

Orthology Photography Fiction Fishing
Christianity Art Cooking Essays
Buddhism Freemasonry Medicine Biology
Music Ancient Egypt Evolution
Carpentry Physics Dance Geology
Mysticism Fitness Shakespeare
Economics Yoga Marketing Confidence
Immortality Biographies Poetry
Psychology Witchcraft Electronics
Chemistry History Law Accounting
Philosophy Anthropology Alchemy Drama
Quantum Mechanics Atheism Sexuality
Mental Health Ancient History Criminal
Entrepreneurship Languages Sport
Paleontology Newsletters Islam
Metaphysics Investment Archaeology

Forgotten Books

— www.forgottenbooks.com —

Copyright © 2016 FB &c Ltd.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

1038
THE
STARVATION TREATMENT
OF DIABETES

WITH A SERIES OF GRADUATED DIETS
AS USED AT THE
MASSACHUSETTS GENERAL HOSPITAL

BY
LEWIS WEBB HILL, M.D.
AND
RENA S. ECKMAN (*dietitian*)

WITH AN INTRODUCTION
BY
RICHARD C. CABOT, M.D.

BOSTON, MASS.
W. M. LEONARD
1915

COPYRIGHTED, 1915,
BY
W. M. LEONARD

WK
818
H553A
1915

CONTENTS.

	PAGE.
INTRODUCTION, BY RICHARD C. CABOT	5
PREFACE	7
DETAILS OF TREATMENT	9
EXAMINATION OF THE URINE	15
DIETS	19
DIET LISTS	21

S. F. Co. Med. Soc. Dis. med. lib.

624305

INTRODUCTION.

ALTHOUGH Dr. Allen's modifications of the classical treatment of saccharine diabetes have been in use only for about two years in the hands of their author, and for a much shorter time in those of other physicians, it seems to me already clearly proven that Dr. Allen has notably advanced our ability to combat the disease.

One of the difficulties which is likely to prevent the wide adoption of his treatment is the detailed knowledge of food composition and calory value which it requires. Dr. Hill's little book should afford substantial aid to all who have not had opportunity of working out in detail the progressive series of diets which should be used after the starvation period. These diets, worked out by Miss Eckman, head of the diet kitchen at the Massachusetts General Hospital, have seemed to me to work admirably with the patients who have taken them, both in hospital and private practice. The use of thrice boiled vegetables, as recommended by Dr. Allen, seems to be a substantial step in advance, giving as it does a considerable bulk of food without any considerable carbohydrate portion, and with the semblance of some of the forbidden vegetables.

It is of course too early to say how far reaching and how permanent the effects of such a diet will be in the severe and in the milder cases of diabetes. All we can say is that thus far it appears to work admirably well. To all who wish to give their patients the benefit of this treatment I can heartily recommend this book.

RICHARD C. CABOT.

PREFACE.

THE purpose of this little book is to furnish to the general practitioner in compact form the details of the latest and most successful treatment of diabetes mellitus.

The "starvation treatment" of diabetes, as advanced by Dr. Frederick M. Allen of the Rockefeller Institute Hospital, is undoubtedly a most valuable treatment. At the Massachusetts General Hospital it has been used for several months with great success, and it is thought worth while to publish some of the diets, and details of treatment that have been used there, as a very careful control of the proteid and carbohydrate intake is of the utmost importance if the treatment is to be successful. In carrying out the Allen treatment the physician must think in grams of carbohydrate and proteid—it is not enough simply to cut down the supply of starchy foods; he must know approximately how much carbohydrate and proteid his patient is getting each day. It is not easy for a busy practitioner to figure out these dietary values, and for this reason the calculated series of diets given here may be of service. The various tests for sugar, acetone, etc., can, of course, be found in any good text-book of chemistry, but it is thought worth while to include them here for the sake of completeness and ready reference. The food table covers most of the ordinary foods.

We wish to thank Dr. Roger I. Lee and Dr. William H. Smith, visiting physicians, for many helpful suggestions.

DETAILS OF TREATMENT.

The details of the treatment of diabetes as carried out at the Massachusetts General Hospital, are as follows:—

For forty-eight hours after admission to the hospital the patient is kept on ordinary diet, to determine the severity of his diabetes. Then he is put to bed, and no food allowed save whiskey and black coffee. The water intake need not be restricted. The whiskey is given in the coffee: 1 ounce of whiskey every two hours, from 7 a.m. until 7 p.m. This furnishes roughly about 800 calories. Soda bicarbonate may be given, two drachms every 3 hours, if there is much evidence of acidosis, as indicated by strong acetone and diacetic reactions in the urine, or a strong acetone odor to the breath. In most cases, however, this is not at all necessary, and there is no danger of producing coma by the starvation. This is indeed the most important point that Dr. Allen has brought out in his treatment. The patient is kept in bed and starved until he is sugar-free. (The daily weight and daily urine examinations are, of course, recorded.) The disappearance of the sugar is rapid: if there has been 5 or 6 per cent. after the first starvation day it goes down to perhaps 2 per cent., and the next day the patient may be entirely sugar-free, or perhaps have 2 or 3 per cent. of sugar. Occasionally it may take longer; the longest we have starved any patient is four days. The patients tolerate starvation

remarkably well; in no cases have we seen any bad results from it. There may be a slight loss of weight, perhaps three or four pounds, but this is of no moment, and indeed, Allen says that a moderate loss of weight in most diabetics is to be desired. A moderately obese patient, weighing say about 180 pounds, may continue to excrete a small amount of sugar for a considerable period, if he holds this weight, even if he is taking very little carbohydrate; whereas, if his weight can be reduced to 170 or 160, he can be kept sugar-free, with ease, on the same diet. We have not found that the acetone and diacetic acid output behaves in any constant manner during starvation; in some cases we have seen the acetone bodies disappear during starvation; in others we have seen them appear when they were not present before. Their appearance is not necessarily a cause for alarm. The estimation of the ammonia in the urine is of some value in determining the amount of acidosis present, and this can be done readily by the simple chemical method given below. If the 24 hourly ammonia output reaches over 3 or 4 grams, it means that there is a good deal of acidosis—anything below this is not remarkable.

When the patient is sugar-free he is allowed up and is put upon a diet of so-called “5% vegetables,” *i.e.* vegetables containing approximately 5% carbohydrate.

These vegetables must be thrice boiled, with changes of water. In this way their carbohydrate content is reduced, probably about one-half. A moderate amount of fat, in the form of butter, can be

given with this vegetable diet if desired. The amount of carbohydrate in these green vegetables is not at all inconsiderable, and if the patient eats as much as he desires, it is possible for him to have an intake of 25 or 30 grams, which is altogether too much; the first day after starvation the carbohydrate intake should not be over 15 grams. Tables No. 1 and 2 represent these vegetable diets. The patient is usually kept on diet 1 or 2 for one day, or if the case is a particularly severe one, for two days. The day after the vegetable day, the proteid and fat are raised, the carbohydrate being left at the same figure (diets 2, 3 and 4). No absolute rule can be laid down for the length of time for a patient to remain on one diet, but in general we do not give the very low diets such as 2, 3 and 4, for more than a day or two at a time. The diet should be raised very gradually, and it is well not to raise the proteid and carbohydrate at the same time, for it is important to know which of the two is causing the more trouble. The proteid intake may perhaps be raised more rapidly than the carbohydrate, but an excess of proteid is very important in causing glycosuria, and for this reason the proteid intake must be watched as carefully as the carbohydrate. This is one of the important points brought out in Allen's treatment. The fat may soon be raised to 200 grams; higher than this we do not generally go. If sugar appears in the urine during the process of raising the diet we drop back to a lower diet, and if this is unavailing, start another starvation day, and raise the diet more slowly. But it will be found if the diet is raised very slowly, sugar will not appear.

