

Keep a reasonable amount of sugar in all your reducing diet meals. (See menus and calorie tables following.) Besides adding *flavor* to all your meals, sugar contributes to the enjoyment of eating and makes your life more pleasant while you're dieting. Nutritionists, in recent years, have come more and more to recognize that the psychological and aesthetic aspects of eating are important to your digestion. And sugar is important from another health angle—it is your quickest, most economical source of energy. You use it directly as energy *faster* than any other food!

You'll look better and feel better when you weigh what you should. You may even live longer! Your doctor will tell you that. So will your life insurance agent. Ask your doctor if *you* are overweight—and if he thinks *you* should reduce, show him these nutritious 1200-calorie and 1500-calorie menus.

By following the menus in this booklet, you can get rid of unwanted weight safely, surely, sensibly. These menus are nutritionally sound—and the meals will taste good! They provide all the food essentials your body needs for health and energy—and at the same time are low in calories.

So—for a slimmer, trimmer, handsomer *you*—start on the following new Domino Reducing Diet Menus today—and stick to them!
**Breakfast**

1/2 cup orange juice—fresh or frozen  
1 medium egg—soft boiled or poached  
1/2 slice bread—whole wheat or white enriched  
1 tablespoon marmalade or jam  
Coffee or tea with 1 level teaspoon DOMINO sugar

**Lunch**

1 cup consomme  
Sandwich:  
2 slices bread—whole wheat or white enriched  
2 slices roast chicken—1 oz. each  
4 small lettuce leaves  
1—2 1/2 in. sector apple pie  
Coffee or tea with 1 level teaspoon DOMINO sugar

**Dinner**

1 grilled hamburger—3 oz.  
1/2 cup string beans  
4 small lettuce leaves  
1/2 cup grated raw carrots  
1/2 slice bread—whole wheat or white enriched  
3/4 cup fresh diced pineapple  
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:  
1 pat butter or margarine  
2 slices bread—whole wheat or white enriched  
1 cup skim milk—8 oz.
Reducing Diet Menu • Second Day • 1200 Calories*

Breakfast

¾ cup tomato juice
1 medium egg—soft boiled or poached
1 slice bread—whole wheat or white enriched
1 pat butter or margarine
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Sandwich:
2 slices bread—whole wheat or white enriched
2 slices roast beef—1 oz. each
4 small lettuce leaves
1 medium raw apple
1—2 in. sector angel food cake
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

1 cup bouillon
2 grilled frankfurters—2 oz. each
½ cup mashed potatoes—milk added
½ cup sauerkraut—drained
1 medium orange
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 sweet—see Calorie Table
1 cup skim milk—8 oz.
Breakfast

½ medium grapefruit
1 slice toast—whole wheat or white enriched
1 tablespoon marmalade or jam
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Sandwich:
  2 slices rye bread
  1 slice ham—2 oz.
  2 large lettuce leaves
½ cup flavored gelatin dessert
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

½ chicken—broiled—8 oz.
½ cup carrots—cooked, diced
½ medium tomato—sliced
  1 slice bread—whole wheat or white enriched
  1 pat butter or margarine
¾ cup fresh pineapple—diced
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
  1 medium egg
  ½ slice bread—whole wheat or white enriched
  ½ cup applesauce, sweetened
  1 cup or glass “regular” carbonated beverage, including cola type—8 oz.
BREAKFAST

½ cup pineapple juice—canned
1 medium egg—soft boiled or poached
½ slice toast—whole wheat or white enriched
Coffee or tea with 1 level teaspoon DOMINO sugar

LUNCH

Sandwich:
2 slices bread—whole wheat or white enriched
3 slices liverwurst—2 oz.
4 small lettuce leaves
½ medium tomato—sliced
1 slice vanilla ice cream—½ of qt. brick
Coffee or tea with 1 level teaspoon DOMINO sugar

