

A Balanced Dietary.

by

Blanche Stevens.

Outline.

- I. General statements.
- II. Number of pounds consumed.
- III. Number of pounds wasted.
- IV. The cost of food materials for one month.
- V. The name of bulletin used for the calculations.
- VI. The name of the text consulted.
- VII. A short explanation as to dietaries and dietary studies.
- VIII. The necessity for a mixed diet.
- IX. Table showing the amount wasted.
- X. Table showing -
The percentage composition of fat, protein and carbohydrate per pound with calorie values.
- XI. Table showing -
The amounts used of protein fat and carbohydrates, with calorie values.
- XII. Nutritive ratio.
- XIII. The number of calories obtained.
- XIV. List of names.
- XV. Short conclusion.

A. Balanced Dietary.

The table board of Mrs. Lyric Fairlyer furnished the foundation for this thesis.

During the month of April, I kept account of all food bought, the prices, of the waste, and the menu.

The number who ate there that month were thirteen, eight women and five men. Their occupations were as follows - one chief cook - one assistant cook, one high school girl, five women students and five men students.

The amount of food consumed equaled 1461.75 pounds. The amount wasted was 19.87 pounds.

The cost of food material used, amounted to \$67.33.

The bulletin used for my calculations was the bulletin on the chemical composition of American foods, by W.O. Atwater and A.P. Bryant.

The text book consulted was Hutchinson's Food and Dietetics.

The amount of food required to meet the daily need of the body may be represented in three different ways:

1st. In terms of potential energy; i.e., calories.

2nd. In terms of the most important chemical

elements which it contains, i.e., Nitrogen and carbon

3rd. In terms of the nutritive constituents, i.e., proteid, fat and carbohydrate.

The results when translated into quantities of ordinary food stuffs form the basis of standard dietaries.

The chief mass of organic constituents of the animal tissues consists of nitrogenous material, which are of first importance among the animal constituents of the body.

This class as a group is called Proteid Substance. Fat is a complex substance, being an etherial salt of glycerine; which is a tri-hydric alcohol.

The carbohydrates are a time honored group of substances - which contain hydrogen and oxygen in proportion to form water and usually they contain six atoms of carbon in a molecule or a multiple of six.

The sum of the different nutritive constituents required daily, thus: -

Proteid 125 grammes

Carbohydrate 500 grammes

Fat 50 grammes.

One gramme of proteid and carbohydrate food, yield respectively 4.1 calories to the

body. While the same amount of fat yields 9.3 calories to the body.

Therefore these food constituents would yield the following amounts of energy in calories.

$$\text{Proteid } 125 \times 4.1 = 512.5$$

$$\text{Carbohydrate } 500 \times 4.1 = 2050.$$

$$\text{Fat } 50 \times 9.3 = \underline{465.}$$

Total 3027.5 Calories.

or in terms of Carbon and Nitrogen.

125 grammes proteid = 20 grammes of Nitrogen and 62 grammes of Carbon.

500 grammes of Carbohydrate = 200 grammes of Carbon.

50 grammes of fat = 38 grammes of Carbon.

Total = 20 grammes Nitrogen and 300 grammes of Carbon.

Such a standard may be regarded as a minimum for a man of average build and weight and doing a moderate amount of muscular work.

The Necessity for a Mixed Diet—
It may be remarked that no one article of food contains the different nutritive constituents in proper proportions. This can be most clearly brought out by examining the relative proportions in which Carbon and Nitrogen are contained in some ordinary foods assuming again that 20 grammes of

nitrogen, and 320 grammes of carbon are required daily, this gives a relative proportion of 1 of the former to every 16 of the latter. It will be observed that some foods are too rich in nitrogen, others contain too much carbon. The former statement is true of all animal foods and among the vegetable foods of such articles as dried peas and dried beans. Most of the vegetable foods on the contrary, of which bread and potatoes may be taken as types contain an excess of carbon. The practical outcome of this is that a proper diet must be a mixed diet.

