

consumed supplied 128 grams of protein and 3458 calories of energy per man per day, amounts corresponding to the previously mentioned dietary standard for a man at moderately active muscular work.

The following table gives some interesting information in connection with the commoner kinds of meat:

NUTRIENTS AND ENERGY IN FOOD EATEN AND WASTED IN ABOVE DIETARY.

(Quantities per man per day.)

KIND OF FOOD MATERIALS	FOOD EATEN				FOOD WASTED			
	Protein	Fat	Carbo-hydr'te	Fuel Value	Pro-tien	Fat	Carbo-hydr'te	Fuel Value
	grams.	grams.	grams.	calories	grams.	grams.	grams.	calories
Beef, Veal and Mutton	34	28	..	385	4	3	..	43
Pork	14	27	..	296	3	7	..	74
Fish	3	3	1	43	..	..	..	..
Butter	..	15	..	134	..	..	..	..
Milk	13	17	21	287	..	..	..	..
Eggs	2	3	..	35	..	..	..	..
Total Animal Food	66	93	22	1180	7	10	..	117
Cereals	25	9	153	792	8	3	43	231
Sugars and Starches	..	..	84	336	..	..	..	..
Vegetables	12	13	70	444	4	5	33	192
Fruits	..	..	21	84	..	..	7	28
Total Vegetable Food	37	22	328	1656	12	8	83	451
Miscellaneous Food	25	29	66	622	4	5	7	89
Total Food	128	144	416	3458	23	23	90	657

MENUS ILLUSTRATING THE USE OF MEAT AND FISH.

MENU 1.—For family equivalent to four men at light to moderate muscular work.

Kinds and Cuts of Meat	The smallest and largest percentages of Refuse	The smallest and largest percentages of Water	The smallest and largest percentages of Fat	The smallest and largest percentages of Protein
BEEF				
Side	12-21%	48-72%	6-36%	15-21%
Sirloin	4-26	51-75	9-32	10-21
Round	4-11	57-75	3-25	18-22
Shank	50-62	61-74	4-19	19-22
Shoulder	5-28	62-75	1-22	17-22
VEAL				
Side	19-25	69-74	6-10	19-20
Chops	14-20	61-75	5-19	18-21
Cutlet	13-19	67-77	1-12	19-22
MUTTON				
Side	13-23	39-59	23-48	12-17
Chops	11-20	31-56	26-59	10-20
Leg	12-24	52-68	12-30	18-19
PORK				
Chops	12-24	38-60	19-49	11-20
Smoked Ham	8-14	22-57	17-57	14-21
Fat Salt		0-12	83-94	1-5
FISH				
Halibut Steak	11-23	70-79	2-10	18-19
Cod	26-34	81-84	0.3-0.5	15-18
Mackerel	34-58	64-79	2-16	18-19
Shad	44-59	65-74	7-14	18-20
Oysters, in Shell	74-88	82-91	0.6-2	4-9
Lobster, in Shell	44-61	79-84	0.3-0.3	12-18

FISH.

The chief uses of fish are (1) to furnish an economical source of nitrogenous nutrients, and (2) to supply the demand for variety in the diet. Where fish can be obtained at low cost it is advisable to make use of it for the purpose of furnishing a considerable portion of the protein required, and for the sake of variety its use may be advantageous even when the cost is somewhat greater.

Fish contains the same kinds of nutrients as other food materials, but is at the same time essentially a nitrogenous food product,

FOOD MATERIAL	AMOUNT USED	PROTEIN	FUEL VALUE
Breakfast	lbs. oz.	pound	calories
Oranges	2 0	0.012	338
Omelet (8 Eggs)	1 0	.131	613
Butter for Frying	0 1	.001	216
Johnny Cakes	1 4	.099	1466
Butter	0 3	.002	647
Coffee		.008	248
Total		.258	3528
Dinner			
Boiled Cod, fresh	2 0	.340	658
Hollandaise Sauce	0 4	.002	863
Butter			
Yolks of 2 Eggs	0 1½	.013	135
Lemon Juice, etc.			
Potatoes	2 0	.036	606
Boiled Rice	1 8	.018	362
Milk	0 6	.012	117
Sugar	0 3		340
Bread	0 12	.069	887
Butter	0 3	.002	647
Total		.492	4615
Supper			
Scalloped Oysters			
Oysters	2 0	.120	442
Crackers	0 4	.027	464
Butter	0 2	.001	431
Milk	0 4	.008	78
French Fried Potatoes ..	1 0	.018	303
Lard	0 2		505
Bread	0 8	.046	592
Butter	0 2		431
Sliced Bananas	1 0	.008	290
Sugar	0 3		340
Tea		.008	248
Total		.237	3124
Total Per Day		.982	12267
Total for One Man		.246	3067

and its place in the diet is the same as that of meat, and the only considerable difference between them is in the proportion of water