THIS BOOK IS DEDICATED TO

Dr. Evelyn G. Halliday
of the University of Chicago

whose contributions
to the field of Home Economics
has won nation-wide recognition.

Meta Given's
MODERN
ENCYCLOPEDIA
OF COOKING

VOLUME ONE

A modern cook book, complete in every detail,
brings the latest developments in home economics
into your kitchen for a simpler, better and richer
life.

J. G. Ferguson and Associates
Chicago
1948
The Diet Pattern

This vital chapter might have been called "What Every Meal-Planner Ought to Know!" If you will find-the-facts about food and its nutritive value presented in a down-to-earth manner that makes them out of the laboratory and brings them right into your kitchen. These are the basic things you as planner and cook should know about food if you want to see your family enjoy the exuberant health which comes from a well-chosen diet.

** ** **

The 365 daily menus used in this book have been built to include the basic foods which supply the normal individual's daily needs for protein, minerals, vitamins, and energy. The menus were planned to conform to the diet pattern,* which includes the following ten classifications of food to be eaten daily.

SERVE EACH DAY

1. 1 quart milk for each child and 1 pint for each adult, in cooking and as a beverage. See page 248 for milk equivalents.
2. 1 serving of meat, fish, poultry or cheese. Liver or other variety meat weekly.
3. 1 green (preferably leafy) or yellow vegetable, raw or cooked.
4. 1 other vegetable, fresh, canned, frozen or dried (besides potato).
5. 1 serving of potato;† white, sweet, or yams.
6. 1 egg daily if possible; otherwise at least 3 or 4 times weekly.
7. 3 to 5 tablespoons of butter, or oleomargarine fortified with vitamin A.
8. Whole grain or enriched cereal—bread, breakfast food, cake, etc.
9. 1 serving of citrus fruit, or tomatoes, or tomato juice.
10. 1 other fruit, fresh, canned, frozen or dried.

When these ten basic classifications of foods have been incorporated into the daily menus, the body's nutritional requirements for health are met, as far as is known today. Additional foods are added for appetite appeal, variety, and greater energy value.

* This diet pattern meets the Recommended Dietary Allowances adopted by the Food and Nutrition Board of the National Research Council, which was organized to advise on nutrition problems in connection with the National Defense Program.

† About once a week rice, macaroni, spaghetti or noodles are used instead of potatoes, for variety. However, these cereal foods do not adequately take the place of potatoes, since they are not so good a source of vitamins and minerals. Therefore, we have taken particular pains, on the days when potatoes are omitted, to include extra quantities of green and yellow vegetables, or other foods which make up the deficiency.
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The basic foods should be selected not for food value alone, but also for texture, color and flavor contrast, which helps make the meal attractive and interesting. For example, a meal in which all the foods are white or light-colored has little eye appeal. In such a menu, broccoli will be more appetizing in appearance than yellow turnips. Such selections should always be made within the same class; both yellow turnips and broccoli come under class number 3 below, and so would squash or carrots which might be substituted.

Besides keeping the ten classifications of the diet pattern in mind when planning the menus (pages 49 to 152), we considered flavor, texture, color, seasonability and economy. In making substitutions, which may be necessary from time to time for a variety of reasons (such as family food preferences, or unavailability of certain foods on local markets), choose only foods from the same class in the diet pattern. For example, if you cannot get watercress when it appears on the menu, use another salad green instead.

The following table provides an easy guide for the selection of alternate foods when planning menus.

