NEW Variety In Meal Planning for the DIABETIC

With the use of Food Exchange Lists and many delicious Knox recipes
FOREWORD

The Food Exchange Lists shown in this book are based on material included in "Meal Planning with Exchange Lists" prepared by Committees of the American Diabetes Association, Inc., and The American Dietetic Association in cooperation with the Chronic Disease Program, Public Health Service, Department of Health, Education and Welfare.

The preparation of this booklet for use by the physician and diabetic patient has been based on the best information available on the subject of adapting foods to the needs of the diabetic. The purpose of the booklet is to show how interesting variety can be provided in those items of the menu in which the diabetic diet is so rigidly restricted. The recipes have been prepared, analyzed and tested under dietetic supervision and have been widely used with satisfactory results. No attempt is made to prescribe a system of treatment but only to show how these recipes may be advantageously utilized in practically any system of diabetic management.

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Johnstown, N.Y.
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<td>30</td>
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<tr>
<td>Lemon Mist</td>
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Diet is of the UTMOST importance!

The right kind of food—in the right amount—at the right times—that is a rule of health for all people. It is, however, more than that for a diabetic. For you it is a rule of life.

Diabetes can be controlled by diet alone in some cases, or by diet plus insulin in others. Everyone has some sugar in his blood, but the person with diabetes has too much sugar in his blood. The diabetic does not make sufficient insulin to use the sugar from the food he eats. Almost every food he eats makes some sugar in the body. This food must be balanced with the insulin his body makes, or his doctor prescribes. Even the temporary or continued use of insulin does not mean that the diabetic can avoid constant attention to the proper diet.

The modern dietary treatment of diabetes need never handicap you, for its underlying principle is to provide as well-regulated, nearly normal daily meals as possible. The basic pattern for a nutritionally sound normal diet is the foundation for your own specially planned diabetic diet.

How much food is right for you?

Food has three main classes. These are called Carbohydrates (starches and sugars), Proteins, and Fats. All of the starches and sugars that you eat, about half of the proteins, and even some of the fats produce sugar in the body.
Every diabetic diet is individually planned. Since it is so important that the amount of food be just right to keep your blood sugar at the proper level, your physician prescribes your diet. This diet for you is prescribed in terms of grams of Carbohydrates, Proteins, and Fats. A gram is a measure of weight that equals about one-thirty-sixth of an ounce. The recommended amount of carbohydrates for you is determined by your ability to use sugar in your body, by your food habits, and by your insulin regulation. Your daily allowance of proteins is right for your age, your food habits, and for any special needs such as body growth or tissue building. The daily amount of fats is usually that which completes your need for calories. (Calories are measures of units of heat or energy, just as inches are measures of length.) The foods which provide carbohydrates, proteins, and fats at the same time provide essential vitamins, minerals, and fatty acids. All of the foods suggested for you to use are always chosen to give you the best foods for good nutrition. The amounts prescribed for you are right for maintaining good nutrition.

You must eat all the food prescribed for you every day.

Also you must eat just the right amount of those foods which are allowed. It is equally important that you eat only the foods or kinds of foods that are included in your diet. If there seems to be too much food at any meal, save what you cannot eat for between meals, but be sure to eat it before the day is over.
Special foods not necessary

It is not necessary to buy special foods for a diabetic diet. It is, however, often very helpful to know that suitable canned and bottled fruits, fruit juices, and some carbonated beverages are available that are sweetened without sugar to give additional variety to your diet.

Measure carefully

Some diabetic diets must be so exactly prescribed that the physician may ask you to weigh your food on a scale that weighs in grams instead of ounces. On the other hand, you may be asked just to measure each serving carefully. A standard 8-ounce measuring cup and a set of standard measuring spoons are the only measuring tools usually needed. Measurements of the foods you eat should be level—evened with the straight edge of a knife or spatula—before serving. Cooked foods should be measured after they are cooked. Many foods may be prepared for the family meals, and your portion measured out before extras such as fat or flour or dressings are added.

Seasonings add a great deal of interest to foods . . . and they need not be measured

They play an important part in making food appetizing by making it taste good, and may be used freely in the quantities necessary for flavor. You may use, in this way, chopped parsley,
mint, garlic, grated onion, celery salt, nutmeg, cinnamon and other spices, dry mustard, pepper, paprika, lemon, grated lemon or orange rind, and vinegar.

*Still other foods that make meals interesting and appetizing—and need not be measured*—are black coffee, plain tea, clear broth, fat-free bouillon, rennet tablets, sour pickles, unsweetened dill pickles, and unflavored gelatine.

**Sweetening without calories**

**Non-caloric** sweeteners mean sweet taste without calories and without sugar. The recipes in this booklet use saccharin (¼ grain tablets), Sucaryl (tablets or solution), or Sweeta (solution).

1 teaspoon of sugar is equaled in sweetness by

- 1 tablet saccharin or 1 tablet Sucaryl
- ½ tsp. Sucaryl solution or 2 drops Sweeta

It is often unwise to take more than a reasonable amount (equal to about 12 tablets) as the total in the day’s meals. Your physician will tell you how much of this kind of sweetener you may use. When you use non-caloric sweeteners in the recipes in this booklet they may be added in one of three ways:

Liquid non-caloric sweeteners may be added directly to the dissolved gelatine mixture; non-caloric sweetening tablets may be crushed and stirred into the dissolved gelatine mixture; or they may be dissolved in a small amount of the liquid called for in a recipe, then added.
Knox Gelatine adds **more variety** to your diet

Recipes made with Knox Unflavored Gelatine allow a wider selection in your choice of foods, and an interesting variety of combinations which are made more appealing by the ways in which they are prepared. When jelled, the limited servings of foods from your diabetic diet are as appetizing and palatable as in the normal diet. A portion of meat, fish, fruit, or vegetable which seems small when served alone can be molded in Knox Unflavored Gelatine to become satisfying both to eye and palate. At the same time the calories are not appreciably increased.

**Knox Gelatine Drink is a “Liquid Snack” for the diabetic**

It is frequently suggested as a “between-meal” pick-up. Made with some of the fruit juice, vegetable juice, or milk allowed on your diet, it supplies some of the supplementary protein you need each day. At the same time this drink provides the necessary small extra meal boost in a palatable, easily taken form. See recipe on insert following page 16.

**Exchange Lists make it possible for you to have a diet to suit your taste**

The everyday foods which are included in your diabetic meal plan are divided into groups called Exchange Lists. Each food
within a list contains about the same amount of food value and produces about the same amount of sugar in the body as any other food in that list. One food on a list may, thus, be exchanged for another food on the same list in the amount stated. It is important always to use just the amount given for each food.

