

McLaren Print System Order

Order No: 20881
Order Date: 2016-08-04
User: Lori Kaufman
Phone: 22187

Ship Location: Nutritional Services
401 s. Ballenger Hwy
flint, mi 48507

Brochures
Quantity: 1000
Paragon Dept No: 92050
Dept Name: Nutritional Services
Company Number: 60

Order Total Price: 53.25

Item Number: M-5157-2
Item Description: Regular Diet Card
Revision Date: 7/2015
Print: 1 sided full color
Paper: 65# White Cover
Size: 8.5 x 11
Fold:
Finish: None
Drill: None
Misc Info: 4 up; ss; final size 3x5



regular diet

Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has ordered a Regular Diet for you.

For healthful eating, choose daily:

- Breads, Grains and Cereals - 6 or more servings
- Fruits - 2 to 4 servings
- Vegetables - 3 to 5 servings
- Meat, Poultry, Fish or Meat Substitutes - 2 servings
- Milk or Dairy Products - 2 to 3 servings

Spec Info:



nutrition choices for your health

For more information on your diet, contact Food & Nutrition Services.

M-5157-2 (7/15)