

1891

THE DIETETIC TREATMENT OF A DIABETIC PATIENT

FOR ONE MONTH.

by

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In all medical treatment of the present day the fact is being realized that the health of a person depends upon the kind of food taken into the body. Let us consider what a food is. Food is anything which when taken into the body is capable either of building new tissue, repairing waste or producing heat or muscular work. This shows the two main functions of food; first, to provide for the growth and repair of the body, or the conservation of the materials of the body. Second, as a source of potential energy which can be converted into heat and work, or the conservation of the energy of the body.

In many of the common diseases of the present day the diet holds a much more important place than medicines. It is true of the following: Acute Rheumatism, Gout, Scurvey, Uraemia, Appendicitis, Bright's Disease and Diabetes. The last of these we will consider.

"Diabetes Mellitus is a disorder of nutrition in which sugar accumulates in the blood and is excreted in the urine, the daily amount of which is increased." "For a case to be considered Diabetes mellitus it is necessary that the form of sugar eliminated in the urine be grape sugar and the excretion take place after the ingestion of a moderate amount of Carbohydrates." (Osler).

It is strictly a diatetic disease and the treatment is almost entirely dietic. It is not always caused by an error in diet as in cases of heredity or injury of the liver, but it is always helped and in many cases cured by diatetic treatment.

It is strictly a liver disease although many times closely associated with kidney disease, but this is only due to the fact that on account of the liver disorder the kidneys are overworked.

There may be said to be three kinds of Diabetes; Glycosmia or

temporary Diabetes in which there is a temporary excretion of an excessive amount of sugar in the urine. This is not at all serious except that a continuation of this condition causes true Diabetes. This is frequent and is easily remedied. Diabetes Insipidus characterized by the passage of large quantities of normal urine. It is not closely related to Diabetes except that it accompanies the passage of large quantities of urine. The third is Diabetes mellitus which has been defined above.

This latter is not a rare disease but is reputed to be of a more common occurrence than it was half a century ago. It is a disease of adult life rarely occurring in children. It more often occurs in men than in women. The Hebrew race is prone to it from the fact that they consume large quantities of Carbohydrates. Those of southern Italy are also subject to it. It is comparatively rare in the colored race. It is a disease of the poor rather than the rich owing to the tendency of the extravagant living. It is more common in the cities than in the country, owing to the populace being of sedentary habits.

The combination of intense application to business, over indulgence in food and drink in connection with sedentary habits is a common cause of the disease. Injury to the liver is a frequent cause. Mental shock, nervous strain and worry proceed many cases, and it often follows infectious diseases. A very few cases may be traced to either heredity or contagion. But the great majority of cases are due to errors in diet. It is universally considered that the use of sweets such as candy, honey, pastry, etc., is the most common cause of the disease. Glycosmia is induced by the ingestion and assimilation of large amounts of peptones and excessive consumption of

Carbohydrates.

The onset of the disease is gradual and it may be in the system for a great length of time before it is noticeable. The first symptoms is great thirst. Large quantities of sugar soon appears in the urine and an abnormal amount of urine is excreted. As a rule the more sugar present the paler is the urine, becoming turbid and ferments on standing. Voracious appetite is noticeable before the disease has run much course. The later symptoms are : tongue dry and red, saliva thick and frothy and very scant, rapid emaciation: Diabetic coma is the precursor of sudden death in almost all cases where it occurs. Diabetes not infrequently terminates in a complication of diseases which frequently causes the death of the patient.

There is one sure test for Diabetes: add compressed yeast to the urine and if gas is given off or if gas bubble form on the surface the indications are that the liver is affected.

Diabetic treatment. The object of the diet in Diabetes is to eliminate the Carbohydrates and to give the proper amount of nutritive value to the patient in the form of nitrogenous and hydrocarbonate foods. In all cases of Diabetes the carbohydrates are to be eliminated from the diet to a greater or less extent, which must be ascertained by the severity of the case. In some cases the tissues have lost their power of assimilating carbohydrates completely, while in others that power has only undergone impairment.