**FOR EXAMPLE:**

When one serving of fruit is allowed in your diet, you may have your choice of *any* one of the fruits shown in the following list—in the amount specified for one serving:

<table>
<thead>
<tr>
<th>AMOUNT TO USE</th>
<th>AMOUNT TO USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple (2&quot; diameter)</td>
<td>1 small</td>
</tr>
<tr>
<td>Applesauce</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Apricots, fresh</td>
<td>2 medium</td>
</tr>
<tr>
<td>Apricots, dried</td>
<td>4 halves</td>
</tr>
<tr>
<td>Banana</td>
<td>1/2 small</td>
</tr>
<tr>
<td>Blackberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>Blueberries</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
</tr>
<tr>
<td><em>Strawberries</em></td>
<td>1 cup</td>
</tr>
<tr>
<td>*Cantaloupe (6&quot; diameter)</td>
<td>1/4</td>
</tr>
<tr>
<td>Cherries</td>
<td>10 large</td>
</tr>
<tr>
<td>Dates</td>
<td>2</td>
</tr>
<tr>
<td>Figs, fresh</td>
<td>2 large</td>
</tr>
<tr>
<td>Figs, dried</td>
<td>1 small</td>
</tr>
<tr>
<td><em>Grapefruit</em></td>
<td>1/2 small</td>
</tr>
<tr>
<td><em>Grapefruit Juice</em></td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
</tr>
<tr>
<td>Grape Juice</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td>1/8 medium</td>
</tr>
<tr>
<td>Mango</td>
<td>1/2 small</td>
</tr>
<tr>
<td><em>Orange</em></td>
<td>1 small</td>
</tr>
<tr>
<td><em>Orange Juice</em></td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Papaya</td>
<td>1/3 medium</td>
</tr>
<tr>
<td>Peach</td>
<td>1 medium</td>
</tr>
<tr>
<td>Pear</td>
<td>1 small</td>
</tr>
<tr>
<td>Pineapple</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Pineapple Juice</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Plums</td>
<td>2 medium</td>
</tr>
<tr>
<td>Prunes, dried</td>
<td>2 medium</td>
</tr>
<tr>
<td>Raisins</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td><em>Tangerine</em></td>
<td>1 large</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

*Contains considerable amount of Vitamin C (Ascorbic Acid)*

Some familiar foods are omitted from the Exchange Lists because they have in them—or produce in the body—too much sugar. These foods—such as jams, jellies, preserves, syrup, honey, mo-
lasses, cake, cookies, pastries, chewing gum, candies, sugar-sweetened soft drinks, and fruits canned in sugar syrup—*may only be included in your diet with the physician’s permission.* If they may be included he will say *how much* to use and *how often* you may have them.

The six Exchange Lists on the pull-out chart (following page 16) make it easy to follow your diabetic meal plan which has been worked out for you by your doctor. By using to the fullest extent the exchange foods that are possible within each list, as well as the Knox Gelatine recipes in this booklet—with exchange values noted on each recipe—interesting, seasonal, appetizing, varied meals are possible for you.

**HERE'S HOW THE EXCHANGE LISTS CAN BE USED**

Let's suppose you've discussed Exchange Lists with your doctor and he has worked out the following daily Meal Plan** for you based on Carbohydrate 180 gms., Protein 80 gms., Fat 80 gms.—1800 calories.
BREAKFAST
Fruit, 1 serving ............................................. List 3
Egg, or other meat exchange ......................... List 5
Bread, 2 exchanges ........................................ List 4
Butter, 2 level teaspoons or
    2 other fat exchanges ................................. List 6
Tea or Coffee ............................................. As desired

LUNCH OR SUPPER
Meat, 2 exchanges ........................................ List 5
Bread, 2 exchanges ........................................ List 4
Vegetables, as desired ................................ List 2A
Fruit, 1 serving .......................................... List 3
Milk, 1 cup ................................................ List 1*
Butter, 1 level teaspoon or
    other fat exchange ................................. List 6
Tea or Coffee ............................................. As desired

DINNER OR MAIN MEAL
Meat, 3 exchanges ........................................ List 5
Bread, 2 exchanges ........................................ List 4
Vegetables, as desired ................................ List 2A
Vegetables, 1 serving ................................ List 2B
Fruit, 1 serving .......................................... List 3
Butter, 2 level teaspoons or
    2 other fat exchanges ................................. List 6
Tea or Coffee ............................................. As desired

BEDTIME
Milk, 1 cup ................................................. List 1*
Bread, 2 exchanges ........................................ List 4
Meat, 1 exchange .......................................... List 5

* Part of milk may be used in morning for coffee or for cereal when
  selected as a bread exchange.

** Taken from Diabetes Guide Book for the Physician—American
  Diabetes Association, Inc.
Just look at the tasty, appetizing meals you can have and stay well within the limits of your Plan:

**BREAKFAST**
- Orange Juice (½ cup) ................. List 3
- Oatmeal (½ cup), with ..................... List 4
- Milk (½ cup) ................................ List 1
  (½ of allowance for lunch, borrowed to eat on cereal)
- Poached Egg, with ......................... List 5
- Bacon (1 strip) ............................. List 6
  (used in place of butter for 1 fat exchange)
- Toast (1 slice), with ....................... List 4
- Butter (1 teaspoon) ....................... List 6
- Tea or Coffee (black) .................... As desired

**LUNCH OR SUPPER**
- American Sandwich
  - Bread (2 slices), ........................ List 4
  - Cheese (2 ounces) ...................... List 5
  - Lettuce (¼ head) ......................... List 2A
  - Pineapple Fluff Pudding ............... List 3
    (credit for fruit, as given in Knox recipe in booklet)
- Milk (½ cup) ............................... List 1
- Tea or Coffee (black) ................... As desired

**DINNER**
- Roast Lamb (3 ounces) .................. List 5
- Mashed Potato (½ cup) .................. List 4
- Cauliflower (½ cup), with ............ List 2A
  - Butter (1 teaspoon) .................... List 6
- Carrots (½ cup), with ................. List 2B
  - Butter (1 teaspoon) .................... List 6
- Grapefruit (½ small) .............. List 3
- Tea or Coffee (black) ............. As desired

**BEDTIME**
- Knox Gelatine Drink (1 cup Milk) ........ List 1
- Graham Crackers (4) and ............... List 4
- Peanut Butter (2 tablespoons) ......... List 5

Now you are ready to start planning your own meals from Food Exchange Lists on insert following page 16.
The Knox Unflavored Gelatine recipes (including many delicious desserts) in this booklet have been developed specially for use in diabetic meals planned from Exchange Lists. They are all low in available carbohydrate.

