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EDWIN DOCKE

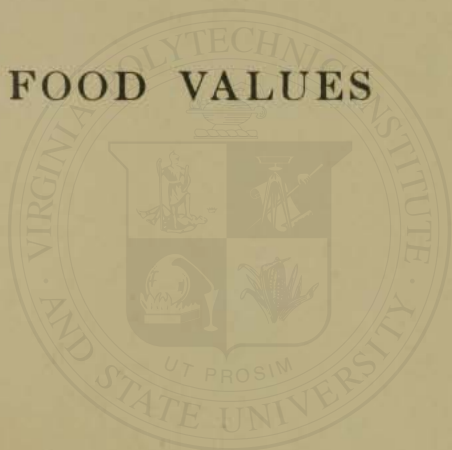
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FOOD VALUES



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PRACTICAL TABLES FOR USE IN PRIVATE
PRACTICE AND PUBLIC INSTITUTIONS

BY

EDWIN A. LOCKE, A.M., M.D.

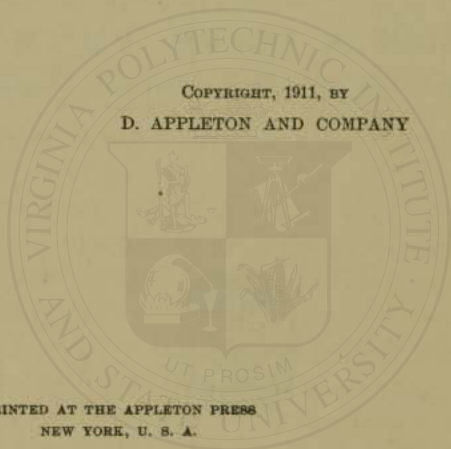
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PREFACE

THE numerous tables of chemical analysis of foods and of food values appearing during recent years have made possible a more precise qualitative and quantitative regulation of the diet for the sick. Such tables, however, are not readily accessible, or are arranged in such form as to be applied to practical dietetics only with considerable difficulty. The majority necessitate the actual weighing of the foods and often tedious calculations in order to determine the exact nutritive values; procedures which greatly detract from their practical usefulness. Furthermore the figures given are usually for raw food values which frequently differ considerably from those of cooked foods.

In the present volume I have attempted to bring together from various sources as exact information as possible regarding the composition and nutritive value of all common foods in a form so simple that it can be readily applied to the every day regulation of diets. The work has been prepared especially for the students in the Harvard Medical School.

It is obvious that many factors combine to make the calculations of the nutritive worth of cooked foods exceedingly difficult and in many instances the results given must be regarded as only approximate.

PREFACE

No original chemical analyses have been made by the author but all calculations are based on actual weighings. It is not a treatise on dietetics and no attempt has been made to give special diets for particular diseases or conditions. In the following pages, however, some of the principles of dietetics which apply especially to the use of the tables are briefly discussed. Our knowledge of the relative digestibility of different foods is so incomplete that no discussion of the subject is given.

It has been impossible to give credit in all cases to the authors consulted. Information has been drawn largely from the numerous reports of investigations made under the direction of the United States Department of Agriculture, especially those of Atwater, Bryant, Langworthy, Grindley, Wood and Milner.

Grateful acknowledgment is made of the valuable advice and assistance given by Drs. H. F. Hewes and David L. Edsall in the preparation of these tables.

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FOOD VALUES

INTRODUCTION

CLASSIFICATION OF FOOD STUFFS

THE various food materials, although frequently classified as organic or inorganic, are more reasonably divided into (1) *nutritive* and (2) *non-nutritive constituents*. The former are chiefly organic, the latter largely inorganic substances.

Atwater and others group the nutritive constituents into four general classes, i. e.: (1) *protein*, (2) *fats*, (3) *carbohydrates*, and (4) *mineral matter* or *ash*. The non-nutrient constituents include *water*, *refuse* (bones of meat and fish, shells of shell-fish, stones of fruit, skins of fruits and vegetables, etc.), and the *salts* of salted meats and fish.

In the following tables the term "edible portion" (Atwater) is used to include the nutritive portion and water, i. e., flesh of meat and fish, white and yolk of egg, pulp of fruit, etc., while the term "as purchased" indicates the total edible portion plus the refuse.

Protein.—Protein as employed by Atwater is a comprehensive term comprising all nitrogenous substances whether of animal or vegetable origin except the nitrogenous fats. As distinguished from protein the proteids are definite chemical compounds such as the albumin of meat and the white of egg which form only a portion of

the general group of proteins. Hoppe-Seyler and Drechsel¹ classify the protein bodies as follows: (1) Simple Proteids (albumins, globulins, nucleoalbumins, albuminates, proteoses and peptones, coagulated proteids and histones), (2) Compound Proteids (hemoglobins, glucoproteids and nucleoproteids), (3) Albumoids or Albuminoids (keratins, elastin, collagen and reticulin).

Carbohydrates.—The carbohydrates embrace an unusually large number of compounds such as sugars, starch, gums and cellulose, and form the principal constituent of plants as do the proteids of meats. Though found chiefly in such foods as are derived from the vegetables, nuts, fruits and grains, they are also present in small amounts in milk, meat, and fish.

Fats.—This group is made to include the total ether extract of the dried substance, and comprises both plant and animal fat besides a variety of other substances, including neutral fat, fatty acids, lecithin, cholesterin, coloring matter, tannin, wax and ash residue. These last mentioned, however, are present in very minute traces and the heat of combustion of the total ether extract has been shown to be practically identical with that of pure fat. (Stohmann.²)

Mineral Matter or Ash.—A considerable number of inorganic elements (chlorine, sulphur, phosphorus, sodium, calcium, magnesium, iron, manganese, potassium and others) are contained in the food, to a small extent as organic compounds, but principally as salts (carbo-

¹ Cited by Hammarsten, "A Text-Book of Physiological Chemistry," p. 36.

² Quoted by Schwenkenbecher, *Zeit. f. diet. u. physik. Therapie*, Bd. 4, 1900, s. 388.

nates, sulphates, phosphates, oxides, etc.). They are never oxidized in the system to furnish heat or energy, but are essential in tissue building.

Water.—The importance of water in the diet of man, though a non-nutrient, is attested by the fact that nearly two-thirds of the body weight is due to water.

USES OF FOODS IN THE BODY

In general the function of food ingested is twofold, first, to build up or repair tissues, and second, through combustion to furnish energy either as heat or muscular work including the work of digestion. The degree to which the various food ingredients discussed above answers in these respects to the body needs is various. Protein foods, like lean meat and fish, egg albumen, casein of milk, wheat gluten, and the proteid portion of vegetables, are essentially the tissue builders but under some conditions, especially when the amount of fats and carbohydrates is insufficient, are utilized by the organism to provide energy. It is probable also that proteids may be changed to fat. The fats, both animal and vegetable, and the carbohydrates, very largely furnish the energy required. To a considerable extent the fats of the food may be stored up as body fat but only when the ingested food is more than adequate to meet the demands of the body for tissue building and energy. Likewise when taken in excess the carbohydrates may be transformed into fat and stored as adipose tissue. Neither can go to the building up of tissue yet they act as proteid spacers and indirectly serve this purpose.

It will thus be readily seen that the functions of the

three kinds of nutrients in the body are to a certain extent interchangeable, and the purpose which each serves will depend largely on the quantity of the other two. In other words the degree to which the three types of food stuffs participate in the production of energy will depend on their relative proportion in the diet as much as on any preference on the part of the organism.

This fact is of the greatest importance in the regulation of the diet in certain diseases. Thus if we aim to increase the body weight in a given case it is as important to provide adequate amounts of fats and carbohydrates in order to spare the proteids which would otherwise to some degree be used to answer the needs for heat and energy, as to increase the nitrogenous foods.

As stated above, mineral matter does not contribute to the energy needs of the body yet is absolutely essential in the food, first, because it forms bone and other tissues, and second, because of its influence on general metabolism. It is generally agreed that, with the exception of sodium chloride, the average mixed diet comprises more than a sufficient quantity of mineral matter to supply the body needs.

It has been shown experimentally beyond a doubt, that alcohol in small quantities, like the fats and carbohydrates, is entirely oxidized in the body and the energy thus produced is utilized by the body largely as heat but also to some degree as muscular work. Alcohol must in consequence be considered with the foods. It differs from other foods in not being stored in the body as fat for future use. To some extent, at least, it undoubtedly acts in a manner analogous to the carbohydrates and fats in sparing the protein. The maximum action of this sort

probably takes place in those habitually addicted to its use. There is considerable experimental evidence to indicate that alcohol likewise spares the carbohydrates and even the fats. Under no conditions can it serve to repair or build tissue. Unlike other foods, alcohol, when taken into the body in large amounts, not only acts as a food but as a drug also. This action often outweighs its effects as a nutrient. Any food may, when taken in excess, act deleteriously, but these effects in the case of alcohol are proportionately greater because of its action as a drug.¹

METHODS OF CALCULATING FOOD VALUES

All foods possess potential or latent energy which with combustion becomes kinetic or actual. This holds true whether it is burned in a calorimeter or oxidized in the body. When oxidized in the body this energy appears both as heat and muscular power. Atwater has shown by calorimeter experiments that when the body is in a state of complete rest all the energy is represented by heat and the work of metabolism, whereas with activity a considerable portion appears as muscular work. In either case the total "exactly equals the latent energy of the material burned in the body." This energy of foods is known as the heat or fuel value and is expressed in terms of a heat unit or calorie. A *calorie* is the amount of heat necessary to raise one kilogram of water from 0° to 1° C. or 1 pound 4° F. This is sometimes spoken of as

¹ For a full discussion of the action and nutritive value of alcohol, see Atwater, "Physiological Aspects of the Liquor Problem," vol. ii., 1903.

the "large calorie," the "small calorie" being 1/1000 of a large calorie, or the amount of heat necessary to raise one gram of water from 0° to 1° C. Stohmann¹ gives the following heat values for protein, fat and carbohydrate, when completely burned in the calorimeter:

1 gram protein.....	5,711 small calories...	5.7 large calories.
1 " fat.....	9,365 " "	9.3 " "
1 " carbohydrate...	4,182 " "	4.1 " "

Digestibility.— If completely oxidized and transformed in the body the same figures would hold for these ingredients; but as is well known not all the food is utilized in the body, the unused portion appearing in the excreta. In order therefore to obtain the exact heat value of a given food when ingested, it is necessary to know not only its calorimeter value, but also the energy value of that portion which has escaped oxidation and appears in the feces and urine, the difference obviously being the so-called "available fuel value." Consequently it becomes of the first importance to determine what proportion of the food taken into the body is digested and absorbed, in other words, is available for body needs. This is designated as the "*coefficient of digestibility.*" (Atwater.) It may be defined as the total energy value of a given food less that of the unoxidized excreta.

The digestibility of nutrients differs slightly when given in a mixed diet from that of the same when ingested separately. Atwater's figures of digestibility²

¹ "Ueber den Wärmewerth der Bestandtheile der Nahrungsmittel." *Zeit. f. Biologie*, Bd. 31.

² The term digestibility is used by Atwater to indicate the completeness of digestion, and not the ease of digestion as ordinarily employed.

for the average mixed diet are: protein 92 per cent, fats 95 per cent, and carbohydrates 97 per cent, those of animal origin being considerably higher than those of vegetable. Of the total food in a mixed diet 91 per cent is estimated to be entirely digested and transformed into energy. The coefficient of digestibility of alcohol is 98.

Availability.—A further consideration of very great moment in the calculation of food values is the completeness with which the available protein, fat and carbohydrate are burned in the body. Since the fats, carbohydrates and alcohol are almost completely oxidized, their available energy is represented by constants which are very close to those for the same oxidized outside the body. Not only is there a considerable loss in the amount of proteid available for oxidation, as stated above, namely 8 per cent, but a considerable portion of the remainder escapes complete oxidation and appears in the form of the nitrogenous excreta in the urine (urea, etc.) Whereas the coefficient of digestibility of protein is 92, the coefficient of availability of energy is only 70. (Atwater.) The ultimate energy value developed by change and oxidation of foods in the organism is termed the "physiological heat of combustion."

From his own investigation and those of many others, Rubner¹ calculates this physiological calorie value as follows:

1 gram protein.....	4.1 calories.
1 " fat.....	9.3 "
1 " carbohydrate.....	4.1 "

¹ "Calorimetrische Untersuchungen." *Zeit. f. Biologie*, N.F., Bd. 3, 1885.

The physiological calorie value of alcohol is 7. More recently Atwater and Bryant¹ have revised these figures basing their conclusions on a large number of careful investigations. A summary of their results is given in the following table:²

	Heat of combustion per gram.	Coefficients of availability.		Fuel values.			
		Of material.	Of energy.	Referred to available material.		Referred to total material.	
				Per grm.	Per lb.	Per grm.	Per lb.
		Cal.	Per cent.	Per cent.	Cal.	Cal.	Cal.
Protein.....	5.65	92	70	4.4	2,000	4.0	1,815
Fat.....	9.40	95	95	9.4	4,260	8.9	4,040
Carbohydrates..	4.10	97	97	4.1	1,860	4.0	1,818
Alcohol.....	7.07	98	98	7.1	3,210	6.9	3,130

It will be seen that Atwater's figures corresponding to those of Rubner given above are:

1 gram protein.....	4	calories.
1 " fat.....	8.9	"
1 " carbohydrate.....	4	"
1 " alcohol.....	6.9	"

While more accurate than Rubner's figures, the latter have attained such general acceptance that practically all tables of food values available are based on these values and for the sake of uniformity it has seemed best

¹ "The Availability and Fuel Value of Food Materials." Report of the Storrs (Connecticut) Agricultural Station, 1889.

² "Physiological Aspects of the Liquor Problem," vol. ii., p. 281.

to use the same in the preparation of the following tables.

THE FOOD REQUIREMENTS OF THE BODY IN HEALTH

In spite of numerous careful researches no precise general rules can be laid down regarding the food requirements which shall apply to all persons. The needs of the organism for nutriment both with relation to its kind and quality must depend on many factors. First of all it is evident that these needs bear a direct relationship to the size of the body, large individuals requiring more food than smaller ones. The average man in health and with moderate work is found to require roughly 40 calories per kilogram of weight. The extent of body surface likewise determines to some degree the amount of fuel needed inasmuch as the radiation of heat is relatively greater in those with proportionately large skin surface. The thinner the individual, the greater the relative skin surface and hence the greater the demands for food. A partial explanation is found here for the fact that thin people frequently consume more food than the obese. Added reasons for this difference are found in the sedentary habits of life so often characteristic of the obese, and in the lessened metabolism. Fat tissue as well as bone is virtually dead tissue when compared with muscle since it participates but little in the general processes of waste and repair. Whereas the average man at work requires somewhere between 30 and 60 calories per kilogram of weight to maintain health and strength, the very fat have been observed to preserve

their weight and vigor on from 26 to 36 calories per kilo of weight.

Children have relatively more skin surface than adults, and the calls for food are correspondingly increased. Young cells furthermore oxidize a greater quantity of food. Still another important reason is that the young organism needs food for the growth of new tissue as well.

An exactly opposite condition exists in the aged. There is lessened body activity, a diminished vitality in the body cells, and commonly a smaller degree of heat radiation. In consequence the food consumption is decreased beyond the period of maximum vigor and in extreme old age surprisingly little is required to meet the demands of the organism. The young infant utilizes nearly 100 calories per kilogram, the aged scarcely more than one-quarter to one-third as much.

It is estimated that on the average women take barely four-fifths as much food as men, due largely to the smaller size, the greater percentage of body fat, and the less active life.

Climate and seasons exert some influence, though by reason of the methods of dress among civilized people, which protects the body from excessive loss of heat by radiation, far less than would at first be supposed. To some extent the demands of the system in cold climates increase the fuel needs of the body.

Marked individual differences in the amount of food digested and assimilated, apart from such differences as are due to size, age, mode of life, shape of body, and similar factors, are commonly observed. Not only is this individual variation seen with reference to the amount

of food required, but also in the proportions of the different ingredients. In both health and disease, one likewise frequently sees that a particular kind of food does not agree with a given individual. These individual peculiarities are important considerations in the regulation of the diet, especially in conditions of ill-health.

The one factor of probably more importance than all the above combined is muscular work. Langworthy¹ summarizes the results of statistical and experimental studies with regard to the food requirements of man under varying conditions of work as follows:

Man without muscular work	2,450 calories.
“ with light muscular work (sedentary)	2,700 “
“ “ “ to moderate muscular work	3,050 “
“ “ moderate muscular work	3,400 “
“ “ very hard muscular work	5,500 “

In the case of Maine lumbermen working during the winter months the food consumed in a single day in some instances was found to be capable of yielding over 8,000 calories. It seems to be generally agreed that a man at moderately hard work requires somewhat more than 3,000 calories daily.