It is not well to push the average case; if the patient is taking a fair diet, say proteid 50, carbohydrate 50, and fat 200, and is doing well, without any glycosuria, it is not desirable to raise the diet any further. The caloric intake may seem rather low in some of these diets, but it is surprising how well most patients do on 1800 or 2000 calories, and how little weight they lose. If it is desired to raise the caloric value of the diet, fat can be added in the form of cream, bacon or butter.

It will be seen that the treatment can be divided into three stages:—

(1) The stage of starvation, when the patient is becoming sugar-free.

(2) The stage of gradually working up the diet to the limit of tolerance.

During the first two stages a daily weight record should be kept, and the urine should be examined every day. In the case of an intelligent patient, he can be easily taught to test his own urine for sugar.

(3) The stationary stage, when the diet is kept at a constant level. During this period the urine should be tested for sugar twice a week, and if sugar is present the patient should go back to a lower diet. If he cannot be made sugar-free by taking a lower diet, he should be starved again.

If this treatment is to be successful, it is absolutely necessary for the patient to adhere very strictly to the diets, and to measure out everything very carefully; the meat especially should be weighed.

It will be noticed in some cases the calories in the

diets do not tally exactly with the proteid, fat and carbohydrate values. The reason for this is that for the sake of convenience the calories have been given in round numbers—5 or 10 calories one way or the other makes no difference.

The essential points brought out by Allen's treatment are as follows:—

(1) It is not dangerous to starve a diabetic, and two or three days of starvation almost always make a patient sugar-free, thus saving a good deal of time, as contrasted with the old treatment of gradually cutting down the carbohydrate.

(2) It is not desirable for all diabetics to hold their weight. Some cases may do much better if their weight is reduced ten, fifteen, or even twenty pounds.

(3) After starvation, the diet must be raised very slowly, to prevent recurrence of glycosuria.

(4) An excess of proteid must be regarded as producing glycosuria, and the proteid intake must be restricted a good deal more than has been the custom in treating diabetes.

EXAMINATION OF THE URINE.

Directions for Collecting Twenty-four Hour Urine.

Pass the urine at 7 a.m. and throw it away.

Save all the urine passed after this up to 7 a.m. the next day. Pass the urine exactly at 7 a.m., and add it to what has previously been passed.

Qualitative Sugar Tests.

(1) Fehling's Test:—Boil about 4 c.c. of Fehling's* solution in a test tube, and add to the hot Fehling's an equal amount of urine, a few drops at a time, boiling after each addition.

A yellow or red precipitate indicates sugar.

For practical purposes in the following of a diabetic's daily urine, this is a valuable test, and the one which we always use.

(2) Benedict's Test:—To 5 c.c. of Benedict's† reagent add 8 drops of the urine to be examined. The fluid is boiled from 1 to 2 minutes and then allowed to cool of itself. If dextrose is present there results

* Fehling's solution is prepared as follows:

(a) Copper sulphate solution: 34.65 gm. of copper sulphate dissolved in water and made up to 500 c.c.

(b) Alkaline tartrate solution: 125 gm. of potassium hydroxide and 173 gm. of Rochelle salt dissolved in water and made up to 500 c.c.

These solutions are kept in separate bottles and mixed in equal volumes when ready for use.

† Benedict's solution has the following composition:

Copper sulphate, 17.3 gm.

Sodium citrate, 173.0 gm.

Sodium carbonate (anhydrous), 100 gm.

Distilled water to 1000 c.c.

a red, yellow, or green precipitate, depending upon the amount of sugar present. If no sugar is present the solution may remain perfectly clear or be slightly turbid, due to precipitated urates.

This is a more delicate test than Fehling's.

Quantitative Sugar Tests.

(1) The Fermentation Test:—The fermentation test is the simplest quantitative test for sugar, and is quite accurate enough for clinical work. It is performed as follows: The specific gravity of the 24° urine is taken, and 100 c.c. of it put into a flask, and a quarter of a yeast cake crumbled up and added to it. The flask is then put in a warm place (at about body temperature) and allowed to remain over night. The next morning a sample of the fermented urine is tested for sugar. If no sugar is present the urine is made up to 100 c.c. (to allow for the water that has evaporated) and the specific gravity taken again. The number of points loss in specific gravity is multiplied by .23, and this gives the percentage of sugar in the urine.

(2) Benedict's Test:—The best quantitative test for dextrose (excepting polaroscopic examination, which is too complicated for ordinary work) is Benedict's test.

It is performed as follows: Measure with a pipette 25 c.c. of Benedict's solution into a porcelain dish, add 5 or 10 gm. (approximately) of solid sodic carbonate, heat to boiling, and while boiling, run in the urine until a white precipitate forms.



THIS PAGE IS LOCKED TO FREE MEMBERS
Purchase full membership to immediately unlock this page



Never be without a book!

Forgotten Books Full Membership gives universal access to
797,885 books from our apps and website, across all your devices:
tablet, phone, e-reader, laptop and desktop computer

A library in your pocket for \$8.99/month

Continue

*Fair usage policy applies

tion of potassium oxalate and 2 to 3 drops of phenolphthalein.

Run in from a burette decinormal sodic hydrate, to a faint pink color. Then add 5 c.c. of formalin (40% commercial) and again titrate to the same color.

Each c.c. of the decinormal alkali used in this last titration equals 1 c.c. of $n/10$ ammonia, or .0017 gm. of ammonia. Multiply this by the number of c.c. $n/10$ sodic hydrate used in the last titration; this gives the number of grams of ammonia in 25 c.c. urine.

Note:—The potassium oxalate and the formalin must both be neutral to phenolphthalein.

DIETS.

In the following diets the vegetables listed, excepting lettuce, cucumbers, celery, and raw tomatoes, are boiled. In the very low carbohydrate lists they are thrice boiled. When possible to obtain the figures, the analyses for boiled vegetables have been used in computation.

As the allowance becomes more liberal the person preparing the diet will be able to vary the menu in many ways. Soups, ice cream, custards, salads,—all may be prepared from the articles mentioned. Seasonings of salt, pepper, paprika, also flavorings and vinegar are allowed.

When the patient is compelled to remain on a very limited diet for a considerable length of time and becomes very hungry, the lists representing most bulk should be selected. In addition to this, bran cakes may be given, made by the rule as stated below. As each cake yields no carbohydrate and only about 18 calories from the protein and fat, the patient may take 6 or 8 in one day or even more.

BRAN CAKES.

- 2 cups bran
- 2 tablespoons melted butter
- 2 whole eggs
- 1 egg white
- $\frac{1}{2}$ grain saccharine—salt

Tie bran in a piece of cheese cloth and wash by squeezing water through and through. Wring dry. Dissolve saccharine in 1 teaspoon water. Mix bran, beaten eggs, saccharine and salt. Beat remaining egg white stiff and fold in at the last. Shape with knife and tablespoon into twenty-five small cakes. Bake until golden brown.

DIET LISTS.

ABBREVIATIONS used in diet lists: tbsp. = tablespoon,
 h. = heaping.

TABLE I.

Protein, 10 grams Fat 7 grams
Carbohydrate, 15 grams Calories, 200.

BREAKFAST.

String beans (canned)..120 grams... 4 h. tbsp.
Asparagus (canned)...150 grams... 4 h. tbsp.
Tea or coffee.

DINNER.

Carrots (cooked) 70 grams . . . 2 h. tbsp.
Spinach (cooked) 135 grams . . . 3 h. tbsp.
Tea or coffee.

SUPPER.

Cucumbers..... 75 grams...12 slices.
Celery.....100 grams... 6 pieces.
about 6 in. long.
Tea or coffee.

