

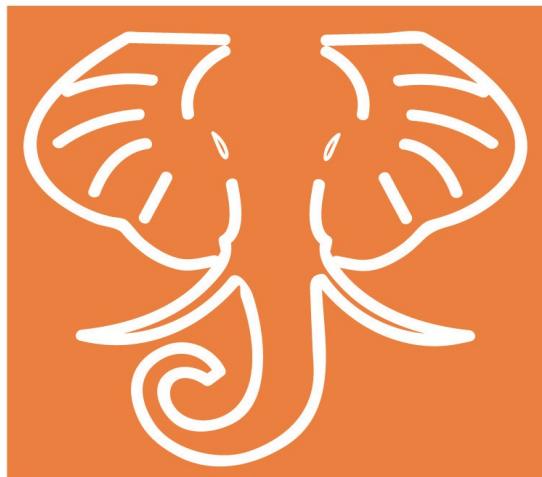
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St. Luke's Hospital (New York, N.Y.)

New York, St. Luke's Hospital, 1942.

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Preface

This Manual has been compiled in the Hospital's Dietary Department with the advice and guidance of the Committee on Dietary of the Medical Board. The cooperation of the various clinical divisions of the Medical Staff is also acknowledged. Miss Mary R. Curfman and Miss E. Alliene Mosso, former and present Supervising Dietitian, respectively, have both devoted extensive time and effort to this compilation. Their assistant and divisional dietitians have aided them materially with this extensive undertaking.

Each special diet is presented as a modification of the normal adequate diet and is outlined to include the latest principles and methods applicable in the treatment of both the in-and out-patient. In practice, these principles must be adapted to the individual's racial, social and economic requirements.

Attention is called to "Guidance for Use of Manual" on the following page.

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ST. LUKE'S HOSPITAL
New York

October 1, 1942

GUIDANCE FOR USE OF MANUAL

1. Each special diet is presented as an adaptation of the normal.
2. Nutritionally inadequate special diets should not be used over long periods of time.
3. Milk, crackers, tea, bread, and butter are routinely provided in each serving pantry for ward patients; other than these items, mid-meal and bedtime feedings are provided through the Main Diet Kitchen.
4. In Scrymser House, each pantry routinely has a supply of milk, cream, crackers, tea, bread, butter, oranges, lemons, fruit juices and broth for patients on routine diet, in addition to special mid-meal and bedtime feedings provided through the Scrymser Diet Kitchen.
5. Meal plans and sample menus:
 - a. Are purposely made inexpensive and represent ward meals rather than those served in Scrymser House.
 - b. Are comprised of average servings unless otherwise designated.
 - c. Are outlined to contain a minimum of bread and butter. These items increase according to the patient's appetite.
6. Unless the diet restricts the food intake, second portions are available for both the Ward and Scrymser patient.
7. In the analyses of sample menus:
 - a. All analyses are necessarily approximations due to variations in food composition tables, in cooking and cooking temperatures and in similar uncontrollable factors.
 - b. The natural salt content of the food is calculated, without the salt added in preparation or from the tray.
 - c. Excepting in diets having an addition of Cod liver oil, Vitamin D is not tabulated since the requirement is not definitely known.

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THE ADEQUATE DIET

The determination of the food constituents required to provide an adequate diet are based upon the following standards:

ENERGY REQUIREMENTS—Adult:

Basal.....	25	Calories per kilogram of body weight per day
Bed rest.....	27-30	Calories per kilogram or basal plus 10-15%
Very light exercise.....	30-35	Calories per kilogram or basal plus 25%
Light exercise.....	35-40	Calories per kilogram or basal plus 50%
Moderate exercise.....	40-45	Calories per kilogram or basal plus 75%
Hard exercise.....	45-50	Calories per kilogram or basal plus 100%
Severe exercise.....	50-70	Calories per kilogram or basal plus 150%
Very severe exercise.....	70 or more	Calories per kilogram or basal plus 200— or more

ENERGY REQUIREMENTS—Children and Infants:

Infants—

Up to 3 months.....	50	Calories per pound
3-6 months.....	45	Calories per pound
6-12 months.....	40	Calories per pound

Children—

Age in years	Calories per kilogram	
	Boys	Girls
1 - 2.....	100 - 90	
3 - 5.....		90 - 80
6 - 9.....		80 - 70
10 - 13.....		70 - 60
14 - 15.....	60 - 55	50 - 45
16 - 17.....	60 - 55	45 - 40
18 - 19.....	55 - 50	40 - 35

PROTEIN REQUIREMENTS:

Adult	Child
0.67 — 1.5 grams per kilogram or 10 — 15% of total calories	1.5 — 3 grams per kilogram or 10 — 15% of total calories

MINERAL REQUIREMENTS:

	Adult	Child
Calcium.....	.8 gram per day	1 gram per day
Phosphorus.....	1.32 grams per day	1-1.5 gram per day
Iron.....	.012 gram per day	.012 gram per day

VITAMIN REQUIREMENTS:

See vitamin chart on pages 120-123.

WATER REQUIREMENTS:

6-8 glasses per day

THE ADEQUATE DIET—(Continued)

The basic requirements of the adequate diet, for the normal individual, are fulfilled when the following foods are included daily:

	Adult	Child
Milk.....	One pint	At least three-fourths quart
Eggs.....	One	One
Meat, Fish, Poultry....	One serving	One serving
Cereals, Breads.....	Four servings, whole grain	Four servings, whole grain
Vegetables.....	Two servings other than potato, one of which should be raw	Two servings other than potato, one of which should be raw
Fruits.....	Two servings, one of which is tomato or a citrus fruit	Two servings, one of which is tomato or a citrus fruit
Butter.....	At least three teaspoons	At least three teaspoons

Foods providing additional fat and carbohydrate are used with this basic diet to make up the total caloric requirement. The normal individual generally needs a total daily intake of:

	Adult	Child
Fat.....	1-2 grams per kilogram or 30-40% of total calories	2-3 grams per kilogram or Approximately 35% of the total calories
Carbohydrate.....	4-6 grams per kilogram or 50-60% of total calories	6-10 grams per kilogram or Approximately 50% of the total calories

For a sample menu and analysis of an adequate diet, see the Regular Diet on page 13.

Note: For adults, meat substitutes include cheese, eggs, legumes, nuts and milk; for children, cream, cottage and processed American cheese, eggs, legumes and milk.

When milk is the meat substitute selected it is to be used in addition to the regular daily milk requirements.

THE ADEQUATE DIET—(*Continued*)

NUTRITIONAL REQUIREMENTS OF PREGNANCY AND LACTATION

The importance of an adequate diet to meet the extra nutritional demands of pregnancy and lactation cannot be over-estimated. The food requirements of the average woman, free from abnormal complications and a previous state of malnutrition, are based upon the following standards:

ENERGY REQUIREMENTS—Pregnancy:

Up to the fifth month.....	No increase
Fifth month.....	5% above normal average requirement
Sixth month.....	10% above normal average requirement
Seventh month.....	15% above normal average requirement
Eighth and ninth months.....	20% above normal average requirement

ENERGY REQUIREMENTS—Lactation:

20-50% above normal average requirement

PROTEIN REQUIREMENTS

	Pregnancy	Lactation
1.5-2 grams per kilogram or 80-100% above normal average re- quirement	2 grams per kilogram or 100% above normal average requirement	

MINERAL REQUIREMENTS:

	Pregnancy	Lactation
Calcium.....	1.5-2 gram per day	1-2 gram per day
Phosphorus.....	1.5-2 gram per day	1.5-2 gram per day
Iron.....	0.018-0.022 grams per day	0.018-0.022 gram per day
Iodine.....	0.005 gram per day	

VITAMIN REQUIREMENTS:

Generally considered to be double or triple the normal average requirement.
See the vitamin chart on pages 120-123.

WATER REQUIREMENTS:

6-8 glasses per day

FAT REQUIREMENTS:

	Pregnancy	Lactation
Approximately 12.5% above the nor- mal average requirement		Over 12.5% above the normal average requirement

CARBOHYDRATE REQUIREMENTS:

Sufficient to make up the total caloric requirements, generally, from 30-50% above
the normal average requirement will meet the needs

LIQUID DIETS

SURGICAL LIQUID DIET

- Use:** A non-residue diet providing limited, non-gas-forming fluids for pre- and post-operative patients or those with a severe impairment of the gastro-intestinal tract. The diet is inadequate and should be used for a short period only.
- Feedings:** Allow a feeding every two hours from 7:00 A.M. through 9:00 P.M. with two night feedings if the patient is awake.
- Foods Allowed:** Strained clear soup and broth with all fat removed
Jello, gelatine water, gelatin with lemon juice
Strained lemonade with sugar as allowed by the surgeon
Gingerale
Tea, coffee, coffee substitutes and decaffeinated coffee without milk or cream

SURGICAL B ROUTINE

For the first 72 hours after the operation (48 hours for children) surgical fluids are limited to water, clear broth and clear tea or black coffee either with or without sugar. At the end of this period liquids are selected from either the Surgical Liquid or Clear Liquid Diets.

CLEAR LIQUID DIET

- Use:** A diet providing limited nourishment for the patient undergoing minor surgery, during a short fever or an acute gastro-intestinal disturbance, when milk is not well tolerated. The diet is inadequate except in Vitamin C and should be used for a short period only.
- Feedings:** Allow a feeding every two hours from 7:00 A.M. through 9:00 P.M. with two night feedings if the patient is awake.
- Foods Allowed:** Beef and liver juice
Strained cereal water
Strained vegetable juices
Strained fruit juices
Strained clear soup and broth with all fat removed
Jello, clear fruit flavored gelatins, fruit juice ices and sherbets without milk or fruit pulp
Sugar and glucose as allowed by the physician
Gingerale, albuminized beverages made from allowed fluids, tea, coffee, coffee substitutes and decaffeinated coffee without milk or cream

LIQUID DIETS—(*Continued*)

LIQUID DIET

Use: A diet requiring a minimum of gastro-intestinal activity, used in cases of acute infections, acute gastro-intestinal disturbances, extended fevers and as an intermediate diet for post-operative patients. When the individual case warrants it, the diet can be made adequate for nutritional needs.

FEEDINGS: Allow a feeding every two hours from 7:00 A.M. through 9:00 P.M. with two night feedings if the patient is awake.

FOODS ALLOWED:

Milk.....	Milk, milk and cream beverages such as malted milk and chocolate milk, buttermilk
Eggs.....	Eggnog and other egg drinks, albuminized beverages
Meats.....	Beef, poultry, fish or liver broth or juice
Cereals.....	Strained cereal gruels
Vegetables.....	Strained vegetable juices; vegetable purees in cream soups
Fruits.....	Strained fruit juices
Soups.....	Strained broth, clear and cream soups
Desserts.....	Jello, clear fruit flavored gelatin, fruit juice ices and sherbets without fruit pulp, plain ice cream without fruit or nuts, junket
Fats.....	Cream, butter
Sugars.....	Sugar, glucose, lactose
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee, cocoa, chocolate, gingerale

SAMPLE MENU

7:00 A.M.....	Strained oatmeal gruel with milk and sugar Coffee with milk and sugar
9:00 A.M.....	Milk
11:00 A.M.....	Fruit Juice
1:00 P.M.....	Cream of pea soup Vanilla ice cream
3:00 P.M.....	Cocoa
5:00 P.M.....	Strained vegetable soup Raspberry flavored gelatin Tea with milk and sugar
7:00 P.M.....	Pineapple juice
9:00 P.M.....	Milk
Night.....	Hot malted milk

APPROXIMATE ANALYSIS:

Carbohydrate	175 grams	Calcium	1.52 grams	Vitamin A	1463 I.U.
Protein	55 grams	Phosphorus	1.33 grams	Vitamin B ₁	347 I.U.
Fat	60 grams	Iron	0.005 gram	Vitamin G	803 S.U.
Calories	1360	Na Cl	2.47 grams	Vitamin C	1630 I.U.

LIQUID DIETS—(Continued)

HIGH CALORIE, HIGH VITAMIN LIQUID DIET

Use: An adequate liquid diet for the malnourished patient unable to take solid food. The calorie, mineral and vitamin intake can be increased, as necessary, through a variation in the amounts of additions listed.

FEEDINGS: Allow a feeding every two hours from 7:00 A.M. through 9:00 P.M. with two night feedings if the patient is awake

Foods Allowed: Liquid Diet plus daily allowances of—

Beef juice.....	1 ounce	}	For adequate iron
Eggs.....	4		
Brewers' yeast or substitute.....	At least 2 tablespoons		For adequate Vitamin B complex
Cod liver oil or substitute.....	5-10 drops		For adequate Vitamin D
Lactose or glucose. 100 grams ($\frac{2}{3}$ cup)			
Cream 40%..... 4 ounces ($\frac{1}{2}$ cup)			

APPROXIMATE ANALYSIS:

Carbohydrate	285 grams	Calcium	1.75 grams	Vitamin A	11353 I.U.
Protein	90 grams	Phosphorus	1.77 grams	Vitamin B ₁	931 I.U.
Fat	125 grams	Iron	0.011 gram	Vitamin G	1878 S.U.
Calories	2625	Na Cl	3.29 grams	Vitamin C	1630 I.U.

ADEQUATE DIETS FOR TUBE FEEDINGS (Gastrostomy)

USE: Diet No. 1—An adequate high calorie tube feeding containing 185 calories per 100 c.c.

Diet No. 2—A tube feeding which meets the nutritional needs of the average patient. The diet yields 130 calories per 100 c.c.

FEEDINGS: The number of feedings and the amount of each, over a 24 hour period, are ordered by the physician.

ADMINISTRATION OR FEEDING: Tube feedings must be heated over hot water to body temperature before they are given to the patient.

DIET No. 1

	1400 cc.		2100 cc.		2800 cc.	
	Wt. Grams	Household Measure	Wt. Grams	Household Measure	Wt. Grams	Household Measure
Cream 40%.....	240	1 cup	360	1½ cups	480	2 cups
Whole milk.....	810	3¾ cups	1215	5 cups	1620	6¾ cups
Orange juice.....	120	½ cup	180	¾ cup	240	1 cup
Casec.....	20	8 tb.	30	12 tb.	40	16 tb.
Dextri Maltose No. 1.	60	12 tb.	90	18 tb.	120	24 tb.
Salt.....	5	1 tsp.	7	1½ tsp.	10	2 tsp.
Molasses.....	60	3½ tb.	90	5¼ tb.	120	7 tb.
Sugar.....	75	5 tb.	113	7½ tb.	150	10 tb.
Cod liver oil.....	5	1 tsp.	8	1½ tsp.	10	2 tsp.
Eggs.....	200	4	300	6	400	8

APPROXIMATE ANALYSES:

	1400 cc.	2100 cc.	2800 cc.
Carbohydrate.....	235 grams	353 grams	470 grams
Protein.....	75 grams	113 grams	150 grams
Fat.....	150 grams	225 grams	300 grams
Calories.....	2590	3885	5180
Calcium.....	1.80 grams	2.70 grams	3.60 grams
Phosphorus.....	1.41 grams	2.12 grams	2.82 grams
Iron.....	0.015 gram	0.027 gram	0.030 gram
Na Cl.....	8.56 grams	12.84 grams	17.12 grams
Vitamin A.....	10260 I.U.	15390 I.U.	20520 I.U.
Vitamin B ₁	248 I.U.	372 I.U.	496 I.U.
Vitamin G.....	833 S.U.	1250 S.U.	1666 S.U.
Vitamin C.....	1283 I.U.	1925 I.U.	2556 I.U.
Vitamin D.....	1275 I.U.	1913 I.U.	2550 I.U.

ADEQUATE DIETS FOR TUBE FEEDING—(*Continued*)
(Gastrostomy)

DIET No. 2

	1500 cc.		2000 cc.		2500 cc.	
	Wt. Grams	Household Measure	Wt. Grams	Household Measure	Wt. Grams	Household Measure
Orange juice.....	240	1 cup	360	1½ cups	480	2 cups
Whole milk.....	240	1 cup	360	1½ cups	480	2 cups
Cream 40%.....	240	1 cup	360	1½ cups	480	2 cups
Beef juice.....	180	¾ cup	270	1⅓ cups	360	1½ cups
Raw carrot juice.....	90	⅔ cup	135	⅔ cup	180	¾ cup
Raw spinach juice.....	90	⅔ cup	135	⅔ cup	180	¾ cup
Tomato juice.....	120	½ cup	180	¾ cup	240	1 cup
Eggs.....	300	6	450	9	600	12
Sugar.....	40	2⅓ tb.	60	3½ tb.	80	4½ tb.

APPROXIMATE ANALYSES:

	1500 cc.	2000 cc.	2500 cc.
Carbohydrate.....	100 grams	133 grams	167 grams
Protein.....	70 grams	93 grams	116 grams
Fat.....	145 grams	193 grams	241 grams
Calories.....	1985	2641	3301
Calcium.....	0.81 gram	1.08 grams	1.35 grams
Phosphorus.....	1.16 grams	1.55 grams	1.94 grams
Iron.....	0.014 gram	0.019 gram	0.024 gram
Na Cl.....	1.75 grams	2.33 grams	2.91 grams
Vitamin A.....	32304 I.U.	43072 I.U.	53840 I.U.
Vitamin B ₁	478 I.U.	637 I.U.	796 I.U.
Vitamin G.....	597 S.U.	796 S.U.	896 S.U.
Vitamin C.....	4110 I.U.	5480 I.U.	6850 I.U.

SOFT DIET

Use: A low residue, easily digested diet for intermediate use between the Liquid and Light Diets

FEEDINGS: Three meals daily with liquid feedings at 10:00 A.M., 3:00 P.M. and bedtime

FOODS ALLOWED:

Milk.....	At least one pint daily; milk beverages, buttermilk
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	Creamed or fricasseed, ground, chopped or scraped beef, lamb, chicken, turkey, sweetbreads, liver and flaked fish
Cheese.....	Cream and cottage
Sauces.....	Cream, egg, butter, tomato and custard sauces
Bread, Crackers....	Day old white bread, plain or toasted, creamed or milk toast, white crackers, matzoth
Cereals.....	Cooked cereals such as cream of wheat, farina, cornmeal, oatmeal gruel, pettijohn gruel, rice, macaroni, hominy grits and noodles. Prepared cereals such as cornflakes, puffed rice and rice flakes
Potatoes.....	Baked, mashed, creamed, boiled, riced
Vegetables.....	Purees of asparagus, string beans, beets, carrots, corn, fresh or canned lima beans, fresh or canned peas, pumpkin, squash, spinach, tomatoes and vegetable marrow
Fruits.....	Strained fruit juices and fruitades, cooked soft fruits free from skin, seeds and coarse fiber, cooked fruit purees, ripe or baked banana
Soups.....	Any strained broth or cream soup except dried pea, bean or lentil, onion and borscht
Desserts.....	Cornstarch and other farinaceous puddings, milk and egg desserts, gelatin desserts without nuts or coarse fruit, fruit puree desserts, frozen desserts prepared without nuts or coarse fruit, plain uniced sponge and angel cake
Fats.....	Cream, butter
Sugars.....	Sugar, clear fruit jellies, honey in moderation
Beverages.....	All fluids and beverages allowed on the Liquid Diet

SOFT DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Prune puree Oatmeal gruel Poached egg White toast Butter Milk Coffee Sugar
10:00 A.M.....	Eggnog
DINNER.....	Cream of pea soup Creamed minced chicken Baked potato Buttered carrot puree Chocolate pudding White bread Butter Milk
3:00 P.M.....	Tomato juice
SUPPER.....	Beef broth with rice Escalloped noodles Buttered spinach puree Hard cooked egg slices Canned peach halves White bread Butter Tea, sugar and milk
BEDTIME.....	Milk and crackers

APPROXIMATE ANALYSIS:

Carbohydrate	325 grams	Calcium	2.28 grams	Vitamin A	36475 I.U.
Protein	80 grams	Phosphorus	2.61 grams	Vitamin B ₁	763 I.U.
Fat	120 grams	Iron	0.017 gram	Vitamin G	1590 S.U.
Calories	2700	Na Cl	8.54 grams	Vitamin C	3414 I.U.

MECHANICAL SOFT DIET

Use: An adequate diet for patients unable to thoroughly masticate food

Feedings: Three meals daily

Foods Allowed: Soft Diet plus additions from the Light and Regular Diets of meats, fruits and vegetables which have been chopped, ground or mashed

REGULAR DIET

REGULAR DIET

USE: An adequate diet for the convalescent patient

FEEDINGS: Three meals daily

FOODS ALLOWED:

Milk.....	At least one pint daily; milk and cream beverages, buttermilk
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	Beef, lamb, veal, fowl, fish, sea food, bacon, Canadian bacon, liver, kidney, brains, sweetbreads and smoked ham prepared in an easily digested form
Cheese.....	Mild cheeses such as American, Swiss, cream and cottage
Sauces.....	Such as cream, cheese, egg, hollandaise, butter, tomato and custard sauces, gravies
Bread, Crackers....	Bread and rolls, preferably whole grain, crackers, matzoth
Cereals.....	Any cooked or prepared cereal with emphasis on the whole grains
Potatoes.....	Prepared any method except fried
Vegetables.....	Easily digested, non gas-forming vegetables At least one raw vegetable daily
Fruits.....	Fresh, canned or stewed fruits, fruit juices At least one citrus fruit or tomato daily
Soups.....	Broths, meat and cream soups
Desserts.....	Any simple dessert
Fats.....	Cream, butter, salad dressings and oils At least three teaspoons of butter daily
Sugars.....	Sugars, honey, syrups, jams, jellies and marmalades in moderation
Beverages.....	Such as tea, coffee, coffee substitutes, decaffeinated coffee, cocoa, chocolate, gingerale and all other liquids allowed on the Liquid Diet

FOODS OMITTED:

Meats.....	Fresh pork, excessively fat meats, highly spiced and seasoned meats and meat gravies
Vegetables.....	Gas-forming vegetables
Desserts.....	Rich pastries, desserts and dessert sauces
Miscellaneous.....	Fried and highly seasoned foods, alcoholic beverages

LIGHT DIET

USE: An adequate diet for patients unable to take all regular food. This is an intermediate step between regular and soft diet.

FEEDINGS: Three meals daily

FOODS ALLOWED: As Regular diet without whole raw fruits and raw vegetables

REGULAR DIET—(*Continued*)

SAMPLE MENU

BREAKFAST..... Stewed prunes
Oatmeal
Poached egg
Whole wheat toast
Butter
Milk
Coffee
Sugar

DINNER..... Vegetable soup
Roast beef, gravy
Baked potato
Buttered carrots
Chocolate pudding
Whole wheat bread
Butter
Milk

SUPPER..... Beef broth with rice
Broiled bacon strips
Baked macaroni and cheese
Buttered spinach
Lettuce, tomato salad
Mayonnaise
Canned peach halves
Whole wheat bread
Butter
Tea, sugar and milk

APPROXIMATE ANALYSIS:

Carbohydrate	275 grams	Calcium	1.59 grams	Vitamin A	34666 I.U.
Protein	80 grams	Phosphorus	1.95 grams	Vitamin B ₁	532 I.U.
Fat	125 grams	Iron	0.018 gram	Vitamin G	1169 S.U.
Calories	2450	Na Cl	8.25 grams	Vitamin C	2788 I.U.

HIGH CALORIE, HIGH VITAMIN REGULAR DIET

USE: In the treatment of malnutrition, hyperthyroidism, anemia, deficiency diseases and following a wasting fever

FEEDINGS: Three meals daily with feedings at 10:00 A.M., 3:00 P.M. and bedtime
Six small meals daily may be preferable, in individual cases, depending upon the appetite and tolerance

FOODS ALLOWED:

Milk.....	At least one pint daily; milk, egg and cream beverages, malted milks, buttermilk
Eggs.....	At least one daily, (except fried) more as desired
Meat, Fish, Poultry	At least one serving daily with kidney or liver once a week and fish or sea food once a week
Cheese.....	As desired
Sauces.....	As desired, including gravy and cream, cheese, butter, hollandaise and custard sauces
Bread, Crackers....	At least six slices of whole grain bread daily; rolls, muffins and crackers made from whole grain flour may be substituted for bread
Cereals.....	One serving of whole grain cereal daily, more as desired
Potatoes.....	At least one serving daily; cereal products such as macaroni, spaghetti, noodles and rice may be substituted occasionally
Vegetables.....	At least three servings daily, one of which is raw
Fruits.....	At least three servings daily, one of which is tomato or a citrus fruit Fruit may be taken as mid-meal feedings
Soups.....	One serving of cream soup daily, others as desired
Desserts.....	Any simple dessert, taken after the other requirements are met
Fats.....	At least two teaspoons of butter with each meal, two ounces of 40% cream and two tablespoons of salad dressing daily Butter and cream may be substituted for the salad dressing; olive oil and salad oils as desired
Sugars.....	Sugar, syrups, jellies, jams, marmalades and honey as desired; all concentrated sweets, including candy, should be taken only after the other requirements are met
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee, gingerale, cocoa, chocolate and other milk beverages

HIGH CALORIE, HIGH VITAMIN REGULAR DIET—(*Continued*)

SAMPLE MENU

BREAKFAST..... Stewed prunes
Oatmeal with sugar and cream
2 poached eggs
2 slices whole wheat toast
4 teaspoons butter
Milk
Coffee, sugar, milk or cream

10:00 A.M..... Eggnog

DINNER..... Cream of pea soup, crackers
Roast beef, gravy
Baked potato
Buttered carrots
Chocolate pudding
2 slices whole wheat bread
4 teaspoons butter
Milk

3:00 P.M..... Banana

SUPPER..... Beef broth with rice
Broiled bacon strips
Baked macaroni and cheese
Buttered spinach
Lettuce, tomato salad
Mayonnaise
Canned peach halves
2 slices whole wheat bread
2 teaspoons butter
Tea, sugar, milk or cream

BEDTIME..... Milk and graham crackers

APPROXIMATE ANALYSIS:

Carbohydrate	380 grams	Calcium	1.93 grams	Vitamin A	38300 I.U.
Protein	120 grams	Phosphorus	2.61 grams	Vitamin B ₁	655 I.U.
Fat	200 grams	Iron	0.021 gram	Vitamin G	1424 S.U.
Calories	3800	Na Cl	11.45 grams	Vitamin C	3339 I.U.

LOW RESIDUE DIET WITHOUT FRUIT JUICES

USE: In chronic diarrheal conditions, hyperchlorhydria and similar inflammatory conditions of the gastro-intestinal tract; also following rigid ulcer routines and the Gastric Routine (surgical)

FEEDINGS: Three meals daily

In cases of hyperchlorhydria, three small meals with milk beverages or sandwiches made from allowed foods at 10:00 A.M., 3:00 P.M., and bedtime

FOODS ALLOWED:

Milk.....	At least one pint daily; milk and cream and egg beverages, malted milks, buttermilk
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	Tender meats such as scraped beef, roast beef, roast lamb, lamb chops, liver, kidney, chicken and turkey preferably white meat, brains, sweetbreads, non-oily fish, crisp bacon, creamed and scalloped salmon and tuna fish, salmon and tuna fish loaf If meat is not tender it should be scraped or ground
Cheese.....	Cottage and cream cheese
Sauces.....	Cream, egg and custard sauces
Bread, Crackers....	Day old white bread and plain rolls, plain or toasted, unsalted crackers, zweiback, matzoth
Cereals.....	Cooked, finely-milled cereals such as cream of wheat, farina, cornmeal, oatmeal gruel, pettijohn gruel, macaroni, spaghetti, noodles, rice, vermicelli, hominy grits Prepared cereals such as cornflakes, puffed rice and rice flakes may be taken for variety
Potatoes.....	Baked, mashed, creamed, boiled, riced
Vegetables.....	Purees of asparagus, string beans, fresh or canned peas, pumpkin, spinach, squash, vegetable marrow, carrots, beets, fresh or canned lima beans
Fruits.....	Ripe or baked banana
Soups.....	Strained cream soups except dried pea, bean or lentil, tomato, onion, borscht Strained broth and meat soups except in cases of hyperchlorhydria
Desserts.....	Cornstarch and farinaceous puddings such as bread, rice and tapioca pudding, milk and egg desserts such as custard, junket, milk gelatins, plain uniced butter, sponge and angel cake, ice cream without fruit or nuts
Fats.....	Butter and cream in moderate amounts, increased to liberal amounts in cases of hyperchlorhydria
Sugars.....	Sugar used in food preparation and service is limited
Beverages.....	Weak tea, coffee, coffee substitutes, decaffeinated coffee, cocoa except in cases of hyperchlorhydria

FOODS OMITTED:

Meat, Fish, Poultry	Salted, dried, smoked and pickled meats and fish, pork and tough meats
Sauces.....	Meat sauces and gravies, rich and highly seasoned sauces
Vegetables.....	Dried peas, beans and lentils, vegetables other than listed
Fruits.....	Other than listed
Soups.....	Meat broths, meat soups
Sugars.....	Concentrated sweets such as syrups, jams, candies; excess sugar
Beverages.....	Stimulating, carbonated, alcoholic
Miscellaneous.....	Fried foods, pastries, rich desserts and dessert sauces Condiments, spices, pickles, excess salt Seeded rolls and pastry, nuts, raisins, cocoanut Excessively hot or cold foods and beverages

LOW RESIDUE DIET WITHOUT FRUIT JUICES—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Oatmeal gruel with milk Poached egg White toast, butter Coffee, sugar, milk
DINNER.....	Cream of pea soup Roast beef Baked potato, butter Buttered carrot puree Chocolate pudding White bread, butter Milk
SUPPER.....	Cream of asparagus soup Escalloped noodles Buttered spinach puree Hard cooked egg slices Ripe banana White, bread butter Tea, sugar, milk

APPROXIMATE ANALYSIS:

Carbohydrate	260 grams	Calcium	1.58 grams	Vitamin A	31536 I.U.
Protein	85 grams	Phosphorus	1.88 grams	Vitamin B ₁	883 I.U.
Fat	115 grams	Iron	0.016 gram	Vitamin G	1274 S.U.
Calories	2415	Na Cl	7.31 grams	Vitamin C	3190 I.U.