**TABLE 1. FOOD CLASSES FOR SELECTION OF ALTERNATE FOODS**

1. **Milk and Milk Products**
   - Whole milk
   - Skim milk
   - Evaporated milk
   - Buttermilk (cultured milks)
   - Dried skim milk
   - Dried whole milk
   - Ice cream
   - Cheese

2. **Meat, Fish, Poultry, or Cheese**
   - Beef, all cuts
   - Lamb, all cuts
   - Pork, all cuts, fresh or cured
   - Veal, all cuts
   - Poultry, all kinds
   - Fish, all kinds
   - Dried legumes, occasionally
   - Nuts, occasionally
   - Variety meats, at least once a week

3. **Green and Yellow Vegetables**
   - Artichokes, French
   - Asparagus
   - Beans, green lima
   - Beans, green snap or string
   - Beet greens
   - Broccoli
   - Brussels sprouts
   - Cabbage, green
   - Carrots
   - Celery, green (Pascal)
   - Chard
   - Dandelion greens
   - Endive
   - Escarole
   - Kale
   - Lettuce
   - Mustard greens
   - Okra
   - Parsley
   - Peas, green
   - Peppers, green
   - Pumpkin
   - Rutabaga
   - Squash
   - Soybeans, green
   - Spinach
   - Turnip greens
   - Watercress

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*two cups of evaporated milk are the approximate equivalent of one quart of fresh whole milk. A one-ounce serving of cheese, (cheddar type) is the approximate protein equivalent of 1 cup of milk. For calcium equivalent see chart page 29.

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4. **Vegetables Other than Green and Yellow**
   - Artichokes, Jerusalem
   - Beets
   - Cabbage, red
   - Cabbage, white
   - Cauliflower
   - Celery, white
   - Corn
   - Cucumber, peeled
   - Egg plant
   - Kohlrabi
   - Mushrooms
   - Onions
   - Parsnips
   - Radishes
   - Sauerkraut
   - Turnips, white

5. **Potatoes**
   - White potatoes
   - Sweet potatoes
   - Yams

6. **Eggs**
   - Note: Although it is possible to provide the nutrients in eggs by a careful combination of other foods, no other single food is a substitute for eggs.

7. **Butter or Fortified Margarine**
   - Cream
   - Note: Any fat is a nutritional substitute for butter or margarine that has been enriched with Vitamin A.

8. **Bread and Cereal**
   - Bread
   - Breakfast cereals
   - Cakes, muffins, etc.
   - Note: At least one-half of all the food in this group should be whole grain products or made from enriched flours.

9. **Citrus Fruits and Tomatoes or Other Fruits High in Vitamin C**
   - Cantaloupe
   - Currants
   - Grapefruit and grapefruit juice
   - Guava
   - Lemons and lemon juice
   - Limes and lime juice
   - Mangoes
   - Muskmelon
   - Oranges and orange juice
   - Papaya
   - Strawberries
   - Tangerines and tangerine juice
   - Tomatoes and tomato juice

10. **Fruits Other than Citrus and Tomato**
    - Apples
    - Apricots
    - Avocados
    - Bananas
    - Blackberries
    - Cherries
    - Cranberries
    - Dates
    - Figs
    - Gooseberries
    - Grapes
    - Loganberries
    - Melon, honeydew
    - Melon, watermelon
    - Peaches
    - Pears
    - Pineapple
    - Plums
    - Prunes
    - Raisins
    - Raspberries, black
    - Raspberries, red
    - Rhubarb

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†Note that bread and cereal products are grouped together. It is satisfactory to use one instead of the other as desired.
THE DIET PATTERN

ELEMENTS OF THE DIET

A well-balanced diet is made up of a great variety of foods, from which the body obtains the elements it requires for its growth, maintenance and repair. If one or more of these elements is persistently lacking or present in insufficient quantity, the health of the body will suffer—not suddenly or dramatically, but gradually, over a long period. This is the "hidden hunger" so much talked about by nutritionists, which is revealed not by hunger pangs but by lowered vitality, lowered resistance to disease, fatigue, poor teeth, and anemia; and in more acute stages by the deficiency diseases, such as scurvy, pellagra, and beriberi. This "hidden hunger" may be present even when the appetite is satisfied.

The essential food elements which must be supplied by an adequate diet fall into six classes:

1. Protein—builds and repairs body tissues (except fat).
2. Carbohydrates and fats—furnish heat and energy; an excess over needs will be stored in the form of body fat.
4. Vitamins—promote growth and maintain health and vigor.
5. Bulk—aids in elimination of body waste.
6. Water—aids in regulation of body functions, such as digestion and elimination of body waste.