The general food principles allowed in Diabetes may be summed up under the two heads of nitrogenous and hydrocarbon foods. In Diabetes in general the following rules apply:

Foods Allowable:

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Meats: all kinds of fresh meats except oysters and liver:

of the cured meats, ham, bacon, smoked, salted and dried: poultry, game, fish, fresh, salted or cured. Liquids, all clear soups: coffee, tea and milk and all fruit juices in which there is little sugar. Bread: gluten and bran bread, almond and cocoanut biscuit. Vegetables, lettuce, tomatoes, spinach, radish, asparagus, cabbage, cauliflower, mustard, cress, cucumber and celery. Pickels of various sorts. Fruits; lemons, oranges, currants, plums, cherries, melons raspberries, strawberries, pears and apples in moderate quantities. Eggs in any form. Nuts of any kind except peanuts and almonds.

Foods not allowable.

Meats, liver and oysters. Soups thickened with flour or starch. Bread, ordinary bread of all kinds, rye, wheaten, brown or white. All farinaceous preparations as hominy, rice, tapioca, arrow root, sago and vermicelli. Vegetables: potatoes, turnips, parsnips, squash, beets, corn and artichokes. Liquids: beer, sparkling wine of all sorts, and all aerated drinks.

The following is one month's dietary immediately after a purely liquid diet.

Breakfast

Gluten Bread	Butter
	Ham
Fresh Tomatoes	Salad Dressing
	Milk.

Dinner

	Clear Soup
Gluten Toast	Butter
	Coddled Eggs
	Apple Sauce
	Cocoa.

Supper

Orange Albumen
 Beef Balls on thin bread toasted
 Celery and Nut Salad
 Grape Juice with sacharine
 Milk.

Breakfast

Grape Fruit
 Buttered eggs on Gluten toast
 Bacon
 Coffee Milk.

Dinner

Broth with Egg yolk
 Broiled steak Buttered Cauliflower
 Inulin bread Butter
 Custard pudding with saccharine
 Coffee milk.

Supper

Egg Force
 Creamed asparagus thickened with egg
 Inulin Bread butter
 Custard mould
 Milk.

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Breakfast

Ham Egg
 Stewed tomatoes
 Gluten toast Butter
 Coffee Milk.

Dinner

Beef roast Gravy thickened with egg
 Buttered turnips Lettuce salad
 Grape bavarian
 Bran bread Butter
 Milk.

Supper

Omelet with beef
 Tomato salad
 Bran bread butter
 Strawberry Ice cream
 Milk

Breakfast

Baked egg Bacon
 Bran bread butter
 Baked apples
 Milk Coffee

Dinner

Roast pork Baked apples
 Cottage cheese Fruit and nut salad
 Bread Butter
 Coffee Milk
 Ice cream

Supper

 Cold roast pork
 Egg salad with onion
 Almond bread Butter
 Orange gelatine with nuts Whipped cream
 Milk

Breakfast

 Egg and Meat souffle
 Fresh celery
 Almond bread Butter
 Milk and coffee

Dinner

 Veal roast Gravy
 Green spinach
 Cheese salad
 Custard mould
 Milk.

Supper

 Cold sliced veal Scalloped tomatoes
 Celery salad
 Egg souffle
 Inulin bread Butter
 Milk Orange sherbet

Breakfast

Omelet Fried fish
 Lettuce French dressing
 Inulin toast Butter
 Coffee

Dinner

 Chicken broth Egg balls
 Stewed chicken Cheese salad
 Bread Butter
 Steam pudding

Supper

Chciken sandwich Deviled eggs
 Fresh radishes
 Rhubarb cream
 Milk.

Breakfast

Omelet Bacon
 Pickles
 Bread and butter
 Watermelon
 Coffee Milk

Dinner

Chicken soufflé Gravy
 Tomato salad
 Inulin bread Butter
 Coffee Milk
 Fresh grapes.