Protein, 7 grams Fat, 6 grams
Carbohydrate, 15 grams Calories, 150

Asparagus (canned).....	75 grams...	2 h. tbsp.	(chopped).
Cabbage.....	65 grams...	2 h. tbsp.	
Tea or coffee.			

Onions (cooked.) 100 grams . . . 2 h. tbsp.
Celery (raw) 50 grams . . . 3 pieces
about 6 in. long.
Tea or coffee.

Spinach.....100 grams... 2 h. tbsp.
Celery..... 50 grams... 3 pieces 6 in.
long.
Tea or coffee.

TABLE III.

Protein, 27 grams Fat, 140 grams
Carbohydrate, 15 grams Calories, 1470

BREAKFAST.

Bacon (raw)..... 50 grams... 3 slices 6 in. long.
String beans.....100 grams... 3 h. tbsp.
Coffee.
Butter.
Cream.

DINNER.

Chicken..... 20 grams...1 small slice.
Turnips.....100 grams...1½ h. tbsp.
Cabbage.....100 grams...3 h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Egg..... 1
Turnips.....100 grams...1½ h. tbsp.
Spinach.....100 grams...2 h. tbsp.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 30 grams... 3 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE IV.

Protein, 26 grams Fat, 149 grams
Carbohydrate, 17 grams Calories, 1560

BREAKFAST.

Egg.....	1				
Asparagus.....	100	grams...	2	h. tbsp.	
Carrots.....	100	grams...	3	h. tbsp.	
Cream.					
Butter.					
Coffee.					

DINNER.

Chicken.....	25	grams...	1	very small slice.
Bacon (raw).....	25	grams...	2	slices.
Cauliflower.....	100	grams...	2	h. tbsp.
Turnips.....	140	grams...	2	h. tbsp.
Cream.				
Butter.				
Tea.				

SUPPER.

Salt pork (raw)...	50 grams...	3 slices about 6 in. long.
Cabbage.....	100 grams...	3 h. tbsp.
String beans.....	100 grams...	3 h. tbsp.
Butter.		
Cream.		
Tea.		

Allow during day:

Butter..... 35 grams... 3½ squares.
 Cream, 40%..... 5 ounces... 10 tbsp.



THIS PAGE IS LOCKED TO FREE MEMBERS

Purchase full membership to immediately unlock this page

FORGOTTEN BOOKS

FULL

MEMBERSHIP

797,885 Books!

**All you can read
for only**

\$8.99/month

Continue

*Fair usage policy applies



TABLE VI.

Protein, 35 grams Fat, 175 grams
Carbohydrate, 15 grams Calories, 1840

BREAKFAST.

Bacon (raw) 50 grams . . . 3 slices about 6 in.
long.
Parsnips 200 grams . . . 8 slices or 2 h.
tbsp.

Butter.

Cream.

Coffee.

DINNER.

Chicken 70 grams . . . 1 moderate slice.
Cauliflower 120 grams . . . 2 h. tbsp.
Cabbage 100 grams . . . 3 h. tbsp.

Butter.

Cream.

Tea.

SUPPER.

String beans 100 grams . . . 3 h. tbsp.
Spinach 100 grams . . . 2 h. tbsp.

Butter.

Cream.

Tea.

Allow during day:

Butter 75 grams . . . 7½ squares.
Cream, 40% 7 ounces . . . 14 tbsp.

TABLE VII.

Protein, 35 grams Fat, 175 grams
Carbohydrate, 15 grams Calories, 1860

BREAKFAST.

Bacon.....100 grams... 6 slices 6 in. long.
Asparagus.....100 grams... 2 h. tbsp.
Cream.
Butter.
Coffee.

DINNER.

Steak.....100 grams... 1 slice, 4 oz.
Carrots.....100 grams... 3 h. tbsp.
Cream.
Butter.
Tea.

SUPPER.

Lettuce..... 20 grams... 3 medium leaves.
Cucumbers.....100 grams...16 thin slices.
Celery..... 50 grams... 4 stalks 6 in. long
Cream.
Butter.
Tea.

Allow during day:

Butter..... 65 grams... 6½ squares.
Cream, 40%..... 5 ounces...10 tbsp.

TABLE VIII.

Protein, 35 grams Fat, 147 grams
Carbohydrate, 17 grams Calories, 1560

BREAKFAST.

Bacon (raw) 50 grams . . . 3 slices about 6 in.
long.
Asparagus 100 grams . . . 2 h. tbsp. or 9
stalks 4 in. long (canned).
Parsnips 100 grams . . . 4 slices.
Butter.
Cream.

DINNER.

Steak (raw) 100 grams . . . 1 slice.
Turnips (cooked) . 140 grams . . . 2 h. tbsp.
Parsnips 100 grams . . . 4 slices.
Cabbage 100 grams . . . 3 h. tbsp.
Butter.
Tea.
Cream.

SUPPER.

Spinach (cooked) . 100 grams . . . 2 h. tbsp.
String beans “ 100 grams . . . 3 h. tbsp.
Cauliflower “ 120 grams . . . 2 h. tbsp.
Butter.
Tea.
Cream.

Allow during day:

Butter 50 grams . . . 5 squares.
Cream, 40% 5 ounces . . 10 tbsp.

TABLE IX.

Protein, 40 grams Fat, 152 grams
Carbohydrate, 16 grams Calories, 1640

BREAKFAST.

Egg..... 1
Asparagus.....100 grams... 2 h. tbsp. or 9
 stalks 4 in. long (canned).
Parsnips.....100 grams... 4 slices.
Butter.
Coffee.
Cream.

DINNER.

Steak.....100 grams... 1 slice.
Turnips.....140 grams... 2 h. tbsp.
Parsnips.....100 grams... 4 slices.
Cabbage.....100 grams... 3 h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Bacon (raw)..... 50 grams... 3 slices about 6 in.
 long.
Spinach (cooked).100 grams... 2 h. tbsp.
String beans
 (canned) 100 grams... 3 h. tbsp.
Cauliflower.....100 grams... 2 h. tbsp.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 5 ounces...10 tbsp.

TABLE. X.

Protein, 50 grams Fat, 164 grams
Carbohydrate, 15 grams Calories, 1790

BREAKFAST.

Bacon..... 50 grams... 3 slices 6 in. long.
Egg..... 1
String beans.....
 (canned) 100 grams... 3 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Chop.....100 grams... 1 chop.
Cabbage (cooked).100 grams... 3 h. tbsp.
Cucumbers.....100 grams...16 slices, thin.
Tea.
Butter.
Cream.

SUPPER.

Egg..... 1
Asparagus
 (canned) 100 grams... 2 h. tbsp.
Cauliflower
 (cooked).. 100 grams... 2 h. tbsp.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 5 ounces...10 tbsp.

TABLE XI.

Protein, 60 grams Fat, 151 grams
Carbohydrate, 15 grams Calories, 1780

BREAKFAST.

Bacon (raw) 50 grams . . . 3 slices 6 in. long.
Eggs 2
Spinach (cooked) .100 grams . . . 2 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Steak100 grams . . . 1 slice.
Tomatoes
 (canned) 100 grams . . . 2½ h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Chicken (cooked). 50 grams . . . 1 small slice.
Lettuce 20 grams . . . 3 leaves.
Celery100 grams . . . 8 stalks 6 in. long.
Butter.
Cream.
Tea.

Allow during day:

Butter 50 grams . . . 5 squares.
Cream, 40% 5 ounces . . .10 tbsp.

TABLE XII.

Protein, 38 grams Fat, 187 grams
Carbohydrate, 20 grams Calories 2070

BREAKFAST.