These recipes can also be enjoyed by all the Family

The more you share such food with others, the less you will feel that your diet is difficult because it's different. It's the normal diet plan made to fit your special needs.
JELLIED TOMATO and CHICKEN BROTH

Six Servings—\( \frac{1}{2} \) cup each

1 Serving equals: FREE VEGETABLE EXCHANGE A

1 envelope Knox Unflavored Gelatine 1 cup strained tomatoes or tomato juice
2 cups chicken broth 1/2 teaspoon salt

Sprinkle gelatine on \( \frac{1}{2} \) cup cold broth to soften. Heat the remaining broth, tomato juice with salt until very hot. Add softened gelatine and stir until thoroughly dissolved. Serve piping hot, or chilled to soft jelly consistency.

VARIATIONS:
1 Serving equals: FREE VEGETABLE EXCHANGE A

Use 2 chicken bouillon cubes plus 2 cups water instead of chicken broth. Omit salt.

1 Serving equals: FREE VEGETABLE EXCHANGE A

Use 2 chicken bouillon cubes plus 3 cups tomato juice instead of 2 cups chicken broth and 1 cup tomato juice.
JELLED CHICKEN BROTH
Six Servings—½ cup each

1 Serving equals: FREE EXCHANGE

1 envelope Knox Unflavored Gelatine
3 cups fat-free chicken broth
½ teaspoon salt
¼ teaspoon mace
¼ teaspoon pepper

Sprinkle gelatine on ½ cup cold broth to soften. Heat remaining ingredients to boiling. Remove from heat and stir in softened gelatine until thoroughly dissolved. Serve hot or chilled to soft jelly consistency.

VARIATION:
1 Serving equals: FREE EXCHANGE

Use 3 chicken bouillon cubes and 3 cups water instead of chicken broth. Omit salt.

JELLED TOMATO BROTH
Six Servings—½ cup each

1 Serving equals: FREE VEGETABLE EXCHANGE A

1 envelope Knox Unflavored Gelatine
1½ cups cold water
1½ cups tomato juice
½ teaspoon salt
2 teaspoons whole mixed spices

Sprinkle gelatine on ½ cup cold water to soften. Combine the remaining water, tomato juice, salt, and spices, and bring to a full boil. Strain to remove spices. (It is helpful to place whole spices in a tea ball, so that they can be removed without straining the broth.) Stir in softened gelatine until thoroughly dissolved. Serve hot, or chilled to soft jelly consistency.

VARIATION:
1 Serving equals: FREE VEGETABLE EXCHANGE A

Use 1½ cups canned tomatoes to replace tomato juice. Strain before adding softened gelatine.
Luncheon Salad

Six Servings—\( \frac{2}{3} \) cup each

1 Serving equals: \( \frac{1}{6} \) VEGETABLE EXCHANGE B

- 1 envelope Knox Unflavored Gelatine
- \( \frac{1}{2} \) cup cooked peas
- \( \frac{1}{2} \) cup cooked diced carrots
- 2 cups water
- 2 chicken bouillon cubes
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{4} \) cup diced green pepper

Sprinkle gelatine on \( \frac{1}{2} \) cup cold water to soften. Heat remaining water with bouillon cubes until clear. Add salt and softened gelatine, and stir until thoroughly dissolved. Chill to unbeaten egg white consistency. Stir in vegetables. Turn into one large mold (4 cup) or 6 individual molds. Chill until firm.

Variation:

1 Serving equals: \( \frac{1}{6} \) VEGETABLE EXCHANGE B

Use 2 cups canned chicken broth or consommé in place of bouillon cubes and water.
For Variety—

for meals that are unusually appetizing...

Plan your meals from the following FOOD EXCHANGE LISTS CHART
A “Liquid Snack” for the Diabetic
KNOX Gelatine Drink

All Protein
No Sugar

The Knox Gelatine Drink has been suggested for between-meal and bedtime feedings of the diabetic patient and also for increasing the protein content of the diet.

HOW TO PREPARE KNOX GELATINE DRINK

With juices or water. Empty 1 envelope Knox Unflavored Gelatine in 3/4 glass of orange, tomato or other juice, or water. Then stir briskly. Drink quickly. If it thickens, add more liquid, stir again.

With milk. In an 8 or 10 oz. dry glass, thoroughly mix 1 envelope Knox Unflavored Gelatine with 3-6 tablespoons instant nonfat dry milk. (Quantity varies with brand). Fill with cold water. Stir briskly until milk thoroughly dissolves. Drink quickly.

As a hot drink. Sprinkle 1 envelope Knox Unflavored Gelatine on 1/4 cup cold water to soften. Add 1 bouillon cube and 3/4 cup boiling water. Stir until gelatine and bouillon cube are thoroughly dissolved. 1/4 cup of any very hot broth may be used in place of bouillon.

Composition of each envelope:

<table>
<thead>
<tr>
<th>Grams</th>
<th>Carbohydrates</th>
<th>Protein</th>
<th>Fats</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td></td>
<td>7 gms.</td>
<td></td>
<td>28</td>
</tr>
</tbody>
</table>

WARNING Do not confuse Knox Gelatine with the flavored dessert powders which contain 85% sugar, and in a single serving, without any fruit or added material, yield 80 calories due to carbohydrate.
KEEP THIS HANDY Exchange Lists Chart where you and your family can easily see it. Fill in meal plan your doctor prescribes.

**MEAL PLAN FOR**

<table>
<thead>
<tr>
<th>CARBOHYDRATE</th>
<th>Gms.</th>
<th>FAT</th>
<th>Gms.</th>
<th>PROTEIN</th>
<th>Gms.</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMOUNT</td>
<td>TYPE OF FOOD</td>
<td>CHOOSE FROM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FOOD TO BE EATEN DAILY</td>
<td>Any Amount</td>
<td>Milk</td>
<td>List 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vegetable Exchanges A</td>
<td>List 2A</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vegetable Exchanges B</td>
<td>List 2B</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit Exchanges</td>
<td>List 3</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Bread Exchanges</td>
<td>List 4</td>
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<td></td>
<td></td>
<td>Meat Exchanges</td>
<td>List 5</td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fat Exchanges</td>
<td>List 6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**THIS IS YOUR MEAL PLAN**

The food listed above is to be divided thus:

- **BREAKFAST**
- **LUNCH OR SUPPER**
- **DINNER OR MAIN MEAL**
- **BEDTIME SNACK**
MILK EXCHANGES

**LIST 1**

One exchange of milk contains 12 grams Carbohydrate, 8 grams Protein, 10 grams Fat and 170 Calories.

Milk is one of our most important foods. You can use the milk on your meal plan to drink, in coffee, on cereal, or with other foods.

