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 need for the calculations.
VI. The name of the text consulted.
VII. A short explanation as to dietetics 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 needed of protein, fat, and carbohydrates, with caloric values.
XII. Nutritive ratios.
XIII. The number of calories obtained.
XIV. List of menus.
XV. Short conclusion.
A Balanced Dietary

The table board of Mrs. Lynch Fidler furnished the foundation for this table. During the month of April, I kept account of all food bought, the price 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 is may be represented in three different ways:

1st. In terms of potential energy: 1200 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., protein, fat and carbohydrate.

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

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 Protein Substances. Fat is a complex substance, being an ethereal salt of glycerine, which is a tri-hydric alcohol.

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:

Protein 125 grammes
Carbohydrate 550 grammes
Fat 50 grammes

One gramme of protein and carbohydrate food yields respectively 4·1 calorie 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:

- Proteid: \(125 \times 4.1 = 512.5\) cal.
- Carbohydrate: \(500 \times 4.1 = 2050\) cal.
- Fat: \(50 \times 9.3 = 465\) cal.

Total: 3,027.5 calories.

Or in terms of carbon and nitrogen:

- 500 grammes of carbohydrate = 200 grammes of carbon.
- 50 grammes of fat = 35 grammes of carbon.

Total = 20 grammes of nitrogen and 350 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 820 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 into 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 2/7 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 materials of the diet ought to bear to its purely energy-yielding constituents.
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Using the percentage composition of
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\[ \text{Nutritive Ratio} = \frac{\text{Fat} \times 2.75 + \text{Carbohydrate}}{\text{Protein}} \]

\[ \text{Nutritive Ratio} = 1 : 5.04 \]

\[ \frac{10.85}{13} = 10.85/17.33 \text{ or the number of calories for 30 days for one person} \]

\[ \frac{10.85/17.33}{30} = 3617.24 \text{ or the number of calories for one day, for each person} \]

\[ \frac{3617.24}{3} = 1205.74 \text{ or the number of calories per meal, for each person} \]
April 1.

Breakfast
- Pork steak.
- Butter
- Fried potatoes
- Sugar and cream
- Cocoa and coffee
- Pickles
- Crackers

Dinner
- Roast pork
- Beans
- Bread
- Horse-radish
- Water
- Current pie
- Crackers

Supper
- Dried beef
- Bread
- Cold beans
- Celery
- Fried potatoes
- Crackers

- Hot biscuits.
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
Pickle
Molasses
Pumpkin pie  Water
Suffice

Cold roast-beef  Cranberries
Bread and Butter
Horse-radish  Pickles
 Crackers  Molasses
Tea and Water
Peaches and Cake
April 3.

**Breakfast**
- Hash
- Pickles
- Bread and Butter
- Molasses and Crackers
- Cream Cracker
- Milk (whole)
- Prunes and Sugar
- Cocoa and Coffee

**Dinner**
- Hamberg roast
- Mashed Potatoes
- Tomatoes
- Crackers
- Horseradish
- Water
- Cranberries
- Peas
- Corn Bread
- Butter
- White Bread
- Pickles
- Molasses
- Lemon Pie

**Supper**
- Cold sliced Hamberg
- Salmon
- Quino
- Pickles
- Crackers
- Butter
- Milk (whole)
- Tea

- Water
- Custard
April 4.

Breakfast

Cod. Fish
Creamed Potatoes
Butter
Cream Crisp
Molasses
Sugar
Coffee

Egg Omelet
Hot Biscuits

Dinner

Roast Pork
Boiled Potatoes
Homemade Bread

Baked Beans
Lettuce

Ham Slices
Cranberries

Butter, Rolls, Vanilla Dif
Water

Supper

Fried Potatoes
Onions

Tomatoes
Pickles

Cold Beans
Cold Roast Crackers

Bread
Water
Butter

Tea

Peaches and Cake
April 5.

Breakfast
Pork steak
Hot Biscuits
Cream Crisp
Sugar
Crackers
Molasses
Coffee
Cocoa

Dinner
Roast Beef
Browned Potatoes
Corn Bread
Butter
Water
Pickle
Crackers
Molasses
Bread
Scalloped Corn
Fried Potatoes
Molasses
Sugar
Tea
Cake and Dried Apricots
April 6.

