

Student's Dietary
Graduating Thesis By
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1908.

Herein is given data showing the dietary of three students, two girls and one boy. This is not intended to be a standard dietary, but simply shows the ordinary diet. The girls did their own cooking, and, hence, because of heavy college work, prepared many of the meals hastily, so, probably the menus will suggest.

The data was taken during the month of April. Weights of the students were as follows: - at beginning of experiment, weight of boy - - - - 140 lbs.
 " 1st girl - - - - 141 "
 " 2nd " - - - - 176 "

- at close of experiment, weight of boy - - - - 136 lbs.
 " 1st girl - - - - 139 "
 " 2nd " - - - - 177 "

The loss of weight by the boy and 1st girl, is probably due to the season of the year, while the apparent gain of the 2nd girl is to some extent attributed to the difference in weight of clothing at the times weights were taken.

The noon lunch on college days, was a cold one. Sometimes the boy would take his lunch to college, while the girls had theirs at home; thus necessitating the statement of two menus for the meal.

There was very little waste. In cases where there was any, it was weighed and deducted from the food for that meal.

Regarding the soup-bones, they were boiled for a long period; the meat was then taken from the bones and served either cold sliced or corned, for lunches during the week. The stock was not only used for soup and gravy, but was also used as the liquid for white sauce for vegetables.

There is an apparent disagreement in the number of calories per person per meal, and the number of calories per person per day. This is due to there not being three meals

served every day. The exact number of meals is used as the divisor. The 3005 calories per day is an average number of calories for each person per day, regardless of the number of meals each day. The result showing the number of calories per meal, is more exact.

The Bulletin used in compiling this data was, 'Bulletin No. 28, The Chemical Composition of American Food Material'. My reports of dinner work in Dietetics, and also in Domestic Science, were used.

Materials Used	Amount Used	Pounds Used	Cost	Percentage Composition			Fuel Value	Constituents Used			Calories
				Proteid	Fat	Carbohydrate		Proteid	Fat	Carbohydrate	
Apple Greened	2 qt.	6	.5000	0.7	0.1	57.6	1090	0.0420	0.0060	3.4560	6540
Baking Powder	13 tbs.	$\frac{39}{125}$	.0487	—	—	—	—	—	—	—	—
Beans	2	2	.1428	18.1	1.5	65.9	1625	0.3620	0.0300	1.3180	3250
Beets	2	$\frac{3}{4}$	.0500	1.6	0.1	9.7	215	0.0120	0.0007	0.0727	161
Bread	2 loaves	3	.1000	9.1	1.6	53.3	1225	0.2730	0.0480	1.8990	3675
Butter	1	$\frac{3}{2}$	.7000	1.0	85.0	—	3605	0.0350	2.9750	—	12617
Candy		$\frac{1}{3}$	.3000	—	—	96.0	1785	—	—	1.3200	2454
Chocolate		$\frac{1}{2}$	.1000	12.9	48.7	30.3	2860	0.0645	0.2435	0.1515	1430
Cocoa	9 tbs.	$\frac{3}{64}$	.0234	21.6	28.9	37.7	2320	0.0101	0.0135	0.0176	108
Coffee	2	2	.4000	—	—	—	—	—	—	—	—
Corn	3 pts.	$\frac{3}{2}$	.0838	2.8	1.2	19.0	455	0.0980	0.0420	0.6650	1592
Cornstarch		$\frac{1}{2}$	.0500	—	—	90.0	1675	—	—	0.4500	837
Cream of Wheat	1 pkg.	2	.1250	11.1	1.7	75.5	1685	0.2220	0.0340	1.5100	3370
Dried Beef		$\frac{3}{8}$	.1000	26.4	6.9	—	780	0.0990	0.0258	—	292
Eggs	17	$2\frac{1}{8}$	.1983	13.2	12.0	—	765	0.2805	0.2550	—	1625
Flour		$63\frac{1}{4}$	1.3915	12.3	1.1	73.0	1635	7.7797	0.6957	46.1725	103413

