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August 22, 1972

MEMORANDUM

TO: DA/R. S. Johnston
FROM: G. Donald Whedon, M.D.
SUBJECT: SPT Calorie Intake versus Weight Maintenance

Review of this matter indicates that SPT should maintain his weight, or nearly so, on 300-400 calories above his base diet of 3250-3300 calories. We therefore recommend that he take two (2) cans of cookies per day or the equivalent in free-calorie items. If he prefers not to eat this much and lose weight (approximately 1 pound a week), this is acceptable. In any case, he should continue to consume his base diet of 3250-3300 calories.

D. Whedon
G. Donald Whedon, M.D.