LOW RESIDUE DIET WITH FRUIT JUICES

Use: An adequate diet for use in cases of spastic constipation, inflammatory conditions of the gastro-intestinal tract and following the Gastric Routine—Surgical

Feedings: Three meals daily

Foods Allowed: Low Residue Diet Without Fruit Juices, plus
Strained fruit juices
Puree of cooked apple, pear, peach and prune

GASTRIC ROUTINE—SURGICAL

USE: The post-operative dietary treatment following surgery of the stomach and duodenum
The diet is nutritionally inadequate prior to the 14th day

NOTE: No attempt is made, through the diet, to supply adequate Vitamins B and C during the preliminary stages of this routine. Administered intramuscularly, through the 8th day and by mouth thereafter, 100 mgs. cevitamic acid and 10 mgs. thiamin chloride should be given every 24 hours, at least until an adequate diet can be taken. The use after the 8th day of diluted hot orange juice once a day or oftener is helpful in the regulation of adequate bowel movements

FIRST 48 HOURS.....	Nothing by mouth
3RD DAY.....	Water or weak tea with sugar, 30 cc., and a small piece of melba toast, every hour
4TH DAY.....	Water, weak tea with sugar or diluted orange juice ($\frac{1}{3}$ orange juice with $\frac{2}{3}$ water), 60 cc., and melba toast, every hour
5TH DAY.....	Water, weak tea with sugar, diluted orange juice ($\frac{1}{3}$ orange juice with $\frac{2}{3}$ water), peptonized milk, 60 cc., and melba toast, every hour
6TH DAY.....	Hourly feedings as on the 5th day, increased to 90 cc.
7TH DAY.....	Hourly feedings as on the 5th day, increased to 120 cc.
8TH DAY.....	Water as desired Hourly feedings as on the 7th day with the addition of junket, plain flavored gelatin and one coddled egg in the morning and one coddled egg in the evening
9TH, 10TH, 11TH DAYS...	Water as desired Hourly feedings as on the 8th day with the addition of whole milk, custard, strained finely-milled cereal gruels and strained creamed soups. See sample menu page 21
12TH, 13TH, 14TH DAYS..	Water as desired Gastric routine with six feedings as outlined on pages 21-22 These feedings should be fairly equal in quantity, increasing from 200 grams on the 12th day to 500 grams on the 14th day
15TH DAY ON.....	Continue as on the 14th day until the patient is ready to be given a Low Residue Diet Without Fruit Juices, a Meulengracht or other specially selected diet to meet the individual needs

APPROXIMATE ANALYSES:

	Carbohydrate Grams	Protein Grams	Fat Grams	Calories
3rd day.....	42	6	1	201
4th day.....	54	7	1	253
5th day.....	51	33	17	489
6th day.....	62	46	25	657
7th day.....	72	60	33	825
8th day.....	103	80	48	1164
9th, 10th, 11th days.....	100	77	60	1248
12th to 14th days.....	(See menu outline, pages 21 and 22)			

GASTRIC ROUTINE—SURGICAL—(*Continued*)

SAMPLE MENU—9TH, 10TH, 11TH DAYS

		Weight Grams	Household Measure
7:00 A.M.	Tea with milk and sugar.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece
9:00 A.M.	Coddled egg.....	50	1
	Whole milk.....	60	$\frac{3}{4}$ cup
	Melba toast.....	5	1 piece
11:00 A.M.	Vanilla junket.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece
1:00 P.M.	Strained cream of pea soup.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece
3:00 P.M.	Whole milk.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece
5:00 P.M.	Coddled egg.....	50	1
	Whole milk.....	60	$\frac{3}{4}$ cup
	Melba toast.....	5	1 piece
7:00 P.M.	Strained farina gruel.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece
9:00 P.M.	Baked custard.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece
11:00 P.M.	Whole Milk.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece
1:00 A.M.	Orange juice.....	40	$\frac{1}{6}$ cup
	Water.....	80	$\frac{1}{3}$ cup
	Melba toast.....	5	1 piece
3:00 A.M.	Strained oatmeal gruel.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece
5:00 A.M.	Whole milk.....	120	$\frac{1}{2}$ cup
	Melba toast.....	5	1 piece

GASTRIC ROUTINE—SURGICAL—(*Continued*)

FOODS ALLOWED, BEGINNING THE 12TH DAY:

Milk.....	Milk, milk and cream beverages except those containing chocolate; 20% cream is used in the half cream and half milk mix
Eggs.....	Raw, poached, soft cooked
Meat, Fish, Poultry	Beef jelly, scraped beef, minced chicken, flaked fish
Cheese.....	Cottage and cream
Sauces.....	Cream and custard sauces
Bread, Crackers....	White bread, plain or toasted, zwieback, melba toast, soda crackers
Cereals.....	Cream of wheat, farina, oatmeal gruel, macaroni, spaghetti and noodles, buttered or creamed
Potatoes.....	Baked, mashed, creamed, boiled, riced
Vegetables.....	Vegetable purees in cream soups except tomato
Fruits.....	Strained, diluted fruit juice (no tomato juice)
Soups.....	Strained cream soups except tomato
Desserts.....	Cornstarch, bread, rice and tapioca pudding without chocolate, fruit or nuts Gelatin desserts without chocolate, fruit or nuts Vanilla ice cream, custard and junket without chocolate, fruit or nuts Arrowroot cookies, social tea biscuits, plain uniced butter cake without chocolate, fruit or nuts
Fats.....	Butter, 20% cream, vegetable oils and fats
Sugars.....	Sugar, syrup, honey, jelly in moderate amounts
Beverages.....	Postum if desired

GASTRIC ROUTINE—SURGICAL—(*Continued*)

SAMPLE MENU—12TH DAY

		Weight Grams	Household Measure
7:30 A.M.	Farina.....	100	$\frac{1}{2}$ cup
	Milk and cream.....	100	$\frac{1}{2}$ cup, scant
	Sugar.....	10	2 teaspoons
10:00 A.M.	Poached egg.....	50	1
	White toast.....	30	1 slice
	Butter.....	10	1 pat
	Milk and cream.....	100	$\frac{1}{2}$ cup, scant
12:30 P.M.	Strained cream of pea soup.....	120	$\frac{1}{2}$ cup
	Soda crackers.....	10	2
	Butter.....	10	1 pat
	Milk and cream.....	100	$\frac{1}{2}$ cup, scant
3:00 P.M.	Vanilla junket.....	120	$\frac{1}{2}$ cup
	Milk and cream.....	100	$\frac{1}{2}$ cup, scant
5:00 P.M.	Cottage cheese.....	50	2 tablespoons
	White toast.....	30	1 slice
	Butter.....	10	1 pat
	Milk and cream.....	100	$\frac{1}{2}$ cup, scant
8:00 P.M.	White toast.....	30	1 slice
	Butter.....	10	1 pat
	Milk and cream.....	100	1 cup, scant
	Baked custard.....	60	2 tablespoons rounded

APPROXIMATE ANALYSIS

Carbohydrate	138 grams	Calcium	1.24 grams	Vitamin A	3973 I.U.
Protein	59 grams	Phosphorus	1.29 grams	Vitamin B ₁	213 I.U.
Fat	125 grams	Iron	0.006 gram	Vitamin G	346 S.U.
Calories	1913	Na Cl	6.52 grams	Vitamin C	157 I.U.

GASTRIC ROUTINE—SURGICAL—(*Continued*)

MENU OUTLINE—13TH AND 14TH DAYS

		13th day		14th day	
		Weight Grams	Household Measure	Weight Grams	Household Measure
7:30 A.M.	Cereal.....	150	½ cup	200	⅔ cup
	Milk and cream.....	180	¾ cup	180	¾ cup
	Sugar.....	10	2 teaspoons	10	2 teaspoons
	Orange juice, diluted.....	120	½ cup
10:00 A.M.	Egg, or.....	50	1	100	2
	Cheese.....	50	2 tablespoons	100	4 tablespoons
	White toast.....	60	2 slices	60	2 slices
	Butter.....	20	2 pats	20	2 pats
	Milk and cream.....	180	¾ cup	180	¾ cup
	Jelly.....	30	1 tablespoon
12:30 P.M.	Cream soup.....	120	½ cup	120	½ cup
	Crackers.....	10	2	10	2
	Butter.....	10	1 pat	20	2 pats
	Milk and cream.....	180	¾ cup	180	¾ cup
	Meat.....	90	3 ounces	90	3 ounces
	Potato.....	100	½ cup
3:00 P.M.	White toast.....	30	1 slice	30	1 slice
	Butter.....	10	1 pat	10	1 pat
	Milk and cream.....	180	¾ cup	180	¾ cup
	Pudding.....	100	½ cup	100	½ cup
5:00 P.M.	Egg, or.....	50	1	100	2
	Cheese.....	50	2 tablespoons	100	4 tablespoons
	White toast.....	60	2 slices	60	2 slices
	Butter.....	20	2 pats	20	2 pats
	Milk and cream.....	180	¾ cup	180	¾ cup
	Orange juice, diluted.....	60	¼ cup	120	½ cup
8:30 P.M.	White toast.....	30	1 slice	60	2 slices
	Butter.....	10	1 pat	20	2 pats
	Jelly.....	10	1 teaspoon	20	2 teaspoons
	Milk and cream.....	180	¾ cup	180	¾ cup
	Cereal.....	100	½ cup	200	½ cup
	Sugar.....	10	2 teaspoons	10	2 teaspoons

APPROXIMATE ANALYSES:

13th day

Carbohydrate	231 grams	Calcium	1.71 grams	Vitamin A	6073 I.U.
Protein	104 grams	Phosphorus	1.96 grams	Vitamin B ₁	288 I.U.
Fat	214 grams	Iron	0.011 gram	Vitamin G	601 S.U.
Calories	3266	Na Cl	10.89 grams	Vitamin C	330 I.U.

14th day

Carbohydrate	320 grams	Calcium	1.87 grams	Vitamin A	8080 I.U.
Protein	131 grams	Phosphorus	2.31 grams	Vitamin B ₁	353 I.U.
Fat	237 grams	Iron	0.014 gram	Vitamin G	641 S.U.
Calories	3937	Na Cl	13.18 grams	Vitamin C	1040 I.U.

ULCER DIET—SIPPY

Use: A 9-day rigid dietary routine used during the preliminary treatment of gastric and duodenal ulcer. If vitamins and iron are to be made adequate, they are ordered as medication by the physician.

FEEDINGS: Hourly, from 8:00 A.M. through 6:00 P.M. with amounts as indicated.

FOODS ALLOWED:

- 1st day..... One ounce of equal parts of whole milk and 20% cream
2nd day..... Two ounces of equal parts of whole milk and 20% cream
3rd day..... Three ounces of equal parts of whole milk and 20% cream
4th through 9th days. Continue with milk and cream as on 3rd day and make the following additions:

Hour	4th day	5th day	6th day	7th day	8th day	9th day
10:00 A.M.		Cereal 3 ounces				
12:00 M.	1 egg	1 egg	1 egg	1 egg	1 egg	1 egg
2:00 P.M.					Cereal 3 ounces	Cereal 3 ounces
4:00 P.M.			1 egg	1 egg	1 egg	1 egg
6:00 P.M.						Cereal 3 ounces
8:00 P.M.				1 egg	1 egg	1 egg

Eggs are soft cooked

Cereal is cooked farina, cream of wheat or rice

10th day..... Begin with the Meulengracht or Convalescent Ulcer Diet and continue until other additions are made.

APPROXIMATE ANALYSIS FOR THE 9TH DAY:

Carbohydrate	75 grams	Calcium	1.07 grams	Vitamin A	5020 I.U.
Protein	50 grams	Phosphorus	1.05 grams	Vitamin B ₁	224 I.U.
Fat	135 grams	Iron	0.007 gram	Vitamin G	470 S.U.
Calories	1715	Na Cl	2.33 grams	Vitamin C	125 I.U.

ULCER DIET—LENHARTZ, MODIFIED

USE: A 13-day rigid dietary routine used during the preliminary treatment of gastric and duodenal ulcer. If vitamins are to be made adequate, they are ordered as medication by the physician.

FEEDINGS: Hourly, from 8:00 A.M. through 8:00 P.M. with amounts of milk and egg as indicated, and later additions starting on the 6th day.

Day	Milk	Eggs, raw	Sugar	Amount per Feeding	Total Calories
1.....	300 cc.	2	..	30 cc.	350
2.....	450 cc.	3	..	45 cc.	525
3.....	600 cc.	4	20 grams	60 cc.	780
4.....	750 cc.	5	20 grams	75 cc.	955
5.....	900 cc.	6	20 grams	90 cc.	1130
6*.....	1000 cc.	7	40 grams	105 cc.	1375
7*.....	1000 cc.	4	40 grams	90 cc.	1580
8*.....	1000 cc.	4	40 grams	90 cc.	1664
9*.....	1000 cc.	4	40 grams	90 cc.	1838
10*.....	1000 cc.	4	40 grams	90 cc.	2065
11*.....	1000 cc.	4	40 grams	90 cc.	2065
12*.....	1000 cc.	4	40 grams	90 cc.	2065
13*.....	1000 cc.	4	40 grams	90 cc.	2065
14.....	Begin with the Muelengracht or Convalescent Ulcer Diet and continue until other additions are made.				

The milk, eggs, and sugar, are combined into unflavored eggnogs for the hourly liquid feedings

Moderate amounts of salt may be used in cooking but no extra salt and no pepper are allowed on the tray

*See page 25 for additions

ULCER DIET—LENHARTZ, MODIFIED—(Continued)

Additions are made to the milk and egg feedings as indicated below:

Hour	6th day	7th day	8th day	9th day	10th, 11th, 12th and 13th days
10:00 A.M.	12 grams scraped beef	1 egg 30 grams boiled rice	1 egg 30 grams boiled rice	1 egg 60 grams boiled rice	1 egg 60 grams boiled rice
12:00 Noon		1 egg 23 grams scraped beef	1 egg 23 grams scraped beef 10 grams zwieback, or 10 grams melba toast, or 20 grams bread toasted	1 egg 23 grams scraped beef 10 grams zwieback, or 10 grams melba toast, or 20 grams bread toasted	1 egg 23 grams scraped beef 10 grams zwieback, or 10 grams melba toast, or 20 grams bread toasted 10 grams butter
1:00		1 egg	1 egg	1 egg	1 egg 50 g. chopped chicken
2:00 P.M.		1 egg	1 egg	1 egg	1 egg
3:00 P.M.	12 grams scraped beef	23 grams scraped beef 30 grams boiled rice	23 grams scraped beef 30 grams boiled rice	23 grams scraped beef 60 grams boiled rice	23 grams scraped beef 60 grams boiled rice
6:00 P.M.			10 grams zwieback, or 10 grams melba toast, or 20 grams bread toasted	20 grams zwieback, or 20 grams melba toast, or 40 grams bread toasted	20 grams zwieback, or 20 grams melba toast, or 40 grams bread toasted
8:00 P.M.	12 grams scraped beef	23 grams scraped beef 30 grams boiled rice	23 grams scraped beef 30 grams boiled rice	23 grams scraped beef 60 grams boiled rice	23 grams scraped beef 60 grams boiled rice

The beef is very lightly seared just before serving, or it may be served raw

The eggs may be soft cooked, poached or scrambled

Cream sauce may be served with the chopped chicken

APPROXIMATE ANALYSIS; 10TH THROUGH THE 13TH DAY:

Carbohydrate	160 grams	Calcium	1.46 grams	Vitamin A	5614 I.U.
Protein	120 grams	Phosphorus	1.69 grams	Vitamin B ₁	492 I.U.
Fat	105 grams	Iron	0.016 gram	Vitamin G	1268 S.U.
Calories	2065	Na Cl	4.95 grams	Vitamin C	250 I.U.

ULCER DIET—BASTEDO

USE: A 14-day rigid dietary routine used during the preliminary treatment of gastric and duodenal ulcer. If vitamins and iron are to be made adequate, they are ordered as medication by the physician.

FEEDINGS: Hourly, from 7:00 A.M. through 9:00 P.M. and once at night if the patient is awake. The amounts of milk and egg as indicated include a night feeding. Additional foods are added on the tenth day.

Day	Peptonized Milk	Eggs	Cream 40%	Orange Juice	Feedings	
					Amount	Number
1.....	48 ounces			10 ounces	3 ounces	16
2.....	64 ounces				4 ounces	16
3.....	62 ounces	2			4 ounces	16
4.....	62 ounces	2			4 ounces	16
5.....	64 ounces	4			5 ounces	14
6.....	58 ounces	4	5 ounces		5 ounces	2
7.....	72 ounces	5	5 ounces		5 ounces	14
					6 ounces	2
					6 ounces	14
Day	Whole Milk	Eggs	Cream 40%	Orange Juice	Feedings	
					Amount	Number
8.....	72 ounces	5	5 ounces	12 ounces	6 ounces	14
9.....	72 ounces	5	5 ounces		6 ounces	2
10*.....	68 ounces	4	4 ounces		6 ounces	14
11*.....	64 ounces	4	4 ounces		6 ounces	2
12*.....	58 ounces	4	4 ounces		6 ounces	13
13*.....	58 ounces	4	4 ounces		6 ounces	2
14*.....	58 ounces	4	4 ounces		6 ounces	12
					6 ounces	2
					6 ounces	11
					6 ounces	2
					6 ounces	11
					6 ounces	2
					6 ounces	11
					6 ounces	2

*Beginning the 10th day, and continuing through the 14th day, additions are made as listed on page 27

Liquid feedings are made of the milk, cream and eggs

The orange juice is given between the milk feedings, in amounts as indicated above.

ULCER DIET—BASTEDO—(*Continued*)

Additions, beginning the 10th day:

Hour	10th day	11th day	12th day	13th day	14th day
8:00 A.M.			Farina, sugar Cream or milk Omit milk-egg feeding at 9:00 A.M.	Farina, sugar Cream or milk Omit milk-egg feeding at 9:00 A.M.	Farina, sugar Cream or milk Omit milk-egg feeding at 9:00 A.M.
1:00 P.M.	1 slice toast 4 ounces hot milk 1 ounce cream Omit milk-egg feeding at 2:00 P.M.	1 slice toast 4 ounces hot milk 1 ounce cream Omit milk-egg feeding at 2:00 P.M.	1 slice toast 4 ounces hot milk 1 ounce cream Omit milk-egg feeding at 2:00 P.M.	2 slices toast Hot milk or cream Omit milk-egg feeding at 2:00 P.M.	2 slices toast Hot milk or cream Omit milk-egg feeding at 2:00 P.M.
5:00 P.M.		Farina, sugar Cream or milk Custard or Junket Omit milk-egg feeding at 6:00 P.M.	Farina, sugar Cream or milk Custard or Junket Omit milk-egg feeding at 6:00 P.M.	Farina, sugar Cream or milk Custard or Junket Omit milk-egg feeding at 6:00 P.M.	1 egg Farina, sugar Cream or milk Custard or Junket 1 slice toast Butter 1 glass milk Omit milk-egg feeding at 6:00 P.M.

APPROXIMATE ANALYSIS, 14TH DAY:

Carbohydrate	235 grams	Calcium	3.38 grams	Vitamin A	8211 I.U.
Protein	115 grams	Phosphorus	1.10 grams	Vitamin B ₁	1392 I.U.
Fat	175 grams	Iron	0.015 gram	Vitamin G	4599 S.U.
Calories	2975	Na Cl	6.69 grams	Vitamin C	3705 I.U.

MEULENGRACHT DIET—MODIFIED

Use: Dietary treatment for bleeding or convalescent ulcer

Feedings: Three meals daily with milk beverage or sandwich made from allowed food at 10:00 A.M., 3:00 P.M., and bedtime

Foods Allowed:

Milk.....	At least one pint daily; milk, cream and egg beverages, malted milks, buttermilk
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	Tender meats such as scraped beef, roast beef and lamb, lamb chops, liver, chicken, turkey, squab, brains, sweetbreads, non-oily fish, creamed or scalloped salmon or tuna fish, salmon or tuna fish loaf If meat is not tender it should be scraped or ground Meats are served free from gristle, gravies, fat and sauces
Cheese.....	Cottage, cream; mild American cheese grated and melted in cream sauce
Sauces.....	Cream, egg, mild cheese and custard sauces
Bread, Crackers....	Day old white bread, plain or toasted, soda crackers
Cereals.....	Cooked cereals such as cream of wheat, farina, oatmeal gruel, pettijohn gruel, macaroni, spaghetti, noodles, rice, hominy grits Prepared cereals such as cornflakes, puffed rice, rice flakes may be taken occasionally for variety
Potatoes.....	Baked, mashed, creamed, boiled, riced
Vegetables.....	Purees of asparagus, string beans, beets, carrots, fresh or canned lima beans, fresh or canned peas, pumpkin, spinach, squash, vegetable marrow
Fruits.....	Purees of stewed fruits, ripe or baked banana, strained fruit juices
Soups.....	Cream soups except tomato, dried pea, bean and lentil, borsch
Desserts.....	Plain cornstarch and other farinaceous puddings, flavored or with allowed fruit purees, milk and egg desserts such as custard, plain gelatin desserts, plain ice cream
Fats.....	Cream and butter in liberal amounts, mayonnaise on sandwiches in small amounts
Sugars.....	Sugar in moderate amounts; jelly may be used in sandwiches
Beverages.....	Weak tea and coffee, cocoa, milk, cream and egg beverages

Foods OMITTED:

Meat, Fish, Poultry	Salted, dried, smoked and pickled meats and fish, pork and tough meats
Sauces.....	Meat sauces and gravies, rich and highly seasoned sauces
Vegetables.....	Dried peas, beans and lentils, vegetables other than listed
Fruits.....	Other than listed
Soups.....	Meat broths, meat soups
Sugars.....	Concentrated sweets such as syrups, jams, candies; excess sugar
Beverages.....	Stimulating, carbonated, alcoholic
Miscellaneous.....	Fried foods, pastries, rich desserts and dessert sauces Condiments, spices, pickles, excess salt Seeded rolls and pastry, nuts, raisins, cocoanut Excessively hot or cold foods and beverages

MEULENGRACHT DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Oatmeal gruel, sugar and milk Poached eggs White toast, butter Weak coffee, sugar, milk Strained orange juice
10:00 A.M.....	Eggnog
DINNER.....	Cream of pea soup Roast beef Baked potato Buttered carrot puree Chocolate pudding White bread, butter Milk
3:00 P.M.....	Cottage cheese and jelly sandwich Milk
SUPPER.....	Cream of asparagus soup Boiled macaroni with cheese sauce Buttered spinach puree Hard cooked egg slices Pureed canned peach halves White bread, butter Weak tea, sugar, milk
BEDTIME.....	Milk Soda crackers

APPROXIMATE ANALYSIS:

Carbohydrate	375 grams	Calcium	2.45 grams	Vitamin A	34060 I.U.
Protein	125 grams	Phosphorus	2.71 grams	Vitamin B ₁	753 I.U.
Fat	150 grams	Iron	0.020 gram	Vitamin G	1710 S.U.
Calories	3350	Na Cl	8.36 grams	Vitamin C	4148 I.U.

CONVALESCENT ULCER DIET

USE: A diet used following the rigid progressive ulcer routine

FEEDINGS: Three meals daily with milk or milk and cream beverages or sandwiches made from allowed foods at 10:00 A.M., 3:00 P.M., and bedtime; also midnight and 4:00 A.M. if patient is awake

FOODS ALLOWED:

Milk.....	At least one pint daily; milk, cream and egg beverages, malted milks, buttermilk
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	Tender meats such as scraped beef, roast beef, roast lamb, lamb chops, liver, chicken and turkey, preferably white meat, sweetbreads, fresh tongue, non-oily fish, creamed or scalloped salmon or tuna fish, salmon or tuna fish loaf If meat is not tender it should be scraped or ground
Cheese.....	Cottage and cream
Sauces.....	Cream, egg, butter and custard sauces with a minimum of seasoning
Bread, Crackers....	Day old white bread or rolls, plain or toasted, unsalted white crackers, zwieback, matzoth
Cereals.....	Cooked, finely-milled cereals such as cream of wheat, farina, cornmeal, oatmeal gruel, pettijohn gruel, macaroni, spaghetti, noodles, rice, vermicelli, hominy grits Prepared cereals such as cornflakes, puffed rice, rice flakes may occasionally be taken for variety
Potatoes.....	Baked, mashed, creamed, boiled, riced
Vegetables.....	Vegetable purees such as asparagus, string beans, carrots, celery, fresh or canned lima beans, fresh or canned peas, spinach and squash are used in cream soups
Fruits.....	Ripe or baked banana
Soups.....	Strained cream soups made with allowed vegetable puree
Desserts.....	Cornstarch and farinaceous puddings such as bread, rice and tapioca pudding, milk and egg desserts such as custard, junket, milk gelatins, plain uniced butter, sponge and angel cake, vanilla and chocolate ice cream
Fats.....	Butter and cream in liberal amounts
Sugars.....	Sugar used in food preparation and service in limited amount
Beverages.....	Milk, cream, egg beverages

FOODS OMITTED:

Meat, Fish, Poultry	Salted, dried, smoked and pickled meats and fish, pork, tough meats
Sauces.....	Meat sauces, gravies, rich and highly seasoned sauces
Vegetables.....	Except as allowed in cream soup
Fruits.....	All fruits and fruit juices except ripe or baked banana and orange juice ordered as medication
Soups.....	Meat broths and meat soups
Sugars.....	Syrups, jellies, jams, excess sugar, candies
Beverages.....	Stimulating, carbonated, alcoholic, tea, coffee
Miscellaneous.....	Fried foods, rich pastries, rich desserts and dessert sauces Condiments, spices, pickles, excess salt Seeded rolls and pastries, nuts, raisins, cocoanut Excessively hot or cold foods and beverages

CONVALESCENT ULCER DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Oatmeal, sugar, cream Poached egg White toast, butter Milk
10:00 A.M.....	Eggnog
DINNER.....	Cream of pea soup Roast beef Baked potato, butter Chocolate pudding White bread, butter Milk
3:00 P.M.....	Cottage cheese sandwich Milk
SUPPER.....	Cream of asparagus soup Escalloped noodles Hard cooked egg slices Sliced ripe banana White bread, butter Milk
BEDTIME.....	Milk Soda crackers

APPROXIMATE ANALYSIS:

Carbohydrate	245 grams	Calcium	2.38 grams	Vitamin A	7192 I.U.
Protein	120 grams	Phosphorus	2.66 grams	Vitamin B ₁	678 I.U.
Fat	175 grams	Iron	0.017 gram	Vitamin G	1809 S.U.
Calories	3035	Na Cl	11.25 grams	Vitamin C	1801 I.U.

CHRONIC ULCERATIVE COLITIS DIET

Adopted from the Mayo Clinic

Use: In the treatment of chronic ulcerative colitis, [diverticulitis, diverticulosis and tubercular enterocolitis
Vitamin B should be ordered as medication

FEEDINGS: Three meals daily
Mid-meal feedings are not given, in order to avoid any undue peristalsis

BASIC DIET

FOODS ALLOWED:

Milk.....	Only in the preparation of desserts
Eggs.....	At least one daily; additional eggs may be substituted for meat
Meat, Fish, Poultry	Two servings daily of tender meat, fish or poultry simply prepared; bacon, Canadian bacon Liver at least three times weekly
Sauces.....	Meat gravies
Bread, Crackers....	Three slices daily of white or rye bread without seeds
Cereals.....	Cooked, finely-milled cereals such as cream of wheat, farina, cornmeal, strained oatmeal, strained pettijohn gruel, rice, macaroni, hominy grits and noodles Prepared cereals such as cornflakes, puffed rice, rice flakes
Potatoes.....	One serving daily, baked, mashed, boiled, riced
Soups.....	Strained clear meat soups
Desserts.....	Cornstarch or other farinaceous puddings, gelatin desserts, custard, vanilla ice cream, plain uniced sponge and angel cake, plain cookies All desserts are to be prepared without fruit or nuts; ice cream must be eaten slowly
Fats.....	Butter, at least two pats each meal Cream, three-fourths cup daily
Sugars.....	As desired
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee, beverages should not be iced

FOODS OMITTED:

Milk.....	Except in dessert preparation
Sauces.....	Except meat gravies
Vegetables	
Fruits	
Soups.....	All creamed and vegetable soups
Miscellaneous.....	All highly seasoned foods Excess seasoning in food preparation Spices, condiments, pickles, relishes

CHRONIC ULCERATIVE COLITIS DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Strained oatmeal 2 strips bacon Poached egg 1 slice white toast 2 pats butter Coffee, sugar $\frac{1}{2}$ cup cream
DINNER.....	Roast beef, gravy Baked potato Vanilla ice cream 2 sugar cookies 1 slice rye bread 2 pats butter Tea, sugar 2 tablespoons cream
SUPPER.....	Beef broth with rice Broiled liver Boiled macaroni Baked custard 1 slice rye bread 2 pats butter Tea, sugar 2 tablespoons cream

APPROXIMATE ANALYSIS:

Carbohydrate	200 grams	Calcium	0.56 gram	Vitamin A	11716 I.U.
Protein	80 grams	Phosphorus	1.36 grams	Vitamin B ₁	354 I.U.
Fat	140 grams	Iron	0.016 gram	Vitamin G	879 S.U.
Calories	2380	Na Cl	3.30 grams	Vitamin C	428 I.U.