Supper

Soft boiled egg
 Scalloped tomatoes
 Bread ~~and~~ Butter
 Pineapple sherbet
 Sliced almond cake
 Milk.

Breakfast

Orange
 Scrambled eggs Fresh mackerel
 Celery with cream sauce
 Buttered toast
 Coffee.

Dinner

Clear soup Egg balls
 Pigeon Fricasse Lettuce salad
 Gluten bread Butter
 Nuts, olives and dates.
 Cocoa.

Supper

Cheese omelet Fresh celery
 Beef balls on toast
 Fruit salad
 Ice cream
 Milk.

Breakfast

Cream veal Spinach
 Gluten bread Butter
 Coffee
 Olives and English Walnuts.

Dinner

Roast beef Gravy
 Baked Apples Cabbage salad
 Inulin bread Butter
 Lemon ice
 Gluten nut cake
 Coffee Milk.

Supper

Cold sliced beef Tomato baskets of plenty
 Bread Butter
 Fruit salad
 Gluten nut cake
 Milk

Breakfast

Mutton cutlets Tomato sauce
 Cheese omelet Eggs poached in cream
 Inulin bread Butter
 Custard pudding
 Coffee.

Dinner

Fried chicken Gravy
 Creamed cauliflower Cucumber boats
 Bread Butter
 Coffee
 Lemon cream sherbet.

Supper

Chicken nut salad Scalloped eggs
 Buttered Asparagus
 Bread Butter
 Frozen custard
 Milk.

Breakfast

Orange
 Veal croquette Eggs in cases
 Almond toast Butter
 Coffee
 Gluten bread butter.

Dinner

Salpicon of fruit
 Beef steak Fried apples
 Spinach salad
 Gluten bread Butter
 Coffee and cream
 Frozen punch

Supper

Creamy egg Celery with brown sauce
 Scalloped tomatoes
 Almond bread Butter
 Chocolate pudding
 Milk.

Breakfast

Ham Eggs
 Fresh radishes
 Toast Butter
 Rhubarb Whip
 Coffee Milk.

Dinner

Veal croquettes Canary salad
 Scalloped cabbage
 Inulin bread Butter
 Strawberry ice cream
 Coffee Milk

Supper

Cold sliced ham Fresh tomatoes
 Orange salad
 Gluten bread Butter
 Milk.

Breakfast

Strawberries Cream
 Polpette Lettuce with vinegar
 Omelet
 Gluten toast Butter
 Coffee

Dinner

Broiled steak Fried onions
 Celery and nut salad
 Snow pudding
 Bread Butter
 Coffee Milk.

Supper

Cheese soufflé Salmon salad
 Crisp celery
 Bread Butter
 Ice cream Milk
 Milk

Breakfast

Strawberries
 Omelet of French peas
 Broiled beef Radishes
 Toast Butter
 Coffee.

Supper

Halibut with cheese
 Asparagus with egg sauce
 Stewed tomatoes
 Bread Butter
 Milk
 Pineapple ice.

Breakfast

Salpicon of fruit
 Eggs in a nest
 Creamed fish Lettuce salad
 Gluten bread Butter
 Coffee Milk

Dinner

Brazed beef Curried vegetables
 Stuffed tomato salad
 Gluten bread Butter
 Milk
 Baked Pear
 Olives Nuts

Supper

Cold sliced beef Ketchup
 Cottage cheese Nut salad
 Coffee Ice cream
 Milk.

Dinner

Melon

Chicken Souffle Cheese with celery

Cold slaw

Bread Butter

Rhubarb cream

English Walnuts

Coffee.

Supper

Fish Cutlets

Egg and Cabbage and Celery salad

Bread Butter

Milk

Apple velvet cream.