In taking in account of the essential loss which results from incomplete absorption, the total calories yielded would require to be reduced in each case to about 200. In such standards the ratio of protein to carbohydrates and fats taken together is of importance. It is called the nutritive ratio. One part of fat would yield $2\frac{1}{4}$ as much energy as carbohydrate and protein materials. The nutritive ratio in the average standard dietaries is as 1:5:3. In this ratio we have an index of the proportion which the building material of the diet ought to bear to its purely energy-yielding constituents.

Table of waste.

59	oz.	of bones.
10	oz.	" liver
9	oz.	" meat scraps.
6	oz.	" lemon peeling
36	oz.	" cabbage -
17	oz.	" lettuce
25	oz.	" onion tops
14	oz.	" Strawberry stems
40	oz.	" cornbread
3	oz.	" navy beans
52	oz.	" Egg shells
8	oz.	" Canned Peas
5	oz.	" Canned tomatoes
12	oz.	" Rhubarb sauce.
20	oz.	" Rhubarb peeling.
2	oz.	" Asparagus.

Food Materials	Number of pounds	Cost	Percentage Composition			Calories	Amounts Used			Calories	Remarks
			Protein	Fat	Carbohydrate		Protein	Fat	Carbohydrate		
Roast Beef	41.25	2.45	15.5	15.0		920	623.87	603.75		37030.	
Beef steak	16.25	1.62	19.	12.8		895	308.75	208.50		14543.	
Dried beef	3.25	.33	26.4	6.9		780	85.80	24.43		2535.	
Beef liver	5.38	.30	20.4	4.5		605	109.75	24.21		325490.	
Pork roast	15.63	1.65	12.0	29.8		1480	177.56	465.83		22132.4	
Pork Steak	16.25	2.10	17.2	16.2		1040	311.00	263.20		16900.	
Pork chops	4.25	.80	13.4	24.2		1270	55.95	102.85		5397.5	
Sparrish	5.11	.50	15.5	14.5		900	79.21	75.30		45990	
Hamburger	11.50	1.15	16.4	6.9		595	190.60	842.9		11028.50	
Pork sausage	7.50	.75	13.	44.2		2125	95.5	106.5		15937.5	
Cold-ham	2.	.25	22.1	20.6		1280	44.2	41.2		2560.00	
Fresh fish	8.	1.10	11.6	16.6		715	92.8	132.8		7320.	
Cod (salted)	1.25	.15	19.	.4		315	23.75	5.		373.75	
Canned Salmon	2.25	.35	19.5	7.5		680.	43.88	16.88		1530	
Lard	7.25	.55		100.		4220		725.		4495	
Cottolene	19.75	2.63		100.		4220		1975		12245	
Butter	38.50	7.29	1.	85.		3605	38.50	3272.5		138792.5	
Whole milk	250.	4.20	3.3	4.	5.	325	825.	1000.	1250	81250.	
Eggs	19.	2.36	13.4	10.5		720	2576.	199.5		13680.	
Cheese	.50	.40	27.7	36.8	4.1	2445	13.85	19.4	2.05	1222.5	
Canned Pear	5.50	.33	3.6	.2	9.8	255	19.8	1.1	53.9	1402.5	
.. tomatoes	13.	.57	1.2	.2	4.	105	15.6	3.6	52.	1365.	
.. pumpkin	6.	.25	8.	.2	6.7	150	48.	1.2	40.0	900.	
.. corn	3.37	.92	2.8	1.2	19.	455	9.4	4.04	64.93	1533.35	
.. grapes	.50	.25	1.1	.1	21.1	415	.55	.05	10.55	207.50	used the percentage composition for cherries
.. peaches	20.75	1.55	.7	.1	10.8	220	14.53	2.08	224.6	4191.5	
Granulated Sugar	56.75	4.40			100.	1860.			3675	105555.	
Brown Sugar	4.50	.33			95.	1765			327.5	7942.5	

