Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Special Nutritionals

ARMS#

12669

8 - OTHER

Dal 84001

Friday 11/22/96 Wt 174 1/2

P 2 oz cheese
P yogurt
V } salad w/ kraft free Italian
V radishes
V cabbage
Fr cherries
Fr apple
Fr banana
St 1/2 baked potato
St melba toast
fat margarine
ML salt (1/2 tsp) ✓
Sups 1. honey peanut bar
2. punch
Water
☑ ☑ ☑ ☐ ☐ ☐ ☐ ☐ ☐ ☐
vitamin ✓
herbal ✓✓

000002

Dal 89001

11/23/96 Sat Wt

P } 4 oz cheese
P

V } cabbage
V

V

V

Fr cherries

Fr } banana
Fr

St } melted toast
St

fat

MLS ✓

Sups 1. Choc pud
2

water

☐☐☑☐☐☐☐☐☐

vit ✓

herbal ✓✓

11/24/96 Sun Wt

P ⅔ cheese
P

V ⅔ cabbage

V ⅔ zucchini

Fr ⅔ banana
Fr

Fr cherries

St ⅔ melba toast

fat ~~butt~~ margarine

MLS ✓

Sups 1. honey almond
2. chocolate pudding

H_2O

☑ ☑ ☑ ☑ ☐ ☐ ☐ ☐ ☐ ☐

vitamin ✓

herbal ✓✓

Dal 89001

Best Quality FDA

11/25/96 Mon Wt

P

P 3 4oz cheese

V

V

V

S potato

S

Fat

MLS

Sups 1 lemonade

H_2O

☑☑☑□□□□□□□

vitamin ✓

herbal ✓

000005

Dal 89001

Dal 89001

Best Quality FDA

11/26/96 Tues Wt. 170 3/4

P 2 cheese (mozz)
P 3

V 2 salad w/ fat free ranch
V 3

2 broccoli
3

apple
orange
apple
2 low cal toast
3

Fat margarineon toast
MLS ✓ (broc)
Sups 1. ✓
2. ✓
H_2O ~~IN~~ ~~IN~~
vitamin ✓
herbal ✓✓

000006

Dal 89001

Best Quality FDA

2/27/96 Wed. Wt. 170 1/2

P } cheese
P }

V } cucumbers
V }

V radishes

V celery

V apple

V apple

V orange

St } melba toast
St }

Fat margarine ↑

MLS ✓ (uc)

Sups 1 ✓ 2 ✓

Water ~~IIII~~ ~~IIII~~

Vitamin ✓

Herbal ✓✓

000007

Dal 89001

Best Quality FDA

1/28/96 Thurs. Thanksgiving

2 cheese
3

2 broccoli
3

radishes
celery
apple
1/2 banana
orange
pt. mashed potatoes
St. melba toast
Fat. marg. + broc.
MLS ✓ potatoes
H_2O ~~||||~~
Vitamin ✓
Herb ✓✓
Sups ✓✓

Dal 89001

Best Quality FDA

11/29/96 Friday

P 2
P 3 cheese
V 2
V 3 broccoli
V cucumbers
V carrot
Fr apple
Fr apple
Fr apple
St 2
St 3 low cal toast
Fat ✓
Sups 1 ✓ 2 ✓
ML s ✓
H2O ~~III~~ ~~III~~
Vitamin ✓
Herbs ✓ ✓

Dal89001

Best Quality FDA

1/30/96 Saturday

2 } cheese
2 }

V } broccoli
V }

V cucumbers
V radishes
Fr apple
Fr ½ wanana
Fr orange
St } melba toast
St }

Fat ✓
MLS ✓
Sups ✓ ✓
H2O ~~||||~~ ~~||||~~
vitamin ✓
herbal ✓✓

Best Quality FDA

Dal 89001

2/1/96 Sunday

? cheese
? broccoli
V radisher
V cucumbers
t melba
t toast
Fr apple
Fr apple
Fr orange
Fat ✓
Als ✓
H2O ~~IIII IIII~~
vitamin ✓
herbal ✓✓
Sups ✓✓

000011

Best Quality FDA

Dal 89001

12/2/96 Monday

cheese

celery

radishes

broccoli

apple

apple

orange

MLS ✓

vitamin ✓

herbal ✓✓

Sups ✓✓

toast

melba

000012

Best Quality FDA

* Note: Ms. [redacted] stated that she recorded the wrong month. (supposed to be 12) She said this ~~was~~ is an indication of the state of mind she was in while on the supplement.

Dal 89001

13/96 Tuesday

cheese

cabbage

celery

cucumbers

apple

apple

1/2 banana

melba toast

at ✓

ls ✓

ps ✓✓

amin ✓

bal ✓✓

O ~~////~~ ////

Best Quality FDA

Dal 89001

0/4/96 Wednesday

cheese

cabbage

cucumbers

apples

melba

ot ✓

LS ✓

S ✓✓

D ||||| ||||

amin ✓

erbs ✓✓

Best Quality FDA

Dal 89001

5/96 Thurs

cheese

broccoli

cabbage

cucumbers

12 banana

oranges

melba

[illegible]

[illegible] ✓

[illegible] ✓✓

[illegible] ✓

[illegible] ✓

Herbs ✓✓

Best Quality
FDA

Dal 89001

96 Fri wt 170 3/4

cheese

broccoli

cabbage

apples

melba

V

S V

20 M/ M

ps V V

amin V

bs V V

000016

Best Quality FDA

Dal 84001

6/7/96 Sat

cheese

cabbage

lettuce

cucumbers

apples

melba

at ✓

MLS ✓

20 ~~IIII~~ ~~IIII~~ I

Vitamin ✓

Herbal ✓✓

Sups ✓✓

000017

Best Quality FDA

10/8/96 Sunday

P } cheese
P }

V } cabbage
V }

V } salad
V }

Fr } apples
Fr }
Fr

St } melba
St }

Fat ✓

MLS ✓

Sups ✓✓

H_2O ~~IIII IIII~~ II

Vitamin ✓

Herbs ✓✓

Best Quality FDA

Dul 89001

10/9/96 Monday

P 2
P 3 cheese
V cauliflower
V 3 cabbage
V broccoli
Fr 2
Fr 3 apples
Fr
St 2 meatballs
St 3
Fat ✓
BLS ✓
Sups 1 ✓ 2 ✓
Vitamin ✓
Herbs ✓✓
H_2O ~~IIII IIII~~

000019

Best Quality FDA

Dal 89001

5/10/96 Tues Wt 167 1/2

P cheese
P yogurt
V lettuce
V lettuce
V carrots
V celery
Fr apple
Fr 1/2 banana
Fr apple
St melba toast
St bread
Fat ✓
Mlks ✓
Sups ✓
H_2O IIII IIII
Vitamin ✓
Herbs ✓✓

000020

Best Quality FDA

Dal 89001

/11/96 Wed wt

cheese
yogurt
lettuce
lettuce
carrots
celery
apple
apple
orange
nebba
toast
✓
5 ✓
✓
amin ✓
bs ✓✓

000021

Best Quality
FDA

161

12/12/96 Thurs

P
P
V 2
V 2 cabbage
V
V

Fr apple
Fr
Fr

St 2
St 3 melba toast
Fat ✓
MLS ✓
Sups ✓
H_2O HH
Vitamin ✓
Herb ✓