Here at a glance is a guide to the foods you should include in your menus every day. Listed around the wheel are the classes of food which go to make up a well-balanced diet; in the spaces formed by the spokes are the quantities of these foods which everyone should eat every day to get enough of the food elements necessary for health—calories, protein, minerals, and vitamins. These supply the minimum requirements. After they have been met by your day's menus, you can go ahead and add anything your family enjoys. This may be something extra, like a savory gravy, pie, cake or some other dessert; or it may be more of the same—an extra serving of vegetable, or of meat, or potato, or more bread or cereal. Each of these extras will add some additional food value, as well as pleasing flavor and the bulk that makes you feel satisfied when you have finished eating.

A diet is considered to be adequate if it supplies all of the recommended daily allowances in the following table.
### Table 1

<table>
<thead>
<tr>
<th>Thru</th>
<th>100</th>
<th>6000</th>
<th>2000</th>
<th>3000</th>
<th>6000</th>
<th>20000</th>
<th>9000</th>
</tr>
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<td>000</td>
<td>32</td>
<td>30</td>
<td>27</td>
<td>24</td>
<td>22</td>
<td>19</td>
<td>17</td>
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<td>27</td>
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<tr>
<td>000</td>
<td>32</td>
<td>30</td>
<td>27</td>
<td>24</td>
<td>22</td>
<td>19</td>
<td>17</td>
</tr>
</tbody>
</table>

**Notes:**

- **Caloric Density (kcal/g):** Thecaloric density (kcal/g) is the amount of energy (in kilocalories) contained in a gram of food. It is a measure of how much energy is in a given amount of food, which is useful for determining the energy content of different foods.
- **Protein Content (%):** The protein content of a food indicates the percentage of protein it contains. This is important for determining the nutritional value of the food.
- **Fat Content (%):** The fat content of a food indicates the percentage of fat it contains. This is important for determining the nutritional value of the food.
- **Carbohydrate Content (%):** The carbohydrate content of a food indicates the percentage of carbohydrates it contains. This is important for determining the nutritional value of the food.
- **Fiber Content (%):** The fiber content of a food indicates the percentage of fiber it contains. This is important for determining the nutritional value of the food.
- **Calcium Content (mg):** The calcium content of a food indicates the amount of calcium it contains. This is important for determining the nutritional value of the food.
- **Iron Content (mg):** The iron content of a food indicates the amount of iron it contains. This is important for determining the nutritional value of the food.
- **Sodium Content (mg):** The sodium content of a food indicates the amount of sodium it contains. This is important for determining the nutritional value of the food.
- **Cholesterol Content (mg):** The cholesterol content of a food indicates the amount of cholesterol it contains. This is important for determining the nutritional value of the food.

**Food and Nutrition Board, United States Department of Agriculture**

**References:**

THE DIET PATTERN

CALORIES

A diet which supplies the essential proteins, minerals and vitamins, and also maintains the adult body at its normal weight, is supplying the correct number of calories.

Table 2, page 8, shows average caloric requirements for men and women in normal health, and for children at various ages.

It has been found that the health of children can be gauged by the rate at which they gain in weight. The following table is one which you can safely use in checking your child’s rate of growth, for it was based on measurements of more than 167,024 white boys and girls with no serious physical defects. The child’s diet should be such as to increase the weight at an average or better than average rate rather than just to maintain it.

