

MEDICAL INFORMATION RELEASE FORM

I. During orientation meetings to describe the experimental studies you have volunteered for, it was explained that one goal of the study was to monitor any changes in body physiology that might occur as a result of smoking the test product. To this end, pre- and post-study physicals are part of the test, along with periodic monitoring of certain physiological measures taken from blood and urine. The physiological and demographic measures relevant to the study are as follows:

- * AGE, WEIGHT, SEX, % BODY FAT, # OF CIGARETTES SMOKED PER DAY

A variety of measures will be made on the blood and urine collected in these studies. It should be noted that all the compounds measured are compounds normally found in human blood and urine.

- * Nicotine and Cotinine - normally found in significant amounts in smokers only
- * Protein Profile - normally circulating proteins will be monitored
- * Electrolyte Profile - normally circulating electrolytes will be monitored
- * Hormones - Thyroid and Adrenal hormones will be monitored. Metabolic by-products of catecholamine release will be monitored.
- * Cell Counts - cell counts will be made on whole blood collected
- * Miscellaneous - thiocyanate (used by some doctors to estimate smoke exposure), uric acid, glucose and iron will all be monitored.

II. As also explained previously, to protect the health of both the volunteers and the personnel conducting the studies, certain tests of a highly personal nature were made during the pre-study physical. The tests which involved obtaining data of a highly personal nature are:

- * testing for use of illicit drugs
- * pregnancy test for female subjects
- * testing for exposure to hepatitis or sexually transmitted diseases
- * testing for exposure to the AIDS virus

By signing this form you give your permission for the RJRT Medical Department to provide all the measures OF A NON-PERSONAL NATURE (described in Section I above) to the personnel conducting the studies so the physiological monitoring can begin. AT NO TIME WILL ANY OF THE MEASURES PREVIOUSLY DESCRIBED AS HIGHLY PERSONAL (DESCRIBED IN SECTION II ABOVE) BE PROVIDED TO ANYONE OUTSIDE THE RJRT MEDICAL DEPARTMENT.

50628 2427

In signing this form I, William J. Casey, hereby grant permission for the RJRT Medical Department to provide to the R&D personnel conducting the studies all physiological data described in Section I.

William J. Casey
Signature

May 28, 1987
Date

50628 2428

1234567890

REVISED

May 6, 1987

DIET 1

DAY 1

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ 1/2 Grits (4 oz.)
✓ Scrambled Eggs (3 each)
✓ Sausage (2-2oz. patties)
✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (whole, 8 oz.)
✓ Instant Taster's Choice Decaffeinated Coffee (3)
✓ Salt, pepper, ketchup

LUNCH: ✓ Baked Chicken with Gravy (7 oz.)
✓ Mashed Potatoes (5 oz.)
✓ Mixed Vegetables (4 oz.)
✓ Tossed Salad with 1000 Island Dressing (3 oz.)
✓ Fresh Apple (80 ct.)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Roast Beef Au Jus (6 oz.)
✓ Baked Potato (80 ct.) with butter (2 pats)
✓ Garden Salad with 1000 Island Dressing (3 oz.)
✓ Dinner roll (2) butter (2 pats)
✓ Decaffeinated Ice Tea (1 bottle)
✓ Salt, pepper, ketchup

SNACKS: (1) Peanut Butter & Cheese Crackers
3 Blueberry Newtons

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May 6, 1987

DAY 2

BREAKFAST: ✓Orange Juice (8 oz.)
✓Shredded Wheat (1½ oz.)
✓Fried Eggs (3 each)
✓Bacon (2 sl.)
✓Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓Milk (whole, 8 oz.) *with Shredded wheat*
(2) ✓Instant Taster's Choice Decaffeinated Coffee
✓Salt, Pepper, ketchup

LUNCH: ✓Fresh Roasted Turkey Breast (4½ oz.)
✓Bread Dressing (#16)
✓Parslied Carrots (4 oz.)
✓Broccoli with Cheese Sauce (3 oz.)
✓Cake of the Day (1/12)
✓Dinner Roll (2), butter (2 pats)
✓Decaffeinated Ice Tea
✓Salt, pepper, ketchup