Breakfast
- Fried Fish
- Fried Potatoes
- Hot Biscuits
- Butter
- Molasses
- Crackers
- Cream Coffee
- Whole Milk
- Sugar
- Cocoa

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

Supper
- Cold Roast Beef
- Fried Potatoes
- Pickles
- Molasses
- Crackers
- Tea
- Whole Milk
- Butter
- Apricot Pudding
April 7.

Breakfast

Cream Crisp
Hot Biscuits
Hash
Coffee

Whole Milk
Sugar
Butter
Creamed Potato
Cocoa

Crackers
Molasses
Pickles

Dinner

Beef Steak
Mashed Potatoes
Boiled Cabbage
Corn Bread
Butter
Vinegar
Water
Bread Pudding

Supper

Cold Sliced Ham
Cabbage (Slaw)
Bread
Sugar
Butter
Tea
Pickles
Crackers
Peaches and Cake
April 5

Breakfast

Fried Liver
Bread
Crackers
Molasses
Cream Crisp
Coffee

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
Molasses
Apricots and Cake
April 9.

Breakfast -
Beef Steak
Hot Biscuits
Molasses
Cream Curls
Sugar
Whole Milk
Cocoa
Coffee.

Dinner -
Lima Beans
Mashed Potatoes
Lettuce
Water
Molasses
Crackers

Bread

Pumpkin Pie

Supper -
Cold Hamberg Roast
Bread
Tea
Whole Milk
Molasses
Cake

Horseradish
Butter
Sugar
Pickles
Crackers
Dried Blackberries.
April 10

**Breakfast**

- Egg Omelet
- Fried Potatoes
- Crackers
- Cream Crisp
- Sugar
- Dried Blackberries
- Cocoa
- Coffee

**Dinner**

- Roast Beef
- Bread
- Cold Slaw
- Crackers
- Water
- Peach 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
- Cocoa
- Whole Milk
- Bread
- Creamed Potatoes
- Sugar
- Coffee
- Butter

Dinner

- Pork Roast
- Boiled Potatoes
- Boiled Cabbage
- Water
- Molasses
- Crackers
- Pickles
- Bread
- Butter
- Butter Rolls
- Vanilla Dip

Supper

- Hash
- Cold Sausage
- Pickles
- Molasses
- Sugar
- Apricots
- Fried Potatoes
- Onions
- Crackers
- Tea
- Whole Milk
- Grape Pudding
April 12

Breakfast

Beef steak
Bread
Cream Crisp

Fried Potatoes
Butter
Milk (whole)

Sugar
Crackers
Molasses
Pickles

Coffee

Cocow

Dinner

Hamberg Steak
Browned Potatoes
Asparagus
Braised Cabbage
Water
Crackers
Pickles

Bread
Water
Butter
Rolls and Vanilla Sif

Snacker

Cold Sliced Beef
Bread
Whole Milk
Sugar

Fried Potatoes
Butter
Sea
Molasses

Crackers
Pickles
Onions

Apricots and Cake
April 18.

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

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

Supper
- Salmon
- Boiled Rice
- Bread
- Fried Potatoes
- Cold Sliced Beef
- Butter
- Tea
- Whole Milk
- Sugar
- Crackers
- Pickles
- Rhubarb Sauce
- Cake
April 14

**Breakfast**
- Fried Potatoes
- Hot Biscuits
- Cream Crisp
- Cocoa
- Sugar
- Molasses
- Pickles
- Horseradish
- Dried Blackberries

**Dinner**
- Roast Beef
- Mashed Potatoes
- Corn
- Corn Bread
- Brains
- White Bread
- Water
- Crackers
- Pickles
- Molasses
- Rhubarb Pie

**Supper**
- Cold Sliced Beef
- Cold Slaw
- Tomatoes
- Tea
- Bread
- Crackers
- Molasses
- Pickles
- Bread Pudding
April 15

Breakfast

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

Dinner

Pork steak  Pickled Potatoes
Dairy  Tomatoes
Pea  Cold Slaw
Molasses  Crackers
Pickles  Pickles
Bread  Butter
Water  Cottage Pudding

Supper

Cold Sliced Beef  Fried Potatoes
Pickles  Pea
Onions  Texas Whole Milk
Sugar  Crackers
Molasses  Peachee
Peachee and Cake
April 16 -

**Breakfast**
- Sausage
- Cream crisp
- Fried Potatoes
- Coffee
- Sugar
- Butter
- Hot Biscuits
- Whole Milk
- Pickles
- Cocoa

**Dinner**
- Hamberg
- Corn Bread
- Lettuce
- Butter
- Crackers
- Molasses
- Pickles
- Grimes
- Pumpkin Pie
- Water

**Supper**
- Old Sliced Hamberg
- Horecadish
- Bread
- Tea
- White Milk
- Sugar
- Crackers
- Pickles
- Rembrandt Sauce
- Ginger Cake
April 17.

