DIET TABLES

and

HOW TO EAT BIOLOGICALLY

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DIET TABLES

and

HOW TO EAT BIOLOGICALLY

BY

DR. JOHN HARVEY KELLOGG

MODERN MEDICINE PUBLISHING CO.
BATTLE CREEK, MICHIGAN
1927

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SCIENCE APPLIED TO DIET

BIOLOGIC EATING

BIOLOGY is the science of life. Biologic eating is simply the application of science to the daily bill of fare just as we supply science to farming, to railroading, to aviation, to feeding our horses, pigs and poodle dogs,—everything but our own nutrition.

The purpose of this book is to present the essential facts about physiologic eating summed up in concise rules, together with a number of tables and chapters on special subjects which it is believed will aid the earnest seeker in his efforts to find the right way in diet.

In the several tables compiled from various authentic sources is found summarized information not elsewhere available except in technical treatises not readily accessible to the lay reader. By the use of these tables it will not be found difficult to arrange bills of fare adapted to all ages and conditions. Several of the tables have been prepared especially for this work, and we trust will be found helpful even by trained dieticians.

A DIET CODE

TWENTY RULES FOR RIGHT EATING

The following rules have been tested in actual practice by many thousands of persons and with only good results. Each rule is based upon established and recognized scientific facts, and should be followed implicitly and with the fullest assurance of cumulative benefit.

1. **Eat only natural foods.** Nature provides food especially adapted to meet the special needs of each class of animals. Man belongs to the great family of Primates. Biology teaches that his diet is the same as that of his nearest relatives among Primates, the gorilla, the chimpanzee, the orangutan and the gibbon, viz., fruits, grains, nuts, tender shoots and succulent roots (Cuvier, Buffon and other naturalists). The anthropologists tell us that prehistoric man lived and thrived upon this diet, as does a large part of the world's population today. The hardiest and

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most long-lived people are those who adhere the most closely to the natural diet, as the natives of Central Africa, who are practically free from cancer, appendicitis, gallstones, colitis, and many other diseases which together annually destroy millions of lives among civilized people. Natural food imparts to the body the greatest amount of energy, and maintains normal conditions of life. According to Cuvier, the great French naturalist, the natural diet of man is the same as that of the higher apes; viz., fruits, nuts, grains, tender shoots and succulent roots.

2. **Avoid meats, fish, flesh and fowl.** Meats are subject to parasites and are always swarming with colon germs, with which they become infected in the process of slaughtering. Meats encourage intestinal toxemia through the putrefaction of the undigested residues in the colon. Meats always contain germs which may give rise to colitis, appendicitis and other intestinal infections. Meats are often infected with parasites, especially trichinæ and tapeworm. Meat often contains 20 to 100 millions of bacteria to the ounce. Cooking lessens the number of germs in meat but rarely kills them all.

The daily amount of protein required is small compared with that of other food elements. A sufficient amount is supplied by bread and other cereal foods, but protein from these sources needs to be supplemented with the proteins of milk or nuts to insure good nutrition. A pint of milk a day or four or five ounces of nuts will supply the protein needed.

Bunge, Sherman, Sansum and others have in recent years pointed out the fact that meat may be harmful because of the excess of acids which it contains. Meats are especially harmful to persons suffering with Bright's disease, high blood pressure, skin troubles, exophthalmic goiter, cancer, colitis, amœbic dysentery and intestinal toxemia.

3. **Eggs should not be used freely and may be discarded without injury.** They encourage intestinal putrefaction, as does meat, and are highly acid because of their phosphorous content. Eggs, like meat, are often infected with colitis germs (Tissier). Many persons are sensitized to eggs and in consequence suffer from skin troubles or asthmatic attacks. The yolk of the egg is more wholesome than the white. Raw eggs encourage intestinal putrefaction and are never wholesome.

4. **Clean cow's milk** is an important and wholesome food but disagrees with many persons. In persons suffering from hyper-

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acidity, large hard curds are formed which are difficult of digestion and encourage intestinal putrefaction.

Many persons are sensitized to cow's milk and cannot make use of milk in its ordinary form without headache, constipation and other unpleasant symptoms. In some cases, boiled milk is less objectionable than raw. In others, buttermilk causes no inconvenience. Sometimes cottage cheese or cream cheese agrees best.

5. **Animal fats are less digestible than vegetable fats and less liable to encourage intestinal putrefaction.** Butter is more easily digestible than other animal fats and is useful because of the vitamins which it contains. Cream is more easily digestible than butter. When cream or milk disagrees, causing headache or coated tongue, butter should be used as the source of fat. Olive oil, lard and other fats are lacking in vitamins and hence not a good substitute for butter or cream. Recent experiments by Hindhede show that the proportion of fat in the daily ration may be very greatly reduced without injury.

6. **Avoid tea and coffee.** These drugs contain caffein and other poisons which hinder sleep, impair digestion, cause acidity, high blood pressure, and increase the work of the liver and kidneys.

Roasted cereal coffees are not wholly free from objectionable qualities. So-called caffein-free coffees are not free from objections for the reason that poisons are developed by the wasting process. Cereal coffee prepared without roasting (Minute Brew), may be used in place of coffee, but it is better to overcome the taste for coffee and to take in place of it such wholesome substitutes as hot fruit juices or vegetable bouillon prepared from yeast extract (Savita) and fragrant herbs.

7. **Avoid condiments,** such as mustard, pepper, pepper sauce, cayenne, capsicum, vinegar, hot irritating sauces, and spices of all kinds. They irritate the stomach and cause gastric intestinal catarrh and gastric ulcer, colitis, and damage to the liver and kidneys.

Common salt, or chloride of sodium, *should be used sparingly.* According to Richet and others, the food naturally contains all the chloride of sodium actually required by the body, so that the addition of salt to the food is necessary only to please a cultivated taste. A safe rule is: *The less the better.*

Persons who have dropsy, Bright's disease, arteriosclerosis, gastric ulcer, hyperacidity, obese persons, and epileptics should discard salt.

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8. **Balance the bill of fare by right combinations of foods,** not only for proteins, fats and carbohydrates, but also for iron and lime and other salts. And the chemical balance must not be neglected. The poisonous waste products of the body are chiefly acids. In order that these may be quickly removed, the blood and tissue fluids are made slightly alkaline. This excess of alkali in the blood or the alkali reserve, known as the chemical balance, is highly important. Resistance to disease, endurance and mental and physical efficiency, depends upon the chemical balance. When the alkalinity is diminished, fatigue is easily produced, and there is increased liability to infection, especially to skin diseases, high blood pressure and disease of the kidneys.

Meat and eggs are objectionable because of the large amount of phosphoric and other acids which they contain. Grains are also rich in phoshhoric acid and on this account should not be used too freely. Fruits, greens and garden vegetables should be used freely and at every meal, because these foods are rich in alkalies and tend to maintain the blood alkalinity.

In arranging meals, the tables of acids and bases should be consulted to make sure that there is a sufficient amount of alkaline or basic foods to balance the acid foods and leave a good margin on the alkali side.

Most of the current notions about food combinations are wholly erroneous. Acids and milk do not disagree, as many suppose. Neither is there antagonism between fruit acids and starchy foods. All wholesome foods agree if thoroughly chewed.

9. **Be careful to eat enough but not too much.** The amount of food needed depends upon the size, sex and activity of the individual. Men need more food than women because they are larger and use their muscles more. The individual food requirement may be determined by reference to the accompanying tables. Or, it may be determined by multiplying the normal weight by 16. This will give the total number of calories required. For determining the amount of protein, fat and carbohydrate, proceed as follows: Find the normal weight of a person of the given height (See Table). Multiply the weight by one and one-third. This gives the number of calories of protein required. Multiplying the protein by 4, gives the figures for fat. Multiplying the fat by 2, gives the figures for carbohydrates. The amount consumed daily should be sufficient to maintain the normal weight.

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The body can dispose of a small excess, but can not make up a deficiency. Weigh once a month. To reduce weight, eat less and exercise more. Eat one-third more when doing hard muscular work. Mental work requires no more food than loafing.

10. **Reduce weight if over 40** and your weight is more than ten per cent in excess of the normal for a person of your height (See accompanying Table). You should lessen your intake of fattening foods. Omit breakfast food. Eat instead lettuce, cabbage, celery, fresh fruit, greens and salads. Eat little butter, very little bread,—one or two slices of dry toast daily is enough. Eat no candy. Live chiefly on fruit, fresh vegetables and greenstuffs. Reduce the number of calories sufficiently to cause a loss of weight at the rate of a pound or two each week. Weigh every week.

11. **Food must be well relished to be well digested.** According to Pavlov, "appetite juice," which is produced by stimulation of the nerves of taste by palatable food, is the most important factor in gastric digestion. **Eat when hungry,** not because it is mealtime, or because invited to eat.

12. **Avoid ordinary candies. Eat little cane sugar.** Large quantities cause acidity and give rise to gastric catarrh and indigestion. Sweet fruits, such as raisins and figs, honey and meltose or malt sugar, are natural and wholesome sweets and may be eaten freely.

13. **At each meal some fresh, uncooked food should be eaten** in the form of fresh fruits or fruit juices, lettuce, raw cabbage, cucumber and other salads to supply vitamins. Oatmeal should be cooked not longer than ten minutes.

Fresh vegetables and a liberal amount of greens daily are needed to supply lime, potash and iron. The free use of cane sugar, white bread and meats leads to lime starvation.

14. **Eat bran or other roughage at every meal.** Bran is most efficient in stimulating colon activity. Agar is also useful. Psyllium seed is highly efficient. Paramels, and paraffin which melts at the temperature of the body, is more efficient as a laxative than the ordinary forms of paraffin oil, and has the advantage that it is active in smaller amounts, and that it does not leak or cause "accidents."

15. **Eat at regular hours,** so as to maintain the normal intestinal rhythm which secures the daily movements of the bowels. Rather than omit a meal entirely, eat some fruit or bran with

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fruit juice and paraffin oil, or some other simple nutrient which will keep up the peristaltic procession and rhythm.

16. **Avoid overlapping of meals.** The best meal plan is to eat twice a day. Eight to nine A. M. and three to four P. M. are the best hours; or eleven A. M. and six P. M., if the retiring hour is necessarily very late. When breakfast is omitted or taken very late, it is an excellent plan to take some fruit soon after rising.

If three meals are eaten, the principal meal should be taken at midday. The breakfast should be substantial, *the evening meal very light,* especially avoiding pastry, fats, rich sauces, and hearty foods. The evening meal should consist chiefly of ripe or cooked fruits, liquid foods, and such cereals as boiled rice or cereal flakes.

17. **Drink three or four pints of water daily.** It is a good plan to take a glassful of water on rising in the morning, on retiring at night, and two or three hours after each meal, and each time that the bladder is evacuated. A little water should be taken at the meals. Iced water may be taken in small sips. One reason for drinking at meals is to refresh the mouth and the sense of taste. Cold water is better for this purpose than warm water. Iced foods and drinks should never be taken in large quantities especially at meals. Iced water and other iced drinks may be slowly sipped without injury and are most refreshing.

18. **Chew every morsel until semi-liquid before swallowing.** Thorough chewing develops "appetite juice" in the stomach and combats intestinal autointoxication, a most prolific cause of disease. Careful mastication affords opportunity for the nutritive instincts to select the food and food elements adapted to the body needs, and to say, "Enough," at the proper moment. Hence, give preference to dry foods. Sip liquid foods slowly, taking care to insalivate thoroughly.

It has been shown (Hurst) that eating excites activity of the colon; hence, prolonged chewing of the foods is an aid to normal bowel action.

19. **Avoid unwholesome foods,** such as pickles of all sorts, green olives, rich preserves, rich pastry and fried foods.

20. **Dismiss work, worries, business cares and annoyances while eating.** Good cheer promotes good digestion. *Anger, worry, irritation, stop digestion.* (Cannon).

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HOW MUCH SHOULD AN AVERAGE PERSON EAT?

The question of quantity is of first importance, for food is fuel. Food is measured quantitatively by means of the calorie.

WHAT IS A CALORIE?

A calorie is the amount of heat required to raise one kilogram of water one degree centigrade in temperature or four pounds one degree.

A food *portion* is 100 calories, that is, an amount of food which would, if burned, produce 100 calories of heat.

A *serving* is usually not more than one portion, but often less. The number of calories in an ordinary serving of food is shown in a table of food values in this booklet. In the case of mixed dishes it is of course necessary to determine the calorie content by calculation from the formula or recipe.

AMOUNT OF FOOD REQUIRED

	Calories
Average active man	2,500
Sedentary man	2,300
Hard working man	4,000
Average woman, housekeeper	2,200
Sedentary woman, teacher, typist	2,000
Nursing or expectant mother	2,500
Child two years old	1,000
Child of ten years	1,500
Boys and girls, 14-16	2,000

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SIMPLE FORMULA FOR CALCULATING THE DAILY RATION FROM THE BODY WEIGHT

If the person's weight is approximately normal for his height (See Table), his daily ration may be determined by the following simple formula, which will give ⅓ gram (1⅓ calories) of protein per pound of body weight, an amount now generally conceded to be ample to meet physiologic requirements:

Protein, multiply body weight by 1⅓
Fat, multiply protein calories by 4
Carbohydrates, multiply fat calories by 2
Example: Body weight 150 pounds

Protein (150 x 1⅓)	200 calories
Fat (200 x 4)	800 calories
Carbohydrates (800 x 2)	1,600 calories
Total	2,600 calories

DAILY RATION

(For Average Active Adults)

Energy Output and Food Requirements of Persons Engaged in Different Occupations

The energy expenditure required by different occupations varies very greatly. Careful observations made by various investigators have shown the actual energy requirement of different occupations for a person weighing 154 pounds to be about as follows:

Occupation	Calories of metabolism per day
Office man	2,400
Bookbinder	2,440
Shoemaker	2,510
Carpenter	3,100
Metal worker	2,900
Painter	2,950
Stonemason	4,200
Man sawing wood	4,800

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HEIGHT AND WEIGHT TABLES

Table of Heights and Weights of Men as Prepared by the Association of Life Insurance Medical Directors*

Ages	15-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69
5 ft. 0 in.	120	125	128	131	133	134	134	134	131	130
1 in.	122	126	129	131	134	136	136	136	134	132
2 in.	124	128	131	133	136	138	138	138	137	135
3 in.	127	131	134	136	139	141	141	141	140	140
4 in.	131	135	138	140	143	144	145	145	144	143
5 in.	134	138	141	143	146	147	149	149	148	147
6 in.	138	142	145	147	150	151	153	153	153	151
7 in.	142	147	150	152	155	156	158	158	158	156
8 in.	146	151	154	157	160	161	163	163	163	162
9 in.	150	155	159	162	165	166	167	168	168	168
10 in.	154	159	164	167	170	171	172	173	174	174
11 in.	159	164	169	173	175	177	177	178	180	180
6 ft. 0 in.	165	170	175	179	180	183	182	183	185	185
1 in.	170	177	181	185	186	189	188	189	189	189
2 in.	176	184	188	192	194	196	194	194	192	192
3 in.	181	190	195	200	203	204	201	198	196	196

Table of Heights and Weights of Women as Prepared by the Mutual Life Insurance Company of New York*

Ages	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64
4 ft. 11 in.	111	113	115	117	119	122	125	128	128	128
5 ft. 0 in.	113	114	117	119	122	125	128	130	131	129
1 in.	115	116	118	121	124	128	131	133	134	132
2 in.	117	118	120	123	127	132	134	137	137	136
3 in.	120	122	124	127	131	135	138	141	141	140
4 in.	123	125	127	130	134	138	142	145	145	144
5 in.	125	128	131	135	139	143	147	149	149	148
6 in.	128	132	135	139	143	146	151	153	153	152
7 in.	132	135	139	143	147	150	154	157	156	155
8 in.	136	140	143	147	151	155	158	161	161	160
9 in.	140	144	147	151	155	159	163	166	166	165
10 in.	144	147	151	155	159	163	167	170	170	169

*The figures given include the ordinary house clothing. For net weight subtract 4 per cent.

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BLOOD-BUILDING FOODS

The average person is anemic. Most children are anemic. This is the natural result of lack of sunshine and the general use of denatured foods poor in iron. The natural foods richest in iron are spinach and other greens, with gluten bread and other gluten preparations. The popular idea that meat is the richest source of food iron is an error, as will be seen by reference to the accompanying tables. There are more than twenty common foods which contain as much or more iron than lean beef, while the fat of meats contains no iron at all.

Foods Rich in Food Iron

	Thousandths of one grain of iron per oz.		Thousandths of one grain of iron per oz.
Savita	1.185	Beans, soy	.025
Gluten, pure	.149	Peas, dry	.025
Gluten, 40 per cent	.060	Protose	.025
Romaine	.052	Egg (one)	.024
Egg yolk	.038	Egg yolk (one)	.023
Lentils, dried	.038	Wheat, entire	.022
Wheat bran	.034	Mustard greens	.021
Molasses	.032	Malted nuts	.019
Beans, lima, dried	.031	Hazelnuts	.018
Dock greens	.028	Almonds	.017

It is not necessary that the diet should be strictly confined to foods rich in iron, but these foods should constitute the staples of the dietary, so to make sure of an abundant supply of vitamins, iron, lime and other food salts. When the hemoglobin is low, the iron and lime content of the food should be doubled until the deficiency is made good. By the free use of Savita and Food-iron may be increased to any desired extent. In cases of pernicious anemia the liver hormone (extract) should be used.

Food-Ferrin. Recent progress in plysiologic chemistry and nutrition research has made possible the preparation of an iron-rich food which presents food-iron in a form ready for assimilation by providing not only the ferruginous element but hematoporphyrin and other necessary constituents of the hemoglobin molecule. Animal experiments in the nutrition laboratory and extensive clinical use have demonstarted the efficiency of Food-Ferrin as a blood-building food.

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Foods Moderately Rich in Food Iron

	Thousandths of one grain of iron per oz.		Thousandths of one grain of iron per oz.
Beef, lean	.017	Dandelion greens	.012
Nuttolene	.017	Maple syrup	.012
Oatmeal	.017	Pecans	.011
Flour, graham	.016	Endive	.011
Spinach	.016	Graham bread	.011
Brose (Oatmeal, cornmeal, bran)	.014	Zante currants	.011
Boston brown bread	.013	Whole wheat flour	.011
Corn, whole	.013	Chard	.010
Corn, sweet, dried	.013	Beef, medium fat	.010
Dates	.013	Flour, entire rye	.010
Eggs	.013	Turnip tops	.010
Figs, dried	.013	Raisins	.009
Meat, tenderloin	.013	Walnuts	.009
Olives	.013	Brown rice	.009
Prunes	.013	Malt sugar	.007
		Molasses	.007

Persons, especially children, suffering from anemia should use little or no cane sugar. Dates, figs, Meltose (Malt Honey) and Meltose Sugar in Health Candies should be used in place of ordinary candies.

Sal-Savita. Since the war, the Germans have developed a remarkable yeast product which is characterized by several unique properties.

1. It is richest in vitamin B of any known edible product. This gives it unusual therapeutic value as a nerve restorative, a growth stimulant (hormone) for young children, a means of aiding metabolism in cases of hypothyroidism, and of energizing the stomach and intestine in cases of slow digestion and constipation.

2. Savita has been shown by Prof. Boldyreff of the Battle Creek Sanitarium Pavlov Laboratory to be a remarkably powerful stimulant of the gastric secretion, causing the stomach to pour out a large quantity of gastric juice, rich in pepsin and highly active.

This extract of yeast (Savita) has been shown to be richer in vitamin B than other extracts and it differs from other extracts as well as ordinary yeast in being palatable. In *Sal-Savita* the extract is presented in a highly concentrated powdered form adapted to table use. It at once replaces pepper, mustard and other condiments and has the advantage that it is a wholesome food, an aid to digestion and assimilation, and a real vital tonic.

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Foods Poor in Iron

Apples	1.3	Grapefruit	1.3
Apricots	1.3	Grapes	1.3
Bananas	2.6	Lettuce	3.1
Beets	2.6	Milk	1.1
Blackberries	2.6	Milk (human)	3.0
Bread, white	3.9	Onions	2.6
Butter	.9	Oranges	.9
Buttermilk	1.1	Parsnips	2.6
Cantaloup	1.3	Peaches	1.3
Celery	2.2	Plum	2.2
Cherries	1.8	Potatoes	5.7
Cornmeal	3.9	Potatoes (sweet)	2.2
Cream	1.0	Rice (polished)	3.9
Cucumbers	.9	Strawberries	3.5
Currants	2.2	Tomatoes	1.8
Egg white	.5	Turnips	2.2
Fish (Haddock)	2.9	Watermelon	1.3

BONE BUILDING FOODS

Foods Rich in Food Lime

	Grains of lime per oz.		Grains of lime per oz.
Cheese	5.70	Savita	1.23
Yogurt cheese	4.28	Milk, camel's	0.88
Cottage cheese	4.18	Purslane	0.88
Red root	3.24	Egg yolk	0.84
Mustard greens	3.01	Boston brown bread	0.79
Linseed meal	2.53	Milk, goat's	0.78
Turnip tops	2.13	Sour milk	0.75
Soy beans	2.00	Cauliflower	0.75
Lamb's quarters	1.90	Milk, skimmed	0.75
Condensed milk	1.84	Olives, ripe	0.75
Hazelnuts	1.76	Bran, wheat	0.74
Cottonseed meal	1.62	Milk, whole	0.74
Almonds	1.46	Egg, one	0.71
Molasses	1.30	Lentils, dry	0.66
Milk, sheep's	1.27	Maple syrup	0.66
Mountain spinach	1.27	Cabbage greens	0.65
Watercress	1.15	Buttermilk	0.64
Pure gluten	1.03	Dandelion greens	0.64
Dock greens	1.03	Endive	0.64
Figs, dry	0.99	New Zealand spinach	0.48
Beans	0.98	Wheat germ	0.44
Chard	0.92	Spinach	0.41

The prosperity of dentists in all civilized countries is one evidence of the deficiency of lime in the average diet. Sherman of Columbia University estimates that half the population are suffering from lime starvation. This is doubtless the result of the excessive use of food deficient or wholly lacking in lime, such

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as cane sugar, glucose and other sweets, fine flour bread, rice, meats of all sorts, fish and potatoes.

Rickets, a disease which does more or less injury to fully three-fourths of all children in a large section of the United States, requires careful attention to the lime content of the food. Nursing and expectant mothers and growing children need an abundant supply of food lime which can only be secured by a careful selection of foods.

Foods Poor in Lime

	Grains of lime per oz.		Grains of lime per oz.
Apples	.04	Egg white	.09
Asparagus	.15	Fish (Haddock)	.13
Bananas	.06	Grapefruit	13
Barley	.12	Grapes	.11
Beef (tenderloin)	.06	Hominy	.07
Beets	.18	Honey	.02
Blueberries	10	Macaroni	.14
Bread, graham	.18	Millet	.09
Bread, whole wheat	.13	Mushrooms	.10
Bread, white	.09	Peaches	.10
Butter	.09	Pineapple	.11
Buckwheat flour	.06	Potatoes	.09
Cantaloup	.10	Potatoes (sweet)	.11
Cherries	.12	Pumpkin	.14
Chicken	.07	Rice (polished)	.06
Cornmeal	.11	Rice (brown)	.07
Cucumbers	.10	Tomato	.08
Eggplant	.07	Cane sugar and corn sirup	.00

FOODS USEFUL IN COMBATING CONSTIPATION

The following foods are especially rich in cellulose. Their relative values being indicated by the order in which they are named:

Agar
Psyllium Seed
Laxa
Bran
Fig bran
Bran flakes
Wheat bran
Huckleberries
Oatmeal
Green peas
String beans
Cabbage
Parsnips
Beans
Brussels sprouts
Kohl-rabi
Red raspberries
Celery
Turnip
Pumpkin
Peas
Beets
Asparagus
Blackberries
Cranberries
Carrots
Spinach
Currants
Cauliflower
Figs
Tomatoes
Lentils
Barley
Lettuce
Onions
Gooseberries

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HOW TO COMBAT CONSTIPATION

The dietetic treatment of constipation is now universally recognized as the only rational method of dealing with this disorder, almost universal among civilized people. Laxative drugs of all sorts, including mineral waters, afford only temporary relief and almost certainly at the expense of making matters worse, causing colitis (von Noorden) and increasing stasis. It is to be remembered that essentially the same measures are needed for relief of the chronic diarrhea of advanced colitis as for constipation, the real cause of both conditions being stasis.