DINNER: ✓Spaghetti (8 oz.) and Meat Sauce (6 oz.)
✓Garlic Bread (1 slice Texas Toast)
✓Garden Salad with Ranch Dressing (4 oz.)
✓Fresh Orange (88 ct.)
✓Decaffeinated Ice Tea
✓Salt, pepper, ketchup

SNACK: ✓Peanut Butter & Crackers
✓Chip A Hoy Cookies
(1) Cup Coffee

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2000

REVISED

May 6, 1987

DAY 3

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ 2 Pancakes with Syrup (3-8")
✓ (1) Sausage (2-2 oz. patties)
(1) ✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (whole, 8 oz.)
(1) ✓ Instant Taster's Choice Decaffeinated Coffee
Salt, pepper, ketchup

LUNCH: ✓ Quiche Lorraine (1/6)
✓ Tossed Salad with 1000 Island Dressing (3 oz.)
✓ Fruit Cocktail (5 oz.)
(1) ✓ Decaffeinated Ice Tea
Salt, pepper, ketchup

DINNER: ✓ Filet Mignon Steak with Steak Sauce (8 oz.)
✓ Baked Potato (100 ct.) with butter (2 pats)
✓ Mixed Vegetables (4 oz.)
✓ Garden Salad with Ranch Dressing (3 oz.)
Vanilla Ice Cream (4 oz.)
(2) ✓ Dinner Roll (2), butter (2 pats)
(1) ✓ Decaffeinated Ice Tea
Salt, pepper, ketchup

SNACK: Potato Sticks
Fig Newtons

50628 2431

REVISED

May 6, 1987

DAY 4

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ Corn Flakes (4 oz.)
✓ Scrambled Eggs (3 ea.)
(1) ✓ Sausage (2-2 oz. patties)
✓ Milk (whole, 8 oz.)
(2) ✓ Instant Taster's Choice Decaffeinated Coffee
Salt, pepper, ketchup

LUNCH: (1/2) ✓ Lasagna (12 oz.)
✓ Garlic Bread (1 slice, Texas Toast)
✓ Seasoned Chopped Spinach (4 oz.)
✓ Wax Beans (4 oz.)
✓ Tossed Salad with Italian Dressing (3 oz.)
✓ Apple Pie (1/7)
1 cup ✓ Decaffeinated Ice Tea
Salt, pepper, ketchup

DINNER: ✓ Baked Ham (6 oz.) with Pineapple (1 slice)
✓ Candied Sweet Potatoes (5 Oz.)
✓ Lettuce Wedge with Ranch Dressing (1/6)
✓ Fresh Fruit Cup (5 oz.)
Dinner roll (2), butter (2 pats)
2 cups ✓ Decaffeinated Ice Tea
Salt, pepper, ketchup

SNACK: ✓ Swiss Cream Cookies
✓ 1/2 p Cheese Crackers

50628 2452

REVISED

May 6, 1987

DAY 5

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ French Toast with Syrup (2 sl. Texas Toast)
✓ Sausage (2-2 oz. Patties)
✓ Milk (whole, 8 oz.)
1 cup ✓ Instant Taster's choice Decaffeinated Coffee
Salt, pepper, ketchup

LUNCH: ✓ Sliced Turkey Breast (3½ oz.) on Whole wheat Bread
✓ Pickle, Lettuce, & Tomato
1 cup ✓ Green Beans (4 oz.)
✓ Citrus Sections (5 oz.)
1 cup ✓ Decaffeinated Ice Tea
Salt, pepper, ketchup

DINNER: ✓ Meatloaf with Pan Gravy (5 oz.)
✓ Zucchini (4 oz.)
✓ Mashed Potatoes (5 oz.)
✓ Fruited Gelatin Salad (5 oz.)
✓ Vanilla Pudding (5 oz.)
✓ Dinner roll (2), butter (2 pats)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Pretzels
✓ Peanut Butter Cream Cookies

50628 2433

2000

REVISED

May 6, 1987

DAY 6

Note: Lunch and dinner will be eaten in the laboratory. These meals should be relatively low in fat and portable.