Breakfast

Ham Fried eggs

Nut celery salad

Toast Butter

Strawberries

Coffee Milk

Dinner

Tomato Soup

Veal cutlets Horseradish

Creamed Cabbage

Inulin Bread Butter Fruit Salad

Milk

Ice cream

Breakfast

Canteloupe

Hamburg Steak	Creamed celery
Inulin toast	Butter
Coffee	Milk
Peaches	

Dinner

Vegetable soup

Fried chicken	Sliced tomatoes
String bean and radish salad	
Bread	Butter
Coffee	
Fruit	Nuts

Supper

Dried beef	Scalloped Tomatoes
Cheese croquettes	
Inulin Bread	Butter
Milk	
Pineapple sherbet	

Breakfast

Creamed chicken	Omelet
Radishes	
Inulin Bread	Butter
Peach sauce	
Coffee.	

Dinner

Brazed beef Sliced oranges Sliced tomatoes
 Cheese and Nut salad
 Bread Butter
 Coffee Milk
 Ice cream

Supper

Scalloped fish Celery
 Cottage cheese Salad
 Bread Butter
 Milk
 Caramel Custard

Breakfast

 Oranges
 Lamb Chops Scrambled eggs
 Pickles
 Coffee
 Bread Butter

Dinner

 Raspberries
 Baked fish Hollandaise Sauce
 Cold slaw
 Cheese
 Coffee.

Supper

Cold sliced ham Egg Salad
 Gluten bread Butter
 Milk Ice cream

Dinner

Fruit Salpicon

Beef Steak	Creamed Asparagus
Nut Celery salad	
Inulin Bread	Butter
Coffee	
Blackberry Ice cream	

Supper

Fish Turban	Tomatoes sliced
Cheese souffle	
Olives	Celery
	Salted Almonds
Cheese	
Baked Pear	Milk

Breakfast

Sliced Oranges	
Bacon	Fried Eggs
Cauliflower	
Inulin Toast	Butter
Coffee	

Dinner

Clear Soup	Egg Balls
Stuffed Heart	Creamed Celery
Bread	Butter
Coffee	
strawberry Bavarian.	

Breakfast

Bananas Nuts
 Meat Souffle Scrambled eggs
 Radishes
 Toast Butter.

Dinner

Fruit Soup
 Fried Chicken Cabbage Salad
 Baked Tomatoes
 Bread Butter
 Coffee
 Strawberry ice cream Cake.

Supper

Chicken sandwich Foamy omelet
 Cheese souffle
 Celery Olives Nuts
 Grapes.

Recipes for the Preceding Menus.

Gluten Bread

1 c gluten flour	2 eggs
1 c bran flour	1 c milk
1 tsp bking powder	1/2 tsp salt

Mix thoroughly and bake as for wheat flour.

Salad Dressing

1/2 tsp butter	2 eggs
1 tsp salt	1/2 c vinegar
2 tsp sugar	

Mix first four ingredients and cook until thick. Add the vinegar and beat.

Coddled eggs.

1 egg	1 tsp butter
1/3 c milk	1/4 tsp salt

Cook as for scrambled eggs.

Orange Albumen

1 egg white	1 orange
sacharrine	

Add fruit juice gradually to the egg white, stirring constantly. As soon as egg is dissolved strain over ice.

Beef Balls.

Scrape thin slices of beef until soft part is removed. Salt. Form into balls. Cook in omelet pan shaking constantly to keep from scorching until surface is seared.

Nut and Celery Salad.

1/2 c celery chopped

1/2 c English Walnuts Chopped

Pour over it 1/2 c salad dressing. Serve on a lettuce leaf.

Buttered Eggs.

2 eggs

1 tbsp milk

2 tbsp Butter

Warm milk and butter in a sauce pan. Beat egg and stir it into milk. Cook until curdled.

Broth with yelk of an egg?

Drop the whole egg yelk into the hot broth and cook until hard.

Buttered Cauliflower.

Boil the cauliflower until tender. Make a sauce of 1 oz butter, 1 tbsp cream, salt and pepper.

Custard Pudding.

1/2 pt cream

1 egg

Saccharine

Nutmeg

Bake for 20 minutes, grating nutmeg on top just before removing from oven.