Bacon..... 30 grams... 2 slices 6 in. long.
Egg..... 1
Spinach.....100 grams... 2 h. tbsp.
Coffee.
Butter.
Cream.

DINNER.

Steak..... 50 grams... 1 very small slice.
Salt pork..... 65 grams... 4 slices.
Cabbage.....100 grams... 3 h. tbsp.
Onions.....100 grams... 3 h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Beef balls..... 40 grams... = 1 1/3 oz.
Celery salad.....100 grams... 8 slices 6 in. long.
Olive oil..... 26 grams... 2 tbsp.
Tomatoes.....100 grams... 2 1/2 tbsp.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 5 ounces...10 tbsp.



THIS PAGE IS LOCKED TO FREE MEMBERS
Purchase full membership to immediately unlock this page



Never be without a book!

Forgotten Books Full Membership gives universal access to
797,885 books from our apps and website, across all your devices:
tablet, phone, e-reader, laptop and desktop computer

A library in your pocket for \$8.99/month

Continue

*Fair usage policy applies

TABLE XIV.

Protein, 40 grams Fat, 200 grams
Carbohydrate, 21 grams Calories 2110

BREAKFAST.

Bacon..... 50 grams... 3 slices 6 in. long.
Cauliflower.....120 grams... 2 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Squab..... 1
Carrots.....100 grams... 2 h. tbsp.
Tomatoes.....100 grams... 2 h. tbsp.
Olive oil..... 25 grams... 2 tbsp. (scant).
Butter.
Cream.
Tea.

SUPPER.

Turnips.....140 grams... 2 h. tbsp.
Asparagus.....100 grams... 2 h. tbsp.
Celery.....100 grams... 8 stalks 6 in. long.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XV.

Protein, 40 grams Fat, 200 grams
Carbohydrate, 20 grams Calories 2125

BREAKFAST.

Bacon..... 30 grams... 2 slices 6 in. long.
Egg..... 1
Spinach.....200 grams... 4 h. tbsp.
Cream.
Butter.

DINNER.

Steak..... 50 grams... 1 small slice.
Cabbage.....100 grams... 3 h. tbsp.
Tomatoes.....100 grams... 2 h. tbsp.
Onions.....100 grams... 2 h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Salt pork..... 65 grams... 4 slices.
Scraped beef..... 40 grams... 1 1/3 oz.
Celery.....100 grams... 8 stalks 6 in. long.
Olive oil..... 26 grams... 2 tbsp.
Cream.
Butter.
Tea.

Allow during day:

Butter.....55 grams... 5½ squares.
Cream, 40%..... 5 ounces...10 tbsp.

TABLE XVI.

Protein, 39 grams Fat, 199 grams
Carbohydrate, 22 grams Calories, 2100

BREAKFAST.

Egg..... 1
Asparagus.....100 grams... 2 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Chop.....100 grams... 1 medium.
Peas..... 50 grams... 1-h. tbsp.
Celery..... 50 grams... 4 stalks 6 in. long.
Olive oil..... 32 grams... 2½ tbsp.
Butter.
Cream.
Tea.

SUPPER.

Cauliflower.....120 grams... 2 h. tbsp.
String beans.....100 grams... 2 h. tbsp.
Mayonnaise..... 21 grams... 1 tbsp.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 6 ounces...12 tbsp.

TABLE XVII.

Protein, 39 grams Fat, 206 grams
Carbohydrate, 29 grams Calories, 2195

BREAKFAST.

Bacon..... 50 grams... 3 slices.
Peas (canned).... 75 grams... 2½ h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Broth—6 ounces with vegetables:
Cabbage..... 25 grams... 2 teasp.
Tomatoes..... 25 grams... 2 teasp.
Turnips..... 25 grams... 2 teasp.
Celery..... 50 grams.
Steak..... 100 grams... 1 small slice.
Squash..... 50 grams... 1 h. tbsp.
Tomatoes..... 75 grams... 2½ h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Turnips..... 175 grams... 2½ h. tbsp.
Celery..... 100 grams... 8 stalks 6 in. long.
Olive oil..... 21 grams... 1½ tbsp.
Salt pork (raw)... 50 grams... 3 slices about 6 in.
long.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 5 ounces... 10 tbsp.

TABLE XVIII.

Protein, 40 grams Fat, 178 grams
Carbohydrate, 29 grams Calories, 1940

BREAKFAST.

Bacon..... 50 grams... 3 slices about 6 in.
long.

Egg..... 1

Parsnips.....100 grams... 4 slices.

Butter.

Cream.

Coffee.

DINNER.

Chicken..... 50 grams... 1 small slice.

Cabbage.....100 grams... 3 h. tbsp.

Asparagus.....100 grams... 2 h. tbsp.

Cauliflower.....120 grams... 2 h. tbsp.

Butter.

Cream.

Tea.

SUPPER.

Salt pork.....100 grams... 6 slices about 6 in.
long.

Parsnips.....100 grams... 4 slices.

Turnips.....140 grams... 2 h. tbsp.

String beans.....100 grams... 3 h. tbsp.

Bread..... 25 grams... 1 slice, 3x3x $\frac{1}{2}$ in.

Butter.

Cream.

Tea.

Allow during day:

Butter..... 40 grams... 4 squares.

Cream, 40%..... 6 ounces...12 tbsp.

TABLE XIX.

Protein, 42 grams Fat, 206 grams
Carbohydrate, 36 grams Calories 2230

BREAKFAST.

Bacon..... 50 grams... 3 slices about 6 in.
long.
Peas..... 75 grams... 2 h. tbsp.
Tomatoes.....100 grams... 3 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Broth—chicken, lamb or beef... 6 ounces.
Steak.....100 grams... 1 slice.
Turnips.....200 grams... 3 h. tbsp.
Celery.....150 grams...12 stalks 6 in. long
Olive oil..... 21 grams...
Butter.
Cream.
Tea.

SUPPER.

Salt pork (raw)...100 grams... 6 slices about 6 in.
long.
Squash..... 50 grams... 1 h. tbsp.
Beets.....100 grams... 3 h. tbsp.
Cabbage..... 25 grams... 1 h. tbsp.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 5 ounces...10 tbsp.

TABLE XX.

Protein, 43 grams Fat, 201 grams
Carbohydrate, 36 grams Calories 2080

BREAKFAST.

Bacon (raw) 50 grams . . . 4 slices 6 in. long.
Parsnips 100 grams . . . 4 slices or
2 h. tbsp.
Potatoes (boiled) . 50 grams . . . 1 very small one.
Butter.
Cream.
Coffee.

DINNER.

Broth 6 ounces.
Squab 1
Cabbage 100 grams . . . 3 h. tbsp.
Celery 100 grams . . . 8 stalks about 6 in.
long.
Butter.
Cream.
Tea.

SUPPER.

Salt pork (raw) . . . 50 grams . . . 3 slices 6 in. long.
Cucumbers 100 grams . . . 16 slices.
Parsnips 100 grams . . . 4 slices.
Cauliflower 120 grams . . . 2 h. tbsp.
Milk 4 ounces . . . 1/2 glass.
Butter.
Cream.
Tea.

Allow during day:

Butter 50 grams . . . 5 squares.
Cream, 40% 7 ounces . . . 14 tbsp.



THIS PAGE IS LOCKED TO FREE MEMBERS

Purchase full membership to immediately unlock this page

FORGOTTEN BOOKS

FULL

MEMBERSHIP

797,885 Books!

All you can read

for only

\$8.99/month

Continue

*Fair usage policy applies



TABLE XXII.

Protein, 51 grams Fat, 201 grams
Carbohydrate, 41 grams Calories, 2240

BREAKFAST.

