

Per Day.	Proteid.	Fat.	Carte. bydrases.	Calorica
Man at hard labor	Grans, 100	Grams. 100	Grans.	4060
Man at light labor	125	135	400	1110
Woman at light labor	100	100	320	2600
Child of nine years	78	45	280	1890

Man at hard labor	150 125 100 78	190 135 100 45	500 400 320 280	4060 3310 2650 1890
Americans take far more than any other nation. They	are mo	ore active	. Wheth	er their
activity follows from the use pected. Grease-traps must				
before this can be determined				
Calorie is a unit measu	re of I	heat use	d to der	note the

ue. Table III gives the same list arranged in order of cost per

oo calories.

Table IV gives the same list arranged in order of cost per grams of nitrogenous substance.

In order to plan a dietary of a given composition at a en cost it is necessary to know:

1st. The approximate commonition of the food-materials to

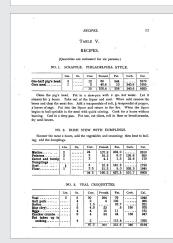
2d. Th	e amount of	food ma	terials ent	ering into	the com-
position of	each dish.	Table V	(Recipes)	. Only i	n case this
is known c	an the food	values be	computed	for Tabl	e II. Ir
			y to have		

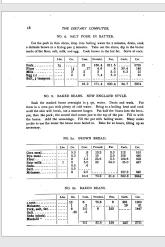
Name of Disable Section Sectio							_	
1	Name of Dish.		Ounces.	Cost.	Proteid	Pat.	Carbo- hydrate	Calories
	Coffice	1. 1				1		
Contact Con)- 1	1	.7			\$6.7	232
	C-#		١.		3.0	0.0	65.2	353
Tangan		} .	1 3	5		11	56.7	
Cream				7.7	2.6	11	59-7	560
Creati	Cream	1.	2	4		6.6	g 56.7	
March				6.7	1.6	6.6	58.7	317
	Milk	1	8	1.7	7.5	9	11.3	16r
			1	<u> </u>	20.5	16.5		-
Percent Sec. 1 F	Cereal	1.		5	19	7.5	197.5	663
head { No. 2				16	23.5	53.2	132	1130
Read No. 2	Brepd No. 1	1/1	4			23.7	59-7	301
Day's supply of brend, better, milk, and better, milk, and separate better, milk, and separate better, milk, and separate better				2.5	34-3	25	59-7	522
Day's supply of brend, butter, milk, and A { supply of brend, supply of brend, supply	Bread No. 2	}e {						903 663
butter, milk, and A				7.5	32-4	75.1	179	1566
Butter 5 oz. 7.5 118.5 1185	butter, milk, and sugar:	10						
	Batter,		5 Oz.			118.5		
Sugar 12 oz. 4 340.2 1392	Milk		I lb.	3.5	15	18	\$2.7	323