Egg Farce.

Cut one hard boiled egg in two, remove yelk and rub through a sieve. Add finely chopped meat to egg yelk, season and replace in

Baked Eggs.

1 egg

1 tbsp butter

Butter a baking dish, break egg carefully into it. Place butter, salt and pepper on top. Bake until well set. Serve very hot.

Vanilla Ice cream.

2 c cream

1 1/2 tbsp vanilla.

Mix ingredients and freeze. Add saccharine if desired.

Orange Gelatine.

2 tbsp gelatine

1/2 c boiling water

2 tbsp cold water

1 tbsp lemon juice

1 orange.

Almond bread.

1/2 lb almonds

3 eggs.

Pound almonds fine. Whip eggs, whites and yolks separately. Sift flour into yolks, beating constantly. Fold in the whites. Place in buttered pans and bake.

Orange Sherbet.

2 c water

2 tbsp lemon juice

1 c sugar

3 egg whites

1 orange.

Make as for orange ice. When half frozen add stiffly beaten egg whites.

Cheese Salad.

Arrange finely grated cheese on lettuce leaf. Pour over it salad dressing and serve.

Steam Pudding.

1 c cream	1 lemon
2 eggs	1 tsp cinnamon

Saccharine

Boil cream, spice and lemon peel. Strain; add well beaten eggs and saccharine. Boil in hot water 25 minutes.

Rhubarb Cream.

1 lemon	1/2 tsp spice
1 c cream	2 tbsp gelatine

Steam rhubarb, and add the spice. Rub it through a sieve and add to the cream which has had the gelatine added to it. Mold.

Chicken Souffle.

1 c cold cooked chicken	-1 tbsp butter
2 eggs, yolks & whites	- 1/4 bread crumbs
1 c milk	salt and pepper to season

Mix milk, butter and seasoning. Add bread crumbs and cook 2 minutes. Add chicken; fold in egg whites. Bake in oven 35 min.

Pineapple Sherbet.

2 c water	1/2 c pineapple pulp and juice
3 egg whites	Saccharine

Mix and freeze as for ice. When half frozen add beaten egg whites and finish freezing.

Celery with Cream Sauce.

Cut celery into lengths and boil until tender. Mix 2 egg yolks and $\frac{2}{3}$ c cream; pour onto celery and boil until thick.

Pigeon Fricasse.

2 pigeons	3 tbsp butter
1 onion	3 egg yolks

Nutmeg.

Stew the pigeons with seasoning, butter and onion. Thicken the gravy with the egg yolks and pour over the boned pigeon.

Cream veal.

2 slices veal. Scrape all of the meat from the fibre. Stir in one egg yolk and 1 stiffly beaten white. Add enough cream to make a paste. Place in molds and cook in water one hour.

Orange Salad.

Arrange layers of oranges and cover with shredded pineapple. Place on top a tablespoonful cream salad dressing.

Polpetti

1 tbsp sirloin fat	2 tbsp cold chopped beef
1 tbsp grated cheese	2 eggs

Mix all well together, folding in the whites last. Roll in chopped nuts and fry in deep fat.

Cheese Souffle

2 tbsp butter	1/4 c grated cheese
1/2 c milk	5 egg whites
1/2 tsp salt	5 egg yolks

Melt butter and add to milk. Add egg yolks and cook until thickened. Add stiffly beaten whites. Pour into buttered dish and bake 20 minutes.

Omelet of French peas.

2 tbsp French Peas	4 eggs
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Mix ingredients well together, beating the eggs first. Fry to a pale brown in omelet pan.

Fried Apples.

Quarter the apple; dip in egg, roll in gluten flour and fry in deep fat.

Cucumber and leek Salad.

Cut cucumber in small cubes and leek in very thin slices. Mix, using equal parts and serve with French dressing.

Peach Snow.

Remove pulp from peach and press thru a sieve. Beat one egg white and add to pulp and continue beating until stiff. Serve with whipped cream.

Cheese and Olive Salad.