BREAKFAST: ✓ Orange juice (8 oz.)
✓ Raisin Bran (4 oz.)
✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (skim, 8 oz.)
✓ Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ White Albacore Tuna (3½ oz.) on Whole Wheat Bread
with light mayonnaise
✓ Pickles
✓ Orange Gelatin with Bananas (5 oz.)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

End

DINNER: Chicken Salad (3½ oz.) on Whole Wheat Bread
with light mayonnaise
Carrots & Celery Sticks (4 oz.)
Fresh Apple (80 ct.)
Decaffeinated Ice Tea
Salt, pepper, ketchup

SNACKS: ✓ Pretzels Rings
✓ ~~Granola~~ Newtons
✓ *Regn Lar*

50628 2434

Bill Casey

DIET 1

DAY 1 6/3/87

BREAKFAST: ✓ Orange Juice (8 oz.)
2 1/2 ✓ Grits (4 oz.)
✓ Scrambled Eggs (3 each)
✓ Sausage (2-2oz. patties)
✓ Wheat Toast (2/sl.) with butter (2 pats) & jelly (1/2 oz.)
4 1/2 ✓ Milk (whole, 8 oz.)
2 c. ✓ Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ Baked Chicken with Gravy (7 oz.) Boneless
✓ Red Bliss Potatoes (5 oz.)
✓ Mixed Vegetables (4 oz.)
✓ Tossed Salad with 1000 Island Dressing (3 oz.)
✓ Fresh Apple (80 ct.)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Roast Beef Au Jus (6 oz.)
(1/2) ✓ Baked Potato (80 ct.) with butter (2 pats) Sour cream 2oz
✓ Garden Salad with 1000 Island Dressing (3 oz.)
✓ Dinner roll (2), butter (2 pats)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACKS: ✓ Peanut Butter & Cheese Crackers
~~.....~~
✓ Apple NEWTON

50628 2435

DAY 2

BREAKFAST: ✓Orange Juice (8 oz.)
✓Shredded Wheat (1½ oz.)
✓Fried Eggs (3 each)
✓Bacon (2 sl.)
✓Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓Milk (whole, 8 oz.)
2 cups ✓Instant Taster's Choice Decaffeinated Coffee
✓Salt, Pepper, ketchup

LUNCH: ✓Fresh Roasted Turkey Breast (4½ oz.)
✓Bread Dressing (#16)
✓Parslied Carrots (4 oz.)
✓Broccoli with Cheese Sauce (3 oz.)
✓Cake of the Day (1/12)
✓Dinner Roll (2), butter (2 pats)
✓Decaffeinated Ice Tea
✓Salt, pepper, ketchup

DINNER: ✓Spaghetti (8 oz.) and Meat Sauce (6 oz.)
✓Garlic Bread (1 slice Texas Toast)
✓Garden Salad with Ranch Dressing (4 oz.)
✓Fresh Orange (88 ct.)
2 glass ✓Decaffeinated Ice Tea
✓Salt, pepper, ketchup

SNACK: ✓Peanut Butter & Crackers
✓Chip A Hoy Cookies

50628 2636

DAY 3

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ Pancakes with Syrup (3-8")
✓ Sausage (2-2 oz. patties)
✓ Milk (whole, 8 oz.)
✓ 2 cups Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ Quiche Lorraine (1/6)
✓ Tossed Salad with 1000 Island Dressing (3 oz.)
✓ Fruit Cocktail (5 oz.)
✓ 2 glasses Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Filet Mignon Steak with Steak Sauce^(A) (8 oz.)
✓ Baked Potato (100 ct.) with butter (2 pats) Sour Cream (2oz)
✓ Mixed Vegetables (4 oz.)
✓ Garden Salad with Ranch Dressing (3 oz.)
✓ 1 cup Vanilla Ice Cream (4 oz.)
✓ Dinner Roll (2), butter (2 pats)
✓ 2 glasses Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Apple
✓ 2 bags Newtons
✓ pretzels