As rapidly as the patient's condition permits, additions are made to the Basic Diet in the following order, allowing three days between each addition:

Banana, very ripe.....	1
Orange juice.....	$\frac{1}{4}$ glass
Vegetable puree.....	2 tablespoons
Milk, in cream soup or milk toast	
Whole milk.....	2 glasses
Cream, added to milk to make half and half.....	2 glasses
Bland fruit such as canned or cooked peaches, apricots, pears strained applesauce, baked apple without skin.....	1 serving
Tomato juice.....	$\frac{1}{2}$ glass
Whole cooked vegetables (puree omitted) including tender young carrots, beets, spinach, squash, string beans, aspara- gus and green lettuce cut very fine, with mayonnaise or cooked salad dressing if desired.....	2 servings

Jelly, jam or marmalade without seeds may be used if desired

The Basic Diet, plus the additions, will provide about 80 grams of Protein and 3000 Calories.

POST-COLOSTOMY DIET

Adopted from the Mayo Clinic

USE: Dietary treatment for the patient who has undergone colostomy
To make the diet adequate in Vitamin B complex, Brewers' yeast or substitute
is ordered as medication by the physician.

EATINGS: Three meals daily

FOODS ALLOWED:

Milk.....	One pint of boiled milk daily, in addition to milk used in one dessert
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	Two servings daily of tender meat, fish or poultry, simply prepared; bacon or egg for breakfast Two eggs may be substituted for a serving of meat
Cheese.....	One serving daily of cream, cottage or mild American cheese
Sauces.....	None, except cream or cheese sauce made with part of the daily milk allowance
Bread, Crackers....	White bread, plain or toasted, white crackers, zwieback, matzoth, as desired
Cereals.....	None, except simply prepared macaroni, spaghetti, noodles and rice used as a potato substitute once daily
Potatoes.....	Two servings daily, baked, mashed, boiled, riced
Vegetables.....	One serving shredded lettuce daily
Fruits.....	One-fourth glass strained orange juice daily, ripe or baked banana, soft stewed fruits such as pear, peach, strained applesauce
Desserts.....	Cornstarch and farinaceous puddings made without fruit or nuts, milk gelatins, plain milk and egg desserts such as custard Desserts to be prepared with a minimum of sugar
Fats.....	Butter as desired
Sugars.....	Minimum amounts of sugar in dessert preparation, clear jelly as desired
Beverages.....	Coffee and tea once daily

FOODS OMITTED:

Miscellaneous.....	All coarse and bulky foods All foods not listed as allowed Excess fluids
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POST-COLOSTOMY DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Strained orange juice	$\frac{1}{4}$ glass
	Poached egg	1
	White toast	2 slices
	Butter	2 tablespoons
	Black coffee	1 cup
DINNER.....	Roast beef	1 serving
	Baked potato	1 medium
	Shredded lettuce	1 serving
	Cottage cheese	2 tablespoons
	Chocolate pudding	1 serving
	White bread	2 slices
	Butter	2 tablespoons
	Currant jelly	1 tablespoon
	Boiled milk	1 glass
SUPPER.....	Broiled liver	1 serving
	Boiled macaroni with cheese sauce	1 serving
	Canned peach halves	2 halves
	White bread	2 slices
	Butter	2 tablespoons
	Grape jelly	1 tablespoon
	Boiled milk	1 glass
	Clear tea	1 cup

APPROXIMATE ANALYSIS:

Carbohydrate	310 grams	Calcium	1.15 grams	Vitamin A	9977 I.U.
Protein	90 grams	Phosphorus	1.56 grams	Vitamin B ₁	351 I.U.
Fat	65 grams	Iron	0.014 gram	Vitamin G	997 S.U.
Calories	2185	Na Cl	8.02 grams	Vitamin C	2733 I.U.

Each level teaspoon of Brewers' yeast (6.5 grams) adds the following:

Vitamin B ₁	75 I.U.
Vitamin G.....	126 S.U.

HIGH RESIDUE DIET

USE: Dietary treatment for atonic constipation, with emphasis on the residue content of the natural whole grain cereals, fruits and vegetables

FEEDINGS: Three meals daily

One glass of water should be taken at least one-half hour before breakfast, with each meal and between meals. Fruit juice, either hot or cold, may be substituted for the water before breakfast.

FOODS ALLOWED:

Milk.....	At least one pint daily, preferably buttermilk
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	One or two servings daily, eaten with the natural fat on the meat; meats should not be fried
Cheese.....	Cottage
Sauces.....	Cream, butter, egg and tomato sauces
Bread, Crackers....	Whole grain bread and rolls, graham crackers
Cereals.....	Whole grain such as oatmeal, wheatena, rolled wheat, shredded wheat
Potatoes.....	Prepared any method except fried, preferably baked or boiled and eaten with the skin
Vegetables.....	At least three servings daily, one to be served raw; vegetables high in residue include spinach, cabbage, celery, lettuce, string and wax beans, corn, beet and turnip greens, asparagus
Fruits.....	At least three servings daily, including one citrus and one dried stewed fruit daily Fruit may be eaten at bedtime, if desired
Soups.....	Any soup, preferably vegetable
Desserts.....	Fruit or fruit desserts
Fats.....	Cream, butter, oils, salad dressings in liberal amounts
Sugars.....	Sugar, molasses, honey, syrups, maple sugar, jams, jellies, marmalades as desired In cases of excessive fermentation, sugars should be reduced to limited amounts.
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee; fruit juices and water in liberal amounts

HIGH RESIDUE DIET—(*Continued*)

SAMPLE MENU

BEFORE BREAKFAST.....	Grapefruit juice
BREAKFAST.....	Stewed prunes Oatmeal, sugar Poached egg Whole wheat toast Butter Strawberry jam Coffee, sugar Cream
DINNER.....	Vegetable soup Roast beef Baked potato Buttered green beans Cole slaw with mayonnaise Sliced oranges Whole wheat bread Butter Buttermilk
SUPPER.....	Corn pudding with one bacon strip Buttered spinach Lettuce, tomato salad with Cottage cheese Mayonnaise Fresh pineapple Whole wheat bread Butter Buttermilk

APPROXIMATE ANALYSIS:

Carbohydrate	260 grams	Calcium	1.37 grams	Vitamin A	32593 I.U.
Protein	90 grams	Phosphorus	1.92 grams	Vitamin B ₁	585 I.U.
Fat	120 grams	Iron	0.018 gram	Vitamin G	653 S.U.
Calories	2480	Na Cl	7.39 grams	Vitamin C	4450 I.U.

TYPHOID DIETS

TYPHOID LIQUID DIET

USE: For patients with typhoid and similar wasting fevers

FEEDINGS: Allow a feeding every two hours from 7:00 A.M., through 9:00 P.M., and two night feedings if the patient is awake. More than two night feedings are provided if designated by the physician.

FOODS ALLOWED:

Milk.....	Milk, milk and cream beverages such as malted milks, dilute chocolate milk
Eggs.....	Eggnog and other egg drinks, albuminized beverages
Meat, Fish, Poultry	Beef and liver juice
Cereals.....	Strained cereal gruels
Vegetables.....	Strained, non gas-forming vegetable juices; vegetable purees in cream soups
Fruits.....	Strained mild fruit juices
Soups.....	Strained cream soups
Desserts.....	Jello, clear fruit flavored gelatin, fruit juice ices and sherbets without fruit pulp, vanilla and chocolate ice cream
Fats.....	Cream, butter
Sugars.....	Sugar, lactose
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee, cocoa, chocolate

SAMPLE MENU

7:00 A.M.....	Strained oatmeal gruel with cream and lactose Coffee with cream and sugar
9:00 A.M.....	Eggnog
11:00 A.M.....	Strained orange juice with lactose and egg
1:00 P.M.....	Strained cream of pea soup Vanilla ice cream
3:00 P.M.....	Cocoa
5:00 P.M.....	Strained cream of asparagus soup Raspberry flavored gelatin
7:00 P.M.....	Strained farina gruel with cream and lactose Chocolate eggnog with lactose
9:00 P.M.....	Milk
NIGHT.....	Plain hot malted milk

APPROXIMATE ANALYSIS:

Carbohydrate	355 grams	Calcium	2.46 grams	Vitamin A	6321 I.U.
Protein	105 grams	Phosphorus	2.06 grams	Vitamin B ₁	655 I.U.
Fat	140 grams	Iron	0.019 gram	Vitamin G	1572 S.U.
Calories	3100	Na Cl	4.15 grams	Vitamin C	1965 I.U.

TYPHOID DIETS—(*Continued*)

TYPHOID SOFT DIET

Use: During the intermediate period between the acute and convalescent stages of typhoid and similar wasting fevers

Feedings: Three small meals daily with small meal feedings at 10:00 A.M., 3:00 P.M., and bedtime

FOODS ALLOWED:

Milk.....	At least one pint daily, including milk, milk and cream beverages
Eggs.....	Soft cooked, poached, coddled, egg and albuminized beverages
Bread, Crackers....	White bread toasted, soda crackers, saltines
Cereals.....	Fine cereals such as cream of wheat, farina, cornmeal, oatmeal, macaroni, spaghetti, noodles, rice and hominy grits
Potatoes.....	Baked, mashed, creamed, boiled, riced
Vegetables.....	Vegetable purees used in cream soups such as asparagus, carrots, celery, corn, peas, spinach, tomatoes
Fruits.....	Fruit juices
Soups.....	Cream soups are preferred Occasionally broth with rice, vermicelli, or other cereal product may be used for variety
Desserts.....	Custard, junket, soft puddings without nuts or fruit pulp, fruit flavored gelatins, fruit juice ices and sherbets without fruit pulp, vanilla and chocolate ice cream
Fats.....	Cream, butter
Sugars.....	Sugar, lactose
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee, cocoa, chocolate

TYPHOID DIETS—(*Continued*)

TYPHOID SOFT DIET (*Continued*)

SAMPLE MENU

BREAKFAST.....	Oatmeal Poached egg White toast Butter Coffee, sugar Cream Milk
10:00 A.M.....	Eggnog with lactose Buttered white toast
DINNER.....	Cream of pea soup Baked potato Vanilla ice cream White toast Butter Milk
3:00 P.M.....	Cocoa with lactose Buttered white toast
SUPPER.....	Cream of asparagus soup Soft cooked egg Baked custard White toast Butter Milk
BEDTIME.....	Orange eggnog with lactose Soda crackers

APPROXIMATE ANALYSIS:

Carbohydrate	395 grams	Calcium	2.17 grams	Vitamin A	7152 I.U.
Protein	115 grams	Phosphorus	1.39 grams	Vitamin B ₁	744 I.U.
Fat	175 grams	Iron	0.016 gram	Vitamin G	1469 S.U.
Calories	3625	Na Cl	9.27 grams	Vitamin C	2367 I.U.

TYPHOID DIETS—(*Continued*)

TYPHOID LIGHT DIET

USE: During the convalescent period in typhoid and similar wasting fevers

FEEDINGS: Three meals daily with feedings at 10:00 A.M., 3:00 P.M., and bedtime

FOODS ALLOWED:

Milk.....	At least one pint daily, including milk, milk and cream beverages
Eggs.....	Soft cooked, poached, coddled, scrambled, creamed, egg and albuminized beverages
Meat, Fish, Poultry	Creamed chopped beef, lamb, chicken or fish, broiled lamb chop or tender steak
Cheese.....	Cottage, cream
Sauces.....	Cream, butter, egg and custard sauces
Bread, Crackers....	White bread toasted, soda crackers, saltines
Cereals.....	Fine cereals such as cream of wheat, farina, cornmeal, oatmeal, macaroni, spaghetti, noodles, rice and hominy grits
Potatoes.....	Baked, mashed, creamed, boiled, riced, scalloped
Vegetables.....	Vegetable purees such as asparagus, string beans, beets, carrots, corn, celery, fresh or canned lima beans, fresh or canned peas, pumpkin, squash, spinach, vegetable marrow
Fruits.....	Stewed fruits such as apples, apricots, peaches, pears, prunes; fruit juices
Soups.....	Cream soups are preferred Occasionally broth with rice, vermicelli, or other cereal product may be used for variety
Desserts.....	Custard, junket, soft puddings without fruit or nuts other than allowed fruit, fruit flavored gelatins, fruit ices and sherbets, vanilla, chocolate and fruit puree ice creams, plain uniced sponge and butter cake, plain cookies
Fats.....	Cream, butter
Sugars.....	Sugar, lactose
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee, cocoa, chocolate

TYPHOID DIETS—(*Continued*)

TYPHOID LIGHT DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal Poached eggs White toast Butter Coffee Sugar Cream
10:00 A.M.....	Eggnog with lactose Buttered white toast
DINNER.....	Cream of pea soup Creamed chopped chicken Baked potato Buttered carrot puree Vanilla ice cream White toast Butter Milk
3:00 P.M.....	Cocoa with lactose Buttered white toast
SUPPER.....	Cream of asparagus soup Soft cooked egg Escalloped noodles Baked custard White toast Butter Milk
BEDTIME.....	Orange eggnog with lactose Soda crackers

APPROXIMATE ANALYSIS:

Carbohydrate	475 grams	Calcium	2.68 grams	Vitamin A	12965 I.U.
Protein	155 grams	Phosphorus	3.16 grams	Vitamin B ₁	951 I.U.
Fat	205 grams	Iron	0.018 gram	Vitamin G	1645 S.U.
Calories	4365	Na Cl	11.75 grams	Vitamin C	3224 I.U.

SPRUE DIET (High Protein, Limited Carbohydrates, Low Fat)

Diet Dietary treatment for sprue and sprue-like conditions
The administration of liver extract, essential in the treatment, is ordered by the physician.

Feedings: Three meals daily

FOODS ALLOWED:

Milk.....	One quart daily of skimmed milk or buttermilk
Eggs.....	Two daily, prepared without fat An additional two eggs may be occasionally substituted for two ounces of the meat
Meat, Fish, Poultry	A minimum of eight ounces and preferably twelve to fourteen ounces daily Meat should be served lean and rare, including liver, roast beef, steak, roast lamb, lamb chop; also allowed are lean ham, tongue, sweetbreads, heart, kidney, fresh fish, chicken, turkey, lobster, crabs, oysters
Cheese.....	Two ounces daily of cottage or American cheese
Bread, Crackers....	Not more than three slices daily, preferably whole grain Two soda crackers may be substituted for one slice of bread
Vegetables.....	Three servings daily of non-starchy vegetables, one of which is raw, green and leafy
Fruits.....	Three servings daily, including at least one banana
Soups.....	Fat-free broth and meat soups, cream soups made with non-starchy vegetable puree and skimmed milk in place of cream sauce
Desserts.....	Milk and gelatin desserts made without cream or starch, plain and fruit gelatin desserts, fresh fruits, fruit ices and sherbets without cream or whole milk
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee, cocoa made with water or skimmed milk

FOODS OMITTED:

Sauces.....	All sauces unless prepared with only allowed foods
Cereals.....	All cereals and cereal products
Vegetables.....	Potatoes and other starchy vegetables such as corn, beans, dried legumes
Desserts.....	All desserts containing butter, cream or other fat, cornstarch, flour or other starchy ingredient
Fats.....	Butter, cream, lard, salad oils, salad dressings, foods high in fat such as ripe olives and avocado
Sugars.....	Sugar, syrup, honey, molasses, jams, jellies, marmalades, candies and similar sweets
Miscellaneous.....	All fried foods, pies, pastries Nuts, cocoanut

SPRUE DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Orange juice	1 glass
	Broiled lean ham	4 ounces
	Poached eggs	2
	Whole wheat toast	1 slice
	Skimmed milk	1 glass
	Coffee	1 cup
DINNER.....	Oyster stew with	
	Skimmed milk	1 cup
	Oysters	3 ounces
	Lean rare roast beef	4 ounces
	Carrots	1 serving
	Lettuce	4 leaves
	Cottage cheese	4 tablespoons
	Soda crackers	2
	Sliced banana	1 large
	Skimmed milk	1 glass
SUPPER.....	Julienne vegetable soup	1 cup
	Broiled rare liver	4 ounces
	Spinach	1 serving
	Lettuce, tomato salad	1 serving
	Whole wheat bread	1 slice
	Canned peach halves	2 halves, juice
	Buttermilk	1 glass
	Clear tea	1 cup

APPROXIMATE ANALYSIS:

Carbohydrate	150 grams	Calcium	1.33 grams	Vitamin A	43777 I.U.
Protein	150 grams	Phosphorus	2.52 grams	Vitamin B ₁	985 I.U.
Fat	60 grams	Iron	0.031 gram	Vitamin G	1283 S.U.
Calories	1740	Na Cl	8.62 grams	Vitamin C	3370 I.U.

CHOLECYSTOGRAPH TEST DIET

USE: A restricted, fat-free diet served the day before X-ray of the gall bladder
On the day of X-ray, a routine breakfast served at the required hour is used
for testing the emptying power of the gall bladder

FEEDINGS: Three meals

FOODS ALLOWED:

Cheese.....	Cottage cheese only, without added cream
Bread, Crackers....	Any bread made without fat and served without butter, soda crackers, graham crackers, matzoth
Cereals.....	Any cooked or prepared cereal, served without butter, milk or cream Prepared cereals may be served with fruit, fruit juice or sugar as allowed
Potatoes.....	Plain baked, boiled, mashed or riced without butter, milk or cream
Vegetables.....	Any easily digested vegetable such as asparagus, string beans, beets, carrots, celery, fresh or canned lima beans, fresh or canned peas, pumpkin, spinach, squash, tomato, vegetable marrow, raw cabbage Vegetables to be prepared without sauce, butter, milk or cream Vegetables should be pureed in cases of ulcer and similar gastro-intestinal complications
Fruits.....	Any except avocado; fruit juices
Desserts.....	Plain or fruit gelatins, fruit, frozen fruit juice ices without milk, cream or egg
Sugars.....	Sugar, honey, jam, jelly, syrups as desired
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee served without milk or cream

FOODS OMITTED:

Milk.....	In all forms, except dry cottage cheese
Eggs.....	In all forms and in food preparation
Meat, Fish, Poultry	All types
Sauces.....	
Vegetables.....	Gas-forming vegetables such as onion, turnips, dried peas, beans and lentils; vegetables known to disagree with the individual patient
Soups.....	All types including broth, meat and cream soups
Fats.....	All fats, including butter, cream, oils and salad dressings, both in food preparation and service
Miscellaneous.....	Fried foods, pastries Chocolate, cocoa, nuts, cocoanut Excessive seasoning

CHOLECYSTOGRAPH TEST DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal Whole wheat toast Strawberry jam Black coffee Sugar
DINNER.....	Baked potato Carrots Celery curls Fruit jello Bread Orange marmalade Pineapple juice
SUPPER.....	Cubed beets Spinach Lettuce, tomato salad with Cottage cheese without cream Canned peach halves Bread Clear tea Sugar Grapefruit juice

APPROXIMATE ANALYSIS:

Carbohydrate	250 grams	Calcium	0.41 gram	Vitamin A	31525 I.U.
Protein	35 grams	Phosphorus	0.78 gram	Vitamin B ₁	377 I.U.
Fat	3 grams	Iron	0.012 gram	Vitamin G	278 S.U.
Calories	1167	Na Cl	1.38 grams	Vitamin C	4000 I.U.

LOW FAT DIET

Use: In disturbances of the gall bladder and liver functions

FEEDINGS: Three meals daily

FOODS ALLOWED:

Milk.....	At least one pint of skimmed milk or buttermilk daily
Eggs.....	One daily, unless otherwise ordered by the physician
Meat, Fish, Poultry	Lean white meat of chicken or turkey, squab, lean beef, lamb, liver, veal, oysters, clams, shrimp, non-fatty fish such as cod, flounder, haddock and halibut
Cheese.....	Cottage cheese without added cream
Sauces.....	Tomato and white sauce made with skimmed milk and thickened with flour
Bread, Crackers....	Any bread made without fat, preferably whole grain, soda and graham crackers, matzoth Plain unsweetened varieties of commercial breads contain a negligible amount of fat.
Cereals.....	All cooked and prepared cereals, preferably whole grain except the very coarse varieties
Potatoes.....	Baked, mashed, creamed, scalloped, boiled, riced Skimmed milk or special fat free white sauce is used in preparation
Vegetables.....	Easily digested, non gas-forming vegetables such as asparagus, string beans, beets, carrots, celery, fresh or canned lima beans, fresh or canned peas, pumpkin, spinach, squash, tomato, vegetable marrow, raw cabbage
Fruits.....	Any fruit except avocado; fruit juices
Soups.....	Broths, clear soups and vegetable soups made with all fat removed
Desserts.....	Cornstarch and other farinaceous puddings made with skimmed milk and without fat or egg yolks, fruit whips, plain and fruit gelatins, fruit ices and sherbets made without cream or whole milk, angel cake Egg white may be used in dessert preparation
Sugars.....	Such as sugar, honey, jam, jellies, marmalades
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee

FOODS OMITTED:

Meat, Fish, Poultry	All fat meats or fish such as pork, ham, bacon, goose, duck, sardines, tuna fish and other fish canned in oil
Sauces.....	Gravies, meat sauces, rich dessert sauces
Cereals.....	Coarse varieties containing a high percentage of bran
Vegetables.....	Gas-forming vegetables and those known to disagree with the individual patient
Soups.....	Cream soups
Desserts.....	Those containing egg yolk, cream, butter or other fat
Fats.....	All types, both in food preparation and service
Miscellaneous.....	Fried foods, hot breads, pastries, cakes and other baked products except angel cake Chocolate, olives, cocoanut, nuts

LOW FAT DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal Poached egg Whole wheat toast Strawberry jam Coffee Sugar Skimmed milk
DINNER.....	Vegetable soup Lean roast beef Baked potato Carrots Fruit jello Whole wheat bread Orange marmalade Buttermilk
SUPPER.....	Beef broth with rice Cubed beets Spinach Lettuce, tomato salad with Cottage cheese without added cream Canned peach halves Whole wheat bread Skimmed milk

APPROXIMATE ANALYSIS:

Carbohydrate	335 grams	Calcium	1.05 grams	Vitamin A	33333 I.U.
Protein	80 grams	Phosphorus	1.61 grams	Vitamin B ₁	800 I.U.
Fat	20 grams	Iron	0.016 gram	Vitamin G	423 S.U.
Calories	1840	Na Cl	1.73 grams	Vitamin C	3252 I.U.

LIMITED FAT DIET

The Limited Fat Diet contains approximately 55 grams of fat by making the following additions to the Low Fat Diet:

Whole milk in place of skimmed milk and buttermilk.....	1 pint
Butter.....	1 tablespoon
Egg.....	1

LOW FAT, HIGH CARBOHYDRATE DIET

LIMITED FAT, HIGH CARBOHYDRATE DIET

The Low Fat Diet or the Limited Fat Diet contains approximately 550 grams of carbohydrate by making the following additions to either basic diet:

Fruit juices.....	3 glasses
Lactose.....	3 tablespoons
Graham or soda crackers.....	6
Bread.....	2 slices
20% vegetable or cereal product.....	1 serving

LOW CHOLESTEROL, LOW FAT DIET

USE: In conditions characterized by an increased blood cholesterol

FEEDINGS: Three meals daily

FOODS ALLOWED:

Milk.....	One pint of skimmed milk daily
Eggs.....	Egg whites only
Meat, Fish, Poultry	Four ounces of lean meat, fish or poultry such as roast beef, roast lamb, chicken, codfish, halibut and haddock
Cheese.....	Cottage cheese without added cream
Bread, Crackers....	Three slices daily, preferably whole grain Soda crackers
Cereals.....	Any cooked or prepared cereal, preferably whole grain
Potatoes.....	Baked, mashed, boiled or riced Skimmed milk, and no butter, for seasoning
Vegetables.....	Two servings daily of non gas-forming, cholesterol-free vegetables, such as beets, carrots, celery, eggplant, endive, lettuce, mushrooms, spinach, squash, tomatoes, fresh or canned peas, fresh or canned lima beans
Fruits.....	At least two servings daily, including tomato or citrus fruit
Soups.....	Fat-free broth, meat soups, vegetable soup
Desserts.....	Simple desserts prepared with skimmed milk and without egg yolk, such as fruit whips, cornstarch and rice puddings, gelatin desserts, angel cake, ices and sherbets
Sugars.....	Sugars, jams, jellies, honey, syrups, marmalades in moderate amounts
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee

FOODS OMITTED:

Eggs.....	Egg yolk
Meat, Fish, Poultry	Glandular organs such as brains, liver, kidney, sweetbreads
Sauces.....	
Vegetables.....	Gas-forming vegetables and those containing cholesterol Those known to disagree with the individual patient
Soups.....	Cream soups
Desserts.....	Pies, pastries, cake other than angel, rich and highly spiced desserts
Fats.....	Butter, cream, oils, meat fats, salad dressings
Sugars.....	Candies and confections
Miscellaneous.....	All fried foods Rich and highly seasoned foods Nuts, olives, chocolate, cocoa

LOW CHOLESTEROL, LOW FAT DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal Whole wheat toast Strawberry jam Coffee Sugar Skimmed milk
DINNER.....	Vegetable soup Lean roast beef, large portion Baked potato Carrots Celery curls Fruit jello Whole wheat bread Orange marmalade Skimmed milk
SUPPER.....	Beef broth with rice Cubed beets Spinach Lettuce, tomato salad with Cottage cheese without added cream Canned peach halves Whole wheat bread Grape jelly Tea with lemon

APPROXIMATE ANALYSIS:

Carbohydrate	350 grams	Calcium	1.05 grams	Vitamin A	30336 I.U.
Protein	80 grams	Phosphorus	1.54 grams	Vitamin B ₁	778 I.U.
Fat	15 grams	Iron	0.015 gram	Vitamin G	368 S.U.
Calories	1855	Na Cl	1.65 grams	Vitamin C	3285 I.U.
		Cholesterol	0.093 gram		

ACID ASH DIET

USE: To reduce the pH of the urine, by providing food which leaves a total acid ash in excess of total alkaline ash
Salt should be restricted to a minimum and, depending upon the degree of acidity desired, some cases may require a Salt Poor Acid Ash Diet for satisfactory results

FEEDINGS: Three meals daily

FOODS ALLOWED:

Milk.....	One pint of milk daily, including that used in cooking
Eggs.....	Two daily
Meat, Fish, Poultry	Two servings daily of meat, fish or poultry as allowed on the Regular Diet Avoid meat products cured or canned with salt
Cheese.....	Mild cheese may be substituted for one serving of meat
Sauces.....	Meat, egg and cheese sauces, meat gravies
Bread, Crackers....	At least three slices of bread daily, preferably whole grain; additional bread and crackers as desired
Cereals.....	Two servings daily, preferably oatmeal, cornmeal, cornflakes, puffed rice, rice flakes, shredded wheat, puffed wheat, wheat germ, macaroni, spaghetti, rice, noodles, hominy grits
Vegetables.....	Corn as desired One or two servings daily of asparagus, onions, green peas, pumpkin, radishes, squash or turnips If only one of the above is selected, one serving of string beans, wax beans, brussels sprouts, cabbage, cauliflower, mushrooms, tomatoes or tomato juice may be used
Fruits.....	Prunes, plums and cranberries as desired Not more than two servings daily of apple, banana, grapes, peaches, pears or watermelon Not more than four ounces daily of orange, lemon or grapefruit, either as fruit or as juice
Soups.....	Broths, meat soups or cream soups prepared with allowed vegetables
Desserts.....	Cornstarch and farinaceous puddings such as bread, rice or tapioca pudding, plain cake and cookies, custards, plain ice cream, frozen fruit ices with fruit flavor or allowed fruit juices, plain flavored gelatins Dessert preparation must not exceed the fruit and milk allowance for the day
Fats.....	Butter and oils as desired, cream in small amounts
Sugars.....	Sugar, sugar syrups, jams, jellies and marmalades in moderate amounts
Beverages.....	Tea and coffee as allowed by the physician, coffee substitutes, decaffeinated coffee, prune, plum and cranberry juice as desired

FOODS OMITTED:

Milk.....	Evaporated and condensed; in excess of allowance
Potatoes.....	
Vegetables.....	Except as listed
Fruits.....	Except as listed
Sugars.....	Molasses
Miscellaneous.....	Fried foods, pastries, spices, condiments, salted foods, excess salt and other seasoning Cocoanut, olives, nuts except walnuts and unsalted peanuts

ACID ASH DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal 2 poached eggs 2 slices whole wheat toast Butter 1 glass milk
DINNER.....	Roast beef, large portion Gravy Buttered onions Stewed corn Orange sections (four ounces) 2 slices whole wheat bread Butter $\frac{3}{4}$ glass milk
SUPPER.....	Beef broth with rice Baked macaroni with cheese Buttered asparagus Canned peach halves, 2 Whole wheat bread Butter Cranberry juice

APPROXIMATE ANALYSIS:

Carbohydrate	260 grams	Calcium	1.25 grams	Vitamin A	8560 I.U.
Protein	90 grams	Phosphorus	1.99 grams	Vitamin B ₁	585 I.U.
Fat	110 grams	Iron	0.023 gram	Vitamin G	780 S.U.
Calories	2390	Na Cl	7.73 grams	Vitamin C	2505 I.U.