**Table 3. Normal Rate at Which Children Should Gain in Weight.**

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, years</td>
<td>Approximate average gain</td>
</tr>
<tr>
<td></td>
<td>(lb. per year)</td>
</tr>
<tr>
<td>0-1</td>
<td>16</td>
</tr>
<tr>
<td>1-2</td>
<td>7</td>
</tr>
<tr>
<td>2-3</td>
<td>6</td>
</tr>
<tr>
<td>3-4</td>
<td>Avg. gain of about 5</td>
</tr>
<tr>
<td>8-12</td>
<td>8 1/2 lbs. a year</td>
</tr>
<tr>
<td>12-14</td>
<td>12</td>
</tr>
<tr>
<td>14-16</td>
<td>16</td>
</tr>
<tr>
<td>16-18</td>
<td>16</td>
</tr>
</tbody>
</table>

**A READY-REFERENCE CALORIE TABLE**

Because at all times the alert homemaker wants to know the relative caloric value of the foods she serves, and because you or some member of your family may at some time and for some reason need to restrict the diet to a certain number of calories per day, the following highly simplified calorie table of everyday foods has been compiled for your convenience.

The approximate caloric values for average servings of common foods are listed. It is difficult to standardize food measurements exactly, and there are differences in the composition of the foods themselves from time to time. However, these approximate figures for the caloric value of an average serving are a reliable basis for all household calorie calculations, and are based on the most accurate information available.

**Table 4. Approximate Caloric Values of Average Servings of Common Foods.**

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, fresh</td>
<td>1 large</td>
<td>100</td>
</tr>
<tr>
<td>Apricots, canned</td>
<td>3 large halves, 2 tablespoons juice (medium heavy sirup)</td>
<td>100</td>
</tr>
<tr>
<td>Apricots, dried, cooked</td>
<td>3 medium halves, 2 tablespoons juice</td>
<td>1 tablespoon sugar</td>
</tr>
<tr>
<td>Asparagus tips, canned</td>
<td>1/2 cup, 1 teaspoon butter</td>
<td>60</td>
</tr>
<tr>
<td>Asparagus, fresh, cooked</td>
<td>5 large stalks, 7 1/2&quot; long, 1 teaspoon butter</td>
<td>50</td>
</tr>
<tr>
<td>Avocado</td>
<td>1/2 medium, 3 1/2&quot; long</td>
<td>200</td>
</tr>
<tr>
<td>Bacon, cooked crisp</td>
<td>3 to 5 full length slices</td>
<td>100</td>
</tr>
<tr>
<td>Breast, fat</td>
<td>1 tablespoon</td>
<td>100</td>
</tr>
<tr>
<td>Butter, salt</td>
<td>1 medium</td>
<td>100</td>
</tr>
<tr>
<td>Coffee, black, canned</td>
<td>1/2 cup</td>
<td>200</td>
</tr>
<tr>
<td>Coffee, green or wax</td>
<td>1/2 cup, 1 teaspoon butter</td>
<td>65</td>
</tr>
<tr>
<td>Corn, hominy</td>
<td>2 thin slices, 1/4&quot; x 5&quot;</td>
<td>50</td>
</tr>
<tr>
<td>Cracker, medium</td>
<td>4 ounces</td>
<td>170</td>
</tr>
<tr>
<td>Cracker, regular</td>
<td>4 ounces</td>
<td>200-250</td>
</tr>
<tr>
<td>Cotta, fresh</td>
<td>2 beets, 2&quot; in diam., 1 teaspoon butter</td>
<td>75</td>
</tr>
<tr>
<td>Dark chocolate, dark</td>
<td>1/2 cup</td>
<td>75</td>
</tr>
<tr>
<td>Edgar's average</td>
<td>2 slices, 1/8&quot; in diam. 3/4&quot; thick, (2 ounces)</td>
<td>150</td>
</tr>
<tr>
<td>Beefsteak</td>
<td>1/4 cup</td>
<td>15</td>
</tr>
<tr>
<td>Bread, white cake</td>
<td>1 medium slice</td>
<td>75</td>
</tr>
</tbody>
</table>

*In calculating the caloric value of cooked vegetables and cooked cereals, the values of the butter, sugar, and cream have been included, since these foods are commonly eaten in this form. If for any reason the calories are being restricted, these foods may be eaten without 1 tablespoon of butter, (deduct 35 calories), 1 tablespoon of sugar, (deduct 17 calories) 1 ounce cream, (deduct 110 calories) and eaten plain or with milk.