50628 2437

DAY 4

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ Corn Flakes (4 oz.)
✓ Scrambled Eggs (3 ea.)
✓ Sausage (2-2 oz. patties)
✓ Milk (whole, 8 oz.)
2 cups Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup
* 1/2 Wheat Toast 1 slice with Butter (2) & 1oz Jelly

LUNCH: ✓ Lasagna (12 oz.)
✓ Garlic Bread (1 slice, Texas Toast)
✓ Seasoned Chopped Spinach (4 oz.)
✓ Wax Beans (4 oz.)
✓ Tossed Salad with Italian Dressing (3 oz.)
✓ Apple Pie (1/7)
2 glasses Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Baked Ham (6 oz.) with Pineapple (1 slice)
✓ Candied Sweet Potatoes (5 Oz.)
✓ Lettuce Wedge with Ranch Dressing (1/6)
✓ Tropical Fruit (5 oz.)
✓ Dinner roll (2), butter (2 pats)
1 glass Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Swiss Cream Cookies
✓ Peanut butter crackers

50628 2438

2438

DAY 5

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ French Toast with Syrup (2 sl. Texas Toast)
✓ Sausage (2-2 oz. Patties)
✓ Milk (whole, 8 oz.)
2 cups ✓ Instant Taster's choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ Sliced Turkey Breast (3½ oz.) on Whole wheat Bread
✓ Pickle, Lettuce, & Tomato
✓ Green Beans (4 oz.)
✓ Citrus Sections (5 oz.)
2 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ½ ✓ Meatloaf with Pan Gravy (5 oz.)
½ ✓ Zucchini (4 oz.)
½ ✓ Hashed Potatoes (5 oz.)
✓ Fruited Gelatin Salad (5 oz.)
½ ✓ Vanilla Pudding (5 oz.)
½ ✓ Dinner roll (2), butter (2 pats)
2 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Pretzels
½ ✓ Peanut Butter Cream Cookies

50628 2439

DAY 6

Note: Lunch and dinner will be eaten in the laboratory. These meals should be relatively low in fat and portable.

BREAKFAST: ✓ Orange juice (8 oz.)
✓ Raisin Bran (4 oz.)
✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (skim, 8 oz.)
3 cups ✓ Instant Taster's Choice Decaffeinated Coffee
Salt, pepper, ketchup

LUNCH: ✓ White Albacore Tuna (3½ oz.) on Whole Wheat Bread
with light mayonnaise
✓ Pickles (2)
✓ Orange Gelatin with Bananas (5 oz.)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Chicken Salad (3½ oz.) on Whole Wheat Bread
with light mayonnaise
✓ Carrots & Celery Sticks (4 oz.)
✓ Fresh Apple (80 ct.)
~~Decaffeinated Ice Tea~~
✓ Salt, pepper, ketchup

SNACKS: ✓ Pretzels Rings
✓ Newtons

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Susan meadows
Tammy Blizard
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60-80 'C'

50628-2441

Bill Casey

DIET 1

DAY 1 6/12/87

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ 1/2 ~~Orbits~~ (4 oz.)
✓ Scrambled Eggs (3 each).
✓ Sausage (2-2oz. patties).
✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (whole, 8 oz.)
✓ ~~9oz~~ Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ~~ke~~chup

LUNCH: ✓ Baked Chicken with Gravy (7 oz.) ~~Bowelless~~
✓ 1/2 ~~Red Bliss~~ Potatoes (5 oz.)
✓ Mixed Vegetables (4 oz.)
✓ Tossed Salad with 1000 Island Dressing (3 oz.)
✓ Fresh Apple (80 ct.)
✓ ~~1/2 gal~~ Decaffeinated Ice Tea
✓ Salt, pepper, ~~ke~~chup

DINNER: ✓ Roast Beef Au Jus (6 oz.)
✓ Baked Potato (80 ct.) with butter (2 pats) ~~Sour cream 2oz~~
✓ Garden Salad with 1000 Island Dressing (3 oz.)
✓ Dinner roll (2), butter (2 pats)
✓ ~~2/3 gal~~ Decaffeinated Ice Tea
✓ Salt, pepper, ~~ke~~chup

SNACKS: ✓ Peanut Butter & Cheese Crackers
✓ ~~F&J~~ Newtons
~~Apple~~

50628 2442

DAY 2

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ Shredded Wheat (1½ oz.)
✓ Fried Eggs (3 each)
✓ Bacon (2 sl.)
✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (whole, 8 oz.)
2 cups ✓ Instant Taster's Choice Decaffeinated Coffee
✓ Salt, ~~Pepper~~, ~~ke~~chup .