Excess base 27 cc.

Excess acid 42 cc.

ALKALINE ASH DIET

USE: In the treatment of arterial hypertension and chronic nephritis

FEEDINGS: Three meals daily

FOODS ALLOWED:

Milk.....	At least one pint daily of milk or buttermilk, more as desired
Eggs.....	One daily
Meat, Fish, Poultry	Two ounces daily
Cheese.....	Mild cheese may be substituted for the serving of meat
Bread, Crackers....	Three slices of bread daily, preferably whole grain
Potatoes.....	As desired
Vegetables.....	Four servings daily, including one raw vegetable, except corn and lentils
Fruits.....	At least three servings daily, including one citrus fruit or tomato juice, except prunes, plums and cranberries
Soups.....	Cream soups
Desserts.....	Fruit puddings, gelatins, sherbets and ice cream, fresh, stewed or canned fruits
Fats.....	Butter, cream, oils and mayonnaise as desired
Sugars.....	Sugar, syrup, honey, jam, jellies and marmalades in moderate amounts
Beverages.....	Tea and coffee as allowed by the physician, coffee substitutes, decaffeinated coffee, cocoa, chocolate, malted milks, fruit juices except prune, plum and cranberry

FOODS OMITTED:

Sauces.....	Including meat gravies
Cereals	
Vegetables.....	Corn, lentils
Fruits.....	Prunes, plums and cranberries
Soups.....	Broths and meat soups
Desserts.....	Puddings and custards containing egg except as one egg is allowed daily, rich desserts, cakes
Miscellaneous.....	Fried foods, pastries Spices and condiments, salted foods, excess salt Walnuts and peanuts

ALKALINE ASH DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Orange juice 1 poached egg 1 slice whole wheat toast Butter Milk Strawberry jam
DINNER.....	Cream of pea soup 2 ounces roast beef Baked potato Buttered carrots Sliced banana 1 slice whole wheat bread Butter Milk
SUPPER.....	Cream of asparagus soup Escalloped potatoes Buttered string beans Lettuce, tomato salad Mayonnaise Canned peach halves 1 slice whole wheat bread Butter Milk

APPROXIMATE ANALYSIS:

Carbohydrate	250 grams	Calcium	0.97 grams	Vitamin A	9572 I.U.
Protein	75 grams	Phosphorus	1.35 grams	Vitamin B ₁	675 I.U.
Fat	115 grams	Iron	0.014 gram	Vitamin G	960 S.U.
Calories	2335	Na Cl	8.57 grams	Vitamin C	2790 I.U.

Excess base 76 cc.

Excess acid 13 cc.

SALT-POOR DIET

USE: Dietary treatment for cardiac or kidney impairment with edema. The diet may be Salt-Poor Soft, Light or Regular.

FEEDINGS: Three meals daily

In cardiac cases, five small feedings may be essential for the comfort of the patient, and are ordered accordingly by the physician.

FOODS ALLOWED:

Except as listed below, all foods allowed on the Soft, Light and Regular Diets are used. All food is prepared without salt, no salt is allowed on the tray and salt-rich foods are omitted.

Sweet butter and salt-poor bread are used.

FOODS OMITTED:

Meat, Fish, Poultry Salted, smoked, canned, spiced and pickled meats, fish and poultry

Prepared meats such as bologna, liverwurst, sausage, salami, frankfurters

Cheese..... All commercial cheese

Cottage cheese may be used if especially prepared without added salt

Sauces..... Meat sauces, highly spiced and highly seasoned sauces, meat gravies

Bread, Crackers.... Bread and bread products prepared with salt
Salted crackers

Cereals..... Prepared cereals except puffed rice and puffed wheat

Vegetables..... Gas-forming vegetables such as cooked cabbage, onions, turnips, cucumbers, radishes, brussels sprouts, dried peas, beans and lentils

Canned vegetables unless especially packed without added salt

Fruits..... Those known to disagree with the individual patient; raw apples are not well tolerated by many cardiac patients

Soups..... Broths, meat soups

Fats..... Mayonnaise unless prepared with lemon juice in place of vinegar and without salt and spices

Beverages..... Tea or coffee in excess of one cup daily unless otherwise ordered by the physician

Miscellaneous..... Condiments, spices, relishes, pickles and seeds such as celery, caraway, poppy and anise

APPROXIMATE ANALYSIS:

With milk limited to one pint daily, the Salt-Poor Diet contains approximately 2-4 grams of sodium chloride daily

For further analyses, see the Soft, Light and Regular Diets on pages 10 to 13

RESTRICTED-SALT DIET

USE: Dietary treatment for cardiac or kidney impairment with edema
The diet may be Restricted-Salt Soft, Light or Regular.
This diet is more palatable than the Salt-Poor Diet.

FEEDINGS: Three meals daily
In cardiac cases, five small meals may be essential for the comfort of the patient and are ordered accordingly by the physician.

FOODS ALLOWED:

Except as listed below, all foods allowed on the Soft, Light and Regular Diets are used.
Foods are prepared with a moderate amount of salt but no salt is allowed on the tray and salt-rich foods are omitted.

FOODS OMITTED:

Meat, Fish, Poultry	Salted, smoked, canned, spiced and pickled meats, fish and poultry Prepared meats such as bologna, liverwurst, sausages, salami, frankfurters
Cheese.....	All except cream and cottage cheese
Sauces.....	Meat sauces, highly spiced and highly seasoned sauces, meat gravies
Bread, Crackers....	Salted crackers, salted rolls
Vegetables.....	Gas-forming vegetables such as cooked cabbage, onions, turnips, cucumbers, radishes, brussels sprouts, dried peas, beans and lentils
Fruits.....	Those known to disagree with the individual patient Raw apples are not well tolerated by many cardiac cases
Soups.....	Broths, meat soups
Fats.....	Mayonnaise unless prepared with lemon juice in place of vinegar and without spices and only a small amount of salt
Beverages.....	Tea or coffee in excess of one cup daily unless otherwise ordered by the physician
Miscellaneous.....	All condiments, spices, relishes, pickles and seeds such as celery, caraway, poppy and anise

APPROXIMATE ANALYSIS:

With milk limited to one pint daily, the Restricted-Salt Diet contains from 5 to 6 grams of sodium chloride daily.

For further analyses, see the Soft, Light and Regular Diets on pages 10 to 13

KARELL—MODIFIED SALT-POOR DIET

USE: Dietary routine occasionally used in cases of edema due to myocardial insufficiency
 The diet is inadequate and should not be used over a prolonged period.

FEEDINGS: Number and amount as indicated

Hour	1-7th day	8th day	9th day	10th, 11th, 12th days
8:00 A.M.....	200 cc. milk	200 cc. milk	200 cc. milk	200 cc. milk
10:00 A.M.....		1 soft cooked egg	1 soft cooked egg	1 soft cooked egg
12:00 M.....	200 cc. milk	200 cc. milk	200 cc. milk	200 cc. milk
			2 pieces dry toast	Chopped meat
4:00 P.M.....	200 cc. milk	200 cc. milk	200 cc. milk	Rice cooked in milk
6:00 P.M.....		2 pieces dry toast	1 soft cooked egg	Vegetable
8:00 P.M.....	200 cc. milk	200 cc. milk	2 pieces dry toast	200 cc. milk
			200 cc. milk	1 soft cooked egg
				2 pieces dry toast
				200 cc. milk

No salt is used in either the food preparation or service and salt-poor bread is used for the toast. Meat can often be omitted to advantage. Small amounts of cracked ice are allowed, preferably between feedings

APPROXIMATE ANALYSIS:

	1-7th days	8th day	9th day	10-12th days
Carbohydrate...	40 grams	70 grams	100 grams	136 grams
Protein.....	24 grams	36 grams	49 grams	70 grams
Fat.....	32 grams	39 grams	45 grams	53 grams
Calories.....	544	775	1001	1301
Calcium.....	0.93 gram	1.08 grams	1.15 grams	2.32 grams
Phosphorus....	0.78 gram	0.92 gram	1.07 grams	1.32 grams
Iron.....	0.002 gram	0.003 gram	0.004 gram	0.007 gram
Na Cl.....	1.44 grams	1.78 grams	2.82 grams	3.30 grams
Vitamin A.....	880 I.U.	1380 I.U.	1880 I.U.	27920 I.U.
Vitamin B ₁	160 I.U.	197 I.U.	234 I.U.	550 I.U.
Vitamin G.....	600 S.U.	655 S.U.	710 S.U.	1679 S.U.
Vitamin C.....	200 I.U.	200 I.U.	200 I.U.	1700 I.U.

HIGH PROTEIN DIET

USE: In conditions characterized by a low plasma protein, such as nephrotic edema and hypoproteinemia

FEEDINGS: Three meals daily with milk and egg feedings at 10:00 A.M., 3:00 P.M., and bedtime

FOODS ALLOWED:

Milk.....	One and one-half quarts daily; milk beverages, buttermilk
Eggs.....	Four daily
Meat, Fish, Poultry	Eight ounces of meat, fish or poultry daily
Cheese.....	Three ounces daily or the equivalent in eggs or meat
Sauces.....	Cream, cheese, egg and tomato sauces made without meat stock and with a minimum of seasoning
	Dessert sauces
Bread, Crackers....	As desired, preferably whole grain
Cereals.....	Cooked and prepared cereals, preferably whole grain
Potatoes.....	As desired
Vegetables.....	Any easily digested vegetable such as asparagus, string beans, beets, carrots, celery, fresh or canned lima beans, fresh or canned peas, pumpkins, squash, spinach, tomatoes, vegetable marrow
Fruits.....	All fruits, with at least one citrus fruit or tomato daily
Soups.....	Cream soups at least once daily
Desserts.....	As desired, especially milk and egg desserts
Fats.....	Cream, butter, oils in moderate amounts, salad dressings with a minimum of seasoning
Sugars.....	Sugar, honey, syrups, jams, jellies and marmalades, if their use does not interfere with taking the required foods
Beverages.....	Tea, coffee, coffee substitutes, decaffeinated coffee, if they are not used in place of milk, cocoa and chocolate made with milk

FOODS OMITTED:

Sauces.....	Highly seasoned and spiced sauces, meat gravies
Vegetables.....	Gas-forming vegetables, dried peas, beans and lentils
Soups.....	Broths, meat soups
Miscellaneous.....	Spices, condiments, pickles, relishes, excess seasoning of any kind

HIGH PROTEIN DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal 1 poached egg Whole wheat toast Butter Coffee Sugar Milk
10:00 A.M.....	Eggnog
DINNER.....	4 ounces broiled steak Baked potato Buttered carrots Celery curls Chocolate pudding with meringue Whole wheat bread Butter Milk
3:00 P.M.....	Banana milk shake
SUPPER.....	Cream of asparagus soup Escalloped noodles Spinach with hard cooked egg slices Lettuce, tomato salad 1 ounce cottage cheese Mayonnaise Canned peach halves Whole wheat bread Butter Milk
BEDTIME.....	Milk and graham crackers

APPROXIMATE ANALYSIS:

Carbohydrate	310 grams	Calcium	2.01 grams	Vitamin A	42689 I.U.
Protein	115 grams	Phosphorus	2.64 grams	Vitamin B ₁	704 I.U.
Fat	114 grams	Iron	.025 gram	Vitamin G	1548 S.U.
Calories	2726	Na Cl	12.2 grams	Vitamin C	3381 I.U.

LOW PROTEIN DIET

USE: In the treatment of nephritis with nitrogen retention

FEEDINGS: Three meals daily

FOODS ALLOWED:

Milk.....	Not over one pint daily, including that used in food preparation
Eggs.....	One daily, prepared any method except fried
Meat, Fish, Poultry	One small serving of meat, fish or poultry may be substituted for the egg
Sauces.....	Tomato, cream and butter sauces
Bread, Crackers....	Three slices of bread daily, preferably whole grain Crackers may be used in place of bread
Cereals.....	One serving daily, preferably whole grain
Potatoes.....	Baked, mashed, creamed, scalloped, boiled or riced
Vegetables.....	Any except dried peas, beans and lentils
Fruits.....	Any, including one citrus fruit or tomato daily; fruit juices
Soups.....	One serving daily of a cream or pureed vegetable soup made without meat stock
Desserts.....	Simple desserts prepared without large amounts of milk and eggs Fruit and fruit desserts are to be preferred
Fats.....	Butter, cream and oils in moderate amounts Salad dressings made with oil and lemon juice
Sugars.....	Sugar, honey, syrups, jams, jellies, and marmalades in moderate amounts
Beverages.....	Fruit juices, coffee substitutes Weak tea or coffee if allowed by the physician

FOODS OMITTED:

Cheese.....	All kinds
Sauces.....	Meat sauces, meat gravies, highly seasoned sauces, rich dessert sauces
Soups.....	Broths, meat soups
Desserts.....	Pastries, rich and highly seasoned desserts
Miscellaneous.....	Fried foods Nuts, olives, pickles, relishes Spices, condiments, excess salt Gelatin, gelatin preparations

LOW PROTEIN DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Orange juice Oatmeal 1 poached egg 1 slice whole wheat toast Butter 1 glass milk Sugar Strawberry jam
DINNER.....	Cream of pea soup Baked potato Carrots Celery curls Sliced banana 1 slice whole wheat bread Butter
SUPPER.....	Boiled macaroni with tomato sauce Spinach Lettuce hearts Oil and lemon dressing Canned peach halves 1 slice whole wheat bread Butter ½ glass milk

APPROXIMATE ANALYSIS:

Carbohydrate	255 grams	Calcium	0.81 gram	Vitamin A	29858 I.U.
Protein	50 grams	Phosphorus	1.19 grams	Vitamin B ₁	440 I.U.
Fat	75 grams	Iron	0.011 gram	Vitamin G	568 S.U.
Calories	1895	Na Cl	6.79 grams	Vitamin C	2655 I.U.

Total Fluid 880 cc.

LIMITED PROTEIN DIET

Use: In the treatment of chronic nephritis and cardiac complications

Feedings: Three meals daily

Foods Allowed:

Low Protein Diet plus one of the following, to total approximately 65 grams of protein daily:

2 ounces of meat, fish, poultry or cheese
Or 1 ounce meat and 1 glass of milk

LACTO-FARINACEOUS DIET

Uses: In the treatment of nephritis and decompensated cardiac impairment
This diet is not only inadequate in mineral and vitamin requirements but is very monotonous as well.
To maintain the calories normally essential for bed rest, more than one starchy food at a meal is necessary.

Feedings: Three meals daily

Foods Allowed:

Milk.....	Milk, kumyss, zoolak, buttermilk
Sauces.....	Cream sauce
Bread, Crackers....	As desired
Cereals.....	As desired
Potatoes.....	Baked and in soup
Soups.....	Cream of corn, potato, barley and rice
Desserts.....	Milk and cereal desserts prepared without egg, such as rice, cornstarch, sago, tapioca and bread puddings, junket, ice cream
Beverages.....	Tea, coffee, cocoa

Foods OMITTED:

Eggs	
Meat, Fish, Poultry	
Cheese	
Sauces.....	Except cream sauce
Potatoes.....	Except as listed
Vegetables	
Fruits	
Soups.....	Except as listed
Desserts.....	Except as listed
Fats.....	Except butter in small amounts
Sugars.....	Except in minimal quantity
Beverages.....	Except as listed
Miscellaneous.....	Excess seasoning of any kind Nuts, cocoanut and other items not listed as allowed

LACTO-FARINACEOUS DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Oatmeal 2 slices bread 1 teaspoon butter Coffee Milk 1 teaspoon sugar
DINNER.....	Cream of corn soup Crackers Baked potato Chocolate junket 2 slices bread 1 teaspoon butter Milk
SUPPER.....	Cream of potato soup Crackers Buttered macaroni Vanilla ice cream 2 slices bread 1 teaspoon butter Milk

APPROXIMATE ANALYSIS:

Carbohydrate	285 grams	Calcium	1.31 grams	Vitamin A	3578 I.U.
Protein	70 grams	Phosphorus	1.72 grams	Vitamin B ₁	351 I.U.
Fat	90 grams	Iron	0.008 gram	Vitamin G	902 S.U.
Calories	2230	Na Cl	6.24 grams	Vitamin C	871 I.U.

LOW PURIN DIET

USE: Treatment often used in cases of gout and some types of arthritis

FEEDINGS: Three meals daily

FOODS ALLOWED:

Milk.....	At least one pint daily; milk and egg beverages, buttermilk
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	On the order of the physician only If allowed, only boiled meats are used and selection is made from boiled ham, beef, lamb, mutton, fish, chicken or turkey
Cheese.....	As desired
Sauces.....	Cream, tomato, egg, butter, cheese and dessert sauces
Bread, Crackers....	White bread and rolls, plain or toasted, muffins, biscuit and white crackers
Cereals.....	Refined cereals such as cream of wheat, farina, cornmeal, puffed rice, rice flakes, rice krispies, cornflakes, macaroni, spaghetti, noodles, rice, hominy grits
Potatoes.....	As desired
Vegetables.....	String beans, wax beans, beets, broccoli, brussels sprouts, carrots, cabbage, cauliflower, eggplant, leeks, lettuce, onions, okra, squash, tomatoes
Fruits.....	As desired, except rhubarb
Soups.....	Cream of vegetable soups made from allowed vegetables, without meat broth or stock
Desserts.....	Any simple dessert except those containing coffee, cocoa or chocolate
Fats.....	Butter, cream, oils as desired
Sugars.....	Sugar, honey, syrups, jams, jellies and marmalades in moderate amounts
Beverages.....	Coffee substitutes, decaffeinated coffee; fruit juices

FOODS OMITTED:

Meat, Fish, Poultry	Especially glandular organs
Sauces.....	Highly seasoned and spicy sauces, meat gravies
Bread, Crackers....	Whole grain products
Cereals.....	Whole grain cereals and cereal products
Vegetables.....	High in purin content such as asparagus, peas, spinach, beans except string or wax, lentils, mushrooms, peppers
Soups.....	Broths, meat soups, meat extracts
Beverages.....	Tea, coffee, cocoa, chocolate, beer and malt beverages, alcoholic beverages
Miscellaneous.....	Fried foods, pastries Condiments, spices, pickles, excess salt Highly seasoned foods of all types Gelatin and gelatin products

LOW PURIN DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Farina Poached eggs White toast Butter Milk Sugar
DINNER.....	Cream of corn soup Crackers Buttered carrots Buttered broccoli Celery curls Sliced banana White bread Butter Milk
SUPPER.....	Cream of onion soup, crackers Baked macaroni and cheese Buttered string beans Lettuce, tomato salad Hard cooked egg Oil dressing Canned peach halves White bread Butter Milk

APPROXIMATE ANALYSIS:

Carbohydrate	290 grams	Calcium	1.49 grams	Vitamin A	19871 I.U.
Protein	80 grams	Phosphorus	1.77 grams	Vitamin B ₁	835 I.U.
Fat	115 grams	Iron	0.014 gram	Vitamin G	1361 S.U.
Calories	2515	Na Cl	6.35 grams	Vitamin C	3303 I.U.
		Uric acid	0.023 gram		
		Nitrogen bases	0.010 gram		

DIABETIC DIETS

DIABETIC LIQUID DIETS—(BUTTERMILK AND ORANGE JUICE)

Use: In the treatment of vomiting, fever, acute infection, post-operative routine or in uncontrolled diabetes with acidosis

Feedings: Every hour from 7:00 A.M. through 9:00 P.M. with two night feedings if the patient is awake

Foods Allowed:

Adults

Time	Food	Grams	Ounces
7:00 A.M.....	Skimmed milk or buttermilk	180	6
9:00 A.M.....	Orange juice	180	6
11:00 A.M.....	Skimmed milk or buttermilk	180	6
1:00 P.M.....	Orange juice	180	6
3:00 P.M.....	Skimmed milk or buttermilk	180	6
5:00 P.M.....	Orange juice	180	6
7:00 P.M.....	Skimmed milk or buttermilk	180	6
9:00 P.M.....	Orange juice	180	6
12:00 Midnight.....	Skimmed milk or buttermilk	180	6
4:00 A.M.....	Orange juice	180	6

Children

Time	Food	4 years		8 years	
		Grams	Ounces	Grams	Ounces
7:00 A.M.....	Skimmed milk or buttermilk	120	4	180	6
9:00 A.M.....	Orange juice	120	4	180	6
11:00 A.M.....	Skimmed milk or buttermilk	120	4	180	6
1:00 P.M.....	Orange juice.....	120	4	180	6
3:00 P.M.....	Skimmed milk or buttermilk	120	4	180	6
5:00 P.M.....	Orange juice	120	4	180	6
7:00 P.M.....	Skimmed milk or buttermilk	120	4	180	6
9:00 P.M.....	Orange juice	120	4	180	6

Alternating with the above feedings, a glass of water, clear fat-free broth, tea, coffee or decaffeinated coffee without sugar, milk or cream is given.

Gingerale may be substituted for the orange juice if desired

APPROXIMATE ANALYSES:

	Adult	4 years	8 years
Carbohydrate.....	153 grams	82 grams	122 grams
Protein.....	36 grams	19 grams	31 grams
Fat.....	2 grams	1 gram	2 grams
Calories.....	774	413	630
Calcium.....	1.25 grams	0.68 gram	1.02 grams
Phosphorus.....	0.97 gram	0.52 gram	0.78 gram
Iron.....	0.004 gram	0.002 gram	0.003 gram
Na Cl.....	1.54 grams	0.77 gram	1.15 grams
Vitamin A.....	90 I.U.	48 I.U.	72 I.U.
Vitamin B ₁	225 I.U.	120 I.U.	180 I.U.
Vitamin G.....	540 S.U.	228 S.U.	432 S.U.
Vitamin C.....	7250 I.U.	4080 I.U.	6120 I.U.

DIABETIC DIETS—(*Continued*)

ADMISSION DIABETIC DIET—ADULT

Carbohydrate 130 grams Protein 65 grams Fat 50 grams

Use: In the treatment of the new ambulatory clinic patient or the newly hospitalized patient who does not require the liquid diabetic diet; also as an intermediate diet used between the Diabetic Liquid Diet and the Diabetic Maintenance Diet.

Feedings: Unless otherwise ordered, the diet is divided to yield two-fifths of the total allowance in the morning and evening meals and one-fifth in the noon meal; 10 grams of carbohydrate are given at 10:00 A.M., 3:00 P.M., and 10:00 P.M.

FOODS ALLOWED:

Milk.....	Whole milk	1 pint
Eggs.....	Prepared without fat	2
Meat, Fish, Poultry	Lean meat, fish or poultry	2 ounces
Cheese.....	Cottage, American, Swiss	¾ ounce
Bread, Crackers....	Whole wheat bread	1 slice
	Soda cracker	1
Cereals.....	Choice of one	½ portion
Vegetables.....	3% vegetables from Group A, or equivalent from Groups B, C or D Vegetable from Group E, F or G	6 portions
Fruits.....	Citrus fruit or tomato juice	1 portion
	Other fruits	3 portions
Soups.....	Clear, fat-free broth	As desired
Fats.....	Butter	1 teaspoon
Beverages.....	Tea, coffee, decaffeinated coffee	As desired

FOODS OMITTED:

Meat, Fish, Poultry	All fat meats, meats cooked with sauces, fat, flour or crumbs
Sauces.....	All sauces and meat gravies
Cereals.....	Other than allowed
Desserts.....	All types except fruit as allowed
Fats.....	Cream, butter, lard, cooking fats and oils, salad dressings, unless allowed
Sugars.....	All sugars, syrups, honey, molasses, jams, jellies, marmalades, candies and confections including mints and cough drops
Beverages.....	Soft drinks, carbonated beverages, alcoholic drinks, beer and malt beverages, sweetened fruit juices, commercial fruit drinks
Miscellaneous.....	Nuts, cocoanut, chocolate, cocoa All foods not listed as allowed

See pages 84-86 (also Appendix) for general instructions and the cereal, fruit and vegetable lists.

DIABETIC DIETS—(*Continued*)

ADMISSION DIABETIC DIET—ADULT—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Prunes, stewed Poached eggs Oatmeal Whole wheat toast Butter Coffee Whole milk	3 medium 2 $\frac{3}{8}$ cup 1 slice $\frac{1}{2}$ pat $\frac{3}{4}$ cup
10:00 A.M.....	Orange juice	$\frac{1}{3}$ cup
DINNER.....	Clear, fat-free broth Cottage cheese Lettuce Tomato Milk Tea	2 level tablespoons $\frac{1}{4}$ head 1 medium $\frac{3}{4}$ cup
3:00 P.M.....	Apple	$\frac{1}{2}$ medium
SUPPER.....	Clear, fat-free broth Lean roast beef Baked potato Carrots String beans, canned Banana	2 ounces 1 small $\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ medium
BEDTIME.....	Whole milk Soda cracker	$\frac{1}{2}$ cup 1

APPROXIMATE ANALYSIS:

Carbohydrate	130 grams	Calcium	0.96 gram	Vitamin A	12624 I.U.
Protein	65 grams	Phosphorus	1.29 grams	Vitamin B ₁	303 I.U.
Fat	50 grams	Iron	0.013 gram	Vitamin G	796 S.U.
Calories	1230	Na Cl	2.71 grams	Vitamin C	1423 I.U.

DIABETIC DIETS—(*Continued*)

ADMISSION DIABETIC DIETS—CHILDREN

	Carbohydrate	Protein	Fat	Calories
4 years.....	90 grams	45 grams	30 grams	810
8 years.....	100 grams	55 grams	40 grams	980
12 years.....	110 grams	65 grams	40 grams	1060

USE: In the treatment of the new ambulatory clinic patient or the newly hospitalized patient who does not require the liquid diabetic diet; also as the intermediate diet used between the Diabetic Liquid and Diabetic Maintenance Diets

FEEDINGS: Unless otherwise ordered, the diet is divided to yield two-fifths of the total allowance in the morning and evening meals and one-fifth in the noon meal; 10 grams of carbohydrate are given at 10:00 A.M., 3:00 P.M., and 9:00 P.M. Milk is preferred on the 9 P.M. feeding.

Foods ALLOWED:

		4 years	8 years	12 years
Milk.....	Whole milk Skimmed milk or buttermilk	18 ounces	20 ounces	16 ounces
Eggs.....	Prepared without fat	1 ounce	1 ounce	6 ounces
Meat, Fish, Poultry	Lean meat, fish or poultry	1 ounce	2 ounces	2 ounces
Cheese.....	Cottage, American, Swiss			$\frac{3}{4}$ ounce
Bread, Crackers.....	Whole wheat bread Soda or graham cracker or Rye Krisp	$\frac{1}{2}$ slice 1	1 slice	$1\frac{1}{2}$ slices
Cereals.....	Choice of one	$\frac{1}{2}$ portion	$\frac{1}{2}$ portion	$\frac{1}{2}$ portion
Vegetables.....	3% vegetables from Group A or equivalent from Groups B, C or D	4 portions	4 portions	4 portions
Fruits.....	Citrus fruit or Tomato juice Other fruits	1 portion 2 portions	1 portion 2 portions	1 portion 2 portions
Soups.....	Clear, fat-free broth			

Foods OMITTED:

Meat, Fish, Poultry	All fat meats, meats cooked with sauces, fat, flour or crumbs
Sauces.....	All sauces and meat gravies
Cereals.....	Other than allowed
Desserts.....	All types except fruit as allowed
Fats.....	Cream, butter, lard, cooking fats and oils, salad dressings, unless allowed
Sugars.....	All sugars, syrups, honey, molasses, jams, jellies, marmalades, candies and confections including mints and cough drops
Beverages.....	Soft drinks, carbonated beverages, alcoholic drinks, beer and malt beverages, sweetened fruit juices, commercial fruit drinks
Miscellaneous.....	Nuts, cocoanut, chocolate, cocoa All foods not listed as allowed

See Appendix for general instructions, and the cereal, fruit and vegetable lists

DIABETIC DIETS—(*Continued*)

ADMISSION DIABETIC DIET—CHILDREN—(*Continued*)

SAMPLE MENUS

		4 years	8 years	12 years
BREAKFAST....	Oatmeal	$\frac{3}{8}$ cup	$\frac{3}{8}$ cup	$\frac{3}{8}$ cup
	Poached egg			1
	Whole wheat toast	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
	Whole milk	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
10:00 A.M....	Orange juice	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup
DINNER.....	Clear, fat-free broth			
	Soft cooked egg	1	1	
	Cottage cheese			2 tablespoons
	Lettuce	$\frac{1}{4}$ head	$\frac{1}{4}$ head	$\frac{1}{4}$ head
	Tomato	1 medium	1 medium	1 medium
	Whole milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
3:00 P.M.....	Apple	$\frac{1}{2}$ medium	$\frac{1}{2}$ medium	$\frac{1}{2}$ medium
SUPPER.....	Clear, fat-free broth			
	Lean roast beef	1 ounce	2 ounces	2 ounces
	String beans, canned	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
	Spinach	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
	Banana	$\frac{1}{2}$ medium	$\frac{1}{2}$ medium	$\frac{1}{2}$ medium
	Whole wheat bread		$\frac{1}{2}$ slice	$\frac{1}{2}$ slice
	Whole milk	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
9:00 P.M.....	Whole milk	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	
	Skimmed milk			$\frac{3}{4}$ cup
	Soda cracker	1	1	1

APPROXIMATE ANALYSES:

	4 years	8 years	12 years
Carbohydrate.....	90 grams	100 grams	110 grams
Protein.....	45 grams	55 grams	65 grams
Fat.....	30 grams	40 grams	40 grams
Calories.....	810	980	1060
Calcium.....	0.84 gram	0.93 gram	1.02 grams
Phosphorus.....	0.81 gram	1.00 gram	1.18 grams
Iron.....	0.008 gram	0.009 gram	0.010 gram
Na Cl.....	1.71 grams	2.01 grams	2.32 grams
Vitamin A.....	20423 I.U.	20513 I.U.	20633 I.U.
Vitamin B ₁	218 I.U.	248 I.U.	298 I.U.
Vitamin G.....	571 S.U.	644 S.U.	717 S.U.
Vitamin C.....	1390 I.U.	1390 I.U.	1390 I.U.