In the dietetic treatment of constipation the chief care must be to provide an ample amount of bulk in the form of roughage. Foods differ greatly in the amount of residue which they leave to be discharged by the colon (See Table). Fruits and leafy vegetables, such as cabbage, lettuce and spinach contain the indigestible material and so are the best laxative foods. Bran and Agar are the best accessory laxative foods; of the two, bran (or better Fig Bran) is the most efficient. Bran acts by titillation, not by irritation. The notion that bran irritates, is a scarecrow invented by the bakers and the millers to make a demand for patent white flour, denatured food which kills rats and guinea pigs with polyneuritis and paralysis and is doubtless one great cause of the almost universal constipation and decay of the teeth.

The coarsest bran is the best. Fig Bran is palatable and efficient. Those who are afraid of bran may use agar, but it is less efficient and costs ten times as much as bran.

In the use of roughage two points are important.

1. The quantity of roughage must be large. A crippled colon often needs four times as much roughage as is required by a normal colon. In some cases a very considerable quantity is needed to get the colon started. The amount must be sufficient to fill and distend the intestine to rouse it to action. The amount of roughage should be increased until the desired results are obtained. It will do no harm. Later, the amount may be reduced.

2. Another point of very great importance is the necessity *for roughage at every meal,* with no exceptions. If the roughage

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be omitted for a single meal the food residues will form an obstructing mass which will interrupt the intestinal rhythm. So the rule must be *bran at every meal,* half a cup full at least or twice as much if needed.

Fruit, apples, or oranges at bedtime and an hour or two before meals helps greatly by causing colon movements, "gastrocolic reflex" (Hurst).

The Normal Intestinal Rhythm

Three daily evacuations is Nature's plan. An intake is followed by an output; that is, an evacuation normally occurs soon after each meal. This is universal with infants, savages, the big apes and most other animals. One-a-day constipation (Fisk) is a common ailment.

The Digestive Time Table

Four hours from the time the breakfast is eaten the unused residue has reached the ileocecal valve. The reflex peristalsis set up by taking dinner pushes the residues through the valve and by the middle of the afternoon, it reaches the transverse colon. The gastrocolic or eating reflex caused by eating supper, gives the residue a vigorous push forward which should bring it to the lower colon ready for evacuation before retiring instead of being left to ferment and decay in the colon for two days or more, thus, uselessly burdening the body with noxious products, and causing colitis, hemorrhoids and many local and general inconveniences.

Savages, healthy children and athletes move their bowels three times a day or oftener. The large apes evacuate four to six times daily. One bowel movement daily is chronic constipation and involves retention of putrefying wastes fifty or sixty hours or more (Hurst) and the accumulation in the colon of the residues of half a dozen meals or even ten to twelve, instead of two or three, the normal order.

Many persons are able to establish the three-a-day elimination rhythm by simply giving the bowels a chance to move by visiting the toilet regularly soon after each meal and on going to bed and on rising. Not infrequently, a fourth evacuation is advantageously secured.

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The omission of a meal or a great reduction in the food intake will interrupt the rhythm. Something should be eaten at the regular meal hour if nothing more than fruit, lettuce, celery or other green stuff with bran or other roughage.

Lubrication Needed

Not only bulk but also lubrication is required for prompt disposal of the alimentary wastes and residues. Normally the limpid mucus secreted by the intestinal mucous membrane and especially the appendix, supplies this element. It is often deficient, however, or so changed, as in colitis, as to lose its value as a lubricator. Mineral oil, while not a perfect substitute, is a precious resource. Its great defect is due to the fact that oil and water will not mix.

A remedy for this defect is found in the mineral oils which are solid at ordinary temperatures and melt at the body temperature. Such preparations occur in tablet form. A half-ounce tablet at each meal is more efficient than an ounce or two of ordinary oil or agar emulsions. The tablet should be divided into half a dozen pieces which are chewed up with the food, one at a time at intervals during the meal and so thoroughly mixed with the food. When thus taken, the heavy mineral oil clings to the residues and lubricates them efficiently. The proof is found in the toilet bowl. *No oil appears* but *the stool floats* instead of sinking.

TWO NEW LAXATIVE FOODS (ACCESSORY)

Paramels

Mineral oil tablets which are solid at room temperature but liquefy at the temperature of the body. They are easy to take, are more than twice as efficient as mineral oil and do not soil the clothing.

Psylla

Linseed, an old-fashioned household remedy for constipation, is not without merit. Its hard kernels supply bulk and its mucilage lubrication; but the amount for efficient action is inconveniently large. The plantain family of plants produces a similar mucilage in much greater abundance. *Plantago psyllium* (Psylla) from Asia Minor has recently become available and has proven a most valuable aid in dealing with cases of chronic constipation, in many cases acting with surprising efficiency. Its action is physiologic, like that of a food. It has no medicinal or drug action, and so may be used indefinitely.

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FOODS FOR BRIGHT'S DISEASE AND HIGH BLOOD PRESSURE

The importance of lightening so far as possible the functional burden of the kidneys in cases of chronic nephritis and cardio-vascular-renal disease, is universally recognized. In no way can this be done more effectually than by so regulating the dietary as to reduce so far as possible, putrefactive changes in the colon. This requires the elimination of meats and in extreme cases, also eggs, and sometimes even milk.

Sansum, Blatherwick and others have shown the great advantages of a basic diet in these cases. This requires the total exclusion of meat and eggs from the bill of fare and great restriction in the use of cereals. An effort has been made to provide biscuits and other breadstuffs prepared without the use of cereal meals or their use only in very small amounts and with a considerable degree of success.

Basic Biscuit. These biscuits are prepared without the use of cereal flour or meal and are sufficiently crisp and tasty to take the place of ordinary breadstuffs. The legumes from which they are prepared are highly basic and provide a protein of exceptionally superior quality.

Basic Biscuit Meals. Several *basic* biscuit meals which may be used in various ways as substitutes for cereal meals, are prepared from the soy bean, the garbanzo, and the chestnut.

Vegetable Proteins. The observations of Tissier, Torrey and others have clearly shown that vegetable proteins tend much less than do animal proteins to develop putrefactive changes in the colon. Torrey and Mitchell even found it possible to change the flora of meat-eating dogs and rats by feeding gluten. On this account, Protose, Nuttolene, Malted Nuts, Bromose and other

PROTOSE

The vegetable meat. It looks like meat, tastes like meat, has the aroma, the composition and even the fiber of meat.

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nut preparations as well as nuts in their natural state, may render valuable service in catering to this important class of invalids.

Potatoes and basic biscuit should be used in place of cereals, breads and breakfast foods, because of the rich supply of organic bases which they afford and which neutralize the acids arising from tissue wastes always present in excessive quantity in persons subject to arteriosclerosis or high blood pressure. Fruits should be freely used and greens in sufficient amount to furnish an adequate supply of lime and iron.

Vitamēt. There has recently been perfected a basic meat, using the excellent protein of the soy bean as the basis. The new meat has been received with great favor and has proved to be a highly satisfactory alternate for animal meats. Its highly basic and non-putrefactive properties make this a most wholesome and acceptable source of protein for persons suffering from high blood pressure, Bright's disease, arteriosclerosis, cardio-vascular, renal disease, hepatic sclerosis, and allied affections.

Laxa, Fig Bran, Psylla and Paramels should be used freely enough to secure three bowel movements daily and the enema should be used at night, in addition, two or three times a week, when a considerable amount of residue is found to be still present after the last bowel movement.

CONVENIENT AND EFFICIENT LAXATIVE FOODS

Bran Biscuit is a crisp, toothsome wafer, delicious for lunches and sandwiches.

Whole Cooked Wheat is a capital laxative breakfast food. Combined with Fig Bran it is most efficient.

Laxa. A convenient form of roughage, especially useful for travelers. A crisp biscuit consisting wholly of coarse bran and agar. Sweet and toothsome. One biscuit sufficient for a meal. By many preferred to any other form of roughage.

Fig and Prune Marmalades. Mildly laxative. Prepared with Meltose Sugar. Are as wholesome as delicious. Far superior in flavor to ordinary marmalades. May be eaten freely without harm by children and invalids as they contain no cane sugar.

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BALANCING THE DIET FOR ACIDS AND BASES (ALKALIES)

We have long known of the importance of balancing the diet for proteins, fats and carbohydrates so that the amount of each of these elements needed to insure good nutrition may be supplied. Much has also been learned in recent years of the importance of balancing the diet for the several vitamins, A, B, C and D and food salts and roughage.

And now laboratory researches have revealed the necessity for another sort of balancing, so-called chemical balance or acid-base balance. In chemical literature alkalies are called bases. In food substances there are two kinds of acids, those which give to foods an acid flavor, such as citric, malic and tartaric acids, and others which are combined with the foodstuffs in such a way that they are not recognizable by the sense of taste, such as phosphoric, sulphuric and hydrochloric acids. In balancing the food for acids and bases the acids of the first sort, citric, malic and tartaric, are not considered for the reason that these are completely oxidized or burned in the body and disappear very soon after they are eaten. Only the acids of the second class, so-called mineral acids which are not burned in the body, are considered in the classification of foods and the balancing of the diet for acids and bases.

The burning of food in the body like the burning of fuel in a furnace produces acids. Enormous quantities of acids are being constantly produced in the tissues. A man running at top speed may produce nearly half a pint of lactic acid in one minute. These acid products act as fatigue poisons and must be removed as rapidly as formed. To make this possible it is necessary that the blood should be alkaline so that the acids formed in the tissues may be neutralized and carried away as quickly as possible.

The excess of alkali over acids in the blood is known as the alkali reserve. The larger this reserve the more efficiently the tissues are kept free from the poisonous acids, the accumulation of which causes fatigue, lethargy, shortness of breath, loss of appetite, inefficiency, drowsiness and even coma and death. The acids which the body cannot burn are removed by the kidneys. The condition of the blood, or the alkali reserve, can be ascertained by examination of the urine when an excess of acid is shown by an increased acidity of the urine. The acids of the foods are more or less completely neutralized by potash, soda, lime and other alkalies.

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In some foods acids are in excess; in other foods alkalies are in excess. Whether a food is acid or alkaline is determined by burning the food and analyzing the ash. In this way foods have been divided into two classes, acid foods and basic, or alkaline foods. The use of acid foods tends to render the blood and tissue fluids and the urine acid, while basic, or alkaline foods, produce the opposite effect.

To keep the body in a state of health with good resistance to disease and in a state of fitness for high efficiency, it is necessary that the alkali reserve should be well maintained. It is evident, then, that in balancing the bill of fare preference should be given to basic, or alkaline foods, such as fruits and vegetables, while such highly acid foods as meats should be discarded. Eggs should be used sparingly, if at all, and cereals should be used in moderation and should not be the staple articles of food.

A strongly basic diet is vitally necessary for persons suffering from high blood pressure, Bright's disease or premature old age, and is best for everybody.

ACID FOODS

Excess of Acid in One Ounce and in 100 Calorie Portions of Common Foodstuffs

	100 Cals.(a)	Ozs.(b)
Barley, pearled	2.9	2.9
Beefsteak, porterhouse	4.0	3.0
Beefsteak, round, lean	6.8	3.0
Beef, round, free from fat	10.0	4.1
Beef, dried	8.3	4.1
Beef juice	9.8	0.7
Beef, kidney	7.4	2.4
Beef, liver	7.9	2.9
Bread, white	2.7	2.0
Bread, whole wheat	3.0	2.1
Buckwheat flour	2.0	2.0
Cheese, cheddar	1.2	1.5
Chicken	10.0	3.0
Codfish, salted	12.0	3.5
Corn, green	1.8	0.5
Cornmeal	1.5	1.5
Crackers, soda	2.0	2.5
Eggs, whole	7.5	3.1
Egg white	9.5	1.4
Egg yolk	7.0	7.0
Flour, entire wheat	3.3	3.3
Flour, wheat, patent	2.7	2.7
Fish, black	10.8	2.7
Haddock	12.0	2.4
Halibut steak	7.8	2.7
Ham, lean	5.5	3.7
Herring, smoked	6.3	2.7
Lamb	3.3	2.7
Lentils	1.5	1.5
Oatmeal	3.0	3.3
Oysters	30.0	4.3
Peanuts	0.7	1.0
Pork	4.0	2.8
Pork, sausage	1.4	1.8
Pork, tenderloin	4.9	2.7
Rice	2.7	2.7
Salmon	5.4	3.2
Sausage, bologna	4.0	2.6
Sardines	4.2	3.2
Shredded wheat	3.3	3.3
Trout	5.4	2.6
Turkey	3.6	3.0
Veal	6.7	3.0
Walnuts, California	1.1	2.2
Wheat, cracked (Branola)	3.3	3.3
Whitefish	7.7	3.3

a. Excess of acids in 100 calories.

b. Excess of acids in one ounce.

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BASIC OR ALKALINE FOODS

Excess of Alkali in One Ounce and in 100 Calorie Portions of Common Foodstuffs

	100 Cals.(a)	Ozs.(b)
Almonds	1.8	3.3
Apples, fresh	6.0	1.0
Apricots, fresh	11.0	1.8
Asparagus	3.6	0.2
Bananas	5.6	1.5
Beans, dried	5.0	5.0
Beans, lima, canned	12.0	2.7
Beans, lima, dried	12.0	12.0
Beans, lima, fresh	11.6	4.0
Beans, string, canned	13.0	0.8
Beans, string, fresh	12.9	1.5
Beans, soy	12.0	12.0
Beets	23.6	0.3
Buttermilk	6.1	0.6
Cabbage	18.0	1.6
Carrots	23.9	3.0
Cauliflower	17.5	1.5
Celery	42.1	2.2
Chard	41.1	4.5
Cherries, fresh	7.8	1.7
Chestnuts, dried	3.2	3.5
Chestnuts, fresh	3.1	2.0
Coconuts	1.2	0.2
Cranberries*	3.7	0.5
Cream	0.3	0.2
Cucumbers	45.5	2.2
Currants, Zante	1.8	1.6
Dates	3.2	3.2
Figs, dried	32.2	29.4
Grapes	2.8	0.8
Grape juice	4.0	1.1
Garbanzos	8.0	8.0
Lemon	12.3	1.5
Lemon juice	10.7	1.2
Lettuce	38.6	2.1
Milk, condensed, sweetened	1.4	1.2
Milk, condensed, unsweetened	2.7	2.3
Milk, skimmed	5.0	0.5
Milk, whole	2.6	0.5
Molasses	20.8	1.7
Mushrooms	9.0	1.1
Muskmelons	18.8	2.1
Olives	18.9	16.0
Onions	3.1	0.4
Oranges	10.9	1.6
Orange juice	14.3	1.7
Parsnips	18.1	3.3
Peaches, canned	10.0	1.3
Peaches, fresh	12.2	1.4
Pears, canned	6.37	2.3
Pears, fresh	5.6	1.0
Peas, canned	1.5	0.2
Peas, dried	1.4	1.4
Peas, green	1.3	0.4
Pineapple	15.7	1.9
Plums*	7.3	1.8
Potatoes	8.6	2.1
Potato chips	3.9	6.5
Potatoes, sweet	5.4	1.8
Prunes, dried*	8.0	6.6
Pumpkins	5.7	0.4
Radishes	9.8	0.8
Raisins	6.9	6.9
Raspberry juice	13.0	1.4
Rhubarb*	37.4	2.5
Rutabagas	29.8	3.5
Spinach	113.0	7.6
Squash	6.1	0.8
Tomatoes, fresh	24.5	1.6
Turnips	6.8	0.7
Watermelon	8.9	0.3

a. Excess of alkali or base in 100 calories.
b. Excess of alkali or base in one ounce.

*These foods contain unoxidizable acids and cannot be included in an alkaline or basic diet.

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HOW TO CHANGE THE INTESTINAL FLORA

Lacto-Dextrin is a special carbohydrate which is so slowly absorbed that it reaches the colon in sufficient quantity to render efficient service in causing the aciduric flora to flourish and thus prevent the growth of the pathogenic germs which cannot grow in an acid medium. B. acidophilus and other acid-forming organisms are always present in the colon, so the taking of sour milk and other cultures is not necessary. B. acidophilus develops spontaneously just as do other sour milk germs when right conditions are supplied. The one essential condition is the presence of an abundance of the right sort of carbohydrate (Lacto-Dextrin).

Lacto-Dextrin should be taken three times a day in liberal doses, on rising in the morning, on going to bed at night and sometime during the day. For rapid results, the dose must be large, at least two or three ounces; even more (four ounces) may be required in cases in which the colon is badly crippled. Two glassfuls of water should be taken with each dose. The product dissolves most quickly in hot water. When large doses are taken, there will at first be a considerable increase of intestinal gas. This is a certain indication that the Lacto-Dextrin is reaching the colon. The worse the flora, the greater the amount of gas produced. When the change is completed, the gas will disappear, since the normal acidophile bacteria of the intestine do not produce gas.

It is to be remembered that Lacto-Dextrin is a highly concentrated food and hence when it is taken in large doses, the amount of other food eaten should be proportionately decreased. In general, when the maximum doses are taken the amount of other food eaten should be reduced to about half the usual amount.

As the flora is changed, the stools become more normal in consistency, and their odor becomes much less offensive. When the change is completed, the stools should have very little odor, or only a slight acid odor.

Under this régime, mucus and other symptoms of colitis will rapidly disappear. A severe cold, neglect of the bowels, or carelessness in diet, may at first quickly bring a fleeting return of the old symptoms; but close observance of the rules above given and care to avoid an accumulation of residues in the colon, even for a single day, will, in time, secure permanently beneficial results.

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When the flora is completely changed and the stools are no longer putrid, and the bowels moving freely three times a day without the aid of the enema, the dose of Lacto-Dextrin may be diminished by one-third or one-half; but its use should be continued indefinitely to insure the maintenance of a good flora and thereby prevent a relapse, to which a strong tendency will always remain, due to the fact that the change of flora is never so complete but that there will always be found present a sufficient number of pernicious bacteria to quickly develop a bad flora and reinfect the intestine if measures to combat constipation and to encourage the development of a good flora are neglected.

A meat diet, and especially the use of raw meats, such as oysters-on-the-half shell, rare steaks or chops, hamburger steak, sausage or cold-storage chicken or game, will quickly cause a return of the pernicious flora.

Foods for Changing the Intestinal Flora

Putrefaction in the intestine is an unnatural and highly injurious condition. The products of putrefaction when absorbed, impose a heavy burden of unnecessary and energy-wasting work upon the liver and other poison-destroying organs, also the kidneys and other poison-eliminating organs. A colon filled with putrefying residues and wastes is a constant menace to the body, and as Metchnikoff clearly proved, is a potent means of inducing premature senility. The horrible smelling poisons, indol, skatol, pyrrtol, and a dozen other poisons known and probably scores unknown, not only taint the breath and discolor the skin, but addle and irritate the brain and nerves, deteriorate the blood, wear out prematurely the liver and kidneys and become a terrible handicap in every form of disease, while setting up degenerative changes which lead directly to premature failure of the heart and other vital organs.

Now that scientific research has placed in our hands efficient methods for changing the intestinal flora so as to suppress putrefactive changes and keep them suppressed, this new therapeutic method has become an important factor which demands consideration in dealing with almost every form of disease, acute or chronic.

In arranging an antitoxic or non-putrefactive dietary, it is first of all necessary to reject foods which naturally undergo

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putrefactive changes. Anything that will putrefy outside of the body will putrefy in the colon. Of course, most of the food is digested, but there always remains in the colon a considerable unused residue, the putrefaction of which constitutes the chief objection to flesh foods. About one-seventh of the lean meat eaten undergoes putrefaction in the intestine. Eggs and meat, including fish and fowl, must be discarded. Fortunately these foods may be dispensed with without risk of injury, and the great advantages of the antitoxic diet which will soon appear afford ample compensation for the small self-denial that may be required of the patient at the start.

The following diet list affords ample variety to satisfy even the captious appetite of an invalid if well served:

Antitoxic Diet List

Soups: Vegetable soups and bouillons without cream.

Relishes: Tomatoes, celery, lettuce, endive, cucumber, radishes, shredded raw cabbage, shredded raw carrots and turnips. Ripe olives, bromose, meltose, meltose with butter. Vegetable and fruit salads without eggs, Sal-Savita.

Vegetables: All vegetables, especially fresh vegetables, raw and cooked.

Cereals: Brose (scalded oatmeal), cereal flakes, vita-wheat, shredded wheat, granola, macaroni, corn meal, rice, bran, fig bran.

Breads: Graham bread, zwieback, dry toast, bran gems, gluten bread, basic biscuit.

Beverages: Fruit juices, cereal coffee, malted nuts, malted milk, buttermilk (yogurt, acidophilus).

Fruits: All fresh and cooked fruits. Tomatoes are particularly beneficial.

Desserts: Fruit tapioca, fruit gelatins, fruit ices, fruit purées, fig marmalade, prune marmalade, dates, figs, raisins.

Miscellaneous: Butter, cream, buttermilk, cottage cheese, to fu, nuts, malted nuts, malted milk, protose.

Accessories: Bran, Agar, Laxa, Paralax, Paramels, Lacto-Dextrin, Psylla-Alba.

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FOODS FOR DIABETICS

Wheat glutens combined with nuts or milk, completely meet all the demands of the body for protein for tissue building and there is no evidence that protein is needed for any other purpose.

The proteins of the soy bean, the peanut as well as nuts and milk, are also of high quality. The fact pointed out by Joslin that nearly all diabetics within a few years develop arteriosclerosis, emphasizes the importance of avoiding flesh foods because of their "acid" character.

Intestinal putrefaction is detrimental to diabetic patients because of the crippled condition of the liver and the excessive strain upon the kidneys always present in this disease.

Torrey has shown that intestinal putrefaction may be suppressed by substituting gluten for meat in the diet. His observation has been confirmed by Mitchell. Diabetes has been sucessfully treated by a meatless diet at the Battle Creek Sanitarium for more than fifty years.

FOODS GROUPED ACCORDING TO CARBOHYDRATE CONTENT

(3 Per Cent)

VEGETABLES

	Per cent		Per cent
Chinese Cabbage	1.4	Celery	3.3
Lettuce	2.9	Asparagus	3.3
Endive	3.0	Brussels sprouts	3.4
Cucumbers	3.1	Sauer kraut	3.8
Spinach	3.2	String beans	3.8
Beet greens	3.2	Tomatoes	3.9

(5 Per Cent)

VEGETABLES

Cabbage sprouts	4.3	Cabbage	5.6
Cauliflower	4.7	Leeks	5.8
Chard	5.0	Radishes	5.8
Eggplant	5.1	Collards	6.3
Pumpkin	5.1	Mushrooms	6.8

FRUITS

Ripe olives (fat 21)	3.5	Avocado (fat 17.3)	4.4

NUTS

Butternuts	3.5	Brazil nuts	7.0
Pignolias	6.9	Nuttolene	6.1

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(10 Per Cent)

Vegetables

	Per cent		Per cent
Beets	7.4	Onions	8.9
Okra	7.4	Squash	9.0
Turnips	8.1	Carrots	9.3
Rutabaga	8.5		

Fruits

Strawberries	7.4	Mango	10.0
Lemons	8.5	Blackberries	10.9
Cantaloup	9.3	Oranges	8.7
Peaches	9.4	Orange juice	10.8
Pineapple	9.7	Grapefruit	10.4
Cranberries	9.9		

Nuts

Paradise nuts	10.2	Black walnuts	11.7
Hickory nuts	11.4		

(15 Per Cent)

Vegetables

Parsnips	13.5	Artichokes	16.7
Lima beans (canned)	14.6	Green peas	16.9
Macaroni	15.8		

Fruits

Raspberries	12.6	Pears	14.1
Currants	12.8	Apples	14.2
Blueberries	12.8	Huckleberries	16.6
Apricots	13.4	Cherries	16.7

Nuts

Filberts	13.0	Pecans	15.3
Walnuts (English)	13.0	Pistachios	16.3
Beechnuts	13.2	Pine nuts	17.3
Peanut butter	14.0	Almonds	17.3

(20 Per Cent)

Vegetables

Baked beans	19.6	Potatoes	20.9
Green corn	19.7	Rice (boiled)	24.4

Fruits

Plums	20.1	Bananas	22.0

Nuts

Almonds	17.3	Peanut	24.4
Almond butter	18.0	Peanut butter	25.0

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LIST OF FOODS SHOWING THE QUANTITIES OF EACH IN WHICH ARE FOUND FIVE GRAMS (20 Calories) OF CARBOHYDRATES

Fruits

	Ounces
Almonds	1
Apples, fresh	1¼
Apples, baked	⅔
Apples, juice	1¼
Apples, sauce	⅔
Blackberries	1⅔
Blackberry juice— 1⅔ tablespoonfuls	
Blueberry juice— 1½ tablespoonfuls	
Cantaloup	2
Cherries	1
Cherries, canned	½
Cucumbers	6
Currants	1½
Dates	¼
Figs, dried	¼
Figs, fresh	1
Grapes	1¼
Grapefruit— 4 tablespoonfuls	
Lemon juice— 4 tablespoonfuls	
Apricots, fresh	1⅓
Apricots, canned	½
Apricots, stewed	½
Avocado (Alligator pear)	4
Banana	⅚
Orange juice— 3 tablespoonfuls	
Peach juice	1
Pears	1¼
Pear juice	¾
Pineapple, fresh	2
Pineapple, juice	1
Plums, fresh	1
Prunes, fresh	1
Prunes, stewed	⅔
Raisins	¼
Raspberries	1¼
Raspberry juice, black	1
Raspberry juice, red	⅔
Raspberries, red, stewed— 1½ tablespoonfuls	
Strawberries, fresh	2½
Strawberries, canned	¾
Strawberry juice	¾
Watermelon	2½

Vegetables

Artichokes	1¼
Asparagus	6
Beans, baked	1
Beans, string	2½
Beets, buttered	2
Beet greens	6½
Brussels sprouts	6
Cabbage	3
Carrots	2½
Cauliflower, buttered	3
Celery	6
Dandelion greens	2
Eggplant	1
Lentils, baked	1
Lima beans, green	1
Onions, fresh	1⅓
Onions, boiled	2½
Onions, stewed	2½
Parsnips, browned	1½
Peas, green	1
Potato, baked	¾
Potato, boiled	1
Radish	3
Spinach, creamed	4
Squash, Hubbard	1½
Squash, summer	5
Tomatoes, fresh	5
Tomatoes, stewed	2
Turnips, mashed	2
Turnip purée	2½

Cereals

Bran biscuit	½
Bran mush	3
Bran, sterilized	1
Bread, graham	⅓
Bread, white	⅓
Bread, whole wheat	⅓
Breakfast toast	¼
Corn bread	⅓
Oatmeal, boiled	1½
Pop corn	¼
Rice, boiled	1
Oats, boiled	2
Shredded wheat	¼
ZO	¼

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THE BASE RATION

Table showing the Number of Calories Required according to Height and Weight When the Body is in a State of Complete Rest (Basal Metabolism).