Macaroni	.31	.03	13.4	.9	74.1	1665	4.15	2.79	30.	516.15
Molasses	8.	.35	2.4		69.3	1290	19.2		544.4	10520.
Honey	2.	.25	2.4		81.2	1520	48.		162.4	3040
Corn-starch	.25	.04			90.	1675			22.5	418.75
Sponge Cake	1.25	.20	6.3	10.7	63.9	1795	7.9	13.27	79.88	2123.9
Bread	50.	2.	9.7	.9	49.7	1140	485.	45.	248.5	57000.
Cookies	1.	.15	6.7	9.6	72.4	1875	6.7	9.6	72.4	1875
Soda Crackers	15.	.90	9.8	9.1	73.1	1925	147	136.5	109.65	28875
Corn Meal	18.25	.35	9.2	1.9	75.4	1655	1679	36.68	1386	30203.8
Rice	5.	.25	8.	.3	79.	1630	.40.	15.	395	8150
Wheat flour	102.	3.00	10.9	1.1	75.6	1655	1111.8	112.2	7711.2	16983
Graham flour	6.	.20	13.3	2.2	71.4	1626	79.8	13.2	478.4	9220
Cabbage	16.25	.60	1.6	.3	5.6	145	26.	48.75	91.	2356.25
Celery	.75	.10	.9	.1	2.6	70	.68	.08	2.	53.
Lettuce	3.	.70	1.2	.3	2.9	90	36	.9	9.	270.
Onions	1.	.20	1.6	.3	9.9	205	.20	1.6	3.	1.1
Potatoes	463.00	2.60	2.2	.1	18.4	385	1119	46.3	8219.2	178235.
Radishes	4.	.30	.9	.1	4	95	3.6	.4	16	380
Rhubarb	69.50	.33	.4	.4	22	65	278	278	1529	4518
Asparagus	8.87	.70	1.8	.2	3.3	105	16.96	.18	29.27	931.35
Navy beans	7.50	.45	22.5	1.8	59.6	1605	168.8	14.	452	12038
Lima beans	4.12	.25	18.1	1.5	65.9	1625	74.57	6.18	271.57	6695
Horse-radish	.50	.05	1.4	.2	10.5	230	.7	.01	5.3	115
Cucumber pickles	8.	.70	.5	.3	2.7	70	4.	2.4	21.6	560
Cranberries	5.50	.75	.4	.6	9.9	215	22	33	54.5	1183
Lemons	.87	.15	1.	.7	8.5	205	.87	.61	7.4	178.35
Strawberries	6.87	1.50	1.	.6	7.4	180	6.87	41	50.84	1236.6
Dried Apricots	18.	.75	4.7	1.	62.5	1290	846	18	1125	23120
" Currants	2.	.16	2.4	1.7	74.2	1495	4.8	3.4	148.4	2990
" Prunes	5.50	.25	2.1		73.3	1400	11.52		403.15	7700
" Raisins	1.25	.10	2.6	3.3	76.1	1605	2.9	4.18	95.13	2006.3
" Blackberries	2	.25	7.3	1.8	80.2	1705	14.6	3.6	160.4	3410

used the percentage
composition of
raspberries.

Current jelly	5.50	.80	1.1		72.2	1455	60.5		424.6	8022.5	used percentage composition of Cerealsine.
Cereal	1.75	.70	9.6	1.1	78.3	1680	17.8	1.93	137	2940	
Chocolate	1	.20	12.9	48.7	30.3	2860	12.9	48.7	30.3	2860	
Cocoa	2.25	.57	216	28.9	87.7	2320	486	65	84.83	5220	
Pepper	.50	.14	15.5	8.5	63	1820	7.75	4.25	31.50	918	
Salt	2.25	2.07									
Vanilla	.20	.38									
Sage	.60	.05									
Vinegar	16	.40									
Coffee	12.90	.72									
Tea	.75	.50									
Soda	.25	.02									
Baking Powder	1.50	.75									
	1461.75	57.33						10315.04	10612.59	28132.29	1410831.35

$$\text{Nutritive Ratio} = \frac{\text{Fat} \times 2\frac{1}{4} + \text{Carbohydrate}}{\text{Protein}}$$

$$\text{Nutritive Ratio} = 1 : 5.04$$

$$\frac{1410831.35}{13} = 108517.33 \text{ or the number of}$$

calories for 30 days for one person

$$\frac{108517.33}{30} = 3617.24 \text{ or the number of calories}$$

for one day, for each person.

$$\frac{3617.24}{3} = 1205.74 \text{ or the number of}$$

Calories per meal, for each person.

