THIS BOOK IS DEDICATED TO

DR. EVELYN G. HALLWAY of the University of Chicago

whose contributions to the field of Home Economics has won nation-wide recognition.

Meta Given's

MODERN ENCYCLOPEDIA OF COOKING

VOLUME ONE

A modern cook book, complete in every detail, brings the latest developments in home economics into your kitchen for a simpler, better and richer life.

J. G. FERGUSON AND ASSOCIATES CHICAGO

The Diet Pattern

out of the laboratory and brings them right into your kitchen. These Ought to Know." In it you will find-the-facts about food and its nutritive value presented in a down-to-earth manner that takes them are the basic things YOU as planner and cook should know about food if you want to see YOUR family enjoy the exuberant health This vital chapter might have been called "What Every Meal-Planner which comes from a well chosen diet!

erals, vitamins, and energy. The menus were planned to conform to the dietpattern,* which includes the following ten classifications of food to be eaten THE 365 daily menus used in this book have been built to include the basic foods which supply the normal individual's daily needs for protein, mindaily.

SERVE EACH DAY

- 1 quart milk for each child and 1 pint for each adult, in cooking and as a beverage. See page 248 for milk equivalents.

 1 serving of meat, fish, poultry or cheese. Liver or other variety meat
 - green (preferably leafy) or yellow vegetable, raw or cooked.
 - other vegetable, fresh, canned, frozen or dried (besides potato).
 - serving of potato; + white, sweet, or yams.
- 3 to 5 tablespoons of butter, or oleomargarine fortified with vitamin A. egg daily if possible; otherwise at least 3 or 4 times weekly.
 - Whole grain or enriched cereal—bread, breakfast food, cake, etc. serving of citrus fruit, or tomatoes, or tomato juice.
 - 1 other fruit, fresh, canned, frozen or dried. . 0

daily menus, the body's nutritional requirements for health are met, as far When these ten basic classifications of foods have been incorporated into the as is known today. Additional foods are added for appetite appeal, variety, and greater energy value.

Food and Nutrition Board of the National Research Council, which was organized to advise on nutrition problems in connection with the National Defense Program. * This diet pattern meets the Recommended Dietary Allowances adopted by

+ About once a week rice, macaroni, spaghetti or noodles are used instead of potatoes, for variety. However, these cereal foods do not adequately take the place of potatoes, since they are not so good a source of vitamins and minerals. Therefore, we have taken particular pains, on the days when potatoes are omitted, to include extra quantities of green and yellow wegetables, or other foods which make up the deficiency.

The basic foods should be selected not for food value alone, but also for colored has little eye appeal. In such a menu, broccoli will be more appetizing in appearance than yellow turnips. Such selections should always be made within the same class; both yellow turnips and broccoli come under class texture, color and flavor contrast, which helps make the meal attractive and interesting. For example, a meal in which all the foods are white or lightnumber 3 below, and so would squash or carrots which might be substituted.

Besides keeping the ten classifications of the diet pattern in mind when or unavailability of certain foods on local markets), choose only foods from planning the menus (pages 49 to 152), we considered flavor, texture, color, seasonability and economy. In making substitutions, which may be necessary from time to time for a variety of reasons (such as family food preferences, the same class in the diet pattern. For example, if you cannot get watercress when it appears on the menu, use another salad green instead.

The following table provides an easy guide for the selection of alternate foods when planning menus.

TABLE 1. FOOD CLASSES FOR SELECTION OF ALTERNATE FOODS

1. Milk and Milk Products*

Buttermilk (cultured milks) Evaporated milk Whole milk Skim milk

Dried skim milk Dried whole milk

Ice cream

Cheese

Meat, Fish, Poultry, or Cheese Lamb, all cuts Pork, all cuts, fresh or cured Beef, all cuts Veal, all cuts

Nuts, occasionally Variety meats, at least once a week

Dried legumes, occasionally

Fish, all kinds

Green and Yellow Vegetables

Poultry, all kinds

Beans, green snap or string Celery, green (Pascal) Seans, green lima Dandelion greens Brussels sprouts Cabbage, green seet greens Sparagus Escarole Broccoli Carrots Endive

soybeans, green Mustard greens Peppers, green Pumpkin Furnip greens Peas, green Rutabagas Watercress Spinach Parsley ettace Squash Okra Artichokes, French

THE DIET PATTERN

4. Vegetables Other than Green and Yellow

Egg plant Kohl-rabi Onions Artichokes, Jerusalem Cucumber, peeled Cabbage, red Cabbage, white Celery, white Cauliflower Corn

Curilips, white Mushrooms Sauerkraut Radishes Parsnips

Potatoes

White potatoes Sweet potatoes

Yams

Note: Although it is possible to provide the nutrients in eggs by a careful combination of other foods, no other single food is a substitute for eggs.

Butter or Fortified Margarine

Note: Any fat is a nutritional substitute for butter or margarine that has been enriched with Vitamin A.

