

**McLaren Print System Order**

Order No: 20884  
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-5157-5  
Item Description: Consistent Carb Diabetes Card.  
Revision Date: 7/2015  
Print: 1 sided full color  
Paper: 65# White Cover  
Size: 8.5 x 11  
Fold:  
Finish: None  
Drill:  
Misc Info: 4 up; ss; final size 3x5

# great<sup>™</sup> living starts here<sup>™</sup> calorie controlled diet

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

## While on this diet, you will be served:

- Low fat dairy products, sauces and salad dressings
- Lean meat or meat substitutes

Foods high in fat such as margarine, mayonnaise and bacon will be limited. Foods with sugar will be limited and served to follow your diet as ordered. It is

Spec Info: Important that you control your portion sizes, eat a variety of foods and eat at regular times.



nutrition choices for your health

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