Gelatine	7 tbs	$\frac{1}{16}$	.0700	91.4	0.1	—	1705	0.0333	—	—	62
Ginger	6 "	$\frac{3}{64}$	.0120	—	—	—	—	—	—	—	—
Grainy Cracker	1 qt.	$2\frac{3}{4}$	.2500	.6	.1	84.5	15855	0.0165	5.0027	2.3230	43558
Honey (strained)	2 "	$4\frac{1}{2}$	.4500	1.1	—	85.4	1590	0.0495	—	3.8430	71555
Horseradish	1 qt.	$1\frac{1}{4}$	.1500	.2	10.5	—	230	0.0025	0.1312	—	287
Lard		$5\frac{7}{8}$	.5875	2.2	94.0	—	4010	0.1292	5.5225	—	23558
Lettuce		$\frac{1}{8}$	.0500	1.2	0.3	2.9	90	0.0015	0.0003	0.0036	11
Macaroni		$\frac{3}{8}$	.0468	13.4	0.9	74.1	1665	0.0502	0.0033	0.2778	624
Milk	7 qt.	14	.3500	3.3	4.0	—	325	0.4620	0.5600	—	4550
Mustard	6 tbs	$\frac{3}{64}$	.0120	—	—	—	—	—	—	—	—
Nuts (pecan)		$\frac{3}{8}$	.1000	5.1	37.9	8.2	1846	0.0318	0.2368	0.0512	1153
Oatmeal		$\frac{3}{8}$	.0520	16.1	7.2	67.5	1860	0.1006	0.0450	0.4216	1162
Onion	30	$\frac{1}{2}$	.1000	1.6	0.3	9.9	225	0.0080	0.0015	0.0495	112
Orange Extract	1 tbs	$\frac{1}{128}$	.0093	—	—	—	—	—	—	—	—
Pear	1 can	$1\frac{1}{4}$	.0625	3.6	0.2	9.8	255	0.0450	0.0025	0.1225	381
Plum-butter	2 qt.	$4\frac{1}{4}$	.4000	1.2	0.1	58.5	1115	0.0510	0.0042	2.4862	4738
Pork Chop		$2\frac{1}{4}$	.3375	18.2	16.7	—	1060	0.4095	0.3757	—	2385
" Sausage		$2\frac{1}{8}$	.2875	29.0	42.0	—	2310	0.0337	1.2075	—	6641

Pork Shoulders		6 3/8	7950	13.3	34.2	-	1690	0.8811	2.2757	-	11196
" Sausages		1 3/8	1406	20.3	19.0	-	1180	0.1903	0.1781	-	1106
Potatoes	1.5448	2 1/8	3861	2.2	0.1	18.4	385	0.2557	0.0216	3.9790	8325
Pumpkin		2 3/4	2291	2.1	-	73.3	1400	0.0577	-	2.0157	3850
Pardishes	1 doz.	3/16	.0500	1.3	0.1	5.8	135	0.0024	0.0001	0.0108	25
Parsnips		1 1/8	1125	2.6	3.3	76.1	1605	0.0292	0.0371	0.8861	1805
Plumbers		2 1/4	3000	0.6	0.7	3.6	105	0.0135	0.0157	0.0810	236
Rice		1/4	.0250	8.0	0.3	79.0	1630	0.0200	0.0007	0.1975	407
Salt	1 pk.	2	.0300	-	-	-	-	-	-	-	-
Soda	6 tps.	3/4	.0002	-	-	-	-	-	-	-	-
Sorghum	2 qt.	4 3/4	7125	-	-	71.4	1330	-	-	3.3915	6318
Soup-Cons	3	7 1/2	3000	12.8	7.3	-	545	0.4320	0.2463	-	1839
Suet		1 1/2	1075	4.7	81.8	-	3540	0.0841	1.4642	-	6340
Sugar		15 3/8	9765	-	-	100.0	1860	-	-	15.6250	29062
Tea	7 tps.	7/144	.0270	-	-	-	-	-	-	-	-
Tomatoes	4 qt.	10.	5000	1.2	0.2	4.0	105	0.1200	0.0200	0.4000	1050
" Pickle	2 "	5	4000	0.5	0.3	2.7	70	0.0250	0.0150	0.1350	350
Vanilla	10 tps.	3/32	.1125	-	-	-	-	-	-	-	-

Linear	2 1/4	1 1/8	.0279	-	-	-	-	-	-
Total			\$12.8725					13.6131	16.7369
								920323	270450.