DINNER

2 slices roast turkey—2 oz. each
½ cup spinach—cooked
3 small celery inner stalks
4 small radishes
½ slice bread—whole wheat or white enriched
½ medium grapefruit cut into sections sprinkled with
1 level teaspoon DOMINO sugar
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 cup skim milk—8 oz.
1 slice bread—whole wheat or white enriched
1 tablespoon marmalade or jam
REDUCING DIET MENU • FIFTH DAY • 1200 CALORIES*

Breakfast

½ cup grapefruit juice—canned
2 strips lean bacon—broiled
1 slice toast—whole wheat or white enriched
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Sandwich:
2 slices bread—whole wheat or white enriched
1 medium egg—hard boiled—sliced
4 small lettuce leaves
1—1½ in. sector cherry pie
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

1 piece filet of flounder—8 oz.—broiled
1 medium potato—boiled
½ cup stewed tomatoes
1 cup string beans—cooked
1 slice bread—whole wheat or white enriched
½ pat butter or margarine
1 cup flavored gelatin dessert
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 cup skim milk—8 oz.
1 cupcake—1¾ in. diam.
1 cup or glass "regular" ginger ale—8 oz.
Breakfast

1/2 cup orange juice—fresh or frozen
1 medium egg—soft boiled or poached
1/2 slice toast—whole wheat or white enriched
1/2 pat butter or margarine
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Sandwich:
2 slices bread—whole wheat or white enriched
2 slices turkey—1 oz. each
4 small lettuce leaves
1/2 pat butter or margarine
1/2 large dill pickle
1 plain doughnut
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

Grilled calf’s liver—3 oz.
1/2 cup onions—cooked
1 medium potato—baked
1 cup broccoli—cooked
1 slice bread—whole wheat or white enriched
1 medium baked apple with 1 level teaspoon DOMINO sugar
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 cup whole milk—8 oz.
1 sweet—see Calorie Table
REDUCING DIET MENU • SEVENTH DAY • 1200 CALORIES*

Breakfast

1 medium orange  
1/2 cup oatmeal—cooked  
1/2 cup skim milk  
1/2 slice toast—whole wheat or white enriched  
1 pat butter or margarine  
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Sandwich:
2 slices bread—whole wheat or white enriched  
1 pat butter or margarine  
3 slices bologna—2 oz.  
Salad:
4 small lettuce leaves with 1/2 medium tomato—sliced  
1—1 in. sector sponge cake  
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

Grilled sirloin steak—3 oz.  
Broiled mushrooms—3 oz.  
1 medium tomato—grilled  
1/2 cup spinach  
1/2 head compact lettuce with vinegar  
1 slice bread—whole wheat or white enriched  
1/2 cup fresh pineapple and apple  
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 cup whole milk or 2 cups skim milk—8 oz. each  
4 small graham crackers  
1 tablespoon marmalade or jam
Breakfast

1/2 cup pineapple juice—canned
1 medium egg—soft boiled or poached
1 strip bacon—broiled
1 slice bread—whole wheat or white enriched
1/2 pat butter or margarine
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Salad:
2 large lettuce leaves
2 pear halves—fresh or canned
3 tablespoons cottage cheese
2 saltine crackers
1—2 1/2 in. sector pumpkin pie
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

2 slices roast chicken—2 oz. each
1/2 cup rice—cooked
1/2 cup carrots—cooked
1 slice bread—whole wheat or white enriched
1—2 in. wedge honeydew melon
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 cup skim milk—8 oz.
1 plain cookie
1 medium apple
BREAKFAST

1/2 cup grapefruit juice—canned
1/2 cup corn flakes with
1 cup skim milk—8 oz.
1 slice toast—whole wheat or white enriched
1 tablespoon marmalade or jam
Coffee or tea with 1 level teaspoon DOMINO sugar

LUNCH

Fruit Salad:
1/2 medium apple—sliced
1/2 pear—fresh or canned
1/2 medium orange—sliced
3 tablespoons cottage cheese
1 small hard roll
1/2 cup sherbet
Coffee or tea with 1 level teaspoon DOMINO sugar