DIABETIC DIETS—(*Continued*)

MAINTENANCE DIABETIC DIETS

Use: To maintain the desired body weight in relation to the glucose tolerance
 The Admission Diabetic Diet is gradually increased, according to the following ratios, until the maintenance level is determined.

Feedings: Unless otherwise ordered, all diabetic diets are divided to yield two-fifths of the total allowance in the morning and evening meals and one-fifth in the noon meal; 10 grams of carbohydrate are given at 10:00 A.M., 3:00 P.M., and 10:00 P.M. (9:00 P.M. for children)

FOODS ALLOWED AND OMITTED are the same as for the Admission Diabetic Diets, with necessary adjustments in quantity, according to the diet order

Adults	Diet Order				Sample Menu Plans				
	Calories	C	P	F	Milk Ounces	Eggs	Meat, Fish, Poultry Ounces	Cheese Ounces	Bread Slices
Admission Diet Maintenance Diets	1230	130	65	50	16	2	2	3/4	1
	1470	140	70	70	16	2	2	3/4	1
	1620	150	75	80	18	2	2	3/4	1 1/4
	1860	160	80	100	18	2	3	3/4	1 1/2
	2010	170	85	110	19	2	3 1/2	3/4	2
	2260	200	95	120	19	2	3 1/2	3/4	3
	2695	250	120	135	19	2	6 1/2	3/4	5
Children—*									
4 years.....	1430	140	60	70	24	1	1	3/4	1 1/2
8 years.....	1640	160	70	80	24	1	1 1/2	3/4	1 1/2
12 years.....	1850	180	80	90	24	1	2 1/2	3/4	2 1/2

*Diet Orders, Courtesy Priscilla White, M.D.

DIABETIC DIETS—(*Continued*)

MAINTENANCE DIABETIC DIETS—(*Continued*)

SAMPLE MENU PLANS—(*Continued*)

Soda Crackers	Cereal Portions	3% Vegetables Portions	18% Vegetable Portions	Fruit Portions	Butter Teaspoons	40% Cream Ounces
1	1/2	6	1	4	1	..
1	1	6	1	4	5	..
2	1	6	1	4	7	..
1	1	6	1	5	10	..
1	1	6	1	5	12	..
..	1	6	2	5	12	1
..	1	6	2	7	12	1
..	1	4	..	5	6	..
..	1	5	1	5	8	..
..	1	6	1	5	9	..

LOW CALORIE DIETS

800 CALORIE DIET

USE: For the patient whose weight loss on the 1000 Calorie Diet is negligible
The diet is not adequate for nutritional needs over an indefinite period.

FEEDINGS: Three meals daily with feedings at 10:00 A.M., 3:00 P.M., and bedtime

FOODS ALLOWED:

Milk.....	Whole milk	1 cup
Eggs.....	Prepared without fat	1
Meat, Fish, Poultry	Lean meat, fish or poultry	2 ounces
Cheese.....	Cottage, American, Swiss	¾ ounce
Bread, Crackers....	Whole wheat bread	1 slice
Vegetables.....	3% vegetables from Group A or Equivalent from Groups B, C, D, E, F or G	6 portions
Fruits.....	Citrus fruit or tomato	1 portion
	Other fruits	3 portions
Soups.....	Clear, fat-free broth	As desired
Beverages.....	Tea, coffee, decaffeinated coffee without sugar or cream	As desired

FOODS OMITTED:

Meat, Fish, Poultry	All fat meats, meats cooked with fat, sauces, flour or crumbs
Sauces.....	All sauces and meat gravies
Cereals	
Potatoes.....	Except as within the vegetable allowance
Fruits.....	Canned in syrup or cooked with sugar
Desserts.....	All types except fruits as allowed
Fats.....	Cream, butter, lard and cooking fats and oils, salad dressings
Sugars.....	All sugars, syrups, honey, molasses, jams, jellies, marmalades, candies and confections including mints and cough drops
Beverages.....	Soft drinks, carbonated and alcoholic beverages, beer and malt beverages, sweetened fruit juices, commercial fruit flavored drinks
Miscellaneous.....	Nuts, cocoanut, chocolate All foods not listed as allowed

See pages 84-86 (also Appendix) for general instructions, and the fruit and vegetable lists.

LOW CALORIE DIETS—(*Continued*)

800 CALORIE DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Prunes, stewed Poached egg Whole wheat toast Whole milk Black coffee	3 medium 1 1 slice $\frac{1}{4}$ cup 1 cup
10:00 A.M.....	Orange juice	$\frac{1}{3}$ cup
DINNER.....	Clear, fat-free broth Lean roast beef Carrots String beans, canned Banana	2 ounces $\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ medium
3:00 P.M.....	Whole milk	$\frac{3}{4}$ cup
SUPPER.....	Clear, fat-free broth Cottage cheese Spinach Lettuce Tomato Clear tea	$\frac{3}{4}$ ounce $\frac{1}{2}$ cup $\frac{1}{4}$ head 1 medium
BEDTIME.....	Apple	$\frac{1}{2}$ medium

APPROXIMATE ANALYSIS:*

Carbohydrate	93 grams	Calcium	0.76 gram	Vitamin A	35017 I.U.
Protein	50 grams	Phosphorus	0.80 gram	Vitamin B ₁	420 I.U.
Fat	26 grams	Iron	0.016 gram	Vitamin G	594 S.U.
Calories	806	Na Cl	1.49 grams	Vitamin C	3507 I.U.

*Based on Sample Menu plus possible meat, cheese and egg substitutions

LOW CALORIE DIETS—(*Continued*)

1000 CALORIE DIET

Use: For weight reduction

Feedings: Three meals daily with feedings at 10:00 A.M., 3:00 P.M., and bedtime

Foods Allowed:

Milk.....	Whole milk	1½ cups
Eggs.....	Prepared without fat	1
Meat, Fish, Poultry	Lean meat, fish or poultry	2 ounces
Cheese.....	Cottage, American, Swiss	¾ ounce
Bread, Crackers....	Whole wheat bread	2 slices
Cereals.....	Choice of one	½ portion
Vegetables.....	3% vegetables from Group A or Equivalent from Groups B, C, D, E, F, or G	6 portions
Fruits.....	Citrus fruit or tomato	1 portion
	Other fruits	3 portions
Soups.....	Clear, fat-free broth	As desired
Beverages.....	Tea, coffee, decaffeinated coffee without sugar or cream	As desired

Foods OMITTED:

Meat, Fish, Poultry	All fat meats, meats cooked with fat, flour or crumbs
Sauces.....	All sauces and meat gravies
Cereals.....	Except as allowed
Potatoes.....	Except as in the vegetable allowance
Fruits.....	Canned in syrup or cooked with sugar
Desserts.....	All desserts except fruit as allowed
Fats.....	Cream, butter, lard and cooking fats and oils, salad dressings, unless listed as allowed
Sugars.....	All sugars, syrups, honey, molasses, jams, jellies, marmalades, candies and confections including mints and cough drops
Beverages.....	Soft drinks, carbonated and alcoholic beverages, beer and malt beverages, sweetened fruit juices, commercial fruit flavored drinks
Miscellaneous.....	Nuts, cocoanut, chocolate All foods not listed as allowed

Note: Butter and skimmed milk may be used in place of whole milk

See pages 84-86 (also Appendix) for general directions, and the cereal, vegetable and fruit lists

LOW CALORIE DIETS—(*Continued*)

1200 CALORIE DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Prunes, stewed Oatmeal Poached egg Whole wheat toast Whole milk Black coffee	•	3 medium $\frac{3}{4}$ cup 1 1 slice $\frac{3}{4}$ cup
10:00 A.M.....	Orange juice		$\frac{1}{3}$ cup
DINNER.....	Clear, fat-free broth Lean roast beef Carrots String beans, canned Banana		3 ounces $\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ medium
3:00 P.M.....	Whole milk		$\frac{3}{4}$ cup
SUPPER.....	Clear, fat-free broth Cottage cheese Spinach Lettuce Tomato Whole wheat bread Whole milk Clear tea		$\frac{3}{4}$ ounce $\frac{1}{2}$ cup $\frac{1}{4}$ head 1 medium 1 slice $\frac{1}{2}$ cup
BEDTIME.....	Apple		$\frac{1}{2}$ medium

APPROXIMATE ANALYSIS:*

Carbohydrate	140 grams	Calcium	1.18 grams	Vitamin A	37912 I.U.
Protein	73 grams	Phosphorus	1.29 grams	Vitamin B ₁	510 I.U.
Fat	40 grams	Iron	0.019 gram	Vitamin G	852 S.U.
Calories	1212	Na Cl	2.32 grams	Vitamin C	3567 I.U.

*Based on Sample Menu plus possible meat, cheese and egg substitutions

DIRECTIONS FOR THE USE OF THE DIABETIC AND LOW CALORIE DIETS

1. Diets are weighed or measured. All measurements must be level, using a standard measuring cup and measuring spoons.
2. Unless otherwise advised, salt, pepper, vinegar, mint, capers, curry, bay leaf, cloves, ginger, mustard, paprika, anise seed, caraway seed, and onion extract may be used in moderate amounts for seasoning.
3. Fruits may be fresh, canned without sugar, canned in own juice or stewed without sugar.
4. Mineral oil (petrolatum oil) salad dressings, prepared without sugar, may be used if desired.
5. Fat-free broth may be used as desired.
6. All foods are prepared in a simple manner without the addition of fat, flour, crumbs or any other ingredients unless the amount is listed on the diet.
7. Tea, coffee, decaffeinated coffee, without sugar or cream, may be taken as desired with meals.
8. The following protein foods may be occasionally substituted for each other:

1 egg	
1 ounce of meat—roast.....	2½" x 1½" x 1/8"
steak.....	1" x 1½" x ¼"
chop.....	1" x 1½" x ¼"
1 ounce of fish.....	1" x 1½" x ¼"
¾ ounce cottage cheese.....	2 level tablespoons
¾ ounce American or Swiss cheese.....	1" cube

9. The following cereals are equivalent to one portion, containing 20 grams of carbohydrate:

Cooked cereal, any kind.....	¾ cup
Cornflakes.....	1 cup
Puffed rice.....	1½ cups
Puffed wheat.....	1¾ cups
Shredded wheat.....	1 biscuit

10. The following foods contain 10 grams of carbohydrate and are used for the 10:00 A.M., 3:00 P.M., and 10:00 P.M. feedings:

10:00 A.M.....	1 portion of fruit
3:00 P.M.....	1 portion of fruit
10:00 P.M. (Low Calorie).....	1 portion of fruit or Same as for Diabetic at 10:00 P.M.
10:00 P.M. (Diabetic).....	½ cup tomato juice, 1 soda cracker 2 soda crackers, broth or tea ¾ slice whole wheat bread ¾ cup buttermilk, 1 Rye Krisp ¾ cup skimmed milk, 1 Rye Krisp ½ cup milk, 1 soda cracker ½ cup milk, 1 graham cracker

DIRECTIONS FOR THE USE OF THE DIABETIC AND LOW CALORIE DIETS—(*Continued*)

11. The following portions of fruit contain 10 grams of carbohydrate

Apples.....	$\frac{1}{2}$ medium	Loganberries.....	$\frac{3}{4}$ cup
Apples, dried, stewed.....	$\frac{1}{4}$ cup	Loganberry juice.....	$\frac{1}{3}$ cup
Apple juice.....	$\frac{1}{3}$ cup	Loganberries, w.p.....	1 cup
Applesauce.....	$\frac{1}{3}$ cup	Loquats.....	3 medium
Apricots.....	3 medium	Mangoes.....	$\frac{2}{3}$ small
Apricots, dried, stewed....	3 halves, medium	Mulberries.....	$\frac{2}{3}$ cup
Apricots, w.p.....	6 halves	Muskmelon.....	$\frac{1}{2}$ small
Banana.....	$\frac{1}{2}$ medium	Nectarine.....	1 medium
Blackberries.....	$\frac{5}{6}$ cup	Orange.....	1 medium
Blackerry juice.....	$\frac{3}{4}$ cup	Orange juice.....	$\frac{1}{3}$ cup
Blackberries, w.p.....	1 cup	Papaya.....	$\frac{1}{4}$ 5" diameter
Blueberries.....	$\frac{1}{2}$ cup	Papaw.....	$\frac{1}{2}$ medium
Blueberry juice.....	$\frac{3}{4}$ cup	Peach.....	1 medium
Blueberries, w.p.....	1 cup	Peach, dried, stewed....	2 halves
Cantaloupe.....	$\frac{1}{2}$ small	Peach, w.p.....	2 halves
Cherries, sweet.....	10 whole	Peach juice.....	$\frac{1}{3}$ cup
Cherries, sour.....	$\frac{1}{2}$ cup	Pear.....	$\frac{1}{2}$
Cherries, red, w.p.....	$\frac{1}{2}$ cup white, w.p....	Pear, dried, stewed....	$\frac{1}{2}$ medium
Cranberries.....	1 cup	Pear juice.....	$\frac{1}{3}$ cup
Currants.....	1 cup	Pear, w.p.....	2 halves
Current juice.....	$\frac{1}{3}$ cup	Persimmon, Japanese.....	$\frac{1}{2}$ large
Figs.....	2 medium	Pineapple.....	$\frac{1}{2}$ cup
Figs, dried, stewed.....	2 medium	Pineapple juice.....	$\frac{1}{4}$ cup
Figs, w.p.....	$\frac{2}{3}$ cup	Pineapple, w.p.....	$\frac{1}{2}$ cup
Gooseberries.....	$\frac{2}{3}$ cup	Plums.....	3 medium
Grapes, Concord.....	15	Plums, w.p.....	3 medium
Grapes, Malaga.....	10	Pomegranate.....	$\frac{1}{4}$ medium
Grape juice unsweetened.	$\frac{1}{4}$ cup	Prunes, dried, stewed....	3 medium
Grapefruit.....	$\frac{1}{2}$	Raspberries, red.....	$\frac{2}{3}$ cup
Grapefruit juice.....	$\frac{1}{2}$ cup	Raspberries, black.....	$\frac{2}{3}$ cup
Guava.....	1 medium	Raspberry juice, red....	$\frac{1}{2}$ cup scant
Honeydew melon.....	$\frac{1}{2}$ small	Raspberry juice, black...	$\frac{1}{2}$ cup scant
Huckleberries.....	$\frac{1}{2}$ cup	Raspberries, red, w.p....	$\frac{1}{2}$ cup
Kumquat.....	5 medium	Raspberries, black, w.p..	$\frac{1}{2}$ cup
Lemon.....	1 large	Strawberries.....	1 $\frac{1}{2}$ cups
Lemon juice.....	$\frac{1}{2}$ cup	Strawberry juice.....	$\frac{2}{3}$ cup
Limes.....	2 medium	Tangerine.....	1 large
Lime juice.....	$\frac{1}{2}$ cup	Tomato juice.....	1 $\frac{1}{2}$ cups
		Watermelon.....	$\frac{1}{2}$ slice

w.p.—Fruits canned in water or own juice without added sugar

DIRECTIONS FOR THE USE OF THE DIABETIC AND LOW CALORIE DIETS—(*Continued*)

12. The following 100-gram portions of vegetables are grouped according to their carbohydrate content and the corresponding household measure.

GROUP A		GROUP B	
3% Carbohydrate — 2% Protein		6% Carbohydrate — 2% Protein	
Asparagus.....	8 stalks	Beans, snap.....	$\frac{1}{2}$ cup
Bamboo shoots.....	$\frac{3}{4}$ cup	Beans, string.....	$\frac{1}{2}$ cup
Beans, string, canned.....	$\frac{1}{2}$ cup	Beans, wax.....	$\frac{1}{2}$ cup
Beans, wax, canned.....	$\frac{1}{2}$ cup	Beets, canned.....	$\frac{1}{2}$ cup
Beet greens, cooked.....	$\frac{1}{2}$ cup	Carrots, canned.....	$\frac{1}{2}$ cup
Broccoli.....	1½ stalks	Celery root or celeriac.....	$\frac{1}{2}$ cup
Cabbage, raw.....	$\frac{2}{3}$ cup	Chives.....	1 cup
Cabbage, boiled.....	$\frac{1}{2}$ cup	Collards.....	$\frac{1}{2}$ cup
Cabbage, chinese, raw.....	$\frac{1}{3}$ head	Dandelion greens, cooked.....	$\frac{1}{2}$ cup
Cauliflower.....	$\frac{3}{4}$ cup	Eggplant.....	$\frac{1}{2}$ cup
Celery.....	4 stalks	Kohlrabi.....	$\frac{2}{3}$ cup
Chicory, raw.....	$\frac{1}{4}$ small head	Leeks, cooked.....	$\frac{3}{4}$ cup
Corn salad, raw.....	2 cups	Okra, fresh.....	$\frac{1}{2}$ cup
Cucumbers.....	$\frac{1}{2}$ medium	Peppers, green.....	1 large
Dock, cooked.....	1 cup	Peppers, red.....	1 large
Endive.....	1 head	Pimiento, canned.....	1½ cups
Escarole, raw.....	$\frac{2}{3}$ head	Pumpkin.....	$\frac{1}{2}$ cup
Fennel.....	$\frac{1}{4}$ head	Squash, acorn.....	$\frac{1}{2}$ medium
Kale, cooked.....	$\frac{1}{2}$ cup	Squash, hubbard.....	$\frac{2}{3}$ cup
Lettuce.....	$\frac{1}{4}$ head	Squash, winter.....	$\frac{2}{3}$ cup
Mung bean sprouts, cooked.....	$\frac{3}{4}$ cup	Tomato puree.....	$\frac{1}{2}$ cup
Mustard greens, cooked.....	$\frac{1}{2}$ cup	Turnips.....	$\frac{1}{2}$ cup
Okra, canned.....	$\frac{1}{2}$ cup		
Radishes.....	12 medium		
Rhubarb.....	1 cup		
Romaine.....	10 leaves		
Sauerkraut.....	$\frac{1}{2}$ cup		
Spinach, cooked.....	$\frac{1}{2}$ cup		
Squash, summer.....	$\frac{2}{3}$ cup		
Squash, zucchini.....	$\frac{2}{3}$ cup		
Swiss chard, cooked.....	$\frac{3}{4}$ cup		
Tomatoes.....	$\frac{1}{2}$ cup		
Tomatoes, canned.....	$\frac{1}{2}$ cup scant		
Tomato juice.....	$\frac{1}{2}$ cup		
Turnip greens, cooked.....	$\frac{1}{2}$ cup		
Vegetable Marrow.....	$\frac{2}{3}$ cup		
Watercress.....	1 bunch		
GROUP E		GROUP C	
15% Carbohydrate — 3% Protein		9% Carbohydrate — 3% Protein	
Beans, red, kidney, canned (6% Protein).....	$\frac{1}{2}$ cup	Artichokes, French.....	1 small
Parsnips.....	1 large	Beets.....	2 medium
Peas.....	$\frac{1}{2}$ cup	Brussels sprouts.....	9 medium
Salsify (Vegetable oyster).....	$\frac{2}{3}$ cup	Carrots.....	$\frac{1}{2}$ cup
		Onions.....	2 medium
		Peas, canned.....	$\frac{3}{8}$ cup
		Rutabagas.....	$\frac{1}{2}$ cup
GROUP F		GROUP D	
18% Carbohydrate — 3% Protein		12% Carbohydrate — 3% Protein	
Corn.....	$\frac{1}{2}$ cup	Lima beans, canned (5% Protein).....	$\frac{1}{2}$ cup
Horseradish.....	$\frac{1}{2}$ cup		
Macaroni, cooked.....	$\frac{1}{2}$ cup		
Noodles, cooked.....	$\frac{1}{2}$ cup		
Potatoes.....	$\frac{1}{2}$ cup		
Rice, cooked.....	$\frac{1}{2}$ cup		
Spaghetti, cooked.....	$\frac{1}{2}$ cup		
Succotash, canned.....	$\frac{1}{4}$ cup		
GROUP G		21% Carbohydrate = 7% Protein	
Lima beans, fresh.....	$\frac{1}{2}$ cup		

KETOGENIC DIET

Use: To produce acetone and diacetic acid in the urine, sometimes valuable in the treatment of patients with epilepsy, migraine and some urological conditions. The diet is low in minerals and vitamins, which should be ordered as medications.

FEEDINGS: Three meals daily

NOTE: The diet, following a period of fasting until seizures have stopped, should be built up to the desired K-AK ratio and continued for about three months. Carbohydrate should be restored to the diet gradually. The patient's full cooperation is essential if this diet is to be effective.

DIET CALCULATION TABLE—GRAM RATIOS (LUTHER AND BARTLETT)*

K-AK	1:1		1.5:1		2:1		2.5:1		3:1		3.5:1		4:1	
	F	CP	F	CP	F	CP	F	CP	F	CP	F	CP	F	CP
1000	77	77	86	57	91	45	94	38	97	32	99	28	100	25
1100	85	85	94	63	100	50	104	41	106	36	108	31	110	27
1200	92	92	103	69	109	55	113	45	116	39	118	34	120	30
1300	100	100	111	74	118	59	123	49	126	42	128	37	130	32
1400	108	108	120	80	128	64	132	53	135	45	138	40	140	35
1500	115	115	129	86	136	68	141	57	144	48	148	42	150	38
1600	123	123	137	91	146	73	151	60	156	52	157	45	160	40
1700	131	131	146	97	154	77	160	64	165	55	168	48	170	43
1800	138	138	155	103	164	82	170	68	174	58	177	51	180	45
1900	146	146	162	108	172	86	180	72	183	61	187	54	190	48
2000	154	154	171	114	182	91	190	76	195	65	197	56	200	50
2100	162	162	180	120	191	95	198	79	203	68	207	59	210	52
2200	169	169	189	126	200	100	207	83	213	71	217	62	220	55
2300	177	177	197	131	209	105	217	87	222	74	227	65	230	57
2400	185	185	206	137	218	109	226	91	232	77	236	68	240	60
2500	192	192	214	143	228	114	236	95	242	81	246	70	250	62
2600	200	200	222	148	236	118	245	99	249	83	255	73	260	65
2700	208	208	231	154	244	122	252	101	261	87	266	76	268	67
2800	215	215	240	160	254	127	262	105	270	90	273	78	280	70
2900	223	223	247	165	262	131	272	109	279	93	283	81	288	72
3000	231	231	253	170	274	137	282	113	291	97	294	84	300	75
3100	238	238	265	177	280	140	292	117	300	100	304	87	318	77
3200	246	246	273	182	290	145	300	120	309	103	314	90	320	80
3300	254	254	282	188	300	150	310	124	318	106	322	92	328	82
3400	261	261	291	194	308	154	320	128	327	109	332	95	340	85
3500	269	269	300	200	318	159	330	132	336	112	343	98	348	87

To use this table, decide upon the proper number of Calories and the desired K-AK ratio. The amount of Protein is known (1 gram per kilogram). Grams of Fat are shown in the "F" column. For grams of Carbohydrate subtract grams of Protein from the figure in the "CP" column.

*McLester—Nutrition and Diet in Health and Disease
Third Edition, W. B. Saunders Company, 1940

EGG-FREE DIET

USE: For patients sensitive to eggs

FEEDINGS: Three meals daily

NOTE: All allowed foods are prepared and served without egg

FOODS ALLOWED:

Milk.....	At least one pint daily
Meat, Fish, Poultry	Meat, fish and poultry as desired
Cheese.....	As desired
Sauces.....	Cream, tomato and butter sauces, clear or cream meat gravies, fruit sauces
Bread, Crackers....	Cornpone, yeast and baking powder breads and rolls, if specially prepared without egg, special products such as Rye Krisp
Cereals.....	As desired, preferably whole grain Pastes such as macaroni, spaghetti and noodles should not be used unless known to be made without egg
Potatoes.....	Baked, mashed, creamed, boiled, riced, scalloped
Vegetables.....	As desired, including one raw vegetable daily
Fruits.....	As desired, including tomato or citrus fruit daily
Soups.....	Broths, meat, vegetable and cream soups
Desserts.....	Gelatin desserts, milk and cereal desserts, fruit juice ices, ice cream, cakes, cookies and pastry if specially prepared without egg
Fats.....	Meat, poultry and vegetable fats and oils, cream, butter, specially cooked salad dressings and French dressing
Sugars.....	Sugars, honey, syrups, jams, jellies and marmalades
Beverages.....	Tea, coffee, decaffeinated coffee, chocolate, cocoa, fruit juices

FOODS OMITTED:

Eggs.....	Fresh, dried or frozen, egg dishes, foods prepared with egg
Sauces.....	Egg sauce and sauces containing egg such as hollandaise
Bread, Crackers....	Commercial breads, muffins, biscuits, waffles and griddle cakes unless the exact composition is known Breads and pastries are frequently glazed with an egg wash, commercially.
Cereals.....	Noodles and similar pastes containing egg
Desserts.....	Cakes, cookies, doughnuts, macaroons, soft and filled pies, puddings, cake frostings, custards, ice cream, fruit whips, meringues, Spanish creams, unless specially made without egg
Beverages.....	Egg drinks, malted cocoa drinks with egg
Miscellaneous.....	Baking powders (except Royal), fritters, marshmallows, mayonnaise, pretzels and similar glazed products, flour and pudding mixes, breaded foods if the adherent used is an egg mixture; the use of egg or egg shells to clear coffee and soup Egg-free baking powder may be prepared by mixing two parts of baking soda with one part of cream of tartar, with a little cornstarch added to prevent caking

EGG-FREE DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal Crisp bacon Whole wheat bread Butter Strawberry jam Coffee Sugar Milk
DINNER.....	Vegetable soup Roast beef, gravy Baked potato Buttered carrots Celery curls Sliced banana Corn pone Butter Grape jelly Milk
SUPPER.....	Beef broth with rice Baked macaroni and cheese Buttered spinach Lettuce, tomato salad Oil and lemon French dressing Canned peach halves Whole wheat bread Butter Tea, sugar, milk

APPROXIMATE ANALYSIS:

Carbohydrate	350 grams	Calcium	1.28 grams	Vitamin A	34343 I.U.
Protein	95 grams	Phosphorus	1.64 grams	Vitamin B ₁	489 I.U.
Fat	130 grams	Iron	0.015 gram	Vitamin G	813 S.U.
Calories	2950	Na Cl	9.97 grams	Vitamin C	3030 I.U.