Height In.	Weight Pounds																
	55	66	77	88	99	110	121	132	143	154	165	176	187	198	209	220	231
80	.....	.....	.....	.....	.....	.....	1735	1801	1858	1914	1971	2027	2084	2131	2178	2225	2273
78	.....	.....	.....	.....	.....	1631	1697	1763	1820	1877	1933	1990	2046	2093	2141	2188	2235
76	.....	.....	.....	1471	1537	1603	1669	1735	1792	1848	1905	1961	2009	2056	2103	2150	2197
74	.....	.....	.....	1443	1509	1575	1641	1697	1754	1811	1867	1924	1971	2018	2065	2112	2159
72	.....	.....	.....	1405	1481	1547	1613	1669	1726	1782	1839	1886	1933	1980	2027	2075	2122
70	1122	1207	1282	1377	1443	1509	1575	1631	1688	1745	1801	1848	1895	1943	1990	2037	2084
68	1103	1188	1263	1348	1414	1480	1537	1594	1650	1707	1754	1801	1848	1895	1943	1990	.....
66	1075	1160	1235	1320	1386	1452	1509	1565	1622	1679	1726	1773	1820	1867	1914	1952	.....
64	1056	1141	1216	1292	1358	1414	1471	1528	1584	1631	1679	1726	1773	1820	1867	.....	.....
62	1028	1113	1188	1254	1320	1377	1433	1490	1547	1594	1641	1688	1735	1782	.....	.....	.....
60	1000	1084	1160	1226	1282	1339	1396	1452	1509	1556	1603	1650	1697	.....	.....	.....	.....
58	971	1056	1131	1198	1254	1311	1367	1424	1472	1518	1565	1613	.....	.....	.....	.....	.....
56	943	1028	1103	1169	1226	1282	1339	1386	1433	1481	.....	.....	.....	.....	.....	.....	.....
54	915	1000	1075	1132	1188	1245	1301	1348	1395	.....	.....	.....	.....	.....	.....	.....	.....
52	896	981	1047	1103	1160	1216	1273	1320	.....	.....	.....	.....	.....	.....	.....	.....	.....
50	877	952	1018	1075	1132	1188	1235	1282	.....	.....	.....	.....	.....	.....	.....	.....	.....
48	858	924	981	1037	1094	1150	1197	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....

For intermediate weights the number of required calories may be calculated by adding 7 calories for each additional pound of body weight, for weights between 55 and 110 lbs.; 5½ calories for each pound between 110 and 154 lbs.; and 4½ calories for each pound above 154 lbs.

Based upon the table of Du Bois and Du Bois.

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RELATIVE VITAMIN VALUES OF VARIOUS FOODS*

(Compiled from Sherman's "Chemistry of Food and Nutrition" and other authorities.)

	A	B	C**
Apples, raw	16	6-10	10-20
Bacon	8(?)	.....	.....
Banana, raw	100	6-10	20-40
Beans, canned, baked	16	.....	.....
string, raw	100	10	6-13
navy, canned, baked	.....	20-24	.....
Beef, lean	16	10	.....
fat	150	.....	.....
Beets	5	.....	.....
Butter	500-1400	.....	.....
Cabbage, fresh, raw	18	9-18	100
slightly cooked	18	.....	30
fully cooked	18	.....	5-10
old	6	.....	.....
Cauliflower	18	.....	.....
Carrots, raw	600-2000	.....	.....
cooked	.....	7-9	.....
Cantaloup	.....	8	.....
Celery, stems, bleached	0	.....	.....
bleached, leaves	65	.....	.....
green leaves	200	.....	.....
Cereals, whole, with germ	.....	50-75	.....
Cheese	600	.....	.....
Codfish	0	.....	.....
Codliver oil	5000	.....	.....
Eggs	550	16	.....
Egg yolk	1700	50	.....
Egg white	0	.....	.....
Flour, white, wheat	0	.....	.....
Grapes	16-22	7-9	4-5
Lemon Juice	3	10	9-18
Lettuce	65	10-12	.....
Milk, whole	65	9	.3-1.5
dry	500	70	.....
Oatmeal	0	.....	.....
Olive oil	13	.....	.....
Onions	.....	6	.....
Orange juice or oranges	20	9	9-19
Peaches, raw	.....	6-10	.....
Peas, green, raw	150-200	60	.....
Pork, raw	6	.....	.....
Potatoes, raw	.....	.....	.....
cooked	8	8	1.5-4.5
sweet, yellow	200	.....	.....
Prunes	.....	38	.....
Spinach, fresh	1500	20-24	.....
Tomatoes, raw or canned	170	8-16	9-19
Turnips	1.5-10	8	.....
Wheat	0	50-75	0
germ	.....	200-300	.....
sprouted	.....	.....	rich
Yeast (dry)	.....	800-1200	.....
extract	.....	8000-12000	.....

* A blank space indicates "not determined," not "absence."
** Compared with orange juice as 100.

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THE VITAMINS OF FOODSa
(A—B—C)

[The sign + indicates that the vitamin is present. ++ indicates that the vitamin is present in adequate quantities. +++ indicates that the food is very rich in vitamin. — indicates little or no vitamin present. ? or * indicates doubt or uncertainty.]

Food	Vitamin A	Vitamin B	Vitamin C
Alfalfa	+++	++	*
Almonds	+	++?	*
Artichoke	—	+	—
Apples, raw	+	+	++
Asparagus	*	+++	*
Bacon	—to+	+	?
Bananas, raw	++	+	++
Barley, whole	+	++	—
Beans, kidney	+	+++	*
Beans, navy	+	+++	*
Beans, soy	+	+++	*
Beans, sprouted, raw	+	++?	++
Beans, string, fresh, raw	++	++	++
Beans, string, cooked	++	++	—
Beechnut	*	++	*
Beef	—to+	+	—to+
Beef juice	*	+	—to+
Beef fat	+	—	—
Beets (roots)	*	+	*
Beet leaves	++	+	*
Beet stems	*	+	*
Brazil nuts	+?	++	*
Bread, white, water	?	+	—
Bread, white, milk	+	+	?
Bread, whole wheat, water	+	++	?
Bread, whole wheat, milk	++	++	?
Butter	+++	—	—
Buttermilk	+	++	+variable
Cabbage, green, raw	++	++	+++
Cabbage, head, raw	+	++	+++
Cabbage, head, cooked	+	++	+
Cabbage, head, canned	+	++	?
Carrots, fresh, raw	++	++	++
Carrots, cooked	++	+	+
Cauliflower	+	++	+
Celery, bleached stems	—to+	++	*
Chard	++	+	*
Cheese, full milk	++	*	*
Cheese, cottage (skim)	+	*	*
Chestnut	*	+	*

a—Copied with slight modification from Sherman's "Food Products," Macmillan Company, New York

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Food	Vitamin A	Vitamin B	Vitamin C
Cloudberries	*	*	+++
Cloudberries, canned	*	*	+++
Coconut	+	++	*
Coconut oil	—	—	—
Codliver oil	+++	—	—
Corn (maize), white	—to+	++	—
Corn (maize), yellow	+	++	—
Corn oil	?	—	—
Cottonseed (flour or meal)	+	++	*
Cottonseed oil	?	—	—
Cream	+++	++	+variable
Cress	*	*	+
Cucumber	*	+	++?
Dandelion greens	++	++	+
Dasheens	—?	+	+
Eggs	+++	+	+?
Egg white	—	*	*
Egg yolk	+++	+	*
Eggplant	*	++	*
Endive	+	*	+
Filberts	*	++	*
Fish, fat	+	+	*
Fish, lean	—to+	+	*
Flour, white	—	+	—
Flour, whole wheat	+	++	—
Glucose	—	—	—
Grains, whole, dry	+	++	—
Grains, sprouted	+	++?	++
Grapes	*	+	+
Grape juice	*	+	+
Grapefruit	*	++	++?
Ham	—to+	+	—
Heart	+	+	+?
Hickory nuts	*	++	*
Honey	—	+	—
Ice cream (genuine)	++	++	+?
Lard	—to+	—	—
Legumes, sprouted	*	++?	++
Lemon juice	?	++	+++
Lemon juice, dried	?	++	+++
Lentils (dry)	*	++	—
Lettuce	++	++	+++
Limes	*	+	+
Linseed oil	—	—	—
Liver	++var'ble	++	+
Malt, green	+	++?	++
Mango	*	*	+
Margarin, animal fat	—to+	—	—
Margarin, vegetable fat	—	—	—
Meat (muscle)	—to+	+	—to+
Meat, canned	—to+	+	—
Meat extract	—	—?	—
Milk (whole) fresh or scalded	+++	++	+ variable
Milk, condensed	+++	++	+ variable
Milk, evaporated	+++	++	—?
Milk, dried, whole	+++	++	+ variable
Milk, fresh or dried, skim	+	++	+ variable
Millet	+	++	*
Mulberries	*	*	+

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Food	Vitamin A	Vitamin B	Vitamin C
Mutton	—to+	+	?
Mutton fat	+	—	—
Oatmeal	—to+	++	—
Oleo oil	+	—	—
Olive oil	—?	—	—
Onions, raw	—to+	++	++
Onions, cooked	—to+	++	+
Orange juice	+to++	++	+++
Orange peel	+	+	++
Palm oil	+	—	—
Parsley	*	++	*
Parsnips	—?	++	*
Peaches, raw	*	*	++
Peanuts	+	++	*
Peanut butter	+	++	*
Peanut oil	—	—	—
Pears	*	+	*
Peas, young, green	++	++	++?
Peas, dry	+	++	?
Peas, sprouted	+	++?	++
Pecans	*	+	*
Pineapple, canned	++	++	*
Pineapple, fresh, raw	++	++	+++
Pine nuts	+	+	*
Pork	—to+	+	—
Potatoes, sweet	++	+	*
Potatoes, white, raw or cooked	+	++	++
Prunes	+	+	—
Radish	*	+	*
Raisins	?	+	—
Raspberries, fresh or canned	*	*	+++
Rice ("polished"), white	—	—	—
Rice, whole grain	+	++	—
Rutabagas	—?	++	+++?
Rye, whole	+	++	—
Sauerkraut	+	+	—?
Spinach, canned	++	*	*
Spinach, cooked	+++	+++	*
Spinach, dried	+++	++	*
Spinach, raw	+++	+++	+++
Squash, Hubbard	++	*	*
Starch	—	—	—
Sugar	—	—	—
Swede	*	++	+++?
Sweetbreads	+	+	*
Tomato, raw	++	+++	+++
Tomato, cooked	++	+++	+++
Tomato, canned	++	+++	+++
Tomato, dried	++	+++	++
Turnip	—to+	++	*
Veal	*	+	*
Walnuts	*	++	*
Wheat bran	+	++?	—
Wheat embryo	++	+++	—
Wheat flour, white	—	+	—
Wheat middlings	*	++	—
Wheat, whole	+	++	—
Yeast	—	+++	—
Yeast extract	—	+++	—

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FOOD AND DEVELOPMENT TABLE

Infants and Young Children

Age	Height Inches	Weight Pounds	Calories
0	20.6	7.5	225
2 months	22.5	10.4	375
4 "	24.5	13.2	500
6 "	26.5	16.0	700
8 "	27.5	17.7	750
10 "	28.5	19.3	775
1 year	29.5	21.0	850
1½ years	32.0	24.5	1000
2 "	34.0	27.0	1075
2½ "	36.0	30.0	1200
3 "	37.5	32.5	1300
3½ "	39.0	34.7	1350
4 "	40.5	37.0	1400
5 "	41.7	41.0	1475
6 "	43.0	45.0	1525
7 "	46.0	49.0	1600

For persons of average weight, the food requirement may be determined by multiplying the body weight in pounds by the number of calories which careful laboratory research has shown to be requisite, as follows for different ages:

Age	Calories per pound
Birth to 1 month	30
2 months	40
3 months	41
4–6 months	43
7–9 months	40
1–2 years	40
3–4 years	37–40
5 years	35–37
6 years	34–35
7 years	32–34
8–9 years	30–35
10–12 years	28–32
12–13 years	25–30
14–17 years	20–25
Adults	16–20

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A SIMPLE PLAN FOR ARTIFICIAL FEEDING OF INFANTS

In beginning the use of cow's milk, the quantity given should at first be very small, as in some infants there exists an idiosyncrasy against cow's milk so great that symptoms of poisoning appear when milk is given and a large feeding might even produce fatal results. At first the cow's milk mixture should be given only once a day. If there are no signs of disturbance, a second feeding may be added after a few days.

The amount of food required by a child depends upon its age and size. Children require much more food in proportion to their size than do adults. For example, a child one week old may require one-sixth as much food as an adult weighing twenty times as much; while a child one year old may require one-third as much food as an adult weighing seven times as much.

Milk Mixtures. Pure cow's milk is too highly concentrated a food for an infant which has been breast fed. The stomach of the child must be gradually accustomed to the milk by feeding at first milk mixtures to which considerable water has been added. As the child grows older, less water is added. It is also necessary to add malt sugar or milk sugar as mother's milk contains much more sugar than does cow's milk. Never use cane sugar.

Many complicated methods and formulas for artificial infant feeding have been proposed and recommended by various authorities. Numberless special foods have been prepared and offered for sale at high prices. But extended experience has conclusively demonstrated that complex and troublesome methods of food preparation and expensive foods possess no real advantages; the best results may be attained by very simple means.

The first feeding of cow's milk should be very dilute. A good formula is two tablespoonfuls of milk, one level tablespoonful of malt sugar and ten ounces of boiled water. Every two or three days the quantity may be increased a little until the proportions are seven to eight ounces of milk, an ounce and a half of lactose and twelve ounces of water.

The complicated formulas which have been much used in recent times have no advantage over the following simple formulas which have been well tested in the feeding of hundreds of babies, and which may be easily prepared in any home.

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First month: One-third milk, two-thirds water, with two ounces malt sugar to the quart. One ounce gives thirteen calories.

Second to sixth months: Half water, half milk, with two ounces of malt sugar to the quart. One ounce gives seventeen calories.

Seventh to ninth months: Two-thirds milk, one-third water, two ounces of malt sugar to the quart. One ounce gives twenty-one calories.

Tenth to twelfth months: Use full milk, adding two ounces of malt sugar to the quart. One ounce gives twenty-eight calories.

Infant Feeding Table.

Age	Weight	Quantity in 24 Hrs. Feeding	No. of Feedings	Amt. of Feedings	Calories Daily
Birth	7 pounds	20 ounces	8	2½ ounces	350
1 mo.	9 pounds	24 ounces	6	4 ounces	400
2 mo.	10½ pounds	28 ounces	5	5½ ounces	475
3 mo.	12 pounds	30 ounces	5	6 ounces	510
4 mo.	13 pounds	32 ounces	5	6½ ounces	545
5 mo.	14 pounds	34 ounces	5	7 ounces	575
6 mo.	15 pounds	36 ounces	5	7¼ ounces	612
7 mo.	16 pounds	32 ounces	5	6½ ounces	640
8 mo.	17 pounds	33 ounces	5	7½ ounces	660
9 mo.	18 pounds	34 ounces	5	8 ounces	680
10 mo.	19 pounds	28 ounces	5	5⅔ ounces	700
11 mo.	20 pounds	29 ounces	5	5¾ ounces	725
12 mo.	21 pounds	30 ounces	5	6 ounces	750

Infants under one year should not take more than thirty-two to thirty-six ounces of food daily. In changing to a stronger diet, that is, from half milk to two-thirds milk or two-thirds milk to full milk, the quantity should be reduced at first. After the child weighs eight pounds, the amount may be increased one ounce of the milk mixture for every six ounces that he gains in weight.

An excellent and simple method of determining the amount of milk to be given when full milk feeding is begun, has been proposed by Bartlett. To determine the calorie value of the day's ration, multiply the child's weight in pounds by forty-five. From this subtract 120 calories, the value of the ounce of milk sugar required to supplement the sugar of cow's milk. The remainder

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divided by 20, the calorie value of an ounce of milk, will give the number of ounces for a day's feedings. If the weight of the child is 15 pounds, the calculation will be made as follows: 15×45=675; 675—120=555; 555÷20=27.7. This will give 5½ ounces for each of the five daily feedings. For each ounce increase in weight one small teaspoonful of milk should be added to the total of the daily feedings.

Supplementary Feeding. One of the most important of all foodstuffs which may be usefully added to milk in infant feeding is malt sugar. This is the only sugar which is native to the body, as it is produced in the body by digestion of starch.

The free use of lactose sometimes produces digestive disorders, and an infant will assimilate more maltose. However, the use of lactose or Lacto-Dextrin is desirable for the reason that cow's milk contains less than two-thirds as much milk sugar as does mother's milk. This sugar is highly essential to encourage the growth in the intestine of protective bacteria, thus combating intestinal toxemia and colitis.

Cane sugar is irritating to the stomach and should never be used in infant feeding. Candy should never be given to infants or young children. The use of this unwholesome sugar is the cause of much disease and suffering in both children and adults.

Orange Juice. The juice of sweet oranges is a most important, almost essential aid in the artificial feeding of infants. Orange juice is rich in vitamins. When sterilized milk is used, orange juice is necessary to supply the vitamins which boiling destroys in the milk and which are absolutely essential for the healthy development of the infant. The observations of Holt and others show that every bottle-fed child requires daily at least one ounce of orange juice when cow's milk is used. The orange juice should be given in doses of two or three teaspoonfuls at intervals during the day. When malt sugar and cereals are used, the amount of orange juice must be increased in proportion to the amount of sugar or cereals added to the milk. The more sugar or starch, the more orange juice is needed. In children who show evidences of scurvy, four or five ounces of orange juice must be given daily to supply the needed vitamins. It is now known that in cases in which it was formerly supposed that infants were suffering from an excess of cereals in the food, the real fault was the absence of vitamins in the carbohydrate given. Fine wheat flour and prepared infant foods are lacking in vita-

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mins. This discovery has already been the means of saving thousands of infant lives. Every mother should know that orange juice or tomato juice is indispensable in the artificial feeding of infants of all ages. These highly valuable juices should be used in all cases of artificial feeding. All "baby foods" are deficient in vitamins. The same is true of all cereal preparations, and even certified milk is often rather deficient in these essential food principles. It is now known that tomato juice, either fresh or canned, is fully equal to orange juice.

Tomato or orange juice should be given to all infants whether nursing or bottle-fed after the fourth month. All bottle-fed infants should be fed either tomato juice or orange juice daily. Infants four months old may take a teaspoonful of orange juice or tomato juice two or three times a day. If the infant is nursing, the juice should be given half or three-quarters of an hour before feeding; if bottle-fed, give between the feedings.

Purées of Fruits. Purées of ripe fruit such as sweet apples, pears, and bananas, prepared by pressing the fresh pulp through a fine colander, are exceedingly wholesome and useful additions to the dietary of the bottle-fed infant. Modern physiological experiments have shown the necessity for variety in foodstuffs to insure a full supply of vitamins and salts.

Vegetable Broths.

While meat extracts, bouillon and animal broths of all sorts should never be given under any circumstances to infants, vegetable broths are very useful. The following is a good formula.

Savita Vegetable Broth.

2½	quarts water	1	cup diced celery
¾	cup diced carrots	1	cup diced onion
1	cup shredded cabbage	½	cup strained tomato
1	cup diced potatoes	1½	tablespoonfuls Savita

3 tablespoonfuls butter

Prepare the carrots first and allow them to cook while preparing the other vegetables. Add these and cook slowly one and one-half hours. Pour through a collander and add to the clear liquor the butter and Savita, and boil for five minutes. Should make one quart of broth.

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INFANT FEEDING FORMULAS

Milk with Meltose Sugar

First month: One-third milk, two-thirds water, with two ounces Meltose Sugar to the quart. One ounce gives thirteen calories.

Second to sixth months: Half water, half milk, with two ounces of Meltose Sugar to the quart. One ounce gives seventeen calories.

Seventh to ninth months: Two-thirds milk, one-third water, two ounces of Meltose Sugar to the quart. One ounce gives twenty-one calories.

Tenth to twelfth months: Use full milk, adding two ounces of Meltose Sugar to the quart. One ounce gives twenty-eight calories.

Milk, Meltose Sugar, 20% Gluten Meal

1 quart milk
1 ounce Meltose Sugar
2 ounces 20% Gluten
1 teaspoonful Savita

One ounce gives twenty-seven calories.

An excellent formula to promote rapid growth.

Humanized Milk

1 ounce Malted Nuts
7 ounces water
8 ounces certified milk
½ ounce Lacto-Dextrin

One ounce gives 21.6 calories.

This formula gives a mixture closely resembling human milk. Does not form large curds and is slightly laxative.

Malted Nuts

1 ounce Malted Nuts
7 ounces water
½ ounce Meltose Sugar

One ounce gives 23 calories.

For infants sensitized to cow's milk.

Almond Cream

1 ounce Almond Cream
6 ounces water

One ounce gives 22.5 calories.

With each feeding every infant should be given a dessert spoonful of orange or tomato juice and an equal amount of Savita broth (1 level teaspoonful of Savita or 1 rounded teaspoonful of Sal-Savita to 8 ounces of water).

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FEEDING PROGRAM FOR INFANTS

Age	Weight	Quantity in 24 Hrs. Feeding	No. of Feedings	Amt. of Feedings	Calories Daily
Birth	7 pounds	20 ounces	8	2½ ounces	350
1 mo.	9 pounds	24 ounces	6	4 ounces	400
2 mo.	10½ pounds	28 ounces	5	5½ ounces	475
3 mo.	12 pounds	30 ounces	5	6 ounces	510
4 mo.	13 pounds	32 ounces	5	6½ ounces	545
5 mo.	14 pounds	34 ounces	5	7 ounces	575
6 mo.	15 pounds	36 ounces	5	7¼ ounces	612
7 mo.	16 pounds	32 ounces	5	6½ ounces	640
8 mo.	17 pounds	33 ounces	5	7½ ounces	660
9 mo.	18 pounds	34 ounces	5	8 ounces	680
10 mo.	19 pounds	28 ounces	5	5⅔ ounces	700
11 mo.	20 pounds	29 ounces	5	5¾ ounces	725
12 mo.	21 pounds	30 ounces	5	6 ounces	750

Feeding Schedule For Infants

3rd day to 3rd month	3rd month to 8th month	8th month to 12th month
6 A.M.	6 A.M.	6 A.M.
9 A.M.	9:30 A.M.	10 A.M.
12 noon	1 P.M.	2 P.M.
3 P.M.	4:30 P.M.	6 P.M.
6 P.M.	8 P.M.	10 P.M.
9 P.M.	12 midnight	
12 midnight		

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Vegetable Milk.