April 1.

Breakfast-

Pork-steak.

Hot biscuits.

Butter

Fried potatoes

Prunes

Sugar and Cream

Cocoa and coffee.

Pickles.

Crackers

Dinner-

Roast-pork.

Mashed potatoes.

Beans

Bread

Butter

Horse-radish

Pickles

Water

Current Pie -

Crackers

Supper-

Dried-beef

Fried potatoes

Bread

Butter

Cold Beans

Water and tea.

Celery

Lettuce

Peaches and Cake.

Crackers.

April 2.

- Breakfast -

Beef steak	Fried potatoes
Hot-biscuits	Butter
Molasses	Crackers
Whole milk	and Cream Crisp -
Sugar	
Coffee	and Cocoa.

- Dinner -

Roast-beef	Dressing
Browned Potatoes	Wilted Lettuce -
Cranberries	Corn
Corn-bread	Butter
White-bread	Crackers
Pickles	
Molasses -	
Pumpkin pie -	
Water	

- Supper -

Cold roast-beef	cranberries
Bread and Butter	
Horse-radish	Pickles
Crackers	Molasses
Tea and water	
Peaches and Cake -	

April 3.

Breakfast -

Hash		Fried potatoes
	Pickles	
Bread	and	Butter
Molasses	and	crackers
Cream Cisp		Milk (whole)
Prunes	and	Sugar
Cocoa.	and	Coffee -

Dinner.

Hamburg roast	Cranberries
Mashed Potatoes	Peas
Tomatoes	Corn Bread. Butter.
Crackers	White Bread
Horse-radish	Pickles Molasses
Water	Lemon pie.

Supper -

Cold sliced Hamburg	Fried Potatoes.
Salmon	Rice
Onions	Pickles Crackers
Butter	Milk (whole) Tea
Water	Custard.

April 4.

Breakfast -

Cod Fish
Creamed Potatoes

Egg Omelet -
Hot Biscuits -

Butter -

Cream crisp

Crackers

Molasses

Sugar

Whole milk -

Coffee

Cocoa -

Dinner -

Roast Pork
Boiled Potatoes

Baked Beans
Lettuce

Horseradish

Crackers

Bread

Butter

Cranberries

Butter-rolls - Vanilla Dill
Water

Supper -

Fried Potatoes

Tomatoes

Onions

Pickles

Cold Beans

Cold Roast Crackers

Tea

Bread

Water

Butter

Peaches and Cake -

April 5.

Breakfast.

Pork-steak	Fried Potatoes
Hot Biscuits	Butter
Cream Cisp	Whole milk
Sugar	
Crackers	
Molasses	
Coffee	Cocoa.

Dinner.

Roast Beef	Browned Gravy
Browned Potatoes	Beans Corn
Corn Bread	White Bread
Butter	Water Prunes
Pickles	
Crackers	
Molasses	
Current Pie	

Supper.

Cold Roast Beef	Scolloped Corn
Fried Potatoes	
Bread	Butter
Pickles	Molasses
Sugar	Tea
Cake	Whole milk.
and	Dried Apricots.

April 6.

Breakfast.

Fried Fish	Fried Potatoes
Hot Biscuits	Butter
Molasses	
Crackers	
Cream crisp	whole Milk
Coffee	Sugar
	Cocoa

Dinner.

Spare Ribs	Mashed Potatoes
Tomatoes	Onions
Bread	Butter
Water	
Rhubarb Pie -	

Supper.