Bacon..... 50 grams... 3 slices 6 in. long.
Bread..... 20 grams... 1 slice, 3x3x $\frac{1}{2}$ in.
Spinach.....100 grams... 2 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Broth.....180 c.c..... 1 glass or cup.
Steak.....100 grams... 1 slice.
Cabbage.....100 grams... 3 h. tbsp.
Olive oil..... 20 grams... 1 $\frac{1}{2}$ tbsp.
Lettuce.....100 grams...12 leaves.
Butter.
Cream.
Tea.

SUPPER.

Egg..... 1
Onions.....100 grams... 2 h. tbsp.
Bread, 3x3x $\frac{1}{4}$ 15 grams... 1 slice very thin.
Milk..... 4 ounces... 8 tbsp.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XXIII.

Protein, 61 grams Fat, 201 grams
Carbohydrate, 30 grams Calories, 2240

BREAKFAST.

Bacon..... 50 grams... 3 slices 6 in. long.
Egg..... 1
Tomatoes.....100 grams... 2½ h. tbsp.
Cream.
Butter.
Coffee.

DINNER.

Steak (raw).....100 grams... 1 slice—4 oz.
Salt pork (raw)...100 grams... 8 small slices.
Turnips.....420 grams... 6 h. tbsp.
Cucumbers.....100 grams...16 thin slices.
Onions.....100 grams... 2 medium sized.
Butter.
Cream.
Tea.
Olive oil..... 21 grams... 1½ tbsp.

SUPPER.

Chicken (cooked).. 50 grams... 1 small slice.
Lettuce.....100 grams...12 medium leaves.
Celery.....100 grams... 8 stalks 6 in. long.
Spinach.....100 grams... 2 h. tbsp.
Butter.
Tea.
Cream.

Allow during day:

Butter..... 15 grams... 1½ squares.
Cream, 40%..... 6 ounces...12 tbsp.

TABLE XXIV.

Protein, 63 grams Fat, 209 grams
Carbohydrate, 31 grams Calories, 2325

BREAKFAST.

Bacon..... 50 grams... 5 slices.
Peas..... 75 grams... 1½ h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Broth—100 c.c. with vegetables:

Cabbage..... 25 grams... 1 h. teasp.
Tomato..... 25 grams... 1 h. teasp.
Turnip..... 25 grams... 1 h. teasp.
Celery..... 50 grams... 2 h. teasp.
Steak..... 100 grams... 1 slice.
Squash..... 50 grams... 1 h. tbsp.
Tomato..... 75 grams... 1½ h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Chicken..... 75 grams... 1 slice.
Turnips..... 175 grams... 1½ h. tbsp.
Celery..... 100 grams... 8 stalks 6 in. long.
Olive oil..... 21 grams... 1½ tbsp.
Salt pork..... 50 grams... 3 slices.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 5 ounces... 10 tbsp.
Olive oil..... 21 grams... 1½ tbsp.

TABLE XXV.

Protein, 61 grams Fat, 201 grams
Carbohydrate, 30 grams Calories, 2245

BREAKFAST.

Bacon..... 50 grams... 3 slices 6 in. long.
Egg..... 1
Turnips.....140 grams... 3 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Steak.....100 grams... 1 slice.
Celery.....100 grams... 8 slices 6 in. long.
Cucumbers.....100 grams...16 thin slices.
Lettuce.....100 grams...12 leaves.
Spinach.....100 grams... 2 h. tbsp.
Olive oil..... 21 grams... 1½ tbsp.
Butter.
Cream.
Tea.

SUPPER.

Chicken..... 50 grams... 1 small slice.
Salt pork.....100 grams... 6 slices 6 in. long.
Turnips.....280 grams... 4 h. tbsp.
Onions.....100 grams... 2 h. tbsp.
Tomatoes.....100 grams... 2 h. tbsp.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 5 ounces...10 tbsp.

TABLE XXVI.

Protein, 61 grams Fat, 199 grams
Carbohydrate, 31 grams Calories, 2230

BREAKFAST.

Bacon..... 60 grams... 3½ slices,
6 in. long.
Eggs..... 2
Turnips.....140 grams... 2 h. tbsp.

DINNER.

Steak.....100 grams... 1 slice.
Spinach..... 50 grams... 1 h. tbsp.
Parsnips.....150 grams... 6 slices.
Onions.....100 grams... 2 h. tbsp.
Beets..... 50 grams... 1 h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Ham..... 50 grams... 1 small slice.
Lettuce.....100 grams...12 leaves.
String beans..... 50 grams... 1 h. tbsp.
Celery.....100 grams... 8 stalks 6 in. long.
Asparagus..... 50 grams... 1 h. tbsp.

Allow during day:

Butter..... 40 grams... 4 squares.
Cream, 40%..... 8 ounces...16 tbsp.

TABLE XXVII.

Protein, 43 grams Fat, 201 grams
Carbohydrate, 36 grams Calories, 2190

BREAKFAST.

Bacon..... 50 grams... 3 slices.
Parsnips.....100 grams... 4 slices.
Potatoes (mashed)..... 1 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Broth.....180 c.c..... 1 glass.
Squab.....100 grams... 1 squab.
Cabbage.....100 grams... 3 h. tbsp.
Celery.....100 grams... 8 stalks 6 in. long.
Butter.
Cream,
Tea.

SUPPER.

Salt pork..... 50 grams... 3 slices.
String beans.....100 grams... 2 h. tbsp.
Cucumbers.....100 grams...16 slices, thin.
Oil..... 5 grams... 1 teasp.
Parsnips.....100 grams... 4 slices.
Cauliflower.....120 grams... 2 h. tbsp.
Milk.....120 c.c..... $\frac{1}{2}$ glass.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XXVIII.

Protein, 50 grams Fat, 200 grams
Carbohydrate, 40 grams Calories, 2253

BREAKFAST.

Bacon.....	50	grams...	3	slices.
Egg.....	1			
Parsnips.....	100	grams...	4	slices.
Bread.....	35	grams...	1	slice,
Butter.				3x3½x½ in.
Cream.				
Coffee.				

DINNER.

Broth.....	180	c.c.....	1	glass or cup.
Chop...:	100	grams...	1	
Cauliflower.....	120	grams...	2	h. tbsp.
Carrots.....	100	grams...	2	h. tbsp.
Butter.				
Cream.				
Tea.				

SUPPER.

Lettuce.....	25	grams...	3	leaves.
String beans.....	100	grams...	2	h. tbsp.
Peas.....	55	grams...	1	h. tbsp.
Butter.				
Cream.				
Tea.				

Allow during day:

Butter.....	50	grams...	5	squares.
Cream, 40%.....	7	ounces...	14	tbsp.



THIS PAGE IS LOCKED TO FREE MEMBERS
Purchase full membership to immediately unlock this page



Never be without a book!

Forgotten Books Full Membership gives universal access to
797,885 books from our apps and website, across all your devices:
tablet, phone, e-reader, laptop and desktop computer

A library in your pocket for \$8.99/month

Continue

*Fair usage policy applies

TABLE XXX.

Protein, 53 grams Fat, 169 grams
Carbohydrate, 54 grams Calories, 2020

BREAKFAST.

Orange.....	100 grams...	1 small.
Bacon.....	50 grams...	3 slices 6 in. long.
Egg.....	1	
Bread.....	20 grams...	1 slice, 3x2x1/2 in.
Butter.		
Cream.		
Coffee.		

DINNER.

Boiled ham.....	100 grams...	1 large slice.
Brussels sprouts..	100 grams...	3 h. tbsp.
Milk.....	6 ounces...	1 glass.
Butter.		
Tea.		
Cream.		

SUPPER.