1/2 c cheese	2 lettuce leaves, chopped
2 chopped olives	Salad dressing

Mix, mold, and let stand for two hours. Serve on lettuce leaf.

Tomato Baskets of Plenty.

cut tomatoes in shape for basket leaving stem on. Fill basket with cooked string beans and English walnuts moistened with French dressing.

Almond Custard.

1 c almonds	4 egg yolks
1 c cream	saccharine

Pound almonds in mortar. Add cream, saccharine and egg yolks. Cook until well thickened.

Lemon Cream Sherbet.

1/4 c cream	1 tbsp lemon juice
2 tbsp cold water	Saccharine

Mix ingredients in order given and freeze.

Cucumber Boats.

Cut cucumbers in half lengthwise. Scoop out center and cut boat shaped. Cut cucumber removed from boat in small pieces, Add a few chopped olives moistened with salad dressing. Fill boats and serve on lettuce leaf.

Chicken and Nut salad.

1/2 c cold chicken 1 tbsp Eng Walnuts

1 tbsp chopped celery Salt and pepper.

Mix and add French dressing. Mold and garnish with nuts and celery.

Spinach Salad.

1/4 c cooked spinach 1 tbsp butter

1 tbsp lemon juice Salt and pepper.

Mold. Serve with the following sauce. 1 tbsp dressing, a little finely chopped celery, olives and parsley.

Chocolate Pudding.

1 c cream 3 tsp cocoa

2 eggs Saccharine

Blend cocoa and cream. Add flavoring and saccharine. Bake as for custard.

Canary Salad.

1 Apple with most of the pulp removed. Fill shell with grape fruit, apple pulp, nuts and celery. Moisten with salad dressing. Garnish with cheese shaped into a bird, and hard boiled eggs.

Cheese Custard.

1 egg 1/4 c cold water

2 tbsp cream 1 tbsp butter

1 tbsp grated cheese salt

Beat the egg, add the water, cream, cheese and salt. Pour into mold. Set in pan hot water and bake until firm.

Cheese Rarebit.

2 eggs	2 tbsp cream
2 tbsp water	2 tbsp grated cheese

Cook as for scrambled eggs and just before serving add the cheese.

Apple Velvet Cream.

1/4 c cooked apple	1 tbsp gelatine
2 tbsp heavy cream	1 tsp lemon juice

Mix ingredients in order given. Turn into wet mold and chill. Serve with whipped cream.

Onions a la Corsica.

2 onions	2 tbsp spinach
2 hard boiled eggs	salad dressing

Cook onion. Add spinach. Chop all and place in a dish. Garnish with egg slices and serve with salad dressing.

String bean Salad.

1 c cold string beans. Pile in center of dish. Arrange around base thin slices of radish and serve with salad dressing.

Cheese Croquettes.

3 tbsp butter	4 egg yolks
2/3 c milk	1 c grated cheese

Make white sauce of first three ingredients. Add cheese and when melted cool and cut into squares. Roll these in egg and bread crumbs and fry in deep fat.

Scalloped Fish.

Put creamed fish in buttered baking dish. Cover with buttered crumbs; bake until brown.

Princess Pudding.

1 egg yelk	2 tsp lemon juice
3/4 tsp gelatine	1 tbsp boiling water
1 egg white	1 tsp cold water

Beat yelk until thick and add gelatine. Continue beating; as mixture thickens add gradually the lemon juice and saccharine. Fold in whites; turn into mold and chill.

Orange Omelet.

1 egg yelk	1 egg white
1 tbsp orange juice	Saccharine

Make as for foamy omelet.

Halibut with cheese.

Sprinkle a small fillet of Halibut with salt and pepper. Place a little butter on it and bake in oven 12 minutes. Serve with following dressing: 3 tbsp cream, 1/2 egg yelk slightly beaten. Mix and add 1 tbsp grated cheese.

Curried Vegetables.

String beans, celery, onion, lettuce. Fry in butter with a little coconut; add a little cream. Put all into a stew pan and simmer one hour.