16.7369
2 1/4
334738
41842

Pro: 37.6580 Fat.
92.0323 CHC.
13.6131 129.6903 18.52
1225179

717240
680655
365850

270450 = 1028 Calories per person per meal.
263

270450 = 3005 Calories per person per day.
90

Nutritive Ratio = 1:9.52

Prepared Foods:	Amount Used	Pounds Used	Times Served	Prepared Foods	Amount Used	Pounds Used	Times Served
Beans				Chocolate Bockeria		9 1/6	3
Baked		7/8	1	" Gudding		5/8	1
Boiled with Onk		5 5/8	9	" Sauce		7/8	1
Boel				Bocca	3c		1
Boned		3 3/8	15	Coffee	81c		27
Creamed		1 1/2	1	Corn			
Humplings		3/4	1	Baked		3/8	1
Stock	3 qt.			Creamed		5 1/4	6
Beet Pickles		3/8	2	Cream & Wheat		1 1/4	1
Bread				" " with Grapes		3	2
Baking Soda Biscuit		1 1/2	2	" " " Raisins		6 1/4	4
Coffee Bread		11/16	4	Creamy Sauce		7/8	2
Cakes		7/8	1	Eggs			
Plain White		5 1/16	76	Boiled		1 1/8	1
Rolls		3 5/8	7	Fried, on Toast	6	1 7/8	2
Cake	4	7 3/8	24	Hotels Gulling		1 1/2	2

Fudge			$\frac{5}{8}$	3	Tenderloin		$1\frac{5}{16}$	2
Yellow			$\frac{7}{8}$	2	Potatoes			
Gringer-Spread			$4\frac{7}{8}$	10	Boiled in Stock		$3\frac{1}{8}$	3
Grubing			$2\frac{1}{3}$	33	Browned		$\frac{1}{16}$	1
Grilled Meat			$\frac{5}{16}$	2	Tepees.		$\frac{3}{8}$	1
Macaroni			$2\frac{7}{8}$	3	Fried		$7\frac{1}{16}$	6
Meat Pie			$3\frac{1}{4}$	1	Mashed		$2\frac{1}{8}$	2
" Souffle			$\frac{5}{8}$	1	Meat Pie		1	1
Oatmeal			$3\frac{7}{8}$	3	Coccaloped		$1\frac{3}{8}$	3
Orange Sauce			$\frac{3}{4}$	1	Grained - Steamed		$3\frac{1}{8}$	7
Pearl. Creamed			$1\frac{3}{16}$	3	Plumbarb Sauce		$2\frac{1}{16}$	10
Pie					Pie - Boiled		$1\frac{3}{8}$	2
Chocolate	1		$1\frac{3}{4}$	2	Salad			
Plumbarb.	4		$6\frac{1}{8}$	7	Bean		$1\frac{1}{2}$	2
Cake					Beef		$1\frac{3}{4}$	2
Chops			$2\frac{1}{4}$	8	Breeding		2	4
Sausage			$2\frac{7}{8}$	4	Sandwiches			
Shoulder			$6\frac{5}{8}$	16	Beef		11	13

Orzo			$2\frac{1}{2}$	6
Soup			$9\frac{3}{8}$	6
Suet Cuddling			$1\frac{1}{2}$	1
See	25c			6
Toast				
Wry			$3\frac{3}{8}$	8
French			$2\frac{1}{4}$	3
Superior Sticks			$\frac{1}{4}$	1
Tomatoes				
Breaded			$\frac{3}{4}$	2
Creamed			3	4
Gravy			$\frac{3}{8}$	2
Sauce			$\frac{1}{8}$	3
Scalloped			$1\frac{5}{8}$	2
Stewed			$1\frac{3}{4}$	4
Vanilla Sauce			2	4

Apr. 2, Thursday.