Scotch broth.....	6 ounces...	1 glass.
Lettuce.....	50 grams...	6 leaves.
Bread.....	20 grams...	1 slice, 3x2x1/2 in.

Allow during day:

Butter.....	70 grams...	7 squares.
Cream, 40%.....	4 ounces...	8 tbsp.

TABLE XXXI.

Protein, 52 grams Fat, 190 grams
Carbohydrate, 50 grams Calories, 2190

BREAKFAST.

Orange.....100 grams... 1 small.
Bread..... 25 grams... 1 slice, 3x2x $\frac{1}{2}$ in.
Egg..... 1
Bacon..... 50 grams... 3 slices 6 in. long.
Butter.
Cream.
Coffee.

DINNER.

Chop.....100 grams... 1 medium chop.
Asparagus.....100 grams... 2 h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Egg..... 1
Cucumbers.....100 grams...16 slices (thin).
Lettuce..... 10 grams... 3 leaves (small).
Bread..... 25 grams... 1 slice, 3x2x $\frac{1}{2}$ in.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 8 ounces...16 tbsp.

TABLE XXXII.

Protein, 53 grams Fat, 190 grams
Carbohydrate, 50 grams Calories, 2190

BREAKFAST.

Bacon.....	60 grams...	3½ slices.
Orange.....	150 grams...	1 medium.
Egg.....	1	-
Bread.....	20 grams...	1 slice, 3x2x½ in.
Butter.		
Cream.		
Tea.		

DINNER.

Steak.....	50 grams...	1 small slice.
String beans.....	50 grams...	1 h. tbsp.
Lettuce.....	100 grams...	12 leaves.
Butter.		
Cream.		
Tea.		

SUPPER.

Ham.....	50 grams...	1 small slice.
Asparagus.....	50 grams...	1 h. tbsp.
Spinach.....	50 grams...	1 h. tbsp.
Bread.....	15 grams...	1 slice, 3x1x½ in.
Butter.		
Cream.		
Tea.		

Allow during day:

Butter.....	40 grams...	4 squares.
Cream, 40%.....	8 ounces...	16 tbsp.

TABLE XXXIII.

Protein, 101 grams Fat, 232 grams
Carbohydrate, 51 grams Calories, 2780

BREAKFAST.

Orange..... 50 grams... $\frac{1}{2}$ orange.
Steak.....100 grams... 1 slice.
Egg..... 1
Bread..... 20 grams... 1 slice, $3 \times 2 \times \frac{1}{2}$ in.
Butter.
Cream.
Tea.

DINNER.

Lamb chop.....180 grams... 2 small.
Potato..... 50 grams... 1 small.
Turnip.....140 grams... 2 h. tbsp.
Lettuce..... 10 grams... 2 leaves.
Tomato (raw) ...100 grams... 1 medium.
Custard—made with one egg and part of the cream.
Butter.
Tea.

SUPPER.

Bacon..... 50 grams... 3 slices 6 in. long.
Eggs..... 2
Onions..... 50 grams... 1 h. tbsp.
Cabbage.....100 grams... 3 h. tbsp.
Bread..... 20 grams... 1 slice, $3 \times 2 \times \frac{1}{2}$ in.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 6 ounces...12 tbsp.

TABLE XXXIV.

Protein, 60 grams Fat, 200 grams
Carbohydrate, 55 grams Calories, 2380

BREAKFAST.

Orange.....	100	grams...	1 small.
Bacon.....	100	grams...	6 slices 6 in. long.
Egg.....	1		
Spinach.....	100	grams...	2 h. tbsp.
Bread.....	25	grams...	1 slice, 3x2x1½ in.
Butter.			
Cream.			
Coffee.			

DINNER.

Broth.....	180	c.c.....	1 glass.
Steak.....	100	grams...	1 slice.
Parsnips.....	100	grams...	4 slices, 2 h. tbsp.
Carrots.....	100	grams...	2 h. tbsp.
Butter.			
Cream.			
Tea.			

SUPPER.

Egg.....	1		
Lettuce.....	25	grams...	3 leaves.
String beans.....	100	grams...	2 h. tbsp.
Bread.....	25	grams...	1 slice, 3x2x1½ in.
Butter.			
Cream.			
Tea.			

Allow during day:

Butter.....	50	grams...	5 squares.
Cream, 40%.....	7	ounces...	14 tbsp.

TABLE XXXV.

Protein, 60 grams Fat, 207 grams
Carbohydrate, 54 grams Calories, 2400

BREAKFAST.

Egg.....	1		
Bacon.....	100	grams...	6 slices.
Tomatoes.....	100	grams...	2 h. tbsp.
Bread.....	35	grams...	1 slice, 3x3x1/2 in.
Butter.			
Cream.			
Tea.			

DINNER.

Broth.....	180	c.c.....	1 glass.
Squab.....	100	grams...	1 squab.
Cabbage.....	100	grams...	3 h. tbsp.
Onions.....	100	grams...	2 h. tbsp.
Butter.			
Cream.			
Tea.			

SUPPER.

Egg.....	1		
Lettuce.....	25	grams...	3 leaves.
Celery.....	100	grams...	8 stalks 6 in. long.
Bread.....	30	grams...	1 slice, 3x3x1/2 in.

Allow during day:

Butter.....	50	grams...	5 squares.	.
Cream, 40%.....	7	ounces...	14 tbsp.	

TABLE XXXVI.

Protein, 63 grams Fat, 210 grams
Carbohydrate, 61 grams Calories, 2460

BREAKFAST.

Grape fruit.....	100 grams...	1/2 grape fruit.
Bacon..	100 grams...	6 slices 6 in. long.
Egg.....	1	
Cauliflower.....	120 grams...	2 h. tbsp.
Bread.....	30 grams...	1 slice, 3x3x1/2 in.
Butter.		
Cream.		
Coffee.		

DINNER.

Broth.....	180 c.c.....	1 glass.
Squab.....	100 grams...	1 squab.
Carrots.....	100 grams...	2 h. tbsp.
Lettuce.....	100 grams...	12 leaves.
Butter.		
Cream.		
Tea.		

SUPPER.

Egg.....	1	
Asparagus.....	100 grams...	2 h. tbsp.
Spinach.....	100 grams...	2 h. tbsp.
Bread.....	30 grams...	1 slice, 3x3x1/2 in.
Butter.		
Cream.		
Tea.		

Allow during day:

Butter.....	50 grams...	5 squares.
Cream, 40%.....	7 ounces...	14 tbsp.



THIS PAGE IS LOCKED TO FREE MEMBERS

Purchase full membership to immediately unlock this page

FORGOTTEN BOOKS

FULL

MEMBERSHIP

797,885 Books!

**All you can read
for only
\$8.99/month**

Continue

*Fair usage policy applies



TABLE XXXVIII.

Protein, 74 grams Fat, 200 grams
Carbohydrate, 62 grams Calories, 2420

BREAKFAST.

Bacon.....100 grams... 6 slices 6 in. long.
Egg..... 1
Bread..... 30 grams... 1 slice, 3x3x $\frac{1}{2}$ in.
Butter.
Cream.
Tea.

DINNER.

Broth.....180 c.c..... 1 glass.
Chicken.....100 grams... 1 slice.
Baked potato.....100 grams... 1 medium.
Tomato.....100 grams... 2 h. tbsp.
Lettuce..... 25 grams... 3 leaves.
Olive oil..... 13 grams... 1 tbsp.
Butter.
Cream.
Tea.

SUPPER.

Egg..... 1
Cabbage.....100 grams... 3 h. tbsp.
Celery.....100 grams... 8 slices 6 in. long.
Onions.....100 grams... 2 h. tbsp.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XXXIX.

Protein, 71 grams Fat, 205 grams
Carbohydrate, 60 grams Calories, 2440

BREAKFAST.