LUNCH: ✓ Fresh Roasted Turkey Breast (4½ oz.)
✓ Bread Dressing (#16)
✓ Parslied Carrots (4 oz.)
✓ Broccoli with Cheese Sauce (3 oz.)
✓ Cake of the Day (1/12)
✓ Dinner Roll (2), butter (2 pats)
1 glass ✓ Decaffeinated Ice Tea
✓ Salt, ~~pe~~pper, ~~ke~~chup

DINNER: ✓ Spaghetti (8 oz.) and Meat Sauce (6 oz.)
✓ Garlic Bread (1 slice Texas Toast)
✓ Garden Salad with Ranch Dressing (4 oz.)
✓ Fresh Orange (88 ct.) ✓
1 glass ✓ Decaffeinated Ice Tea
✓ Salt, ~~pe~~pper, ~~ke~~chup

SNACK: ✓ Peanut Butter & Crackers
✓ Chip A Hoy Cookies

50628 2443

DAY 3

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ 3 Pancakes with Syrup (3-8")
✓ Sausage (2-2 oz. patties)
✓ Milk (whole, 8 oz.)
✓ 2 cups Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ Quiche Lorraine (1/6)
✓ Tossed Salad with 1000 Island Dressing (3 oz.)
✓ Fruit Cocktail (5 oz.)
✓ 1 glass Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Filet Mignon Steak with Steak Sauce (8 oz.)
✓ 1/2 Baked Potato (100 ct.) with butter (2 pats) Sourcream (2oz)
✓ Mixed Vegetables (4 oz.)
✓ Garden Salad with Ranch Dressing (3 oz.)
✓ Vanilla Ice Cream (4 oz.)
✓ Dinner Roll (2), butter (2 pats)
✓ 2 glasses Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Fig Newtons
✓ pretzels

50628-2466

DAY 4

BREAKFAST: ✓Orange Juice (8 oz.)
✓Corn Flakes (4 oz.)
✓Scrambled Eggs (3 ea.)
✓Sausage (2-2 oz. patties)
✓Milk (whole, 8 oz.)
3 cups Instant Taster's Choice Decaffeinated Coffee
Salt, pepper, ketchup
✓Wheat Toast / 1 slice with Butter (2) & 1oz Jelly

LUNCH: ✓Lasagna (12 oz.)
✓Garlic Bread (1 slice, Texas Toast)
✓Seasoned Chopped Spinach (4 oz.)
✓Wax Beans (4 oz.)
✓Tossed Salad with Italian Dressing (3 oz.)
Apple Pie (1/7)
1 glass Decaffeinated Ice Tea
Salt, pepper, ketchup

DINNER: ✓Baked Ham (6 oz.) with Pineapple (1 slice)
✓Candied Sweet Potatoes (5 Oz.)
Lettuce Wedge with Ranch Dressing (1/6)
Tropical Fruit (5 oz.)
Dinner roll (2), butter (2 pats)
2 glasses Decaffeinated Ice Tea
Salt, pepper, ketchup

SNACK: ✓Swiss Cream Cookies
✓PEANUT BUTTER CRACKERS

50628 2465

DAY 5

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ French Toast with Syrup (2 sl. Texas Toast)
✓ Sausage (2-2 oz. Patties)
✓ Milk (whole, 8 oz.)
3 cups ✓ Instant Taster's choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ Sliced Turkey Breast (3½ oz.) on Whole wheat Bread
✓ Pickle, Lettuce, & Tomato
✓ Green Beans (4 oz.)
✓ Citrus Sections (5 oz.)
2 glasses ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Meatloaf with Pan Gravy (5 oz.)
✓ Zucchini (4 oz.)
✓ Mashed Potatoes (5 oz.)
✓ Fruited Gelatin Salad (5 oz.)
✓ Vanilla Pudding (5 oz.)
✓ Dinner roll (2), butter (2 pats)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Pretzels
✓ Peanut Butter Cream Cookies

50628 2446

2450

DAY 6

Note: Lunch and dinner will be eaten in the laboratory. These meals should be relatively low in fat and portable.