Breakfast -

Cream of Wheat with Raisins.

Milk - Sugar.

Toast - Butter - Apple Preserves.

Coffee - Coffee bread.

Lunch

Bread and Butter Sandwiches.

Beet Pickles - Cold Pork.

Cake - Preserves.

Dinner

Pork Tenderloin - Gravy.

Creamed Tomatoes - Horse-radish.

Bread - Butter - Apple Preserves.

Apr. 3, Friday.

Breakfast -

Sausage - Gravy.

Bread - Butter - Honey.

Coffee bread - Cocoa.

Lunch

Tenderloin Sandwiches.

Bread - Canned Tomatoes.

Cake - Coffee bread.

Dinner.

Pork Chops - Gravy.

Creamed Tomatoes - Horse-radish.

Bread - Beet Pickles.

Cake - Honey.

Apr 14, Saturday.

Breakfast

Cream of Wheat with Raisins.

Milk - Sugar.

Roasted meat - 1 roast.

Honey.

Lunch

Bread and Butter Sandwiches.

Apple Preserves - Cakes.

Nuts.

Dinner

Sausage - Gravy.

Potatoes - radish

Bread - Butter - Rice.

Ginger-bread - Vanilla Sauce

Fudge

Apr 15, Sunday.

Breakfast.

Bread - Gravy - Butter

Preserves - Coffee.

Dinner

Baked Pork Chops - Brown Sauce.

Browned Potatoes - Potatoes - radish

Bread - Steamed Rice

Ginger Cuddling - Orange Sauce

Fudge.

Lunch

Bread - Butter - Honey.

Ginger-bread - Apple Preserves.

Fudge.

Apr. 6, Monday.

Breakfast.

Bread. Fried Potatoes
Browned Coffee-bread.
Coffee - Honey.

Lunch

Fried Chop - Boiled Beans
Bread - Beet Pickles.
Gingerbread - Apple Preserves.
Tea.

Afternoon Lunch.

Hot Buns - Butter - Honey.

Dinner

Sausage - Gravy.
Boiled Beans - Caramelized Potatoes
Rolls - Butter.

Apr. 7, Tuesday.

Breakfast.

Bread. Butter - Honey.
Gravy.
Coffee.

Lunch

Browned Beef Sandwiches.
Bread - Butter - Gravy
Cake

Dinner

Beef Dumplings.
Bread. Butter - Honey.
Gravy Gelatine - Tea.

Apr. 8, Wednesday.

Breakfast!

Pork Chop - Brown Sauce.

Bread - Coffee.

Toast - Honey.

Lunch!

Bread and Butter Sandwiches!

Stewed Prunes - Pickles!

Caramel Cake.

Dinner.

Beef Soup - Tomato Pickle

Pork Chop - Gravy.

Bread - Butter.

Custard Cudding.

Apr. 9, Thursday.

Breakfast!

Oatmeal - Cream - Sugar.

Bread - Butter - Honey.

Coffee.

Lunch

Cornd Beef Sandwiches!

Bread. Butter - Cold Beans

Cake - Preserves.

Dinner

Meat Pie - Tomato Pickle.

Bread. Butter - Honey.

Prune Gelatine.

Apr. 10, Friday
Breakfast.

Eggs on Toast - Creamy Sauce.
Bread - Butter - Honey.
Coffee.

Apr. 11, Saturday.

Breakfast.

Cream of Wheat - Sugar - Cream
Toast - Butter - Honey.
Coffee.

Lunch

Beef Sandwiches - Pickles.
Bread - Butter - Stewed Prunes
White Cake.

Lunch

Bread - Butter - Cold Sliced Beef.
Grape Preserves - Home-madish.
Cakes - Candy.

Dinner

Sausage - Gravy.
Home-madish - Baked Corn.
Bread - Butter - Honey.
& Apple Pudding - Vanilla Sauce

Dinner

Cold Chop - Brown Sauce
Braised Potatoes - Bread
Grape Preserves - Cakes.
Pickles.

Apr. 12, Sunday.

Breakfast.