DINNER

2 slices roast veal—1 1/2 oz. each
1/2 cup red beets—cooked
1/2 cup string beans—cooked
Salad:
4 small lettuce leaves
1/2 medium apple
1 slice bread—whole wheat or white enriched
1 pat butter or margarine
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 cup skim milk—8 oz.
1 slice bread—whole wheat or white enriched
1/2 pat butter or margarine
1 sweet—see Calorie Table
Breakfast

1/2 medium grapefruit
1 medium egg—soft boiled or poached
1/2 slice toast—whole wheat or white enriched
1/2 pat butter or margarine
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Sandwich:
2 slices rye bread
2 slices swiss cheese—1 oz. each
4 small lettuce leaves
1/2 pat butter or margarine
1/2 large dill pickle
1 medium apple
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

1 piece filet of haddock—3 1/2 oz.—baked
1/2 cup peas—canned, drained
1/2 cup celery—stewed
1 slice bread—whole wheat or white enriched
1/2 pat butter or margarine
1—2 in. sector angel food cake
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 cup skim milk—8 oz.
4 small graham crackers
1 tablespoon marmalade or jam
1 cup or glass “regular” ginger ale—8 oz.
**Breakfast**

1 cup tomato juice—8 oz.
1 slice toast—whole wheat or white enriched
1 tablespoon marmalade or jam
Coffee or tea with 1 level teaspoon DOMINO sugar

**Lunch**

Sandwich:
- 2 slices bread—whole wheat or white enriched
- 2 slices veal—1 oz. each
- ½ pat butter or margarine
- 4 small lettuce leaves
- 1 cup skim milk—8 oz.
Coffee or tea with 1 level teaspoon DOMINO sugar

**Dinner**

1 grilled hamburger—3 oz.
1 medium tomato—grilled
½ cup spinach
3 small celery inner stalks
1 small square plain cake
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:

1 cup skim milk—8 oz.
1 medium egg—soft boiled or poached
1 medium orange
1 slice bread—whole wheat or white enriched*
Breakfast

½ medium orange
1 medium egg—soft boiled or poached
1 cup skim milk—8 oz.
½ slice toast—whole wheat or white enriched
1 tablespoon marmalade or jam
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Sandwich:
  2 slices toast—whole wheat or white enriched
  2 slices roast chicken—1 oz. each
  4 small lettuce leaves
  1 pat butter or margarine
  1 slice vanilla ice cream—⅛ of qt. brick
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

  1 broiled veal chop—3 oz.
  ½ cup diced beets
Salad:
  4 small lettuce leaves with ½ medium tomato—sliced
  1 slice bread—whole wheat or white enriched
  ½ medium grapefruit
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
  1 cup skim milk—8 oz.
  2 soda crackers—plain
  1 medium tangerine or ½ medium orange
  1 sweet—see Calorie Table
Breakfast

½ cup orange juice—fresh or frozen
1 medium egg—soft boiled or poached
½ slice toast—whole wheat or white enriched
½ cup skim milk—4 oz.
Coffee or tea with 1 level teaspoon DOMINO sugar

Lunch

Sandwich:
2 slices rye bread
1 slice ham—1 oz.
1 slice swiss cheese—1 oz.
4 small lettuce leaves
½ cup flavored gelatin dessert
½ cup skim milk—4 oz.
Coffee or tea with 1 level teaspoon DOMINO sugar

Dinner

2 slices roast pork—lean—1½ oz. each
1 medium potato—baked
½ cup diced carrots—cooked
Salad:
4 small lettuce leaves with ½ medium tomato—sliced
½ cup fresh pineapple—diced
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
1 cup skim milk—8 oz.
1 plain cookie
1 cup or glass "regular" carbonated beverage, including cola type—8 oz.
BREAKFAST