Atwater has shown by calorimeter experiments that in the case of the man performing work, as contrasted with the man at rest, only about 20 per cent of the additional food taken appears as the energy equivalent of work, that is, for every 20 calories developed and applied as work, 80 calories are lost in the body as heat and “internal work.”

¹ United States Department of Agriculture, Office of Experiment Station, *Circular No. 46*, 1906.

While it is fairly generally conceded that the average man at work requires approximately 3,000 calories daily, there is a wide divergence of opinion as to the relative amounts of the protein, carbohydrates and fats best suited to furnish these needs. Unfortunately physiological experiments are frequently not in accord with the results of actual studies of the diet taken by individuals of different races and under varying conditions. While the question cannot at present be finally settled, the proportions of nutrients taken by the average person is probably the safest guard. These figures are, roughly, 150 grams fat, 100 grams protein, and 350 grams carbohydrates per diem.

The most important question is as to the quantity of protein best suited to the needs of the average individual. In spite of very numerous experiments by many eminent physiologists as well as careful studies regarding the amount consumed by various races and classes, it still remains an open question. The work of Chittenden and others proves that health may be maintained under the ordinary conditions of life for a long period on a daily ingestion of proteids even as low as 50 grams daily. It has not been shown, however, that such a low proteid content is an advantage or if continued indefinitely may not work injuriously. A large excess of protein taken with a diet rich in fats and carbohydrates, especially with hard muscular work, is, as a rule, well tolerated, observations having been made frequently where more than 200 grams of protein were taken daily and well tolerated. Without an ample supply of fats and carbohydrates, however, an excess of protein leads to severe digestive disturbances and must be regarded as

distinctly harmful. The form in which the protein is ingested is also important. At least one-half should be in the form of vegetable protein except in the case of persons doing very severe work when a larger proportion of animal protein may be allowed.

Granting that 100 grams of protein is a fair average for a diet yielding 3,000 calories, the proportion of the fats and carbohydrates best suited to the body needs is the next consideration. The ratio of these two ingredients in the diet of different individuals varies within very wide limits as shown by many dietary studies. Although energy derived from the carbohydrates seems to spare the proteids to a slightly greater degree than that from the fats, they may for all practical purposes be considered of equal importance as proteid spacers. The vital question appears to be not as to the ratio of the two, but rather that the necessary caloric value of the diet be maintained. When additional food is required because of hard muscular work there is good reason for the opinion that the supplementary calories should be supplied largely by carbohydrates and fats.

The influence of mental work on the fuel needs of the body has not been so accurately determined as in the case of muscular work. One important fact, however, has been established by the calorimeter experiments of Atwater,¹ namely that the body waste is not increased by brain activity. There seems to be no evidence for supposing that any particular kind of food is indicated in the case of brain workers, or that the calorific needs are greatly or even to any extent increased. Overeating

¹ United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 44, 1897.

is detrimental to hard brain work for the reason that under such conditions excessive work is put on the digestive organs necessitating an abundant blood supply to the abdominal organs which undoubtedly interferes to a considerable extent with the supply needed by the brain. Intellectual workers are usually of sedentary habits and require much less food in general and a smaller percentage of fats and carbohydrates than those doing manual labor. In a word, the food required by this class is relatively small and should be of such a nature as to put as little burden as possible on the digestive organs.

THE BODY'S RESERVE

It is one of nature's provisions that the body should to a considerable though varying degree act as a storehouse of fuel. On a sufficient diet the body stores up in the form of fat tissue a greater or smaller reserve which during a period of insufficient food or actual starvation can for a remarkably long period sustain life. At first only adipose tissue is oxidized, but later even the nitrogenous tissues may also be utilized. Death usually occurs after the reduction of from one-third to one-half the body weight. Underfeeding, especially an insufficiency of nitrogenous foods, inevitably leads to a lessening of body resistance, and finally, to physical deterioration as evidenced by abundant examples too familiar to be enumerated.

Continued overfeeding, if extreme, brings in time a chain of evil consequences of nearly equal importance. The proper diet is probably one moderately in excess of that absolutely necessary to answer the demands of the body for tissue repair and energy as it is desirable to

have a reserve of fuel in the body. One of the first results of excessive food ingestion in many cases, though by no means all, is an abnormal increase in the body weight due to the accumulation of adipose tissue. The principal ill effects are those consequent on the relatively great amount of additional work thus put on the system in disposing of the extra fuel. If for only a short time, the effects are seldom more severe than moderate disturbances in the functions of the gastro-intestinal tract. In the case of habitual overalimentation, grave disorders of metabolism or even degenerative changes take place in the body tissues especially in the internal organs and arteries.

“For people in good health and with good digestion there are two important rules to be observed in the regulation of the diet. The first is to choose the things which ‘agree’ with them, and to avoid those which they cannot digest and assimilate without harm. The second is to use such kinds and amounts of food as will supply all the nutrients the body needs and at the same time avoid burdening it with superfluous material to be disposed of at the cost of health and strength.

“For guidance in this selection, nature provides us with instinct, taste and experience. Physiological chemistry adds to these the knowledge—still new and far from adequate—of the composition of food and the laws of nutrition. In our actual practice of eating we are apt to be influenced too much by taste—that is, by the dictates of the palate; we are prone to let natural instinct be overruled by acquired appetite, and we neglect the teachings of experience. We need to observe our diet and its effects more carefully and to regulate appetite by reason. In doing this we may be greatly aided by the

knowledge of what our food contains and how it serves its purpose in nutrition." (Atwater.)

COOKING OF FOODS

The nutritive value of foods is very definitely influenced by cooking. As a rule they are made more digestible for the reason that their structure is so altered as to render them much more easily chewed and more accessible to the digestive juices. Their composition is also often considerably changed, depending on the method of cooking. During this process certain flavors are developed which give them a more pleasing taste and so directly assist digestion through stimulation of the digestive functions. Bacteria and parasites are killed by most forms of cooking.

The above applies especially to the cooking of meats, although by some methods they suffer a very significant loss in nutrients. Meats lose weight in cooking largely in consequence of the loss of water, and to a variable extent of fat.

The following table compiled from Schwenkenbecher¹ illustrates in a general way these losses in weight:

100 grams raw, lean meat.	Boiled. Grams.	Baked.	
		Rare. Grams.	Well done. Grams.
Beef	58	82	62
Veal	72	78	61
Mutton	65	85	70
Pork	63	78	57
Fowl	70	76	..

¹ "Die Nährwerthberechnung tischfertiger Speisen." *Zeit. f. diät. u. physik. Therapie*, Bd. 4, H. 5, 1900.

The changes taking place in meats as the result of cooking have been made the subject of very careful experimental studies by Grindley and Mojonnier¹ and their conclusions are briefly as follows: When meats are boiled from 3.3 to 12.6 per cent of the protein, 0.6 to 37 per cent of the fat, and 20 to 67 per cent of the salts were found in the broth. When roasted, 0.3 to 4.6 per cent of protein, 4.5 to 57.5 per cent of the fat and 2.5 to 57.2 per cent of the mineral matter were found in the drippings of the meat. If the broth in the former and the drippings in the latter be used there is obviously only an insignificant diminution in food value. To a certain extent the losses vary directly with the length of time of cooking and inversely with the size of the piece of meat. Different cuts of the same kind of meat vary greatly in the amount and nature of the losses. Schwenkenbecher concludes from the study of the results of numerous investigations that 100 grams of the muscle portion of the common meats when boiled yields roughly from 160 to 180 calories, when roasted, rare, about 130 calories, well done, 150 to 230 calories. The edible portion of lean fish boiled furnishes approximately 80—100 calories per 100 grams. Pickling and smoking alters but very slightly either the composition or nutritive value of meat and fish. On the whole the meats are rendered more palatable by cooking but slightly less digestible and sometimes less rich in nutrients.

In vegetables as in the case of meats the flavors are

¹ "Experiment on Losses in Cooking Meat," United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 141.

produced, the structures altered, and the proteids coagulated. The most important changes are in the starch granules, the cell walls of which are ruptured and the starch made more soluble. While a proper degree of cooking renders the vegetables more palatable and digestible, excessive cooking produces changes in them which make the vegetables unpalatable and indigestible.

Snyder, Frisby and Bryant,¹ investigated the effects of boiling on the composition of vegetables using potatoes, carrots and cabbage as representatives of the three groups, tubers, roots, and pot herbs. They found a considerable though variable loss in nutritive constituents depending on the methods employed. In the case of the potatoes, the greatest loss took place when they were peeled and then soaked in cold water before boiling, namely 46 to 58 per cent of the nitrogenous matter and 38 per cent of the mineral matter. When put immediately into boiling water, the loss in mineral matter remained the same but the loss in nitrogenous matter was only one half as great. If boiled unpeeled, the losses were insignificant. As ordinarily cooked carrots were found to lose about 40 per cent of the total nitrogen and 26 per cent of the total sugar, or approximately one quarter of the nutritive value. Cabbage when boiled in lime water lost about one-half of the mineral matter and one-third of the carbohydrates and nitrogenous matter.

¹"Losses in Boiling Vegetables and the Composition and Digestibility of Potatoes and Eggs," United States Department of Agriculture, Office of Experiment Stations, *Bulletin* No. 43.

This loss can be largely prevented if the water in which the cabbage is cooked be used.

METHOD OF CALCULATING FOOD VALUES

In the ordinary tables of food analysis such as those of Atwater and Bryant, the chemical composition of foods is given in percentages by weight of protein, fats and carbohydrates, and the total caloric value per pound. It is therefore evident that in order to determine the value of a given diet each article of food must be separately weighed and the weight of the three food ingredients calculated from the table of percentages. For example, Atwater's table gives the composition of home-made white bread as 9.1 per cent protein, 1.6 per cent fat and 53.3 per cent carbohydrates. Now if one slice of bread weighs 37 grams, the actual weight of the protein, fat and carbohydrates is 3.37, 0.59 and 19.72 respectively. The number of calories represented in each is then ascertained by multiplying the first and third figures by 4.1, and the second by 9.3 (in each case by the number of calories per gram) which gives for protein 13.8, for fats 5.5, and for carbohydrates 80.9 calories, or a total of 100.2 calories.

I have attempted to simplify the calculations of diet by arranging a table of American foods on the basis of the "average helping." To this end the common measure of the serving is given as well as the actual weight in grams. It is believed that in this manner the value of the diet can be estimated not only very easily but with sufficient accuracy for all practical purposes. The actual weight of the protein, fats and carbohydrates in the

average helping is also given, and the fuel value in calories for each. The student is thus enabled to make direct comparisons of different articles of food according to the calories represented by each ingredient as well as the total number of calories. The calculation of the total fats, carbohydrates and proteids taken at a single meal or during the twenty-four hours is made very easy.

When food is ingested in amounts other than the average helping its value can be reckoned from its weight and the values for 100 grams given in the last column.¹ Frequently in such cases the quantity eaten is a definite fraction of the "average helping" given in the table and its value can be more readily obtained by dividing all the values given by that fraction. For example, if 1 heaping tablespoonful of apple sauce instead of 3 heaping tablespoonsful, as given in the table, be served, the value can be determined by dividing all the values in the different columns by three.

Suppose it is desired to figure the value of a given meal composed as follows: chicken soup, 4 oz.; lean roast beef, 1 slice; boiled potato, 1 medium sized; string beans, 2 heaping tablespoonsful; white bread, 1 slice; butter, 1 small ball; glass milk; chocolate pudding, 2 heaping tablespoonsful, with whipped cream, 1 heaping tablespoon. Reference to Table II gives the following:

¹ A very convenient table scale for weighing foods is manufactured by John Chatillon & Sons, New York.

Food.	Protein.		Fats.		Carbo- hydrates.		Total Cal.
	Grams	Cal.	Grams	Cal.	Grams	Cal.	
Soup.....	12.60	51.7	0.96	8.9	2.88	11.8	72
Roast beef.....	23.33	95.7	1.66	15.4	111
Boiled potato.....	3.75	15.4	.15	1.4	31.35	128.5	145
String beans.....	.48	2.0	.66	6.1	1.14	4.7	13
White bread.....	3.37	13.8	.59	5.5	19.72	80.9	100
Butter.....	.15	.6	12.75	118.6	119
Milk.....	7.26	29.8	8.80	81.8	11.00	45.1	157
Chocolate pudding.....	4.99	20.5	7.90	73.5	27.83	114.1	208
Whipped cream.....	1.11	4.6	7.72	71.8	1.06	4.3	81
Totals.....	57.04	234.1	41.19	383.0	94.98	389.4	1,006

The table shows that we have a total of 57.04 grams protein, 41.19 grams fat, and 94.98 grams carbohydrates yielding respectively 234.1, 383.0 and 389.4 calories or a total of 1,006 calories. When only the total fuel value is desired it will readily be seen to be a very simple matter of addition to ascertain the desired figures.

On the other hand, the arrangement of weights and values in Table II facilitates the choice of a menu for special diseases as diabetes or nephritis.

The use of Table I affords a ready means of changing from one system of weights or measures to another. This is often necessary in food determinations.

Table IV is abstracted from Atwater and Bryant¹ for the purpose of furnishing the percentage composition of the more common American foods for those wishing to know the exact value of raw food.

¹ "The Chemical Composition of American Food Materials," United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 28, 1906.

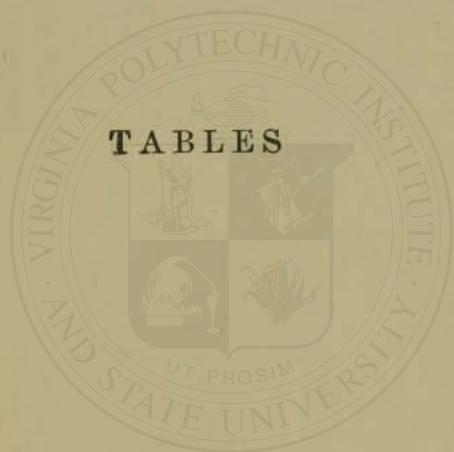


TABLE EQUIVALENTS (approximate)

1 teaspoon	fluid =	5 c.c. or	$\frac{1}{6}$	fluid ounce.
1 dessertspoon	" =	10 "	$\frac{1}{3}$	" "
1 tablespoon	" =	15 "	$\frac{1}{2}$	" "
1 ordinary cup	" =	250 "	8	" "
1 tumbler or glass	" =	250 "	8	" "
1 cordial glass	" =	20 "	$\frac{2}{3}$	" "
1 sherry glass	" =	30 "	1	" "
1 cocktail glass	" =	75 "	$2\frac{1}{2}$	" "
1 claret glass	" =	120 "	4	" "
1 champagne glass	" =	135 "	$4\frac{1}{2}$	" "

ABBREVIATIONS

a.	= average.
a. h.	= average helping.
c.	= cup.
d.	= diameter.
dsp.	= dessertspoon.
h.	= heaping.
m.	= medium.
sq.	= square.
tblsp.	= tablespoon.
tsp.	= teaspoon.

TABLE I.
EQUIVALENTS OF WEIGHTS AND MEASURES.

Metric, Avoirdupois and Apothecaries.
(From the "Pharmacopœia of the United States of America.")

Weights.			Metric Weights and Measures.		Measures.	
Grains.	Apothecaries grains. oz.	lb. oz.	Avoirdupois grains.	Gm. or C.C.	Fluid ounces, minims.	Fluid ounces and fractions.
15432.4	32	2	119.9	1000	33	33.814
7000.0	14	1	280.0	453.592	15	15.338
1543.2	3	3	103.2	100	3	3.382
480.0	1	1	42.5	31.1035	1	1.052
456.392	..	1	18.89	29.5737	1	1
437.5	..	1	28.350	..	460.1308
15.4324	1	..	0.959
1	0.06479	..	0.0338
0.9508	0.06161	..	0.0022
		1	0.0021

TABLE II.
PREPARED FOODS—EDIBLE PORTION.*

(The small numerals in the first column refer to the list of references on page 57.)

Food Stuffs.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
<i>Beef:</i>												
Beef juice	a. h.	4 oz.	120	111.60	5.88	24.1	0.72	6.7	31	25
Corned beef, canned	a. h.	1 slice.	50	25.90	13.15	53.9	9.35	87.6	141	282
Corned beef hash	a. h.	2 h. tbsp.	100	80.30	6.00	24.6	1.90	17.7	9.40	38.5	81	81
Roast	a. h.	1 slice.	100	48.20	22.30	91.4	28.60	266.0	357	357
Roast, very lean ²	a. h.	1 "	100	73.71	23.33	95.7	1.66	15.4	111	111
Scraped (round), ap- proximate	a. h.	4-in. pat.	100	67.80	20.90	85.7	10.60	98.6	184	184

* In this table the figures given are for the edible portion in every case unless otherwise specified.

