

Dinner	lbs.	oz.	lbs.	oz.
Tomato Soup.....	1	12	1	12
Roast Beef.....	1	12	1	8
Mashed Potatoes.....	1	4	1	4
Turnips.....		8		8
Apple Fritters.....				
Apples.....		8		8
Flour.....		2		2
Egg.....		2		2
Lard.....		1½		1½
Bread.....		8		8
Butter.....		2		2
EXTRA SKIM MILK.....			2	0
Supper				
Canned Salmon.....	1	6	1	0
Potatoes.....		12		12
Bread.....		8		8
Butter.....		2		2
Berries, canned or fresh		8		8
EXTRA MILK.....			2	0

WITH SMALL AMOUNT OF MILK	COST	PROTEIN	FUEL VALUE
	cents	pounds	calories
Breakfast.....	.48	0.39	5300
Dinner.....	.51	.39	5800
Supper.....	.33½	.34	3200
Total per day.....	\$1.32½	1.12	14300
Total for one man..	.33	.28	3575
WITH LARGE AMOUNT OF MILK			
Breakfast.....	.43	.36	5270
Dinner.....	.47½	.41	5400
Supper.....	.34½	.34	3600
Total per day.....	\$1.25	1.11	14270
Total for one man..	.31	.28	3567

If anything more pretentious is desired, menu No. 5 may be suggested.

No. 5 MENU FOR FAMILY EQUIVALENT TO FOUR MEN AT MODERATE MUSCULAR WORK

FOOD MATERIALS	WEIGHT	COST	PRO- TEIN	FUEL VALUE
	lbs. oz.	cents	pounds	calories
Breakfast				
Cereal, Oatmeal.....	0 3		.029	350
Milk.....	6	2½	.012	64
Sugar.....	2			232
Bacon.....	8	8	.046	1350
Eggs, 4.....	8	8	.065	322
Baked Potatoes.....	1 0	1½	.018	325
Buckwheat Cakes, prepared buck- wheat.....	8	4	.034	780
Maple Syrup.....	4	3		327
Bread.....	8	2	.048	603
Butter.....	1½	3		225
Coffee.....		3½	.010	410
Total.....		35½	.262	5028
Dinner				
Bouillon.....	1 0	15	.020	45
Roast Lamb, leg.....	1 8	30	.228	1282
Mashed Potatoes.....	1 0	2	.018	325
Cucumbers.....	1 0	3	.009	52
Green Peas, shelled.....	1 8	6	.072	382
Macaroni.....	4	4	.029	410
Cheese.....	3	3	.049	369
Fruit Pudding				
1 cup flour.....	4		.028	410
Sugar.....	4			465
1 egg.....	2	9	.016	81
½ cup milk.....	4		.008	81
1 cup fruit.....	8		.013	817

Sauce for Pudding	lbs.	oz.	cts.	lbs.	calories
1 egg.....		2		.016	81
½ cup milk.....		4	5	.010	102
½ cup sugar.....		4			465
Bread.....		6	1½	.036	452
Butter.....		1	2		217
Tea or Coffee.....			3½	.010	410
Total.....			84	.562	6446
Supper					
Chicken Croquettes					
Chicken meat.....	8			.114	250
Flour.....	1		18	.007	103
Onions.....	1			.001	13
1 egg.....	2			.016	81
Bread.....	2			.012	151
Lettuce.....	8	3		.005	42
Bread.....	8	2		.048	603
Butter.....	1½	3			325
Cake.....	6	3		.026	619
Berries.....	1 0	8		.010	175
Chocolate, or Cocoa, with milk, sugar and cream.....	1½	5		.030	625
Total.....			42	.269	2987
Total Per Day ...			161½	1.093	14461
Total for One Man			40	.270	3615

This menu calls for an expenditure of 40 cents per person and is perhaps more elaborate than many families would desire. It serves to illustrate however, the value of different articles of food in an ordinary diet.

In these menus, the largest single item is as a rule the meat for dinner. The amount of protein furnished by the breakfast and supper is small compared with the fuel value of the food. Consequently for dinner some meat is used which will furnish considerable protein, but not an excessive amount of fuel ingredients, otherwise the ration will be one sided. Beef, veal and fish give a large amount of protein as compared with the fuel value.

There is a general tendency, especially where there is a considerable variety of pastry and desserts, towards too large a proportion of fats and carbohydrates as compared with the protein. This can be obviated by the use of more and leaner meats, fish, beans, skim milk, buttermilk, and cheese. It is of course not important that each meal, or even the total food of each individual day, should have just the right amount of nutrients, or that the proportions of protein and fuel ingredients should be exactly correct so as to make the meal or the diet for the day well balanced. The body is continually storing nutritive materials and using them. It is not absolutely dependent any day on the food eaten that particular day.

It is required simply that the nutrients as a whole during comparatively short periods should be fitted to the actual needs of the body.

When it is desired to increase the amount of milk, it may be substituted for tea or coffee, or more milk may be used, and less meat, butter, or eggs. Roughly speaking, one quart of whole milk could be substituted for a pound of meat, a pound of eggs, three