The Chinese have for ages made from the soy bean a preparation which so closely resembles the dairy product that it may not inappropriately be called vegetable milk. A much better preparation is made from walnuts, almonds, and even peanuts. These nut milks so closely resemble ordinary milk that they may to a large extent take its place in the diet. Milk prepared from walnuts and almonds is used in China, the Philippines and throughout the Orient, as a food for nurslings for whom a wet nurse can not be provided. This custom prevails extensively in those Asiatic countries in which cow's milk is but little used.

A nut milk commonly known as "Malted Nuts" has been made in this country for more than thirty years and has come into extensive use.

Nut creams prepared from almonds and other nuts are also valuable. These plant protein milks render great service especially in the treatment of infants and invalids who are sensitized to cow's milk. They are also valuable resources in the treatment of colitis in infants and in cases in which change of the flora is found difficult, so that the suppression of all animal proteins becomes necessary.

Humanized Milk.

A preparation which often renders great service in the feeding of babies with whom cow's milk disagrees because of the formation of curds, consists of malted nuts or nut cream combined with ordinary milk, one ounce of malted nuts dissolved in six ounces of hot water. To this is added a tablespoonful of milk.

The effect of adding nuts is to cause the milk when brought in contact with the gastric juice in the child's stomach, to form small, soft, flocculent curds similar to those formed by human milk. A large part of the casein is replaced by the more easily digestible plant proteins.

The composition of this preparation so closely resembles that of human milk that it may be said to be "humanized."

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BILLS OF FARE FOR CHILDREN

For Children of Two Years

Breakfast

	Oz.	Calories
Banana purée	2	56
Branola	3	36
Malt sugar	¼	25
Milk	8	157
Bran Bread Toast	½	34
Butter	⅛	28
Total		336
Orange Juice	3	45

Dinner

Tomato Soup	3	37
Baked Potato	3	89
Spinach purée	3	41
Bran Bread	½	34
Butter	¼	56
Milk	8	157
Total		414
Orange Juice	3	45

Supper

Milk	8	157
Bran Biscuits	1	76
Prune purée	2	70
Total		303
Grand total		1053

For Children of Six Years

Breakfast

	Oz.	Calories
Fig Marmalade	2	104
Brose	3	53
Bran Bread Toast	1	68
Butter	⅛	28
Milk	8	157
Total		410

Dinner

Lentil Soup	3	87
Scalloped Potato	3	84
Spinach	3	41
Stewed Tomatoes	4	124
Bran Bread	1	68
Butter	¼	56
Milk	8	157
Dates	1	89
Total		706

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Supper

	Oz.	Calories		Oz.	Calories
ZO	1	102	Baked Apple	5	165
Milk	8	157			
			Total		424
			Grand total		1540

For Children of Ten Years

Breakfast

	Oz.	Calories		Oz.	Calories
Orange	5	72	Milk	8	157
Stewed Raisins	4	261			
Bran Vita Bits	2	180	Total		670

Dinner

Split Pea Soup	5	95	Milk	8	157
Mashed Potato	5	116	Strawberry Jelly (Veg. Gelatin)	3	120
Spinach	4	54			
Buttered Carrots	4	127	Total		861
Bran Bread	2	136			
Butter	¼	56			

Supper

Potato Soup	5	60	Butter	¼	56
Mashed Turnips	4	71	Apple	5	91
Celery	2	10			
Whole Wheat Br'd	2	136	Total		424
			Grand total		1955

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BILL OF FARE FOR LOW PROTEIN DIET

		Calories				Per cent of day's ration	
Breakfast	Ounces	Pro.	Fat	Carbo.	Total	Lime	Iron
Orange	5	5	3	66	74	7	2
Blueberries	2¼	2	3	42	47	1	4
Cream of wheat	4	6	1	42	49	7	8
Cream	2¼	7	111	12	130	7	1
Malt sugar	1¾	0	8	210	218	3	18
Graham toast	1	10	6	52	68	1	5
Butter	¼	0	54	0	54		
Yogurt buttermilk	6	24	5	36	65	28	3
Bran	¼	5	3	13	21	1	4
Total		59	194	473	726	55	45
Dinner							
Celery soup	3	1	8	7	16		
Baked potato	3	9	1	78	88	1	3
Spinach	3	7	51	9	67	7	23
New beets	2	3	14	21	38	2	2
Waldorf salad	2¼	8	55	29	92		
Bran bread	1	6	32	62	100	1	5
Butter	½	0	108	0	108		
Golden nectar	3½	1	1	64	66	1	1
Cantaloup	6½	4	0	69	73	5	4
Pecans	½	6	94	9	109	1	2
Yogurt buttermilk	6	24	5	36	65	28	3
Bran	¼	5	3	13	21	1	4
Total		74	372	397	843	47	52
Supper							
Potato soup	4¾	5	16	38	59		
Stuffed tomato	5	10	38	55	103	1	5
Lettuce	1¼	1	1	6	8	2	1
Bran bread toast	1	6	32	62	100	1	5
Butter	¼	0	54	0	54		
Yogurt buttermilk	6	24	5	36	65	28	3
Apple	5½	2	7	88	97	2	3
Bran	¼	5	3	13	21	1	4
Total		53	156	288	507	35	21
Grand total		**186**	**722**	**1158**	**2076**	**137**	**118**

LOW PROTEIN DIET LIST

Fruits: All fruits and fruit juices. Figs, prunes and dates. Chestnuts and litchi nuts. (Avoid other nuts and olives.)

Vegetables: All green vegetables, especially fresh vegetables, greens and salads.

Cereals: Rice, barley and rice flakes.

Miscellaneous: Butter, olive oil, honey, malt sugar, malt honey, malted nuts, buttermilk (one-half pint daily).

Accessories: Bran, agar, laxa and paraffin preparations. Lactodextrin.

When a very low-protein diet is required, as in certain cases of nephritis, the diet must be confined to malt sugar and fruit juices.

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BILL OF FARE FOR ANTITOXIC DIET

Breakfast	Ounces	Calories Pro.	Fat	Carbo.	Total	Per cent of day's ration Lime	Iron
Cantaloup	6½	4	0	69	73	5	4
Stewed raisins	3	6	17	173	196	5	8
Brose	4¼	10	8	36	54	7	20
Cream	2¼	7	111	12	130	7	1
Graham gems	3	27	46	139	212	6	7
Malt honey	2¼	0	0	194	194	2	7
Cereal coffee							
Bran	¼	5	3	13	21	1	4
Total		59	175	636	880	33	56
Dinner							
Vegetable soup with noodles	4¾	3	19	22	44		
Baked sweet potato	6	12	10	188	210	4	5
Buttered asparagus	3	6	94	11	111	3	6
Swiss chard—lemon	3	7	51	9	67	19	15
Cabbage salad	2	4	37	17	58	6	4
Bran bread	2	12	64	124	200	2	10
Butter	½	0	108	0	108		
Yogurt buttermilk	6	24	5	36	65	28	3
Watermelon	8	3	4	76	83	4	5
Bran	¼	5	3	13	21	1	4
Total		76	395	496	967	67	52
Supper							
Okra soup	4¾	2	1	9	12		
Baked cornlet	3	13	91	90	194	1	4
Shredded carrot—lemon	2	3	2	22	27	4	2
Whole wheat bread	2	22	4	112	138	2	6
Butter	½	0	108	0	108		
Blackberries	3	5	8	38	51	2	3
Bran	¼	5	3	13	21	1	4
Total		50	217	284	551	10	19
Grand total		**185**	**787**	**1416**	**2398**	**110**	**127**

ANTITOXIC DIET LIST

Soups: Vegetable soups without cream and bouillons.

Relishes: Tomatoes, celery, lettuce, endive, cucumber, radishes, shredded cabbage, shredded carrots and turnips. Ripe olives, bromose, meltose, meltose with butter. Vegetable and fruit salads without eggs.

Vegetables: All vegetables, especially fresh vegetables, raw and cooked.

Cereals: Brose (scalded oatmeal), cereal flakes, vita-wheat, shredded wheat, granola, macaroni, corn meal, rice, bran.

Breads: Graham at least 24 hours old. Zwieback, dry toast, bran gems, gluten bread.

Beverages: Fruit juices, cereal coffee, malted nuts, malted milk, buttermilk (yogurt, acidophilus).

Fruits: All fresh and cooked fruits. Tomatoes are particularly beneficial.

Desserts: Fruit tapioca, fruit gelatins, fruit ices, fruit purées, fig marmalade, prune marmalade, dates, figs, raisins.

Miscellaneous: Butter, cream, buttermilk, cottage cheese, tofu, nuts, malted nuts, malted milk, protose.

Accessories: Bran, agar, laxa, paralax, paramels and other paraffin preparations, lacto-dextrin.

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BILL OF FARE FOR FEVER DIET

	Ounces	Calories Pro.	Fat	Carbo.	Total	Per cent of day's ration Lime	Iron
7 A. M.							
Rice gruel	4¾	2	1	25	28		1
Malt sugar	1	0	0	100	100	2	9
Cream	2¼	7	111	12	130	7	1
Cream toast	5	25	53	83	161	17	7
Orange juice	2½	0	0	39	39	3	4
Total		34	165	259	458	29	22
9 A. M.							
Milk	6	23	66	35	124	29	3
Lactose	2	0	0	200	200		
11 A. M.							
Savita broth	4¾	1	32	0	33	2	39
Mashed potato	3¼	9	15	61	85	1	9
Spinach purée	3	7	51	9	67	7	23
Grape juice	3¾	0	0	83	83	1	2
Baked custard	3¼	17	45	51	113	14	9
Total		34	143	204	381	25	82
1 P. M.							
Milk	6	23	66	35	124	29	3
Lactose or lacto-dextrin	2	0	0	200	200		
3 P. M.							
Yogurt buttermilk	6	24	5	36	65	28	3
5 P. M.							
Strained vegetable soup	4¾	2	19	17	38		
Barley gruel	4	4	2	31	37	1	5
Malt sugar	1	0	0	100	100	2	9
Lemonade with lactose (2 oz.)	6	0	0	200	200		
Pineapple sherbet	3½	5	2	119	129	2	3
Total		11	23	467	504	5	17
Grand total		**149**	**468**	**1436**	**2056**	**145**	**130**

FEVER DIET LIST

Fruits: Purées and juices of all sorts, especially orange juice, fig and prune marmalades (meltose).

Cereals: Gruel and porridge of all cereals, cereal flakes, granola, graham toast, all dextrinized cereals, granose biscuit, rice biscuit, shredded wheat.

Vegetables: Purées of all vegetables, potato soup, vegetable soup, cream of corn soup, purées of spinach and other greens, vegetable broths.

Miscellaneous: Buttermilk (acidophilus), whey, malt sugar, malt honey, malted nuts, malted milk, Savita broth, gluten gruel (40%), cream gluten gruel, lactose, lacto-dextrin.

Accessories: Bran, (except in typhoid), agar, laxa, paraffin (paramels, paralax, petrolatum, etc.)

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BILL OF FARE FOR PROTEIN-FREE DIET

	Ounces	Calories Pro.	Fat	Carbo.	Total	Per cent of day's ration Lime	Iron
7 A. M.							
Sliced oranges	5	5	3	66	74	7	2
Banana purée	3½	5	6	90	101	1	4
Rice gruel	3½	2	1	25	28		1
Celery	1¼	1	0	4	5	4	1
Meltose with butter	1½	0	94	93	187	1	9
Cereal coffee							
Cream	1	3	49	5	57	3	
Agar							
Total		16	158	283	452	16	17
11 A. M.							
Potato broth	3	3	10	24	37		
Lettuce—lemon	1¼	1	1	6	8	2	1
Loganberry juice	3¾	0	0	87	87		
Fresh peaches	4	4	1	46	51	2	2
Malt sugar	2	0	0	200	200	3	18
Agar							
Total		8	12	363	383	7	21
3 P. M.							
Vegetable bouillon	4¾	12	1	1	14		
String beans	4	5	1	14	20	6	7
Stewed tomatoes	2½	4	1	12	17	1	3
Mustard greens	3	7	51	9	67	59	28
Cantaloup	6½	4	0	69	73	5	4
Apple juice	6	0	0	102	102	1	2
Dates	1¾	4	13	160	177	4	11
Agar							
Total		36	67	367	470	76	55
7 P. M.							
Savora broth	4¾	1	32	0	33	2	39
Swiss chard	3	7	51	9	67	14	15
Fresh peas	4	3	5	66	74	2	2
Blueberry juice	6	0	0	102	102	5	11
Malt sugar	2	0	0	200	200	3	18
Agar							
Total		11	88	377	476	26	85
Grand total		71	320	1390	1781	125	178

PROTEIN-FREE DIET LIST

All fruit juices, peaches, pears, apples, bananas, honey, malt sugar (meltose), malt honey, raisin juice, corn starch, rice gruel, oatmeal water, vegetable broths, lactose, lacto-dextrin, whey. Greens of all sorts, celery, lettuce, tomatoes, ripe olives, litchi nuts.

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BILL OF FARE FOR FATTENING DIET

		Calories				Per cent of day's ration	
Breakfast	Ounces	Pro.	Fat	Carbo.	Total	Lime	Iron
Grapefruit	3¾	3	2	44	49	3	2
Steamed rice with raisins	4½	15	7	171	193	3	6
Malt sugar	2	0	0	200	200	3	18
Cream	2¼	7	111	12	130	7	1
Baked potato	3	9	1	78	88	1	8
Celery	1¼	1	0	4	5	4	1
Bran gems toasted	2	16	67	55	138	2	10
Butter	½	0	108	0	108		
Cereal coffee							
Bran	¼	5	3	13	21	1	4
Total		56	299	577	932	24	50
Dinner							
Cream of pea soup	4¾	12	33	25	70	6	
Mashed potato	3½	9	15	61	85	1	8
Mustard greens	3	7	51	9	67	89	28
Creamed carrots	3¾	9	41	36	86	4	2
Yogurt buttermilk	6	24	5	36	65	28	3
Bran bread	2	12	64	124	200	2	10
Butter	½	0	108	0	108		
Meltose	2½	0		193	193	2	7
Baked apple	4½	1	3	82	86	1	2
Pecans	½	6	94	9	109	1	2
Bran	¼	5	3	13	21	1	4
Total		85	417	588	1090	135	66
Supper							
Savory potato soup	4¾	2	27	20	49	1	35
Cereal flakes	1	11	1	92	104	0	0
Cream	2¼	7	111	12	130	7	1
Whole wheat bread	2	22	4	112	138	2	6
Butter	½	0	108	0	108		
Fresh strawberries	4	15	6	34	55	5	4
Malt sugar	1	0	4	120	124	2	9
Bran	¼	5	3	13	21	1	4
Total		62	264	403	729	18	59
Grand total		**203**	**980**	**1568**	**2751**	**177**	**175**

FATTENING DIET LIST

Fruits: All fruits, but especially dates, figs, avocadoes, ripe olives.

Nuts: All nuts, especially almonds, walnuts, pecans and peanuts, peanut butter, almond cream, malted nuts.

Milk: Certified milk, cream, butter, buttermilk, cottage cheese, cream cheese, clotted cream, malted milk.

Cereals: All cereals, especially rice, granola, zo, vita-bits and other dextrinized cereals, breads, zwieback, mushes, etc.

Vegetables: All vegetables. Potatoes, sweet potatoes, greens.

Miscellaneous: Malt sugar (meltose), lactose, lacto-dextrin.

Accessories: Laxa, agar, paraffin preparations (paralax, paramels, petrolatum).

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BILL OF FARE FOR LAXATIVE DIET

		Calories				Per cent of day's ration	
Breakfast	**Ounces**	**Pro.**	**Fat**	**Carbo.**	**Total**	**Lime**	**Iron**
Orange juice	5	0	0	76	76	6	2
Stewed prunes	3¾	3	1	99	103	2	6
Brose	4¼	10	8	36	54	7	25
Cream	2¼	7	111	12	130	7	1
Bran gems	2	16	67	55	138	1	8
Butter	½	0	108	0	108		
Cereal coffee							
Lettuce	1¼	1	1	6	8	2	1
Total		37	296	284	617	25	43
Dinner							
Tomato soup	4¾	6	22	29	57		1
Baked potato	3	9	1	78	88	1	8
Beet greens	3	7	51	9	67	8	23
String beans	4	5	1	14	20	6	7
Sliced cucumbers	2	2	1	7	10	1	
Cottage cheese	1	20	12	5	37	28	2
Bran bread	2	12	64	124	200	2	10
Butter	½	0	108	0	108		
Apple and date salad	2½	4	8	94	106	2	5
Lemon jelly, whipped cream	3½	1	23	115	139	1	1
Bran	¼	5	3	13	21	1	4
Total		71	294	488	853	50	61
Supper							
Vegetable consommé	4¾	12	1	2	15		
Asparagus on toast	3	14	85	67	166	2	7
Shredded carrots	2	3	2	22	27	5	2
Celery	1¼	1	0	4	5	4	1
Graham bread	2	20	12	104	136	2	10
Butter	½	0	108	0	108		
Pecans	½	6	94	9	109	1	2
Grapes	5	6	16	83	105	4	3
Yogurt buttermilk	6	24	5	36	65	28	3
Bran	¼	5	3	13	21	1	4
Total		91	326	340	757	47	32
Grand total		**199**	**916**	**1112**	**2227**	**122**	**136**

Intermediate of fruit only may be eaten at 11.00 A. M., 5.00 P. M., and just before retiring.

LAXATIVE DIET LIST

All foods rich in cellulose.

Fruits: All fruits, especially fresh figs, dried figs, purple figs (soaked), figs purée, prunes, prune purée, meltose marmalades, tomatoes, berries and nuts.

Cereals: Oatmeal, brose (cooked only 6 to 10 minutes), cracked wheat, whole wheat, cooked bran, bran mush, graham bread, bran bread, bran muffins, shredded wheat, wheat flakes.

Vegetables: Carrots, turnips, rutabagas, parsnips, beets, spinach, dandelion and other greens, string beans, green peas, egg-plant, celery, lettuce, cucumber, radishes, salads, cabbage.

Miscellaneous: Malt sugar (meltose), malt honey, malted nuts, malted milk, buttermilk (acidophilus, yogurt), marmalades.

Accessories: Agar, laxa, paraffin preparations (paramels, paralax, petrolatum, etc.), lacto-dextrin, psyllium seed.

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BILL OF FARE FOR FRUIT REGIMEN

Breakfast	Ounces	Calories Pro.	Fat	Carbo.	Total	Per cent of day's ration Lime	Iron
Tomato broth	4¾	4	1	11	16		1
Grapefruit	3¾	3	2	44	49	3	2
Apple sauce	3½	1	3	72	76	2	3
Steamed figs	2	9	1	148	158	4	4
Lettuce	1¼	1	1	6	8	2	1
Lactose	2	0	0	200	200	0	0
Bran	½	11	6	26	43	2	8
Total		29	14	507	550	13	19
Dinner							
Vegetable bouillon	4¾	4	1	11	16	0	1
Turnip tops	3	7	51	9	67	41	20
Cauliflower	3	2	15	5	22	12	3
Celery	1¼	1	0	4	5	4	1
Strawberry jelly	3	0	0	120	120	1	1
Fruit nectar	6	2	2	96	100	1	1
Dates	1¾	4	13	160	177	4	11
Bran	½	11	6	26	43	2	8
Lactose	2	0	0	200	200	0	0
Total		31	88	631	750	65	46
Supper							
Savita broth	4¾	1	32	0	33	1	39
New beets	2¼	6	1	19	26	2	2
String beans	4	5	1	14	20	6	7
Sliced tomato	4	4	4	18	26	1	3
Pear sauce	4	3	4	93	100	2	2
Apple	5½	2	7	88	97	2	3
Bran	½	11	6	26	43	2	8
Loganberry juice, lactose	5¾	0	0	287	287	3	4
Total		32	55	545	632	19	68
Grand total		**92**	**157**	**1683**	**1932**	**97**	**133**

DIET LIST FOR FRUIT REGIMEN

Fruits: Fresh apples, oranges, grapefruit, dates, figs, raisins, all berries, plums, peaches, cantaloups, watermelon, honeydew melon, osage melon, grapes, apricots, pears, pineapple, cherries, bananas, fruit sauces, fruit juices—orange, lemon, apple, grape, raspberry, blackberry, loganberry, etc.

Vegetables: (1) *Uncooked*—Tomatoes, celery, lettuce, endive, cabbage, cabbage (shredded), radishes.

(2) *Cooked*—Spinach, mustard, turnip tops, dandelion greens, red root, Swiss chard, dock, tomatoes, asparagus, string beans, potato gruel, vegetable broths, Savita broth.

Miscellaneous: Malt sugar, malt honey, fig marmalade, prune marmalade.

Accessories: Bran, laxa, agar, paraffin preparations (paralax, paramels, etc.).

Bran: 2 large tablespoonfuls each meal.

Cereal coffee (unroasted) without cream.

Lacto-dextrin to change the intestinal flora.

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BILL OF FARE FOR RESTORATIVE OR BLOOD-MAKING DIET

Breakfast	Ounces	Calories Pro.	Fat	Carbo.	Total	Per cent of day's ration Lime	Iron
Orange juice	5	0	0	76	76	6	2
Oatmeal with dates (1 oz.)	5	14	17	142	173	5	12
Cream	2¼	7	111	12	130	7	1
Bran bread toast	2	12	64	124	200	2	10
Butter	½	0	108	0	108		
Cereal coffee							
Bran	¼	5	3	13	21	1	4
Total		38	303	367	708	21	29
Dinner							
Savita rice soup	4¾	4	16	33	53	2	39
Scalloped potatoes	4¼	16	57	74	147	2	12
Mustard greens—2 egg yolks	4	25	131	9	165	64	44
Sliced tomatoes	4	4	4	18	26	1	3
Yogurt buttermilk	6	24	5	36	65	28	3
Bran bread	2	12	64	124	200	2	10
Butter	½	0	108	0	108		
Fresh strawberries	4	5	6	34	45	7	7
Malt sugar	1	0	0	100	100	2	9
Bran	¼	5	3	13	21	1	4
Total		95	394	441	930	109	131
Supper							
Lentil soup	4¼	35	19	86	140	3	14
Baked potato	3	9	1	78	88	1	8
Lettuce sandwich	2	12	123	63	198	2	10
Ripe olives	1¼	2	92	7	101	7	9
Raspberries	4	5	0	59	64	8	4
Malt honey	2¼	0	0	194	194	2	7
Bran	¼	5	3	13	21	1	4
Total		68	238	500	806	24	56
Grand total		201	935	1308	2444	154	216

RESTORATIVE OR BLOOD-MAKING DIET LIST

This dietary includes most foods rich in lime and iron salts especially whole grain preparations, graham bread, cracked wheat, oatmeal, browned rice, wheat flakes, shredded wheat, zo, gluten biscuit, gluten mush, gluten bread (40 per cent), beans, lentils, peas, soy beans, to fu, spinach, turnip tops, lettuce, salads, milk, cream, whey, buttermilk, cottage cheese, malt sugar (meltose), malt honey, malted nuts, Savita, vegetable broths, tomatoes, tomato juice, orange juice, lemon juice, egg yolks, nuts of all sorts, dates, figs, raisins.

It is not necessary that the diet should be strictly confined to the above foods, but they should constitute the staples of the dietary, so as to make sure of an abundant supply of vitamins, iron, lime and other food salts. When the hemoglobin is low, the iron and lime content of the food should be doubled until the deficiency is made good; that is, the percentage of the day's ration of these elements should be 200.

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BILL OF FARE FOR REDUCING DIET

Breakfast	Ounces	Calories Pro.	Fat	Carbo.	Total	Per cent of day's ration Lime	Iron
Sliced orange	5	5	3	66	74	7	2
Banana	3½	5	5	90	100	1	4
Bran mush	4¼	18	13	55	86	7	25
Milk (skimmed)	6	24	5	36	65	28	3
Bran bread toast	1	6	32	62	100	1	5
Butter	¼	0	54	0	54		
Celery	1¼	1	0	4	5	4	1
Total		59	112	313	484	48	40
Dinner							
Vegetable bouillon	4¾	12	1	1	14		
Beet greens	3	7	51	9	67	7	22
Jerusalem artichokes	3	8	94	50	152		
Stewed tomatoes	2½	3	1	11	15	1	3
Sliced cucumbers	2	2	1	7	10	1	
Yogurt buttermilk	6	24	5	36	65	28	3
Gluten bread	1	28	12	32	72		
Fresh strawberries	4	5	6	34	45	7	7
Bran	¼	5	3	13	21	1	4
Total		94	174	193	461	45	36
Supper							
Savita broth	4¾	1	32	0	33	2	39
String beans	4	14	58	32	104	7	9
Chopped cabbage-lemon	2	6	2	21	29	4	4
Sliced tomato	4	4	4	18	26	1	3
Graham bread	1	10	6	52	68	1	5
Fresh peaches	4	4	1	46	51	2	2
Bran	¼	5	3	13	21	1	4
Total		44	106	182	332	18	66
Grand total		197	392	688	1277	111	142

REDUCING DIET LIST

Fruits: All fresh, juicy fruits, especially acid and sub-acid fruits, including tomatoes both cooked and raw. Avoid figs, dates, raisins and prunes. Also avoid nuts.

