

THE DIETARY COMPUTER.

EXPLANATORY PAMPHLET

THE PAMPHLET CONTAINING TABLES OF FOOD COMPOSITION, LISTS OF PRICES, WEIGHTS, AND MEASURES, SELECTED RECIPES FOR THE SLIPS, DIRECTIONS FOR USING THE SAME.

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THE DIETARY COMPUTER. they may to a certain extent replace each other, especially in adult life.

DIETARY ESTIMATES, BASED ON FOOD AS PURCHASED. Table with columns for Protein, Fat, Carbohydrate, and Calories.

Americans take far more fat in proportion to carbohydrate than any other nation. They are more active. Whether their activity follows from the use of fat is not known, only suspected.

Calorie is a unit measure of heat used to denote the energy-giving power of food. Table II is a list of the total food values and estimated cost of the recipes given in Table V, arranged in order of food value.

Table III gives the same list arranged in order of cost per 1,000 calories. Table IV gives the same list arranged in order of cost per 100 grams of nitrogenous substance.

In order to plan a dietary of a given composition at a given cost it is necessary to know: 1st. The approximate composition of the food-materials to be used (Table VII). These data vary as our knowledge increases, and can never be more than approximations within somewhat wide limits.

2d. The amount of food materials entering into the composition of each dish. Table V (Recipes). Only in case diets is known can the food values be computed for Table II. In order to know this it is necessary to have: 3d. Definitions and equivalents of weights and measures.

TABLE I: CONSTANTS.

Table I: Constants. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Calories.

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TABLE II. DISHES CONTAINING MEAT IN ORDER OF FOOD VALUE EXPRESSED IN CALORIES.

Table II: Dishes containing meat in order of food value. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Calories.

COST OF 1,000 CALORIES OF VARIOUS DISHES.

TABLE III. DISHES CONTAINING MEAT ARRANGED IN ORDER OF COST OF 1,000 CALORIES, BEGINNING WITH THE LOWEST. FOR ONE PERSON 2,000 CALORIES PER DAY IS THE USUAL ALLOWANCE.

Table III: Dishes containing meat arranged in order of cost. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Cost.

TABLE V: RECIPES.

Table V: Recipes. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Calories.

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RECIPES.

TABLE V.

RECIPES. (Quantities are estimated for six persons.)

Table V: Recipes. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Calories.

NO. 5. BREAST STEW WITH DUMPLINGS. Simmer the meat a hour, add the vegetables and seasoning; then heat to boiling; add the dumplings.

Table V: Recipes. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Calories.

NO. 6. VEAL CROQUETTES.

Table V: Recipes. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Calories.

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TABLE VI.

NO. 4. SALT PORK IN BATTER. Cut the pork in thin slices, drop into boiling water for 5 minutes, drain, cook a definite brown in a frying pan 2 minutes. Take out the slices, dip in the batter made of the flour, salt, milk, and egg. Cook brown in the hot fat. Serve at once.

Table VI: Recipes. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Calories.

NO. 5. BAKED BEANS, NEW ENGLAND STYLE. Soak the washed beans overnight in 3 qt. water. Drain and wash. Put them in a stew-pan with plenty of cold water. Bring to a boiling heat and cook until the skin will break, use a pressure cooker. Fat half the beans into the pot, then the pork, the second kind comes just to the top of the pot. Fill in with the beans. Add the seasonings. Fill the pot with boiling water. Many cooks prefer to use the water the beans were boiled in. Bake for an hour, filling up as necessary.

Table VI: Recipes. Table with columns for Name of Dish, Protein, Fat, Carbohydrate, and Calories.

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TABLE VII.

APPROXIMATE COMPOSITION OF 1 POUND OF SOME COMMON FOOD MATERIALS. FROM DATA GATHERED FROM BUREAU OF AGRICULTURE, U. S. DEPARTMENT OF AGRICULTURE, BY FRANKLIN G. WOODRUFF.

Table VII: Approximate composition of 1 pound of some common food materials. Table with columns for Name of Food, Protein, Fat, Carbohydrate, and Calories.

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DESCRIPTION

The Dietary Computer was a small pamphlet claiming to condense more than two or three hundred cookbooks into sixty pages. It was published by Ellen Richards, a key figure within the American home economics movement, in 1902 and it contained "tables of food composition, lists of prices, weights, and measures, selected recipes for the slips, [and] directions for using the same," to make it easier for the housewife to compose menus for any time of the year on the basis of the nutritional composition of food and its prices. Digitized by Google, Archive.org.

AUTHOR

ELLEN RICHARDS TRACES OF ALMO JABANAS

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