So far as possible the values of the various prepared dishes have been computed from Atwater's chemical analyses in order that the table may be as uniform as possible. When the authority is not indicated, therefore, it is understood that the figures were taken from this source. The recipes in the case of made dishes, like puddings, sauces, etc., have been taken from many sources, but chiefly from Sachse: "How to Cook for the Sick and Convalescent." In a given group of foods as roast meats and soups, the quantity served has been somewhat arbitrarily made the same, as in this way the relative values are best indicated. The fractions in the weights of the average serving have uniformly been disregarded, as also in the case of the total calories. When the ingredients are stated, as in

TABLE II.—Continued.

Food STUFFS.	Portion.	Quantity.	Weight. Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
<i>Beef—Continued.</i>												
Steak, round, fat re- moved.....	a. h.	1 slice.	100	63.00	27.60	113.2	7.70	71.6	185	185
Steak, tenderloin.....	a. h.	1 "	100	54.80	23.50	96.4	20.40	189.7	286	286
Sweetbread ²	a. h.	1 "	80	45.95	32.00	131.2	0.45	4.2	135	169
Tongue, canned.....	a. h.	1 "	25	12.83	4.88	20.0	5.80	53.9	74	295
<i>Chicken:</i>												
Capon.....	a. h.	1 slice.	100	59.90	27.00	110.7	11.50	107.0	218	218
Creamed on toast ²	a. h.	2 h. tbsp.	125	72.81	16.26	66.7	12.62	117.4	21.76	89.2	273	219
Fricassee.....	a. h.	1 slice.	100	67.50	17.60	72.2	11.50	107.0	2.40	9.8	189	189
Roast ²	a. h.	1 "	100	60.30	32.10	131.6	4.40	40.9	2.10	8.6	181	181
<i>Lamb:</i>												
Chop with bone.....	a. h.	1 chop.	100	47.60	21.70	89.0	29.90	278.1	367	367
Roast.....	a. h.	1 slice.	75	50.33	14.78	60.6	9.53	88.6	150	200

the case of puddings and sauces, only the total weights and values are given, but these can be readily calculated separately if desired by reference to these ingredients in other parts of the table or in Table IV.

The proportion of water in a considerable number of cases is only approximate, being reckoned as the difference between the total weight and the total of the protein, carbohydrates, fats and ash.

FOOD VALUES

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Mutton:												
Boiled, lean ⁹	a. h.	1 slice.	75	47.61	23.18	95.0	3.38	31.4	126	168
Chop, lean ⁹	a. h.	1 chop.	100	71.80	22.60	92.7	4.50	41.9	135	135
Roast leg.....	a. h.	1 slice.	75	38.18	18.75	76.9	16.95	157.6	234	313
Pork:												
Bacon, smoked, un- cooked.....	a. h.	1 slice.	30	6.06	3.15	12.9	19.44	180.8	194	646
Ham, smoked, boiled, as purchased.....	a. h.	1 chop.	70	47.18	17.92	73.5	4.20	39.1	113	161
Ham, smoked, fried.....	a. h.	1 slice.	33	0.69	7.29	29.9	6.80	63.2	93	291
Roast ²	a. h.	1 "	35	12.81	7.77	31.9	11.62	108.1	140	400
Sausage, uncooked.....	a. h.	1 "	100	60.68	28.42	116.5	10.00	93.0	210	210
	a. h.	1 sausage.	35	13.93	4.55	18.7	15.47	143.9	0.39	1.6	164	468
Turkey:												
Roast.....	a. h.	1 slice.	100	52.00	27.80	114.0	18.40	171.1	285	285
Veal:												
Calf's-foot jelly.....	a. h.	1 h. tbsp.	50	38.80	2.15	8.8	8.70	35.7	45	89
Cutlet ²	a. h.	1 cutlet.	80	55.16	22.82	93.6	1.14	10.6	104	133
Roast ²	a. h.	1 slice.	75	51.77	21.33	87.5	1.00	9.3	97	132

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
2. Fish.*												
Bluefish.....	a. h.	100	68.20	25.90	106.2	4.50	41.9	148	148
Cod ¹²	a. h.	100	76.32	21.68	88.9	.27	2.5	1.58	6.5	98	98
Haddock ¹²	a. h.	100	72.37	21.98	90.1	.36	3.3	3.65	14.9	108	108
Halibut ¹²	a. h.	100	74.46	20.35	83.4	4.04	37.6	121	121
Mackerel ¹²	a. h.	70	51.19	11.73	48.1	4.84	45.0	2.62	10.7	104	148
Salmon ¹²	a. h.	100	65.32	19.65	80.6	10.21	95.0	5.36	22.0	198	198
Sardines, canned.....	1 fish.	10	5.23	2.30	9.4	1.97	18.3	28	278
Smelets ¹²	1 "	14	11.30	2.23	9.1	.26	2.4	.06	.2	12	85
Spanish mackerel, broiled.....	a. h.	100	63.50	21.80	89.4	5.90	54.9	144	144
Sturgeon, Russian caviare.....	a. h.	1 h. tsp.	10	3.81	3.00	12.3	1.97	18.3	.76	3.1	34	337
Trout, brook ¹²	a. h.	50	36.79	10.57	43.3	1.17	10.9	.62	2.5	57	114
<i>Shellfish</i>												
Clams, long.....	a. h.	6 clams.	150	128.70	12.90	52.9	1.5	14.0	3.00	12.3	79	53
Clams, round.....	a. h.	6 "	100	86.20	6.50	26.7	.4	3.7	4.20	17.2	47	47

* When not otherwise indicated, the method of cooking is by boiling. Many of the cooked fishes are usually served with a sauce of some kind, but in no instance is the food value of the sauce included unless so specified. This can be easily computed by reference to the section on condiments and sauces given later in the table, and added if desired.

TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
<i>Shellfish—Continued.</i>												
Crabs, hard shelled, as purchased	a. h.	1 crab.	245	89.92	19.36	79.4	2.21	20.6	1.47	6.0	106	91
Lobster	a. h.	6 oysters.	105	83.16	17.22	70.6	1.89	17.6	.42	1.7	90	86
Oysters	a. h.	6 oysters.	85	73.86	5.27	21.6	1.02	9.5	3.15	12.9	44	52
Oysters, creamed, on toast	a. h.	6 oysters on 1 slice toast.	205	148.12	12.57	51.5	16.13	150.0	25.62	105.0	307	150
Oyster stew	a. h.	4 oz.	124	95.00	6.07	24.9	11.06	102.9	10.53	43.2	171	138
Scalloped oysters	a. h.	6 large oy- sters.	138	97.40	8.06	33.0	18.58	172.8	11.98	49.1	255	185
Scallops, fried	a. h.	3 h. tbsp.	110	154.38	28.20	115.6	1.75	17.3	6.02	24.7	158	144
3. Soups.												
Bear, home made	a. h.	4 oz.	120	101.16	3.84	15.7	1.68	15.6	11.28	46.2	78	65
Beef, home made	a. h.	4 "	120	111.48	5.28	21.6	.48	4.5	1.32	5.4	32	26
Bouillon, canned	a. h.	4 "	120	115.92	2.64	10.8	.12	1.1	.24	1.0	13	11
Chicken, home made	a. h.	4 "	120	101.16	12.60	51.7	.96	8.9	2.88	11.8	72	61
Chicken gumbo, canned	a. h.	4 "	120	107.04	4.56	18.7	1.08	10.0	5.64	23.1	52	43
Clam chowder, home made	a. h.	4 "	120	106.44	2.16	8.8	.96	8.9	8.04	33.0	51	43
Consommé, canned	a. h.	4 "	120	115.20	3.00	12.348	2.0	14	12

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight, Grams.	Water, Grams.	Protein,		Fats,		Carbo-hydrates,		Total Calories.	Calories per 100 Grams.
					Grams.	Calor-ies.	Grams.	Calor-ies.	Grams.	Calor-ies.		
Cream soups, home made:												
Asparagus ^s	a. h.	4 oz.	125	104.50	3.44	14.1	8.62	80.2	4.87	20.0	114	92
Celery ^s	a. h.	4 "	125	104.25	3.00	12.3	8.94	83.1	5.01	20.5	116	93
Corn ^s	a. h.	4 "	125	99.34	3.75	15.4	8.70	80.9	10.66	43.7	140	112
Pea ^s	a. h.	4 "	125	92.92	6.29	25.8	8.46	78.7	14.07	57.7	162	130
Potato ^s	a. h.	4 "	125	102.25	2.87	11.8	9.03	84.0	9.60	39.4	135	108
Tomato ^s	a. h.	4 "	125	102.44	2.99	12.3	9.40	87.4	6.36	26.1	126	101
Green turtle, canned.....	a. h.	4 "	120	103.92	7.32	30.0	2.28	21.2	4.68	19.2	70	58
Julienne, canned.....	a. h.	4 "	120	115.08	3.24	13.36	2.5	16	13
Meat stew, home made.....	a. h.	180	152.10	8.28	33.9	7.74	72.0	9.90	40.6	147	81
Mock turtle, canned.....	a. h.	4 oz.	120	107.76	6.24	25.6	1.08	10.1	3.36	13.8	50	41
Mulligatawny, canned.....	a. h.	4 "	120	107.16	4.44	18.2	.12	1.1	6.84	28.0	47	40
Oxtail, canned.....	a. h.	4 "	120	106.56	4.80	19.7	1.56	14.5	5.16	21.2	55	46
Pea, canned.....	a. h.	4 "	120	104.28	4.32	17.7	.84	7.8	9.12	37.4	63	52
Tomato, canned.....	a. h.	4 "	120	108.00	2.16	8.9	1.32	12.3	6.72	27.6	49	41
Vegetable, canned.....	a. h.	4 "	120	114.84	3.48	14.36	2.5	17	14
4. DAIRY PRODUCTS AND EGGS.												
Butter.....	a. h.	1 ball.	15	1.65	0.15	0.6	12.75	118.6	119	795

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Cream:												
"Average" ¹⁰	a. h.	1 tbsp.	20	13.28	.74	3.0	5.14	47.8	0.71	2.9	54	269
"Heavy" ¹⁷	a. h.	1 "	20	11.66	.43	1.8	7.24	67.4	.58	2.4	72	358
"Thick" ¹⁸	a. h.	1 "	20	7.87	.31	1.3	11.22	104.3	.46	1.9	108	540
Whipped ¹⁰	a. h.	1 h. tbsp.	30	17.9	1.11	4.6	7.72	71.8	1.06	4.3	81	269
Cheese:												
American, pale	a. h.	1 cu. in.	20	6.32	5.70	23.6	7.18	66.7	.06	.2	91	453
Camembert ⁴	a. h.	1 h. tsp.	20	9.72	4.20	17.2	4.34	40.4	58	290
Cheddar	a. h.	1 "	20	5.48	5.54	23.7	7.36	67.5	.82	3.4	95	473
Cheshire	a. h.	1 "	20	7.42	5.38	22.1	6.14	57.1	.18	.7	80	399
Dutch	a. h.	2 scoops.	20	7.04	7.42	30.4	3.54	32.9	63	316
Fromage de Brie	a. h.	1 cu. in.	20	12.04	3.18	13.0	4.20	39.1	.28	1.2	53	267
Full cream	a. h.	1 "	20	6.84	5.18	21.2	6.74	62.7	.48	2.0	86	430
Limburger	a. h.	1 "	20	8.42	4.60	18.9	5.88	54.7	.08	.3	74	369
Neuchatel	a. h.	1 "	20	10.00	3.74	15.3	5.48	51.0	.30	1.2	68	337
Pineapple	a. h.	2 scoops.	20	4.60	5.98	24.5	7.78	72.4	.52	2.1	99	495
Roquefort	a. h.	1 cu. in.	20	7.86	4.52	18.5	5.90	54.9	.36	1.5	75	375
Stilton ⁴	a. h.	2 scoops.	20	5.52	4.78	19.6	7.78	72.4	92	460
Swiss	a. h.	1 slice.	20	6.28	5.52	22.6	6.98	64.9	89	443
Koumiss	a. h.	1 wineglass.	130	116.09	3.64	14.9	2.73	25.4	7.02	28.7	69	53

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Milk:												
Buttermilk.....	a. h.	1 glass.	218	198.38	6.54	26.8	1.09	10.1	10.46	42.9	80	36
Condensed milk, sweet- ened.....	a. h.	1 tbsp.	26	6.99	2.28	9.4	2.16	20.0	14.07	57.7	87	335
Condensed milk, un- sweetened (evapor- ated cream).....	a. h.	1 tbsp.	20	13.64	1.92	7.9	1.86	17.3	2.24	9.2	34	172
Skimmed milk.....	a. h.	1 glass.	222	200.91	7.55	31.0	.67	6.2	11.32	46.4	84	37
Whole milk.....	a. h.	1 "	220	191.40	7.26	29.8	8.80	81.8	11.00	45.1	157	72
Whey.....	a. h.	1 "	203	188.79	2.03	8.3	.61	5.7	10.15	41.6	56	28
Eggs:												
Hens', boiled.....	a. h.	1 egg.	50	36.60	6.60	27.1	6.00	55.8	83	169
Hens', uncooked.....	a. h.	1 "	50	36.85	6.70	27.5	5.25	48.8	76	159
Hens', whites, boiled.....	1 "	32	27.58	4.16	17.1	.06	6.6	18	55
Hens', yolks, boiled.....	1 "	18	8.91	2.89	11.8	5.99	55.7	68	376
Omelette.....	a. h.	½ omelette.	75	48.57	9.80	40.2	14.01	130.3	1.55	6.4	177	236
Ingredients:												
3 tbsp. milk.												
3 eggs.												
1 h. tsp. butter.												

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Water. Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
5. VEGETABLES.												
Artichokes, French ⁴	a. h.	1 artichoke.	360	329.80	6.48	26.6	.29	2.7	16.56	67.9	97	27
Asparagus, canned.....	a. h.	125	118.00	1.88	7.7	.13	1.2	3.50	14.4	23	19
Beans:												
Baked, home made.....	a. h.	3 h. tbsp.	150	91.17	10.83	44.4	12.76	118.7	32.84	134.6	298	199
Baked, canned.....	a. h.	3 "	115	79.24	7.94	32.6	2.88	26.8	22.54	92.4	152	132
Butter ⁶	a. h.	4 "	80	62.78	3.78	15.5	.24	2.2	11.60	47.6	65	81
Lima ⁵	a. h.	2 "	80	48.10	6.40	26.2	.54	5.0	23.60	96.8	128	160
Red kidney, canned.....	a. h.	2 "	70	50.89	4.90	20.1	.14	1.3	12.95	53.1	75	106
String.....	a. h.	2 "	60	57.18	4.8	2.0	.66	6.1	1.14	4.7	13	21
Beets.....	a. h.	2 "	70	62.02	1.61	6.6	.07	.7	5.18	21.2	29	41
Beet greens.....	a. h.	2 "	100	89.50	2.20	9.0	3.40	31.6	3.20	13.1	54	54
Cabbage ⁴	a. h.	3 "	100	97.40	.60	2.5	.10	.9	.40	1.6	5	5
Carrots ⁴	a. h.	3 "	100	93.40	.53	2.2	.17	1.6	3.39	13.9	18	18
Cauliflower ¹²	a. h.	2 "	120	117.48	1.08	4.4	.12	1.1	.48	2.0	8	7
Celery, creamed ¹	a. h.	3 "	90	78.90	1.42	5.8	4.98	46.3	3.46	14.2	66	73
Celery, uncooked.....	a. h.	3 small stalks.	55	41.60	.50	2.1	.05	.5	1.43	5.9	8	19
Corn, canned.....	a. h.	2 h. tbsp.	100	76.10	2.80	11.5	1.20	11.2	19.00	77.9	101	101
Corn, green ⁵	a. h.	1 ear.	100	76.25	3.07	12.6	1.10	10.2	18.78	77.0	100	100
Cucumber, uncooked.....	a. h.	8 thin slices.	50	47.70	.40	1.6	.10	.9	1.55	6.4	9	18
Dandelion greens ⁶	a. h.	2 h. tbsp.	100	81.40	2.39	9.8	1.01	9.4	10.67	43.8	63	63