This list shows the different types of milk to use for one exchange:

<table>
<thead>
<tr>
<th>Type of Milk</th>
<th>Amount to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk (plain or homogenized)</td>
<td>1 cup</td>
</tr>
<tr>
<td>*Skim milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Evaporated milk</td>
<td>½ cup</td>
</tr>
<tr>
<td>Powdered whole milk</td>
<td>¼ cup</td>
</tr>
<tr>
<td>*Powdered skim milk (Nonfat dried milk)</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Buttermilk (made from whole milk)</td>
<td>1 cup</td>
</tr>
<tr>
<td>*Buttermilk (made from skim milk)</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

You can use one type of milk instead of another. For example, you may use one-half cup evaporated milk in place of one cup of whole milk.

*You may wish to use skim milk or buttermilk made from skim milk instead of whole milk. Skim milk and buttermilk have the same food values as whole milk except they contain less fat. Add 2 fat exchanges to your meal when you use one cup of skim milk or buttermilk made from skim milk.

VEGETABLE EXCHANGES

**LIST 2**

All vegetables contain sugar but some have more sugar than others. The vegetables have been divided into 3 groups according to the amount of sugar they have:

List 2A vegetables have the smallest amount of sugar.
List 2B vegetables contain more sugar.
List 4 contains some vegetables which have a large amount of sugar.

**VEGETABLE EXCHANGES A**

(Contain little Carbohydrate, Protein, or Calories.)

You may eat as much of these vegetables raw as you wish, except tomatoes. (Limit tomatoes to one tomato or ½ cup tomato juice at a meal.) If these vegetables are cooked, you can use as much as one cup at a time. When you want more, you can use another cup of these vegetables in exchange for a list 2B vegetable.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>String Beans, young</td>
</tr>
<tr>
<td>*Broccoli</td>
<td>Summer Squash</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>*Tomatoes</td>
</tr>
<tr>
<td>Cabbage</td>
<td>*Watercress</td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>*Chicory</td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
</tr>
<tr>
<td>*Escarole</td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td></td>
</tr>
<tr>
<td>*Pepper</td>
<td></td>
</tr>
<tr>
<td>Radishes</td>
<td></td>
</tr>
<tr>
<td>Sauerkrut</td>
<td></td>
</tr>
</tbody>
</table>

*These vegetables contain a lot of vitamin A.

You may serve vegetables plain or with part of the meat or fat exchange for seasoning. You may wish to use the vegetables, milk, and meat exchanges in your meal plan together. This way you can make soups, stews or other dishes.

For salads you may use mayonnaise or French dressing as your fat exchange. (For example, if you use 1 teaspoon of mayonnaise you would give up 1 teaspoon of butter.) Zero salad dressing (recipe page 22) may be used as desired.

**VEGETABLE EXCHANGES B**

(Contain 7 grams Carbohydrate, 2 grams Protein and 35 Calories.)

These vegetables contain more sugar than the vegetables in List 2A. You may use these vegetables raw or cooked.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Exchange</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beets</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>*Carrots</td>
<td>Rutabaga</td>
</tr>
<tr>
<td>Onions</td>
<td>*Squash, winter</td>
</tr>
<tr>
<td>Peas, green</td>
<td>Turnip</td>
</tr>
</tbody>
</table>

One-half cup of vegetable equals one exchange.

*These vegetables contain a lot of vitamin A.
FRUIT EXCHANGES

LIST 3  One exchange of fruit contains 10 grams Carbohydrate and 40 Calories.

Each exchange of fruit shown below contains about the same amount of sugar. Your meal plan will tell you how many exchanges you can have each day. You may use your fruit fresh, dried, cooked, canned or frozen as long as no sugar has been added. Look at the label on the can or package to be sure it says "unsweetened" or "no sugar added".

This list shows the different amounts of fruits to use for one fruit exchange:

<table>
<thead>
<tr>
<th>Amount to Use</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple (2&quot; diameter)</td>
<td>1 small</td>
</tr>
<tr>
<td>Applesauce</td>
<td>½ cup</td>
</tr>
<tr>
<td>Apricots, fresh</td>
<td>2 medium</td>
</tr>
<tr>
<td>Apricots, dried</td>
<td>4 halves</td>
</tr>
<tr>
<td>Banana</td>
<td>½ small</td>
</tr>
<tr>
<td>Blackberries</td>
<td>½ cup</td>
</tr>
<tr>
<td>Blueberries</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>*Strawberries</td>
<td>1 cup</td>
</tr>
<tr>
<td>*Cantaloupe (6&quot; diameter)</td>
<td>¼</td>
</tr>
<tr>
<td>Cherries</td>
<td>10 large</td>
</tr>
<tr>
<td>Dates</td>
<td>2</td>
</tr>
<tr>
<td>Figs, fresh</td>
<td>2 large</td>
</tr>
<tr>
<td>Figs, dried</td>
<td>1 small</td>
</tr>
<tr>
<td>*Grapefruit</td>
<td>½ small</td>
</tr>
<tr>
<td>*Grapefruit Juice</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grapes</td>
<td>12</td>
</tr>
<tr>
<td>Grape Juice</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Honeydew Melon, medium</td>
<td>½</td>
</tr>
<tr>
<td>Mango</td>
<td>½ small</td>
</tr>
<tr>
<td>*Orange</td>
<td>1 small</td>
</tr>
<tr>
<td>*Orange Juice</td>
<td>½ cup</td>
</tr>
<tr>
<td>Papaya</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Peach</td>
<td>1 medium</td>
</tr>
<tr>
<td>Pear</td>
<td>1 small</td>
</tr>
<tr>
<td>Pineapple</td>
<td>½ cup</td>
</tr>
<tr>
<td>Pineapple Juice</td>
<td>½ cup</td>
</tr>
<tr>
<td>Plums</td>
<td>2 medium</td>
</tr>
<tr>
<td>Prunes, dried</td>
<td>2 medium</td>
</tr>
<tr>
<td>Raisins</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>*Tangerine</td>
<td>1 large</td>
</tr>
<tr>
<td>Watermelon</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

If dried fruits are used, the amount to take is small because they have a lot of sugar.

You may take unsweetened fruit juice as part of the fruit in your meal plan. For variety, you can serve fruit as a salad or with unsweetened gelatin as a dessert.

These fruits are rich sources of vitamin C. Try to use one of them each day.

BREAD EXCHANGES

LIST 4  One bread exchange contains 15 grams Carbohydrate, 2 grams Protein and 70 Calories.

For each bread exchange called for on your meal plan, choose any one item on the list below.

FOR EXAMPLE:
½ cup cooked cereal will give you 1 bread exchange.
1 slice bread and 1 small potato will give you 2 bread exchanges.
1 slice bread and ½ cup cooked rice and ½ cup corn will give you 3 bread exchanges.