1/2 cup grapefruit juice—canned
1/2 cup oatmeal—cooked
1/2 cup skim milk—4 oz.
   1 medium egg—soft boiled or poached
Coffee or tea with 1 level teaspoon DOMINO sugar

LUNCH

Sandwich:
   2 slices bread—whole wheat or white enriched
   2 slices tongue—1 oz. each
   4 small lettuce leaves
   1—2 in. sector angel food cake
   1/2 cup skim milk—4 oz.
Coffee or tea with 1 level teaspoon DOMINO sugar

DINNER

1 cup consomme
   1 broiled lamb chop—lean—3 oz.
1/2 cup string beans
Salad:
   4 small lettuce leaves with 1/2 medium tomato—sliced
1/2 cup flavored gelatin dessert
Coffee or tea with 1 level teaspoon DOMINO sugar

*FOR 1500-CALORIE DIET—ADD TO DAILY MENU:
   1 slice bread—whole wheat or white enriched
   1 pat butter or margarine
   1 cup whole milk—8 oz.
DESIRABLE WEIGHTS FOR WOMEN*

The ideal weights for different builds according to height in the chart below are based on normal women 30 years of age. Basal metabolism tests on individuals at different ages showed that the body, just to be kept alive from age 30, needs daily about 10 calories per pound of ideal body weight. Under 30 years of age, the need is slightly greater—about 12 calories per pound.

Further metabolic studies showed that moderately active people need approximately 40% more calories than their bodily requirements in order to maintain their ideal weight.

<table>
<thead>
<tr>
<th>HEIGHT WITHOUT SHOES</th>
<th>WEIGHT WITHOUT CLOTHING</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEET</td>
<td>INCHES</td>
</tr>
<tr>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>4</td>
<td>9</td>
</tr>
<tr>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>4</td>
<td>11</td>
</tr>
<tr>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td>7</td>
</tr>
<tr>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>5</td>
<td>10</td>
</tr>
</tbody>
</table>

*This table shows desirable weight for women at 30 years of age. This weight continues to be the desirable weight throughout one’s lifetime. At 15 years of age the desirable weight is roughly 10 pounds less and at 20 years of age is roughly five pounds less than the weight indicated on the chart.

Courtesy, Life Extension Examiners
The ideal weights for different builds according to height in the chart below are based on normal men 30 years of age. Basal metabolism tests on individuals at different ages showed that the body, just to be kept alive from age 30, needs daily about 10 calories per pound of ideal body weight. Under 30 years of age, the need is slightly greater—about 12 calories per pound.

Further metabolic studies showed that moderately active people need approximately 40% more calories than their bodily requirements in order to maintain their ideal weight.

<table>
<thead>
<tr>
<th>FEET</th>
<th>INCHES</th>
<th>SMALL FRAME</th>
<th>MEDIUM FRAME</th>
<th>LARGE FRAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>1</td>
<td>113</td>
<td>125</td>
<td>140</td>
</tr>
<tr>
<td>5</td>
<td>2</td>
<td>115</td>
<td>128</td>
<td>144</td>
</tr>
<tr>
<td>5</td>
<td>3</td>
<td>118</td>
<td>131</td>
<td>147</td>
</tr>
<tr>
<td>5</td>
<td>4</td>
<td>122</td>
<td>135</td>
<td>152</td>
</tr>
<tr>
<td>5</td>
<td>5</td>
<td>125</td>
<td>139</td>
<td>156</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>129</td>
<td>143</td>
<td>161</td>
</tr>
<tr>
<td>5</td>
<td>7</td>
<td>132</td>
<td>147</td>
<td>165</td>
</tr>
<tr>
<td>5</td>
<td>8</td>
<td>136</td>
<td>151</td>
<td>170</td>
</tr>
<tr>
<td>5</td>
<td>9</td>
<td>141</td>
<td>156</td>
<td>175</td>
</tr>
<tr>
<td>5</td>
<td>10</td>
<td>145</td>
<td>161</td>
<td>181</td>
</tr>
<tr>
<td>5</td>
<td>11</td>
<td>150</td>
<td>167</td>
<td>188</td>
</tr>
<tr>
<td>6</td>
<td>0</td>
<td>156</td>
<td>173</td>
<td>194</td>
</tr>
<tr>
<td>6</td>
<td>1</td>
<td>161</td>
<td>179</td>
<td>201</td>
</tr>
<tr>
<td>6</td>
<td>2</td>
<td>167</td>
<td>185</td>
<td>208</td>
</tr>
<tr>
<td>6</td>
<td>3</td>
<td>172</td>
<td>191</td>
<td>215</td>
</tr>
</tbody>
</table>