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Mushrooms, broiled	a. h.	2 large on toast.	57	30.58	3.52	14.4	8.94	83.1	12.85	52.7	150	263
Mushrooms, uncooked	2 large.	45	39.65	1.58	6.5	.18	1.7	3.06	12.5	21	46
Onions	a. h.	1 onion.	100	91.20	1.20	4.9	1.80	16.7	4.90	20.1	42	42
Parsnips ¹	a. h.	4 slices.	100	97.28	.22	.9	.29	2.7	1.46	6.0	10	10
Peas, green	a. h.	3 h. tbsp.	92	67.90	6.16	25.3	3.13	29.1	13.43	55.1	110	119
Potatoes, sweet, boiled	a. h.	a. size.	100	51.90	3.00	12.3	2.10	19.5	42.1	172.6	204	204
Potatoes, white:												
Baked ⁵	a. h.	m. size.	130	90.87	3.77	15.5	.20	1.9	32.07	131.5	149	114
Boiled	a. h.	" "	150	113.25	3.75	15.4	.15	1.4	31.35	128.5	145	97
Chips	a. h.	3 h. tbsp.	50	1.10	3.40	13.9	19.90	185.1	23.35	95.7	295	589
Creamed	a. h.	4 " "	115	85.79	3.61	14.8	5.17	48.1	19.07	78.2	141	123
Mashed and creamed	a. h.	2 " "	100	75.10	2.60	10.7	3.00	27.9	17.80	73.0	112	112
Squash ⁵	a. h.	2 " "	100	83.62	1.36	5.6	.82	7.6	13.60	55.8	69	69
Spinach	a. h.	2 " "	100	89.80	2.10	8.6	4.10	38.1	2.60	10.7	57	57
Tomatoes, canned	a. h.	2 " "	70	65.80	.84	3.4	.14	1.3	2.80	1.4	16	23
Tomatoes, uncooked	a. h.	m. size.	200	188.00	2.40	9.8	.40	3.7	8.00	32.8	46	23
Turnips ¹	a. h.	2 h. tbsp.	140	136.15	.45	1.8	.08	.7	.91	3.7	6	4

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight, Grams.	Water, Grams.	Protein.		Fats.		Carbo-hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calories.	Grams.	Calories.	Grams.	Calories.		
6. FRUITS.												
A. <i>Fresh</i> , as purchased:												
Apple	a. h.	a. size.	150	94.95	.45	1.8	.45	4.2	16.20	66.4	72	49
Banana	a. h.	a. "	194	94.86	1.55	6.4	.78	7.3	27.74	113.7	127	66
Blackberries	a. h.	3 h. tbsp.	100	86.30	1.30	5.3	1.00	9.3	10.90	44.7	59	59
Cantaloupe	a. h.	½ melon.	465	232.50	1.40	5.7	21.39	87.7	93	20
Cherries	a. h.	About ¼ lb.	100	76.80	.90	3.7	.80	7.4	15.90	65.2	76	76
Currants	a. h.	4 h. tbsp.	100	85.00	1.50	6.2	12.80	52.5	59	59
Grapefruit ³	a. h.	½ large.	300	2.37	9.7	.60	5.6	30.27	124.1	139	46
Grapes	a. h.	1 bunch.	150	87.00	1.50	6.2	1.80	16.7	21.60	88.6	112	74
Gooseberries ⁶	a. h.	4 h. tbsp.	90	77.04	.90	3.7	11.79	48.3	52	56
Huckleberries	a. h.	4 " "	100	81.90	.60	2.5	.60	5.6	16.60	68.1	76	76
Lemon	a. h.	a. size.	130	81.25	.91	3.7	.65	6.0	7.67	31.4	41	32
Orange	a. h.	a. "	250	158.50	1.50	6.2	.25	2.3	21.25	87.1	96	37
Peach	a. h.	a. "	128	93.82	.64	2.6	.13	1.2	9.86	40.4	44	34
Pear	a. h.	a. "	156	118.56	.78	3.2	.62	5.8	19.81	81.2	90	57
Pineapple, edible portion	a. h.	2 slices.	100	89.30	.40	1.6	.30	2.8	9.70	39.8	44	44
Plum	a. h.	a. size.	35	26.07	.32	1.3	6.69	27.4	29	81
Raspberries	a. h.	3 h. tbsp.	82	70.36	.82	3.4	10.33	42.3	46	56
Strawberries	a. h.	4 " "	100	90.40	1.00	4.1	.60	5.6	7.40	30.3	40	40
Watermelon	a. h.	Large slice.	300	112.50	.60	2.5	.30	2.8	8.10	33.2	39	13

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
B. Dried, as purchased:												
Apricots.....		10 large.	80	23.52	3.76	15.4	.80	7.4	50.00	205.0	228	284
Dates.....		10 "	83	11.45	1.58	6.5	2.08	19.3	58.60	240.3	266	320
Figs.....		10 "	195	36.66	8.38	34.4	.58	5.4	144.69	592.8	633	325
Prunes.....		10 very large.	200	38.00	3.60	14.8	124.40	510.0	525	262
Raisins.....		10 "	25	3.28	.57	2.3	.75	7.0	17.13	70.2	80	318
C. Stewed, Jellies, etc.*												
Apple, baked.....	a. h.	1 large.	120	88.67	.61	2.5	.58	5.4	29.30	120.1	128	107
Apple sauce.....	a. h.	3 h. tbsp.	125	76.38	.25	1.0	1.00	9.3	46.50	190.7	201	161
Apricot sauce.....	a. h.	3 "	112	50.62	2.13	8.7	1.46	13.6	54.66	224.1	246	230
Cranberries, stewed..	a. h.	2 h. tbsp.	100	60.70	0.27	1.1	0.41	3.8	36.00	147.6	153	153
Currant jelly.....	a. h.	1 "	35	7.23	.36	1.5	27.16	111.4	113	323
Figs, stewed.....	a. h.	3 figs.	125	70.62	1.50	6.2	.38	3.5	51.13	209.6	219	173
Marmalade, orange..	a. h.	1 h. tbsp.	30	4.35	.18	.7	.03	.3	25.35	103.9	105	349
Prune sauce.....	a. h.	4 very large and juice.	200	153.20	1.00	4.1	.20	1.9	44.60	182.9	189	95
Rhubarb, stewed....	a. h.	2 h. tbsp.	90	56.26	.40	1.6	.47	4.4	32.40	132.8	139	154

* Sugar used in preparation of the stewed fruits and jellies is included in the calculations.

TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
7. BREAD, CRACKERS, ETC.												
A. Bread:												
Brown, baker's,	1 slice.	4x4x $\frac{1}{2}$ in.	80	34.88	4.32	17.7	1.44	13.4	37.68	154.5	186	231
Corn (johnnycake),	1 "	3x2x $\frac{3}{4}$ "	39	15.17	3.08	12.6	1.83	17.0	18.06	74.1	104	266
Rye,	1 "	3 $\frac{1}{2}$ x3x $\frac{1}{2}$ in.	39	13.92	3.51	14.4	.23	2.1	20.74	85.0	102	260
Wheat:												
Buns, cinnamon	1 bun.	45	10.62	4.23	17.3	3.24	30.1	26.59	109.0	156	347
Buns, currant	1 "	50	13.75	3.35	13.7	3.80	35.3	28.80	118.1	167	334
Gluten	1 slice.	3 $\frac{1}{2}$ x2 $\frac{3}{4}$ x $\frac{1}{2}$ in.	39	14.90	3.63	14.9	.55	5.1	19.42	79.6	100	256
Graham,	1 "	3 $\frac{3}{4}$ x2 $\frac{3}{4}$ x $\frac{1}{2}$ "	37	13.21	3.29	13.5	.67	6.2	19.28	79.1	99	267
Biscuits, home made	1 biscuit.	35	11.52	3.05	12.5	.91	8.5	19.36	79.4	100	287
Biscuits, soda,	1 "	38	8.70	3.53	14.5	5.21	48.5	19.99	82.0	145	381
Rolls, French	1 roll.	39	12.48	3.32	13.6	.98	9.1	21.72	89.1	112	287
Rolls, Vienna,	1 "	45	14.27	3.83	15.7	.99	9.2	25.43	104.3	129	287
Toasted,	$\frac{1}{2}$ slice.	4x2x $\frac{1}{4}$ in.	10	2.40	1.15	4.7	.16	1.5	6.12	25.1	31	313
White, baker's,	1 "	3 $\frac{1}{2}$ x3x $\frac{1}{2}$ in.	30	10.59	2.76	11.3	.39	3.6	15.93	65.3	80	268
White, home made,	1 "	3x4x $\frac{1}{2}$ in.	37	12.95	3.37	13.8	.59	5.5	19.72	80.9	100	270
Whole wheat,	1 "	3 $\frac{1}{2}$ x3 $\frac{1}{2}$ x $\frac{1}{2}$ in.	42	16.13	4.07	16.7	.38	3.5	20.87	85.6	106	251
Zwieback,	1 "	3 $\frac{1}{2}$ x2x $\frac{1}{2}$ in.	15	.87	1.47	6.0	1.49	13.9	11.03	45.2	65	434

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
B. Crackers:												
Boston (split).....	1 cracker	d. 2 in.	10	.75	1.10	4.5	.85	7.9	7.11	29.2	42	416
Butter.....	1 "	d. 2 "	4	.29	.38	1.6	.40	3.7	2.86	11.7	17	427
Cream lunch.....	1 "	d. 3 "	13	.88	1.26	5.2	1.57	14.6	9.06	37.2	57	439
Graham.....	1 "	3 in. sq.	8	.43	.80	3.3	.75	7.0	5.9	24.2	34	429
Oatmeal.....	1 "	3 "	10	.63	1.18	4.8	1.11	10.3	6.90	28.3	43	434
Oyster.....	10 cr'k'rs	d. 1 in.	11	.53	1.24	5.1	1.16	10.8	7.76	31.8	48	433
Pilot bread.....	1 cracker	d. 5 "	33	2.87	3.66	15.0	1.65	15.4	24.49	100.4	131	397
Pretzels.....	1 "	6	.58	.58	2.4	.23	2.1	4.37	17.9	22	375
Saltines.....	1 "	2 in. sq.	3	.17	.32	1.3	.38	3.5	2.06	8.4	13	492
Soda:												
Educators.....	1 "	2 "	3	.08	.97	4.0	1.39	5.7	10	333
Uneda biscuits.....	1 "	3 "	6	.35	.59	2.4	.55	5.1	4.38	17.7	25	424
Zephyrs.....	1 "	3½ in. sq.	10	.59	.98	4.0	.91	8.5	7.31	30.0	43	424
C. Sandwiches:												
Chicken.....	a. h.	1 sandwich,	70	33.95	8.61	35.3	3.78	35.2	22.47	92.1	163	232
Egg.....	a. h.	1 "	100	41.40	9.60	39.4	12.70	118.1	34.50	141.5	299	299
Ham.....	a. h.	1 "	70	24.15	7.28	29.8	10.07	93.7	26.65	109.3	233	332

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
8. BREAKFAST FOODS, MILK GRUELS, ETC.*												
Cream toast.....	a. h.	2 slices.	136	71.28	9.03	37.0	14.60	135.8	37.15	152.3	325	238
Ingredients:												
2 slices toast.												
5 tbsp. cream sauce.												
Farina.....	a. h.	2 h. tbsp.	100	86.63	1.65	6.8	.21	2.0	11.45	47.0	56	56
Force ¹	a. h.	5 " "	18	1.67	1.70	7.0	.24	2.2	13.87	56.9	66	367
Grapenuts ¹	a. h.	5 " "	65	4.02	7.78	31.9	.40	3.7	51.51	211.2	247	380
Gruels (milk):												
Arrowroot.....	a. h.	4 h. tbsp.	200	155.78	8.25	33.8	10.00	93.0	24.20	99.2	226	113
Ingredients:												
1 tbsp. arrowroot.												
1 c. milk.												
Barley.....	a. h.	4 " "	120	93.12	5.94	24.4	6.41	59.6	13.25	54.3	138	115
Ingredients:												
1 tbsp. barley flour.												
1 1/4 c. milk.												

* The sugar, milk or cream, with which any of this group may be served, is not considered and their calorie value must therefore be added when used.

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Gruels (milk)—Continued.												
Cornmeal	a. h.	4 h. tbsp.	115	96.76	3.85	15.8	4.11	38.2	9.52	39.0	93	81
Ingredients: 2 tbsp. white corn- meal. 2 c. milk.												
Oatmeal	a. h.	2 "	100	59.81	8.72	35.8	8.10	75.3	21.83	89.5	201	201
Ingredients: 3 tbsp. oatmeal. 2 c. milk.												
Hominy, boiled	a. h.	2 "	100	79.30	2.20	9.0	.20	1.9	17.80	73.0	84	84
H-O, boiled	a. h.	2 "	100	84.07	2.42	9.9	1.45	13.5	11.76	48.2	72	72
Indian meal mush	a. h.	3 "	115	92.90	2.10	8.6	1.18	11.0	18.50	75.9	96	83
Macaroni, boiled	a. h.	2 "	100	78.40	3.00	12.3	1.50	14.0	15.80	64.8	91	91
Macaroni, baked with cheese	a. h.	2 "	140	54.42	19.06	78.1	20.46	190.3	43.44	178.1	447	319
Oatmeal, boiled	a. h.	2 "	100	84.50	2.80	11.5	.50	4.7	11.50	47.2	63	63
Puffed rice	a. h.	5 "	14	99	.87	3.6	.08	.7	12.00	49.2	54	361
Rice, boiled	a. h.	1 "	100	72.50	2.80	11.5	.10	.9	24.40	100.0	112	112
Shredded wheat biscuit	a. h.	1 biscuit.	29	2.35	3.05	12.5	.41	3.8	22.59	92.6	109	375

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight.		Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.				
Spaghetti, baked with to- mato.....	a. h.	3 h. tbsp.	145	111.21	4.52	18.5	2.81	26.1	25.76	105.6	150	103		
Vermicelli, boiled.....	a. h.	2 " "	100	88.43	1.42	5.8	.26	2.4	9.36	38.4	47	47		
Wheat germ, boiled.....	a. h.	2 " "	100	84.77	1.79	7.3	.34	3.2	12.92	53.0	64	64		
9. CAKES, PASTRY, PUD- DINGS, ETC.														
A. Cakes:														
Chocolate layer.....	a. h.	70	14.30	4.34	17.8	5.67	52.7	44.87	184.0	255	364		
Frosted.....	1 slice.	1x1½x3 in.	40	7.28	2.36	9.7	3.60	33.5	25.92	106.1	149	374		
Fruit.....	1 "	2¾x2¾x1½ in.	44	7.61	2.60	10.7	4.80	44.6	28.20	115.6	171	388		
Gingerbread.....	1 "	2x3x1 in.	60	11.28	3.48	14.3	5.40	50.2	38.10	156.2	221	368		
Sponge.....	1 "	2x3½x1½ in.	23	3.52	1.45	6.0	2.46	22.9	15.16	62.2	91	396		
B. Pastry:														
Pie:														
Apple.....	a. h.	½ pie.	126	53.55	3.91	16.0	12.35	114.0	53.93	221.1	352	280		
Cream.....	a. h.	⅙ "	126	40.32	5.54	22.7	14.36	133.6	64.51	264.5	421	334		
Custard.....	a. h.	⅙ "	133	82.99	5.59	23.0	8.38	77.9	34.71	142.3	243	183		
Lemon.....	a. h.	⅙ "	110	52.14	3.96	16.2	11.11	103.3	41.14	168.7	288	262		

TABLE II.—Continued.

FOOD STUFFS,	Portion,	Quantity,	Weight, Water,		Protein,		Fats,		Carbo- hydrates,		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Pie—Continued.												
Mince.....	a. h.	1/6 pie.	113	46.67	6.55	26.9	13.90	129.3	43.05	176.5	333	294
Squash.....	a. h.	1/6 "	133	83.39	5.85	24.0	11.17	103.9	28.86	118.3	246	185
C. Puddings:												
Bread pudding.....	a. h.	2 h. tbsp.	105	55.00	5.52	22.6	4.79	44.6	38.48	157.8	225	214
Ingredients:												
1 c. bread crumbs.												
1 c. milk.												
1 egg.												
1/2 c. sugar.												
1/4 c. raisins.												
Chocolate pudding...	a. h.	2 "	95	53.45	4.99	20.5	7.90	73.5	27.83	114.1	208	219
Ingredients:												
1 oz. chocolate.												
2 h. tbsp. sugar.												
1 1/2 tbsp. corn- starch.												
1 c. milk.												
White 1 egg.												

TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
C. Puddings—Continued.												
Custard puddings: Baked custard	a. h.	2 h. tbsp.	134.	97.65	7.31	30.0	7.42	68.8	20.50	84.1	183	136
Ingredients: 2 c. milk. 2 eggs. ¼ c. sugar.												
Chocolate custard. Ingredients: 1 h. tsp. grated chocolate. 1 c. milk. 1 egg.	a. h.	2 " "	120	82.92	8.12	33.3	10.06	93.6	17.75	72.8	200	167
Rice custard Ingredients: 1 c. boiled rice. 2 eggs. 1½ c. milk. 2 h. tbsp. sugar.	a. h.	2 " "	110	71.90	6.46	26.2	5.04	46.5	25.80	105.8	179	163

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Grams.	Water. Grams.	Protein.		Fats.		Carbo-hydrates.		Total Calories.	Calories per 100 Grams.
					Grams.	Calor-ies.	Grams.	Calor-ies.	Grams.	Calor-ies.		
<i>C. Puddings—Continued.</i>												
Soft custard	a. h.	4 tbsp.	60	36.01	4.39	18.0	6.84	63.7	12.12	49.7	131	219
Ingredients: Yolk 1 egg. 1/4 c. milk. 1 h. tbsp. sugar												
Indian meal pudding.	a. h.	2 h. tbsp.	164	95.16	9.02	37.0	10.16	93.9	47.02	192.8	324	197
Ingredients: 3 c. milk. 3 h. tsp. Indian meal. 1/2 c. molasses. 1 h. tbsp. butter. 1 " " sugar.												
Snow pudding	a. h.	2 " "	80	63.59	4.52	18.5	.03	.3	11.73	48.1	67	84
Ingredients: 3/4 c. water. 1 h. tsp. gelatin. 2 h. tbsp. sugar. 1 tsp. lemon juice. Lemon rind. White 1 egg.												

TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight. Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
C. Puddings—Continued.												
Tapioca pudding . . .	a. h.	3 h. tbsp.	110	74.81	5.85	23.8	6.12	56.7	22.25	91.2	172	156
Ingredients:												
2 c. milk.												
1 egg.												
3 tbsp. tapioca.												
2 " sugar.												
Tapioca and apples.												
Ingredients:	a. h.	2 "	100	70.86	.21	.9	.22	2.1	28.58	116.9	120	120
9 small apples.												
1 c. sugar.												
1 lemon.												
$\frac{2}{3}$ c. tapioca.												
2 c. water.												
D. Miscellaneous.												
Banana, peeled, baked	a. h.	1 banana.	100	65.30	1.30	5.3	.60	5.6	32.00	131.2	142	142
with 1 h. tsp. sugar.	a. h.	1 "	125	96.82	1.40	5.7	.70	6.5	25.03	102.6	115	92
Banana, baked in skin.												

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
D. <i>Miscellaneous</i> — Con- tinued.												
Blanc Mange I	a. h.	2 h. tbsp.	90	62.81	4.76	19.5	4.91	45.7	16.83	69.0	134	149
Ingredients:												
1 h. tbsp. corn- starch.												
1 h. tbsp. sugar.												
1 egg.												
1 c. milk.												
1 tbsp. sherry.												
Blanc Mange II.	a. h.	2 " "	100	85.70	3.63	14.9	4.40	40.9	5.50	22.6	78	78
Ingredients:												
¼ c. Irish moss.												
2 c. milk.												
Served or cooked with												
1 tbsp. cream.												
1 h. tsp. sugar.												
Doughnuts	1 dough- nut.	d. 3½ in.	37	6.77	2.48	10.2	7.77	72.5	19.65	80.6	163	441

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
<i>D. Miscellaneous — Con- tinued.</i>												
Egg soufflé	a. h.	½ soufflé.	50	5.22	21.4	4.09	38.0	38.09	156.2	216	432
Ingredients: 2 eggs. ½ c. sugar. 1 tbsp. lemon juice												
Floating island	a. h.	3 h. tbsp.	80	55.28	7.48	30.7	7.62	70.9	13.50	55.4	157	196
Ingredients: ½ tsp. cornstarch. 1 h. tsp. sugar. 1 egg. 1 c. milk.												
Ginger snaps	1 ginger snap. a. h.	d. 2¼ in. 2 h. tbsp.	5 100	.32 66.09	.33 5.21	1.4 21.4	.43 10.16	4.0 94.5	3.80 17.73	15.6 72.7	21 189	418 189
Ice cream												
Ingredients: 3 c. milk. 1 c. cream. 3 eggs. ⅔ c. sugar. Vanilla.												

TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Water. Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
D. Miscellaneous — Con- tinued.												
Ladyfingers.....	1.	4 in.	20	3.00	1.76	7.2	1.00	9.3	14.12	57.9	74	371
Macaroons.....	1.	d. 2½ in.	10	1.23	.65	2.7	1.52	14.1	6.52	26.7	44	435
Molasses cookies....	1 cooky.	4x3 in.	20	1.24	1.44	5.9	1.74	16.2	15.14	62.1	84	421
Orange ice.....	a. h.	2 h. tbsp.	100	23.57	.94	3.9	.23	2.1	74.68	306.2	312	312
Ingredients: 2½ c. orange juice. ¼ c. lemon juice. 1½ c. sugar. 1 c. water. Rind 2 oranges.												
Prune soufflé.....	a. h.	2 h. tbsp.	85	61.53	3.31	13.6	.65	6.0	18.95	77.7	97	114
Ingredients: ½ c. stewed prunes (edible portion). White 1 egg.												
Sugar cookies.....	1 cooky.	d. 3 in.	11	.91	.77	3.2	1.12	10.4	8.05	33.0	47	423

TABLE II.—Continued.

Food stuffs.	Portion.	Quantity.	Weight. Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
D. <i>Miscellaneous</i> — Con- tinued.												
Sugar cookies, home made.....	1 cooky.	d. 2½ in.	5	.42	.35	1.4	.51	4.7	3.66	15.0	21	423
Spanish cream.....	a. h.	2 h. tbsp.	100	58.47	11.71	48.0	7.36	68.5	21.25	87.1	204	204
Ingredients: 1 h. tsp. gelatin. 2 h. tbsp. sugar. 1 c. milk. 1 egg. 1 tbsp. sherry.												
10. CONDIMENTS AND SAUCES.												
Caramel sauce.....	a. h.	2 tbsp.	40	15.00	25.00	102.5	103	258
Ingredients: ½ c. sugar. ½ c. water.												

TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight. Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Catsup, tomato.....	a. h.	1 tbsp.	20	16.56	.30	1.2	.04	.4	2.46	10.1	12	58
Chaud eau.....	a. h.	2 "	40	5.47	.01	.1	1.13	10.5	33.33	136.8	147	365
Ingredients: 1 c. sugar. 1 h. tsp. butter. $\frac{1}{2}$ c. water. Lemon juice.												
Cream sauce.....	a. h.	3 "	45	31.18	1.87	7.7	6.94	64.5	4.50	18.5	91	202
Ingredients: $1\frac{1}{2}$ c. milk. 2 h. tbsp. flour. 2 " butter.												
French dressing.....	a. h.	1 dsp.	11	4.00	8.00	74.4	74	673
Ingredients: 4 tbsp. olive oil. 1 " vinegar. $\frac{1}{4}$ tsp. salt. Pepper.												

TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Water. Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Hollandaise sauce	a. h.	2 tbsp.	40	18.65	1.85	7.6	17.37	161.5	.32	1.3	170	425
Ingredients: 1/2 c. butter. Yolks 2 eggs. 1 tsp. lemon juice. Salt, cayenne pepper. Mayonnaise dressing.												
Ingredients: 2 eggs. 2 c. olive oil. 1 tbsp. vinegar, or 1 " lemon juice. Salt, pepper, mustard.	a. h.	1 "	21	.84	.26	1.1	19.92	185.3	.05	.2	187	890
Olive oil		1 "	13				13.00	120.9			121	930
Olives, green		1 large.	9	3.80	.07	.3	1.82	16.9	.77	3.2	20	226
Wine sauce	a. h.	3 tbsp.	40	17.79	1.43	5.9	1.24	11.5	19.42	79.6	97	243
Ingredients: 1 egg. 1/2 c. sugar. 3 tbsp. milk. 2 " sherry.												

TABLE II.—Continued.

FOOD STUFFS.	Portion.	Quantity.	Weight.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Water. Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
11. MISCELLANEOUS SWEETS.												
Honey	1 tbsp.	30	5.46	.12	.5	24.36	100.0	101	335
Maple syrup	1 "	30	21.40	87.9	88	293
Sugar:												
Cube	1 cube.	7	7.00	28.7	29	410
Domino	1 domino.	6	6.00	24.6	25	410
Granulated	1 h. tsp.	10	10.00	41.0	41	410
Powdered	1 "	12	12.00	49.2	49	410
Maple	1 cake.	100	82.80	339.4	339	339
12. NUTS.												
Almonds	10 large.	15	.72	3.15	12.9	8.23	76.5	2.60	10.7	100	668
Brazil nuts	10 "	60	3.18	10.20	41.8	40.08	372.7	4.20	17.2	432	720
Chestnuts, roasted, as pur- chased	20 nuts.	50	18.90	2.60	10.7	2.25	20.9	17.70	72.6	104	208
Cocoanut	2x2x½ in.	34	4.79	1.94	8.0	17.20	160.0	9.49	38.9	207	608
Filberts	10 nuts.	10	.37	1.56	6.4	6.53	60.7	1.30	5.3	72	725
Peanuts, as purchased	15 "	30	2.07	5.85	24.0	8.73	81.2	5.55	22.8	128	427

TABLE II.—Continued.

Food Stuffs.	Portion.	Quantity.	Weight. Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Pecans.....	10 large.	30	.90	3.30	13.5	21.36	198.7	3.99	16.5	229	762
Pistachios.....	10 "	5	.21	1.12	4.6	2.70	25.1	.82	3.4	33	660
Walnuts.....	10 "	42	1.05	7.73	31.7	27.05	251.6	5.46	22.4	306	728
13. NON-ALCOHOLIC BEVERAGES.												
Cocoa.....	1 cup.	227	176.86	9.08	37.2	15.53	144.4	23.85	97.8	279	123
Ingredients:
1 h. tsp. cocoa.
1 " " sugar.
3/4 c. milk.
1 tbsp. cream.
Coffee or tea.....	1 "	246	217.17	2.80	11.5	7.64	71.1	17.83	73.1	156	64
Ingredients:
1/4 c. milk.
1 tbsp. cream.
2 cubes sugar.
Coffee or tea.

TABLE II.—Continued.

Food Stuffs	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Eggnog..... Ingredients: 1 egg, 1 h. tbsp. sugar, ¾ c. milk, 1 tbsp. sherry.	1 glass,	270	212.15	13.00	53.3	12.85	119.5	29.50	121.0	294	109
Lemonades: Egg lemonade..... Ingredients: 1 egg, 2 h. tbsp. sugar, 2 tbsp. lemon juice, ¼ c. water.	1 large glass.	314	259.20	6.70	27.5	5.25	48.8	42.35	173.6	250	80
Lemonade with white of egg..... Ingredients: White 1 egg, 2 h. tbsp. sugar, 2 tbsp. lemon juice, ¾ c. water.	" "	297	250.20	4.10	16.8	.08	.7	42.35	173.6	191	64

TABLE II.—*Concluded.*

FOOD STUFFS.	Portion.	Quantity.	Weight, Water.		Protein.		Fats.		Carbo- hydrates.		Total Calories.	Calories per 100 Grams.
			Grams.	Grams.	Grams.	Calor- ies.	Grams.	Calor- ies.	Grams.	Calor- ies.		
Lemonades—Continued.												
Plain lemonade		1 glass.	264	221.65					42.35	173.6	174	66
Ingredients:												
2 h. tsp. sugar.												
2 tsp. lemon juice.												
$\frac{3}{4}$ c. water.												
Malted milk ⁴		1 cup.	235	191.86	9.71	39.8	10.12	94.1	21.19	86.9	221	94
Ingredients:												
1 h. tsp. malted milk.												
$\frac{7}{8}$ c. milk.												
Mellin's Food ⁴		1 "	225	191.71	7.66	31.4	8.80	82.0	15.10	62.0	175	78
Ingredients:												
$\frac{1}{2}$ tsp. Mellin's Food.												
$\frac{7}{8}$ c. milk.												

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TABLE III.
ALCOHOLIC BEVERAGES.*

(The small numerals in the first column refer to the list of references on page 62.)

BEVERAGE.	Portion.	Quantity.	Alcohol.		Total Fuel Value.	Calories per 100 Grams.
			Per cent. by Weight.	Per cent.		
A. DISTILLED LIQUORS.						
Brandy, California	Cordial glass.	20 c.c.	45.80	0.45	65	325
Brandy, cherry	" "	20 "	44.00	.01	62	310
Brandy, cognac, pure French	" "	20 "	55.90	.02	78	390
Cocktail, Dry Martini	Cocktail glass.	75 "	21.30	6.21	131	175
Gin	" "	50 "	30.00	5.50	116	232

* The enormous variation in the composition of alcoholic liquors has made it exceedingly difficult to choose values which should be accurate and comparable. As a rule, the percentages given are averages of a large number of analyses and if not strictly accurate are as nearly so as it is possible to obtain them.

When no authority is given, the figures are averages of those published by one or more authorities and cited by König.

The total extractives are reckoned as sugar, notwithstanding the fact that they comprise other substances than carbohydrates in small amounts which cannot be classed as foods. The percentage of these, however, is so small that the error is negligible.

Alcohol is computed solely on the basis of its function as a food. It must not be overlooked that in more than very moderate quantities it acts as a drug instead, and when taken to excess this action may negative entirely its action as a food, or even interfere with the digestion and absorption of other foods.

TABLE III.—Continued.

BEVERAGE.	Portion.	Quantity.	Alcohol. Percent, by Weight.	Total Extracts. Per cent.	Total Fuel Value. Calories.	Calories per 100 Grams.
A. DISTILLED LIQUORS—Continued.						
Liquors:						
Benedictine ⁵	Cordial glass.	20 c.c.	42.40	35.00	88	440
Chartreuse ⁵	"	20 "	35.20	35.40	78	390
Curacao ⁵	"	20 "	42.00	27.90	82	410
Crème de Menthe	"	20 "	36.50	28.28	74	370
Kümmel	"	20 "	26.00	29.80	61	305
Rum	"	50 "	43.50	.13	153	306
Rum, pure Jamaica	"	50 "	69.61	.61	245	490
Whiskey, American, genuine ¹	"	50 "	43.00	.70	152	304
Whiskey, European ¹	"	50 "	39.00	137	274
B. WINES AND CIDERS.						
1. American Wines.						
California, red ²	Claret glass.	120 "	9.50	3.10	95	79
California, white ²	"	120 "	9.00	2.70	89	74
Sweet wines:						
Catawba ²	Sherry glass.	30 "	11.07	5.60	30	100
Champagne	Champagne glass.	135 "	8.27	9.74	132	98
Port, California	Sherry glass.	30 "	14.81	12.17	53	176
Sherry, California	"	30 "	14.67	5.53	38	126

TABLE III.—Continued.

