

Each 1 lb. avoirdupois of the food named contains	Proteids ounces	Fats ounces	Carbo-hydrates ounces	Cost of 1 lb. Ottawa June 1917	Remarks
Beef — Brisket.....	3.056	1.996	0	.16	Best 1st & 2nd cuts.
" flank.....	2.768	4.128	0	16 to 12.5	
" loin.....	2.928	3.120	0	.35	
" sirloin.....	3.024	2.832	0	.35	
" tenderloin.....	2.496	3.904	0	.75	
" ribs.....	2.736	4.080	0	.28	
" roundsteak, best.....	3.264	1.600	0	.32	
" roundsteak second.....	2.816	3.808	0	.25	
" foreshank.....	3.280	1.440	0	.10	
" hindshank.....	3.248	1.520	0	.10	
" tongue.....	2.784	2.880	0	.25	whole leg
" heart.....	3.088	2.128	0	12.5	
" liver.....	3.216	0.880	0	.15	
" kidney.....	2.624	0.848	0	.18	
" Veal leg.....	3.296	0.944	0	.22	
" Veal cutlets.....	3.120	1.632	0	.32	
" Mutton — average.....	2.736	0.928	0	25 to 30	
" Lamb — average.....	2.848	3.616	0	.15, 25, 30	
" Pork — fat.....	2.320	5.968	0	.10	
" Pork lean.....	3.248	1.088	0	.32	
" Pork ham.....	2.960	2.832	0	.34	None
" Blood — various sources.....	2.896	0.032	0		
" Blood from fattened beef.....	3.344	0.160	0		
" Rabbit — whole.....	3.344	0.160	0	.10	
" Hen — flash.....	3.408	0.728	0	.25	
" Salmon.....	3.157	1.718	0	.30	
" Fresh Herring.....	2.578	1.355	0	.10	
" Mackerel.....	3.090	1.293	0	.18	
" Cod.....	2.675	0.048	0	12.5 & 16	
" Haddock.....	2.709	0.042	0	.10	
" Dried Codfish.....	13.046	0.118	0	.10	red herring
" Dried & salted codfish.....	11.579	0.395	0	.10	
" Smoked Haddie.....	4.331	0.058	0	.15	
" Smoked & salted herring.....	5.882	2.518	0	.10	
" Sardines.....	4.544	1.291	0	.32	
" Oysters.....	1.681	0.304	0		
" Caviare.....	4.694	2.237	0		
" Lobster.....	3.054	0.156	0	.40	
" Beef, dried (pemmican).....	11.120	0.934	0		
" Beef, corned.....	3.469	0.778	0	.18	
" Sausages, frankfurters.....	2.002	6.258	0		None containing cereals.
" Sausages Blood.....	1.739	1.028	3.274	12.5	
" Eggs, Hens.....	2.068	1.938		.26	
" Milk, whole milk.....	0.546	0.606	0.784	.04	
" " skimmed.....	0.422	0.139	0.758	.02	
" " condensed, no sugar.....	1.737	1.827	2.234	.20	
" " condensed sugar.....	1.530	1.535	8.450	.20	
" " condensed sugared.....	1.673	1.611	8.163	.20	
" Milk skim-sugared.....	2.034	0.421	9.037		
" " powder, whole milk.....	3.694	3.702	6.782		
" " powder skimmed.....	4.930	0.279	8.549		American and foreign
" Cream.....	0.659	3.810	0.627	.25	
" Butter.....	0.122	13.392	0.080	.42	
" Oleomargarine.....	0.158	14.014	0		
" Cheese — cheddar.....	4.362	5.080	0.538		
" " American.....	4.118	5.482	0.390	.30	
" " average quality.....	4.194	4.729	0.542	.30	
" " skim milk.....	5.694	1.992	0.675		
" " Roquefort.....	4.235	5.300	0.412		
" Buttermilk.....	0.626	0.163	0.678	.02	
" Infants' Foods, Ridge's.....	1.392	0.221	13.046	1.00	None
" Infants' Foods, Mellin's.....	1.250	0.046	13.213	1.20	
" Infants' Foods, Neave's.....	2.112	0.272	12.494	0.50	
" Wheat Flour—Fine.....	1.709	0.180	11.950	.09	
" Wheat Flour—coarse.....	1.856	0.254	11.742	.08	
" Wheat Flour—whole.....	1.509	0.150	12.147	.07	
" Rye Flour.....	1.629	0.230	11.824	.07	
" Oatmeal.....	2.219	0.989	10.730	.07	
" Cornmeal.....	1.539	0.402	11.472	.07	
" Buckwheat flour.....	1.325	0.238	11.933	.08	
" Pea meal.....	1.296	0.285	9.149		None
" Macaroni.....	1.741	0.099	12.088	.10	
" Rice Flour.....	1.183	0.110	12.652	.10	
" Corn starch.....	0.192	0.002	13.618	.13	
" Sago.....	0.446	0	13.085	.16	
" Tapioca starch.....	0.118	0.026	11.498	.16	
" Potato starch.....	0.141	0.008	12.909		
" Bread wheat, fine.....	1.090	0.086	9.248	.07	
" Bread wheat, coarse.....	1.150	0.140	8.158	.06	
" Bread Graham.....	0.175	0.029	8.533	.06	None
" Wheat biscuits.....	1.686	0.408	12.664	.20	
" Rye bread.....	1.029	0.182	8.069	.07	
" Oatmeal cakes.....	1.373	1.664	10.669		
" Potatoes.....	0.318	0.024	3.338	.055	
" Artichokes.....	0.302	0.029	2.624		
" Sweet potatoes.....	0.251	0.080	3.861		
" Beets — Mangold.....	0.202	0.021	1.381		
" Beets — sugar.....	0.198	0.016	2.427	.20	