**Breakfast**
- Cod Fish
- Fried Potatoes
- Sugar
- Cream Crisp
- Bread
- Pickles
- Coffee
- Scrambled eggs
- Rum Sauce
- Whole Milk
- Molasses
- Butter
- Cocoa

**Dinner**
- Pork Steak
- Asparagus
- Onions
- Pickles
- Crackers
- Molasses
- Corn Bread
- White Bread
- Buttermilk
- Water
- Grape Pie

**Supper**
- Hash
- Pickles
- Fried Potatoes
- Bread
- Tea
- Butter
- Boiled Rice
- Sugar
- Whole Milk
- Crackers
- Peaches
- Cookies
April 18

Breakfast

Beef steak
Hot Biscuits
Cream Crisp Sugar Whole Milk
Cocoa

Crackers
Pickles
Molasses

Dinner

Roast Pork
Mashed Potatoes
Baked Beans
Lettuce
Corn Bread
Crackers
Molasses

Frisco radish
Peach Pudding
Water

Supper

Cold Sliced Ham
Dried Beef
Tea

Cold Baked Beans
Fried Potatoes
Sugar Whole Milk

Bread
Crackers
Pickles
Molasses

Plums and Cake
April 19.

Breakfast.

Fried Potatoes
Hot Biscuits
Cocoa
Cream cheese
Sugar
Molasses
Pickles
Crackers

Dinner.

Roast Beef
Gravy
Canned Potatoes
Cold Tea
Asparagus
Pickles
Molasses
Bread
Water
Rhubarb Pie

Supper.

Cold Shredded Beef
Fried Potatoes
Crackers
Molasses
Tea
Sugar
Whole Milk

Custard Pudding
April 20

Breakfast:
Egg Omelet  Fried Potatoes
Sausage  Crackers
Bread  Butter
Cream Crips  Sugar whole milk  Coffee
Cocoa  Molasses
Molasses  Pickles

Dinner:
Spareribs  Boiled Potatoes  Peas
Beef Pickles  Crackers
Molasses  Bread  Water
Butter  rolls and Vanilla  dip

Supper:
Cold Sliced Deer  Fried Potatoes
Bread  Butter
Tea  Sugar whole milk
Beef Pickles  Crackers
Currant jelly
Onions  Molasses
Rhubarb  Sauce
Ginger Bread
April 21.

Breakfast

Hash
Bread
Current Jelly
Cream Crock
Rhubarb Sauce
Coffee

Dinner

Roast Beef
Brown Potatoes
Baked Sweet Potatoes
Gravy
Onions
Corn Bread
White Bread
Molasses
Water
Crackers
Rhubarb Pie

Supper

Fried Potatoes
Cold Sliced Beef
Honey
Bread
Tea
Whole Milk
Sugar
Molasses
Crackers
Plums and Chocolate Cake
April 22 -

Breakfast -
Fried Liver
Hot Biscuits
Butter
Cocoa
Cream Cicle
Whole Milk
Cracker
Molasses
Pickle

Dinner -
Beef Steak
Gravy
Corn
Bread
Water
Cracker
Molasses
Pumpkin Pie

Supper -
Salmon
Current Jelly
Onions
Tea
Whole Milk
Radishes

Chocolate Cake
Fried Potatoes
Corn
Molasses
Sugar

Float
April 23 -

**Breakfast**
- Beef steak
- Current Jelly
- Butter
- Cream cheese
- Molasses
- Pickles
- Crackers
- Coffee
- Cocoa

**Dinner**
- Pork steak
- Corn bread
- Tomatoes
- Water
- Strawberry Short Cake
- Whole Milk

**Supper**
- Cold Sliced Pork
- Current Jelly
- Canned Strawberries
- Whole Milk
- Tea
- Sugar
- Molasses
- Crackers
April 27