BEVERAGE.	Portion.	Quantity.	Alcohol. Percent, by Weight.	Total Extracts. Per cent.	Total Fuel Value. Calories.	Calories per 100 Grams.
B. WINES AND CIDERS—Continued.						
<i>2. European Wines.</i>						
Champagne, dry	Champagne glass.	135 c.c.	10.42	2.36	112	83
French, red (claret)	Claret glass.	120 "	8.16	2.42	81	67
French, white	" "	120 "	9.48	3.03	95	79
Mosel and Saar, white	" "	120 "	7.36	2.31	73	61
Rhein, white	" "	120 "	8.12	2.91	83	69
<i>Sweet wines:</i>						
Champagne	Champagne glass.	135 "	9.50	12.88	161	119
Madeira	Sherry glass.	30 "	15.40	5.52	39	130
Malaga	" "	30 "	11.93	21.73	52	173
Marsala	" "	30 "	15.85	5.28	40	133
Port	" "	30 "	16.69	8.05	45	150
Sherry	" "	30 "	17.45	3.98	42	140
Tokay, fresh	" "	30 "	11.19	12.72	39	130
<i>3. Ciders.</i>						
American, sweet ³	Glass.	250 "	1.40	8.20	109	44
American, fermented ⁴	"	250 "	5.17	3.88	130	52

TABLE III.—*Concluded.*

BEVERAGE.	Portion.	Quantity.	Alcohol. Per cent. by Weight.	Total Extracts. Per cent.	Total Fuel Value. Calories.	Calories per 100 Grams.
G. MALT LIQUORS.						
1. <i>American.</i>						
Ale.....	Glass.	250 c.c.	6.02	4.86	155	62
Lager beer, bottled.....	"	250 "	4.53	4.96	130	52
Lager beer, draft.....	"	250 "	4.27	4.40	120	48
Porter.....	"	250 "	4.46	6.00	140	56
2. <i>European.</i>						
Ale.....	"	250 "	5.27	5.99	154	62
Bock beer.....	"	250 "	4.20	7.10	146	58
Export beer.....	"	250 "	4.29	6.50	142	57
Light beer.....	"	250 "	3.69	5.39	120	48
Munich, heavy beer.....	"	250 "	4.54	9.96	182	73
Pilsen, export beer.....	"	250 "	4.28	4.69	123	49
Porter (Stout).....	"	250 "	5.16	7.97	172	69
Weissbeer.....	"	250 "	2.79	5.29	103	41

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TABLE IV.
AVERAGE CHEMICAL COMPOSITION OF AMERICAN FOODS.*

Abstracted from Atwater and Bryant, United States Department of Agriculture, Office of Experiments Station, *Bulletin* No. 28, 1906.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
ANIMAL FOOD.												
A. BEEF.												
<i>Fresh.</i>												
Brisket.....	54.6	15.8	28.5						0.9	1,495	330	
Chuck, including shoulder.....	65.0	19.2	15.4						.9	1,005	222	
Flank.....	59.3	19.6	21.1						.9	1,255	277	
Loin.....	61.3	19.0	19.1						1.0	1,155	255	
Sirloin butt, as purchased.....	62.5	19.7	17.7						.9	1,115	246	
Porterhouse steak.....	60.0	21.9	20.4						1.0	1,270	280	
Sirloin steak.....	61.9	18.9	18.5						1.0	1,130	249	
Tenderloin, as purchased.....	59.2	16.2	24.4						.3	1,330	293	
Ribs.....	57.0	17.8	24.6						.9	1,370	302	
Round.....	67.8	20.9	18.6						1.1	835	184	
Rump.....	57.9	18.7	23.1						.9	1,325	292	

* Unless otherwise stated, the values in each case are for the edible portion only.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh—Continued.</i>												
Shank, fore.....	70.3	21.4	8.1						.9	740	163	
Shoulder and clod.....	68.9	20.0	10.3						1.1	805	177	
Forequarter.....	62.5	18.3	18.9						.9	1,135	250	
Hindquarter.....	62.2	19.3	18.3						.9	1,130	249	
<i>Beef Organs.</i>												
Brain.....	80.6	8.8	9.3						1.1	555	122	
Heart.....	62.6	16.0	20.4						1.0	1,160	256	
Kidney.....	76.7	16.6	4.8			0.4			1.2	520	115	
Beef liver.....	71.2	20.4	4.5			1.7			1.6	605	133	
Sweetbreads, as purchased.....	70.9	16.8	12.1						1.6	825	181	
Suet, as purchased.....	13.7	4.7	81.8						.3	3,540	780	
Tongue.....	70.8	18.9	9.2						1.0	740	163	
<i>Cooked.</i>												
Scraps, as purchased.....	23.2	21.4	51.7						3.5	2,580	569	
Roast, as purchased.....	48.2	22.3	28.6						1.3	1,620	357	
Pressed, as purchased.....	44.1	23.6	27.7						1.5	1,610	355	
Round steak, fat removed, as purchased.....	63.0	27.6	7.7						1.8	840	185	
Loin steak, tenderloin, broiled.....	54.8	23.5	20.4						1.2	1,300	287	
Sandwich meat, as purchased.....	58.3	28.0	11.0						2.8	985	217	

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Canned.</i>							
Boiled beef, as purchased	51.8	25.5	22.5	1.3	1,425	314
Corned beef	51.8	26.3	18.7	4.0	1,280	282
Dried beef, as purchased	44.8	39.2	5.4	11.2	960	212
Luncheon beef, as purchased	52.9	27.6	15.9	4.8	1,185	261
Roast beef, as purchased	58.9	25.9	14.8	1.3	1,105	243
Tongue, whole, as purchased	51.3	19.5	23.2	4.0	1,340	295
<i>Corned and Pickled.</i>							
Brisket	50.9	18.3	24.7	5.7	1,385	305
Flank	49.9	14.6	33.0	2.9	1,665	367
Plate	40.1	13.7	41.9	4.7	2,025	446
Rump	58.1	15.3	23.3	3.3	1,270	280
Mess beef, salted	37.0	12.6	44.5	6.5	2,110	465
Corned beef	53.6	15.6	26.2	4.9	1,395	308
Spiced beef, rolled, as purchased	30.0	12.0	51.4	6.8	2,390	527
Tongues, pickled	62.3	12.8	20.5	4.7	1,105	243
Tripe, as purchased	87.5	11.7	1.2	0.2	.3	270	60
Dried, salted and smoked	54.3	30.0	6.5	.4	9.1	840	185
<i>B. VEAL.</i>							
<i>Fresh.</i>							
Breast	68.2	20.3	11.0	1.0	840	185
Chuck	73.8	19.7	5.8	1.0	610	134

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh—Continued.</i>												
Flank, as purchased	66.9	20.1	12.7	1.0	910	201						
Leg.	71.7	20.7	6.7	1.1	670	146						
Loin	69.5	19.9	10.0	1.1	790	174						
Rib	69.8	20.2	9.4	1.1	775	170						
Rump	62.6	19.8	16.2	1.1	1,050	231						
Shank, hind	73.6	20.7	5.5	1.0	615	136						
Shoulder and flank, medium fat	65.2	19.7	14.4	1.1	975	215						
Forequarter	71.7	20.0	8.0	.9	710	157						
Hindquarter	70.9	20.7	8.3	1.0	735	160						
Heart, as purchased	73.2	16.8	9.6	1.0	720	159						
Kidneys, as purchased	75.8	16.9	6.4	1.3	585	129						
Liver	73.0	19.0	5.3	1.3	575	127						
Lungs	76.8	17.1	5.0	1.1	530	117						
C. LAMB.												
<i>Fresh.</i>												
Breast or chuck	56.2	19.1	23.6	1.0	1,350	298						
Leg, hind	58.6	18.6	22.6	1.0	1,300	287						
Loin, without kidney and tallow	53.1	18.7	28.3	1.0	1,540	340						
Neck	56.7	17.7	24.8	1.0	1,375	303						

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh—Continued.</i>												
Shoulder.....	51.8	18.1	29.7	1.0	1,590	351	
Forequarter.....	55.1	18.3	25.8	1.0	1,430	315	
Hindquarter.....	60.9	19.6	19.1	1.0	1,170	258	
Side, without tallow.....	58.2	17.6	23.1	1.1	1,300	287	
<i>Cooked.</i>												
Chops, broiled.....	47.6	21.7	29.9	1.3	1,665	367	
Leg, roast.....	67.1	19.7	12.78	900	198	
Tongue, spiced and cooked.....	67.4	13.9	17.85	1,010	223	
D. MUTTON.												
<i>Fresh.</i>												
Chuck, lean.....	64.7	17.8	16.39	1,020	225	
Chuck.....	48.2	14.6	36.88	1,825	402	
Flank.....	42.7	14.3	42.67	2,065	455	
Leg, hind.....	63.2	18.7	17.5	1.0	1,085	239	
Loin, without kidney or tallow.....	47.8	15.5	36.28	1,815	400	
Neck.....	56.6	16.7	26.3	1.0	1,420	313	
Shoulder.....	60.2	17.5	21.89	1,245	274	
Forequarter.....	52.9	15.6	30.99	1,595	352	

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.		Per Cent.		Per Cent.		Per Cent.		Per Cent.		Calories per Pound.	Calories per 100 Grams.
<i>Fresh—Continued.</i>												
Hindquarter	54.8	16.7	28.1	1,495	330
Side, including tallow	54.2	16.3	28.9	1,520	335
Side, not including tallow	53.6	16.2	29.8	1,560	344
Heart, as purchased	69.5	16.9	12.6	845	186
Kidneys, as purchased	78.7	16.5	3.2	440	97
Liver, as purchased	61.2	23.1	9.0	905	200
<i>Cooked.</i>												
Mutton, leg, roast	50.9	25.0	22.6	1,420	313
E. PORK.												
<i>Fresh.</i>												
Chuck, ribs and shoulder	51.1	17.3	31.1	1,635	360
Ham, fresh	50.1	15.7	33.4	1,700	375
Loin (chops)	50.7	16.4	32.0	1,655	365
Loin, tenderloin	66.5	18.9	13.0	900	198
Middle cuts	48.2	15.7	36.3	1,825	402
Shoulder	51.2	13.3	34.2	1,690	373
Side, lard and other fat included	29.4	9.4	61.7	2,780	611
Ham fat, as purchased	9.1	3.5	88.0	3,780	834
Feet	55.4	15.8	26.3	1,405	310

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Pickled, Salted and Smoked.</i>												
Ham, smoked.....	39.8	16.5	38.8	4.7	1,945	429	
Smoked, boiled, as purchased.....	51.3	20.2	22.4	6.1	1,320	291	
Smoked, fried, as purchased.....	36.6	22.2	33.2	5.8	1,815	400	
Luncheon, cooked, as purchased. Refuse—2.1	48.1	22.1	20.6	5.7	1,280	282	
Pigs' tongues, pickled.....	58.6	17.7	19.8	3.6	1,165	257	
Feet, pickled.....	68.2	16.3	14.8	3.9	930	205	
Salt pork, clear fat, as purchased.....	7.9	1.9	86.2	3.9	3,670	809	
Bacon, smoked.....	20.2	10.5	64.8	5.1	2,930	646	
Steak, cooked, as purchased.....	33.2	45.4	1.5	2,285	504	
F. SAUSAGE, as purchased.												
Arles.....	16.3	25.4	48.0	6.9	2,495	550	
Refuse—5.2	
Banquet.....	61.7	18.0	15.4	3.6	985	217	
Bologna.....	55.2	18.2	19.7	3.8	1,170	258	
Refuse—3.3	
Farmer.....	22.2	27.9	40.4	7.3	2,225	491	
Refuse—3.9	
Frankfort.....	57.2	19.6	18.6	3.4	1,170	258	
Holsteiner.....	25.1	28.7	36.5	4.2	2,135	471	
Refuse—2.2	
Lyons, pure ham.....	29.2	29.1	24.5	7.2	1,575	349	
Refuse—10.0	
Pork.....	39.8	13.0	44.2	2.2	2,125	468	

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.		Per Cent.		Per Cent.		Per Cent.		Per Cent.		Calories per Pound.	Calories per 100 Grams.
F. SAUSAGE, as purchased—Continued.												
Pork sausage meat.....	46.2	17.4	32.5	3.4	1,695	374	
Salmi.....	27.6	21.8	36.2	6.4	1,935	427	
Wienerwurst.....	43.9	28.0	22.1	1.6	4.4	1,485	327	
G. POULTRY.*												
<i>Fresh.</i>												
Chicken, broiler.....	69.7	20.7	8.3	1.1	890	196	
Giblets.....	72.8	18.7	6.1	1.3	730	161	
Capon.....	56.7	21.5	21.2	1.2	1,465	323	
Giblets.....	63.3	20.5	14.6	1.3	1,155	255	
Young.....	68.4	21.9	8.9	1.1	945	208	
Dark meat.....	70.1	20.8	8.2	1.2	850	187	
Light meat.....	70.3	21.9	7.4	1.1	835	184	
Giblets.....	71.0	19.8	6.4	1.3	810	179	
Liver.....	69.3	22.4	4.2	2.4	1.7	800	176	
Heart.....	72.0	20.7	5.5	1.4	770	170	
Gizzard.....	72.5	24.7	1.4	1.4	695	153	

* Woods. "Meats: Composition and Cooking." *Farmers' Bulletin*, No. 34, United States Department of Agriculture, 1904.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh—Continued.</i>												
Duck.....	61.1	18.3	19.0						1.3	1,290	284	
Meat, not including breast or giblets.....	55.5	17.4	26.1						1.0	1,540	340	
Breast.....	73.9	22.3	2.3						1.3	685	151	
Giblets.....	73.2	17.9	5.0						1.8	720	159	
Green goose.....	48.2	15.1	36.0						.9	1,940	428	
Meat, not including giblets.....	46.0	15.0	38.3						.8	2,030	448	
Giblets.....	68.7	22.3	7.3						1.4	995	219	
Goose.....	54.0	16.6	28.7						1.1	1,660	366	
Meat, not including giblets.....	51.8	16.2	31.5						1.0	1,755	387	
Giblets.....	70.0	20.1	8.2						1.7	910	201	
Gizzard.....	73.8	19.6	5.8						1.0	750	165	
Liver.....	62.6	16.6	15.9			3.7			1.2	1,175	259	
Guinea hen.....	69.1	23.1	6.5						1.3	870	192	
Meat, not including giblets.....	68.9	23.4	6.5						1.3	865	191	
Giblets.....	69.9	20.8	7.1						1.3	855	188	
Pheasant.....	69.9	24.4	4.8						1.1	830	183	
Meat, not including giblets.....	70.0	24.7	4.6						1.1	815	180	
Giblets.....	68.9	20.1	7.2						1.6	880	194	
Pigeon.....	64.0	22.8	11.0						1.5	1,060	234	
Meat, not including giblets.....	63.2	22.9	12.1						1.4	1,100	243	
Giblets.....	68.1	22.2	5.2						2.3	845	186	

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh—Continued.</i>												
Quail.....	65.9	25.0	6.8	935	206
Meat, not including giblets.....	66.3	25.4	7.0	945	208
Giblets.....	63.0	21.8	6.2	970	214
Squabs.....	58.0	18.6	22.1	1,430	315
Meat, not including giblets.....	56.6	18.5	23.8	1,470	324
Giblets.....	69.8	19.8	7.2	835	184
Turkey.....	57.4	22.2	18.9	1,385	305
Dark meat.....	57.0	21.4	20.6	1,435	316
Light meat.....	63.9	25.7	9.4	1,065	235
Giblets.....	56.7	17.7	23.5	1,480	326
Dark meat, cooked.....	53.7	39.2	4.3	1,200	265
Light meat, cooked.....	58.5	34.6	4.9	1,090	240
Young.....	66.1	24.9	8.7	1,015	224
Cooked.....	52.0	27.8	18.4	1,295	285
Heart.....	68.6	16.8	13.2	1,000	222
Liver.....	69.6	22.9	5.2	820	181
Gizzard.....	62.7	20.5	14.5	1,170	258
<i>Preserved Poultry Meat.</i>												
Smoked goose breast (including skin and fat).....	35.7	20.1	38.7	2,210	487

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Preserved—Continued.</i>							
Potted turkey	56.0	17.2	22.0	3.0	1,390	306
Potted chicken	56.1	19.4	20.3	2.5	1,390	306
Canned chicken soup	87.1	2.9	3.3	5.1	1.6	300	66
Canned chicken gumbo soup	91.0	2.4	.2	4.8	1.6	160	35
Canned boned chicken	57.6	27.7	12.8	2.2	1,245	274
Canned sandwich chicken	46.9	20.8	30.0	2.6	1,825	402
Canned sandwich turkey	47.4	20.7	29.2	2.7	1,790	395
H. FISH.							
<i>Fresh.</i>							
Bass, black, whole	76.7	20.6	1.7	1.2	455	103
Sea, whole	79.3	19.8	.5	1.4	390	86
Striped, whole	77.7	18.6	2.8	1.2	465	102
Blackfish, whole	79.1	18.7	1.3	1.1	405	89
Bluefish, entrails removed	78.5	19.4	1.2	1.3	410	90
Butterfish, whole	70.0	18.0	11.0	1.2	800	176
Cod, whole	82.6	16.5	.4	1.2	325	72
Steaks	79.7	18.7	.5	1.2	370	81
Eels, salt water	71.6	18.6	9.1	1.0	730	161
Flounder, whole	84.2	14.2	.6	1.3	290	64

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh</i> —Continued.												
Haddock, entrails removed.....	81.7	17.2			.3				1.2	335	74	
Hake, entrails removed.....	83.1	15.4			.7				1.0	315	69	
Halibut, steak or sections.....	75.4	18.6			5.2				1.0	565	125	
Herring, whole.....	72.5	19.5			7.1				1.5	660	146	
Mackerel, whole.....	73.4	18.7			7.1				1.2	645	142	
Muskellunge, whole.....	76.3	20.2			2.5				1.6	480	106	
Perch, white, whole.....	75.7	19.3			4.0				1.2	530	117	
White, whole, as purchased.....	28.4	7.3			1.5				.4	200	44	
Yellow, whole.....	79.3	18.7			.8				1.2	380	84	
Pickered, pike, whole.....	79.8	18.7			.5				1.1	370	81	
Pike, gray, whole*.....	80.8	17.9			.8				1.1	365	80	
Pompano, whole.....	72.8	18.8			7.5				1.0	665	147	
Porgy (scup), whole.....	75.0	18.6			5.1				1.4	560	123	
Red grouper, entrails removed.....	79.5	19.3			.6				1.1	385	85	
Red snapper, whole.....	78.5	19.7			1.0				1.3	410	90	
Salmon, whole.....	64.6	22.0			12.8				1.4	950	209	
Landlocked, whole, spent.....	77.7	17.8			3.3				1.2	470	104	
California, anterior sections.....	63.6	17.8			17.8				1.1	1,080	238	
Shad, whole.....	70.6	18.5			9.5				1.3	750	165	

