SO IMPORTANT TO
GETTING YOUR WEIGHT DOWN
... AND KEEPING IT DOWN!

KNOX HIGH-PROTEIN
GELATINE DRINK
When you get hungry between meals

TAKE THE

KNOX GELATINE DRINK

★ It’s a wonderfully filling, refreshing drink
★ It’ll curb your appetite, so you’ll be satisfied with less food
★ It’ll give you additional Protein . . . a must in reducing and weight-watching diets

★ SEE DIRECTIONS FOR
MAKING KNOX DRINK—INSIDE FOLDER . . .
UNDER “BETWEEN-MEAL” SNACK LIST
**VEGETABLE LIST**
Each of the following food choices contains little carbohydrate, protein or calories.

**1200 CALORIE DIET - Choice of any number**

**1600 CALORIE DIET - Choice of any number**

**1800 CALORIE DIET - Choice of any number**

**MILK LIST**
Each of the following food choices contains 10 grams carbohydrate and 40 calories.

**1200 CALORIE DIET - Choice of any 5**

**1600 CALORIE DIET - Choice of any 5**

**1800 CALORIE DIET - Choice of any 3**

**FRUIT LIST**
Each of the following food choices contains 10 grams carbohydrate and 40 calories.

**1200 CALORIE DIET - Choice of any 2**

**1600 CALORIE DIET - Choice of any 4**

**1800 CALORIE DIET - Choice of any 4**

**FAT LIST**
Each of the following food choices contains 5 grams fat, 45 calories.

**1200 CALORIE DIET - Choice of any 3**

**1600 CALORIE DIET - Choice of any 3**

**1800 CALORIE DIET - Choice of any 6**

**“BETWEEN-MEAL” SNACK LIST**
Each of the following “Between-Meal” snacks with Knox High-Protein Knox Gelatine.
AT YOUR GROCERS IN
32-ENVELOPE ECONOMY
DIET SIZE AND
4-ENVELOPE SIZE

For additional copies of this convenient KNOX CHOICE-OF-FOODS DAILY DIET CHART
WRITE:
KNOX GELATINE, INC.
JOHNSTOWN, N. Y.