BREAKFAST: ✓ Orange juice (8 oz.)
✓ Raisin Bran (4 oz.)
✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (skim, 8 oz.)
✓ Instant Taster's Choice Decaffeinated Coffee
Salt, pepper, ketchup

LUNCH: ✓ White Albacore Tuna (3½ oz.) on Whole Wheat Bread
with light mayonnaise
✓ Pickles
✓ Orange Gelatin with Bananas (5 oz.)
✓ Decaffeinated Ice Tea
Salt, pepper, ketchup

DINNER: ✓ Chicken Salad (3½ oz.) on Whole Wheat Bread
with light mayonnaise
✓ Carrots & Celery Sticks (4 oz.)
✓ Fresh Apple (80 ct.)
✓ Decaffeinated Ice Tea
Salt, pepper, ketchup

SNACKS: ✓ Pretzels Rings
✓ Newtons

@ 9:00 P.M. 4oz COKE CLASSIC!

506281247

Bill Casey

Last study Series

DIET 1

DAY 1 8/12/87

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ Grits (4 oz.)
✓ Scrambled Eggs (3 each)
✓ Sausage (2-2oz. patties)
✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (whole, 8 oz.)
2 cups ✓ Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ Baked Chicken with Gravy (7 oz.) Boneless
✓ ~~Red Bliss~~ Potatoes (5 oz.)
✓ Mixed Vegetables (4 oz.)
✓ Tossed Salad with 1000 Island Dressing (3 oz.)
NO → ✓ Fresh Apple (80 ct.)
2 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Roast Beef Au Jus (6 oz.)
✓ Baked Potato (80 ct.) with butter (2 pats) Sour cream 2oz
✓ Garden Salad with 1000 Island Dressing (3 oz.)
✓ Dinner roll (2), butter (2 pats)
2 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACKS: (NO) ✓ Peanut Butter & Cheese Crackers
Newtons
✓ Apple

50628 2448

DAY 2

BREAKFAST:

Orange Juice (8 oz.)
Shredded Wheat (1½ oz.)
Fried Eggs (3 each)
Bacon (2 sl.)
Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
Milk (whole, 8 oz.)
Instant Taster's Choice Decaffeinated Coffee
Salt, Pepper, ketchup

LUNCH:

Fresh Roasted Turkey Breast (4½ oz.)
Bread Dressing (#16)
Parslied Carrots (4 oz.)
Broccoli with Cheese Sauce (3 oz.)
Cake of the Day (1/12)
Dinner Roll (2), butter (2 pats)
Decaffeinated Ice Tea
Salt, pepper, ketchup

DINNER:

Spaghetti (8 oz.) and Meat Sauce (6 oz.)
Garlic Bread (1 slice Texas Toast)
Garden Salad with Ranch Dressing (4 oz.)
Fresh Orange (88 ct.)
Decaffeinated Ice Tea
Salt, pepper, ketchup

SNACK:

Peanut Butter & Crackers
Chip A Hoy Cookies

Sick This Day!