Cold Roast Beef	Fried Potatoes
Tomatoes	Pickles
Molasses	
Crackers	
Sugar	whole milk
Bread	Butter

Apricot Pudding -

April 7.

Breakfast

Cream Cakes	Whole Milk Sugar
Hot Biscuits	Butter
Hash	Creamed Potatoes
Coffee	Cocoa
	Crackers
	Molasses
	Pickles

Dinner

Beef Steak	Hash Pie
Mashed Potatoes	Browned Gravy
Boiled Cabbage	Pickles
Corn Bread	White Bread
	Butter
	Vinegar
	Water
	Bread Pudding

Supper

Cold Sliced Ham	Fried Potatoes
Cabbage (slaw)	
Bread	Butter
Sugar	Whole Milk
	Tea
	Pickles
	Crackers
	Peaches and Cake

April 8
Breakfast -

Fried Liver

Bread

Crackers

Molasses

Cream Crisp

Coffee

Fried Potatoes

Butter

Horseradish

Pickles

whole Milk

Cocoa

Dinner -

Roast Beef

Boiled Potatoes

Corn

Bread

Dressing

Boiled Cabbage

Pickles

Butter

water

crackers

Molasses

Current Pie

Supper -

Cold Sliced Beef

Cold Slaw

Fried Potatoes

Bread

Milk (whole)

Cheese

Pickles

Crackers

Butter

Sugar

Tea

Molasses

Apricots and Cake.

April 9.

Breakfast -

Beef Steak	Fried Potatoes
Hot Biscuits	Butter
Molasses	
Crackers	
Cream Crisp	Sugar
Cocoa	Whole Milk
	Coffee.

Dinner -

Lima Beans	Fried Fish
Mashed Potatoes	Cold Slaw
Lettuce	
Water	
Molasses	
Crackers	
Bread	Butter
Pumpkin Pie	

Supper -

Cold Hamburg Roast	Horseradish
Bread	Butter
Tea	Sugar
Whole Milk	Pickles
Molasses	Crackers
Cake	and Dried Blackberries.

April 10 -
Breakfast -

Egg Omelet
 Fried Potatoes
 Crackers -
 Cream Cusp

Cod Fish
 Molasses
 Pickles
 whole milk

Sugar
 Dried Blackberries
 Cocoa
 Coffee.

Dinner -

Roast Beef
 Bread
 Cold Slaw
 Crackers

Boiled Potatoes
 Butter
 Tomatoes -
 Molasses

Water
 Plack Pudding and whole Milk.

Supper -

Cold Sliced Beef. Cold Lima Beans
 Vinegar
 Fried Potatoes Crackers
 Molasses

Tea
 whole Milk

Sugar
 Apricots and cake -

April 11.

Breakfast -

Sausage	Creamed Potatoes
Cocoa	Sugar
Whole Milk	Coffee
Bread	Cream Crisp -
	Butter

Dinner -

Pork Roast	Gravy
Boiled Potatoes	Corn
Boiled Cabbage	Horseradish -
Water	
Molasses	
Crackers -	
Pickles	
Bread	Butter
Butter Rolls -	
and	
Vanilla Dip	

Supper -

Hash	Fried Potatoes
Cold Slaw	Onions
Pickles	Crackers
Molasses	Tea
Sugar	Whole Milk
Apricots	Grape Pudding

April 12 -

Breakfast -

Beef steak

Bread

Cream crisp

Fried Potatoes

Butter

Milk (whole)

Sugar

Crackers

Molasses

Pickles

Cocoa

Coffee -

Dinner -

Hamburg Steak

Browned Potatoes

Asparagus

Boiled Cabbage -

Water

Crackers

Pickles

Bread

Butter

Water

Butter Rolls and Vanilla Dip -

Supper -

Cold sliced Beef

Fried Potatoes

Bread

Butter

Whole milk

Tea

Sugar

Molasses

Crackers

Pickles

Onions

Apricots

and cake -

April 18-

Breakfast -

Liver		Fried Potatoes
Hot Biscuits		Butter
Molasses		Crackers
Pickles		Whole Milk
Cream crisp	and	Sugar
Cocoa	and	Coffee -