MILK-FREE DIET

USE: For patients sensitive to milk and milk products

FEEDINGS: Three meals daily

NOTE: All allowed foods are prepared and served without cheese, milk, cream, butter and oleomargarine which has been churned in milk

FOODS ALLOWED:

Eggs.....	As desired, prepared any method except fried
Meat, Fish, Poultry	Meats, fish and poultry as desired
Sauces.....	Tomato and clear fruit sauces, meat gravies
Bread, Crackers....	Cornpone, yeast and baking powder bread and rolls if specially prepared without milk or milk products, special breads as rice muffins, Rye Krisp
Cereals.....	As desired, preferably whole grain
Potatoes.....	Baked, mashed, riced or scalloped with meat stock in place of milk or cream sauce
Vegetables.....	All vegetables, including one raw daily
Fruits.....	All fruits, including citrus fruit or tomato daily
Soups.....	Broths, meat soups, vegetable soups
Desserts.....	Gelatin desserts, fruit whips, tapioca with fruit in place of milk, frozen fruit juice ices and sherbets without milk, special cookies, sponge and angel cake
Fats.....	Meat, poultry and vegetable fats and oils Mayonnaise and salad dressings if the composition is known
Sugars.....	Sugars, honey, syrups, jams, jellies, marmalades
Beverages.....	Tea, coffee, decaffeinated coffee, fruit juices Cocoa and chocolate if made with water in place of milk

FOODS OMITTED:

Milk.....	Fresh, condensed, evaporated, dried and malted milk, buttermilk, curd, whey
Cheese	
Sauces.....	All sauces containing milk, cream, butter or cheese
Bread, Crackers....	Commercial breads, muffins, biscuit, waffles, crackers and similar products unless the exact composition is known
Soups.....	Cream soups and soups containing milk or milk products Canned soups should not be used unless the composition is known.
Desserts.....	Ordinary and commercial cakes, cookies, custards, ice creams and sherbets, puddings and dessert sauces
Fats.....	Sweet and sour cream, butter, oleomargarine churned with milk
Beverages.....	Those containing milk or cream in any form
Miscellaneous.....	Combined dishes such as creamed, scalloped, au gratin, souffles, rarebits, croquettes, meat loaf, sauces and salad dressings; commercial preparations such as breads, pastries, candies, noodles and similar mixtures unless the composition is known
	Milk chocolate, plain or in candy

MILK-FREE DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal Crisp bacon Poached egg Corn pone Strawberry jam Coffee Sugar
DINNER.....	Vegetable soup Roast beef, clear gravy Baked potato Carrots Celery curls Sliced banana Corn pone Grape jelly
SUPPER.....	Beef broth with rice Baked sweet potato Asparagus Cauliflower Lettuce, tomato salad Hard cooked egg slices Oil and lemon juice French dressing Rye Krisp Orange marmalade Tea with sugar and lemon

APPROXIMATE ANALYSIS:

Carbohydrate	315 grams	Calcium	0.435 gram	Vitamin A	12314 I.U.
Protein	75 grams	Phosphorus	0.87 gram	Vitamin B ₁	410 I.U.
Fat	50 grams	Iron	0.015 gram	Vitamin G	359 S.U.
Calories	2010	Na Cl	1.16 grams	Vitamin C	4028 I.U.

WHEAT-FREE DIET

USE: For patients sensitive to wheat

FEEDINGS: Three meals daily

NOTE: All foods allowed are prepared and served without wheat and wheat products.

FOODS ALLOWED:

Milk.....	At least one pint daily
Eggs.....	As desired, prepared without flour, crumbs, crackers or cream sauce Egg is used to thicken sauces in place of flour.
Meat, Fish, Poultry	As desired, except commercial preparations such as sausage, hamburger, frankfurters and similar spiced meats which sometimes contain wheat products as fillers
Cheese.....	As desired
Sauces.....	As desired, with egg or cornstarch substituted for wheat flour as a thickening agent
Bread, Crackers....	Biscuit, muffins and bread made without wheat flour such as cornpone, corn bread, oatmeal, rice and potato muffins, rice bread, all-rye bread, specially prepared breads, Rye Krisp
Cereals.....	Arrowroot flour, barley, barley flour, cornmeal, cornstarch, cornflakes, hominy, hominy grits, oatmeal, rice, potato flour, rice flakes, puffed rice, rice flour, rye flour, tapioca
Potatoes.....	As desired
Vegetables.....	As desired, including one raw vegetable daily
Fruits.....	As desired, including citrus fruit or tomato daily
Soups.....	As desired, except those thickened with wheat flour
Desserts.....	Egg and milk desserts, gelatin and tapioca desserts, cornstarch puddings, ices, sherbets and ice creams
Fats.....	Meat, poultry and vegetable fats and oils, cream, butter, mayonnaise and salad dressings Cooked salad dressing should not be thickened with wheat flour.
Sugars.....	Sugars, honey, syrups, jams, jellies, marmalades
Beverages	Tea, coffee, decaffeinated coffee, cocoa, chocolate, fruit juices

FOODS OMITTED:

Bread, Crackers....	All commercial products including corn bread and corn muffins, gluten, graham, rye, white and whole wheat breads, muffins, biscuit, rolls, griddle cakes, waffles, doughnuts and crackers
Cereals.....	All dry and cooked cereals containing or made from wheat such as cream of wheat, farina, wheat flakes, shredded wheat, cracked wheat, bran; noodles, spaghetti, macaroni, vermicelli and similar pastes
Soups.....	Commercially prepared or canned soups, unless clear consomme or bouillon
Desserts.....	Cakes, cookies, dumplings, pies, pastries, puddings and custards of all kinds unless known to be made without wheat or wheat products
Beverages.....	Cereal beverages, coffee substitutes
Miscellaneous.....	Croquettes, fritters, souffles, hamburger, sausage Gravies, sauces; all foods of unknown composition

WHEAT-FREE DIET—(*Continued*)

SAMPLE MENU

BREAKFAST.....	Stewed prunes Oatmeal Poached egg Corn pone Butter Strawberry jam Coffee Sugar Milk
DINNER.....	Vegetable soup Roast beef, clear gravy Baked potato Buttered carrots Celery curls Sliced banana Corn pone Butter Grape jelly Milk
SUPPER.....	Beef broth with rice Crisp bacon Corn pudding (custard base) Buttered spinach Lettuce, tomato salad Oil and lemon juice French dressing Canned peach halves Rye Krisp Butter Orange marmalade Tea with sugar, milk

APPROXIMATE ANALYSIS:

Carbohydrate	300 grams	Calcium	1.00 gram	Vitamin A	35168 I.U.
Protein	95 grams	Phosphorus	1.48 grams	Vitamin B ₁	577 I.U.
Fat	130 grams	Iron	0.017 gram	Vitamin G	842 S.U.
Calories	2750	Na Cl	2.69 grams	Vitamin C	3095 I.U.

INFANT FEEDING

USE: To provide feedings for the normal infant during the first year, when breast feeding is impossible (see also page 1)

FEEDINGS: According to age

FORMULAS MUST SATISFY THE FOLLOWING REQUIREMENTS:

1. Calories
 - A. 50 calories per pound of body weight
2. Protein
 - A. 1.5 grams per pound of body weight
 - B. Met by giving 2 ounces of milk per pound of body weight
3. Minerals
 - A. Calcium and phosphorus requirements are met by the 2 ounces of milk per pound of body weight
 - B. Iron requirement is 0.001 to 0.002 gram per day
 1. Until the 4th or 5th month this is met by the stored iron
 2. After the 4th or 5th month, iron is furnished by egg yolk and vegetable puree
4. Vitamins
 - A. Vitamins A and D must be furnished by the addition of cod liver oil with Vitamin D
 - B. Vitamins B and G are supplied by the milk
 - C. Vitamin C must be furnished by the addition of orange juice
5. Carbohydrate
 - A. Met by adding approximately 1 ounce of sugar by weight to each 20 ounces of formula by volume (5% of total formula). Karo and cane sugar are suitable for most normal infants.
6. Water
 - A. Met by a formula containing 3 ounces of fluid per pound of body weight
Forty ounces is the maximum amount of fluid used in any formula

During the first few weeks, cow's milk is best boiled to sterilize it and render it more easily digestible. Some pediatricians prefer boiled milk for the first year.

INFANT FEEDING—(*Continued*)

FIRST TO THIRD MONTH

FEEDINGS: As a rule, every four hours, five or six times a day
For very small infants, every three hours is sometimes better
It is rarely necessary to feed between 10:00 P.M. and 6:00 A.M.

FORMULA CALCULATION FOR INFANT WEIGHING TEN POUNDS:

3 ounces of fluid per pound will yield a total of 30 ounces of formula.

May be given in 5 feedings of 6 ounces each, or
6 feedings of 5 ounces each

	Total Ounces	Total Calories
Milk —2 ounces per pound.....	20	400
Sugar—1 ounce per 20 ounces of formula.....	1½	180
Water—difference between the amount of milk and total formula.....	10	..
Total (fluid ounces).....	31½	580
Calories per pound of body weight.....		58

The above illustrates the ultimate formula given by the 3rd month. In practice, it is best to start with less milk and more water, with a gradual increase in the milk.

Example: Start with 20 ounces of water and 10 ounces of milk. Increase the milk by 1 ounce and decrease the water by 1 ounce daily, until the desired formula is reached. If the baby's appetite is not satisfied, 2 or 3 more ounces of milk may be added, with a corresponding decrease in the water.

The formula must be adjusted continuously to meet the increasing calorie needs of the infant.

If indigestion occurs, omit the formula for two or three feedings or for one day; start feedings again with a weak formula and increase gradually to normal.

ADDITIONS TO THE FORMULA:

- I. Orange juice
 - A. During the first month
 1. Give 1 teaspoon of orange juice in 1 teaspoon of water (boiled) one hour before the 10:00 A.M. feeding, daily.
 - B. Gradually increase orange juice to 3 ounces daily by the 3rd month
- II. Cod liver oil fortified with Vitamin D
 - A. By the end of the 1st month
 1. Give 2 drops, twice daily, just before the 10:00 A.M. and 2:00 P.M. feedings.
 - B. Gradually increase to 3 teaspoons daily by the 3rd month

INFANT FEEDING—(*Continued*)

THIRD MONTH

FEEDINGS: Four hour intervals, beginning 6:00 A.M. through 10:00 P.M.

FOODS ALLOWED: Formula, as for first to third month

3 ounces of orange juice

3 teaspoons of cod liver oil with Vitamin D

ADDITIONS: 1 tablespoon of farina or cream of wheat at 10:00 A.M.

Increase by 1 tablespoon daily up to 4 tablespoons, serving half at 10:00 A.M. and half at 6:00 P.M.

Cereal is served with a spoon, with part of the formula over it. The balance of the formula is given in the bottle.

FOURTH MONTH

FEEDINGS: Four hour intervals, beginning 6:00 A.M. through 10:00 P.M.

FOODS ALLOWED: As for third month

ADDITIONS: Pea, spinach, carrot or string bean puree

Preceding the 2:00 P.M. formula feeding, give 1 teaspoon of puree; gradually increase up to 3 tablespoons daily.

Commercial baby foods may be used.

FIFTH MONTH

FEEDINGS: As for the fourth month

FOODS ALLOWED: As for the fourth month

ADDITIONS: Puree of cooked fruits or mashed ripe banana

Following the 6:00 P.M. cereal feeding, give 1 teaspoon of puree; gradually increase up to 3 tablespoons daily.

SIXTH AND SEVENTH MONTHS

FEEDINGS: As for fourth and fifth months

FOODS ALLOWED: As for fifth month

Begin to decrease water and carbohydrate in formula until the infant is receiving whole milk by the 8th month.

ADDITIONS: Sieved hard cooked egg yolk

Begin with a very small amount and increase gradually.

Smooth cornstarch pudding, junket or custard at mid-day feeding

Zwieback, at meal time only

INFANT FEEDING—(*Continued*)

EIGHTH MONTH

FEEDINGS: Whole milk at 6:00 A.M., 10:00 A.M., 2:00 P.M., and 6:00 P.M.
Very large babies may go on three meals daily.

FOODS ALLOWED: As for seventh month

ADDITIONS: Lamb or chicken broth, 1 ounce of beef juice or 1 whole egg
Given at 2:00 P.M.
Potatoes, baked, mashed or riced, spaghetti or rice
Plain jello

NINTH AND TENTH MONTHS

FEEDINGS: Three meals daily with milk as mid-meal nourishment if desired

FOODS ALLOWED: As for eighth month

SAMPLE MENU:

8:00 A.M.....	Orange juice Cereal with milk Soft cooked egg Zwieback
12:00 Noon.....	Chicken broth or milk Baked potato with butter Pea puree Junket
6:00 P.M.....	Cereal with milk Prune puree Zwieback Milk

ELEVENTH AND TWELFTH MONTHS

FEEDINGS: Three meals daily

FOODS ALLOWED: As for ninth and tenth months

ADDITIONS: 1 slice of bacon may be substituted for the egg at breakfast.
Scraped beef, minced chicken, liver or lamb chop may be added at noon.
Celery, tomato, squash, onion, turnip, cauliflower and asparagus puree
Boiled macaroni

INFANT FEEDING—(*Continued*)

SUGGESTED SEQUENCE OF FEEDINGS AND ADDITIONS THROUGH THE FIRST YEAR

Hour	1-3 months	3 months	4 months	5 months
6:00 A.M. . .	Formula	Formula	Formula	Formula
8:00 A.M. . .				
9:00 A.M. . .	Orange juice 1 tsp. increased to 3 ounces	Orange juice 3 ounces	Orange juice 3 ounces	Orange juice 3 ounces
10:00 A.M. . .	Cod liver oil 2 drops increased to 1½ teaspoons Formula	Cod liver oil 1½ teaspoons Formula Farina—1 tb. increased to 4 tb.; then half at 6:00 P.M.	Cod liver oil 1½ teaspoons Formula Farina—2 tb.	Cod liver oil 1½ teaspoons Formula Farina—2 tb.
12:00 Noon . . .				
2:00 P.M. . . .	Cod liver oil 2 drops increased to 1½ teaspoons Formula	Cod liver oil 1½ teaspoons Formula	Cod liver oil 1½ teaspoons Formula Vegetable puree— 1 tsp. increased to 3 tablespoons	Cod liver oil 1½ teaspoons Formula Vegetable puree— 3 tablespoons
6:00 P.M. . . .	Formula	Formula Farina—1 to 2 tb. w h e n d a i l y amount reaches 3 to 4 tb.	Formula Farina—2 tb.	Formula Farina—2 tb. Fruit puree— 1 tsp. increased to 3 tablespoons
10:00 P.M. . . .	Formula	Formula	Formula	Formula

See detailed listings for selection of vegetable purees allowed

INFANT FEEDING—(*Continued*)

SUGGESTED SEQUENCE OF FEEDINGS AND ADDITIONS THROUGH THE FIRST YEAR —(*Continued*)

6 and 7 months	8 months	9 and 10 months	11 and 12 months
Formula	Whole milk		
		Cereal with milk Soft cooked egg Zwieback Whole milk	Cereal with milk Soft cooked egg, or 1 slice bacon Zwieback Whole milk
Orange juice 3 ounces	Orange juice 3 ounces	Orange juice 3 ounces	Orange juice 3 ounces
Cod liver oil 1½ teaspoons Formula Farina—2 tb. Egg yolk, sieved	Cod liver oil 1½ teaspoons Whole milk Farina—2 tb. Zwieback	Cod liver oil 1½ teaspoons Whole milk if desired	Cod liver oil 1½ teaspoons Whole milk if desired
		Broth or 1 ounce of Beef juice Potato or Substitute Vegetable puree Smooth pudding	Scraped beef, minced chicken, lamb chop or liver once or twice a week Potato or substitute Vegetable puree Pudding or fruit puree
Cod liver oil 1½ teaspoons Formula Vegetable puree 3 tablespoons Smooth pudding	Cod liver oil 1½ teaspoons Whole milk Vegetable puree 3 tablespoons Smooth pudding Broth, 1 ounce beef juice or 1 egg Potato or substitute	Cod liver oil 1½ teaspoons Whole milk if desired	Cod liver oil 1½ teaspoons Whole milk if desired
Formula Farina—2 tb. Fruit puree—3 tb. Zwieback	Whole milk Farina—2 tb. Fruit puree—3 tb. Zwieback	Whole milk Cereal with milk Fruit puree Zwieback	Whole milk Cereal with milk, or Vegetable puree Fruit puree
Formula	Whole milk		

CHILDRENS' DIETS

ONE TO THREE YEARS

FEEDINGS: Three meals daily with mid-morning and mid-afternoon feedings

FOODS ALLOWED:

Milk.....	Whole milk, and occasionally 4 ounces of milk diluted with 2 ounces of water and flavored with 1 teaspoon cocoa Chocolate is allowed after the first year.
Eggs.....	Soft cooked, coddled, poached and scrambled May be given at 6:00 P.M. if omitted at 8:00 A.M.
Meat, Fish, Poultry	Steak, roast beef, chicken, roast lamb, lamb chop, liver, sweet-breads, baked or broiled and put through a food chopper, given once or twice a week; baked or boiled halibut, codfish or other white-meated fresh fish
Cheese.....	Cottage
Sauces.....	Cream, plain tomato, custard sauces
Bread, Crackers....	Wheatsworth crackers, white or whole wheat bread, plain or toasted, at meal time only Milk toast may be used as a supper dish.
Cereals.....	Such as cream of wheat, farina, cornmeal, oatmeal, wheatena, rice, noodles, macaroni and spaghetti served with butter, milk or sauce and a little sugar
Potatoes.....	Baked, mashed or riced Potato or substitute once daily
Vegetables.....	Stewed carrots, celery, onion, peas, squash, tomato, string beans, turnip, spinach, asparagus, mashed cauliflower, young beets Raw celery, carrot stick, shredded lettuce or cabbage should be included in the noon meal
Fruits.....	Orange juice daily; stewed fruits of any kind and scraped, mashed or finely-cut raw apple, pear or banana; fruit juices
Soups.....	Vegetable or cream soups with allowed vegetables, chicken and lamb broth
Desserts.....	Simple desserts such as cornstarch and other farinaceous puddings, milk and egg desserts such as custard and junket, plain gelatin desserts, plain ice cream
Fats.....	Butter
Sugars.....	Sugar in small amounts for cereal
Miscellaneous.....	Peanut butter sandwiches, at meal time only

CHILDRENS' DIETS—(*Continued*)

ONE TO THREE YEARS—(*Continued*)

	Meal Plan	Sample Menu
8:00 A.M.....	Cereal Sugar Bacon or egg Bread Milk	Oatmeal Sugar Poached egg Whole wheat toast Milk
9:00 A.M.....	Orange juice	Orange juice
12:00 Noon.....	Meat, fish or poultry (Once or twice weekly) Potato or substitute Vegetable, cooked Vegetable, raw Dessert Bread Butter	Roast beef, minced Baked potato Carrots Shredded lettuce Chocolate pudding Whole wheat bread Butter
3:00 P.M.....	Raw fruit or fruit juice	Mashed ripe banana or lemonade
6:00 P.M.....	Soup Cottage cheese or substitute Potato substitute or cereal Vegetable, cooked Stewed fruit Bread Butter Milk	Cream of asparagus soup Peanut butter sandwich, small Escalloped noodles Spinach Canned peach halves Butter Milk

The child should rest for one and one-half hours after the noon meal.
Mid-meal feedings should be given at specified hours every day in order to establish regularity.

CHILDRENS' DIETS—(*Continued*)

FOURTH AND FIFTH YEARS

FEEDINGS: Three meals daily with mid-morning and mid-afternoon feedings

FOODS ALLOWED: As for *One to Three Years*

ADDITIONS:

Meat, Fish, Poultry Plain, creamed or scalloped salmon and tuna fish, salmon and tuna fish loaf

If the child can chew well, meats may be given without mincing.

Vegetables..... Simple salads, without corn, cucumber or radish

Fruits..... Fresh

Fats..... Olive oil and lemon juice dressing for salads, or dressing prepared without seasoning

OVER FIVE YEARS

FEEDINGS: Three meals daily with mid-morning and mid-afternoon feedings

FOODS ALLOWED: Same as for the *Fourth and Fifth Years*, with decreasing restriction in food selection

Food is increased in quantity as the child's needs increase.

The child should gradually work into the family routine.

When of school age, the meal schedule may have to be adjusted to allow for lunch at noon and dinner in the evening.

When candy or other forms of a concentrated sweet is allowed, it should be given only at the end of the meal as dessert.

Nuts should be given only if the child learns to chew them properly, and then in limited quantity.

CHILDRENS' SPECIAL DIETS

SICK DIET

USE: For child acutely ill with fever

FEEDINGS: As tolerated; fluids should be forced.

FOODS ALLOWED:

Bread, Crackers.....	Plain white toast, zwieback
Cereals.....	Cooked cereals
Vegetables.....	Tomato juice
Fruits.....	Fruit juices, applesauce
Soups.....	Clear broth without fat
Desserts.....	Frozen plain fruit ices and sherbets without milk, plain jello
Sugars.....	Lactose in fruit juice

FOODS OMITTED:

Milk..... In all forms

Miscellaneous..... All foods not listed as allowed

CONVALESCENT DIET

USE: For child recovering from a fever

FEEDINGS: Three meals daily with mid-morning and mid-afternoon feedings

FOODS ALLOWED: As for *Sick Diet*

ADDITIONS:

Milk and milk preparations.....	Whole milk, malted milk, eggnog, junket, plain ice creams, cream soups, cereal gruels
Vitamin concentrates.	As medication

SOFT DIET

USE: Following tonsillectomy, recovery from fevers

FEEDINGS: Three meals daily with mid-morning and mid-afternoon feedings

FOODS ALLOWED:

Milk.....	Whole milk, malted milk, eggnog
Eggs.....	Prepared any method except fried
Sauces.....	Cream sauce, custard sauce
Bread, Crackers.....	White bread or crackers, plain or toasted
Cereals.....	Finely-milled cereals, macaroni, noodles, spaghetti, rice
Potatoes.....	Baked or mashed
Vegetables.....	Cooked, pureed vegetables
Fruits.....	Citrus fruit juices, cooked pureed fruits
Desserts.....	Simple desserts such as cornstarch, rice or tapioca pudding, custard, junket, plain ice cream and fruit juice ices and sherbets

CHILDRENS' SPECIAL DIETS—(*Continued*)

CELIAC DIET

If over one year, the basic admission diet is as follows:

BREAKFAST.....	Mashed ripe banana Egg (not fried) Clear, fat-free broth
LUNCH.....	Clear, fat-free broth Scraped beef, ground chicken or lamb Jello without fruit
SUPPER.....	Clear, fat-free broth Mashed ripe banana Jello without fruit

Casec may be used as a drink

Additions are made to the above on the order of the pediatrician.

DIET FOR SIMPLE DIARRHEA

Use: In cases of simple diarrhea

Feedings: As tolerated

Foods Allowed:

For infants, stop all food and give on admission a 5% glucose solution.

For older children—

Bread, Crackers..	Dry white bread or zwieback
Cereals.....	Farina, cream of wheat or rice
Soups.....	Clear, fat-free broth (chicken or lamb)
Desserts.....	Plain gelatin pudding without fruit, cream or milk
Fats.....	Small amounts of butter on cereal
Beverages.....	Weak tea in place of milk NO MILK unless ordered

If used exclusive of all other foods, scraped apple or apple powder may be used in these cases.

Barley, rice or oatmeal water is useful in cases of diarrhea, especially for infants.

See Appendix for recipes.

CHILDRENS' SPECIAL DIETS—(*Continued*)

ANTI-CONSTIPATION DIET

Use: To prevent or correct constipation in the child

Feedings: Three meals daily with orange juice at 9:00 A.M. and four to ten glasses of water daily between meals
One-half hour before breakfast, give 4 ounces of hot water or 4 ounces of prune or fig juice.

FOODS ALLOWED:

Milk.....	At breakfast and supper
Eggs.....	Prepared any method except fried
Meat, Fish, Poultry	Bacon, if egg is not given
Bread, Crackers....	Graham and similar coarse crackers
Cereals.....	Whole grain such as oatmeal and wheatena; cornmeal may be given
Vegetables.....	Asparagus, beets, beet tops, carrots, kale, onions, peas, spinach, string beans, squash and tomatoes Salad of raw celery, lettuce, endive, cabbage or tomato
Fruits.....	Orange juice given mid-morning Cooked fruits, fruit cup
Soups.....	Chicken broth cooked with pureed peas, beans or lentils
Desserts.....	Cooked fruits, fruit cup
Fats.....	Butter on crackers and vegetables
Sugars.....	Malt sugar, honey and molasses instead of granulated sugar

FOODS OMITTED:

Cheese	
Sauces	
Bread, Crackers....	White bread or toast, finely-milled breads and crackers
Cereals.....	Finely-milled cereals, rice, macaroni, spaghetti, noodles
Potatoes	
Desserts.....	All starchy desserts and those other than fruits allowed

CHILDRENS' SPECIAL DIETS—(*Continued*)

ANTI-CONSTIPATION DIET—(*Continued*)

	Meal Plan	Sample Menu
7:30 A.M....	4 ounces of hot water or 4 ounces prune or fig juice	Prune juice, 4 ounces
8:00 A.M....	Cereal Bacon or Egg Milk Sugar	Oatmeal Poached egg Milk Honey
9:00 A.M....	Orange juice	Orange juice
LUNCH.....	Soup Vegetable with butter Salad with raw vegetables	Broth with pea puree Carrots, buttered Lettuce and shredded cabbage, with cooked julienne string beans Stewed dried apricots Oatmeal cracker
SUPPER.....	Cereal or Salad with raw vegetables Dessert Crackers Milk	Lettuce, celery and tomato salad Stewed dried peaches Graham crackers Milk

PRE- AND POST-OPERATIVE TONSILLECTOMY DIETS

PRE-OPERATIVE:

At 10:00 A.M. preceding the tonsillectomy the child receives a feeding of carbohydrate. A selection from the following will provide approximately 25 grams of carbohydrate:

- 1 cup sweetened orangeade, orange juice, lemonade, pineappleade, grapefruitade or mixed fruit juices
- 1 stick hard candy (25 grams)
- 1 serving cereal with sugar and milk

Post-OPERATIVE:

The day following operation, feedings must correspond with the child's ability to take food. Soft food will probably be best tolerated. See page 104 for the Soft Diet.