Cream of Wheat with Grape
milk - Sugar.

Bread - Butter - Honey.
Coffee.

Dinner

Baked Ham - Gravy.
Potatoes in Meat Broth - Pickles
Bread - Butter - Baked Corn
Suet Fudding - Vanilla Sauce.

Lunch [after church]

Bread and Butter.
Grape Preserves.

Apr. 13, Monday.

Breakfast.

Fried Potatoes - Gravy - Coffee.
Bread - Butter - Grape Preserves.

Lunch [for girls]

Concomrès - Cold Pork.
Bread - Honey - Tea.

Lunch [for boys]

Cold Pork Sandwiches
Bread - Butter - Grape Preserves.
Cake - Nuts.

Afternoon Lunch.

Burns - Butter - Honey.

Dinner

Pork Roast - Brown Sauce.
Fried Potatoes - Horse-radish.
Burns - Grape Preserves.

Apr. 14, Tuesday.

Breakfast.

Cream & Wheat with Raisins.
Bread - Gravy
Coffee.

Lunch.

Bried Beef Sandwiches - Pickles
Bread - Apple Preserved
Cakes.

Dinner.

Clear Soup.
Cork Steak - Gravy.
Bread - Butter.
Macaroni - Horse-radish
Gingerbread

Apr. 15, Wednesday.

Breakfast.

Bread - Beef Gravy.
Toast - Butter - Honey.
Coffee.

Lunch [for girls]

Bread - Butter. Cold Beef.
Honey - Cakes.

Lunch [for boy].

Beef Sandwiches - Gingerbread.
Bread - Apple Preserved.
Cakes.

Dinner

Baked Pork - Brown Sauce
Creamed Corn - Bread.
Hot Ginger bread
Fudge.

Apr. 16, Thursday.

Breakfast

Oatmeal - Sugar - Cream.

Macaroni with Sauce.

Bread - Honey - Coffee.

Lunch

Dried Beef Sandwiches Pickles.

Bread - Butter - Apple Preserves
White Cake.

Dinner

Fried Pork - Brown Sauce

Mashed Potatoes - Fig Biscuit

Horse-radish.

Plum Pudding Pie

Apr. 17, Friday.

Breakfast

Hot Biscuits - Butter - Honey.

Bread - Gravy.

Coffee.

Lunch

Dried Beef Sandwiches

Bread - Butter - Grape Preserves.
Plum Pudding Pie.

Dinner

Fried Pork - Gravy.

Stewed Tomatoes - Creamed Potatoes.

Horse-radish

Bread - Butter

Apr. 18, Saturday

Breakfast.

Fried Eggs on Toast
Coffee.

Lunch

Beef Sandwiches - Pickles.

Bread - Butter - Grape preserves.
Cake.

Dinner

Creamed Corn - Boiled Beans

Bread - Butter - Preserves.

Phruitcake Pie

Apr. 19, Sunday.

Breakfast.

[2 persons]

Phruitcake Sauce.

Pancakes - Honey

Coffee.

Dinner

Boiled Pork and Beans

Creamed Tomatoes - Bread.

Phruitcake Pie.

Lunch.

Phruitcake Sauce - Cake

Chocolate Pie.

Apr. 20, Monday.

Breakfast

Bread - Tomato Gravy.

Cold Sliced Pork. Plumbeak Sauce.

Toast - Coffee.

Lunch [for boy]

Cold Pork. Tomato Gravy Preserves.

Cake - Chocolate Pie.

Lunch [for girls]

Pork - Beans - Pickles.

Bread - Butter - Tea.

Chocolate Pie.

Dinner

Baked Beans - Creamed Beans

Creamed Tomatoes

Tomato - Honey.

Apr 21, Tuesday.

Breakfast.

Toast - Honey.

Coffee.

Lunch. [2 persons]

Corned Beef Sandwiches

Bread - Butter - Beans.

Cake.

Dinner [2 persons]

Boiled Pork - Corn Gravy.

Creamed Beans - Tomato Pickle.

Bread - Tomato Preserves.

Marshmallows.

Apr. 22, Wednesday.