**Breakfast**
- Scrambled Eggs
- Fried Potatoes
- Hot Biscuits
- Cocoa
- Whole Milk
- Cream
- Sugar
- Molasses
- Crackers
- Pickles

**Dinner**
- Fried Fish
- Corn Bread
- Butter
- Braised Potatoes
- White Bread
- Water
- Tomatoes
- Onions
- Crackers
- Molasses
- Lemon
- Pie

**Supper**
- Cold Sliced Ham
- Bread
- Tea
- Whole Milk
- Sugar
- Molasses
- Crackers
- Peaches
- Cake
April 26

Breakfast

Pork steak
Bread
Creamed potatoes
Butter
Molasses
Crackers
Honey
Cream crisp
Sugar
Whole Milk
Cocoa
Coffee

Dinner

Beef Roast
Honey
Water
Lima Beans
Meat Dressing
Bread
Butter
Whole Milk
Crackers
Pickle
Molasses
Bread Pudding

Snapper

Cold Slices of Ham
Bread
Onions
Honey
Fried Potatoes
Butter
Pickle
Crackers
Molasses
Tea
Whole Milk
Sugar
Peaches and cake
April 26.

**Breakfast**
- Fried Liver
- Browned Potatoes
- Hot Biscuits
- Cream Crisp
- Sugar
- Molasses
- Pickles
- Coffee
- Crackers
- Cocoa

**Dinner**
- Hamberg Roast
- Corn Bread
- Pickles
- Crackers
- Onions
- Water
- Molasses
- Custard Pie

**Supper**
- Cold Hamberg Roast
- Horseradish
- Fried Potatoes
- Cold Sauer Bread
- Tea
- Butter
- Sugar
- Pickles
- Whole Milk
- Lettuce
- Molasses
- Peaches and Raisin Cake
April 27.

Breakfast:

Hash
Hot Biscuits
Honey
Fried Potatoes
Butter
Pickles
Molasses
Sugar
Whole Milk
Cream
Crisp
Cocoa
Prunes

Dinner:

Boiled Beef
Pickles
Bread
Boiled Potatoes
Molasses
Tomatoes
Water
Rhubarb Pie

Supper:

Meat Pie
Dried Beef
Crackers
Molasses
Tea
Whole Milk
Sugar
Rhubarb Sauce
Cake
April 25

Breakfast

Beef steak
Current Jelly
Butter
Cream Crisp
Coffee
Fried Potatoes
Hot Biscuits
whole Milk
Sugar
Cocoa

Dinner

Mashed Potatoes
Pork Roast
Gravy
Tomatoes
Corn Bread
White Bread
Butter
Pickles
Cracker Molasses
Horseradish
Water
Rhubarb Pie

Supper

Cold Sliced Pork
Fried Potatoes
Whole milk
Tea
Bread
Crackers
Butter
Molasses
Tomatoes
Pickles
Onion

Staw-bery Short cake
April 27

**Breakfast**
- Sausage
- Hot Biscuits
- Cream Crisp
- Whole Milk
- Coffee
- Creamed Potatoes
- Butter
- Sugar
- Scrambled Eggs
- Cocoa

**Dinner**
- Beef Steak
- Boiled Potatoes
- Home Radish
- Butter
- Crackers
- Onions
- Water
- Butter Rolls and Vanilla Dip
- Gravy
- Corn
- Bread

**Supper**
- Cold Sliced Beef
- Fried Potatoes
- Onions
- Bread
- Butter
- Macaroni
- Pickles
- Tea
- Sugar
- Whole Milk
- Crackers
- Rhubarb Sauce
- Cake
April 30

**Breakfast**
- Beefsteak
- Jams
- Honey
- Cream Crisp
- Coffee
- Crackers
- Molasses
- Pickles
- Fried Potatoes
- Butter
- Whole Milk
- Cocoa

**Dinner**
- Beef Roast
- Celery
- String Beans
- Vinegar
- Corn Bread
- White Bread
- Sugar
- Whole Milk
- Crackers
- Molasses
- Pickles
- Strawberry Shortcake
- Water
- Syrup
- Cold Sliced Beef
- Cold Sliced Bread
- Crackers
- Tea
- Sugar
- Whole Milk
- 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 3,617.24—a good standard dietary arrangement.

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.