Cereals: Bran mush (bran three parts by measure, rolled oats one part. Cook six minutes). Bran bread toasted, one slice at each meal, or rye bread toasted. Gluten bread (40 per cent), gluten gems, and gluten biscuit instead of ordinary bread. Avoid breakfast foods, flakes and dextrinized cereals.

Vegetables: Most vegetables, especially the artichoke, the Jerusalem artichoke, greens of all sorts, turnips, cabbage, celery, lettuce, cucumber, radish, salsify, Brussels sprouts, and avoid the potato, sweet potato and the dasheen.

Miscellaneous: Whey, cottage cheese, skimmed milk, buttermilk (yogurt, acidophilus), butter (one-half ounce daily), cereal coffee.

Accessories: Laxa, agar, paralax, paramels and other paraffin preparations.

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BASIC DIET

Breakfast	Oz.	Pro.	Fat	Carbo.	Total	Lime	Iron
Orange	5	5	3	66	74	7	2
Steamed Figs	4	10	2	168	180	12	11
Fig Bran Flakes.	1	19	9	62	90	14	.2
Cream	3	8	142	15	165	7	.9
Basic Biscuit	1	3	55	10	68	3.3	11.0
Butter	¼	0	54	0	54		
Total		45	265	321	631	29.7	25.1
Dinner							
Tomato Soup	5	6	24	30	60	0	1.0
Baked Potato	6	18	1	156	175	2	10.0
Spinach	4	10	42	12	64	11	27
Parsnips	4	6	15	60	81	9	5
Lima Beans	4	32	15	100	147	4.4	15.2
Soy Biscuit	1	8	3	3	14	6.3	19.0
Butter	½	0	108	0	108	1.0	1.0
Melon	8	5	0	74	78	5.6	4.4
Total		85	208	435	727	39.3	82.6
Supper							
String Beans	4	4	15	11	30	3.6	2.2
Baked Dasheens..	4	14	2	135	151		
Apple Date Salad	3	5	10	109	124	2.0	5.0
Basic Biscuit	1	3	55	10	68	3.3	11.0
Butter	¼	0	54	0	54		
Milk	8	30	82	46	158	38.4	3.7
Strawberry Jelly.		0	0	120	120	1.0	1.0
Total		56	218	431	705	48.3	22.9
Grand Total		**206**	**691**	**1187**	**2063**	**117.3**	**130.6**

BASIC DIET LIST

Basic biscuit (garbanzo, soy bean, chestnut, taro, almond), potato, sweet potato, dasheen, all green vegetables, all root vegetables, fruits of all sorts except prunes, plums and cranberries, peas, beans, string beans, soy beans, chestnuts, milk, cream, butter and nuts.

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BILL OF FARE FOR FRESH OR RAW DIET

		Calories				Per cent of day's ration	
Breakfast	Ounces	Pro.	Fat	Carbo.	Total	Lime	Iron
Grapefruit	3¾	3	2	44	49	3	2
Banana	3½	5	6	90	101	1	4
Oatmeal (scalded)	4¼	13	11	53	77	3	7
Milk	6	23	66	35	124	28	3
Pecans	1	12	188	18	218	2	4
Celery	2	3	0	8	11	6	2
Bran	¼	5	3	13	21	1	4
Total		64	276	261	601	44	26
Dinner							
Apple juice	6	0	0	102	102	1	2
Chopped cabbage-lemon	2	6	2	21	29	4	4
Sliced tomato	4	4	4	18	26	1	3
Green corn	5½	20	16	126	162	1	8
Fresh strawberries	4	5	6	34	45	7	7
Black figs	2	1	16	173	190	11	13
Almonds	1	24	146	20	190	4	8
Bran	¼	5	3	13	21	1	4
Total		65	193	507	765	30	49
Supper							
Milk	6	23	66	35	124	28	3
Shredded carrots	2	3	2	22	27	2	2
Sliced cucumber	2	2	1	7	10	1	
Radishes	2	3	1	13	17	2	2
Lettuce-lemon	1¼	1	1	6	8	2	1
Dates	2	5	15	183	203	5	11
Walnuts	1	21	164	15	200	4	4
Raspberries	4	5	0	59	64	8	4
Bran	¼	5	3	13	21	1	4
Total		68	253	353	674	53	31
Grand total		197	722	1121	2040	127	106

FRESH OR RAW DIET LIST

Fruits of all sorts and fruit juices.

Lettuce, celery, radish, cucumber, cabbage (uncooked), carrot, turnip, tomato.

Certified milk, whey, buttermilk (yogurt, acidophilus), eggnog (yolks).

Brose (oatmeal scalded), bran brose (oatmeal and bran equal parts, cooked six minutes), green corn (uncooked).

Nuts, especially almonds, hazelnuts or filberts, walnuts and pecans. Malt sugar may be used with acid fruits.

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BILL OF FARE FOR HYPERCHLORHYDRIA

Breakfast	Ounces	Calories Pro.	Fat	Carbo.	Total	Per cent of day's ration Lime	Iron
Olive oil	¼	0	66	0	66		
Cream of wheat	4¼	6	1	42	49	7	5
Cream	2¼	7	111	12	130	7	1
Malt sugar	1	0	4	120	124	2	9
Prune purée	3¾	?	1	99	103	2	6
Bran bread toast	2	12	64	124	200	2	10
Butter	½	0	108	0	108		
Agar							
Total		28	355	397	780	20	34
Dinner							
Olive oil	¼	0	66	0	66		
Lentil soup	4¾	35	19	86	140	3	14
Stuffed potato	3½	9	30	66	105	3	8
Spinach purée	3	7	51	9	67	7	23
Whole wheat toast	2	22	4	112	138	2	6
Butter	½	0	108	0	108		
Yogurt buttermilk	6	24	5	36	65	28	3
Blueberries	2¼	2	3	42	47	1	4
Agar							
Total		99	286	351	736	45	62
Supper							
Olive oil	¼	0	66	0	66		
Cream of potato soup	4¾	12	38	53	103	1	3
Mashed carrots	3	4	4	33	41	7	3
Turnip top purée	3	7	51	9	67	41	20
Graham bread toast	2	20	12	104	136	2	10
Butter	½	0	108	0	108		
Fresh pear	4	3	5	66	74	2	2
Total		46	284	265	595	63	38
Grand total		173	925	1013	2111	128	134

DIET LIST FOR HYPERCHLORHYDRIA

Soups: Plain and cream vegetable soups.

Relishes: Tender celery, lettuce with olive oil, ripe olives.

Entrees: Macaroni and spaghetti (buttered, creamed or with egg sauce), soft cooked eggs (poached or boiled), protose, nuttolene.

Vegetables: Purées of corn, peas, greens, beets, carrots, beans, oyster plant, squash, asparagus, soy beans, potatoes.

Cereals: All flakes, cream of wheat, shredded wheat, oats, cornmeal, hominy, gruels of all kinds, especially gluten, bran.

Breads: Dextrinized breads such as rice biscuit, granose biscuit, browned rice, zwieback, granola, thin crisp toast.

Fruits: Sweet apples, dates, fresh pears, blueberries, very ripe bananas, white cherries, cantaloup, malaga or tokay grapes.

Beverages: Buttermilk with cream, milk and cream, malted milk, malted nuts, Lacto-Dextrin.

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Desserts: Custards (slightly sweetened), ices and sherbets, jellies made with bland fruit juices, ice cream, frozen cream and fluffs made with sub-acid fruits.

Miscellaneous: Pecans, pinenuts, cream, butter, malt honey, with butter, olive oil, bromose, malted nuts, cottage cheese with cream, yogurt cheese.

This dietary should consist of foods which require little mastication and all irritating and stimulating foods should be eliminated.

Accessories: Bran, laxa, colax, agar, paraffin oil, paralax, paramels.

BILL OF FARE FOR ULCER DIET

		Calories				Per cent of day's ration	
Breakfast	**Ounces**	**Pro.**	**Fat**	**Carbo.**	**Total**	**Lime**	**Iron**
Rice gruel	3½	2	1	25	28		1
Soft poached egg yolk	1	18	80	0	98	11	20
Oven baked toast (moistened)	1	10	6	52	68	1	5
Butter	½	0	108	0	108		
Date purée	2	5	15	183	203	5	11
Total		35	210	260	505	17	37
10 A. M.							
Milk 1/3 cream	6	21	143	34	198	26	3
Dinner							
Cream of lentil soup	4¾	44	80	97	221	8	14
Spinach soufflé	3	25	78	146	249	10	10
Carrot purée	3	5	19	31	55	7	3
Oven-baked toast (moistened)	1	10	6	52	68	1	5
Butter	½	0	108	0	108		
Malted milk	1½	20	14	132	166	2	2
Total		104	305	458	867	28	34
4 P. M.							
Milk 1/3 cream	6	21	143	34	198	26	3
Supper							
Potato soup	4¾	5	16	38	59		
Pea purée	3	19	24	52	95	4	11
Rice biscuit	1	9	1	97	107		
Butter	½	0	108	0	108		
Banana purée	3½	5	5	87	97	1	4
Malt sugar	2	0	0	200	200	3	18
Total		38	154	474	666	8	33
Grand total		**219**	**955**	**1260**	**2434**	**105**	**110**

ULCER DIET LIST

Soups: Strained cream soups of vegetables, such as peas, beans, asparagus, potato, corn, rice and oatmeal.

Vegetables: Purées of vegetables such as spinach, peas, asparagus, beets, carrots, corn, celery, and eggplant, mashed or baked potato.

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Cereals: Rice flakes, wheat flakes, cream of wheat, granola, soft buttered toast, cream gluten mush, rice and gruels of all kinds.

Breads: Toasted bread, granose and rice biscuit.

Beverages: Malted nuts, malted milk, cream and milk, acidophilus buttermilk, with cream, unsweetened eggnog (made with yolks only).

Fruits: Banana purée, date purée, baked sweet apple, baked banana, avocado.

Desserts: Frozen cream, unsweetened custards, and jellies made from bland fruit juices.

Miscellaneous: Olive oil, butter, cream, soft cooked eggs, cottage cheese with cream, yogurt cheese.

Accessories: Agar, bran, paraffin oil, Lacto-Dextrin.

BILL OF FARE FOR MODIFIED ULCER DIET

		Calories				Per cent of day's ration	
Breakfast	Ounces	Pro.	Fat	Carbo.	Total	Lime	Iron
Olive oil	¼	0	66	0	66		
Oatmeal	5	11	9	50	70	2	6
Cream	2¼	7	111	12	130	7	1
Banana purée	3½	5	6	90	101	1	4
Soft poached egg	1½	23	40	0	63	4	12
Graham toast	2	20	12	104	136	2	10
Cereal coffee							
Agar							
Total		6	244	256	566	6	33
Dinner							
Olive oil	¼	0	66	0	66		
Cream of rice soup	4¾	11	40	16	67	23	2
Baked potato	3	9	1	78	88	1	8
Carrot purée	3	4	4	33	41	7	4
Beet green purée	3	7	51	9	67	8	23
Yogurt buttermilk, 1/3 cream	6	22	102	35	159	28	3
Bran bread toast	2	12	64	124	200	2	10
Butter	½	0	108	0	108		
Baked sweet apple	4¼	1	3	82	86	1	3
Agar							
Total		66	439	377	882	70	53
Supper							
Olive oil	¼	0	66	0	66		
Gluten mush	5½	18	2	81	100	1	13
Date purée	2	5	15	183	203	5	11
Cottage cheese	2	40	25	10	75	56	4
Blueberries	2¼	2	3	42	47	1	4
Whole wheat bread toast	2	22	4	112	138	2	6
Butter	½	0	108	0	108		
Total		87	223	428	738	65	38
Grand total		**219**	**906**	**1061**	**2186**	**151**	**124**

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BILL OF FARE FOR HYPOCHLORHYDRIA

		Calories				Per cent of day's ration	
Breakfast	Ounces	Pro.	Fat	Carbo.	Total	Lime	Iron
Grapefruit	3¾	3	2	44	49	3	2
Steamed rice	4	13	1	113	127		2
Tomato sauce	3	6	54	20	80	1	3
Lettuce	1¼	1	1	6	8	2	1
Granose biscuit	1	14	2	84	100		
Butter	¼	0	54	0	54		
Cereal coffee							
Bran	¼	5	3	13	21	1	4
Total		42	117	280	439	7	12
Dinner							
Savita rice soup	4¾	4	16	33	53	2	39
Stuffed potato	3½	9	30	66	105	3	8
Carrots	3	4	4	33	41	7	3
Green corn	2¾	9	8	59	76	1	4
Celery	1¼	1	7	4	5	4	1
Yogurt buttermilk	6	24	5	36	65	28	3
Bran bread toast	2	12	64	124	200	1	3
Butter	¼	0	54	0	54		
Fresh strawberries	4	5	6	34	45	7	7
Malt sugar	2	0	0	200	200	3	18
Bran	¼	5	3	13	21	1	4
Total		73	190	602	865	57	90
Supper							
Protose broth	4¾	12	1	1	14		
Breaded tomatoes	3½	7	15	32	54	1	3
Wax beans	4	5	1	14	20	6	7
Cottage cheese	2	40	25	10	75	56	4
Butter	¼	0	54	0	54		
Whole wheat bread toast	2	22	4	112	138	2	6
Orange jelly	3	0	0	120	120	1	
Bran	¼	5	3	13	21	1	4
Total		91	103	302	496	67	24
Grand total		**206**	**410**	**1184**	**1800**	**131**	**126**

DIET LIST FOR HYPOCHLORHYDRIA

Soups: Clear vegetable broths and cream vegetable soups.

Relishes: Ripe olives, celery, lettuce, endive and watercress.

Entrees: Macaroni, spaghetti and soft cooked eggs.

Vegetables: Baked, mashed or stuffed potatoes, asparagus tips, tender string or wax beans, spinach finely chopped, new peas, beets purée, tomatoes, corn, carrots and purée of navy and lima beans.

Cereals: Flakes, zo, granola, cream of wheat, shredded wheat, rolled oats, oatmeal with bran, hominy grits, rice and cornmeal mush.

Breads: Dry toast (whole wheat, bran, graham), zwieback, graham wafers, soda, butter or water crackers.

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Fruits: All fresh and cooked fruits. Acid fruits are especially indicated.

Beverages: Malted nuts, malted milk, acidophilus buttermilk, minute brew and health cocoa.

Desserts: Custards, tapioca, gelatines, fruit fluffs, simple cakes, ices and sherbets.

Miscellaneous: Avoid pickles, condiments and confectionery, also an excess of fat and rich heavy foods and all meats and meat broths and extracts.

Those who have little or no hydrochloric acid should masticate their food thoroughly. An abundance of fresh fruits should be used. Simply prepared and easily digested foods should make up the dietary and not too great a variety indulged in at one meal. The intestinal flora must be changed and the protective flora kept dominant by the frequent or constant use of lactose or lacto-dextrin. Take acidone at each meal.

BILL OF FARE FOR ACHYLIA GASTRICA

		Calories				Per cent of day's ration	
Breakfast	Ounces	Pro.	Fat	Carbo.	Total	Lime	Iron
Orange juice	5	0	0	76	76	6	8
Baked apple	4¼	1	3	82	86	1	2
Malt sugar	2	0	0	200	200	3	18
Brose	4¼	10	8	36	54	7	25
Cream	2¼	7	111	12	130	7	1
Graham bread toast	2	20	12	104	136	2	9
Lettuce-lemon	1¼	1	1	6	8	2	1
Bran	¼	5	3	13	21	1	4
Total		44	138	529	711	29	68
Dinner							
Tomato soup	4¾	6	22	29	57		1
Mashed potato	3¼	9	15	61	85	1	9
Asparagus tips	1¾	4	15	5	24	2	3
Yogurt buttermilk	6	24	5	36	65	28	3
Celery	1¼	1	0	4	5	4	1
Bran bread toast	2	12	64	124	200	2	10
Pear	4	3	5	66	74	3	2
Bran	¼	5	3	13	21	1	4
Total		64	129	338	531	41	33
Supper							
Savita broth	4¾	1	32	0	33	1	39
Cottage cheese	2	40	25	10	75	56	4
Sliced tomatoes	4	4	4	18	26	1	3
Bran biscuits	1	20	23	56	99		
Steamed rice	4	13	1	113	127		2
Cream	2¼	7	111	12	130	7	1
Grapes	5	6	16	83	105	4	3
Bran	¼	5	3	13	21	1	4
Malt sugar	2	0	0	200	200	3	18
Total		96	215	505	816	73	74
Grand total		204	482	1372	2058	143	175

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DIET LIST FOR ACHYLIA

Soups: Plain vegetable soups and purées.

Relishes: Celery, lettuce, endive and watercress.

Entrées: Soft cooked eggs, macaroni, spaghetti, protose and nuttolene.

Vegetables: Irish potatoes, peas, navy, lima, kidney, soy, wax and green beans, tomatoes, greens of all kinds, egg plant, carrots, squash, corn, beets, artichokes and asparagus.

Cereals: Rice, shredded wheat, brose, farina, rolled oats, cereal flakes, bran and other cereal preparations, with breads.

Fruits: All fresh and cooked fruits.

Beverages: Fruit juices, malted milk, malted nuts, minute brew, cocoa, buttermilk and yogurt buttermilk.

Desserts: Gelatin custards, ices, sherbets, plain cakes and tapioca.

Miscellaneous: Cottage cheese, yogurt cheese, meltose (malt honey), honey, butter and cream in restricted quantities.

Accessories: Bran, agar, and paraffin preparations should be used regularly with each meal, also acid protein (acidone) when free acid is wholly absent or nearly so.

The food must be thoroughly masticated and the dietary kept laxative by the use of bulky foods such as fresh fruits, vegetables and greens. Acid fruits should be freely used, also fruit juices. The intestinal flora should be changed frequently by the use of lactose or lacto-dextrin. Take acidone at each meal.

DIGESTIBILITY OF FOODSTUFFS AND TIME REQUIRED FOR THEIR DIGESTION

Both the digestibility of foodstuffs and the time required for their digestion depend much upon the condition and the manner in which they are eaten and the quantity of material taken at one time. The amount of material absorbed from the digested food depends largely upon the amount of cellulose or roughage present. Indigestible material hastens the foodstuffs along the alimentary tract and thus lessens the amount absorbed. The amount of food material lost in this manner, however, is of little consequence compared with the importance of the prompt dismissal of unusable food residues, for the accomplishment of which a considerable amount of roughage is highly essential. Even in the case

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of foods which contain considerable cellulose, such as legumes, nuts and some fruits, digestion and absorption are satisfactorily performed provided the foodstuffs are thoroughly chewed or well comminuted before eaten.

The following table shows the degree of digestibility of various foodstuffs as determined by various authorities (Tibbles):

Source of Nutriment	Protein Digested Per cent.	Protein Calories Per ounce	Carbohydrate Digested Per cent.	Carbohydrate Calories Per ounce	Fat Digested Per cent.	Fat Calories Per ounce
Foods in mixed diet	92	114.00	97	114	95	253.0
Animal foods in mixed diet	97	121.00	98	108	95	253.0
Vegetable foods in mixed diet	84	90.00	97	114	90	237.5
Meat and fish	97	121.25	98	108	95	252.5
Eggs	97	123.75	98	108	95	255.6
Milk, cheese and other dairy products	97	121.25	98	108	95	250.0
Cereals and sugar	85	109.37	98	116	90	237.5
Legumes, dried	78	97.00	97	115	90	237.5
Fruits	85	95.00	90	102	90	237.5
Vegetables	83	88.00	95	113	90	237.5

Digestibility of Fruits and Nuts.

The following table (Tibbles) shows the digestibility of fruits and nuts in various combinations:

	Food digested—Per cent. Protein	Fat	Carbohydrate
Olives, grapes, tomatoes	44.43	67.76	95.84
Brazil nuts, grapes	84.17	91.20	95.06
Brazil nuts, wheat flakes	85.44	84.32	97.45
Walnuts, grapes, wheat flakes	79.76	89.48	97.18
Peanuts, persimmons, wheat flakes and milk	86.80	88.70	91.22
Walnuts, pears, milk and wheat flakes	84.10	91.41	96.98
Cocoanut and pears	75.12	91.27	97.44
Walnuts, figs, apples	70.79	88.22	97.85
Peanuts, dates, apples	78.14	83.29	97.16
Pecans, dates, apples	76.16	91.53	97.78
Walnuts, raisins, apples	80.70	87.10	98.28

Dr. Beaumont's Digestion Table

The following table presents the principal facts shown by Beaumont in his experiments upon St. Martin in relation to the time required for the gastric digestion of various foodstuffs named:

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		h. m.
Rice	boiled	1:00
Sago	"	1:45
Tapioca	"	2:00
Barley	"	2:00
Milk	"	2:00
"	raw	2:15
Gelatin	boiled	2:30
Tripe, soused	"	1:00
Brains, animal	"	1:45
Venison, steak	broiled	1:35
Spinal marrow, animal	boiled	2:45
Turkey, domesticated	roasted	2:30
" "	boiled	2:25
Goose, wild	roasted	2:30
Pig, sucking	"	2:30
Liver, beef's, fresh	broiled	2:00
Lamb, fresh	"	2:30
Chicken, full grown	frica'd	2:45
Eggs, fresh	h'd bld.	3:30
" "	soft bld.	3:00
" "	fried	3:30
" "	roasted	2:15
" "	raw	2:00
" whipped	"	1:30
Custard	baked	2:45
Codfish, cured dry	boiled	2:00
Trout, salmon, fresh	"	1:30
" " "	fried	1:30
Bass, striped "	broiled	3:00
Flounder "	fried	3:30
Catfish "	"	3:30
Salmon, salted	boiled	4:00
Oysters, fresh	raw	2:55
" "	roasted	3:15
" "	stewed	3:30
Beef, fresh, lean, rare	roasted	3:00
" steak	broiled	3:00
" with salt only	boiled	3:36
"	fried	4:00
" old, hard, salted	boiled	4:15
Pork, steak	broiled	3:15
" fat and lean	roasted	5:15
" recently salted	boiled	4:30
" " "	fried	4:15
" " "	broiled	3:15
" " "	raw	3:00
" " "	stewed	3:00
Mutton, fresh	roasted	3:15
" "	boiled	3:00
Veal, fresh	broiled	4:00
" "	fried	4:30
Fowls, domestic	boiled	4:00
" "	roasted	4:00
Ducks, domesticated	"	4:00
" wild	"	4:30
Suet, beef, fresh	boiled	5:30
" mutton	"	4:30
Butter	melted	3:30

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		h. m.
Cheese, old, strong	raw	3:30
Soup, beef, veg. and br'd	boiled	4:00
" marrow bones	"	4:15
" bean	"	3:00
" barley	"	1:30
" mutton	"	3:30
Green corn and beans	"	3:45
Chicken soup	"	3:00
Oyster soup	"	3:30
Hash, meat and veg	warmed	2:30
Sausage, fresh	broiled	3:20
Heart, animal	fried	4:00
Tendon	boiled	5:30
Cartilage	"	4:15
Aponeurosis	"	3:00
Beans, pod	"	2:30
Bread, wheat, fresh	baked	3:30
" corn	"	3:15
Cake "	"	3:00
" sponge	"	2:30
Dumpling, apple	boiled	3:00
Apples, sour, hard	raw	2:50
" " mellow	"	2:00
" sweet, "	"	1:30
Parsnips	boiled	2:30
Carrot, orange	"	3:15
Beets	"	3:45
Turnips, flat	"	3:30
Potatoes, Irish	"	3:30
" "	baked	2:30
Cabbage, head	raw	2:30
"	boiled	4:30

The Time Required for Gastric Digestion

Within recent years numerous observers have renewed the study of the time required for gastric digestion by the aid of modern methods of research. The following table (Tibbles) shows the results of the most recent and reliable investigations:

Kind of Food	Quantity of Food	Time in which the Food left the Stomach
Beef	3½ ounces of raw beef	2 hours
	" of half-boiled beef	2½ "
	" of boiled beef	3 "
	" of half-roasted beef	3 "
	" of roasted beef	4 "
Mutton	3½ " of raw mutton	2 "
	" of half-boiled mutton	2½ "
	" of boiled mutton	3 "
	" of half-roasted mutton	3 "
	" of roasted mutton	4 "
Veal	3½ " of raw veal	2½ "
	" of boiled veal	3¾ "
	" of roasted veal	5 "
Pork	3½ " of raw pork	3 "
	" of boiled pork	4½ "
	" of roast pork	6 "
Sweetbread	9½ " of cooked sweetbread	2¾ "

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Kind of Food	Quantity of Food	Time in which the Food left the Stomach
Chicken	8¼ " of cooked chicken	3 to 4 hours
Ham	6 " of boiled ham	3 to 4 "
Tongue	9 " of smoked tongue	4 to 5 "
Goose	9 " of roast goose	4 to 5 "
Fish	7½ " of salt fish	4 "
	7½ " of fresh fish	2½ "
Oysters	10 raw oysters	2½ to 3 "
Eggs	2 lightly boiled eggs	1¾ "
	2 raw eggs	2¼ "
	2 poached eggs + 5 grammes of butter	2½ "
	2 hard-boiled eggs	3 "
	2 eggs in omelet	3 "
Milk	½ pint of raw milk	4 "
	" of boiled milk	3 "
	1 " of raw milk	3½ "
	1 " of skimmed milk	3½ "
	1 " of sour milk	3 "
	1 " of boiled milk	4 "
Bread	2½ ounces of white bread	2 "
	5⅓ " of white bread	3 "
	5⅓ " of brown bread	4 "
Rice	5½ " of boiled rice	3½ "
Barley	2½ " " barley	3½ "
Tapioca	1⅔ " " tapioca	2¾ "
Lentils	5⅓ " " lentils, mashed	4 "
Dried peas	7½ " " peas or beans	4½ "
French beans	7½ " " beans	4½ "
Potatoes	5⅓ " " potato	2 to 2½ "
Carrots	5⅓ " " carrots	3½ "
Cabbage	5⅓ " " cabbage	4 "
Cauliflower	5⅓ " " cauliflower	2¾ to 3 "
Spinach	5⅓ " " spinach	3 "
Radishes	5⅓ " of raw radishes	4 "
Apples	5⅓ " of ripe apples	3¼ "
	5⅓ " of unripe apples	4 to 6 "
Cherries	3½ " of ripe cherries	2 to 3 "

In the use of the above table, it should be remembered that the times given relate wholly to gastric digestion. The time required for the total digestion and absorption of the average meal and the transmission of the indigestible residues into the colon, is eight hours. The digestibility of foodstuffs and the time required for digestion are now known to be of much less importance than formerly supposed. Some of the most unwholesome foods are digested the most quickly. That the bill of fare shall be sufficient in amount and properly balanced and of such character as to maintain a normal, non-putrefactive flora in the intestine, are the matters of primary consequence.