This list shows the different amounts of foods to use for one bread exchange:

<table>
<thead>
<tr>
<th>Amount to Use</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice</td>
<td>Bread</td>
</tr>
<tr>
<td>1</td>
<td>Biscuit, Roll (2&quot; diameter)</td>
</tr>
<tr>
<td>1</td>
<td>Muffin (2&quot; diameter)</td>
</tr>
<tr>
<td>1</td>
<td>Cornbread (1½&quot; cube)</td>
</tr>
<tr>
<td>½ cup</td>
<td>Cereals, cooked</td>
</tr>
<tr>
<td>¾ cup</td>
<td>Dry, flake and puff types</td>
</tr>
<tr>
<td>½ cup</td>
<td>Rice, Grits, cooked</td>
</tr>
<tr>
<td>½ cup</td>
<td>Spaghetti, Noodles, cooked</td>
</tr>
<tr>
<td>½ cup</td>
<td>Macaroni, etc., cooked</td>
</tr>
<tr>
<td>2</td>
<td>Crackers, graham (2½&quot; sq.)</td>
</tr>
<tr>
<td>1</td>
<td>Oyster (20)</td>
</tr>
<tr>
<td>½ cup</td>
<td>Saltines (2½&quot; sq.)</td>
</tr>
<tr>
<td>2</td>
<td>Soda (2½&quot; sq.)</td>
</tr>
<tr>
<td>6</td>
<td>Round, Thin (1½&quot;)</td>
</tr>
<tr>
<td>2½ tablespoons</td>
<td>Flour</td>
</tr>
</tbody>
</table>

Vegetables

| ½ cup         | Beans and Peas, dried, cooked             |
| ½ cup         | (lima, navy, split pea, cowpeas, etc.)    |
| ¼ cup         | Baked beans, no pork                      |
| ¼ cup         | Corn                                      |
| 1 cup         | Popcorn                                   |
| ½ cup         | Parsnips                                  |
| 1 small       | Potatoes, white                           |
| ½ cup         | Potatoes, white, mashed                   |
| ¼ cup         | Potatoes, sweet, or Yams                  |
| 1             | Sponge Cake, plain (1½" cube)             |
Ice Cream .......................... ½ cup
(Omit 2 fat exchanges)
Use these foods carefully because they have a lot of sugar.
Measure all the foods on the bread exchange list after they have been cooked.
Whole grain (dark) or enriched breads and cereals are good sources of iron and the B vitamins. Plan to use them often in your meal plan. They are better for you than white crackers, rice, or spaghetti that do not have the vitamins added.

**MEAT EXCHANGES**

**LIST 5**  One meat exchange contains 7 grams Protein, 5 grams Fat and 75 Calories.
You may have any kind of meat you wish. Cheese, eggs and peanut butter can be taken in place of meat for variety.
For each meat exchange called for on your meal plan choose any one item on the list below.

**FOR EXAMPLE:**
1 egg will give you 1 meat exchange.
1 ounce cheese and 1 ounce ham will give you 2 meat exchanges.
1 egg and ¼ cup cottage cheese and 1 slice bologna will give you 3 meat exchanges.

This list shows the different amounts of foods to use for one meat exchange:

<table>
<thead>
<tr>
<th>Amount to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat &amp; Poultry (medium fat)</td>
</tr>
<tr>
<td>(Beef, Lamb, Pork, Liver, Chicken, etc.)</td>
</tr>
<tr>
<td>Cold Cuts (4½&quot; x ½&quot;)</td>
</tr>
<tr>
<td>Salami, Minced Ham, Bologna, Liverwurst, Luncheon Loaf</td>
</tr>
<tr>
<td>Frankfurter (8-9 per lb.)</td>
</tr>
<tr>
<td>Egg</td>
</tr>
<tr>
<td>Fish:</td>
</tr>
<tr>
<td>Haddock, etc</td>
</tr>
<tr>
<td>Salmon, Tuna, Crab, Lobster</td>
</tr>
<tr>
<td>Shrimp, Clams, Oysters, etc</td>
</tr>
<tr>
<td>Sardines</td>
</tr>
<tr>
<td>Cheese, Cheddar type</td>
</tr>
<tr>
<td>Cottage</td>
</tr>
</tbody>
</table>

*Peanut Butter | 2 tablespoons*
You may use the meat or fish, etc., that is prepared for the family as long as no fat or flour has been added. If you wish to fry your meat, you may do so with the fat you are allowed on your meal plan. Meat juices with the fat removed may be used with your meat or vegetables for added flavor.

It is important that you measure meat after it is cooked. Bones and extra fat should not be counted in the total weight. A three-ounce serving of cooked meat is about equal to ¼ lb. (4 oz.) of raw meat.

*Limit peanut butter to one exchange a day unless the carbohydrate in it is allowed for in your meal plan.

**FAT EXCHANGES**

**LIST 6**  One fat exchange contains 5 grams Fat and 45 Calories.
All fat foods are high in calories. Too much fat or too much of any food may cause you to gain weight. A person with diabetes should try to reach his ideal weight. If he weighs too much his diabetes will be harder to control.
Use the foods on this list only as allowed on your meal plan.
You may use your fat exchanges in preparing such foods as vegetables and meats. For example, if you use a teaspoon of fat to fry an egg, give up one fat exchange.
For each fat exchange called for on your meal plan choose any one item on the list below.

**FOR EXAMPLE:**
1 teaspoon butter will give you 1 fat exchange
1 teaspoon margarine and 1 slice bacon will give you 2 fat exchanges.

This list shows the different amounts of foods to use for one fat exchange:

<table>
<thead>
<tr>
<th>Amount to Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or Margarine</td>
</tr>
<tr>
<td>Bacon, crisp.</td>
</tr>
<tr>
<td>Cream, light.</td>
</tr>
<tr>
<td>Cream, heavy.</td>
</tr>
<tr>
<td>Cream Cheese</td>
</tr>
<tr>
<td>Avocado (4&quot; diameter).</td>
</tr>
<tr>
<td>French Dressing</td>
</tr>
<tr>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Oil or Cooking Fat</td>
</tr>
<tr>
<td>Nuts</td>
</tr>
<tr>
<td>Olives</td>
</tr>
</tbody>
</table>
For Additional Copies

of this convenient Knox Exchange Lists Chart
to carry in your purse or put up on your kitchen wall

write:

KNOX GELATINE, Inc.
Johnstown, New York
CUCUMBER-GRAPEFRUIT SALAD

Six Servings—2/3 cup each

1 Serving equals: ½ FRUIT EXCHANGE

1 envelope Knox Unflavored Gelatine
½ cup cold water
1½ cups very hot water
¼ teaspoon salt
1 tablespoon vinegar

Sprinkle gelatine on the cold water to soften. Stir into the very hot water with salt until the softened gelatine is thoroughly dissolved. Add vinegar and non-caloric sweetener. Chill to unbeaten egg white consistency. Fold in grapefruit and cucumber. Pour into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.