Dinner -

Pork Steak		Mashed Potatoes
Tomatoes		Onions
Cold Slaw		Crackers
Bread (Corn)		White Bread
	Butter	
	Molasses	
	Water	
	Pickles	
	Blackberry Pie	

Supper -

Salmon		Fried Potatoes
Boiled Rice		Cold Sliced Beef
Bread		Butter
	Tea	
	Whole Milk	
	Sugar	
Molasses	Crackers	Pickles
	Rhubarb Sauce -	
	Cake -	

April 14.

Breakfast -

Fried Potatoes	Beef Steak
Hot Biscuits	Butter
Cream Crisp	Whole milk
Cocoa	Coffee
Sugar	
Molasses	
Pickles	
Horseradish	
Dried Blackberries -	

Dinner -

Roast Beef	Mashed Potatoes
Corn	Cold Slaw
Corn Bread	Onions
	White Bread
	Water
	Crackers
	Pickles
	Molasses
Rhubarb Pie	

Supper -

Cold Sliced Beef	Cold Slaw
Tomatoes	Fried Potatoes
Tea	Milk (whole)
Bread	Sugar
	Butter
	Crackers
	Molasses
	Pickles
Bread Pudding.	

April 15 -
Breakfast -

Pork Steak	Hot Biscuits
Butter	Whole Milk
Fried Potatoes	Crackers
Molasses	Pickles
Coffee	Cocoa
Cream Crisp	Sugar

Dinner -

Pork steak	Boiled Potatoes
Gravy	Tomatoes
Peas	Cold Slaw
	Molasses
	Crackers
	Pickles
Bread	Butter
	Water
	Cottage Pudding -

Supper -

Cold sliced Beef	Fried Potatoes
Pickles	Peas
	Onions
Tea	whole milk
	Sugar
	Crackers
	Molasses
	Peaches and Cake -

April 16 -
Breakfast -

Sausage		Hot Biscuits
Cream crisp		whole milk
Fried Potatoes		Pickles
Coffee	Sugar	Cocoa
	Butter	

Dinner -

Hamburg		Browned Potatoes
Corn Bread		White Bread
Lettuce	Butter	Corn
	Crackers	
	Molasses	
	Pickles	
	Onions	
Pumpkin Pie		
water		

Supper -

Old sliced Hamburg		Horseradish
Bread		Butter
	Tea	
	Whole Milk -	
	Sugar	Molasses
Crackers		
	Pickles	
Rhubarb Sauce		
Finger Cake		

April 17.

Breakfast -

Cod Fish	Scrambled eggs
Fried Potatoes	Rhubarb Sauce
Sugar	whole milk
Cream Crisp	Molasses
Bread	Butter
Pickles	Cocoa
Coffee	

Dinner -

Pork Steak	Boiled Potatoes
Asparagus	Gravy
Onions	
Pickles	
Crackers	
Molasses	
Corn Bread	white Bread
Butter	
Water	
Grape Pie	

Supper -

Hash	Pickles	Fried Potatoes
Bread	Tea	Butter
Boiled Rice	Sugar	whole Milk
Crackers		Molasses
Peaches		Cookies

April 18
Breakfast

Beef steak	Creamed Potatoes -
Hot Biscuits	Butter
Cream crisp	Sugar whole Milk
Cocoa	coffee
Crackers	
Pickles	
Molasses -	

Dinner

Roast Pork -	Mashed Potatoes -
Baked Beans	Vinegar
Lettuce	Butter
Corn Bread	white Bread
Crackers	
Molasses	
Horseradish -	
Peach Pudding -	
water	

Supper -

Cold Sliced Ham	Cold Baked Beans
Dried Beef	Fried Potatoes
Tea	Sugar whole milk -
Bread	Butter
Crackers	
Pickles	
Molasses	
Plum and	Cake -

April 19.

Breakfast.