Bread and Cereal

Cakes, muffins, etc. Breakfast cereals

Note: At least one-half of all the food in this group should be whole grain products or made from enriched flours.

Citrus Fruit and Tomatoes or Other Fruits High in Vitamin C

Tangerines and tangerine juice Tomatoes and tomato juice Oranges and orange juice Strawberries Muskmelon Papayas Grapefruit and grapefruit juice Lemons and lemon juice Limes and lime juice Cantaloupe Mangoes Currants Guavas

Fruits Other than Citrus and Tomato

Melon, watermelon Raspberries, black Raspberries, red Melon, honeydew Raspberries, Pineapple Shubarb Peaches Prunes **Saisins** Plums Pears Sooseberries Bananas Blackberries Cranberries Avocadoes Cherries Apricots Grapes Oates 183

Note that bread and cereal products are grouped together. It is satisfactory to use one instead of the other as desired.

Loganberries

^{*} Two cups of evaporated milk are the approximate equivalent of one quart of fresh whole milk. A one-ounce serving of cheese, (cheddar type) is the approximate protein equivalent of 1 cup of milk. For calcium equivalent see chart page 29.

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THE DIET PATTERN

ELEMENTS OF THE DIET

A well-balanced diet is made up of a great variety of foods, from which the body obtains the elements it requires for its growth, maintenance and repair. If one or more of these elements is persistently lacking or present in insufficient quantity, the health of the body will suffer—not suddenly or dramatically, but gradually, over a long period. This is the "hidden hunger" so much talked about by nutritionists, which is revealed not by hunger pangs but by lowered vitality, lowered resistance to disease, fatigue, poor teeth, and anemia; and in more acute stages by the deficiency diseases, such as scurvy, pellagra, and beriberi. This "hidden hunger" may be present even when the appetite is satisfied.

The essential food elements which must be supplied by an adequate diet fall into six classes:

- Protein—builds and repairs body tissues (except fat).
- Carbobydrates and fats—furnish heat and energy; an excess over needs will be stored in the form of body fat.
 - Minerals—build and repair teeth, bones and blood, and regulate body functions.
 - . Vitamins-promote growth and maintain health and vigor.
 - 5. Bulk—aids in elimination of body waste.
- Water—aids in regulation of body functions, such as digestion and elimination of body waste.

S301A10A BI JEGE: SERVING OTHER KIND OR SWEET OR YELLOW E665 MEAY WHITE FISH, POULTRY OR CHEESE: LSERVING AT LEAST WEEKLY DAILY 3 OR 4 GUIDE DAILY DIET ABLESPOONS OR TABLE & COOKING PRTIFIED OLEO 1- 5 OUART ADULTS: BUTTER CHILDREN IPINT 8 MILK A STOUTO BE WHOLE GRAIN PHER KIND OR ENDICHE OR TOMATO, CITRUS BREAD-CEREAL

Here at a glance is a guide to the foods you should include in your menus every day. Listed around the wheel are the classes of food which go to make up a well-balanced diet; in the spaces formed by the spokes are the quantities of these foods which everyone should eat every day to get enough of the food elements necessary for health—calories, protein, minerals, and vitamins. These supply the minimum requirements. After they have been met by your day's menus, you can go abead and add anything your family enjoys. This may be something extra, like a savory gravy, pie, cake or some other dessert; or it may be more of the same—an extra serving of vegetable, or of meat, or potato, or more bread or cereal. Each of these extras will add some additional food value, as well as pleasing flavor and the bulk that makes you feel satisfied when you have finished eating.

A diet is considered to be adequate if it supplies all of the recommended daily allowances in the following table.

(Амоимтя Рек DAY) RECOMMENDED DIETARY ALLOWANCES, REVISED 1945 ¹ TABLE 2

Food and Nutrition Board, National Research Council

										
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6 For supplicity of calculation. Other members of the b-complex also are required, though no values can be given. Toods supplying adequate this required, though no values can be given. Toods supplying adequate this man, riboffavin, and niscin will tend to supply sufficient of these can be immediately of these factors will be given. Other members of the b-complex also are equired, though no values can be given. Toods supplying adequate this and intermines.

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min, incolleaving, and niacin will tend to supply sufficient of the temaning.

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I with the properties of the male adult needs little or no iron. The allowance will be provided if the diet is satisfactory in other tespects.

I be desirable. Other adults probably have filled need for vitamin D may be desirable. Other soults probably have filled need for vitamin D may approximately 20 percent over the preceding level. The allowance should increase approximately 20 percent over the preceding level. The value of 7500 in each group (as 2, 5, 8, etc.) and are for moderate activity and for sverient age weight at the middle year of the age group.

* Allowances for children are based on the needs for the middle year age weight at the middle year of the age group.

* Needs of infants increase from month to month with size and activity and for average weight at the middle year of the age group.

* Needs of infants increase from month to month with size and activity.

