

Food, Health, Vitamins

BEING A NEW EDITION
OF FOOD AND HEALTH

BY

R. H. A. PLIMMER, D.Sc. (Lond.)

Professor of Chemistry in the University of London
at St. Thomas's Hospital Medical School

AND

VIOLET G. PLIMMER

*WITH COLOURED FRONTISPIECE
AND DIAGRAMS IN THE TEXT*

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A

"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 citrate.

White Turnips, Beetroots.

Grapes, contain little or no Vitamin C.

FOODS SUPPLYING VITAMINS A and D.

God and other Fish	***	***
Liver Oils	***	***
Liver of Fish, Birds, Mammals	***	***
Fish Roe	***	***
Egg Yolk	***	***
Butter, variable	* to	***
Milk	***	***
Cheese	***	***
Body Fat of Mammals	***	***
Body Fat of Fish	***	***
Heart, Kidney	*	?

Green Vegetables }
Carrots }
Tomatoes }
v. little

Activated Ergosterol = D
"Radiostol"

FOODS SUPPLYING VITAMIN B or B₁

Yeast, Dried	} ***
Wheat Germ, "Bemax"	
Yeast Extract, "Marmite"	
Peanut	} ***
Bran, Middlings,	
Dried Peas, Beans, Lentils,	
Nuts	} ***
Egg Yolk,	
Liver, Heart, Brain,	
Wholemeal Wheat, Rye,	} **
Maize,	
Whole Barley,	
Whole Rice (brown)	} *
Oatmeal,	
Root Vegetables,	
Potato	

Foods of a Similar Nature NOT supplying Vitamin B or B₁.

White Flour and Bread, Cakes, Macaroni, etc., made with it.

White Rice.

Pearl Barley.

Cornflour.

Egg Substitutes.

Sago.

Tapioca.

Sugar.

Syrup.

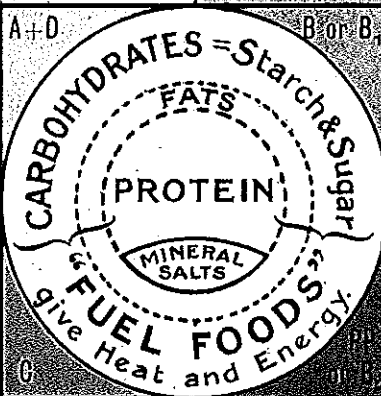
Treacle.

Coconut.

FOODS SUPPLYING VITAMIN C.

Oranges, Lemons	} ***
Grape-Fruit and Tangerines,	
Tomatoes,	
Raw Green Vegetables	} **
Swede, Turnips, Raw,	
Carrots, if young, Raw,	
Liver, Raw,	} **
Raspberries, Blackberries,	
Peaches, Pineapple	
Apples, Bananas	} *
Most other Fruits	
Tinned Fruits	
Green Vegetables, cooked a short time WITHOUT SODA	} *
Potatoes, Billed,	
Tinned Vegetables (variable)	
Milk, Raw,	} *
Liver, cooked a short time	

at least *



FOODS SUPPLYING VITAMIN PP or B₂

Yeast, Dried	} ***
Yeast Extract, "Marmite"	
Wheat Germ, "Bemax"	
The Lean of Meat	} ***
Fish,	
Cheese,	
Middlings, Bran	} *
Dried Peas, Beans,	
Milk,	
Wholemeal Flour,	} *
Tomatoes, contain a little	

Foods NOT supplying Vitamin PP or B₂.

The Fat of Meat.

White Flour.

Cornflour.

Sugar.

Syrup.

* = contains some Vitamin. ** = contains more Vitamin. *** = rich in Vitamin.

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

A healthy diet consists of foodstuffs from each of the four coloured sections (A + D, B or B₁, C and PP or B₂) of the square. Foods which do not supply vitamins should only be eaten in small amounts.

This frontispiece can be procured separately printed on a card, price, 3d.