Fried Potatoes	Pork Steak
Hot Biscuits	Butter
Cocoa	Coffee
Cream crisp	Whole Milk
Sugar	
Molasses	
Pickles	
Crackers	

Dinner

Roast Beef	Browned Potatoes
Gravy	Cold Slaw
Asparagus	
Pickles	
Molasses	Crackers
Bread	Butter
Water	
Rhubarb Pie	

Supper

Cold Sliced Beef	Fried Potatoes
Tomatoes	Pickles
Crackers	
Molasses	
Tea	sugar
	Whole Milk
Custard Pudding	

April 20 -

Breakfast.

Egg Omelet		Fried Potatoes
Sausage		Crackers
Bread		Butter
Cream Crisp	Sugar	Whole Milk -
Cocoa		Coffee
	Molasses	
	Pickles -	

Dinner -

Spare-ribs	Boiled Potatoes
Beet Pickles	Peas
Molasses	Crackers
Bread	Butter
	Water
	Butter-rolls and Vanilla Dip -

Supper -

Cold Sliced Beef	Fried Potatoes
Bread	Butter
Tea	Sugar
Beet Pickles	Whole-milk -
	Crackers
Current	Jelly.
Onions	Molasses
Rhubarb	Sauce
Ginger Bread -	

April 21.
Breakfast -

Hash	Fried Potatoes
Bread	Butter
Current Jelly	Pickles
Cream crisp	Sugar whole milk
Rhubarb	Sauce
Coffee	Cocoa

Dinner -

Roast Beef	Browned Potatoes
Baked Sweet Potatoes	
Gravy	Cold Slaw
Onions	Pickles
Corn Bread	White Bread
Molasses	
Water	
Crackers	
Rhubarb Pie	

Supper -

Fried Potatoes	Cold Sliced Beef
Honey	Onions
Bread	Butter
Tea	
Whole Milk	
Sugar	
Molasses	
Crackers	
Plums and Chocolate cake	

April 22 -

Breakfast -

Fried Liver	Fried Eggs
Hot Biscuits.	Fried Potatoes
Butter	Honey
Cocoa	Coffee
Cream curd	Sugar
whole milk	
Crackers	
Molasses	
Pickles -	

Dinner -

Beef steak	Mashed Potatoes
Gravy	Onions
Corn	Pickles
Bread	Butter
Water	
Crackers	Molasses
Pumpkin Pie -	

Supper -

Salmon	Fried Potatoes
Current Jelly	Corn
Onions	Molasses
Tea	Sugar
whole milk	
Radishes	
Chocolate cake	7 loaf.

April 23 -

Breakfast -

Beef Steak	Fried Potatoes
Current Jelly	Bread
Butter	Sugar
Cream. soup	Whole Milk
Molasses	
Pickles	
Crackers	
Coffee	Cocoa.

Dinner -

Pork Steak	Roasted Potatoes
Corn Bread	White Bread
Butter	
Tomatoes	Lettuce
Water	
Strawberry Short-cake	Whole Milk -

Supper -

Cold Sliced Pork	Cold Slaw
Current Jelly	Pickles
Canned Strawberries	Cake
Whole Milk	
Tea	Sugar
Molasses	
Crackers	

April 24.

Breakfast -

Scrambled Eggs	Cod Fish -
Fried Potatoes	Honey
Hot Biscuits	Butter
Cocoa	Coffee
	Whole Milk
Cream Crisp	Sugar
Molasses	
Crackers	
Pickles -	

Dinner -

Fried Fish	Browned Potatoes
Corn Bread	White Bread
Butter	Water Tomatoes -
	Onions
	Crackers
	Molasses
Lemon	Pie

Supper -

Cold Sliced Ham	Fried Potatoes -
Bread	Butter
Tea	Whole - milk
Sugar	Pickles
Molasses	Crackers
Peaches	
Cake -	

April 25 -

Breakfast -

Pork-steak	Creamed potatoes
Bread	Butter
	Molasses
	Crackers
Honey	Pickles
Cream crisp	Sugar
	whole milk
Coffee	Cocoa

Dinner -

Beef Roast	Mashed Potatoes
Honey	Water
	Lima Beans.
	Meat Dressing
Bread	Butter
	Whole Milk
	Crackers
Pickles	Molasses -
	Bread Pudding -

Supper -

Cold Slice of Ham	Fried Potatoes
Bread	Butter
Onions.	Pickles.
Honey	Crackers
	Molasses
	Tea
	Whole milk
	Sugar
	Peaches and Cake.