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Percentage Composition of Foodstuffs and Energy Value (Calories) per Ounce*

(The letters E. P. stand for edible portion and A. P. for as purchased.)

	Protein		Fat		Carbo.		Total	Lime	Iron
		Cal.		Cal.		Cal.	Cal.		
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
Acorns, E. P.	8.1	9.2	37.4	95.4	48.0	54.4	159.0	...	....
A. P.	5.2	5.9	24.1	61.5	30.9	35.0	102.4	...	....
Acorn kernel	4.2	4.8	.5.4	13.8	54.6	61.9	80.5	...	....
Almonds, E. P.	21.0	23.8	54.9	139.9	17.3	19.6	183.3	.335	.0039
A. P.	11.5	13.0	30.2	77.0	.9.5	10.8	100.8	...	....
Apples, E. P.	.4	.5	.5	1.3	14.2	16.1	17.9	.010	.0003
A. P.	.3	.3	.3	.8	10.8	12.2	13.3	...	....
dried, A. P.	1.6	1.8	2.2	5.6	66.1	75.0	82.4	.045	.0015
crab, canned, A. P.	.3	.3	2.4	6.1	54.4	61.7	68.1	...	....
juice	...	...	...	....	15.0	17.0	17.0	.011	.0002
sauce, canned, A. P.	.2	.2	.8	2.0	37.2	42.2	44.4	...	....
Apricots, E. P.	1.1	1.2	...	....	13.4	15.2	16.4	.020	.0003
A. P.	1.0	1.1	...	....	12.6	14.3	15.4	.018	....
dried, A. P.	4.7	5.3	1.0	2.6	62.5	70.9	78.8	.092	.0014
canned, A. P.	.9	1.0	...	....	17.3	19.6	20.6	...	....
sauce, canned, A. P.	1.9	2.2	1.3	3.3	48.8	55.3	60.8	...	....
Artichokes, A. P.	2.6	2.9	.2	.5	16.7	18.9	22.3	...	....
canned, A. P.	.8	.9	...	....	5.0	5.7	6.6	...	....
Asparagus, fresh, A. P.	1.8	2.0	.2	.5	3.3	3.7	6.2	.035	.0010
canned, A. P.	1.5	1.7	.1	.3	2.8	3.2	5.2	.040	.0010
Avocado	2.2	2.5	17.3	44.1	4.4	5.0	51.6	...	....
Banana, E. P.	1.3	1.5	.6	1.5	22.0	24.9	27.9	.013	.0006
A. P.	.8	.9	.4	1.0	14.3	16.2	18.1	.010	.0006
Bacon, smoked, E. P.	10.5	11.9	64.8	165.2	...	...	177.1	.008	.0015
A. P.	9.5	10.8	59.4	151.5	...	...	162.3	.007	.0014
Barley meal and flour	10.5	11.9	2.2	5.6	72.8	82.6	100.1	.060	.0041
entire	9.0	10.2	1.6	4.1	66.8	75.8	90.1	.060	.0040
pearled	8.5	9.6	1.1	2.8	77.8	88.2	100.6	.028	.0020
Bass, black, whole	20.6	23.4	1.7	4.3	...	...	27.7	.031	.0008
Bean, adzuki	21.0	23.8	.7	1.8	56.7	64.3	89.9	...	....
baked, canned, A. P.	6.9	7.8	2.5	6.4	19.6	22.2	36.4	.067	.0021
butter, green	4.7	5.3	.3	.8	14.6	16.6	22.7	...	....
dried, A. P.	22.5	25.5	1.8	4.6	59.6	67.6	97.7	.224	.0070
frijoles, A. P.	21.9	24.8	1.3	3.3	65.1	73.8	101.9	...	....
little green, canned, A. P.	1.2	1.4	.1	.3	3.4	3.9	5.6	...	....
haricots, verts, canned, A. P.	1.1	1.2	.1	.3	2.5	2.8	4.3	...	....
jack	23.8	27.0	2.6	6.6	50.4	57.2	90.8	...	....
red kidney, dried, A. P.	7.0	7.9	.2	.5	18.5	21.0	29.4	.198	.0072
lima, dried	18.1	20.5	1.5	3.8	65.9	74.7	99.0	.100	.0070
lima, fresh, A. P.	3.2	3.6	.3	.8	9.9	11.2	15.6	.039	.0020
lima, fresh, E. P.	7.1	8.1	.7	1.8	22.0	25.0	34.9	.078	.0040
lima, canned, A. P.	4.0	4.5	.3	.8	14.6	16.6	21.9	...	....
mesquite, dry, A. P.	12.2	13.8	2.5	6.4	77.1	87.4	107.6	...	....
and pod, mesquite	13.0	14.7	3.1	7.9	46.7	53.0	75.6	...	....
mung	23.8	27.0	2.0	5.1	54.8	62.1	94.2	...	....
soup, homemade, A. P.	3.2	3.6	1.4	3.6	9.4	10.7	17.9	...	....
soy	39.5	44.8	18.5	47.2	17.7	20.1	112.1	...	....
string, cooked, E. P.	.8	.9	1.1	2.8	1.9	2.2	5.9	...	....
string, fresh, E. P.	2.3	2.6	.3	.8	7.4	8.4	11.8	.065	.0011
string, fresh, A. P.	2.1	2.4	.3	.8	6.9	7.8	11.0	.065	.0011
string, canned, A. P.	1.1	1.2	.1	.3	3.8	4.3	5.8	.035	.0003
wax, canned, A. P.	1.0	1.1	.1	.3	3.1	3.5	4.9	...	....
Beechnut, E. P.	21.9	24.8	57.4	146.4	13.2	15.3	186.5	...	....
A. P.	13.0	14.7	34.0	86.7	7.8	8.8	110.2	...	....
Beef, brisket, med. fat, E. P.	15.8	17.9	28.5	72.8	...	...	90.7	.012	.0024

* This table is compiled from Bulletin No. 28 of the U. S. Agricultural Department, Sherman's Chemistry of Foods and other authoritative sources.

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	Protein		Fat		Carbo.		Total	Lime	Iron
		Cal.		Cal.		Cal.	Cal.		
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
A. P.	12.0	13.6	22.3	56.9	...	...	70.5	.009	.0018
chuck, av. E. P.	19.2	21.8	15.4	39.3	...	...	61.1	.015	.0029
A. P.	15.8	17.9	12.5	31.9	...	...	49.8	.012	.0024
corned, av. E. P.	15.6	17.7	26.2	66.8	...	...	84.5	.012	.0023
A. P.	14.3	16.2	23.8	60.7	...	...	76.9	.011	.0021
cross ribs, av. E. P.	15.9	18.0	28.2	71.9	...	...	89.9	.012	.0024
A. P.	13.8	15.6	24.8	63.2	...	...	78.8	.011	.0021
dried, salted and smoked, E. P.	30.0	34.1	6.5	16.6	.4	.5	51.2	.023	.0045
smoked, A. P.	26.4	29.9	6.9	17.6	...	...	47.5	.020	.0040
flank, lean E. P.	20.8	23.6	11.3	28.8	...	...	52.4	.016	.0031
A. P.	20.5	23.2	11.0	28.1	...	...	51.3	.016	.0031
forequarter, lean E. P.	18.9	21.4	12.2	21.1	...	...	52.5	.014	.0028
A. P.	14.7	16.7	9.5	24.2	...	...	40.9	.011	.0023
forequarter, med. fat A. P.	14.5	16.4	17.5	44.6	...	...	61.0	.011	.0022
fore shank, E. P.	22.0	24.9	6.1	15.6	...	...	40.5	.017	.0033
A. P.	14.0	15.9	3.9	9.9	...	...	25.8	.011	.0021
heart, E. P.	16.0	18.1	20.4	52.0	1.0	1.1	71.2	.012	.0024
A. P.	14.8	16.8	24.7	66.0	.9	1.0	80.8	.011	.0022
hindquarter lean, E. P.	20.0	22.7	13.4	34.2	...	...	56.9	.015	.0030
A. P.	16.7	18.9	11.2	28.6	...	...	47.5	.013	.0025
hindquarter, med. fat, A. P.	15.4	17.5	18.3	46.7	...	...	64.2	.012	.0023
hind shank, lean, E. P.	21.1	24.8	5.4	13.8	...	...	38.6	.016	.0032
A. P.	9.1	10.3	2.2	5.6	...	...	15.9	.007	.0014
hind shank, fat, E. P.	20.4	23.1	18.8	47.9	...	...	71.0	.016	.0031
A. P.	9.9	11.2	9.1	23.2	...	...	34.4	.008	.0015
juice, A. P.	4.9	5.6	.6	1.5	...	...	7.1	...	....
kidney, E. P.	16.6	18.8	4.8	12.2	.4	.5	31.5	.013	.0025
liver, E. P.	20.4	23.1	4.5	11.5	1.7	1.9	36.5	.016	.0031
loin, E. P.	19.7	22.3	12.7	32.4	...	...	54.7	.015	.0030
A. P.	17.1	19.4	11.1	28.3	...	...	47.7	.013	.0026
loin steak, cooked, E. P.	23.5	26.6	20.4	52.0	...	...	78.6	.018	.0035
neck, lean, A. P.	15.1	17.1	5.9	15.0	...	...	32.1	.012	.0023
E. P.	21.4	24.3	8.4	21.4	...	...	45.7	.016	.0032
neck, med. fat E. P.	20.1	22.8	16.5	42.1	...	...	64.9	.015	.0030
A. P.	14.5	16.4	11.9	30.3	...	...	46.7	.011	.0022
plate, lean, E. P.	15.6	17.7	18.8	47.9	...	...	65.6	.012	.0023
A. P.	13.0	14.7	15.5	39.5	...	...	54.2	.010	.0020
porterhouse steak E. P.	21.9	24.8	20.4	52.0	...	...	76.8	.017	.0033
A. P.	19.1	21.7	17.9	45.6	...	...	67.3	.015	.0029
rib rolls, lean A. P.	20.2	22.9	10.5	26.8	...	...	49.7	.015	.0030
ribs, lean E. P.	19.6	22.2	12.0	30.6	...	...	52.8	.015	.0029
A. P.	15.2	17.2	9.3	23.7	...	...	40.9	.012	.0023
ribs, fat, E. P.	15.0	17.0	35.6	90.8	...	...	107.8	.012	.0023
A. P.	12.7	14.4	30.6	78.0	...	...	92.4	.010	.0019
roast, A. P.	22.3	25.3	28.6	72.9	...	...	98.2	.017	.0033
round, lean, E. P.	21.3	24.2	7.9	20.1	...	...	44.3	.016	.0032
A. P.	19.5	22.1	7.3	18.6	...	...	40.7	.015	.0029
round, free from visible fat	23.2	26.3	2.5	6.4	...	...	32.7	.018	.0035
round, med. fat A. P.	19.0	21.5	12.8	32.6	...	...	54.1	.015	.0029
round steak, lean, cooked A. P.	27.6	31.3	7.7	19.6	...	...	50.9	.021	.0041
rump, lean, E. P.	20.9	23.7	13.7	34.9	...	...	58.6	.016	.0031
A. P.	19.1	21.7	11.0	28.1	...	...	49.8	.015	.0029
rump, fat, E. P.	16.8	19.1	35.7	91.0	...	...	110.1	.013	.0025
A. P.	12.9	14.6	27.6	70.4	...	...	85.0	.010	.0019
shoulder and clod lean, A. P.	16.4	18.6	4.4	11.2	...	...	29.8	.013	.0025
shoulder and clod med. fat A. P.	16.4	18.6	9.8	25.0	...	...	43.6	.013	.0025
side, lean E. P.	19.3	21.9	13.2	33.7	...	...	55.6	.015	.0029
A. P.	15.5	17.6	10.6	27.0	...	...	44.6	.012	.0023
sirloin steak E. P.	18.9	21.4	18.5	47.2	...	...	68.6	.014	.0028
A. P.	16.5	18.7	16.1	41.1	...	...	75.9	.013	.0025
sweet breads, canned A. P.	20.2	22.9	9.5	24.2	...	...	47.1	.015	.0030
sweet breads A. P.	16.8	19.1	12.1	30.9	...	...	50.0	.013	.0025
tenderloin A. P.	16.2	18.4	24.4	62.2	...	...	80.6	.012	.0024
tongue E. P.	18.9	21.4	9.2	23.5	...	...	44.9	.014	.0028

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	Protein		Fat		Carbo.		Total	Lime	Iron
		Cal.		Cal.		Cal.	Cal.		
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
A. P.	14.1	16.0	6.7	17.1	...	...	33.1	.011	.0021
Beets, cooked E. P.	2.3	2.6	.1	.3	7.4	8.4	11.3	...	....
fresh E. P.	1.6	1.8	.1	.3	9.7	11.0	13.1	.041	.0006
Blackberries A. P.	1.3	1.5	1.0	2.6	10.9	12.4	16.5	.024	.0006
canned A. P.	.8	.9	2.1	5.4	56.4	64.0	70.3	...	....
juice (canned)	...	...	...	....	26.6	30.3	30.3	...	....
Blackfish E. P.	18.7	21.2	1.3	3.3	...	...	24.5	.028	.0007
A. P.	7.4	8.4	.7	1.8	...	...	10.2	.011	.0003
Blueberries, fresh	.6	.7	.6	1.5	16.6	18.8	21.0	.028	.0009
canned A. P.	.6	.7	.6	1.5	12.8	14.5	16.7	...	....
juice (canned)	...	...	...	....	16.6	18.9	18.9	...	....
Bluefish, E. P.	19.4	22.0	1.2	3.1	...	...	25.1	.029	.0008
A. P.	10.0	11.3	.6	1.5	...	...	12.8	.015	.0004
Bouillon, canned, A. P.	2.2	2.5	.1	.3	.2	.2	3.0	.050	.0012
cooked, A. P.	2.1	2.4	3.3	8.4	2.2	2.5	13.3	.050	.0012
soup, cream of, canned, A. P.	2.5	2.8	3.2	8.2	5.5	6.2	17.2	.040	.0010
Branola	12.0	13.6	2.1	5.4	68.0	77.7	96.7	.097	.0054
Bran, corn	9.7	11.0	5.7	14.5	62.4	70.8	96.3	...	....
rye	12.2	13.8	2.8	7.1	56.6	64.2	85.1	.250	.0140
wheat	12.5	14.2	3.0	7.7	41.6	47.2	69.1	.168	.0181
Brazil nuts, E. P.	17.0	19.3	66.3	170.3	7.0	7.9	197.5	...	....
A. P.	8.6	9.8	33.7	85.9	3.5	4.0	99.7	...	....
Bread, biscuit, homemade, A. P.	8.7	9.9	2.6	6.6	55.3	62.7	79.2	.130	.0012
biscuit, soda, A. P.	9.3	10.5	13.7	34.9	52.6	59.6	94.5	.150	.0014
biscuit, white, A. P.	8.0	9.1	1.4	3.6	54.3	61.6	74.3	.130	.0012
bran	8.8	10.0	2.4	6.0	54.6	62.0	78.0	...	....
brown, A. P.	5.4	6.1	1.8	4.6	47.1	53.4	64.1	.180	.0030
corn (johnnycake) A.P.	7.9	9.0	4.7	12.0	46.3	52.5	73.5	.013	.0009
gluten	26.0	29.0	2.0	5.0	29.0	32.0	66.0	...	....
graham, A. P.	8.9	10.1	1.8	4.6	52.1	59.1	73.8	.070	.0025
milk, A. P.	9.6	10.9	1.4	3.6	51.1	57.9	72.4	...	....
rolls, French, A. P.	8.5	9.6	2.5	6.4	55.7	63.2	79.2	.024	.0010
rolls, plain, A. P.	9.7	11.0	4.2	10.7	59.9	67.9	89.6	.028	.0010
rolls, vienna, A. P.	8.5	9.6	2.2	5.6	56.5	64.1	79.3	.036	.0010
rolls, water, A. P.	9.0	10.2	3.0	7.7	54.2	61.5	79.4	.036	.0010
rye, A. P.	9.0	10.2	.6	1.5	53.2	60.3	72.0	.034	.0016
rye (black) A. P.	9.6	10.9	.6	1.5	48.9	55.5	67.9	.036	.0018
rye (whole) A. P.	11.9	13.5	.6	1.5	35.9	40.7	55.7	.040	.0022
toasted	11.5	13.0	1.6	4.1	61.2	69.4	86.5	.036	.0011
wholewheat	9.7	11.0	.9	2.3	49.7	56.4	69.7	.070	.0016
white, homemade	9.1	10.3	1.6	4.0	53.3	60.4	74.7	.038	.0009
white, vienna	9.4	10.7	1.2	3.1	54.1	61.3	75.1	.036	.0010
zwieback	9.8	11.1	9.9	25.2	73.5	83.3	119.6	.040	.0011
Bromose, nut	18.3	20.8	27.5	70.1	57.1	42.1	133.0	.038	.0021
Brussels sprouts, canned, A. P.	1.5	1.7	.1	.3	3.4	3.9	5.9	.038	.0011
Buckwheat	10.8	12.2	2.5	6.4	62.2	70.5	89.1	.036	....
flour	6.4	7.3	1.2	3.1	77.9	88.3	98.7	.055	.0012
Buns, hotcross	7.9	9.0	4.8	12.2	49.7	56.4	77.6	.024	.0007
Butter, A. P.	1.0	1.1	85.0	216.8	...	...	217.9	.021	.0002
Buttermilk, A. P.	3.0	3.4	.5	1.3	4.8	5.4	10.1	.147	.0003
Butternuts, E. P.	27.9	31.6	61.2	156.1	3.5	4.0	191.7	...	....
A. P.	3.8	4.3	8.3	21.2	.5	.6	26.1	...	....
Cabbage, E. P.	1.6	1.8	.3	.8	5.6	6.4	9.0	.063	.0011
Chinese	1.2	1.4	...	....	1.4	1.6	3.0	...	....
curly, A. P.	4.1	4.6	.6	1.5	6.2	7.0	13.1	..	....
sprouts, E. P.	4.7	5.3	1.1	2.8	4.3	4.9	18.3	.148	.0018
Cake, chocolate, layer, A. P.	6.2	7.0	8.1	20.7	64.1	72.7	110.4	...	....
coffee, A. P.	7.1	8.1	7.5	19.1	63.2	71.7	98.9	...	....
cup cake, A. P.	5.9	6.7	9.0	23.0	68.5	77.7	107.4	...	....
drop, A. P.	7.6	8.6	14.7	37.5	60.3	68.4	114.5	...	....
frosted, A. P.	5.9	6.7	9.0	23.0	64.8	73.5	103.2	...	....
fruit, A. P.	5.9	6.7	10.9	27.8	64.1	72.7	107.2	...	....
gingerbread, A. P.	5.8	6.6	9.0	23.0	63.5	72.0	101.6	...	....
sponge, A. P.	6.3	7.1	10.7	27.3	65.9	74.7	109.1	...	....
cookies, molasses, A. P.	7.2	8.2	8.7	22.2	75.7	85.8	116.2	...	....
gingersnaps, A. P.	6.5	7.4	8.6	21.9	76.0	86.2	115.5	...	....
Calf's foot jelly, A. P.	4.3	4.9	...	....	17.4	19.7	24.6	...	....
Cantaloup, E. P.	.6	.7	...	....	9.3	10.5	11.2	.024	.0003