* The amounts given are for approximately 6 to 8 months. The dietary requirements for some of the nutrients such as protein and calcium are less quirements for some of the nutrients such as protein and calcium are less if derived largely from human milk,

Furlist recommendation:

Fast. There is a swallable little information concerning the human redurement for fat. Fat allowances must be based at present more on food
mirement for fat. Fat allowances must be based at present more to retain unsaturated fatty acids (the linolete and starbidonic acids of natural
fast) has been amply demonstrated with experimental animals, the human
need for these fatty acids (the linolete and experimental animals, the human
inced for these fatty acids is not known. In spite of the paucity of inlonmation on-this subject, there are several factors which make it destiable
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fatty acids to the extent of at least I percent of the total calories. At

CALORIES

A diet which supplies the essential proteins, minerals and vitamins, and also maintains the adult body at its normal weight, is supplying the correct number of calories.

Table 2, page 8, shows average caloric requirements for men and women in normal health, and for children at various ages.

It has been found that the health of children can be gauged by the rate at which they gain in weight. The following table is one which you can safely use in checking your child's rate of growth, for it was based on measurements of more than 167,024 white boys and girls with no serious physical defects. The child's diet should be such as to increase the weight at an average or better than average rate rather than just to maintain it.

TABLE 3. NORMAL RATE AT WHICH CHILDREN SHOULD GAIN IN WEIGHT.*

z.s	Approximate average gain	Per year, pounds	11-13	51/2	41/5	Avg. gain of about	4½ lbs. a year	10.		ന
GRLS	Approx	Per month, ounces	16	7	9	ত	8	12,	•••	4
		Age, years	17	1-2	2-3	9	8-12	12-14	14-16	16-18
S	Approximate average gain	Per year, pounds	11-13	9	Ś	Avg. gain of about	4½ lbs. a year	. 0	13	9
Boxs	Approx	Per month,	16	7	9	ত	80	12,	91	8
:		, Age, years	1-0	1-2	2-3	9. 9.	8-12	12-14	14-16	16-18

* From Nurrition and Physical Filmers, Fourth Edition, 1943, by L. Jean Bogert. Published by W. B. Saunders Company, Philadelphia and London.

Up to 30 years of age, most physicians agree that it is desirable to be slightly overweight rather than slightly under; after that age, it is usually safer to be slightly underweight. The variation from normal weight, however, should usually not exceed 10 per cent in either direction.

In cases where weight must be reduced or increased due to pronounced variation from the normal, it is always wise to consult a physician, since many factors besides diet may play a part in causing the abnormality. It is safe to say, however, that in both reducing and gaining diets, and especially in the former, care must be taken to see that the full daily requirement of protein, vitamins, and minerals is met, because their regulating function is especially important when the normal balance of food intake is disturbed.

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In a reducing diet only total calories should be decreased. All the other recommended dietary allowances must be met to maintain health.

A READY-REFERENCE CALORIE TABLE

Because at all times the alert homemaker wants to know the relative caloric ralue of the foods she serves, and because you or some member of your family may at some time and for some reason need to restrict the diet to a certain number of calories per day, the following highly simplified calorie table of everyday foods has been compiled for your convenience.

The approximate caloric values for average servings of common foods are listed. It is difficult to standardize food measurements exactly, and there are differences in the composition of the foods themselves from time to time. However, these approximate figures for the caloric value of an average serving are a reliable basis for all household calorie calculations, and are based on the most accurate information available.

TABLE 4. APPROXIMATE CALORIC VALUES OF AVERAGE SERVINGS OF COMMON FOODS *

Food	Serving	Calories
Apple fresh	1 large	100
Apricots, canned	3 large halves, 2 tablespoons juice (medium heavy sirup)	100
Apricots, dried, cooked	5 medium halves, 2 tablespoons juice	,
Asparagus tips, canned	1 tablespoon sugar 1½ cup, 1 teaspoon butter	र्वे ७
Asparagus, fresh, cooked	5 large stalks, 71/2" long, 1 teaspoon	ç
Avocado	1/2 medium, 31/2" long	30° -
Bacon, cooked crisp	3 to 5 full length slices	100
Bacon fat Possession	्रा-tablespoon	100
Beans baked canned	2/2 cup	200
Beans, green or wax	2/3 cup, I teaspoon butter	જ
Beef, dried	2 thin slices, 4" x 5"	20
Beef, wery lean.	4 ounces	170
Beers freshan	2 beets 2" in diam 1 teaspoon	007-007
	butter	75
Blackberries, fresh Bologia sansage	34 cup	75
	(2 ounces)	130
Bouillon Bread light man	% cup	12

^{*}In calculating the calone value of cooked vegetables and cooked cereals, the values of the butter, sugar, and cream have been included, since these foods are most commonly eaten in this form. If for any reason, the calonies are being restricted, these foods may be caten without 1 teaspoon of butter, (deduct 35 calonies) 1 teaspoon sugar, (deduct 17 calonies) 2 ounces cream, deduct 110 calonies) and eaten plan or with milk