Breakfast [2 persons]

Cream of Wheat with Sugar.
Milk Sugar.

Bread - Beef Gravy.
Coffee.

Lunch.

Boned Beef Sandwiches
Bread. Butter
Cakes.

Dinner

Fried Pork. Tomato Gravy.
Bread. Escalloped Potatoes.
Pineapple.

Apr. 23, Thursday.

Breakfast.

Escalloped Potatoes-Tomato Gravy.
Bread. Butter - Pineapple Sauce.
Coffee.

Lunch.

Pork Sandwiches - Pineapple Sauce.
Bread - Butter - Pineapple.
Cakes.

Dinner

Fried Pork - Gravy.
Escalloped Potatoes - Creamed Beef.
Bread - Butter.
Pineapple Sauce.

Apr. 24, Friday.
Breakfast.

Spiced meat.

French Toast - Honey.

Coffee.

Lunch.

Cold Sliced Beef Sandwiches

Bread - Butter - Plum-butter
Cakes.

Dinner.

Beef Salad - Canned Corn

Bread. Butter-Stewed Prunes

Plum-bark Pie.

Apr. 25, Saturday.
Breakfast.

Browned Pork - Gravy.

Bread - Butter

Coffee.

Lunch.

Bread - Butter - Canned Tomatoes

Plum-butter - Stewed Prunes

Plum-bark Pie.

Dinner.

Baked Pork - Gravy.

Breaded Tomatoes - Stewed Corn

Bread - Butter

Plum-bark Pie.

Apr. 16, Sunday.
Breakfast.

None.

Dinner

Fried Pork Shoulder - Gravy.
Potatoes Boiled in Beef Broth.
Bread - Butter - Plum-bark Sauce.

Hot Ginger-bread.

Lunch.

Bread - Butter - Plum-butter

Ginger-bread

Apr. 27, Monday.

Breakfast.

Cream of Wheat - Sugar - Cream
Bread - Butter - Fried Potatoes.

Coffee.

Lunch [for boy].

Bread and Butter Sandwiches
Boiled Egg - Canned Tomatoes
Plum-bark Sauce - Cake.

Ginger-bread

Lunch [for girls]

Beef Soup - Toast - Tea.
Bread - Stewed Tomatoes.
Plum-butter - Ginger-bread

Dinner

Sautéed Pork - Gravy - Bread.
Macaroni with Tomato Sauce.
Baked Potatoes - Boiled Beans
Chocolate Mafars

Apr. 28, Tuesday.

Breakfast.

Potato Cakes - Gravy.
Bread - Butter - Coffee
Plum-balls - Sauce.

Lunch

Cold Sliced Beef Sandwiches.
Buns - Butter - Plum-balls
Plum-balls - Sauce. Cakes

Dinner

Vegetable Soup - Sausages
Dish in Brown Sauce on Toast
Bean Salad
Bread - Butter - Honey.

Apr. 29, Wednesday.

Breakfast.

French Toast - Honey
Coffee.

Lunch [for boy]

Beef Sandwiches - Bean Salad
Bread - Butter - Plum-balls
Chocolate Coffee.

Lunch [for girls]

Cold Sliced Beef - Tomatoes
Bread - Butter - Plum-balls
Chocolate Coffee.

Dinner

Beef Soup.
Bread - Butter
Meat Soufflé - Fried Potatoes

Apr. 30, Thursday.

Breakfast

Oatmeal - Sugar - Cream.

Creamed Beef on Toast.

Bread - Coffee.

Lunch

Bread - Butter - Corned Beef.

Honey - Chocolate Cookies

Dinner

Browned Pork - Gravy.

Breaded Tomatoes - Beans.

Bread - Butter - Radishes.

Ginger Pudding - Sauce

May 1, Friday.

Breakfast

Fried Pork - Gravy.

Bread - Butter - Plum-butter.

Coffee.

Lunch

Bread - Butter - Sliced Beef

Steamed Turners - Cakes

Dinner

Beef Salad - Fried Potatoes

Bread - Butter - Radishes

Tea

Chocolate Pudding - Sauce.