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	Protein		Fat		Carbo.		Total	Lime	Iron
		Cal.		Cal.		Cal.	Cal.		
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
Capon, cooked, E. P.	27.0	30.6	11.5	29.3	...	...	59.9	.020	.0040
Carrots, fresh, E. P.	1.1	1.2	.4	1.0	9.3	10.5	12.7	.078	.0006
Cashew nut, E. P.	9.7	11.0	47.1	120.1	5.9	6.7	137.8	...	....
Cassava, dried, A. P.	2.8	3.2	.5	1.3	84.1	95.4	99.9	...	....
sweet, A. P.	1.1	1.2	.2	.5	30.2	34.2	35.9	...	....
Cauliflower, A. P.	1.8	2.0	.5	1.3	4.7	5.3	8.6	.172	.0006
Celery, E. P.	1.1	1.2	.1	.3	3.3	3.7	5.2	.109	.0005
soup, canned, cream of, A. P.	2.1	2.4	2.8	7.1	5.0	5.7	15.2	...	....
Cerealine, A. P.	9.6	10.9	1.1	2.8	78.3	88.8	102.5	.015	.0011
Chard, Swiss	3.2	3.6	.6	1.5	5.0	5.7	10.8	.210	.0025
Cheese, American									
pale, A. P.	28.8	32.7	35.9	91.5	.3	.3	124.5	1.303	.0013
American Red, A. P.	29.6	33.6	38.3	97.7	...	...	131.3	....	....
cottage, A. P.	20.9	23.7	1.0	2.6	4.3	4.9	31.2	.300	....
full cream, A. P.	25.9	29.4	33.7	85.9	2.4	2.7	118.0	...	....
cheddar, A. P.	27.7	31.4	36.8	93.8	4.1	4.6	129.8	...	....
Fromage de Brie, A. P.	15.9	18.0	21.0	53.6	1.4	1.6	73.2	...	....
limburger, A. P.	23.0	26.1	29.4	75.0	.4	.5	101.6	...	....
Neuchatel, A. P.	18.7	21.2	27.4	69.9	1.5	1.7	92.8	...	....
pineapple, A. P.	29.9	33.9	38.9	99.2	2.6	2.9	136.0	...	....
roquefort, A. P.	22.6	25.6	29.5	75.2	1.8	2.0	102.8	...	....
partly skimmed milk, A. P.	25.4	28.8	29.5	75.2	3.6	4.1	108.1	...	....
skimmed milk, A. P.	31.5	35.7	16.4	41.8	2.2	2.5	80.8	...	....
Swiss, A. P.	27.6	31.3	34.9	89.0	1.3	1.5	121.8	...	....
Cherries, E. P.	1.0	1.1	.8	2.0	16.7	18.9	22.0	.027	.0004
A. P.	.9	1.0	.8	2.0	15.9	18.0	21.0	...	....
canned, A. P.	1.1	1.2	.1	.3	21.1	23.9	25.4	...	....
jelly, A. P.	1.1	1.2	...	....	77.2	87.5	88.7	...	....
juice, A. P.	.3	.3	...	....	4.6	5.2	5.5	...	.0003
Chestnuts, fresh, E. P.	6.2	7.0	5.4	13.8	42.1	47.7	68.5	.048	.0007
A. P.	5.2	5.9	4.5	11.5	35.4	40.1	57.5	...	....
dried, E. P.	10.7	12.1	7.0	17.9	74.2	84.1	114.1	...	....
A. P.	8.1	9.2	5.3	13.5	56.4	64.0	86.7	...	....
Chicken, broilers, E. P.	21.5	24.4	2.5	6.4	...	...	30.8	.016	.0032
fricasseed, E. P.	17.6	20.0	11.5	29.3	2.4	2.7	52.0	.013	.0026
gumbo, canned, A.P.	3.8	4.3	.9	2.3	4.7	5.3	11.9	...	....
sandwich, canned, A. P.	20.8	23.6	30.0	76.5	...	...	100.1	.016	.0031
soup canned, A. P.	3.6	4.1	.1	.3	1.5	1.7	6.1	...	....
soup, homemade, E. P.	10.5	11.9	.8	2.0	2.4	2.7	16.6	...	....
Chinese cabbage	1.2	1.4	...	....	1.4	1.6	3.0	...	....
Chinquapin, E. P.	10.9	12.4	.7	1.8	73.8	83.7	97.9	...	....
Chocolate	12.9	14.6	48.7	124.2	30.3	34.4	173.2	.129	.0027
Clams, long, fresh, E. P.	8.6	9.8	1.0	2.6	2.0	2.3	14.7	.174	....
Clam chowder, homemade, A. P.	1.8	2.0	.8	2.0	6.7	7.6	11.6	...	....
round, canned, A. P.	10.5	11.9	.8	2.0	3.0	3.4	17.3	.148	....
Cocoanut, E. P.	5.7	6.5	50.6	129.0	27.9	31.6	167.1	.034	....
A. P.	2.9	3.3	25.9	65.9	14.3	16.2	85.4	...	....
prepared, A. P.	6.2	7.1	57.4	146.4	31.5	35.7	189.2	.083	....
Cod, dressed, A. P.	11.1	12.6	.2	.5	...	...	13.1	.015	.0004
salt, E. P.	25.4	28.8	.3	.8	...	...	29.6	.038	.0010
salt (boneless) E. P.	27.3	31.0	.3	.8	...	...	31.8	.041	.0011
whole, E. P.	16.5	18.7	.4	1.0	...	...	19.7	.015	.0004
Collards, E. P.	4.5	5.1	.6	1.5	6.3	7.1	13.7	...	....
Consomme, canned, A. P.	2.5	2.8	...	....	.4	.5	3.3	...	....
Corn, green, sweet, E. P.	3.1	3.5	1.1	2.8	19.7	22.3	28.6	.008	.0008
green, canned, A. P.	2.8	3.2	1.2	3.1	19.0	21.5	27.8	...	....
soup, cream of, canned, A. P.	2.3	2.8	1.9	4.8	7.8	8.8	16.4	...	....
bran	9.7	11.0	5.7	14.5	62.4	70.8	96.3	...	....
mature	10.1	11.5	5.0	12.8	70.9	80.4	104.7	.030	.0029
flour	7.1	8.1	1.3	3.3	78.4	88.9	100.3	...	....
meal, granular	9.2	10.4	1.9	4.8	75.4	85.5	100.7	.025	.0009
unbolted	8.4	9.5	4.7	12.0	74.0	83.9	105.4	...	....
oil	...	...	100.0	255.0	...	...	255.0	...	....
parched	11.5	13.0	8.4	21.4	72.3	82.0	164.0	...	....
soft	7.4	8.4	3.8	9.7	56.0	63.5	81.6	...	....
sweet, mature	11.5	13.0	7.9	20.1	67.2	76.2	109.3	...	.0008
syrup	...	...	...	....	83.5	94.7	94.7	..	....

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	Protein		Fat		Carbo.		Total	Lime	Iron
		Cal.		Cal.		Cal.	Cal.		
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
Cornstarch	...	...	..	....	90.0	102.1	102.1	...	....
Cottolene	...	...	100.0	255.0	...	...	255.0	...	....
Cottonseed, A. P.	19.5	22.1	19.0	48.5	24.9	28.2	98.8	...	....
meal, A. P.	44.1	50.0	9.1	23.2	25.0	28.4	101.6	.371	....
Cow peas, dry	21.4	24.3	1.4	3.6	60.8	69.1	97.0	.150	....
Crabs, hardshell									
whole, E. P.	16.6	18.8	2.0	5.1	1.2	1.4	25.3	...	....
canned, A. P.	15.8	17.9	1.5	3.8	.7	.8	22.5	...	....
Crackers, Boston, A. P.	11.0	12.5	8.5	21.7	71.1	80.6	114.8	...	....
butter, A. P.	9.6	10.9	10.1	25.8	71.6	81.2	117.9	...	....
cream, A. P.	9.7	11.0	12.1	30.9	69.7	79.0	120.9	...	....
egg, A. P.	12.6	14.3	14.0	35.7	66.6	75.5	125.5	...	....
flatbread, A. P.	14.9	16.9	.5	1.3	73.6	83.5	101.7	.027	.0015
graham, A. P.	10.0	11.3	9.4	24.0	73.8	83.7	119.0	.055	.0057
oatmeal, A. P.	11.8	13.4	11.1	28.3	69.0	78.2	119.9	.090	.0027
oyster, A. P.	11.3	12.8	10.5	26.8	70.5	79.9	119.5	.032	.0017
saltines, A. P.	10.6	12.0	12.7	32.4	68.5	77.7	122.1	.030	.0016
soda, A. P.	9.8	11.1	9.1	23.2	73.1	83.9	117.2	.028	.0015
water, A. P.	10.7	12.1	8.8	22.4	71.9	81.5	116.0	.030	.0016
Cranberries, A. P.	.4	.5	.6	1.5	9.9	11.2	13.2	.025	.0006
Cream	2.5	2.8	18.5	47.2	4.5	5.1	55.1	.120	.0002
Cucumbers, E. P.	.8	.9	.2	.5	3.1	3.5	4.9	.022	.0002
Currants A. P., fresh	1.5	1.7	...	....	12.8	14.5	16.2	.036	.0005
Zante, dried, A. P.	2.4	2.7	1.7	4.3	74.2	84.1	91.1	.115	.0025
Dandelion greens	2.4	2.7	1.0	2.6	10.6	12.0	17.3	.147	.0027
Dasheens	3.0	3.4	.2	.5	29.8	33.8	37.7	...	....
Dates, dried, A. P.	1.9	2.2	2.5	6.4	70.6	80.1	88.7	.091	.0030
dried, E. P.	2.1	2.4	2.8	7.1	78.4	88.9	98.4	.100	.0036
Doughnuts	6.7	7.6	21.0	53.6	53.1	60.2	121.4	...	....
Eels, E. P.	18.6	21.1	9.1	23.2	...	...	44.3	.013	.0003
Eggs, uncooked, A. P.	11.9	13.5	9.3	23.7	...	...	37.2	.094	.0030
uncooked, E. P.	13.4	15.2	10.5	26.8	...	...	42.0	.094	.0030
boiled, E. P.	13.2	15.0	12.0	30.6	...	...	45.6	.093	.0030
boiled whites, E. P.	12.3	13.9	.2	.5	...	...	14.4	.021	.0001
boiled yolks, E. P.	15.7	17.8	33.3	84.9	...	...	103.2	.192	.0086
poached	13.2	15.0	12.0	30.6	...	...	45.6	.093	.0030
Eggplant, E. P.	1.2	1.4	.3	.8	5.1	5.8	8.0	.015	.0005
Endive	1.0	1.1	.1	.3	3.0	3.4	4.8	.146	....
Farina	11.0	12.5	1.4	3.6	76.3	86.5	102.6	.029	.0008
Fig, fresh, E. P.	1.5	1.7	...	....	18.8	21.3	23.0	.074	.0008
dried, A. P.	4.3	4.9	.3	.8	74.2	84.1	89.8	.227	.0030
stewed, A. P.	1.2	1.4	.3	.8	40.9	46.4	48.6	.080	.0009
Filbert, E. P.	15.6	17.7	65.3	166.5	13.0	14.7	198.9	...	.0040
A. P.	7.5	8.5	31.3	79.8	6.2	7.0	95.3	...	....
Flaxseed	22.6	25.6	33.7	85.9	23.2	26.3	137.8	.238	....
Flounder, A. P.	5.4	6.1	.3	.8	...	...	6.9	.008	.0002
E. P.	14.2	16.1	.6	1.5	...	...	17.6	.021	.0006
Flour, gluten, pure	81.2	92.1	.6	1.5	16.6	18.8	112.4	.234	.0340
gluten, 40%	42.5	48.2	1.0	2.6	42.5	48.2	99.0	.094	.0136
buckwheat	6.4	7.3	1.2	3.1	77.9	88.3	98.7	.015	.0012
rye	6.8	7.7	.9	2.3	78.7	89.2	99.2	.025	.0013
wheat, entire graham	13.8	15.6	1.9	4.8	71.9	81.5	101.9	.050	.0025
wheat, straight, grade	10.8	12.2	1.1	2.8	74.8	84.8	99.8	.028	.0015
wheat, average, high and medium	11.4	12.9	1.0	2.3	75.1	85.2	100.4	.025	.0015
Fowls, E. P.	19.3	21.9	16.3	41.6	...	...	63.5	.015	.0029
A. P.	13.7	15.5	12.3	31.4	...	...	46.9	.011	.0021
Frankforts, sausage, A. P.	19.6	22.2	18.6	47.4	1.1	1.2	70.8	.015	.0029
Frog's legs, E. P.	15.5	17.6	.2	.5	...	...	18.1	.027	....
Garlic	6.8	7.7	.1	.3	27.9	31.6	39.6	...	....
Gelatin	91.4	103.6	.1	.3	...	...	103.9	...	....
Gluten bread	26.0	29.0	2.0	5.0	29.0	32.0	66.0	...	....
Goose, young, E. P.	16.3	18.5	36.2	92.3	...	...	110.8	.012	.0024
Granola	13.7	15.6	1.0	2.6	73.8	83.8	102.0	.054	.0060
Grapes, E. P.	1.3	1.5	1.6	4.1	19.2	21.8	27.4	.024	.0003
A. P.	1.0	1.1	1.2	3.1	14.4	16.3	20.5	...	....
butter, A. P.	1.2	1.4	.1	.3	58.5	66.3	68.0	...	....
ground, A. P.	2.8	3.2	.6	1.5	60.5	68.6	73.3	...	....
juice	...	...	...	....	20.9	23.8	23.8	.015	.0003
Grapefruit	.6	.7	.1	.3	12.2	13.8	14.8	.029	.0003
Greens, beet, cooked	2.2	2.5	3.4	8.7	3.2	3.6	14.8	...	....
dandelion, A. P.	2.4	2.7	1.0	2.6	10.6	12.0	17.3	.147	.0027
turnip salad, A. P.	4.2	4.8	.6	1.5	6.3	7.1	13.4	.500	....

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	Protein		Fat		Carbo.		Total	Lime	Iron
		Cal.		Cal.		Cal.	Cal.		
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
Haddock, E. P.	17.2	19.5	.3	.3	...	...	20.3	.026	.0007
A. P.	8.4	9.5	.2	.5	...	...	10.0	.013	.0003
Halibut, A. P.	15.3	17.4	4.4	11.2	...	...	28.6	.023	.0006
steak, E. P.	18.6	21.1	5.2	13.3	...	...	34.4	.013	.0003
Ham, fresh lean, E. P.	25.0	28.4	14.4	36.7	...	...	65.1	.019	.0038
A. P.	24.8	28.1	14.2	36.2	...	...	64.3	.019	.0037
fresh med., E. P.	15.3	17.4	28.9	73.7	...	...	91.1	.016	.0023
A. P.	13.5	15.3	25.9	66.0	...	...	81.3	.010	.0020
smoked, lean, E. P.	19.8	22.5	20.8	53.0	...	...	75.5	.015	.0030
A. P.	17.5	19.8	18.5	47.2	...	...	67.0	.013	.0026
Hazelnut	8.0	9.1	28.5	72.7	11.5	13.0	94.8	.002	.0041
Herring, E. P.	19.5	22.1	7.1	18.1	...	...	40.2	.029	.0008
A. P.	11.2	12.7	3.9	9.9	...	...	22.6	.017	.0004
smoked, E. P.	36.9	41.8	15.8	40.3	...	...	82.1	.055	.0015
A. P.	20.5	23.2	8.8	22.4	...	...	45.6	.031	.0008
Hickory nuts, E. P.	15.4	17.5	67.4	171.9	11.4	12.9	202.3	...	....
A. P.	5.8	6.6	25.5	65.0	4.3	4.9	76.5	...	....
Hominy	8.3	9.4	.6	1.5	79.0	89.6	100.5	.015	.0009
cooked	2.2	2.5	.2	.5	17.8	20.2	23.2	...	....
pearled	7.8	8.8	3.3	8.4	76.1	86.3	103.5	...	....
Honey, A. P.	.4	.5	...	....	81.2	92.1	92.6	.006	.0007
Huckleberries, fresh, E. P.	.6	.7	.6	1.5	16.6	18.8	21.0	.028	.0009
canned	.6	.7	.6	1.5	12.8	14.5	16.7	...	....
Julienne, canned, A. P.	2.7	3.1	...	....	.5	.6	3.7	...	....
Kaffir corn, A. P.	6.6	7.5	3.8	9.7	70.6	80.1	97.3	...	....
Kaoliang grain, A. P.	10.5	11.9	4.3	11.0	71.9	81.5	104.4	...	....
Kohlrabi, E. P.	2.0	2.3	.1	.3	5.5	6.2	8.8	.108	.0006
Koumiss	2.8	3.2	2.1	5.4	5.4	6.1	14.7	...	....
Lamb breast, E. P.	19.1	21.7	23.6	60.2	...	...	81.9	.015	.0029
A. P.	15.4	17.5	19.1	48.7	...	...	66.2	.012	.0023
chops broiled, E. P.	21.7	24.6	29.9	76.2	...	...	100.8	.017	.0033
forequarter, E. P.	18.3	20.8	25.8	65.8	...	...	86.6	.014	.0027
A. P.	14.9	16.9	21.0	53.6	...	...	70.5	.011	.0022
hindquarter, E. P.	19.6	22.2	19.1	48.7	...	...	70.9	.015	.0029
A. P.	16.5	18.7	16.1	41.1	...	...	59.8	.013	.0025
leg roast	19.7	22.3	12.7	32.4	...	...	54.7	.015	.0030
side, E. P.	17.6	20.0	23.1	58.9	...	...	78.9	.013	.0026
A. P.	14.1	16.0	18.7	47.7	...	...	63.7	.011	.0021
loin, E. P.	18.7	21.2	28.3	72.2	...	...	93.4	.014	.0028
Lard, refined	...	...	100.0	255.0	...	...	255.0	...	....
Leeks, E. P.	1.2	1.4	.5	1.3	5.8	6.6	9.3	.081	....
Lemons, E. P.	1.0	1.1	.7	1.8	8.5	9.6	12.5	.050	.0006
A. P.	.7	.8	.5	1.3	5.9	6.7	8.8	...	....
juice	...	...	...	....	9.8	11.1	11.1	.033	....
Lentils, A. P.	25.7	29.1	1.0	2.6	59.2	67.1	98.8	.150	.0086
Lettuce, E. P.	1.2	1.4	.3	.8	2.9	3.3	5.5	.060	.0007
A. P.	1.0	1.1	.2	.5	2.5	2.8	4.4	.050	.0010
Litchi nut, E. P.	2.9	3.3	2.1	5.4	77.5	87.9	91.7	...	....
A. P.	1.7	1.9	.1	.3	45.2	51.3	53.5	...	....
Linseed meal, A. P.	36.9	41.8	2.9	7.4	36.3	41.2	91.4	.578	....
Liver beef, E. P.	20.4	23.1	4.5	11.5	1.7	1.9	36.5	.016	.0031
veal, E. P.	19.0	21.5	5.3	13.5	...	...	35.0	.015	.0029
Lobster, fresh, E. P.	16.4	18.6	1.8	4.6	.4	.5	23.7	...	....
whole, A. P.	5.9	6.7	.7	1.8	.2	.2	8.7	...	....
canned, A. P.	18.1	20.5	1.1	2.8	.5	.6	23.9	...	....
Loganberry juice, com.	.2	.2	...	....	30.9	35.0	35.2	...	....
Macaroni	13.4	15.2	.9	2.3	74.1	84.0	101.5	.031	.0012
cooked	3.0	3.4	1.5	3.8	15.8	17.9	25.1	...	....
Macaroons	6.5	7.4	15.2	38.8	65.2	73.9	120.1	...	....
Mackerel, A. P.	10.2	11.6	4.2	10.7	...	...	22.3	.015	.0004
E. P.	18.7	21.2	7.1	18.1	...	...	39.3	.022	.0007
salt, E. P.	21.1	23.9	22.6	57.6	...	...	81.5	.032	.0008
salt, A. P.	16.2	18.5	17.4	44.4	...	...	62.9	.025	.0007
Malt	18.0	20.4	3.7	9.4	60.6	68.7	98.5	.060	.0040
Malted nuts	23.7	26.9	27.6	71.2	43.9	49.9	148.0	...	....
Mango, E. P.	.6	.7	...	....	10.0	11.5	12.0	.030	....
Maple syrup	...	...	...	....	71.7	81.3	81.3	.150	.0030
Marmalade (orange peel)	.6	.7	.1	.3	84.5	95.8	96.8	...	....
Meat stew, homemade, A.P.	4.6	5.2	4.3	11.0	5.5	6.2	22.4	...	....
Milk	3.3	3.7	4.0	10.2	5.0	5.7	19.6	.168	.0002
condensed, sweetened	8.2	10.0	8.3	21.2	54.1	61.3	92.5	.420	.0006
cond., unsweetened	9.6	10.9	9.3	23.7	11.2	12.7	47.3	.504	.0007
skimmed	3.4	3.9	.3	.8	5.1	5.8	10.5	.171	.0002

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	Protein		Fat		Carbo.		Total Cal.	Lime	Iron
	Per cent	Cal. Per oz.	Per cent	Cal. Per oz.	Per cent	Cal. Per oz.	Per oz.	Per cent	Per cent
skimmed, dried	36.6	41.5	4.2	10.7	25.8	29.3	81.5	1.760	.0025
woman's	1.5	1.7	3.5	8.9	7.0	8.0	18.6	.044	.0005
ewe's	6.5	7.4	6.9	17.6	4.9	5.6	30.6	.290	....
mare's	2.0	2.3	1.1	2.8	5.9	6.7	11.8	.116	....
sow's	5.9	6.7	6.7	17.1	5.4	5.1	29.9	...	....
Millet	8.3	9.4	2.8	7.1	44.3	50.2	66.7	.020	....
Mincemeat, com.	6.7	7.6	1.4	3.6	60.2	68.3	79.5	...	....
Molasses	2.4	2.7	...	....	69.3	78.6	81.3	.295	.0073
Mock turtle, canned, E. P.	5.2	5.9	.9	2.3	2.8	3.2	14.5	...	....
Mulberry	.3	.3	...	....	14.4	16.3	16.6	...	....
Mullet, whole, E. P.	19.5	22.1	4.6	11.7	...	...	33.8	.029	.0008
Mulligatawny, canned, A.P.	3.7	4.2	.1	.3	5.7	6.5	11.0	...	....
Mushrooms, A. P.	3.5	4.0	.4	1.0	6.8	7.7	12.7	.024	....
Muskmelon, E. P.	.6	.7	...	....	9.3	10.5	11.2	.024	.0003
A. P.	.3	.3	...	....	4.6	5.2	5.5	...	....
Mussels, fresh, E. P.	8.7	9.9	1.1	2.8	4.1	4.6	17.3	...	....
Mutton, forequarter, E. P.	15.6	17.7	30.9	78.8	...	...	96.5	.016	.0023
A. P.	12.3	13.9	24.5	62.5	...	...	76.4	.009	.0018
hindquarter, E. P.	16.7	18.9	28.1	71.7	...	...	90.6	.013	.0025
A. P.	13.8	15.6	23.2	59.2	...	...	74.8	.011	.0021
leg, hind, lean, E. P.	19.8	22.3	12.4	31.6	...	...	53.9	.015	.0030
leg, A. P.	16.5	18.7	10.3	26.3	...	...	45.0	.013	.0025
cooked, leg roast	25.0	28.3	22.6	57.6	...	...	85.9	.019	.0038
loin, E. P.	16.0	18.1	33.1	84.4	.8	.9	103.4	.012	.0024
side, A. P.	13.0	14.7	24.0	61.2	...	...	75.9	.010	.0020
E. P.	16.2	18.4	29.8	76.0	...	...	94.4	.012	.0024
Nectarines, E. P.	.6	.7	...	....	15.9	18.0	18.7	...	....
A. P.	.6	.7	...	....	14.8	16.8	17.5	...	....
Nuttolene	14.5	16.5	25.2	64.3	6.1	6.9	87.7	.043	.0039
Oats	12.4	14.1	4.4	11.2	59.6	67.6	92.9	...	....
rolled	16.7	18.9	7.3	18.6	66.2	75.1	112.6	.097	.0038
Oatmeal	16.1	18.3	7.2	18.4	67.5	76.5	113.2	.097	.0038
boiled	2.8	3.2	.5	1.3	11.5	13.0	17.5	.022	.0006
gruel	1.2	1.4	.4	1.0	6.3	7.1	9.5	.010	.0003
water	.7	.8	.1	.3	2.9	3.3	4.4	.006	.0002
Okra, E. P.	1.6	1.8	.2	.5	7.4	8.4	10.7	.099	....
A. P.	1.4	1.6	.2	.5	6.5	7.4	9.5	...	....
tomato, canned, A. P.	1.1	1.2	.3	.8	5.2	5.9	7.9	...	....
canned, A. P.	.7	.8	.1	.3	3.6	4.1	5.2	...	....
Oleomargarine, A. P.	1.2	1.4	83.0	211.7	...	...	213.1	...	....
Olives, green, E. P.	1.1	1.2	27.6	70.4	11.6	13.2	84.8	.171	.0029
A. P.	.8	.9	20.2	51.5	8.5	9.6	62.0	...	....
oil	...	...	100.0	255.0	...	...	255.0	...	....
ripe, A. P.	1.4	1.6	21.0	53.6	3.5	4.0	59.2	...	....
E. P.	1.7	1.9	25.9	66.0	4.3	4.9	72.8	...	....
Onions, A. P.	1.4	1.6	.3	.8	8.9	10.1	12.5	...	....
E. P.	1.6	1.8	.3	.8	9.9	11.2	13.8	.048	.0006
cooked, A. P.	1.2	1.4	1.3	4.6	4.9	5.6	11.6	.045	.0004
green, E. P.	1.0	1.1	.1	.3	11.2	12.6	14.0	.040	.0003
Oranges, E. P.	.8	.9	.2	.5	11.6	13.2	14.6	.063	.0002
A. P.	.6	.7	.1	.3	8.5	9.6	10.6	...	....
juice	...	...	...	....	13.3	15.1	15.1	.041	.0002
Oxtail soup, canned, A. P.	3.8	4.3	.5	1.3	4.2	4.8	10.4	...	....
Oysters, fresh, E. P.	6.2	7.0	1.2	3.0	3.7	4.2	14.2	.073	.0045
canned, A. P.	8.8	10.0	2.4	6.1	3.9	4.4	20.5	...	....
in shell, A. P.	1.2	1.4	.2	.5	.7	.8	2.7	...	....
Pawpaw	5.2	5.9	.9	2.3	6.8	7.7	15.9	...	....
Paradise nuts, E. P.	22.2	25.2	62.6	159.6	10.2	11.6	196.4	...	....
Parsnips, E. P.	1.6	1.8	.5	1.3	13.5	15.3	18.4	.083	.0006
A. P.	1.3	1.5	.4	1.0	10.8	12.2	14.7	...	....
Peas, dried, A. P.	24.6	27.9	1.0	2.6	62.0	70.3	100.8	.118	.0057
green, E. P.	7.0	7.9	.5	1.3	16.9	19.2	20.5	.039	.0017
green, cooked, E. P.	6.7	7.6	3.4	8.7	14.6	16.6	32.9	...	....
green, sugar, E. P.	3.4	3.9	.4	1.0	13.7	15.5	20.4	...	....
cowpeas, dry, A. P.	21.4	24.3	1.4	3.6	60.8	68.9	96.8	.140	....
green, canned, A. P.	3.6	4.1	.2	.5	9.8	11.1	15.7	...	....
Pea meal	23.8	27.0	1.4	3.6	55.7	63.2	93.8	.140	.0056
soup, canned, A. P.	3.6	4.1	.7	1.8	7.6	8.6	14.5	...	....
soup, cream of green canned, A. P.	2.6	2.9	2.6	6.9	5.7	6.5	16.3	...	....
Peaches, E. P.	.7	.8	.1	.3	9.4	10.7	11.8	.022	.0003
A. P.	.5	.6	.1	.3	7.7	8.7	9.6	...	....