*Food: 7-up
CRACKERS
Aspirin*

50628 249

DAY 3

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ Pancakes with Syrup (3-8")
✓ Sausage (2-2 oz. patties)
✓ Milk (whole, 8 oz.)
2 cups ✓ Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ Quiche Lorraine (1/6)
✓ Tossed Salad with 1000 Island Dressing (3 oz.)
✓ Fruit Cocktail (5 oz.)
2 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Filet Mignon Steak with Steak Sauce (8 oz.)
✓ Baked Potato (100 ct.) with butter (2 pats) Sourcream (2oz)
✓ Mixed Vegetables (4 oz.)
✓ Garden Salad with Ranch Dressing (3 oz.)
✓ Vanilla Ice Cream (4 oz.)
✓ Dinner Roll (2), butter (2 pats)
3 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Fig Newtons
✓ Pretzels

50628 2450

DAY 4

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ Corn Flakes (4 oz.)
✓ Scrambled Eggs (3 ea.)
✓ Sausage (2-2 oz. patties)
✓ Milk (whole, 8 oz.)
2 cups ✓ Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup
✓ Wheat Toast 2 slice with Butter (2) & 1oz Jelly

LUNCH: ✓ Lasagna (12 oz.)
✓ Garlic Bread (1 slice, Texas Toast)
✓ Seasoned Chopped Spinach (4 oz.)
✓ Wax Beans (4 oz.)
✓ Tossed Salad with Italian Dressing (3 oz.)
✓ Apple Pie (1/7)
2 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Baked Ham (6 oz.) with Pineapple (1 slice)
✓ Candied Sweet Potatoes (5 Oz.)
✓ Lettuce Wedge with Ranch Dressing (1/6)
✓ Tropical Fruit (5 oz.)
✓ Dinner roll (2), butter (2 pats)
3 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Swiss Cream Cookies
✓ Peanut butter crackers

50628 2451

DAY 5

BREAKFAST: ✓ Orange Juice (8 oz.)
✓ French Toast with Syrup (2 sl. Texas Toast)
✓ Sausage (2-2 oz. Patties)
✓ Milk (whole, 8 oz.)
2 cups ✓ Instant Taster's choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ Sliced Turkey Breast (3½ oz.) on Whole wheat Bread
✓ Pickle, Lettuce, & Tomato
✓ Green Beans (4 oz.)
✓ Citrus Sections (5 oz.)
2 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Meatloaf with Pan Gravy (5 oz.)
✓ Zucchini (4 oz.)
✓ Mashed Potatoes (5 oz.)
✓ Fruited Gelatin Salad (5 oz.)
✓ Vanilla Pudding (5 oz.)
✓ Dinner roll (2), butter (2 pats)
3 cups ✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACK: ✓ Pretzels
✓ Peanut Butter Cream Cookies

50628 2452

DAY 6

Note: Lunch and dinner will be eaten in the laboratory. These meals should be relatively low in fat and portable.

BREAKFAST: ✓ Orange juice (8 oz.)
✓ Raisin Bran (4 oz.)
✓ Wheat Toast (2 sl.) with butter (2 pats) & jelly (1 oz.)
✓ Milk (skim, 8 oz.)
3 cups ✓ Instant Taster's Choice Decaffeinated Coffee
✓ Salt, pepper, ketchup

LUNCH: ✓ White Albacore Tuna (3½ oz.) on Whole Wheat Bread
✓ with light mayonnaise
✓ Pickles
✓ Orange Gelatin with Bananas (5 oz.)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

DINNER: ✓ Chicken Salad (3½ oz.) on Whole Wheat Bread
with light mayonnaise
✓ Carrots & Celery Sticks (4 oz.)
✓ Fresh Apple (80 ct.)
✓ Decaffeinated Ice Tea
✓ Salt, pepper, ketchup

SNACKS: ✓ Pretzels Rings
✓ Newtons

to replace

50628 2453

HS - 87 Subject Prestudy Physical

MEDICAL DEPT ID: 1051 PHYSICAL DATE: 4/27/87

NAME: William J. (Bill) Casey STUDY ID: 302

AGE: 42 DATE OF BIRTH: 10-28-44

SEX: Male

HEIGHT: 71 1/4" WEIGHT: 203

% BODY FAT: 21.6 %

BLOOD PRESSURE: 146 / 80

PULMONARY FUNCTION TESTS: (or attach copy)

FVC = 119 % FEF 2575% = 95 %
FEV₁ 122 %
Normal

COMMENTS:

SRPT 52 - slightly ↑ (0-50 normal)

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