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- [54] **COMPLIANCE SUPPORT PACKAGE FOR INCREASING HEALTH MANAGEMENT SYSTEM COMPLIANCE**
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Related U.S. Application Data

- [63] Continuation of application No. 08/466,943, Jun. 6, 1995, abandoned.
- [51] **Int. Cl.⁷** **G09B 19/00**
- [52] **U.S. Cl.** **434/127; 434/430**
- [58] **Field of Search** **433/127, 430**

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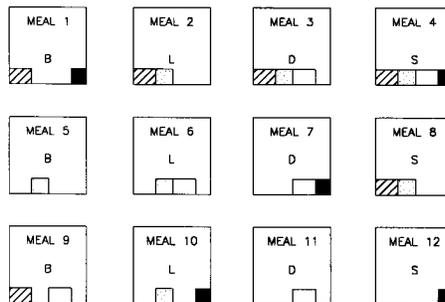
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[57] ABSTRACT

The invention is a compliance support package for improving the compliance of a patient with a dietary health management system, which provides a predetermined daily calorie content and level of nutritional enhancement. The dietary health management system includes prepackaged meals consisting of meal components. The package includes portion identification aids, wherein portion sizes of meal components are identified; food exchange lists, wherein the meal components are identified by the calorie content and level of nutritional enhancement per the portion sizes; food record sheets for recording daily consumption of meal components and the calorie content and nutritional enhancement corresponding to the portion sizes consumed; and a "survival" kit. The survival kit includes information and food products which enable the patient to stay within guidelines of the dietary health management system when traveling or when meal components of the system are otherwise unavailable.

7 Claims, 8 Drawing Sheets



- HYPERTENSION
- HYPERLIPIDEMIA
- NON-INSULIN DEPENDENT DIABETES
- CANCER