Bacon.....100 grams... 6 slices 6 in. long.
Egg..... 1
Asparagus.....100 grams... 2 h. tbsp.
Bread..... 25 grams... 1 slice, 3x2x1/2 in.
Butter.
Cream.
Coffee.

DINNER.

Broth.....180 c.c..... 1 glass.
Steak.....100 grams... 1 slice.
Spinach.....100 grams... 2 h. tbsp.
Carrots.....100 grams... 2 h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Egg..... 1
Lettuce.....100 grams...12 leaves.
Lima beans.....100 grams... 2 h. tbsp.
Cauliflower.....120 grams... 2 h. tbsp.
Beef juice..... 4 ounces... 8 tbsp.
Bread..... 25 grams... 1 slice, 3x3x1/2 in.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XL.

Protein, 72 grams Fat, 208 grams
Carbohydrate, 65 grams Calories, 2490

BREAKFAST.

Bacon.....100 grams... 6 slices 6 in. long.
Eggs..... 2
Bread..... 25 grams... 1 slice, 3x2x $\frac{1}{2}$ in.
Butter.
Cream.
Coffee.

DINNER.

Broth.....180 c.c..... 1 glass.
Squab.....100 grams... 1
Lettuce..... 25 grams... 3 leaves.
Cucumbers.....100 grams...16 thin slices.
Turnips.....140 grams... 2 h. tbsp.
Strawberries.....100 grams... 2 h. tbsp.
Bread..... 25 grams... 1 slice, 3x2x $\frac{1}{2}$ in.
Butter.
Cream.
Tea.

SUPPER.

Fish (Haddock)... 50 grams... 1 small helping.
String beans.....100 grams... 2 h. tbsp.
Parsnips.....200 grams... 8 slices.
Bread..... 25 grams... 1 slice, 3x2x $\frac{1}{2}$ in.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XLI.

Protein, 71 grams Fat, 204 grams
Carbohydrate, 65 grams Calories, 2455

BREAKFAST.

Bacon.....100 grams... 6 slices 6 in. long.
Egg..... 1
Bread..... 20 grams... 1 slice, 3x2x1/2 in.
Carrots.....100 grams... 2 h. tbsp.
Butter.
Cream.
Coffee.

DINNER.

Broth.....180 c.c..... 1 glass.
Roast lamb.....100 grams... 1 slice.
Baked potato....100 grams... 1 medium.
Lettuce.....100 grams...12 leaves.
Asparagus.....100 grams... 2 h. tbsp.
Butter.
Cream.
Tea.

SUPPER.

Eggs..... 2
Cauliflower.....120 grams... 2 h. tbsp.
Spinach.....100 grams... 2 h. tbsp.
Bread..... 20 grams... 1 slice, 3x2x1/2 in.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XLII.

Protein, 77 grams Fat, 200 grams
Carbohydrate, 68 grams Calories, 2453

BREAKFAST.

Bacon.....100 grams... 6 slices 6 in. long.
Eggs..... 2
Tomatoes.....100 grams... 6 slices or 1 medium tomato.
Butter.
Cream.
Tea.

DINNER.

Broth..... 6 ounces..... 1 glass.
Haddock.....100 grams... 1 medium helping.
Cabbage.....100 grams... 3 h. tbsp.
Onions.....100 grams... 2 h. tbsp.
Baked potato.....100 grams... 1 medium
Butter.
Cream.
Tea.

SUPPER.

Cold boiled ham.. 75 grams... 1 slice, large.
Bread..... 25 grams... 1 slice, 3x2x1/2 in.
Peas.....100 grams... 2 h. tbsp.
Lettuce..... 25 grams... 3 leaves.
Celery.....100 grams... 8 stalks 6 in. long.
Butter.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XLIII.

Protein, 77 grams Fat, 203 grams
Carbohydrate, 69 grams Calories 2486

BREAKFAST.

Bacon.....100 grams... 6 slices 6 in. long.
Eggs..... 2
Bread..... 50 grams... 2 slices,
3x2x1/2 in.
Butter.
Cream.
Coffee.

DINNER.

Broth..... 6 ounces... 1 glass.
Steak.....100 grams... 1 slice.
Turnips.....140 grams... 2 h. tbsp.
Lettuce..... 25 grams... 3 leaves.
Bread..... 25 grams... 1 slice, 3x2x1/2 in.
Cream.
Tea.

SUPPER.

Cold veal..... 50 grams... 1 small slice.
Parsnips.....200 grams... 8 slices.
String beans.....100 grams... 2 h. tbsp.
Cucumbers.....100 grams...16 slices (thin).
Bread..... 25 grams... 1 slice, 3x2x1/2 in.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 7 ounces...14 tbsp.

TABLE XLIV.

Protein, 74 grams Fat, 201 grams
Carbohydrate, 71 grams Calories, 2458

BREAKFAST.

Egg.....	1	
Bacon.....	100 grams...	6 slices 6 in. long.
Parsnips.....	100 grams...	4 slices, 2 h. tbsp.
Butter.		
Cream.		
Coffee.		

DINNER.

Broth.....	6 ounces...	1 glass.
Chicken.....	100 grams...	1 slice.
Squash.....	50 grams...	1 h. tbsp.
Turnips.....	140 grams...	2 h. tbsp.
String beans.....	100 grams...	2 h. tbsp.
Baked potato.....	100 grams...	1 medium.
Butter.		
Cream.		
Tea.		

SUPPER.

Egg.....	1	
Parsnips.....	100 grams...	4 slices, 2 h. tbsp.
Lettuce.....	25 grams...	3 leaves.
Cucumbers.....	100 grams...	16 slices (thin).
Bread.....	40 grams...	1 slice, 3x3½x½ in.
Olive oil.....	13 grams...	2 teasp
Butter.		
Cream.		
Tea.		

Allow during day:

Butter.....	50 grams...	5 squares.
Cream, 40%.....	7 ounces...	14 tbsp.



THIS PAGE IS LOCKED TO FREE MEMBERS
Purchase full membership to immediately unlock this page



Never be without a book!

Forgotten Books Full Membership gives universal access to
797,885 books from our apps and website, across all your devices:
tablet, phone, e-reader, laptop and desktop computer

A library in your pocket for \$8.99/month

Continue

*Fair usage policy applies

TABLE XLVI.

Protein, 99 grams Fat, 305 grams
Carbohydrates, 101 grams Calories, 3660

BREAKFAST.

Oranges.....	200 grams...	2 small.
Bacon.....	75 grams...	5 slices.
Eggs.....	2	
Bread.....	35 grams...	1 slice,
Butter.		3x3½x½ in.
Cream.		
Coffee.		

DINNER.

Lamb chop.....	100 grams...	1 chop.
Peas.....	100 grams...	2 h. tbsp.
Olives.....	50 grams...	13 small olives.
Almonds.....	50 grams...	26 small almonds.
Bread.....	25 grams...	1 slice, 3x3x½ in.
Butter.		
Cream.		
Tea.		

SUPPER.

Salmon.....	100 grams...	1 average. helping.
-------------	--------------	------------------------

Salad:

Lettuce.....	25 grams...	3 leaves.
Fresh tomato..	100 grams...	1 medium.
Mayonnaise....	21 grams...	1 tbsp.
American cheese	25 grams...	1½x1x1 in.
Bread.....	40 grams...	1 slice, 3x3½x½ in.

Allow during day:

Butter.....	50 grams...	5 squares.
Cream, 40%....	10 ounces...	20 tbsp.

Protein, 101 grams Fat, 225 grams
Carbohydrate, 101 grams Calories, 2919

Grape fruit.....100 grams...1½ medium.
Eggs..... 2
Bread..... 50 grams... 2 slices,
3x2x1½ in.
Butter.
Cream.
Coffee.