FISH IN TOMATO JELLY

Six Servings—2/3 cup each

1 Serving equals: 1 MEAT EXCHANGE

1 envelope Knox Unflavored Gelatine
1 cup water
¾ cup tomato juice
2 tablespoons vinegar
½ teaspoon salt

½ teaspoon whole mixed spices
1½ cups flaked, cooked lean fish
¼ cup chopped celery
¼ cup chopped, green pepper

Sprinkle gelatine on ½ cup cold water to soften. Combine the remaining water, tomato juice, vinegar, salt, and spices. Bring to a full boil. Remove spices. (It is helpful to place whole spices in a tea ball, so that they can be removed without straining the liquid.) Stir in softened gelatine until thoroughly dissolved. Chill to unbeaten egg white consistency. Blend in fish and vegetables. Turn into one large mold (3 cup) or 6 individual molds. Chill until firm.
BASIC JELLY FOR VEGETABLE OR FISH SALADS

Will Make Six Servings

1 envelope Knox Unflavored Gelatine
1 1/4 cups water
1/4 teaspoon salt
1 teaspoon mixed spices
1/4 cup vinegar

Sprinkle gelatine on 1/2 cup cold water to soften. Bring to a boil remaining water and other ingredients. Remove spices. (It is helpful to place whole spices in a tea ball, so that they can be removed without straining the liquid.) Stir in softened gelatine until thoroughly dissolved. Chill to unbeaten egg white consistency before adding vegetable or fish as suggested below.

JELLIED VEGETABLE SALAD

Six Servings—1/2 cup each

1 Serving equals: 1/2 VEGETABLE EXCHANGE B

Use preceding recipe for basic jelly. When chilled to unbeaten egg white consistency, stir in
1/2 cup chopped cabbage
1/2 cup cooked peas
1/2 cup chopped celery
1/4 cup diced cooked beets

Pour into one large mold (4 cup) or 6 individual molds and chill until firm.

JELLIED FISH SALAD

Six Servings—1/2 cup each

1 Serving equals: 1 MEAT EXCHANGE

Use preceding recipe for basic jelly. When chilled to unbeaten egg white consistency, stir in
1 cup canned salmon, flaked
1/4 cup cooked green peas
1/4 cup chopped pimiento

Pour into one large mold (4 cup) and chill until firm.
TOMATO ASPIC
Six Servings—½ cup

1 Serving equals: ½ VEGETABLE EXCHANGE B

1 envelope Knox Unflavored Gelatine
½ cup cold water
2 cups cooked or canned tomatoes
½ bay leaf

Sprinkle gelatine on cold water and spice to boil. Dissolve gelatine in hot mixture. Add vinegar. Chill to unbeaten egg white consistency. Stir in chopped celery and olives. Pour into one large mold (1-4 cups) until firm.

CARROT-ORANGE JELLY SALAD
Six Servings—½ cup

1 Serving equals: ½ FRUIT EXCHANGE CLUB, ⅙ VEGETABLE EXCHANGE B

1 envelope Knox Unflavored Gelatine
½ cup cold orange juice
1 cup very hot water
½ teaspoon salt
3 tablespoons lemon juice or vinegar
¾ cup well drained, crushed pineapple
¾ cup well drained, cubed orange sections
⅛ cup chopped celery
½ cup chopped raw carrot
1 envelope Knox Unflavored Gelatine
1 tablespoon chopped onion
1 tablespoon chopped celery

Sprinkle gelatine on cold orange juice to soften. Add softened gelatine to the very hot water and stir until thoroughly dissolved. Add salt, lemon juice or vinegar and non-caloric sweetener. Chill to unbeaten egg white consistency. Fold in carrots, pineapple, and orange. Turn into one large mold (3 cup) or 6 individual molds. Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.
CHICKEN MOUSSE
Eight Servings — \( \frac{2}{3} \) cup each

1 Serving equals: 1 MEAT EXCHANGE

1 envelope Knox Unflavored Gelatine \( \frac{2}{3} \) cup chilled evaporated milk, whipped
\( \frac{1}{2} \) cup cold water 1 tablespoon lemon juice
1 cup very hot 1 1/2 cups diced chicken stock cooked chicken
\( \frac{1}{4} \) teaspoon onion salt

Sprinkle gelatine on the cold water to soften. Dissolve the softened gelatine in the very hot chicken stock. Add onion salt. Chill to unbeaten egg white consistency. Beat with rotary beater until fluffy. Fold in whipped evaporated milk and lemon juice. Blend in chicken. Turn into one large mold (5-6 cup). Chill until firm.

VARIATIONS:

1 Serving equals: 1 MEAT EXCHANGE PLUS 1 FAT EXCHANGE

Use 1 1/2 cups diced cooked turkey instead of chicken.

1 Serving equals: 1 MEAT EXCHANGE PLUS 2 FAT EXCHANGES

Use \( \frac{2}{3} \) cup heavy cream, whipped, instead of whipped evaporated milk.

With chicken.

1 Serving equals: 1 MEAT EXCHANGE PLUS 2 1/2 FAT EXCHANGES

Use \( \frac{2}{3} \) cup heavy cream, whipped, instead of evaporated milk.

With turkey.
WASHINGTON SALAD
Six Servings—1/2 cup each

1 Serving equals: 1/2 FRUIT EXCHANGE

1 envelope Knox Unflavored Gelatine 1/2 cup cold water
1/4 teaspoon salt 1 tablespoon lemon juice
1/2 cup very hot water unsweetened pineapple
3 non-caloric sweetening 1 cup diced celery
1/4 cup mild vinegar 1 chopped pimiento
Sprinkle gelatine on the cold water to soften. Stir the
softened gelatine into the very hot water until thor-
oughly dissolved. Stir in non-caloric sweetener, vine-
gar, salt, and lemon juice. Chill to unbeaten egg white
consistency. Fold in pineapple, celery, and pimiento.
Turn into one large mold (3-4 cup) or 6 individual
molds. Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.