* Not average.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh—Continued.</i>												
Roe, as purchased*	71.2	20.9	3.8						1.5	600	133	
Sheepshead, whole	75.6	20.1	3.7						1.2	530	117	
Smelt, whole	79.2	17.6	1.8						1.7	405	89	
Spanish mackerel, whole*	68.1	21.5	9.4						1.5	795	175	
Sturgeon, anterior sections*	78.7	18.1	1.9						1.4	415	91	
Tomcod, whole*	81.5	17.2	.4						1.0	335	74	
Trout, brook, whole	77.8	19.2	2.1						1.2	445	98	
Salmon, or lake	70.8	17.8	10.3						1.2	765	169	
Turbot	71.4	14.8	14.4						1.3	885	195	
Weakfish, whole*	79.0	17.8	2.4						1.2	430	95	
Whitefish, whole*	69.8	22.9	6.5						1.6	700	154	
<i>Preserved and Canned.</i>												
Cod, salt	53.5	25.4	0.3						24.7	410	90	
Salt, "boneless"	55.0	27.3	.3						19.0	490	108	
Haddock, smoked*	72.5	23.3	.2						3.6	440	97	
Halibut, smoked	49.4	20.7	15.0						15.0	1,020	225	
Herring, smoked*	34.6	36.9	15.8						13.2	1,335	299	
Mackerel, salt, dressed	43.4	17.3	26.4						12.9	1,435	316	
Salmon, canned	63.5	21.8	12.1						2.6	915	201	

* Not average.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Preserved and Canned—Continued.</i>												
Sardines, canned.....	52.3	23.0	19.7	5.6	1,260	278					
Sturgeon, caviare, pressed, Russian, as purchased*.....	38.1	30.0	19.7	7.6	4.6	1,530	337					
<i>Shellfish, etc., Fresh.</i>												
Clams, long, in shell.....	85.8	8.6	1.0	2.0	2.6	240	53					
As purchased.....	49.9	5.0	.6	1.1	1.5	140	31					
Round, in shell*.....	86.2	6.5	.4	4.2	2.7	215	47					
Round, removed from shell, as pur- chased*.....	80.8	10.6	1.1	5.2	2.3	340	75					
Crabs, hardshell, whole*.....	77.1	16.6	2.0	1.2	3.1	415	91					
As purchased*.....	36.7	7.9	.9	.6	1.5	195	43					
Refuse—52.4.....	79.2	16.4	1.8	4	2.2	390	86					
Lobster, whole.....	84.2	8.7	1.1	4.1	1.9	285	63					
Mussels, in shell.....	86.9	6.2	1.2	3.7	2.0	235	52					
Oysters, in shell.....	88.3	6.0	1.3	3.3	1.1	230	51					
Solids, as purchased.....	80.3	14.8	1	3.4	1.4	345	76					
Scallops, as purchased.....	74.5	21.2	3.5	1.0	545	120					
Terrapin*.....	79.8	19.8	.5	1.2	390	86					
Turtle, green, whole*.....												

* Not average.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.		Per Cent.		Per Cent.		Per Cent.		Per Cent.		Calories per Pound.	Calories per 100 Grams.
<i>Shellfish, etc., Canned, as purchased.</i>												
Crabs.....	80.0		15.8		1.5		.7		2.0		370	81
Lobster.....	77.8		18.1		1.1		.5		2.5		390	86
Oysters.....	83.4		8.8		2.4		3.9		1.5		335	74
Shrimps*.....	70.8		25.4		1.0		.2		2.6		520	115
I. EGGS.												
Hens', uncooked.....	73.7		13.4		10.5			1.0		720	159
Boiled.....	73.2		13.2		12.0	8		765	169
Boiled whites.....	86.2		12.3		.2	6		250	55
Boiled yolks.....	49.5		15.7		33.3			1.1		1,705	376
J. DAIRY PRODUCTS, ETC., as purchased.												
Butter.....	11.0		1.0		85.0			3.0		3,605	795
Buttermilk.....	91.0		3.0		.5		4.8		.7		165	36
Cheese, American, pale.....	31.6		28.8		35.9		.3		3.4		2,055	453
American, red.....	28.6		29.6**		38.3			3.5		2,165	477
Boudon.....	55.2		15.4		20.8		1.6		7.0		1,195	263
California flat.....	34.0		24.3		33.4		4.5		3.8		1,945	429
Cheddar.....	27.4		27.7		36.8		4.1		4.0		2,145	473

** Determined by difference.

* Not average.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
J. DAIRY PRODUCTS, ETC., as purchased—Con- tinued.												
Cheese, Cheshire.....	37.1	26.9	30.7	9	4.4	1,810	399					
Cottage.....	72.0	20.9	1.0	4.3	1.8	510	112					
Crown brand cream.....	31.4	5.2	58.0	2.2	3.2	2,585	570					
Dutch.....	35.2	37.1**	17.7	10.0	1,435	316					
Fromage de Brie.....	60.2	15.9	21.0	1.4	1.5	1,210	267					
Full cream.....	34.2	25.9	33.7	2.4	3.8	1,950	430					
Imitation full cream, Ohio.....	37.9	25.9**	31.7	4.5	1,820	401					
Imitation old English.....	20.7	30.1	42.7	1.3	5.2	2,385	526					
Limburger.....	42.1	23.0	29.4	4	5.1	1,675	369					
Neuchatel.....	50.0	18.7	27.4	1.5	2.4	1,530	337					
Pineapple.....	23.0	29.9	38.9	2.6	5.6	2,245	495					
Roquefort.....	29.3	22.6	29.5	1.8	6.8	1,700	375					
Swiss.....	31.4	27.6	24.9	1.3	4.8	2,010	443					
Cream.....	74.0	2.5	18.5	4.5	0.5	910	201					
Koumiss.....	89.3	2.8	2.1	5.4	4	240	53					
Milk, condensed, sweetened.....	26.9	8.8	8.3	54.1	1.9	1,520	335					
Condensed, unsweetened, "evaporated cream".....	68.2	9.6	9.3	11.2	1.7	780	172					

**Determined by difference.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
J. DAIRY PRODUCTS, ETC., as purchased—Con- tinued.												
Milk, skimmed	90.5	3.4	.3	5.1					.7	170	37	
Whole	87.0	3.3	4.0	5.0					.7	325	72	
Whey	93.0	1.0	.3	5.0					.7	125	28	
K. MISCELLANEOUS, as purchased.												
Gelatin	13.6	91.4	.1						2.1	1,705	376	
Calf's-foot jelly*	77.6	4.3		17.4					.7	405	89	
Isinglass, sturgeon*	19.0	89.3	1.6						2.0	1,730	381	
Lard, refined*			100.0							4,220	930	
Tallow, refined*			100.0							4,220	930	
Cottolene*			100.0							4,220	930	
Oleomargarine	9.5	1.2	83.0						6.3	3,525	777	
Beef juice*	93.0	4.9	.6						1.5	115	25	
VEGETABLE FOOD.												
A. FLOUR, MEALS, ETC.												
Barley meal and flour	11.9	10.5	2.2	72.8					2.6	1,640	362	
Pearled	11.5	8.5	1.1	77.8					1.1	1,650	364	
Buckwheat flour	13.6	6.4	1.2	77.9					.9	1,620	357	

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
A. FLOUR, MEALS, ETC.—Continued.												
Corn meal, granular.....	12.5	9.2	1.9	75.4	1.0	1,655	365					
Unbolted.....	11.6	8.4	4.7	74.0	1.3	1,730	381					
Pop corn.....	4.3	10.7	5.0	78.7	1.3	1,875	413					
Corn preparations:												
Cerealine.....	10.3	9.6	1.1	78.3	.7	1,680	370					
Hominy.....	11.8	8.3	.6	79.0	.3	1,650	364					
Cooked*.....	79.3	2.2	.2	17.8	.5	380	84					
Parched.....	5.2	11.5	8.4	72.3	2.6	1,915	422					
Oatmeal.....	7.3	16.1	7.2	67.5	1.9	1,860	410					
Boiled*.....	84.5	2.8	.5	11.5	.7	285	63					
Gruel.....	91.6	1.2	.4	6.3	.5	155	34					
Water.....	96.0	.7	.1	2.9	.3	70	15					
Rolled oats.....	7.7	16.7	7.3	66.2	2.1	1,850	408					
Rice.....	12.3	8.0	.3	79.0	.4	1,630	359					
Boiled.....	72.5	2.8	.1	24.4	.2	510	112					
Flaked.....	9.5	7.9	.4	81.9	.3	1,685	371					
Flour.....	8.5	8.6	6.1	68.0	8.8	1,680	370					
Rye flour.....	12.9	6.8	.9	78.7	.7	1,630	359					
Meal*.....	11.4	13.6	2.0	71.5	1.5	1,165	367					

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per 100 Grams.	Calories per Pound.	Calories per 100 Grams.
A. FLOUR, MEALS, ETC.—Continued.												
Wheat flour, California fine	13.8	7.9	1.4	76.4	.5	1,625	358					
Entire wheat	11.4	13.8	1.9	71.9	1.0	1,675	369					
Gluten	12.0	14.2	1.8	71.1	.9	1,665	367					
Graham	11.3	13.3	2.2	71.4	1.8	1,670	368					
Prepared (self-raising)	10.8	10.2	1.2	73.0	4.8	1,600	353					
Patent roller process, family and straight grade, all analyses	12.8	10.8	1.1	74.8	.5	1,640	362					
Wheat Preparations:												
Cracked and crushed	10.1	11.1	1.7	75.5	1.6	1,685	371					
Farina	10.9	11.0	1.4	76.3	.4	1,685	371					
Flaked	8.7	13.4	1.4	74.3	2.2	1,690	373					
Gems	10.4	10.5	2.0	76.0	1.1	1,695	374					
Glutens	8.9	13.6	1.7	74.6	1.2	1,715	378					
Macaroni	10.3	13.4	.9	74.1	1.3	1,665	367					
Cooked*	78.4	3.0	1.5	15.8	1.3	415	91					
Noodles	10.7	11.7	1.0	77.6	1.0	1,665	367					
Shredded	8.1	10.5	1.4	77.9	2.1	1,700	375					
Spaghetti	10.6	12.1	.4	76.3	.6	1,660	366					
Vermicelli	11.0	10.9	2.0	72.0	4.1	1,625	358					

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
B. BREAD, CRACKERS, PASTRY, ETC., as pur- chased.												
Bread:												
Brown.....	43.6	5.4	1.8	47.1	2.1	1,050	231					
Corn (johnnycake).....	38.9	7.9	4.7	46.3	2.2	1,025	266					
Rye.....	35.7	9.0	.6	53.2	1.5	1,180	260					
Wheat:												
Buns.....	29.0	6.3	6.5	57.3	.9	1,455	321					
Cinnamon*.....	23.6	9.4	7.2	59.1	.7	1,575	347					
Currant*.....	27.5	6.7	7.6	57.6	.6	1,515	334					
Hot cross*.....	36.7	7.9	4.8	49.7	.9	1,275	281					
Sugar.....	29.6	8.1	6.9	54.2	1.2	1,450	320					
Gluten.....	38.2	9.3	1.4	49.8	1.3	1,160	256					
Graham.....	35.7	8.9	1.8	52.1	1.5	1,210	267					
Biscuit, home made.....	32.9	8.7	2.6	55.3	.5	1,300	287					
Soda*.....	22.9	9.3	13.7	52.6	1.5	1,730	381					
Rolls, French.....	32.0	8.5	2.5	55.7	1.3	1,300	287					
Vienna*.....	31.7	8.5	2.2	56.5	1.1	1,300	287					
All analyses.....	29.2	8.9	4.1	56.7	1.1	1,395	308					
Toasted.....	24.0	11.5	1.6	61.2	1.7	1,420	313					

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
Bread—Continued.												
White, biscuit.....	35.2	8.0	1.4	54.3	1.1	1,220	269					
White, home made.....	35.0	9.1	1.6	53.3	1.0	1,225	270					
White, all analyses.....	35.3	9.2	1.3	53.1	1.1	1,215	268					
Whole wheat.....	38.4	9.7	.9	49.7	1.3	1,140	251					
Zwieback.....	5.8	9.8	9.9	73.5	1.0	1,970	434					
Crackers:												
Boston (split).....	7.5	11.0	8.5	71.1	1.9	1,885	416					
Butter.....	7.2	9.6	10.1	71.6	1.5	1,935	427					
Cream.....	6.8	9.7	12.1	69.7	1.7	1,990	439					
Egg.....	5.8	12.6	14.0	66.6	1.0	2,060	454					
Graham.....	5.4	10.0	9.4	73.8	1.4	1,955	429					
Oatmeal.....	6.3	11.8	11.1	69.0	1.8	1,970	434					
Oyster.....	4.8	11.3	10.5	70.5	2.9	1,965	433					
Pilot.....	8.7	11.1	5.0	74.2	1.0	1,800	397					
Pretzels.....	9.6	9.7	3.9	72.8	4.0	1,700	375					
Saltines.....	5.6	10.6	12.7	68.5	2.6	2,005	442					
Soda.....	5.9	9.8	9.1	73.1	2.1	1,925	424					
Water.....	6.4	11.7	5.0	75.7	1.2	1,835	405					
All analyses.....	6.8	10.7	8.8	71.9	1.8	1,905	420					

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
Cake:							
Baker's	31.4	6.3	4.6	56.9	.8	1,370	302
Chocolate layer*	20.5	6.2	8.1	64.1	1.1	1,650	364
Drop*	16.6	7.6	14.7	60.3	.8	1,885	316
Frosted	18.2	5.9	9.0	64.8	2.1	1,695	374
Fruit	17.3	5.9	10.9	64.1	1.8	1,760	388
Gingerbread	18.8	5.8	9.0	63.5	2.9	1,670	368
Sponge	15.3	6.3	10.7	65.9	1.8	1,795	396
All analyses, except fruit	19.9	6.3	9.0	63.3	1.5	1,675	369
Cookies, Cakes, etc.:							
Molasses cookies	6.2	7.2	8.7	75.7	2.2	1,910	421
Sugar cookies	8.3	7.0	10.2	73.2	1.3	1,920	423
All analyses	8.1	7.0	9.7	73.7	1.5	1,910	421
Ginger snaps	6.3	6.5	8.6	76.0	2.7	1,895	418
Lady fingers	15.0	8.8	5.0	70.6	.6	1,685	371
Macaroons	12.3	6.5	15.2	65.2	.8	1,975	435
Wafers, miscellaneous	6.6	8.7	8.6	74.5	1.6	1,910	421
All analyses	6.6	7.6	11.6	72.9	1.3	1,985	438
Doughnuts	18.3	6.7	21.0	53.1	.9	2,000	441

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
Pie:												
Apple.....	42.5	3.1	9.8	42.8	1.8	1,270	280					
Cream.....	32.0	4.4	11.4	51.2	1.0	1,515	334					
Custard*	62.4	4.2	6.3	26.1	1.0	830	183					
Lemon*	47.4	3.6	10.1	37.4	1.5	1,190	262					
Mince.....	41.3	5.8	12.3	38.1	2.5	1,335	294					
Squash*	64.2	4.4	8.4	21.7	1.3	840	185					
Puddings:												
Indian meal*	60.7	5.5	4.8	27.5	1.5	815	180					
Rice custard*	59.4	4.0	4.6	31.4	.6	825	182					
Tapioca.....	64.5	3.3	3.2	28.2	.8	720	159					
Tapioca, with apples*	70.1	.3	.1	29.3	.2	555	122					
C. SUGARS, STARCHES, ETC., as purchased.												
Candy.....	96.0	1,785	391					
Honey.....	18.2	.4	81.2	.2	1,520	335					
Molasses, cane.....	25.1	2.4	69.3	3.2	1,290	284					
Starch, tapioca.....	11.4	.4	.1	88.0	.1	1,650	364					
Sugar, coffee or brown.....	95.0	1,765	389					
Granulated.....	100.0	1,860	410					

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.	Ash.	Fuel Value.		
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.			Calories per Pound.	Calories per 100 Grams.	
C. SUGAR, STARCH, ETC., as purchased—Con- tinued.											
Sugar, maple.....							82.8			1,540	339
Powdered.....							100.0			1,860	410
Sirup, maple.....							71.4			1,330	293
D. VEGETABLES.											
Artichokes, as purchased.....	79.5	2.6			2	16.7		1.0		365	80
Asparagus, fresh, as purchased.....	94.0	1.8			2	3.3		.7		105	21
Cooked, as purchased*.....	91.6	2.1			3	2.2		.8		220	48
Beans, butter, green.....	58.9	9.4			6	29.1		2.0		740	163
Dried, as purchased.....	12.6	22.5			1	59.6		3.5		1,605	354
Lima, dried, as purchased.....	10.4	18.1			1	65.9		4.1		1,625	358
Lima, fresh.....	68.5	7.1			7	22.0		1.7		576	127
String, cooked*.....	95.3	8			1	1.9		.9		95	21
String, fresh, as purchased.....	83.0	2.1			3	6.9		.7		180	40
Beets, cooked*.....	88.6	2.3			1	7.4		1.6		185	41
Cabbage.....	91.5	1.6			3	5.6		1.0		145	32
Carrots, fresh.....	88.2	1.1			4	9.3		1.0		210	46
Cauliflower, as purchased.....	92.3	1.8			5	4.7		.7		140	31