*This table shows desirable weight for men at 30 years of age. This weight continues to be the desirable weight throughout one's lifetime. At 15 years of age the desirable weight is roughly 15 pounds less and at 20 years of age is roughly seven pounds less than indicated on the chart.

Courtesy, Life Extension Examiners
## Calorie Content of Foods—Common Household Units*

<table>
<thead>
<tr>
<th>Food</th>
<th>Description of Portion**</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beverages</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Buttermilk (made from skim milk)</td>
<td>1 cup</td>
<td>86</td>
</tr>
<tr>
<td>Cola Type, and other carbonated</td>
<td>1 cup or glass—“regular”</td>
<td>107</td>
</tr>
<tr>
<td>Ginger Ale</td>
<td>1 cup or glass—“regular”</td>
<td>80</td>
</tr>
<tr>
<td>Milk, nonfat (skim)</td>
<td>1 cup</td>
<td>87</td>
</tr>
<tr>
<td>Whole Milk</td>
<td>1 cup</td>
<td>166</td>
</tr>
<tr>
<td><strong>Bread</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hard Roll</td>
<td>1 plain—1 ounce</td>
<td>86</td>
</tr>
<tr>
<td>Rye, American</td>
<td>1 slice—½ in. thick</td>
<td>57</td>
</tr>
<tr>
<td>White, enriched***</td>
<td>1 slice—½ in. thick</td>
<td>63</td>
</tr>
<tr>
<td>Whole Wheat***</td>
<td>1 slice—½ in. thick</td>
<td>55</td>
</tr>
<tr>
<td><strong>Cakes and Pies</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Angel Food</td>
<td>1—2 in. sector—1/12 of 8 in. diam.</td>
<td>108</td>
</tr>
<tr>
<td>Apple Pie</td>
<td>1—2½ in. sector of 9 in. diam.</td>
<td>208</td>
</tr>
<tr>
<td>Cherry Pie</td>
<td>1—1½ in. sector of 9 in. diam.</td>
<td>128</td>
</tr>
<tr>
<td>Cookie</td>
<td>1 plain—1 ounce</td>
<td>109</td>
</tr>
<tr>
<td>Cup Cake</td>
<td>1 iced—1¾ in. diam.</td>
<td>129</td>
</tr>
<tr>
<td>Doughnut</td>
<td>1 plain</td>
<td>136</td>
</tr>
<tr>
<td>Plain Cake</td>
<td>1 square—3 by 2 by 1½ in.</td>
<td>180</td>
</tr>
<tr>
<td>Pumpkin Pie</td>
<td>1—2½ in. sector of 9 in. diam.</td>
<td>165</td>
</tr>
<tr>
<td>Sponge Cake</td>
<td>1—1 in. sector—1/12 of 8 in. diam.</td>
<td>59</td>
</tr>
<tr>
<td><strong>Cereals</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn Flakes</td>
<td>1 cup</td>
<td>.96</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1 cup—cooked</td>
<td>148</td>
</tr>
<tr>
<td>Rice</td>
<td>1 cup—white—cooked</td>
<td>201</td>
</tr>
<tr>
<td><strong>Cold Cuts</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bologna</td>
<td>3 slices—2 ounces</td>
<td>126</td>
</tr>
<tr>
<td>Ham, boiled</td>
<td>2 ounces</td>
<td>172</td>
</tr>
<tr>
<td>Ham, canned, spiced</td>
<td>2 ounces</td>
<td>164</td>
</tr>
<tr>
<td>Liverwurst</td>
<td>3 slices—2 ounces</td>
<td>150</td>
</tr>
<tr>
<td>Tongue, beef</td>
<td>2 ounces—medium fat—raw</td>
<td>118</td>
</tr>
</tbody>
</table>

