

TABLE NO. 2: TABLE OF AVERAGE COMPOSITION.

Product.	No. of samples analysed.	Water.	Crude Protein.	Crude Fat.	Nitrogen free extract.	Crude Fibre.	Ash.	Heat of Combustion per gm. Calc'd.
Granulated Oatmeal.....	5	7.84	12.68	6.49	69.78	1.71	1.50	4.283
Standard Oatmeal.....	6	7.95	13.37	6.90	68.57	1.48	1.73	4.276
Coarse Cut Oatmeal.....	1	8.15	12.77	6.01	69.65	1.80	1.62	4.242
Rolled Oatmeal.....	18	8.60	12.41	6.72	69.36	1.26	1.65	4.253
Wheat Farinas.....	7	10.84	9.56	1.01	77.54	.47	.58	3.856
Wheat Germ.....	1	8.39	10.97	2.79	75.61	1.16	1.08	4.073
Rolled Wheat.....	5	10.79	9.25	1.51	74.94	1.80	1.71	3.832
Flaked Barley.....	3	10.91	9.61	1.11	76.47	1.01	.89	3.847
Corn Meal.....	3	9.90	6.56	1.25	81.28	.53	.48	3.857
Malt Breakfast Food.....	1	10.05	11.80	.46	75.32	1.17	1.20	3.875
Orange Meat.....	3	8.77	9.56	1.32	76.49	1.95	1.92	3.903
Canada Flakes.....	3	8.49	10.43	1.34	75.33	2.21	2.20	3.919
Force.....	3	9.07	10.11	1.51	75.05	1.85	2.41	3.890
Norka.....	3	7.38	14.40	5.55	68.02	1.84	2.81	4.230
Malta Vita.....	3	8.24	9.91	1.36	*78.25		2.24	3.919
Grape Nuts.....	3	7.08	11.50	.95	*78.76		1.71	3.996
Shredded Wheat.....	2	9.41	11.41	.85	*76.62		1.71	3.894
Quaker Wheat Berries.....	4	9.02	11.51	2.34	72.39	3.33	1.41	3.991
Toasted Corn Flakes.....	4	9.77	5.52	1.49	80.79	.65	1.78	3.803
Quaker Puffed Rice.....	1	10.16	5.20	.33	83.25	.70	.36	3.887
Rice Flakes.....	1	12.29	7.24	.08	79.49	.55	.35	3.716
Life Chips.....	1	8.68	6.78	2.11	77.96	1.99	2.48	3.874
Gusto.....	1	11.20	7.18	.24	77.24	1.51	2.63	3.675
Granose Flakes.....	1	9.96	8.32	.32	77.30	1.99	2.11	3.772
Granose Biscuits.....	1	12.31	8.04	.71	73.65	1.95	3.34	3.640
<i>Miscellaneous Foods for Comparison.</i>								
Flakes Peas.....	1	8.06	23.39	1.74	63.18	.70	2.13	3.716
White Bread†.....	4	40.06	8.49	1.87	48.73		.85	2.673
Entire Wheat Bread†.....	3	45.41	7.79	2.27	43.47		1.06	2.453
Graham Bread†.....	2	45.00	8.02	2.49	43.00		1.49	2.468
Sirloin Steak‡.....		61.9	18.9	18.5			1.00	2.836
Whole Egg, edible portion‡.....		73.7	18.9	10.5			1.00	1.767
Cheese, as purchased‡.....		34.2	25.9	33.7	2.4		3.80	4.761
Milk§.....	5,000	87.1	3.2	3.9	5.1		.70	.751
Potatoes.....	81	78.41	2.18	0.1	17.82	.60	.89	.893

* Includes crude fibre.

† U.S. Department of Agriculture, Office of Experiment Stations, Bull. No. 148, p. 14. Averages of analyses of bread made from flour samples Nos. 6133, 6142 and 6155.

‡ U.S. Department of Agriculture, Farmers' Bulletin No. 128, p. 12.

§ "Modern Methods of Testing Milk and Milk Products," Van Slyke, p. 15.