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.		Per Cent.		Per Cent.		Per Cent.		Per Cent.		Calories per 100 Grams.	Calories per Pound.
D. VEGETABLES—Continued.												
Celery.....	94.5		1.1		1		3.3		1.0		19	85
Corn, green.....	75.4		3.1		1.1		19.7		.7		104	470
Cucumbers.....	95.4		.8		.2		3.1		.5		18	80
Eggplant*.....	92.9		1.2		.3		5.1		.5		29	130
Greens, beet, cooked, as purchased*.....	89.5		2.2		3.4		3.2		1.7		54	245
Dandelion, as purchased*.....	81.4		2.4		1.0		10.6		4.6		63	285
Lentils, dried, as purchased.....	8.4		25.7		1.0		59.2		5.7		357	1,620
Lettuce.....	94.7		1.2		.3		2.9		.9		20	90
Mushrooms, as purchased.....	88.1		3.5		.4		6.8		1.2		46	210
Okra.....	90.2		1.6		.2		7.4		.6		39	175
Onions, fresh.....	87.6		1.6		.3		9.9		.6		49	225
Cooked, prepared, as purchased*.....	91.2		1.2		1.8		4.9		.9		42	190
Parsnips.....	83.0		1.6		.5		13.5		1.4		66	300
Peas, dried, as purchased.....	9.5		24.6		1.0		62.0		2.9		365	1,655
Green.....	74.6		7.0		.5		16.9		1.0		102	465
Green, cooked, as purchased*.....	73.8		6.7		3.4		14.6		1.5		119	540
Potatoes, raw or fresh.....	78.3		2.2		.1		18.4		1.0		85	385
Cooked, boiled, as purchased.....	75.5		2.5		.1		20.9		1.0		97	440
Cooked, chips, as purchased.....	2.2		6.8		39.8		46.7		4.5		589	2,675

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
D. VEGETABLES—Continued.												
Potatoes, cooked, mashed and creamed, as purchased	75.1	2.6	3.0	17.8	1.5	505	111					
Sweet, raw or fresh	69.0	1.8	.7	27.4	1.1	570	126					
Sweet, cooked and prepared, as pur- chased*	51.9	3.0	2.1	42.1	.9	925	204					
Pumpkins	93.1	1.0	.1	5.2	.6	120	26					
Radishes	91.8	1.3	1.1	5.8	1.0	135	30					
Rhubarb	94.4	.6	.7	3.6	.7	105	23					
Sauerkraut, as purchased	88.8	1.7	.5	3.8	5.2	125	28					
Spinach, fresh, as purchased	92.3	2.1	.3	3.2	2.1	110	24					
Cooked, as purchased*	89.8	2.1	4.1	2.6	1.4	260	57					
Squash	88.3	1.4	.5	9.0	.8	215	47					
Tomatoes, fresh, as purchased	94.3	.9	.4	3.9	.5	105	23					
Turnips	89.6	1.3	.2	8.1	.8	185	41					
<i>Canned, as purchased.</i>												
Asparagus	94.4	1.5	1.1	2.8	1.2	85	19					
Beans, baked	68.9	6.9	2.5	19.6	2.1	600	132					
String	93.7	1.1	1.1	3.8	1.3	95	21					
Little, green*	93.8	1.2	1.1	3.4	1.5	90	20					

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water. Per Cent.	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Canned, as purchased—Continued.</i>							
Beans, haricots verts.....	95.2	1.1	.1	2.5	1.1	70	15
Lima.....	79.5	4.0	.3	14.6	1.6	360	79
Red kidney*.....	72.7	7.0	.2	18.5	1.6	480	106
Brussels sprouts*.....	93.7	1.5	.1	3.4	1.3	95	21
Corn, green.....	76.1	2.8	1.2	19.0	.9	455	103
Okra.....	94.4	.7	.1	3.6	1.2	85	19
Peas, green.....	85.3	3.6	.2	9.8	1.1	255	56
Pumpkins.....	91.6	.8	.2	6.7	.7	150	33
Squash.....	87.6	.9	.5	10.5	.5	235	52
Succotash.....	75.9	3.6	1.0	18.6	.9	455	103
Tomatoes.....	94.0	1.2	.2	4.0	.6	105	23
<i>E. PICKLES, CONDIMENTS, ETC., as purchased.</i>							
Catsup, tomato.....	82.8	1.5	.2	12.3	3.2	265	58
Horse-radish.....	86.4	1.4	.2	10.5	1.5	230	51
Olives, green.....	42.3	.8	20.2	8.5	1.2	1,025	226
Ripe*.....	52.4	1.4	21.0	3.5	2.7	975	215
".....	19.0	.5	.3	2.7	3.6	70	15
Pickles, cucumber.....	92.9	.5	.3	2.7	3.6	70	15

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
E. PICKLES, CONDIMENTS, ETC., as purchased— Continued												
Pickles, mixed*	93.8	1.1	.4	.4	.4	4.0	.7	110	24			
Spiced*	77.1	.4	.1	.1	.1	20.7	1.7	395	87			
F. FRUITS, BERRIES, ETC. <i>Fresh.</i>												
Apples:												
Edible portion	84.6	.4	.5	.5	.5	14.2	.3	290	64			
As purchased	63.3	.3	.3	.3	.3	10.8	.3	220	49			
Refuse—25.0	85.0	1.1	13.4	.5	270	59			
Apricots												
Bananas, yellow:												
Edible portion	75.3	1.3	.6	.6	.6	22.0	.8	460	101			
As purchased	48.9	.8	.4	.4	.4	14.3	.6	300	66			
Refuse—35.0	86.3	1.3	1.0	1.0	1.0	10.9	.5	270	15			
Blackberries, as purchased	76.8	.9	.8	.8	.8	15.9	.6	345	76			
Cherries, as purchased	88.9	.4	.6	.6	.6	9.9	.2	215	47			
Cranberries, as purchased	85.0	1.5	12.8	.7	265	58			
Currants, as purchased*	79.1	1.5	18.8	.6	380	84			
Figs, fresh, as purchased	58.0	1.0	1.2	1.2	1.2	14.4	.4	335	74			
Grapes, as purchased
Refuse—25.0

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh</i> —Continued.												
Huckleberries*	81.9	.6	.6	.6	.6	16.6	.3	345	76			
Lemons:												
Edible portion	89.3	1.0	.7	.7	.7	8.5	.5	205	45			
As purchased	62.5	.7	.5	.5	.5	5.9	.4	145	32			
Refuse—30.0						9.8		180	40			
Lemon juice												
Muskmelons:												
Edible portion*	89.5	.6	.6	.6	.6	9.3	.6	185	41			
As purchased*	44.8	.3	.3	.3	.3	4.6	.3	90	20			
Refuse—50.0						15.9	.6	305	67			
Nectarines*	82.9	.6	.6	.6	.6							
Oranges:												
Edible portion	86.9	.8	.2	.2	.2	11.6	.5	240	53			
As purchased	63.4	.6	.1	.1	.1	8.5	.4	170	37			
Refuse—27.0												
Peaches:												
Edible portion	89.4	.7	.1	.1	.1	9.4	.4	190	42			
As purchased	73.3	.5	.1	.1	.1	7.7	.3	155	34			
Refuse—18.0												
Pears:												
Edible portion	84.4	.6	.5	.5	.5	14.1	.4	295	65			
As purchased	76.0	.5	.4	.4	.4	12.7	.4	260	57			
Refuse—10.0						31.5	.9	630	139			
Persimmons*	66.1	.8	.7	.7	.7							

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Fresh—Continued.</i>												
Pineapple*	89.3	.4			.3		9.7		.3	200	44	
Plums:												
Edible portion	78.4	1.0					20.1		.5	395	87	
As purchased	74.5	.9					19.1		.5	370	81	
Refuse—5.0												
Pomegranates	76.8	1.5			1.6		19.5		.6	460	101	
Prunes	79.6	.9					18.9		.6	370	81	
Raspberries, red, as purchased*	85.8	1.0					12.6		.6	255	56	
Raspberries, black	84.1	1.7			1.0		12.6		.6	310	68	
Raspberry juice*	49.3	.5					49.9		.3	935	206	
Strawberries	90.4	1.0			.6		7.4		.6	180	40	
Watermelons:												
Edible portion	92.4	.4			.2		6.7		.3	140	31	
As purchased	37.5	.2			.1		2.7		.1	60	13	
Refuse—59.4												
<i>Dried.</i>												
Apples, as purchased	28.1	1.6			2.2		66.1		2.0	1,350	298	
Apricots, as purchased	29.4	4.7			1.0		62.5		2.4	1,290	284	
Citrus, as purchased	19.0	.5			1.5		78.1		.9	1,525	336	
Currants, Zante, as purchased	17.2	2.4			1.7		74.2		4.5	1,495	330	
Dates	15.4	2.1			2.8		78.4		1.3	1,615	356	

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Dried—Continued.</i>												
Figs, as purchased	18.8	4.3	3	74.2	2.4	1,475	325					
Pears, as purchased*	16.5	2.8	5.4	72.9	2.4	1,635	360					
Prunes	22.3	2.1	73.3	2.3	1,400	309					
Raisins	14.6	2.6	3.3	76.1	3.4	1,605	354					
Raspberries, as purchased*	8.1	7.3	1.8	80.2	2.6	1,705	377					
<i>Canned; and Jellies, Preserves, etc., as pur- chased.</i>												
Apples, crab*	42.4	3	2.4	54.4	.5	1,120	247					
Apple sauce*	61.1	.2	.8	37.2	.7	730	161					
Apricots*	81.4	1.9	17.3	.4	340	75					
Apricot sauce*	45.2	1.9	1.3	48.8	2.8	1,000	220					
Blackberries	40.0	.8	2.1	56.4	.7	1,150	254					
Blueberries	85.6	.6	.6	12.8	.4	275	61					
Cherries*	77.2	1.1	1	21.1	.5	415	91					
Cherry jelly*	21.0	1.1	77.2	.7	1,455	321					
Figs, stewed	56.5	1.2	3	40.9	1.1	785	173					
Marmalade (orange peel)*	14.5	.6	.1	84.5	.3	1,585	349					
Peaches	88.1	.7	1	10.8	.3	220	49					
Pears	81.1	.3	.3	18.0	.3	355	78					

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
<i>Canned; and Jellies, Preserves, etc., as pur- chased—Continued.</i>												
Pineapples*	61.8	.4	.7	36.4	.7	715	158					
Prune sauce*	76.6	.5	.1	22.3	.5	430	95					
Strawberries, stewed*	74.8	.7	24.0	.5	460	101					
Tomato preserves*	40.9	.7	.1	57.6	.7	1,090	230					
G. NUTS.												
Almonds.....	4.8	21.0	54.9	17.3	2.0	3,030	668					
Beechnuts*	4.0	21.9	57.4	13.2	3.5	3,075	678					
"Bioties" (acorns), (<i>Quercus emoryi</i>)*	4.1	8.1	37.4	48.0	2.4	2,620	578					
Brazil nuts (<i>Bertholletia excelsa</i>)*	5.3	17.0	66.8	7.0	3.9	3,265	720					
Butternuts (<i>Juglans cinerea</i>)*	4.4	27.9	61.2	3.5	2.9	3,165	698					
Chestnuts:												
Edible portion.....	45.0	6.2	5.4	42.1	1.3	1,125	246					
As purchased.....	37.8	5.2	4.5	35.4	1.1	945	208					
Refuse—16.0	14.1	5.7	50.6	27.9	1.7	2,760	608					
Cocoonuts*												
Cocoonut without milk, as purchased	8.9	3.6	31.7	17.5	1.0	1,730	381					
Refuse—37.3	92.7	.4	1.5	4.6	.8	155	34					

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
G. NUTS—Continued.												
Cocoanut, prepared, as purchased	3.5	6.3	57.4	31.5	1.3	3,125	689					
Filberts*	3.7	15.6	65.3	13.0	2.4	3,290	725					
Hickory nuts*	3.7	15.4	67.4	11.4	2.1	3,345	737					
Lichi nuts*	17.9	2.9	.2	77.5	1.5	1,505	332					
Peanuts:												
Edible portion	9.2	25.8	38.6	24.4	2.0	2,560	564					
As purchased Refuse—24.5	6.9	19.5	29.1	18.5	1.5	1,935	427					
Peanut butter, as purchased	2.1	29.3	46.5	17.1	5.0	2,825	623					
Pecans, polished*	3.0	11.0	71.2	13.3	1.5	3,455	762					
Unpolished*	2.7	9.6	70.5	15.3	1.9	3,435	757					
Pistachios, first quality, shelled*	4.2	22.3	54.0	16.3	3.2	2,995	660					
Walnuts, California*	2.5	18.4	64.4	13.0	1.7	3,300	728					
H. MISCELLANEOUS, as purchased.												
Chocolate	5.9	12.9	48.7	30.3	2.2	2,860	631					
Cocoa	4.6	21.6	28.9	37.7	7.2	2,320	511					
Cereal coffee infusion (1 part boiled in 20 parts water)	98.2	.2	1.4	.2	30	7					
Yeast, compressed*	65.1	11.7 4	21.0	1.8	625	138					

* One analysis.

TABLE IV.—Continued.

FOOD MATERIALS.	Water.		Protein.		Fat.		Carbo- hydrates.		Ash.		Fuel Value.	
	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Per Cent.	Calories per Pound.	Calories per 100 Grams.	
UNCLASSIFIED FOOD MATERIALS. ANIMAL AND VEGETABLE.												
A. SOUPS, HOME MADE, as purchased.												
Beef.....	92.9	4.4	4.4	.4	1.1	1.2	120	26				
Bean*	84.3	3.2	1.4	1.7	9.4	295	65					
Chicken*	84.3	10.5	.8	2.0	2.4	275	61					
Clam chowder.....	88.7	1.8	.8	2.0	6.7	195	43					
Meat stew.....	84.5	4.6	4.3	1.1	5.5	370	81					
<i>Canned, as purchased.</i>												
Asparagus, cream of*	87.4	2.5	3.2	1.4	5.5	285	63					
Bouillon.....	96.6	2.2	.1	.9	2	50	11					
Celery, cream of*	88.6	2.1	2.8	1.5	5.0	250	55					
Chicken gumbo.....	89.2	3.8	.9	1.4	4.7	195	43					
Chicken.....	93.8	3.6	.1	1.0	1.5	100	22					
Consommé*.....	96.0	2.5	1.1	.4	55	12					
Corn, cream of*.....	86.8	2.5	1.9	1.0	7.8	270	59					
Julienne*.....	95.9	2.79	.5	60	13					
Mock turtle.....	89.8	5.2	.9	1.3	2.8	185	41					
Mulligatawny.....	89.3	3.7	.1	1.2	5.7	180	40					

* One analysis.

TABLE IV.—Concluded.

FOOD MATERIALS.	Water. Per Cent	Protein. Per Cent.	Fat. Per Cent.	Carbo- hydrates. Per Cent.	Ash. Per Cent.	Fuel Value.	
						Calories per Pound.	Calories per 100 Grams.
<i>Canned, as purchased—Continued.</i>							
Oxtail.....	88.8	4.0	1.3	4.3	1.6	210	46
Pea.....	86.9	3.6	.7	7.6	1.2	235	52
Pea, cream of green*	87.7	2.6	2.7	5.7	1.3	270	60
Tomato.....	90.0	1.8	1.1	5.6	1.5	185	41
Turtle, green.....	86.6	6.1	1.9	3.9	1.5	265	58
Vegetable*.....	95.7	2.95	.9	65	14
B. MISCELLANEOUS, as purchased.							
Hash*.....	80.3	6.0	1.9	9.4	2.4	365	80
Mince-meat, commercial.....	27.7	6.7	1.4	60.2	4.0	1,305	288
Home made.....	54.4	4.8	6.7	32.1	2.0	970	214
Salad, ham*.....	69.4	15.4	7.6	5.6	2.0	710	157
Sandwich, egg*.....	41.4	9.6	12.7	34.5	1.8	1,355	299
Chicken*.....	48.5	12.3	5.4	32.1	1.7	1,055	232

* One analysis.



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