Food, Health, Vitamins

BY

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AND

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WITH COLOURED FRONTISPICE
AND DIAGRAMS IN THE TEXT

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BOMBAY, CALCUTTA AND MADRAS
"A Square Meal."

Foods of a Similar Nature NOT supplying
Vitamins A and D.
Vegetable Oils, such as
Olive, Almond, Linseed
and Cotton Seed Oil.
Nut Butters.
Margarine made from
Vegetable Fat.
Lard.
Pork and Bacon Fat.

Foods of a Similar Nature
NOT supplying
Vitamin C.
Dried Fruits, such as Figs,
Prunes, Dates, Currants,
Raisins, Sultanas, etc.
Dried Vegetables.
Greens cooked with soda.
Fruit or Vegetables cooked
for a long time, or twice
cooked.
Jam, Marmalade.
Artificial Fruit Jellies.
Milk, heated twice.
Milk, + sodium nitrate.
White Turnips, Beetroot,
Grapes, contain little or
no Vitamin C.

FOODS SUPPLYING VITAMIN A and D.
Cod and other Fish
Liver Oils
Liver of Fish, Birds,
Mammals
Fish Roe
Egg Yolk
Butter, variable
Milk
Cheese
Body Fat of Mammals
Body Fat of Fish
Heart, Kidney
Green Vegetables
Carrots
Tomatoes
Activated Ergosterol — D
"Radiopel!"

FOODS SUPPLYING VITAMIN B or B.
Veal, Beef
White Meat, "Bovadex"
Veal Extract "Marmite"
Peanut
Bratwurst, Brawn, Lentil
Nuts
Egg Yolk
Liver, Heart, Brain
Wheaten Wheat, Rye
Malt, Whole Malt
Whole Barley, Whole Rice
Brown Oatmeal,
Red Vegetables
Potato

FOODS SUPPLYING VITAMIN PP or B.
The Fat of Meat.
White Flour.
Cornflour.
Sugar.
Syrup.

Foods NOT supplying
Vitamin PP or B.

CARBOHYDRATES = Starch & Sugar
PROTEIN
FATS
MINERAL SALTS
SALT
FUEL FOODS
Give Heat and Energy

Vitamin E is in most foods in all four sections of the square.

A healthy diet consists of foods from each of the four coloured sections (A + D, B or B, C and PP or B) of the square. Foods which do not supply vitamins should only be eaten in small amounts.

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