Chops.....	200	grams...	2	medium.
Potato.....	75	grams...	1	medium or 1½
				tbasp. of mashed.
Lettuce.....	50	grams...	6	leaves.
Bread.....	25	grams...	1	slice, 3x2x½ in.
Walnuts.....	25	grams...	5	whole walnut
				meats.
French dressing				
Oil.....	16	grams	}	. 2 tbasp.
Vinegar				

Cold chicken.....	50	grams...	1 small slice.
Egg.....	1		
Bread.....	25	grams...	1 slice, 3x2x1½ in.
Celery.....	50	grams...	6 stalks 6 in. long.
Peach.....	100	grams...	1 peach.
Butter.			
Cream.			
Tea.			

Butter.....	50 grams...	5 squares.
Cream, 40%.....	6 ounces...	12 tbsp.

TABLE XLVIII.

Protein, 99 grams Fat, 228 grams
Carbohydrate, 126 grams Calories, 3043

BREAKFAST.

Lamb chop.....100 grams... 1 chop.
Eggs..... 2
Bread..... 50 grams... 2 slices,
Butter. 3x2x1/2 in.
Cream.
Coffee.

DINNER.

Steak.....100 grams... 1 slice.
Potato.....200 grams... 2 small ones.
Cabbage.....100 grams... 3 h. tbsp.
Bread..... 25 grams... 1 slice, 3x2x1/2 in.
Butter.
Tea.
Custard or ice cream, using part of cream, and one-half egg (extra).

SUPPER.

Bacon.....100 grams... 6 slices.
Egg..... 1
Peas.....100 grams... 2 h. tbsp.
Beets.....100 grams... 2 h. tbsp.
Peach (as
purchased).....100 grams... 1 peach.
Bread..... 25 grams... 1 slice, 3x2x1/2 in.
Butter.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 6 ounces...12 tbsp.

TABLE XLIX.

Protein, 101 grams Fat, 292 grams
Carbohydrate, 150 grams Calories, 3744

BREAKFAST.

Grape fruit.....300 grams... 1 medium.
Bacon..... 75 grams... 5 slices.
Eggs..... 2
Bread..... 35 grams... 1 slice 3x3x1/2 in.
Butter.
Cream.
Tea.
Sugar.

DINNER.

Lamb chop.....100 grams... 1 medium.
Peas.....100 grams... 2 h. tbsp.
Lettuce..... 25 grams... 3 leaves.
Fresh tomato.....100 grams... 1 medium.
Mayonnaise..... 21 grams... 1 tbsp.
Bread..... 25 grams... 1 slice, 3x2x1/2 in.
Butter.
Tea.

SUPPER.

Cold roast beef....100 grams... 1 slice.
Olives..... 50 grams...13 small olives.
Almonds..... 20 grams...26 small almonds.
Cream cheese..... 50 grams... 1 1/2x1 1/2x1 1/2 in.
Bread..... 40 grams... 1 slice,
Butter. 3x3 1/2x1 1/2 in.
Cream.
Tea.

Allow during day:

Butter..... 50 grams... 5 squares.
Cream, 40%..... 5 ounces...10 tbsp.
Sugar..... 40 grams... 4 h. teasp.

Dr. Edwin A. Locke's book of food values has been of much value in making up these diets.

The following food values are taken from Locke's Abstract of Atwater and Bryant's Bulletin No. 28, 1906, United States Department of Agriculture.

Fractions of per cents. have been left off in order to make the use of the table more simple, and the values given will be found quite accurate enough for clinical purposes.

Food Stuffs. Raw.	Quantity.	Protein. Grams.	Fat. Grams.	Carbo- hydrate. Grams.	Total Calo- ries.
MEAT.					
Beef.....	100 gm.	22	28		357
Chicken.....	“	32	4	2	181
Bacon.....	“	10	64		646
FISH.					
Fish (average).....	“	20	4	1	105
Oysters.....		6	1	4	52
EGGS.					
Eggs.....	“	13	10		159
Eggs.....	1 egg	7	5		72
DAIRY PRODUCTS.					
Butter.....	100 gm.	1	85		795
Cheese (American)..<	“	28	35	2	453
Cheese (Neufchatel) “		19	27	2	337
Milk (whole).....	“	3	4	5	72
Milk (whole).....	1 qt.	34	38	43	670
Milk (skim).....	100 gm.	3	0.3	5	37
Milk (skim).....	1 qt.	35	10	43	400
Cream (gravity)....	100 gm.	3	16	5	180
Cream (gravity)....	1 pt.	14	77	22	860
CEREAL PRODUCTS.					
Oatmeal (cooked)...	100 gm.	3	0.5	12	63
Rice (cooked).....	“	3	0.1	24	112

Food Stuffs. Raw.	Quantity.	Protein. Grams.	Fat. Grams.	Carbo- hydrate. Grams.	Total Calo- ries.
Macaroni (cooked).. “		3	1	16	91
Bread..... “		9	1	53	268
Soda crackers..... “		10	9	73	424
Cake (average)..... “		6	9	63	369

VEGETABLES.

Asparagus.....	100 gm.	2	2	3	21
Beans (dried)..... “		22	2	59	354
Beans (string)..... “		2	0.3	7	40
Beets..... “		2	0.1	7	41
Cabbage..... “		2	0.3	6	32
Carrots..... “		1	0.4	9	46
Cauliflower		2	0.5	5	31
Celery..... “		1	0.1	3	19
Corn (green)..... “		3	1	20	104
Cucumbers..... “		0.8	0.2	3	18
Lettuce..... “		1	0.3	3	20
Mushrooms..... “		3	0.4	7	46
Onions..... “		1	0.3	10	49
Peas (dried)..... “		24	1	62	365
Peas (green)..... “		7	0.5	16	102
Potatoes (white)..... “		2	0.1	18	85
Potatoes (sweet)..... “		2	0.7	27	126
Spinach..... “		2	0.3	3	24
Squash..... “		1	0.5	9	47
Tomatoes..... “		0.9	0.4	4	23
Turnips..... “		1	0.2	8	41

The values for all the vegetables are calculated from the *raw* vegetables.

FRUITS.

Apples.....	100 gm.	0.4	0.5	14	64
Bananas..... “		1	0.6	22	101
Blackberries..... “		1	1	11	15
Cherries..... “		0.1	1	15	76

Food Stuffs. Raw.	Quantity.	Protein. Grams.	Fat. Grams.	Carbo- hydrate. Grams.	Total Calo- ries.
Cranberries.....	“	0.4	0.6	10	47
Currants.....		1		13	58
Figs (dried).....		4	0.3	74	325
Grapes.....		1	1	14	74
Huckleberries.....		0.6	0.6	16	76
Lemon juice.....				10	40
Muskmelons.....		0.6		9	41
Oranges.....		0.8	0.2	11	53
Peaches.....		0.7	0.1	9	42
Pears.....		0.6	0.5	14	65
Prunes (dried).....		2		73	309
Raisins (dried).....		2	3	76	354
Pineapples.....		0.4	0.3	10	44
Plums.....		1		20	87
Raspberries.....		1		12	56
Strawberries.....		1	0.6	7	40
Watermelons.....		0.4	0.2	7	31

NUTS.

Almonds.....	100 gm.	21	54	17	668
Chestnuts.....	“	6	5	42	246
Peanuts.....	“	25	38	24	564
Walnuts.....		18	64	13	728

MISCELLANEOUS.

Chocolate.....	100 gm.	13	48	30	631
Whiskey.....	50 c.c.		43% alcohol		152
Lager beer.....	250 c.c.		4.5% alcohol		130