*Source U.S. Department of Agriculture Handbook No. 8  
**Cup—standard 8 oz. measure  
***Plain or Toasted
## CALORIE CONTENT OF FOODS—COMMON HOUSEHOLD UNITS*

<table>
<thead>
<tr>
<th>FOOD</th>
<th>DESCRIPTION OF PORTION**</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CRACKERS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graham</td>
<td>4 small or 2 medium</td>
<td>55</td>
</tr>
<tr>
<td>Oyster</td>
<td>10 crackers</td>
<td>43</td>
</tr>
<tr>
<td>Saltines</td>
<td>2 crackers—2 in. square</td>
<td>34</td>
</tr>
<tr>
<td>Soda, plain</td>
<td>2 crackers—2½ in. square</td>
<td>47</td>
</tr>
<tr>
<td><strong>DAIRY PRODUCTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td>1 pat or square</td>
<td>50</td>
</tr>
<tr>
<td>Cottage Cheese</td>
<td>1 tablespoon</td>
<td>27</td>
</tr>
<tr>
<td>Egg, whole</td>
<td>1 medium—soft boiled or poached</td>
<td>77</td>
</tr>
<tr>
<td>Swiss Cheese</td>
<td>1 ounce</td>
<td>105</td>
</tr>
<tr>
<td>Swiss, processed</td>
<td>1 ounce</td>
<td>101</td>
</tr>
<tr>
<td><strong>DESSERTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Custard</td>
<td>1 cup—baked</td>
<td>283</td>
</tr>
<tr>
<td>Gelatin, flavored</td>
<td>1 cup—ready to serve—plain</td>
<td>155</td>
</tr>
<tr>
<td>Ice Cream, vanilla</td>
<td>1 slice—1/7 of quart brick</td>
<td>167</td>
</tr>
<tr>
<td>Sherbet</td>
<td>½ cup</td>
<td>118</td>
</tr>
<tr>
<td><strong>FISH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flounder</td>
<td>8 ounces edible portion—broiled</td>
<td>156</td>
</tr>
<tr>
<td>Haddock</td>
<td>1 filet cooked, fried—4 by 3 by ½ inch—3½ ounces</td>
<td>158</td>
</tr>
<tr>
<td><strong>FRUIT</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td>1 medium—raw or baked—2½ in. diam.</td>
<td>76</td>
</tr>
<tr>
<td>Applesauce</td>
<td>1 cup—canned, sweetened</td>
<td>184</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>½ medium—4¼ in. diam.</td>
<td>75</td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td>1 wedge—2 by 7 in. diam. from melon 6½ by 7 inch</td>
<td>49</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium—3 in. diam.</td>
<td>70</td>
</tr>
<tr>
<td>Pear, canned</td>
<td>2 medium halves</td>
<td>79</td>
</tr>
<tr>
<td>Pear, fresh</td>
<td>1—3 by 2½ in. diam.</td>
<td>95</td>
</tr>
<tr>
<td>Pineapple, fresh</td>
<td>1 cup—diced</td>
<td>74</td>
</tr>
</tbody>
</table>

