

MEAL PLANNING PUBLICATIONS AVAILABLE

"Meal Planning with Exchange Lists," a booklet prepared to help diabetics select foods for their meals, Meal Plans No. 1 through No. 6, and a Diabetic Diet Card for Physicians, may now be obtained through the offices of the American Diabetes Association, 1 East 45th St., New York 17, N. Y. Copies are also available from The American Dietetic Association.

A new price schedule for this material was effective May 31. Single copies of the booklet "Meal Planning with Exchange Lists" are available at \$.15 each; 100 at \$6.50; 1,000 at \$50.00. The separate Meal Plans (1-6), designed for use with "Meal Planning with Exchange Lists," may be obtained at \$.05 per meal plan; 100 copies of one or an assortment at \$2.00; 1,000 copies of one or an assortment at \$18.00. The Diabetic Diet Card for Physicians, containing information about exchange lists and food values, is available at \$.05 per card; \$2.00 per 100 and \$18.00 per 1,000.

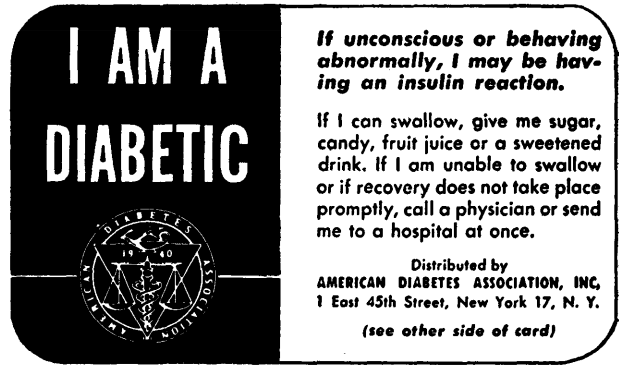
Meal Plan No. 1 (carbohydrate 125 grams, protein 60 grams, fat 50 grams) contains 1200 calories; Meal Plan No. 2 (carbohydrate 150 grams, protein 70 grams, fat 70 grams) 1500 calories; Meal Plan No. 3 (carbohydrate 180 grams, protein 80 grams, fat 80 grams) 1800 calories; Meal Plan No. 4 (carbohydrate 220 grams, protein 90 grams, fat 100 grams) 2200 calories; Meal Plan No. 5 (carbohydrate 180 grams, protein 80 grams, fat 80 grams) 1800 calories; Meal Plan No. 6 (carbohydrate 250 grams, protein 100 grams, fat 130 grams) 2600 calories.

This material was prepared by Committees of the American Diabetes Association and The American Dietetic Association in cooperation with the U. S. Public Health Service. It was formerly distributed by the Health Publications Institute of Raleigh, North Carolina.

Order forms are available on request.

ADA IDENTIFICATION CARD

An identification card for diabetics, issued by the American Diabetes Association and pictured on this page, is now available. The card will fit the average pocket or purse wallet, and bears the official seal of the Association. It was developed by the Committee on Information for Diabetics and plans for distribution were completed at the 1955-56 Interim Council Meeting. The price is \$.10 each in quantities of one through nine and \$.05 each in quantities of ten or more, both prices including handling and shipping. Upon recommendation of the Committee, the Council has authorized sending a sample card in the near future to each Active Member of the Association.



FRONT

• NAME _____ PHONE _____
 ADDRESS _____
(STREET) (CITY) (STATE)

• PHYSICIAN _____ PHONE _____
 ADDRESS _____
(STREET) (CITY) (STATE)

DATE _____

(see other side of card)

	TYPE	DOSE (units)
INSULIN	REGULAR	_____
	PZI	_____
	NPH	_____
	GLOBIN	_____
	LENTE	_____

BACK

LILLY AWARD ESTABLISHED

An award consisting of \$500 and a gold medal and known as the Lilly Award, has been established. The Council of the American Diabetes Association accepted the recommendation of the Committee on Scientific Publications regarding its establishment at the 1954-55 Interim Meeting held in Philadelphia Jan. 22-23, 1955. The annual award will be supported by Eli Lilly and Company.

The following stipulations govern the contest for the Award.

Purpose: To recognize demonstrated research in the field of diabetes, taking into consideration independence of thought and originality.

Eligibility: Any investigator in an appropriate field of work closely related to diabetes who is less than forty years of age on January 1 of the year in which the award is made. The research will not necessarily be judged in comparison to the work of more mature and experienced workers. The candidate should be a resident of the United States or Canada.

Nominations: Nominations for the award will be solicited from the members of the American Diabetes Association. Such nominations will be requested by re-