April 26.

Breakfast -

Fried Liver	Fried Eggs -
Browned Potatoes	Current Jelly -
Hot Biscuits	Butter
Cream Crisp	Whole Milk -
	Sugar
	Molasses
	Pickles
Coffee	Crackers
	Cocoa -

Dinner -

Hamburg Roast	Browned Potatoes
Corn	Corn Bread
White Bread	Butter
Pickles	Onions
	Crackers
	Water
	Molasses
Custard	Pie -

Supper -

Cold Hamburg Roast	Horseradish
Fried Potatoes	Cold Slaw
Bread	Butter
	Tea
	Sugar
Pickles	Whole Milk
	Lettuce
	Molasses
Peaches	Raisin Cake.

April 27.

Breakfast.

Hash
Hot Biscuits
Honey

Fried Potatoes
Butter.
Pickles

Molasses

Coffee

Sugar
Whole Milk
Cream Crisp Cocoa

Dinner

Boiled Beef
Pickles
Bread
Boiled Potatoes
Molasses Tomatoes
Water

Boiled Cabbage
Onions
Butter
Horseradish
Crackers

Rhubarb Pie -

Supper.

Meat Pie

Dried Beef

Crackers

Tea

Fried Potatoes

Pickles

Molasses

Whole milk

Sugar

Rhubarb Sauce
Cake -

April 28

Breakfast.

Beef Steak	Fried Potatoes.
Current Jelly	Hot Biscuits
Butter	whole milk
Cream Crisp	Sugar
Coffee	Cocoa

Dinner

Mashed Potatoes	Pork Roast
Gravy	
Tomatoes	
Corn Bread	White Bread
Butter	
Pickles	Crackers Molasses
	Horse-radish
	Water
	Rhubarb Pie -

Supper

Cold Sliced Pork	Fried Potatoes.
Whole milk	Sugar
Tea	
Bread	Crackers Butter
	Molasses
Tomatoes	Pickles Onions
Straw-bery Short-cake	

April 29

Breakfast

Sausage	Creamed Potatoes
Hot Biscuits	Butter
Cream Crisp	Sugar
Whole milk	Scrambled Eggs.
Coffee	Cocoa.

Dinner

Beef Steaks	Dravy
Boiled Potatoes	Corn
Home Radish	Bread
Butter	Crackers
	Onions.
	water
Butter	Rolls and Vanilla Dip.

Supper

Cold Sliced Beef	Fried Potatoes
Onions	Bread
Macaroni	Butter
	Pickles
Tea	Sugar
	Whole milk
Crackers	
Rhubarb Sauce	
Cake	

April 30.

Breakfast.

Beef Steak	Fried Potatoes
Jams	Butter
Honey	
Cream Crisp	Whole Milk
Coffee	Cocoa
Crackers	
Molasses	
Pickles	

Dinner.

Beef Roast	Mashed Potatoes
Celery	
String Beans	Vinegar
Corn Bread	White Bread -
Sugar	whole milk
Crackers	Molasses
Pickles	
Straws berry	Short-cake.
water	

Supper.

Cold Sliced Beef	Cold Slaw
Bread	Butter
Crackers	
Tea	whole milk
Sugar	
Rhubarb Sauce	
Cake -	

The main results, of this dietary study, were the finding of the nutritive ratio to be as 1:5.3. According to Atwater, a nearly correct ratio.

And the number of calories, for each person, per day was found to be 3617.24 - a good standard dietary average.

In considering the results of this dietary study it may be well to state, that the consumers of this food maintained their average good health and weight.