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	Protein		Fat		Carbo.		Total	Lime	Iron
		Cal.		Cal.		Cal.	Cal.		
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
canned, E. P.	.7	.8	.1	.3	10.8	12.2	13.3	...	....
dried	1.9	2.2	.3	.8	25.4	28.9	31.9	.048	.0012
Peanuts, E. P.	25.8	29.3	38.6	98.4	24.4	27.7	155.4	.100	.0020
A. P.	19.5	22.1	29.1	74.2	18.5	21.0	117.3	...	....
butter	29.0	33.0	45.9	117.0	16.7	19.0	169.0	.100	.0020
cake (whole nuts)	47.6	54.0	8.0	20.4	23.7	26.9	101.3	...	....
Pears, E. P.	.6	.7	.5	1.3	14.1	16.0	18.0	.021	.0003
A. P.	.5	.6	.4	1.0	12.7	14.4	16.0	...	....
canned, E. P.	.3	.3	.3	.8	18.0	20.4	21.5	...	....
dried, A. P.	2.8	3.2	2.2	5.6	72.9	82.7	91.5	...	....
juice	...	...	...	....	22.6	25.6	25.6	.013	....
Pecans, unpolished, E. P.	9.6	10.9	70.5	179.8	15.3	17.4	208.1	.105	.0026
A. P.	5.1	5.8	37.9	96.6	8.2	9.3	111.7	...	....
Persimmons, E. P.	.8	.9	.7	1.8	31.5	35.7	38.4	.031	....
Pickerel, pike (whole) E. P.	18.7	21.2	.5	1.3	...	...	22.5	.028	.0007
Pickles, cucumber, A. P.	.5	.6	.3	.8	2.7	3.1	4.5	...	....
Pie, apple, A. P.	3.1	3.5	9.8	25.0	42.8	48.5	77.0	...	....
custard, A. P.	4.2	4.8	6.3	16.1	26.1	29.6	50.5	...	....
mince, A. P.	5.8	6.6	12.3	31.5	38.1	43.2	81.3	.040	....
Pineapple, E. P.	.4	.5	.3	.8	9.7	11.0	12.3	.025	.0005
canned, E. P.	.4	.5	.7	1.8	36.4	41.3	43.6	...	....
Pine nuts (Pignolias) E.P.	33.9	38.4	49.4	126.0	6.9	7.8	172.2	...	....
(Pinon) E. P.	14.6	16.6	61.9	157.9	17.3	19.6	194.1	...	....
A. P.	8.7	9.9	36.8	93.8	10.2	11.6	115.3	...	....
Pistachios, E. P.	22.3	25.3	54.0	137.7	16.3	18.5	181.5	...	....
Plums, E. P.	1.0	1.1	...	....	20.1	22.8	23.9	.028	.0005
A. P.	.9	1.0	...	....	19.1	21.7	22.7	...	....
Pomegranates, E. P.	1.5	1.7	1.6	4.1	19.5	22.1	27.9	.015	.0004
Pompano (whole) E. P.	18.8	21.3	7.5	19.1	...	...	40.4	.028	.0008
Pop corn	10.7	12.1	5.0	12.8	78.7	89.2	114.1	...	....
Pork chops, med. E. P.	16.6	18.8	30.1	76.8	...	...	95.6	.013	.0025
A. P.	13.4	15.2	24.2	61.7	...	...	76.9	.010	.0020
chuck ribs and shoulder, E. P.	17.3	19.6	31.1	79.3	...	...	98.9	.013	.0026
A. P.	14.1	16.0	25.5	65.0	...	...	81.0	.011	.0021
fat, salt, A. P.	1.9	2.2	86.2	219.8	...	...	222.0	.002	.0003
loin chops, fat, E. P.	14.5	16.4	44.4	113.2	...	...	129.6	.011	.0022
side, E. P.	9.1	10.3	55.3	141.0	...	...	151.3	.007	.0014
A. P.	8.0	9.1	49.0	125.0	...	...	134.1	.006	.0012
tenderloin, A. P.	18.9	21.4	13.0	33.2	...	...	54.6	.014	.0028
salt, lean, ends, E. P.	8.4	9.5	67.1	171.1	...	...	180.6	.007	.0013
sausage, bologna, E. P.	18.7	21.2	17.6	44.9	...	...	66.1	.014	.0028
steak, cooked, A. P.	19.9	22.6	45.4	115.8	...	...	138.4	.015	.0030
Potatoes, raw, E. P.	2.2	2.5	.1	.3	18.4	20.9	23.7	.020	.0013
A. P.	1.8	2.0	.1	.3	14.7	16.7	19.0	...	....
evaporated, A. P.	8.5	9.6	.4	1.0	80.9	91.7	102.3	.064	.0052
cooked, chips, A. P.	6.8	7.7	39.8	101.5	46.7	53.0	162.2	...	....
cooked, boiled, A. P.	2.5	2.8	.1	.3	20.9	23.7	26.8	...	....
sweet, raw, E. P.	1.8	2.0	.7	1.8	27.4	31.1	34.9	.027	.0005
sweet, canned, A. P.	1.9	2.2	.4	1.0	41.4	46.9	50.1	...	....
sweet, cooked, A. P.	3.0	3.4	2.1	5.4	42.1	47.7	56.5	...	....
chips, A. P.	6.8	7.7	39.8	101.5	46.7	53.0	162.2	...	....
flakes, dried	7.1	8.1	.3	.8	73.6	83.5	92.4	...	....
flour	2.7	3.1	.8	2.0	81.3	92.2	97.3	...	....
Protose	22.5	25.6	9.6	24.5	8.9	10.1	60.2	.058	.0057
Prunes, E. P.	.9	1.0	...	....	18.9	21.4	22.4	...	....
A. P.	.7	.8	...	....	17.4	19.7	20.5	...	....
dried, E. P.	2.1	2.4	...	....	73.3	83.1	85.5	.076	.0030
dried, A. P.	1.8	2.0	...	....	62.2	70.5	72.5	...	....
Pudding, Indian meal, A. P.	5.5	6.2	4.8	12.2	27.5	31.2	49.6	...	....
rice custard, A. P.	4.0	4.5	4.6	11.7	31.4	35.6	51.8	...	....
Pumpkins, E. P.	1.0	1.1	.1	.3	5.2	5.9	7.3	.032	.0008
canned, A. P.	.8	.9	.2	.5	6.7	7.6	9.0	...	....
Quail, canned, A. P.	21.8	24.7	8.0	20.4	1.7	1.9	47.0	.017	.0033
Quinoa flour	19.0	21.5	5.0	12.8	60.0	68.0	102.3	...	....
Radishes, E. P.	1.3	1.5	.1	.3	5.8	6.6	8.4	.029	.0006
Raisins, A. P.	2.3	2.6	3.0	7.7	68.5	77.7	88.0	...	....
Raisins, E. P.	2.6	2.9	3.3	8.4	76.1	86.3	97.6	.090	.0021
Raspberries, black, E. P.	1.7	1.9	1.0	2.6	12.6	14.3	18.8	.969	.0006
red, E. P.	1.0	1.1	...	....	12.6	14.3	15.4	.969	.0006
dried, A. P.	7.3	8.3	1.8	4.6	80.2	90.9	103.8	...	....
juice, sweetened	.5	.6	...	....	49.9	56.6	57.2	.030	....
Rhubarb, E. P.	.6	.7	.7	1.8	3.6	4.1	6.6	.062	.0010

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	Protein		Fat		Carbo.		Total Cal.	Lime	Iron
		Cal.		Cal.		Cal.			
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
Rice	7.2	8.2	.3	.7	79.0	89.6	99.5	.012	.0009
boiled	2.8	3.2	.1	.3	24.4	27.7	31.2	.004	.0003
brown	8.0	9.0	2.0	5.1	76.0	85.9	99.0	.030	.0022
flaked	7.9	9.0	.4	1.0	81.9	92.9	102.9	.012	.0009
flour	8.6	9.8	6.1	15.6	68.0	77.1	102.5	.013	.0009
polish	11.9	13.5	9.1	23.2	62.3	70.6	107.3	.012	.0009
Romaine	1.2	1.4	.3	.8	2.9	3.3	5.5	.063	.0119
Rutabagas, E. P.	1.3	1.5	.2	.5	8.5	9.6	11.6	.104	....
Rye	11.8	13.4	1.8	4.6	73.2	83.0	101.0	.077	.0039
bran	12.2	13.8	2.8	7.1	56.6	64.2	85.1	.250	.0140
flour	6.8	7.7	.9	2.3	78.7	89.2	99.2	.025	.0013
meal	13.6	15.4	2.0	5.1	71.5	81.1	101.6	.070	.0040
Salmon, dressed, A. P.	13.8	15.6	8.1	20.7	...	...	36.3	.021	.0006
whole, A. P.	15.3	17.4	8.9	22.7	...	...	40.1	.023	.0006
whole, E. P.	22.0	24.9	12.8	32.6	...	...	57.5	.032	.0009
Sandwich, egg, A. P.	9.6	10.9	12.7	32.4	34.5	39.1	82.4	...	....
chicken, A. P.	12.3	13.9	5.4	13.8	32.1	36.4	64.1	...	....
Sardines, canned, E. P.	23.0	26.1	19.7	50.2	...	...	76.3	.035	.0009
Sauerkraut, A. P.	1.7	1.9	.5	1.3	3.8	4.3	7.5	...	....
Sausage, farmer, E. P.	29.0	32.9	42.0	107.0	...	...	139.9	.022	.0044
Savita	21.2	24.0	.4	1.0	6.0	6.8	32.0	.280	.2710
Seakale	1.4	1.6	.4	1.0	3.8	4.3	6.9	...	....
Shad, whole, E. P.	18.8	21.3	9.5	24.2	...	...	45.5	.028	.0008
A. P.	9.4	10.7	4.8	12.2	...	...	22.9	.014	.0004
roe	20.9	23.7	3.8	9.7	2.6	2.9	36.3	...	....
Shredded wheat, A. P.	10.5	11.9	1.4	3.6	77.9	88.3	103.8	.057	.0045
Shrimp, canned, A. P.	25.4	28.8	1.0	2.6	.2	.2	31.6	...	....
Soy beans, A. P.	39.5	44.9	18.5	47.3	6.5	7.4	99.6	.320	.0057
Soy bean milk, A. P.	4.2	4.8	1.9	4.8	...	...	9.6	...	....
meal (fat extracted)	41.4	46.9	7.4	18.9	28.7	32.5	98.3	...	....
Spaghetti, A. P.	12.1	13.7	.4	1.0	76.3	86.5	101.2	...	....
Spinach, fresh, A. P.	2.1	2.4	.3	.8	3.2	3.6	6.8	.094	.0036
cooked, A. P.	2.1	2.4	4.1	10.5	2.6	2.9	15.8	.090	.0032
Squash, E. P.	1.4	1.6	.5	1.3	9.0	10.2	13.1	.020	.0008
A. P.	.7	.8	.2	.5	4.5	5.1	6.4	...	....
canned, A. P.	.9	1.0	.5	1.3	10.5	11.9	14.2	...	....
Starch, arrowroot	...	...	...	....	97.5	110.6	110.6	...	....
cornstarch	...	...	...	....	90.0	102.1	102.1	...	....
manioca	.5	.6	.1	.3	88.8	100.7	101.6	...	....
sago	9.0	10.2	.4	1.0	78.1	88.6	99.8	...	....
tapioca	.4	.5	.1	.3	88.0	99.8	100.6	.032	.0016
Strawberries, E. P.	1.0	1.1	.6	1.5	7.4	8.4	11.0	.057	.0008
A. P.	.9	1.0	.6	1.5	7.4	7.8	10.4	...	....
stewed	.7	.8	...	....	24.0	27.2	28.0	...	....
Succotash, canned, A. P.	3.6	4.1	1.0	2.6	18.6	21.1	27.8	...	....
Sugar, brown, A. P.	...	...	...	....	95.0	107.7	107.7	...	....
granulated, A. P.	...	...	...	....	100.0	113.4	113.4	...	....
maple, A. P.	...	...	...	....	82.8	93.9	93.9	...	....
meltose (maltose-dextrin)	1.8	2.0	.1	.3	89.9	101.9	104.2	.010	.0015
Sunflower seed, hulless, A. P.	27.7	31.4	41.4	105.6	16.3	18.5	155.5	...	....
seed cake, A. P.	34.8	39.5	18.3	46.7	21.8	24.7	110.9	...	....
Swiss chard	3.2	3.6	.6	1.5	5.0	5.7	10.8	.210	.0025
Syrup, maple, A. P.	...	...	...	....	71.4	81.0	81.0	...	....
Tallow, refined, A. P.	...	...	100.0	255.0	...	...	255.0	...	....
Tapioca	.4	.5	.1	.3	88.0	99.8	100.6	.032	.0016
Taro, A. P.	1.8	2.0	.2	.5	23.2	26.3	28.8	...	....
Terrapin, E. P.	21.2	24.0	3.5	8.9	...	...	32.9	...	....
To fu	10.2	12.6	3.7	9.0	...	...	21.6	...	....
Tomatoes, fresh, A. P.	.9	1.0	.4	1.0	3.9	4.4	6.4	.015	.0004
canned, A. P.	1.2	1.4	.2	.5	4.0	4.5	6.4	.020	.0004
dried, A. P.	12.9	14.6	8.1	20.7	62.3	70.6	105.9	.286	.0057
soup, canned, A. P.	1.8	2.0	1.1	2.8	5.6	6.4	11.2	...	....
Trout, brook, whole, E. P.	19.2	21.8	2.1	5.4	...	...	27.2	.029	.0008
salmon, E. P.	17.8	20.2	10.3	26.3	...	...	46.5	.027	.0007
Turkey, E. P.	21.1	23.9	22.9	58.4	...	...	82.3	.016	.0032
A. P.	16.1	18.3	18.4	46.9	...	...	65.2	.012	.0024
sandwich, canned	20.7	23.5	29.2	74.5	...	...	98.0	.016	.0031
roast, stuffed, E. P.	17.1	19.4	10.8	27.5	5.5	6.2	53.1	.013	.0026
Turnips, E. P.	1.3	1.5	.2	.5	8.1	9.2	11.2	.089	.0005
A. P.	.9	1.0	.1	.3	5.7	6.5	7.8	...	....
Turtle, green, canned, A. P.	6.1	6.9	1.9	4.8	3.9	4.4	27.3	...	....
canned, E. P.	19.8	22.5	.5	1.3	...	...	23.8	...	....

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	Protein		Fat		Carbo.		Total	Lime	Iron
		Cal.		Cal.		Cal.	Cal.		
	Per cent	Per oz.	Per cent	Per oz.	Per cent	Per oz.	Per oz.	Per cent	Per cent
Vegetable soup, canned ...	2.9	3.3	...	....	.5	.6	3.9	.035	....
Veal, breast, E. P.	20.3	23.0	11.0	28.1	...	...	51.1	.015	.0030
A. P.	15.3	17.4	8.6	21.9	...	...	39.3	.012	.0023
chuck, lean, E. P.	20.6	23.4	1.9	4.8	...	...	28.2	.016	.0031
med. fat, E. P.	19.7	22.3	6.5	16.6	...	...	38.9	.015	.0030
cutlets, E. P.	20.3	23.0	7.7	19.6	...	...	42.6	.015	.0030
A. P.	20.1	22.8	7.5	19.1	...	...	41.9	.015	.0030
forequarter, E. P.	20.0	22.7	8.0	20.4	...	...	43.1	.015	.0030
A. P.	15.1	17.1	6.0	15.3	...	...	32.4	.012	.0023
hindquarter, E. P.	20.7	23.5	8.3	21.2	...	...	44.7	.016	.0031
A. P.	16.2	18.4	6.6	16.8	...	...	35.2	.016	.0023
side, E. P.	20.2	22.9	8.1	20.7	...	...	43.6	.015	.0030
side, A. P.	15.6	17.7	6.3	16.1	...	...	33.8	.016	.0023
loin med. fat, E. P....	19.9	22.6	10.8	27.5	...	...	50.1	.015	.0030
Vermicelli	10.9	12.4	2.0	5.1	72.0	81.6	99.1	...	....
Walnuts, California, E. P...	18.4	20.9	64.4	164.2	13.0	14.7	199.3	.125	.0021
A. P.	4.9	5.6	17.6	44.1	3.5	4.0	53.7	...	....
Calif. Black, E. P.	27.6	31.3	56.3	143.6	11.7	13.3	188.2	...	....
A. P.	7.2	8.2	14.6	37.2	3.0	3.4	48.8	...	....
Calif. soft shell, E. P.	16.6	18.8	63.4	161.7	16.1	18.3	198.8	...	....
A. P.	6.9	7.8	26.6	67.8	6.8	7.7	83.3	...	....
Water chestnut	1.5	1.7	.2	.4	15.6	17.7	19.8	.120	....
Watermelon, E. P.	.4	.5	.2	.5	6.7	7.6	8.6	.015	....
A. P.	.2	.2	.1	.3	2.7	3.1	3.6	...	....
Wheat bran	12.5	14.2	3.0	7.7	41.6	47.2	69.1	.168	.0078
cracked and crushed..	11.1	12.6	1.7	4.3	75.5	85.6	102.5	.061	.0052
flaked	13.4	15.2	1.4	3.6	74.3	84.3	103.1	...	.0066
germs	10.5	11.9	2.0	5.1	76.0	86.2	103.2	.099	.0141
shredded	10.5	11.9	1.4	3.6	77.9	88.3	103.8	.061	.0063
winter	11.7	13.3	2.0	5.1	71.6	81.2	99.6	.061	.0053
spring	12.5	14.2	2.2	5.6	70.5	79.9	99.7	...	.0050
durum	14.1	16.0	2.5	6.4	68.6	77.8	100.2	...	.0050
polish	20.3	23.0	1.7	4.3	64.2	72.8	100.1	...	....
middlings, standard short	17.4	19.7	4.9	12.5	56.8	64.4	96.6	...	....
flour, California	7.9	9.0	1.4	3.6	76.4	86.6	99.2	.025	.0015
gluten	14.2	16.1	1.8	4.6	71.1	80.6	101.3	.116	.0057
graham	13.3	15.1	2.2	5.6	71.4	81.0	101.7	.061	.0051
baker's grade	13.3	15.1	1.5	3.8	72.7	82.4	101.3	.040	.0025
low grade	14.0	15.9	1.9	4.8	71.2	80.7	101.4	.040	.0012
straight grade, spring.	10.8	12.4	1.1	2.8	74.8	85.7	100.9	.018	.0011
winter	12.3	13.9	1.1	2.8	73.0	82.8	99.5	.020	.0012
Whey	.8	.9	.3	.8	4.8	5.4	7.1	.062	....
Whitefish, whole, E. P.	22.9	26.0	6.5	16.6	...	...	42.6	.034	.0009
A. P.	10.6	12.0	3.0	7.7	...	...	19.7	.016	.0004
Whortleberries, A. P.	.7	.8	3.0	7.7	13.5	15.3	23.8	.043	....
Wienerwurst, A. P.	28.0	31.8	22.1	56.4	1.6	1.8	90.0	.021	.0042
Yautia	2.2	2.5	.2	.5	26.1	29.6	32.6	...	....
ZO	13.1	14.9	1.5	3.8	70.8	80.4	99.1	.090	.0021

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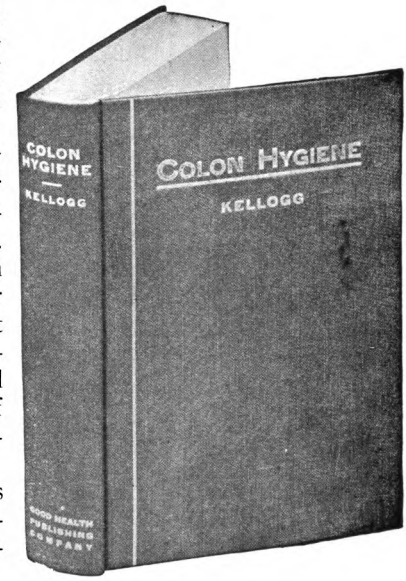

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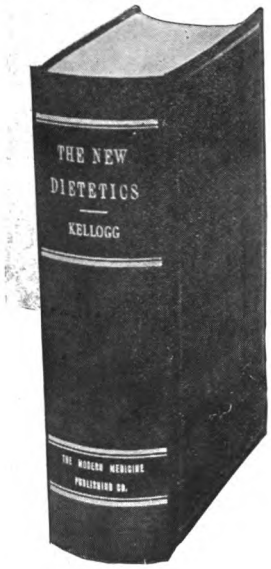

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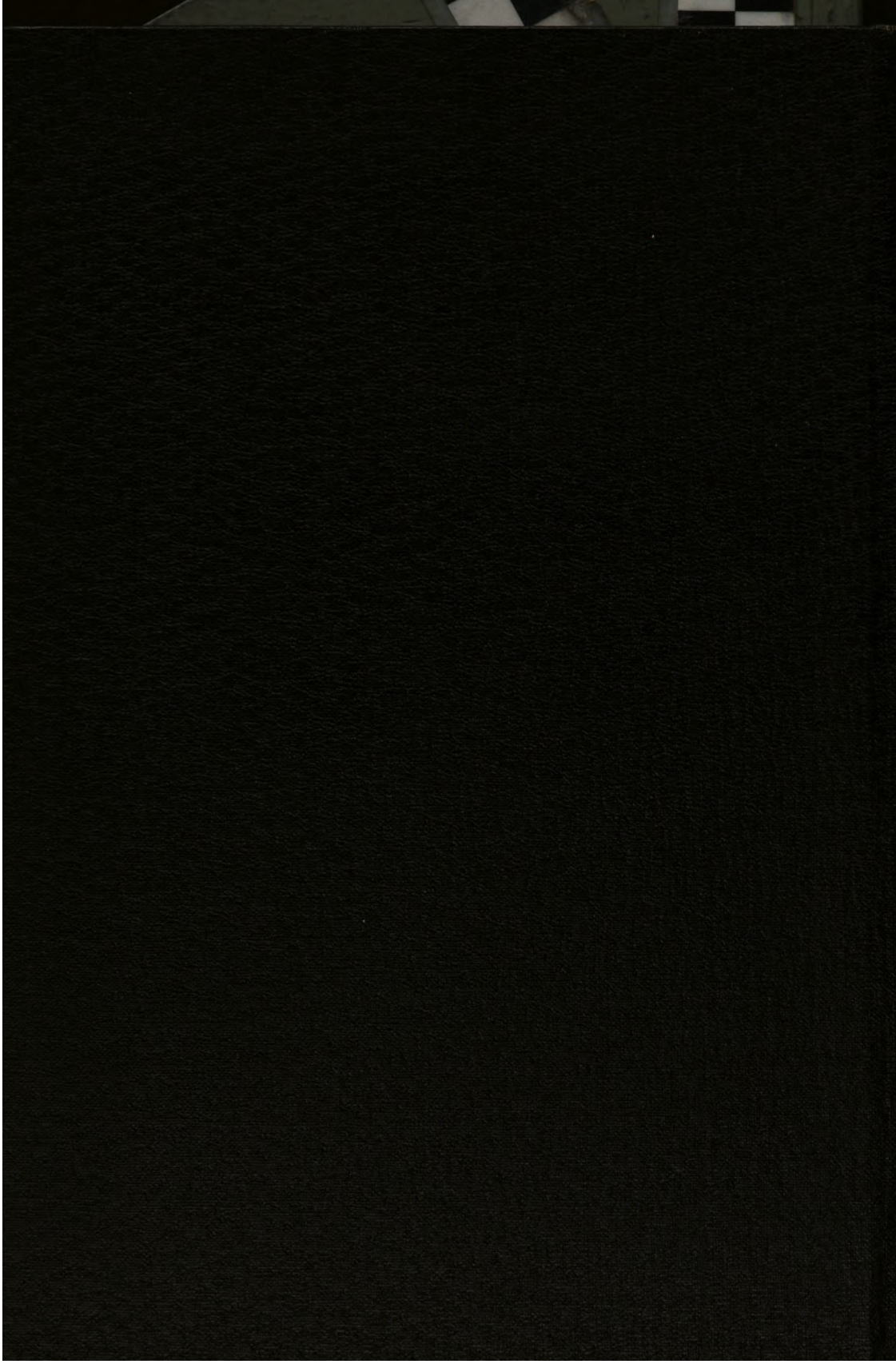

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