APPENDIX

CLASSIFICATION OF FRUITS AND VEGETABLES
According to Carbohydrate Content

*Fruits and Vegetables Listed are Fresh, Water-Packed, Juice Packed or
 Cooked Without Added Sugar*

VEGETABLES 3% Carbohydrate 2% Protein	FRUITS 3% Carbohydrate	VEGETABLES 6% Carbohydrate 2% Protein	FRUITS 6% Carbohydrate 1% Protein
Asparagus		Beans, Snap	Blackberries, w.p.
Bamboo Shoots		Beans, Green	Cantaloupe
Beans, Green, Canned		Beans, Wax	Casaba
Beans, Wax, Canned		Beets, Canned	Gooseberries, w.p.
Beet Greens		Carrots, Canned	Honeydew
Broccoli		Celery Root or Celeriac	Muskmelon
Cabbage		Chives	Peaches, w.p.
Cabbage, Chinese		Collards	Plums, excluding prunes, w.p.
Cauliflower		Dandelion Greens	Spanish Melon
Celery		Egg Plant	Strawberries
Chicory		Kohlrabi	Strawberries, j.p. and w.p.
Corn Salad		Leeks	Strawberry Juice
Cucumbers		Okra	Watermelon
Dock		Parsley	
Endive		Peppers, Green	
Escarole		Peppers, Red	
Fennel		Pimientos, Canned	
Kale		Pumpkin	
Lettuce		Soy Bean Sprouts	
Mung Bean Sprouts		Squash, Acorn	
Mustard Greens		Squash, Hubbard	
Okra, Canned		Squash, Winter	
Radishes		Tomato Puree	
Rhubarb		Turnips	
Romaine			
Sauerkraut			
Spinach			
Squash, Summer			
Squash, Zucchini			
Swiss Chard			
Tomatoes			
Tomatoes, Canned			
Tomato Juice			
Turnip Greens			
Vegetable Marrow			
Watercress			

w.p.—Canned in water without added sugar

j.p.—Canned in own juice without added sugar

CLASSIFICATION OF FRUITS AND VEGETABLES—(Continued)
According to Carbohydrate Content

*Fruits and Vegetables Listed are Fresh, Water-Packed, Juice Packed or
 Cooked Without Added Sugar*

VEGETABLES 9% Carbohydrate 3% Protein	FRUITS 9% Carbohydrate 1% Protein	VEGETABLES 12% Carbohydrate 3% Protein	FRUITS 12% Carbohydrate 1% Protein
Artichokes, French Beets Brussels Sprouts Carrots Onions Peas, Canned Rutabagas	Applesauce, w.p. Apricots, w.p. Blackberries Blackberry Juice Blackberries, j.p. Blueberries, j.p. Blueberries, w.p. Cherries, Red and White, w.p. Cranberries Currants Currant Juice Gooseberries Grapefruit Grapefruit, j.p. Grapefruit, w.p. Grapefruit Juice, Fresh Lemons Lemon Juice Limes Lime Juice Loganberries, w.p. Loganberry Juice Papaya Peaches, j.p. Pear Juice Pears, w.p. Raspberries, w.p. Red and Black Tangerines	Lima Beans, Canned (5% Protein)	Applesauce, j.p. Apple Juice Apricots Apricots, j.p. Cherries, Sour Cherries, j.p. Red and White Figs, w.p. Grapefruit Juice, Canned Grapes, w.p. Guavas Kumquats Loganberries Loganberries, j.p. Loquats Mulberries Orange Orange Juice Peaches Peach Juice Pears, j.p. Pineapple Pineapple Juice Pineapple, w.p. Plums, excluding Prunes Raspberries, Red and Black Raspberry Juice Raspberries, j.p.
15% Carbohydrate 3% Protein	15% Carbohydrate 1% Protein	18% Carbohydrate 3% Protein	18% Carbohydrate 1% Protein
Beans, Red Kidney Canned 6% Prot. Parsnips Peas Salsify (Vegetable Oyster) Shallots	Apples Blueberries Blueberry Juice Cherries, Black, w.p. Grapes Huckleberries Huckleberry Juice Mango Nectarines Papaw Pears Pineapple, j.p.	Corn Horseradish Macaroni Noodles Potatoes Rice Spaghetti Succotash, Canned	Cherries, Black, j.p. Cherries, Sweet Figs Grape Juice Persimmon, Japanese Pomegranate Prune Juice, Canned

w.p.—Canned in water without added sugar

j.p.—Canned in own juice without added sugar

CLASSIFICATION OF FRUITS AND VEGETABLES—(Continued)
According to Carbohydrate Content

*Fruits and Vegetables Listed are Fresh, Water-Packed, Juice Packed or
Cooked Without Added Sugar*

VEGETABLES 21% Carbohydrate 5% Protein	FRUITS 21% Carbohydrate 1% Protein
Lima Beans, Fresh (7% Protein)	Banana *Dried, stewed without sugar, served with juice Apples Apricots Figs Peaches Pears Prunes

*Raw weight equals 1 ounce

AVERAGE PERCENTAGE COMPOSITION OF COMMON FOODS

Weight Grams	Food	C	P	F	Average Portion		
					Weight Grams	Household Measure	Calo- ries
100	Vegetables, 3%.....	3	2	..	100	½ cup	20
		6	2	..	100	½ cup	30
		9	3	..	100	½ cup	50
		12	3	..	100	½ cup	60
		15	3	..	100	½ cup	70
		15%					
		18%					
		21%					
		Lima beans, fresh.....	21	7	1	100	½ cup
		Sweet Potatoes.....	27	3	1	100	½ cup
100	Fruits, 6%.....	6	1	..	100	½ cup	30
		9	1	..	100	½ cup	40
		12	1	..	100	½ cup	50
		15	1	..	100	½ cup	65
		18	1	..	100	½ cup	75
		21	1	..	100	½ cup	90
		Avocado.....	6	2	20	45	¼ small
		Olives, green.....	9	1	20	16	2 olives
		Olives, ripe.....	4	1	21	16	2 olives
100	Baking Powder, Biscuit.....	46	7	13	25	1 medium	85
	Bread, Unsweetened Variety.....	50	10	1	30	1 slice	70
	Boston Brown.....	41	5	3	60	1 slice, 3" diam.	125
	Raisin.....	53	9	3	30	1 slice	85
	Salt Rising.....	50	7	3	30	1 slice	75
	Buns, Cinnamon.....	56	8	5	50	1 bun	155
	Cereals, Cooked.....	11	2	1	190	¾ cup	115
	Cornflakes.....	80	8	1	24	1 cup	85
	Puffed Rice.....	83	7	..	20	1¼ cup	70
	Puffed Wheat.....	76	13	2	24	1¾ cup	85
	Shredded Wheat.....	79	10	1	30	1 biscuit	110
	Whole Wheat Biscuit.....	82	10	2	25	1 biscuit	105
	Crackers, Graham.....	74	10	9	14	2 crackers	55
	Saltines.....	76	9	15	6	2 crackers	35
	Soda.....	73	10	9	14	2 crackers	55
	Matzoth.....	70	15	..	42	1 piece	136
	Macaroni, Noodles, Spaghetti, Cooked.....	19	4	..	100	½ cup	90
	Melba Toast.....	78	13	3	15	2 slices	56
	Rice, Cooked.....	23	2	..	100	½ cup	100
	Tapioca, Uncooked.....	88	1	..	30	2 tablespoons	100
	Zwieback.....	74	11	9	16	2 pieces	67

AVERAGE PERCENTAGE COMPOSITION OF COMMON FOODS
—(Continued)

Weight Grams	Food	C	P	F	Average Portion		
					Weight Grams	Household Measure	Calo- ries
100	Milk, Buttermilk.....	5	3	0.4	180	¾ cup	64
100	Condensed.....	55	8	8	30	2 tablespoons	95
100	Evaporated.....	10	7	8	30	2 tablespoons	40
100	Malted.....	71	15	9	10	1 tablespoon	45
100	Skimmed.....	5	3	0.2	180	¾ cup	55
100	Whole.....	5	3	4	180	¾ cup	120
100	Cream, 20%.....	4	3	20	30	2 tablespoons	60
100	40%.....	3	2	40	30	2 tablespoons	115
100	Cheese, American.....	..	29	36	24	1 inch cube	110
100	Cottage.....	4	19	1	24	2 tablespoons	25
100	Cream.....	2	26	34	24	1 inch cube	95
100	Roquefort.....	1	22	33	24	1 inch cube	93
100	Swiss.....	2	29	31	24	1 inch cube	90
100	Eggs (2 average equal 100 Gms.).....	..	13	12	50	1 whole	82
100	White.....	..	11	..	30	1 white	12
100	Yolk.....	..	16	32	20	1 yolk	65
100	Bacon, Cooked Crisp.....	..	25	55	20	4 strips	120
100	Meat, Lean—dried beef, fish, (except as listed under medium fat) liver, quail, tongue, squab, sweet- breads, white meat of chicken, veal.....	..	20	5	90	3 ounces	115
100	Meat, Medium Fat—beef, lamb, turkey, salmon, sardines and tunafish canned in oil.....	..	20	15	90	3 ounces	200
100	Meat, Fat — pork, goose, duck, ham, fresh and smoked.....	..	15	32	90	3 ounces	317
100	Shell fish, Crabmeat.....	1	16	2	45	¼ cup	35
100	Lobster, A. P.....	..	6	1	480	½ lobster	
100	Lobster Meat.....	1	16	2	80	½ cup	75
100	Oysters.....	4	6	1	120	½ cup (7 medium)	55
100	Shrimp.....	1	18	1	65	8 medium	60
100	Prepared Meats and Fish:						
100	Anchovies.....	..	19	10	..	Depends upon use	
100	Anchovy Paste.....	4	20	12	..	Depends upon use	
100	Bologna.....	..	14	18	40	2 slices, medium	87
100	Caviar.....	..	27	15	..	Depends upon use	
100	Chicken Loaf.....	19	10	3	100	1 slice, ½" thick	145
100	Frankfurter.....	..	14	21	40	1 frankfurter	98
100	Herring, Kippered.....	..	22	13	..	Depends upon use	
100	Liverwurst.....	2	17	21	30	3 slices	80
100	Salami.....	..	24	37	40	2 slices	172
100	Salmon, Smoked.....	..	22	9	..	Depends upon use	
100	Sausage, Link.....	..	11	45	55	2 sausages	245
100	Sausage, Bulk.....	..	11	45	100	1 pat	450
100	Veal Loaf.....	19	10	4	100	1 slice, ½"	150

AVERAGE PERCENTAGE COMPOSITION OF COMMON FOODS
 —(Continued)

Weight Grams	Food	C	P	F	Average Portion		
					Weight Grams	Household Measure	Calo- ries
100	Butter.....	..	1	85	10 15	1 pat, 1" x 1" x 1/4" 1 tablespoon	80 115
100	Cooking Fats, Lard, Crisco, etc.....	100	15	1 tablespoon	135
100	Mayonnaise.....	..	1	85	15	1 tablespoon	115
100	Oil.....	100	15	1 tablespoon	135
100	Peanut Butter.....	21	26	48	15	1 tablespoon	90
100	Corn Syrup.....	85	15	1 tablespoon	50
100	Honey.....	78	15	1 tablespoon	50
100	Jelly.....	77	1	..	20	1 tablespoon	60
100	Lactose.....	100	8	1 tablespoon	30
100	Marmalade.....	85	1	..	15	1 tablespoon	50
100	Molasses.....	69	2	..	15	1 tablespoon	40
100	Preserves, Fruit.....	71	1	..	20	1 tablespoon	55
100	Sugar, Brown.....	96	10	1 tablespoon	40
100	White, Granulated....	100	15	1 tablespoon	60
100	Maple.....	90	10	1 tablespoon	35
100	Powdered.....	100	8	1 tablespoon	30
100	Beans, Lima, Dried.....	62	21	1	30	1 ounce	100
100	Navy, Dried.....	62	22	2	30	1 ounce	115
100	Soy, Fresh.....	6	13	7	75	1/2 cup	105
100	Soy, Dried.....	12	35	18	30	1 ounce	105
100	Soy, Flour.....	12	37	20	30	1 ounce	115
100	Peas, Dried, Whole or Split..	60	24	1	30	1 ounce	110
100	Nuts, Shelled—Almonds.....	20	19	54	15	10 nuts	95
100	Brazil.....	11	14	66	30	4 nuts	210
100	Cashew.....	26	20	47	15	10 nuts	90
100	Peanut.....	24	27	44	30	15 nuts	175
100	Pecan.....	13	9	73	25	6 nuts	180
100	Pistachio.....	19	20	53	10	2 tablespoons	60
100	Walnuts, Cal.	16	15	64	35	6 nuts	240
100	Beverages—Cocoa.....	9	3	4	180	3/4 cup	145
100	C Marshmallow..	11	3	4	188	3/4 cup, 1 marsh- mallow	180
100	C Whipped Cream	8	3	6	194	3/4 cup, 2 T. Cream	195
100	Cocoa Cola.....	12	180	3/4 cup	90
100	Cranberry Cocktail.....	11	120	1/2 cup	50
100	Eggnog.....	9	5	6	180	3/4 cup	200
100	Fruit Ades.....	6	180	3/4 cup	45
100	Gingerale.....	9	180	3/4 cup	65
100	Grape Juice.....	18	180	3/4 cup	130
100	Malted Milk, Vanilla....	8	4	4	240	1 cup	205
100	Chocolate.....	12	4	4	240	1 cup	245
100	With Ice Cream.....	14	4	6	240	1 cup	300
100	Milk Shake, Vanilla.....	9	3	4	240	1 cup	205
100	With Whipped Cream	9	3	6	254	1 cup, 2 T. Cream	260
100	Chocolate.....	11	3	4	240	1 cup	230
100	With Whipped Cream	11	3	6	254	1 cup, 2 T. Cream	280
100	Ovaltine, Dry.....	72	14	7	9	1 tablespoon	35
100	Postum, Dry.....	82	7	..	4	2 tablespoons	12

AVERAGE PERCENTAGE COMPOSITION OF COMMON FOODS
—(Continued)

Weight Grams	Food	C	P	F	Average Portion			
					Weight Grams	Household Measure	Calories	
100	Soups—Broth.....	240	1 cup	..	
100		240	1 cup	..	
100		2	2	..	240	1 cup	40	
100		..	6	3	5	1 cube	..	
100		Canned, Undiluted—						
100		Cream of Tomato..	11	1	3	140	½ cup	
100		Tomato.....	9	2	1	140	½ cup	
100		Vegetable.....	6	8	2	140	½ cup	
100		Cream.....	9	4	5	240	1 cup	
100		Oyster Stew.....	5	5	4	230	¾ cup	
100	Desserts and Confections—							
100	Cake—Angel.....	59	8	..	50	2" x 4" x 1½"	135	
100		Fruit.....	56	5	14	60	3" x 4" x ¼"	220
100		Pound.....	49	7	24	70	3" x 4½" x ½"	310
100		Sponge.....	54	8	5	25	2½" x 2½" x 1"	75
100		White, Plain.....	69	6	9	50	2" x 2" x 2"	200
100		Yellow, Plain.....	60	6	12	50	2" x 2" x 2"	190
100	Cookies—Chocolate.....	54	4	27	25	2 medium	130	
100		Plain.....	66	6	23	25	2 medium	120
100		Custard—Cup, Baked.....	10	5	5	130	1 custard cup	145
100	Soft.....	18	4	7	120	½ cup	180	
100	Dates and Figs, Preserved.....	75	2	1	20	3 large	60	
100	Doughnuts.....	53	7	21	30	1 doughnut	125	
100	Figs, Dried.....	74	4	..	45	3 figs	140	
100	Fondant.....	91	20	1 tablespoon	70	
100	Fruits, Candied or Glace.....	84	1	..	12	1 tablespoon	40	
100	Fudge, Chocolate, Plain.....	88	2	4	20	1½" square	80	
100		Butterscotch.....	82	..	12	20	1½" square	80
100		Ice Cream, Chocolate.....	24	7	17	100	#12 scoop, rounded	275
100	Vanilla.....	20	7	17	100	#12 scoop, rounded	260	
100	Soda, Chocolate.....	28	2	9	300	1 14-oz. glass	600	
100	Soda, Fruit.....	12	2	6	300	1 14-oz. glass	330	
100	Sundae, Chocolate.....	31	4	13	150	#12 scoop, sauce	390	
100	Sundae, Fruit.....	21	4	8	150	#12 scoop, sauce	260	
100	Ices, Fruit.....	27	90	#12 scoop, rounded	295	
100	Jello.....	86	11	..	20	1/5 package	75	
100	Macaroons, Cocoanut.....	65	6	17	30	1 medium	130	
100	Marshmallows.....	81	3	..	15	2 marshmallows	50	
100	Milk Chocolate Bar with Almonds.....	51	8	39	52	1 5¢-bar	300	
100	Peanut Brittle.....	67	12	18	30	2" x 2" x ½"	140	
100	Pie, Filled, Cream.....	41	4	10	100	1 piece 3½" circumference	270	
100	Fruit.....	48	3	14	130	1 piece 3½" circumference	425	
100	Puddings, Cornstarch—							
100	Chocolate.....	15	3	6	120	½ cup	150	
100	Fruit.....	15	3	4	120	½ cup	130	
100	Vanilla.....	15	3	4	120	½ cup	130	
100	Sherbet, Milk.....	25	2	3	90	#12 scoop, rounded	127	

AVERAGE PERCENTAGE COMPOSITION OF COMMON FOODS
—(Continued)

Weight Grams	Food	C	P	F	Average Portion		
					Weight Grams	Household Measure	Calo- ries
	Miscellaneous—						
100	Arrowroot Starch.....	98	13	1 tablespoon	50
100	Chocolate, Bitter.....	18	6	53	28	1 square	160
100	Chocolate Syrup.....	49	1	7	13	1 tablespoon	35
100	Cocoa, Dry.....	31	9	19	5	2 teaspoons	15
100	Paste.....	35	1	2	5	1 teaspoon	8
100	Cocoanut, Fresh, Grated.....	14	9	34	8	1 tablespoon	30
100	Shredded, Prepared.....	50	4	29	17	3 tablespoons	80
100	Cornstarch.....	90	9	1 tablespoon	30
100	Cream Gravy.....	6	3	16	30	2 tablespoons	55
100	Flour, White.....	76	11	1	9	1 tablespoon	30
100	Whole Wheat.....	72	13	2	8	1 tablespoon	30
100	Gelatin, Plain, Dry.....	..	86	..	4	1 teaspoon	15
100	Pickles, Dill.....	2	1	..	25	1/4 medium	4
100	Mixed, Sour.....	4	1	..	30	1 tablespoon	6
100	Mixed, Sweet.....	25	1	2	30	1 tablespoon	35
100	Mustard.....	25	..	1	30	1 tablespoon	35
100	Sour.....	2	1	..	30	2-2" long	4
100	Sweet.....	21	30	2-2" long	25
100	Potato Chips.....	49	7	37	15	7 medium chips	85
100	Salad Dressing, Cooked.....	15	5	10	13	1 tablespoon	20
100	Yeast, Brewers'.....	37	46	2	13	2 tablespoons	45
100	Compressed.....	21	12	..	14	1 cake	20
	Recipes, not included above—						
100	Albuminized Lemon Juice.....	8	2	..	180	3/4 cup	70
100	Albuminized Orange Juice.....	12	3	..	180	3/4 cup	110
100	Albuminized Water.....	3	2	..	180	3/4 cup	35
100	Barley Water.....	2	As ordered	
100	Beef Jelly.....	..	3	1	180	3/4 cup	35
100	Beef Juice, Clear, (Approximate).....	..	5	1	30	1 ounce	9
100	Beef Juice, (with Muscle Fiber).....	..	7	2	30	1 ounce	15
100	Beef Tea (Approximate).....	..	5	1	30	1 ounce	9
100	Cereal Gruel.....	8	1	..	240	1 cup	85
100	Corn Pone.....	52	6	7	90	1 pone	265
100	Cream Sauce.....	7	3	9	180	3/4 cup	220
100	Gelatin with Fruit Juice.....	19	2	..	120	1/2 cup	100
100	Imperial Drink.....	2	As ordered	..
100	Junket Whey.....	5	1	..	180	3/4 cup	45
100	Lemon Whey.....	9	1	..	180	3/4 cup	70
100	Oatmeal Water.....	2	As ordered	..
100	Peach Marmalade.....	95	30	1 tablespoon	115
100	Peptonized Milk.....	4	2	3	..	As ordered	..
100	Protein Milk.....	3	4	0.3	..	As ordered	..
100	Rice Water.....	4	As ordered	..
100	Tapioca with Fruit Juice.....	29	1	..	120	1/2 cup	144

SUMMARY OF VITAMINS, FUNCTIONS AND REQUIREMENTS

Name and description of Vitamin	Functions
<p>Vitamin A ($C_{20} H_{30} O$)</p> <p>International Unit: The growth promoting activity of 0.0006 mg. pure beta carotene</p> <p>Soluble in oils Stable to ordinary cooking temperatures but inactivated by oxygen at higher temperatures Carotene, an orange-colored pigment found in carrots and green vegetables, is a precursor to Vitamin A and is converted into Vitamin A when ingested</p> <p>Stored in the body</p>	<p>Maintains the normal integrity of epithelial tissues in the body Prevents keratinization of epithelial cells Promotes normal growth Stimulates appetite and digestion Essential for normal reproduction and lactation Promotes normal tooth formation Protects against night blindness and ophthalmia</p>
<p>Vitamin B₁ ($C_{12} H_{18} N_4 O S Cl_2$) (Thiamin Chloride)</p> <p>International Unit: The Vitamin B₁ activity of 0.003—0.005 mg. crystalline thiamin</p> <p>One mg Vitamin B₁ equals 333 I. U. Soluble in water and alcohol Inactivated by heat, especially in the presence of alkali Not stored in the body to any appreciable extent</p>	<p>Maintains integrity of the nerve tissues Promotes growth by stimulating the metabolic processes Concerned in carbohydrate metabolism Stimulates appetite and digestion Promotes tonicity of the gastro-intestinal tract Essential for normal reproduction and lactation</p>
<p>Riboflavin ($C_{17} H_{20} N_4 O_6$) (Vitamin B₂ or G)</p> <p>Bourquin-Sherman Unit: The amount of riboflavin which, when fed daily, induces a gain of 3 grams per week in the experimental rat existing on a riboflavin-deficient diet. The B. S. U. is equivalent to 0.003—0.005 mg. of riboflavin</p> <p>Soluble in water and dilute alcohol Stable to heat Not stored in the body to any appreciable extent</p>	<p>Probably an essential constituent of the "yellow oxidative enzyme" Promotes growth and prevents weight loss Interrelated with thiamin in metabolism and apparently has a sparing action on thiamin Apparently of importance in maintaining a healthy condition of the skin and preventing a low grade dermatitis Prevents cheilosis Prevents lesions, characteristic of riboflavin-deficiency in the vestibule of the nose and ears</p>
<p>Nicotinic Acid ($C_6 H_5 NO_2$) (Vitamin PP of the B complex)</p> <p>Soluble in water Stable to heat</p>	<p>Prevents pellagra Prevents glossitis and stomatitis</p>

Note: 1 milligram equals 1,000 micrograms.

SUMMARY OF VITAMINS, FUNCTIONS AND REQUIREMENTS
—(Continued)

Approximate Daily Requirements				
For the Average Adult Under Average Conditions			During Pregnancy and Lactation	For Growing Children and Adolescents
Absolute Minimum	Adequate	Optimum		
2,000 I.U.	3,000-5,000 I.U.	6,000-8,000 I.U.	Over 8,000 I.U.	8,000-10,000 I.U.
200 I.U. or 0.6 mg. thiamin chloride	300-400 I.U. or 0.9-1.2 mg. thiamin chloride	500-600 I.U. or 1.5-1.8 mg. thiamin chloride	Double or triple the allowance for adults	20-40 I.U. per 100 Calories
600 B.S.U. probably adequate or 1.8 mg. riboflavin				At least 400 B.S.U. or 1.2 mg. riboflavin
	15-20 mg.		18-23 mg.	4-20 mg. depending upon age

SUMMARY OF VITAMINS, FUNCTIONS AND REQUIREMENTS
 —(Continued)

Name and Description of Vitamin	Functions
Vitamin C ($C_6 H_8 O_6$) (ascorbic acid) (cevitamic acid) International Unit: The Vitamin C activity of 0.05 mg. of 1-ascorbic acid One mg Vitamin C equals 20 I. U. Soluble in water Rapidly inactivated by oxidation, especially at higher temperatures Alkalies and copper salts catalyze the destruction of Vitamin C by oxidation Normal ascorbic acid content of blood is 0.05—2.0 mg. per 100 cc.	Essential for the formation of the inter-cellular substance of connective tissue Essential for normal bone and tooth formation Probably necessary in the oxidation processes of the cells Prevents scurvy
Vitamin D ($C_{27} H_{43} OH$) ($C_{28} H_{43} OH$) (Activated ergosterol, calciferol or Vitamin D ₂) International Unit: The Vitamin D activity of 1 mg. of International standard solution of irradiated ergosterol, equal to 0.000025 mg. of crystalline Vitamin D (calciferol) Soluble in oil Stable to heat, fairly stable to oxidation Stored in the liver	Regulates the absorption and metabolism of the bone-forming elements, calcium and phosphorus Essential for neuro-muscular equilibrium Required by pregnant women to prevent rickets in the young
Vitamin E ($C_{29} H_{50} O_2$) (alphatocopherol) Soluble in oil and oil products Stable to high temperatures Inactivated by oxidation Destroyed by rancid fats	Experimentation has shown Vitamin E to be essential for normal reproduction Authorities disagree on the human need for Vitamin E
Vitamin K Soluble in oil solvents Not easily destroyed by heat Quickly loses activity in alkaline solution	Anti-Hemorrhagic factor, necessary for the formation of prothrombin in the blood

SUMMARY OF VITAMINS, FUNCTIONS AND REQUIREMENTS
 —(Continued)

Approximate Daily Requirements					
For the Average Adult Under Average Conditions			During Pregnancy and Lactation	For Growing Children and Adolescents	
Absolute Minimum	Adequate	Optimum			
400-500 I.U. or 20-25 mg. ascorbic acid	800-1,200 I.U. or 40-60 mg. ascorbic acid	1,600 I.U. or 80 mg. ascorbic acid	Twice that for non-pregnant woman	Same as for adults	
	Not known		800 I.U. suggested as adequate	300 - 400 I.U. suggested as adequate for protection against rickets 675 I.U. suggested as desirable to assure optimum growth	
	Not known		Not known	Not known	
	Not known		Not known	Not known	

VALUES SELECTED AS REPRESENTATIVE OF THE VITAMIN A,
VITAMIN B₁, VITAMIN C, VITAMIN D, AND RIBOFLAVIN
CONTENT OF COMMON FOODS

Unless Otherwise Stated, the Values Given are for the
Edible Portion of the Fresh Food.*

Food Material	Vitamin A	Vitamin B ₁	Vitamin C	Vitamin D	Riboflavin Vitamin G
	Units per 100 Grams ¹				
Alfalfa leaf meal, dried.....	Int. 8,000	Int. ² 75	Int. ³ (30-400) Av. 100	Int.	Sherman ⁴ 500 200 10
Almond.....	75	75			
Apple.....	75	15			
Apricot, fresh.....	4,000	10	100		17
Apricot, dried.....	5,000	30	60		35
Artichoke, Globe.....	200	60	175		Fair
Artichoke, Jerusalem.....		50	115		
Asparagus, green.....	700	70	700		40
Asparagus, bleached.....	0-50	50	650		Fair
Avocado.....	100	30	400		30
Banana.....	300	15	200		30
Barley.....	0	120	0		3
Beans, snap					
Green.....	1,000	25	300		40
Wax.....	0	25	300		40
Beans, shelled					
Lima.....	500	115	600		100
Runner.....	1,000	100	500		
Soy bean.....	200	175	800		100
Beans, shelled, dried					
Lima.....	100	175	0		300
Navy.....	0	170	0		
Red Kidney.....		150	0		
Soy bean.....	100	400			300
Beef, lean.....	50	40	0		75
Beets.....	0	15	100		10
Beet Tops.....	Excellent			1,000	150
Blackberry.....	150	15	140		
Black-Eyed Peas—see Cowpeas					
Blueberry.....	100	15			
High bush.....			120		
Low bush.....			90		

*Dr. Hazel E. Munsell, Nutrition chemist, Washington, D. C.
The Milbank Memorial Fund Quarterly, October 1940.

¹—Where there are no values, data were not available for making estimates. One hundred grams is approximately 3.5 ounces.

²—International units of vitamin B₁ multiplied by 3 give micrograms of thiamin.

³—International units of Vitamin C multiplied by 0.05 give milligrams of ascorbic acid.

⁴—For the calculations made in this table, the relation of one Sherman unit equivalent to 3.0 micrograms (0.003 milligrams) of riboflavin was used. Sherman units multiplied by 3 give micrograms of riboflavin.

**VALUES SELECTED AS REPRESENTATIVE OF THE VITAMIN A,
VITAMIN B₁, VITAMIN C, VITAMIN D, AND RIBOFLAVIN
CONTENT OF COMMON FOODS—(Continued)**

Food Material	Vitamin A	Vitamin B. ¹	Vitamin C	Vitamin D	Riboflavin Vitamin G
	Units per 100 Grams ¹				
Brazil Nut.....	Int. 10	Int. ² 350	Int. ³	Int.	Sherman ⁴
Bread					
White.....	Trace	20	0		0
Whole Wheat.....	Trace	100	0		30
Rye.....	Trace	70	0		
Broccoli, entire plant.....	9,000	37	1,400		75
Flower.....	5,000	45	2,000		80
Leaf.....	16,000	45	2,500		150
Stem.....	1,000	25			
Brussel Sprouts.....	200	60	1,500		
Buckwheat.....		150	0		
Butter, average.....	2,400		0	80	
From cows on dry feed.....	1,200		0	40	
From cows on green feed.....	4,000		0	150	
Cabbage head					
Young, partly green.....	100	25	1,200		30
Mature, bleached.....	0	25	1,200		15
Red.....			1,200		
Chinese.....	2,000	25	800		15
Cantaloupe.....	300	20	600		20
Carrot.....	2,100	20	100		20
Cauliflower.....	30	50	1,500		35
Celery Stalks					
Green.....	1,000	10	100		10
Bleached.....	10	10	100		
Chard.....	9,000	Fair	750		30
Cheese					
Cheddar.....	2,000	15	0		250
Cottage.....	500		0		Good
Cream.....	2,100		0		60
Cherry.....	(15-550) Av. 200	15	200		
Chicken, Muscle					
Dark.....		50			Excellent
Light.....		30			Excellent
Clam.....	14	7			
Codfish.....	5	30	0		Good
Cod Liver Oil.....	*	0	0	*	0
Collards.....	7,000	50	800		100

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³International units of Vitamin C multiplied by 0.05 give milligrams of ascorbic acid.

⁴For the calculations made in this table, the relation of one Sherman unit equivalent to 3.0 micrograms (0.003 milligrams) of riboflavin was used. Sherman units multiplied by 3 give micrograms of riboflavin.

*For Vitamins A and D use values on the container.

VALUES SELECTED AS REPRESENTATIVE OF THE VITAMIN A,
VITAMIN B₁, VITAMIN C, VITAMIN D, AND RIBOFLAVIN
CONTENT OF COMMON FOODS—(Continued)

Food Material	Vitamin A	Vitamin B ₁	Vitamin C	Vitamin D	Riboflavin Vitamin G
	Units per 100 Grams ¹				
Corn, Sweet					
White.....	0-50	45	200		
Yellow.....	500	45	200		20
Corn, dried					
White.....	0	100	0		Fair
Yellow.....	550	100	0		Fair
Corn Oil, refined.....	0	0	0		0
Cottonseed Oil, refined.....	0	0	0		0
Cowpea, fresh.....			130		
Dried.....	50	300			100
Cranberry.....	20		225	0	0
Cream, 20 per cent.....	600	10		Traces	
Cucumber.....	20	15	200		8
Currant, Black.....	400	10	3,000		
Red.....		15	900		
Dandelion.....	12,000		2,000		Good
Dates, cured.....	150	25	0		15
Dock, leaves.....	14,000				Good
Egg, whole.....	1,000	50	0		110
White.....	0	0	0		100
Yolk.....	2,800	140	0		115
Eggplant.....	35	15	200		10
Endive (Escarole).....	15,000	28	400		40
French.....	Good	25			20
Fig, Fresh.....	50	25	30		15
Dried.....	60	22	0		25
Flour					
White, patent.....	0	30	0		
Whole Wheat.....		160			Fair
Garden Cress.....	Excellent	30			
Gooseberry.....			500		
Grape.....	Trace	15	60		8
Grape Juice.....			30		
Grapefruit.....	0	23	850		Trace
Juice.....	0	25	900		Trace
Canned.....	0	25	800		Trace
Guava.....	200	14	1,500		3
Haddock.....	5	5	0		Good
Halibut.....		30			

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³—International units of Vitamin C multiplied by 0.05 give milligrams of ascorbic acid.