*Source U.S. Department of Agriculture Handbook No. 8

**Cup—standard 8 oz. measure
<table>
<thead>
<tr>
<th>FOOD</th>
<th>DESCRIPTION OF PORTION**</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUIT (Cont’d)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tangerine</td>
<td>1 medium—2½ in. diam.</td>
<td>35</td>
</tr>
<tr>
<td>FRUIT JUICES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit, canned</td>
<td>1 cup—unsweetened</td>
<td>92</td>
</tr>
<tr>
<td>Orange, fresh or</td>
<td>1 cup</td>
<td>108</td>
</tr>
<tr>
<td>frozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pineapple, canned</td>
<td>1 cup</td>
<td>121</td>
</tr>
<tr>
<td>Tomato, canned</td>
<td>1 cup</td>
<td>50</td>
</tr>
<tr>
<td>MEATS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>2 slices—medium fat—broiled or fried—drained</td>
<td>97</td>
</tr>
<tr>
<td>Frankfurter</td>
<td>1—2 ounces</td>
<td>124</td>
</tr>
<tr>
<td>Hamburger</td>
<td>1 grilled—3 ounces</td>
<td>316</td>
</tr>
<tr>
<td>Lamb Chop</td>
<td>1 rib chop without bone—cooked—3 ounces</td>
<td>356</td>
</tr>
<tr>
<td>Liver, calf</td>
<td>3 ounces, raw</td>
<td>120</td>
</tr>
<tr>
<td>Rib Roast</td>
<td>3 ounces—cooked—without bone</td>
<td>266</td>
</tr>
<tr>
<td>Roast Pork</td>
<td>3 ounces—cooked—without bone</td>
<td>284</td>
</tr>
<tr>
<td>Roast Veal</td>
<td>3 ounces—cooked—without bone</td>
<td>193</td>
</tr>
<tr>
<td>Steak, sirloin</td>
<td>3 ounces—cooked—without bone</td>
<td>257</td>
</tr>
<tr>
<td>Veal chop</td>
<td>3 ounces—cooked—without bone</td>
<td>184</td>
</tr>
<tr>
<td>POULTRY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken, broiler</td>
<td>½ bird—raw—8 ounces—bone out</td>
<td>332</td>
</tr>
<tr>
<td>Chicken, roaster</td>
<td>4 ounces—raw—bone out</td>
<td>227</td>
</tr>
<tr>
<td>Turkey</td>
<td>4 ounces edible portion—medium fat—raw</td>
<td>304</td>
</tr>
<tr>
<td>PRESERVES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jam</td>
<td>1 tablespoon</td>
<td>55</td>
</tr>
<tr>
<td>Jelly</td>
<td>1 tablespoon</td>
<td>50</td>
</tr>
<tr>
<td>Marmalade</td>
<td>1 tablespoon</td>
<td>55</td>
</tr>
<tr>
<td>SWEETS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butterscotch</td>
<td>1 ounce</td>
<td>116</td>
</tr>
<tr>
<td>Caramels</td>
<td>1 ounce</td>
<td>118</td>
</tr>
<tr>
<td>Chocolate</td>
<td>1 ounce—sweetened—milk</td>
<td>143</td>
</tr>
</tbody>
</table>

*Source U.S. Department of Agriculture Handbook No. 8
**Cup—standard 8 oz. measure
## Food Description of Portion**  Calories

### Sweets (Cont’d)

<table>
<thead>
<tr>
<th>Food</th>
<th>Description of Portion</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate</td>
<td>1 ounce—sweetened—milk and almonds</td>
<td>151</td>
</tr>
<tr>
<td>Chocolate Creams</td>
<td>1 ounce</td>
<td>110</td>
</tr>
<tr>
<td>Fudge</td>
<td>1 ounce—plain</td>
<td>116</td>
</tr>
<tr>
<td>Hard Candy</td>
<td>1 ounce</td>
<td>108</td>
</tr>
<tr>
<td>Marshmallows</td>
<td>1 ounce</td>
<td>92</td>
</tr>
<tr>
<td>Peanut Brittle</td>
<td>1 ounce</td>
<td>125</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 level teaspoon</td>
<td>16</td>
</tr>
</tbody>
</table>