JELLIED FRUIT SALAD
Six Servings—1/2 cup each

1 Serving equals: 1 FRUIT EXCHANGE PLUS
1 FAT EXCHANGE

1 envelope Knox Unflavored Gelatine 1/2 cup cold water
4 non-caloric sweetening tablets or equivalent*
1 cup very hot water
1 cup grapefruit pulp with natural juice
1/4 teaspoon grated lemon rind
2 small apples, peeled and diced
1 tablespoon lemon juice
1/2 cup broken pecans
Sprinkle gelatine on the cold water to soften. Bring
lemon rind, lemon juice, and very hot water to a boil.
Strain. Add softened gelatine and stir until thoroughly
dissolved. Add non-caloric sweetener. Chill to un-
beaten egg white consistency. Fold in grapefruit,
apples, and pecans. Turn into one large mold (6 cup).
Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.
TONGUE MOUSSE
Six Servings—1/2 cup each

1 Serving equals: 1 1/2 MEAT EXCHANGES PLUS
4 FAT EXCHANGES

1 envelope Knox Unflavored Gelatine
1/2 cup cold water
1/2 cup very hot water
1 bouillon cube
1 tablespoon lemon juice
1 teaspoon dry mustard
Few grains paprika

1 1/2 cups ground cooked or canned tongue
2 tablespoons minced onion
2 tablespoons chopped green pepper
2 tablespoons chopped parsley
1/2 cup mayonnaise

Sprinkle gelatine on the cold water to soften. Dissolve softened gelatine in the very hot water with the bouillon cube dissolved in it. Add lemon juice, mustard, and paprika. Cool to unbeaten egg white consistency. Fold in tongue, onion, green pepper, parsley, mayonnaise. Pour into shallow dish. Chill until firm.

ZERO SALAD DRESSING
(May be used in any amount)

1/2 cup tomato juice
2 tablespoons lemon juice or vinegar
1 tablespoon onion, finely chopped
Salt and pepper
Chopped parsley or green pepper, horseradish, or mustard may be added, if desired.

Combine ingredients in a jar with a tightly fitted top. Shake well before using.
WESTVILLE CREAM
Six Servings—½ cup each

1 Serving equals: ½ MILK EXCHANGE PLUS
1 FAT EXCHANGE

1 envelope Knox Unflavored Gelatine
½ cup cold milk
1 square unsweetened chocolate, grated

½ cups hot milk
½ teaspoon salt
6 non-caloric sweetening tablets or equivalent*
2 eggs, separated
1 teaspoon vanilla extract

Stir gelatine into cold milk to soften. Heat chocolate, hot milk, and salt over boiling water until chocolate is melted. Add softened gelatine and stir until thoroughly dissolved. Add non-caloric sweetener. Beat egg yolks until thick and lemon colored. Stir hot mixture slowly into egg yolks. Return to double boiler and cook over hot water until mixture begins to thicken, stirring constantly. Remove from heat and add vanilla. Chill to unbeaten egg white consistency. Fold in egg whites beaten stiff but not dry. Pile in individual serving dishes or turn into one large mold (3-4 cup). Chill before serving.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.
BLANC MANGE
Four Servings—½ cup each

1 Serving equals: ½ MILK EXCHANGE

1 envelope Knox Unflavored Gelatine ½ teaspoon nutmeg
½ cup cold milk ½ teaspoon vanilla extract
½ teaspoon salt 8 non-caloric sweetening tablets or equivalent*
1 1/2 cups very hot milk

Soften gelatine by stirring it into the cold milk. Stir softened gelatine and salt into the very hot milk until dissolved completely. Add nutmeg, vanilla, and non-caloric sweetener. Pour into one large mold (2-3 cup) or 4 individual molds. Chill until firm.

VARIATIONS:

BLANC MANGE WHIP
Six Servings—½ cup each

1 Serving equals: ¼ MILK EXCHANGE

Reduce sweetening if desired. Chill to unbeaten egg white consistency. Beat until fluffy and fine textured. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

LOW-CALORIC BLANC MANGE
Four Servings—½ cup each

1 Serving equals: ¼ MILK EXCHANGE

Use 2 cups skim milk** instead of whole milk. Follow directions for making regular Blanc Mange.

LOW-CALORIC BLANC MANGE WHIP
Six Servings—½ cup each

1 Serving equals: ¼ MILK EXCHANGE

Use 2 cups skim milk** instead of whole milk. Follow directions for regular Blanc Mange Whip.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.
** 6 tablespoons nonfat dry milk solids liquefied with 2 cups water.
**ORANGE CREAM**

*Six Servings—1/2 cup each*

1 Serving equals: 1/3 MILK EXCHANGE

- 1 envelope Knox Unflavored Gelatine
- 1/2 cup cold water
- 1/2 cup scalded milk
- 1 egg yolk, well beaten
- 1 tablespoon grated orange rind
- 2/3 cup orange juice

Sprinkle gelatine on the cold water to soften. Stir the softened gelatine into the scalded milk until thoroughly dissolved. Slowly beat into egg yolk in top of double boiler. Add orange rind; cook over hot water, stirring constantly, until mixture coats spoon. Remove from heat. Stir into orange juice combined with non-caloric sweetener and lemon juice. Chill to unbeaten egg white consistency. Fold in beaten egg white and whipped evaporated milk. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

**LEMON BAVARIAN**

*Six Servings—1/2 cup each*

1 Serving equals. 1 FAT EXCHANGE

- 1 envelope Knox Unflavored Gelatine
- 1/2 cup cold water
- 1 1/4 cups very hot water
- 1/4 cup lemon juice

Sprinkle gelatine on the cold water to soften. Stir softened gelatine into the very hot water until thoroughly dissolved. Add lemon juice and non-caloric sweetener. Chill to unbeaten egg white consistency. Beat with rotary beater until fluffy. Fold in whipped cream. Pour into one large mold (3-4 cup) and chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.*
CHOCOLATE PUDDING

Four Servings—\(\frac{3}{4}\) cup each

1 Serving equals: \(\frac{1}{2}\) MILK EXCHANGE

- 1 envelope Knox Unflavored Gelatine
- 1 square unsweetened chocolate
- \(\frac{1}{2}\) cup cold milk
- \(\frac{1}{2}\) cups very hot milk
- \(\frac{1}{4}\) teaspoon salt
- \(\frac{1}{2}\) teaspoon vanilla
- 4 non-caloric sweetening tablets or equivalent*

Soften gelatine by stirring it into the cold milk. Add chocolate to very hot milk and continue heating until chocolate is melted. Add softened gelatine to heated chocolate milk and stir until dissolved. Add salt, vanilla, and non-caloric sweetener. Stir well and chill to unbeaten egg white consistency. Beat until frothy. Pile into individual serving dishes or pour into one large mold (3-4 cup). Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.