⁴—For the calculations made in this table, the relation of one Sherman unit equivalent to 3.0 micrograms (0.003 milligrams) of riboflavin was used. Sherman units multiplied by 3 give micrograms of riboflavin.

VALUES SELECTED AS REPRESENTATIVE OF THE VITAMIN A,
VITAMIN B₁, VITAMIN C, VITAMIN D, AND RIBOFLAVIN
CONTENT OF COMMON FOODS—(Continued)

Food Material	Vitamin A	Vitamin B ₁	Vitamin C	Vitamin D	Riboflavin Vitamin G
	Units per 100 Grams ¹				
Hazlenut.....	Int. 100	Int. ² 220	Int. ³	Int.	Sherman ⁴
Heart					
Beef.....	Trace	200			300
Lamb.....	Trace	200			
Pork.....		180			
Honey.....	0	0	0	0	0
Horseradish.....			2,000		
Huckleberry.....			800		
Kale.....	20,000	50	2,500		200
Kidney, beef or veal.....	1,000	60			700
Lamb.....	1,000	75			
Pork.....		150			
Kohlrabi.....		20	1,200		
Lamb, muscle lean.....		80			
Lard.....	4	0		0	70 0
Leek.....	Fair	50	400		Fair
Lemon Juice.....	0	10	900		Trace
Lentils, dried.....	Trace	170	0		105
Lettuce, green.....	4,000	25	250		75
Bleached.....	100	25	250		15
Romaine or Cos.....	800				30
Lime Juice.....			750		
Liver, Beef.....	9,000	75	Fresh 750	45	600
Liver, Calf.....	7,000	70	Fresh 650	15	550
Chicken.....	Excellent	75	Fresh 450	50	Excellent
Lamb.....	Excellent	75	Fresh 750	20	550
Pig.....	Excellent	100	Fresh 525	45	600
Mango.....	1,500	30	600		20
Milk.....			Raw 40		
Whole Fresh, average market	110	20	Past. 25	2	75
From cows on dry feed....	55	20	Raw 30	1	60
From cows on pasture....	175	20	Raw 50	3	80
Whole Dried					
Average.....	875	120	0	16	500
From cows on dry feed....	450		0	8	
From cows on pasture....	1,400		0	24	

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³—International units of Vitamin C multiplied by 0.05 give milligrams of ascorbic acid.

⁴—For the calculations made in this table, the relation of one Sherman unit equivalent to 3.0 micrograms (0.003 milligrams) of riboflavin was used. Sherman units multiplied by 3 give micrograms of riboflavin.

VALUES SELECTED AS REPRESENTATIVE OF THE VITAMIN A,
VITAMIN B₁, VITAMIN C, VITAMIN D, AND RIBOFLAVIN
CONTENT OF COMMON FOODS—(Continued)

Food Material	Vitamin A	Vitamin B ₁	Vitamin C	Vitamin D	Riboflavin Vitamin G
	Units per 100 Grams ¹				
Milk					
Skim.....	2	15	0		
Skim, dried.....	20	120	0		Excellent 600
Molasses.....	0	0	0		
Mushrooms.....	0	30	Trace		
Mustard Greens.....	Excellent	45	2,500		Excellent
Oats (rolled or Oatmeal).....	Trace	180	0	0	35
Okra.....	400	40	400		Fair
Olive, canned					
Green.....	190		0		
Ripe.....	125	2	0	0	0
Olive Oil, refined.....	0			0	
Onion, green.....	Fair		275		
Mature.....	0	10	160		30
Orange Juice.....	45-350	30	450-1,200 Av. 900		5
Oyster.....	140		5		
Papaya.....	2,500	25	900		60
Parsley.....	30,000		2,000		
Parsnip.....	Trace	40	450		
Pea, green, fresh.....	1,000	140	500		65
Green, dried.....	1,200	175			100
Peach, White.....	5	10	200		
Yellow.....	1,000	10	200		20
Yellow, dried.....	3,000		0		
Peanut, Jumbo.....	0	320			Good
Roasted.....		90			
Spanish.....		300			250
Spanish, roasted.....		60			
Pear.....	10	15	50		20
Pecan.....	400	350			100
Pepper, Green.....	5,000	10	2,500		40
Red.....	5,000	10	3,000		
Pineapple.....	90	25	500		12
Juice, fresh.....		30	600		
Juice, canned.....		25	300		
Plum.....		35	100		15
Pork muscle, lean.....	Trace	400			75
Potato, average.....	30	40	250		15
New.....			350		
Stored, old.....			100		

¹—Where there are no values, data were not available for making estimates. One hundred grams is approximately 3.5 ounces.

²—International units of Vitamin B₁ multiplied by 3 give micrograms of thiamin.

³—International units of Vitamin C multiplied by 0.05 give milligrams of ascorbic acid.

⁴—For the calculations made in this table, the relation of one Sherman unit equivalent to 3.0 micrograms (0.003 milligrams) of riboflavin was used. Sherman units multiplied by 3 give micrograms of riboflavin.

VALUES SELECTED AS REPRESENTATIVE OF THE VITAMIN A,
VITAMIN B₁, VITAMIN C, VITAMIN D, AND RIBOFLAVIN
CONTENT OF COMMON FOODS—(Continued)

Food Material	Vitamin A	Vitamin B ₁	Vitamin C	Vitamin D	Riboflavin Vitamin G
	Units per 100 Grams ¹				
Prune, fresh.....	Int. 1,500	Int. ² 20	Int. ³ 50	Int.	Sherman ⁴
Dried.....	2,500	50	60		Good
Pumpkin.....	2,500	15	250		15
Quince.....					
Radish.....	Trace	20	400		10
Raisin.....	50	30	0		
Raspberry.....		10	600		
Rhubarb.....	Trace		400		
Rice, Brown.....	Trace	75	0		50
Polished.....	0	10	0		Trace
Roe.....	2,000	30	100		Fair
Rutabaga, White.....	0	15	400		
Yellow.....	25	15	400		
Rye.....	0	140	0		Fair
Salmon, canned					
Chum.....	30			225	
Chinook.....	750			275	
Pink.....	100			625	
Red.....	325	Trace	0	800	75
Sardine.....		10		Good	Good
Soy bean—see under Bean					
Spinach.....	25,000	40	1,500		125
Squash, Summer.....	1,000	15			15
Winter.....	4,000	15	100		25
Strawberry.....	Trace	Trace	1,000		Trace
Sweet Potato.....	3,500	30	400		30
Tangerine.....		30	700		10
Tomato, mature, Green.....	700	23	(260-600) Av. 450		15
Ripe.....	1,000	25	(260-600) Av. 450		20
Juice, fresh.....	1,000	25	Av. 450		
Juice, canned commercial.....			(150-575) Av. 375		
Turnip, White.....	0	12	600		12
Yellow.....	20	12	600		12
Turnip Greens.....	10,000	40	3,000		120
Walnuts, Black.....	130	110			
English.....	100	150			
Watercress.....	4,000	40	1,500		90
Watermelon.....	Trace	20	150	0	10
Wheat.....	Trace	180	0		35

¹—Where there are no values, data were not available for making estimates. One hundred grams is approximately 3.5 ounces.

²—International units of Vitamin B₁ multiplied by 3 gives micrograms of thiamin.

³—International units of Vitamin C multiplied by 0.05 give milligrams of ascorbic acid.

⁴—For the calculations made in this table, the relation of one Sherman Unit equivalent to 3.0 micrograms (0.003 milligrams) of riboflavin was used. Sherman units multiplied by 3 give micrograms of riboflavin.

RECIPES

Standard measurements are used in all recipes and diet calculations:

1 teaspoon	=	=	5 grams	=	1 dram
3 teaspoons	=	1 tablespoon	=	15 grams	= $\frac{1}{2}$ ounce
16 tablespoons	=	1 cup	=	240 grams	= 8 ounces
2 cups	=	1 pint	=	480 grams	= 16 ounces
4 cups	=	1 quart	=	960 grams	= 32 ounces

ALBUMINIZED WATER

6 ounces = 34 Calories

Egg white.....	1	Sugar.....	1 teaspoon
Cold water.....	6 ounces	Lemon juice.....	1 teaspoon

Whip the egg white until foamy and stir in the sugar, water and lemon juice. Strain and serve cold.

ALBUMINIZED ORANGE JUICE

6 ounces = 105 Calories

Egg white.....	1	Sugar.....	1 teaspoon
Orange juice.....	1 orange		

Whip the egg white until foamy and stir in the sugar and orange juice. Strain and serve cold. One-fourth cup of cold water may be added if desired.

ALBUMINIZED LEMON JUICE

6 ounces = 40 Calories

Egg white.....	1	Sugar.....	2 teaspoons
Cold water.....	6 ounces	Lemon juice.....	$\frac{1}{2}$ lemon

Whip the egg white until foamy and stir in the sugar and lemon juice and water. Strain and serve cold.

IMPERIAL DRINK

6 ounces = 12 Calories

Potassium bitartrate.....		1 $\frac{1}{2}$ drams (1 $\frac{1}{2}$ teaspoons)
Grated lemon peel.....		$\frac{1}{2}$ ounce (1 tablespoon)
Sugar.....		$\frac{1}{2}$ ounce (1 tablespoon)
Boiling water.....		Sufficient to make 1 quart

Dissolve the potassium bitartrate in the boiling water and add the sugar and lemon peel. Chill and strain before serving.

LEMON WHEY

8 ounces = 100 Calories

Milk.....	1 cup	Sugar.....	2 teaspoons
Lemon juice.....	2 tablespoons		

Heat milk in a double boiler. Add lemon juice and let stand at room temperature without stirring until the whey separates. Strain through double cheesecloth, add sugar and serve either hot or cold.

RECIPES—(*Continued*)

JUNKET WHEY

8 ounces = 60 Calories

Milk..... 1 pint Junket tablet..... 1

Heat milk in a double boiler and add the junket tablet which has been dissolved in 1 tablespoon of cold water. Let stand without stirring at room temperature until firm. Cut curd with a knife and strain through double cheesecloth. Serve either hot or cold.

PROTEIN MILK

6 ounces = 60 Calories

Milk..... 1 quart Junket tablet, or..... 1

Buttermilk, or..... 1 pint Liquid rennin..... 1 teaspoon

Fat-free lactic acid milk.. 1 pint Boiled, cooled water..... 1 pint, about

Dissolve the junket tablet in 1 tablespoon of cold water and add to the milk. Hold in a double boiler at 100 degrees F. for one-half hour. Strain off the whey through double cheesecloth (about 1 hour). Gently wash the curd in cold boiled water, rolling it without agitation in the cheesecloth. With the help of the buttermilk or lactic acid milk, rub the curd through a very fine sieve. Add enough boiled cooled water to make 1 quart.

PEPTONIZED MILK

(Partial)

17 Calories per ounce

Milk..... 1 pint Water..... 4 ounces

Peptonizing capsule..... 1

Pancreatin..... 0.3 gram

Sodium bicarbonate.... 1.2 grams

Mix the powder from the capsule with the water, add the milk and shake well. Place the container in a water bath of 115 degrees F. for 20 minutes. Increase the temperature to 160 degrees F., chill immediately by placing directly on ice. Serve as directed by the physician.

PEPTONIZED MILK

(Fully)

Hold the milk preparation in the water bath of 115 degrees F. for 1 hour and then proceed the same as above. Fully peptonized milk is used for rectal feeding.

BARLEY WATER

6 ounces = 14 Calories

Barley flour..... 1 tablespoon Water..... 1 pint

Salt..... Pinch Boiled water

Make a paste of the barley flour and $\frac{1}{4}$ cup of cold water. Add the remaining water and salt. Bring to a boil, then cook in a double boiler for one-half hour. Add boiled water to make 1 pint. Serve hot or cold. Omit salt for infants and very young children.

RICE WATER

About 5 Calories per ounce

Rice..... 3 tablespoons Water, boiling..... 1 pint

Wash rice and add to the boiling water. Boil gently for 1 hour, strain and reheat liquid with enough boiling water to make 1 pint. May be seasoned with salt.

RECIPES—(*Continued*)

OATMEAL WATER 8 ounces = 8 Calories

Oatmeal.....	1½ tablespoons	Salt.....	½ teaspoon
Water, boiling.....	2 cups		

Add the oatmeal and salt to the boiling water. Boil gently for 10 minutes and then cook for 1 hour in a double boiler. Strain and add water to make 1 pint.

CEREAL GRUEL 10 Calories per ounce

Cereal.....	¼ cup	Water, boiling.....	1½ cups
Salt.....	½ teaspoon		

Add salt and cereal to water. Boil gently for 10 minutes and then cook in a double boiler for 1 hour. Strain and serve with milk or cream. For some diets it is sometimes desirable to cook the cereal in milk instead of water. (Food value is calculated with the cereal and water only).

MALTED MILK (Plain)

6 ounces = 150 Calories

Malted milk.....	1 tablespoon	Water, warm.....	1 tablespoon
Milk.....	¾ cup	Vanilla.....	¼ teaspoon

Blend the malted milk and warm water, add the milk and shake thoroughly. Or, blend all ingredients in an electric milk shaker. May be served either hot or cold.

EGGNOG 6 ounces = 200 Calories

Milk.....	2/3 cup	Sugar.....	2 teaspoons
Egg.....	1	Vanilla.....	½ teaspoon

Beat egg, add sugar and beat again. Add milk and vanilla. Blend thoroughly and serve cold. Or, all ingredients may be combined in an electric milk shaker. If allowed, sprinkle a little nutmeg on the eggnog just before serving.

COCOA 6 ounces = 150 Calories

Cocoa.....	1 tablespoon	Water, boiling.....	¼ cup
Sugar.....	1 tablespoon	Hot milk.....	¾ cup
Salt.....	Few grains	Vanilla.....	¼ teaspoon

Mix dry ingredients, add water and make a smooth paste. Boil gently for 3 minutes. Add milk and bring to the boiling point. Add vanilla and serve hot.

RECIPES—(*Continued*)

BEEF JUICE (Clear)

About 8 Calories per ounce (5% Protein)

Lean beef round..... 1 pound

Cut the meat into 1-inch cubes. Heat for a few seconds in an ungreased pan to start the flow of juice. Press out the juice by means of a meat press or potato ricer. Serve cold or slightly heated. If beef juice is heated above body temperature, the protein coagulates in grayish flakes and the resultant product is unpalatable. One pound of beef yields 4 ounces of juice prepared by this method. Accepted reliable sources for food analyses fail to include the composition of beef juice; information available from other sources gives 5% Protein and 1% Fat.

BEEF JUICE (With Muscle Fiber) 1 ounce = 13 Calories (7% Protein)

Lean beef round..... 1 pound Cold water..... $\frac{3}{4}$ cup

Cut the beef into small cubes and place, with the water, in a Waring Blender. Turn on low speed and allow to mix until the short meat fibers are completely separated from the connective tissue and a semi-liquid product is obtained. Remove the connective tissue and serve the beef juice cold or slightly heated. If heated above body temperature, the protein will coagulate and the resultant product is unpalatable. Since this beef juice is fairly thick, it is frequently desirable to dilute it with water or tomato juice. To make a clear beef juice, strain through several thicknesses of cheesecloth.

BEEF TEA About 8 Calories per ounce (5% Protein)

Lean beef round, ground.. 1 pound Cold water..... 2 cups

Place the beef and water in a jar and allow to stand 1 hour or longer. Place the loosely covered jar in a saucepan of cold water of a depth equal to the contents of the jar. Slowly heat to 140 degrees F. and hold this temperature for 2 hours. Do not allow to boil. Strain off liquid, add salt to taste, remove visible fat and serve. To more thoroughly remove the fat, cool the tea and then reheat in a water bath to not over 130 degrees F. No analysis of beef tea is available; it is probably about the same as for clear beef juice.

BEEF JELLY 6 ounces = 61 Calories (3% Protein)

Lean beef round..... 1 pound Cold broth..... 1 quart
Gelatin..... 15 grams Salt..... 1 tablespoon

Cube the beef and place in a Waring Blender with 1 cup of the broth. Leave on low speed until the muscle fibers of the meat are completely separated from the connective tissue. Strain and to the liquid add the gelatin which has been soaked in the rest of the broth. Place in a double boiler, add salt, and heat to the boiling point, stirring constantly. Pour into 6 custard cups (6 ounces each) and chill. Before serving, reheat in a double boiler.

RECIPES—(*Continued*)

CREAM SAUCE

(Cream Soup Base)

6 ounces = 235 Calories

Flour.....	1 tablespoon	Milk.....	1 cup
Butter.....	1 tablespoon	Salt.....	Pinch

Melt butter over low flame, add flour and blend. Add milk slowly, stirring constantly. Cook until thickened and the starch is thoroughly cooked. Season to taste.

VEGETABLE PUREE

Steam or boil in a small amount of water the vegetable to be prepared. When tender, force through a fine puree sieve, reheat, season as allowed and serve hot. The food value of the puree is equal to that of the vegetable used.

DRIED FRUITS STEWED WITHOUT SUGAR

Wash the fruit and soak in cold water over night, sufficient to cover the fruit. Simmer gently until the fruit is tender. Serve part of the juice with the fruit. Dried fruits cooked in this manner contain 21% Carbohydrate and 1% Protein.

BAKED CUSTARD

(9 Portions)

1 portion = 135 Calories

Eggs.....	4	Sugar.....	4 tablespoons
Milk.....	4 cups	Salt.....	Few grains
Vanilla.....	2 teaspoons	Nutmeg.....	Few grains

Beat the eggs, add sugar, vanilla, salt and nutmeg. Gradually pour in the milk and mix thoroughly. Divide evenly into 9 custard cups, place in a pan of water, and bake in a moderate oven about one-half hour. Baked custard is done when a clean knife inserted in the center comes out free from the custard mix.

SOFT CUSTARD

4 ounces = 186 Calories

Milk.....	2 cups	Egg yolks.....	3
Sugar.....	$\frac{1}{4}$ cup	Vanilla.....	$\frac{1}{2}$ teaspoon
Salt.....	$\frac{1}{4}$ teaspoon		

Scald the milk in a double boiler. Beat the egg yolks, add sugar and salt. Stirring constantly, pour the milk into the egg yolk mixture. Return to the double boiler and, stirring constantly, cook until the foam disappears and the mixture coats the spoon. Remove from the fire immediately. Add vanilla, divide into 4 equal portions and chill.

PETROLATUM MAYONNAISE

Egg yolks.....	1	Vinegar.....	$1\frac{1}{2}$ tablespoons
Salt.....	$\frac{1}{3}$ teaspoon	Petrolatum oil.....	$1\frac{1}{2}$ cups
Mustard.....	$\frac{1}{8}$ teaspoon		

Beat dry ingredients with egg yolk. Add oil drop by drop until $\frac{1}{2}$ cup is used, then thin with a little of the vinegar. Continue adding oil and vinegar in this manner, beating constantly. Additional vinegar may be used if desired. No food value.

RECIPES—(*Continued*)

PETROLATUM FRENCH DRESSING

Petrolatum oil.....	$\frac{1}{2}$ cup	Salt.....	$\frac{1}{4}$ teaspoon
Vinegar or lemon juice...	$\frac{1}{4}$ cup	Saccharin.....	If desired

Combine all ingredients, beat thoroughly and serve. No food value.

VITAMIN COCKTAIL (With Brewers' Yeast)

Grapefruit juice.....	$\frac{1}{2}$ cup	Navitol.....	5 drops
Brewers' yeast.....	2 tablespoons		

Mix all ingredients thoroughly, preferably in an electric milk shaker, and serve immediately.

Approximate Analysis:

Carbohydrate.....	16 grams	Vitamin A.....	4,700 I.U.
Protein.....	7 grams	Vitamin B ₁	164 I.U.
Fat.....	0.6 gram	Vitamin G.....	195 S.U.
Calories.....	97	Vitamin C.....	960 I.U.

Vitamin D..... 850 I.U.

VITAMIN COCKTAIL (With Ryzamin B)

Grapefruit juice.....	$\frac{1}{2}$ cup	Navitol.....	5 drops
Ryzamin B*.....	1 gram		

Mix all ingredients thoroughly and serve.

Approximate Analysis:

Carbohydrate.....	11.7 grams	Vitamin A.....	4,700 I.U.
Protein.....	1 gram	Vitamin B ₁	400 I.U.*
Fat.....	0.3 gram	Vitamin G.....	160 S.U.*
Calories.....	54	Vitamin C.....	960 I.U.
		Vitamin D.....	850 I.U.
		Vitamin B.....	100 micrograms*
		Nicotinic acid.....	8 milligrams*
		Filtrate Factor.....	50 Jukes- Lepkovsky Units*

*Burroughs-Wellcome Company.

CORN PONE 1 pone = 262 calories

Cornmeal, dry.....	2 cups	Water, boiling.....	1 cup
Bacon fat.....	2 tablespoons	Salt.....	1 teaspoon

Add the bacon fat and salt to the boiling water. Slowly add the cornmeal, stirring constantly. Make out into 5 pones and bake about 40 minutes in a moderately hot oven. May be baked in muffin tins if desired. The pones should be crisp on the outside and well browned.

RECIPES—(*Continued*)

PEACH MARMALADE

1 ounce = 36 Calories

Sliced peaches..... 2 cups Sugar..... $\frac{3}{4}$ cup

Add sugar to the peaches and cook very slowly until thick (about 2 hours), stirring frequently to prevent sticking.

GELATIN WITH FRUIT JUICE

4 ounces = 88 Calories

Fruit juice..... 2 cups Gelatin..... 10 grams
Cold water..... $\frac{1}{4}$ cup Sugar..... $\frac{1}{4}$ cup

Soak the gelatin in the cold water, add fruit juice and sugar. Heat in the top of a double boiler until the gelatin dissolves. Pour into 5 jello molds, in equal portions, and place in the refrigerator to set. Serve cold.

TAPIOCA WITH FRUIT JUICE

4 ounces = 144 Calories

Fruit juice..... 2 cups Sugar..... $\frac{1}{4}$ cup
Tapioca..... 3 tablespoons

Combine ingredients and cook in a double boiler until the tapioca is transparent. Stir occasionally to prevent lumping. Divide into 4 equal portions and chill.

BASIC ICE CREAM MIX

(As purchased)

Milk protein.....	5%
Milk sugar and solid.....	5%
Granulated sugar.....	15%
Butter fat.....	15%
Egg yolk.....	4.4%
Unavailable carbohydrate.....	.5%
Water qs ad.....	55.1%

HEIGHT—WEIGHT TABLE*

Boys—4 to 18 Years

Ht. In.	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
38.....	34	34												
39.....	35	35												
40.....	36	36												
41.....	38	38	38											
42.....	39	39	39	39										
43.....	41	41	41	41										
44.....	44	44	44	44										
45.....	46	46	46	46	46									
46.....	47	48	48	48	48									
47.....	49	50	50	50	50	50								
48.....	..	52	53	53	53	53	53							
49.....	..	55	55	55	55	55	55	55						
50.....	..	57	58	58	58	58	58	58	58					
51.....	61	61	61	61	61	61	61					
52.....	63	64	64	64	64	64	64	64				
53.....	66	67	67	67	67	67	68	68				
54.....	70	70	70	70	70	71	71	72			
55.....	72	72	73	73	73	74	74	74			
56.....	75	76	77	77	77	78	78	78	80		
57.....	79	80	81	81	82	83	83			
58.....	83	84	84	85	85	86	87			
59.....	87	88	89	89	90	90	90		
60.....	91	92	92	93	94	95	96	
61.....	95	96	97	99	100	103	106
62.....	100	101	102	103	104	107	111
63.....	105	106	107	108	110	113	118
64.....	109	111	113	115	117	121
65.....	114	117	118	120	122	127
66.....	119	122	125	128	132
67.....	124	128	130	134	136
68.....	134	134	137	141	143
69.....	137	139	143	146	149

*The Borden Company, Prescription Products Division,
350 Madison Avenue, New York, New York

February 1940

HEIGHT—WEIGHT TABLE*

Girls—4 to 18 Years

Ht. In.	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
38.....	33	33												
39.....	34	34												
40.....	36	36	36											
41.....	37	37	37											
42.....	39	39	39											
43.....	41	41	41	41										
44.....	42	42	42	42										
45.....	45	45	45	45	45									
46.....	47	47	47	48	48									
47.....	49	50	50	50	50	50								
48.....	..	52	52	52	52	53	53							
49.....	..	54	54	55	55	56	56							
50.....	..	56	56	57	58	59	61	62						
51.....	59	60	61	61	63	65						
52.....	63	64	64	64	65	67						
53.....	66	67	67	68	68	69	71					
54.....	69	70	70	71	71	73					
55.....	72	74	74	74	75	77	78				
56.....	76	78	78	79	81	83				
57.....	80	82	82	82	84	88	92			
58.....	84	86	86	88	93	96	101		
59.....	87	90	90	92	96	100	103	104	
60.....	91	95	95	97	101	105	108	109	111
61.....	99	100	101	105	108	112	113	116
62.....	104	105	106	109	113	115	117	118
63.....	110	110	112	116	117	119	120
64.....	114	115	117	119	120	122	123
65.....	118	120	121	122	123	125	126
66.....	124	124	125	128	129	130
67.....	128	130	131	133	133	135
68.....	131	133	135	136	138	138
69.....	135	137	138	140	142

*The Borden Company, Prescription Products Division,
350 Madison Avenue, New York, New York

February 1940

HEIGHT—WEIGHT TABLE*

Men

Height Ft. In.	Age 19	Age 20	Age 21-22	Age 23-24	Age 25-29	Age 30-34	Age 35-39	Age 40-44	Age 45-49	Age 50-54	Age 55-59
5 0.....	111	112	114	118	122	126	128	131	133	134	135
5 1.....	116	117	118	121	124	128	130	133	135	136	137
5 2.....	122	123	124	125	126	130	132	135	137	138	139
5 3.....	127	128	128	129	131	133	135	138	140	141	142
5 4.....	130	131	132	134	135	136	138	141	143	144	145
5 5.....	134	135	136	137	138	140	142	145	147	148	149
5 6.....	139	140	141	142	143	144	146	149	151	152	153
5 7.....	142	143	144	145	146	148	150	153	155	156	158
5 8.....	147	148	149	150	151	152	155	158	160	161	163
5 9.....	152	153	154	155	156	158	160	163	165	166	168
5 10.....	155	156	157	158	159	162	165	168	170	171	173
5 11.....	159	160	161	162	164	166	170	174	176	177	178
6 0.....	163	164	165	166	168	172	176	180	182	183	184
6 1.....	167	168	169	171	173	178	182	186	188	190	191
6 2.....	171	172	174	176	179	184	189	193	195	197	198
6 3.....	175	175	178	181	184	190	195	200	202	204	205
6 4.....	178	180	183	186	189	196	201	206	209	211	212
6 5.....	183	185	188	191	194	201	207	212	215	217	219

HEIGHT—WEIGHT TABLE*

Women

Height Ft. In.	Age 19	Age 20	Age 21-22	Age 23-24	Age 25-29	Age 30-34	Age 35-39	Age 40-44	Age 45-49	Age 50-54
4 10.....	104	106	108	110	113	116	119	123	126	129
4 11.....	106	107	109	112	115	118	121	125	128	131
5 0.....	112	112	113	115	117	120	123	127	130	133
5 1.....	116	116	116	118	119	122	125	129	132	135
5 2.....	118	118	119	120	121	124	127	132	135	138
5 3.....	120	121	122	123	124	127	130	135	138	141
5 4.....	123	124	125	126	128	131	134	138	141	144
5 5.....	126	127	128	129	131	134	138	142	145	148
5 6.....	130	131	132	133	135	138	142	146	149	152
5 7.....	135	135	135	137	139	142	146	150	153	156
5 8.....	138	138	139	141	143	146	150	154	157	161
5 9.....	142	142	142	145	147	150	154	158	161	165
5 10.....	144	144	145	148	151	154	157	161	164	169
5 11.....	146	147	149	151	154	157	160	164	168	173
5 12.....	150	152	154	156	158	161	163	167	171	176

*The Borden Company, Prescription Products Division,
350 Madison Avenue, New York, New York

February 1940

PROCEDURE FOR ORDERING SPECIAL DIETS

All orders for, changes in, and cancellations of special diets are to be sent to the diet kitchen in writing.

The *Special Diet Order* form DE 8 is to be completely filled out with adequate information, for both the diet order and subsequent changes in diet. Special diet orders and changes should be received by the diet kitchen at least two hours prior to the meal when the diet is to be served.

SPECIAL DIET ORDER		
Room or Ward.....	Date.....	19.....
Attending Doctor.....		
Patient's Name.....		
Diagnosis.....		
Diet Required.....		
Regular.....	Fluid..... cc	Carbohydrate.....
Light.....	Protein.....	
Soft.....	Na Cl..... gms.	Fat.....
Liquid.....	By Dr.....	

The *Special Diet Cancellation* form number DE 9 is to be completely filled out with adequate information for the diet cancellation.

SPECIAL DIET CANCELLATION (to be sent in advance)		
Room or Ward.....	Date.....	19.....
Please cancel.....	diet	
For M.....	on.....	with.....
Patient's Name.....	Day	Meal
Doctor in Attendance		
Patient is..... to receive diet instruction. is not.....	By.....	
Nurse		

* * * * *

Special diet orders for members of the hospital personnel require the approval of the Director. See Administrative Order 20, for the complete procedure.

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