### Vegetables

<table>
<thead>
<tr>
<th>Food</th>
<th>Description of Portion</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets</td>
<td>1 cup—diced—cooked</td>
<td>68</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 cup—cooked</td>
<td>44</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup—diced—cooked</td>
<td>44</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 cup—grated</td>
<td>45</td>
</tr>
<tr>
<td>Celery</td>
<td>1 cup—diced—stewed</td>
<td>24</td>
</tr>
<tr>
<td>Celery</td>
<td>3 small inner stalks 5 inches long, 3/4 inch wide—raw</td>
<td>9</td>
</tr>
<tr>
<td>Lettuce</td>
<td>2 large or 4 small leaves</td>
<td>7</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1 cup—canned—solids and liquid</td>
<td>28</td>
</tr>
<tr>
<td>Onions</td>
<td>1 cup—cooked</td>
<td>79</td>
</tr>
<tr>
<td>Onions</td>
<td>1 raw—2 1/2 in. diam.—edible portion</td>
<td>49</td>
</tr>
<tr>
<td>Peas, canned</td>
<td>1 cup—drained</td>
<td>145</td>
</tr>
<tr>
<td>Peas, fresh or frozen</td>
<td>1 cup—green—immature—cooked</td>
<td>111</td>
</tr>
<tr>
<td>Potato</td>
<td>1 medium—2 1/2 in. diam.—baked—without peel</td>
<td>97</td>
</tr>
<tr>
<td>Potato</td>
<td>1 medium—2 1/2 in. diam.—peeled before cooking—boiled</td>
<td>105</td>
</tr>
<tr>
<td>Potato</td>
<td>1 cup—mashed—milk added</td>
<td>159</td>
</tr>
<tr>
<td>Pickle, dill</td>
<td>1 large—1 3/4 in. diam.—4 in. long</td>
<td>15</td>
</tr>
<tr>
<td>Radishes</td>
<td>4 small—raw</td>
<td>4</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>1 cup—canned—drained solids</td>
<td>32</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 cup—cooked</td>
<td>46</td>
</tr>
<tr>
<td>Stringbeans</td>
<td>1 cup—cooked</td>
<td>27</td>
</tr>
<tr>
<td>Tomato</td>
<td>1 medium—2 by 2 1/2 in.—raw</td>
<td>30</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 cup—cooked or canned</td>
<td>46</td>
</tr>
</tbody>
</table>

*Source U.S. Department of Agriculture Handbook No. 8

**Cup—standard 8 oz. measure
SEVEN HELPFUL "WEIGHING HINTS" TO DIETERS

1. Weigh yourself weekly. Preferably on the same scale, without clothing, and before breakfast. No matter when or where you weigh—try to do it at the same time of day, and with the same weight of clothing.

2. Weekly weighing keeps you on the "weight wagon." It helps make dieting easier to watch your weight go down. Don't be discouraged if you don't start to lose weight immediately. This may be only temporary, due to water retention.

3. Don't follow "fads" when you start to reduce! The "half grapefruit and portion-of-parsley" menu will reduce you—but it may affect your health adversely.

4. Don't depend on exercise to reduce your actual weight. Exercise only tends to make your muscles firmer. Remember, it takes a 45-mile hike to lose one pound.

5. Don't try to reduce on a hurry-up basis. Remember, it probably took you years to put on those extra pounds. It isn't smart to try to lose them overnight.

6. Don't cheat—that little bit of extra helping keeps your weight up.

7. Be patient—and stick with your Domino Sugar Diet! It's more liberal, better-tasting than most reducing diets. What's more, by the time you reach your desired weight, your eating habits will probably be re-educated. No longer will you feel the need to over-eat to feel fully satisfied.
IT'S SMART TO STAY SLIM AND TRIM AND GET DOMINO'S "ENERGY LIFT" TOO!

While the menus in this booklet cover only a fourteen-day period, they may be continued as long as you wish or until such time as you reach the weight your doctor suggests.

Additional copies of this booklet will be mailed upon request. Write to:

The American Sugar Refining Company
Consumers Service Division
120 Wall Street, New York 5, N.Y.