PINEAPPLE FLUFF

Four Servings—\(\frac{1}{2}\) cup each

1 Serving equals: \(\frac{1}{3}\) FRUIT EXCHANGE

- 1 envelope Knox Unflavored Gelatine
- \(\frac{1}{2}\) cup cold water
- \(\frac{1}{2}\) cup very hot water
- 6 non-caloric sweetening tablets or equivalent*
- 1 tablespoon lemon juice
- \(\frac{1}{2}\) cup canned unsweetened pineapple, cut fine
- 1 egg white, beaten stiff but not dry

Sprinkle gelatine on the cold water to soften. Dissolve the softened gelatine in the very hot water. Add non-caloric sweetener and lemon juice. Stir well. Chill to unbeaten egg white consistency. Fold in beaten egg white until smooth. Turn into one large mold (3-4 cup) or 4 individual molds. Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.
PRUNE WHIP
Six Servings—½ cup each
1 Serving equals: 1 FRUIT EXCHANGE

1 envelope Knox
Unflavored Gelatine
½ cup cold water
½ cup very hot water
2 tablespoons lemon juice
6 non-caloric sweetening tablets or equivalent*
1 cup strained, canned
unsweetened prunes

Sprinkle gelatine on the cold water to soften. Stir softened gelatine into the very hot water until thoroughly dissolved. Add lemon juice and non-caloric sweetener. Blend in strained prunes. Chill thoroughly until thickened but not jelled. Whip with rotary beater until light. Heap into serving dishes.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.

LEMON SNOW
Six Servings—½ cup each
1 Serving equals: FREE EXCHANGE

1 envelope Knox
Unflavored Gelatine
½ cup cold water
2 teaspoons grated lemon rind
¼ cup lemon juice
1¼ cups very hot water
16 non-caloric sweetening tablets or equivalent*
1 egg white

Sprinkle rind and lemon juice to the very hot water. Bring to a boil. Remove from heat; add softened gelatine and non-caloric sweetener, and stir until completely dissolved. Chill to unbeaten egg white consistency. Add unbeaten egg white; beat with a rotary beater until fluffy. Place container in bowl of ice or iced water. Beat until mixture begins to hold its shape. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.
BANANA BAVARIAN
Six Servings—2/3 cup each

1 Serving equals: 1/2 FRUIT EXCHANGE PLUS
1/2 FAT EXCHANGE

1 envelope Knox Unflavored Gelatine
1 tablespoon lemon juice
1/2 cup cold water
2 non-caloric sweetening tablets or equivalent*
1/2 teaspoon grated lemon rind
1/2 cup mashed, ripe banana
1 cup very hot water
1/3 cup heavy cream, whipped

Sprinkle gelatine on the cold water to soften. Add lemon rind to the very hot water and boil for 2 minutes. Add softened gelatine to the lemon water and stir until thoroughly dissolved. Add lemon juice and non-caloric sweetener. Strain and chill to unbeaten egg white consistency. Fold in mashed banana and whipped cream. Pile in individual serving dishes or turn into one large mold (3-4 cup). Chill until firm.

VARIATIONS:

STRAWBERRY BAVARIAN

1 Serving equals: 1/2 FRUIT EXCHANGE PLUS
1/2 FAT EXCHANGE

Decrease lemon juice to 2 teaspoons and use 1/2 cup mashed, ripe strawberries to replace 1/2 cup banana.

1 Serving equals: 1/2 FRUIT EXCHANGE

Use 1/3 cup undiluted evaporated milk, whipped, to replace 1/3 cup cream in either Banana or Strawberry Bavarian.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.
SPANISH CREAM
Eight Servings—\(\frac{1}{2}\) cup each

1 Serving equals: \(\frac{1}{2}\) MILK EXCHANGE PLUS
\(\frac{1}{4}\) MEAT EXCHANGE

1 envelope Knox 2 eggs yolks, beaten
Unflavored Gelatine 1 teaspoon vanilla extract
\(\frac{1}{2}\) cup cold milk 8 non-caloric sweetening
\(\frac{3}{4}\) cups very hot milk tablets or equivalent*
\(\frac{1}{8}\) teaspoon salt 2 egg whites, stiffly beaten

Soften gelatine by stirring it into the cold milk in top of double boiler. Add the very hot milk and salt. Place over boiling water; stir until gelatine is thoroughly dissolved. Pour slowly into egg yolks, stirring constantly. Return to top of double boiler, and cook over hot but not boiling water, stirring constantly, until mixture coats spoon. Remove from heat. Add vanilla and non-caloric sweetener. Stir to dissolve completely. Chill until slightly thicker than unbeaten egg white consistency. Fold into beaten egg whites. Turn into one large mold (4 cup) or 8 individual molds. Chill until firm.

LEMON JELLY
Four Servings—\(\frac{1}{2}\) cup each

1 Serving equals: FREE EXCHANGE

1 envelope Knox 3/4 cup lemon juice
Unflavored Gelatine 6 non-caloric sweetening
\(\frac{1}{2}\) cup cold water tablets or equivalent*
\(\frac{3}{4}\) cups very hot water

Sprinkle gelatine on the cold water to soften. Stir softened gelatine into the very hot water until thoroughly dissolved. Add lemon juice and non-caloric sweetener. Pour into one large mold (2-3 cup) or 4 individual molds. Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.
**JELLIED CUSTARD**

*Six Servings—⅛ cup each*

1 Serving equals: ½ MILK EXCHANGE PLUS
1/4 MEAT EXCHANGE

- 1 envelope Knox Unflavored Gelatine
- ⅛ cup cold water
- 2⅛ cups very hot milk
- 2 eggs
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 2 non-caloric sweetening tablets or equivalent*

Sprinkle gelatine on the cold water to soften. Stir softened gelatine into the very hot milk to dissolve. Beat eggs until thick and lemon colored. Add hot mixture slowly. Place in top of double boiler and cook over hot water, stirring constantly, until mixture begins to thicken. Add salt, vanilla, and non-caloric sweetener. Pour into cold bowl. Chill.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.

**LEMON MIST**

*Six Servings—⅛ cup each*

1 Serving equals: ½ MEAT EXCHANGE

- 1 envelope Knox Unflavored Gelatine
- ⅛ cup cold water
- 1 cup very hot water
- 2 eggs, separated
- 1/4 cup lemon juice
- 2 non-caloric sweetening tablets or equivalent*
- ¼ teaspoon salt

Sprinkle gelatine on cold water to soften. Add lemon rind to the very hot water and bring to a boil. Add softened gelatine to hot lemon water, and stir until thoroughly dissolved. Beat egg yolks until thick and lemon colored in top of double boiler, then slowly add hot mixture. Cook over hot water until mixture coats spoon, stirring constantly. Remove from heat. Add lemon juice and non-caloric sweetener and chill to unbeaten egg white consistency. Fold in stiffly beaten egg whites. Turn into one large mold (3-4 cup) or 6 individual molds. Chill until firm.

*See page 7 for kinds and amounts of non-caloric sweeteners to use.*
Doctors often recommend Knox for special diets such as diabetic, convalescent and others. In every package of Knox Gelatine there is a list of special diet booklets, free for the asking.

At your grocer’s in 4-envelope size and 32-economy diet size.