Lobster Cream.

Flesh of one lobster. Pound through a sieve. Mix with 1 c Devonshire cream and beat well. Put in a ramkin mold and serve.

Tomato Tart.

1 lb Tomatoes	1 lemon
1 egg yelk	3 egg whites
2 tbsp cream	ground ginger

Slice a few of the tomatoes and sprinkle with ginger. Make a pouree of the rest of the tomatoes, egg, cream, lemon and saccharine. Pour over the sliced tomatoes and place in oven until cooked. Whip egg and heap on top of tomatoes. Place in oven 1 minute.

The Nutritive Ratio of the first week of the preceding menu.

Food Material	Amt lb	Percentage Composition			Amount in lbs			Calory Value
		Pro	Fat	CHO	Pro	Fat	CHO	
Almond	2.	16.6	48.	12.8	.332	.96	.256	5,740
Apple	1.	.3	10.3	10.8	.003	.003	.108	0,220
Beef	1.	21.3	7.9		.213	.079		,730
Butter	1.	1.	85.		.001	.85		3,605
Bran Flour	1.	13.8	1.9	71.9	.138	.19	.179	1 675
Bacon	.4	9.1	62.2		.023	.155		699
Cheese	1.	24.3	33.4	4.5	.121	.167	.022	471
Chicken	.75	12.8	1.4		.096	.010		221
Cream	5.	2.5	18.5	4.5	.125	.925	.225	4 550
Celery	.5	.9	.1	2.6	.004	.0005	.0013	36
Eggs	4.	11.9	9.3		.476	.372		2 540
Cocoa	.8	21.6	28.9		.030	.036		690
Gelatine	.4	91.4	.1		.228	.0002		426
Gluten Flour	1.	14.2	18.	71.1	.142	.18	.911	1 665
Ham	.5	14.2	33.4		.071	.167		837
Lettuce	1.	.1	.2	2.5	.001	.002	.025	75
Mackerel	.4	11.6	3.5		.029	.009		365
Milk	16	3.3	4.0	5.0	.528	.064	.080	5 200
Nuts Eng. Wal.	1.5	16.6	63.4	16.1	.249	.951	.241	4 928
Olives	.5							
Onions	.1/16	1.4	.3	8.9	.001	.600	.003	70
Oranges	1.5	.6	.1	8.5	.009	.001	.127	225
Pigeon	1:	13.7	12.3		.137	.123		775
Lemons	1.	.7	.5	5.5	.007	.605	.059	145

Food Material	Amt lb	Percentage Composition			Amount in lbs			Calory Value
		Pro	Fat	CHO	Pro	Fat	CHO	
Peach	.4	.7	.1	10.8	.003	.0005	.027	655
Pineapple	.5	.4	.7	36.4	.002	.003	.182	375
Pork	1.	14.5	44.1		.145	.441		2,145
Radish	.4	.9	.1	4.	.002	.0005	.010	24
Rhubarb	.5	.4	.4	2.2	.002	.002	.011	32
Spinach	.2	2.1	.3	3.2	.002	.0004	.004	14
Strawberry	1.	.9	.6	7.	.009	.006	.070	175
Tomatoes	2.	.9	.4	3.9	.018	.008	.078	210
Veal	1.	16.7	9.		.167	.009		690
Vinegar	.2							

Total 3.173 5.6296 2.1613 37580

$$N. R. = (\text{Fat} \times 2 \frac{1}{4}) + \text{CHO} + \text{Pro.}$$

$$5.6296 \times 2 \frac{1}{4} = 12.6666 + 2.1613$$

$$12.6666 + 2.1613 + 3.173 = 4.7 \text{ N. R.}$$

$$\begin{array}{r}
 3.173 \quad 14.9219 \quad 4.7 \\
 \quad \quad 12.692 \\
 \hline
 \quad \quad 2.2299 \\
 \quad \quad 2.1791 \\
 \hline
 \end{array}$$