8 THE	DIET	ARY (COMPU	TER.					COST OF 1,000 C.
	- 1_								
	Т	ABLE	11.						
DISHES CONTAINING	MEA	T. IN	OPE	FD (P P	on 1	LITTE		ES CONTAINING ME
			CALO			00 1	LUB.	0	F 1,000 CALORIES, 1
								FOR	ONE PERSON 3,000 CALC
	No. of	Cost	L	_	lan.				
Name of Dish.	Recipe.	Cents.	Proteid.	Yat.	Carbo	Calories			
	-	_	\vdash	-	-	_			
Scrapple (Philadelphia)	١.	15	Grams.	Grama 554	Grams 340	6025		No. of Recipe.	Name o
Irish stew and damplings		34.5	100	427	510	6805		Recipe.	
Veal crossattes		47.5	100	353.4		6164			
Salt pork in butter		16	171	620	35	5975			
Baked beans and becom bread		19.8	152	191	803	5975		-	
Beechteak pot-pie, suet crust.		40	257	200	561	5354			
Lamb chops, baked potatoes,		2.						1	Scrapple
bread and butter	7 8	69	190	372	258	5284		- 2	Salt poek in batter
Bonnar stew, baking powder		48	272	250	366	5187		5	Baked beans and brown b
biscuit			275	THE	664	\$160		26	Marrow dumplings for so
Rogat heart, stuffed with ver-	9	47.8	275	141	604	\$100		2	Irish stew and damplings
etables	111	28.5	279	272	110	4000		27	Liver and bacon
Beefsteak, top of sirloin, 2 Its.	112	10.5	121	354	310	4000		11	Roast heart, stuffed
Meat and bean stew		55	314	180	234	3955		29	Corned beef hash
Mutten roast, 3 lbs,	14	42	162	350		3920			Beefsteak pot-pie
Rump steak, stuffed and rolled	15	52	273	126	111	1015		. 3	Veal croquettes,
Beown curry stew, with rice	16	49	251	175	392	3715		90	Sorwed sheep's hearts,
Beef, rib roast, 3 lbs	17	75	189	238		3465		39	Stewed kidney on toast
Bredsteak, baked potatoes.								41	Creamed dried boef
bread and butter		61.5	210	166	223	3407		90	Tripe fried in batter
Veal, stuffed and roasted		41	276	196	127	5262		33	Pork chops
Shepherd's pie, potato crust.	20	38.4	283	102	114	31.46			Boiled dinner
Braised beef, No. 1	21	56.1	263	202	. 26	5017		7	Lamb chops, etc
Beef-shank stew	25	28-4	323	103	244	2770		25	Beef shank stew
Liver, 2 lbs.; bacon, 8 oz	26	12.5	218	232 186	90	2727		14	Roast mutton
Mock duck	27				61	2425		37	Beef roll
Corned-beef hash	20	14.5	175	154	133	9375		31	Tenderioin cutlet
Corned beef and cream or	*9	14.5		101	133	9375		20	Shepherd's pie,
toast		19-5	89	148	121	2343		34	Turkish pilau
"Tenderloin cutlet "	111	10.0	171	168		2201		19	Veal, rosst, staffed
	12							16	Brown carry stew, with r Fricassee of yeal.
Pořk chops	33	20.0	95	:58	10	9217		35	Bonnar stew
Turkish pilau	9.4	27.0	203	57	196	2187		15	Rump steak, stuffed
Fricassee of yeal.	35	27.0	182	112	44	2071		13	Beef, roast, top of sirloin
Tripe fried in butter		18,0	119	134		2013		13	Meat and bean stew
Beef roll	37	22-0	123	135	48	1966		25	Mock duck
Stewed kidneys on toast		17.0	169	93	140	1923		42	Ham omelette
Stewed sheep's hearts	39	15.0	151	114	20	1877		77	Beafsteak, bread, butter,
Broiled chicken, 4 lbs	40	104.0	168	67		1742		21	Braised beef, No. 1
Creamed dried beef	41	13	94	97	27	1404		17	Boof rib. roast
Han onelet	42	21	87	75	4	1182		22	Braised beef, No. 2
	1	1	1 .		1			41	Bruiled chicken

	. TABLE III.			
0	ES CONTAINING MEAT ARRANGED IN F 1,000 CALORIES, BEGINNING WITH T ONE PERSON 3,000 CALORIES PER DAY IS THE 1	HE L	OWES	r.
No. of Recipe.	Name of Dish.	Coast of two Gents. Nitrogramous Substance.	Clast of 1,000 Cali- ation.	
1	Scrapple	Ceets. 15	Cents. 9-16	_
4	Salt poek in batter. Baked beans and brown bread.	9.3	2.68	
26	Marrow dumplings for soup	13	3-5	
2	Irish stew and damplings	18	5.07	
27	Liver and bacon. Roast heart, staffed	6.8	5.5	
11	Corned boof hash	17.9	5.8 6.1	
7	Beefsteak pot-pie	17.9	7:45	
3	Veal croquettes,	13.9	7.7	
30	Corned beef and cream on toast		8.3	
39 38	Stewed sheep's hearts. Stewed kidney on toast	10	8.8	
41	Creamed dried beef	13.8	8.0	
10	Tripe fried in batter	15.1	č	
33	Pork chops		9	
8 2	Boiled dinner. Lamb chops, etc.	17.6	9.2	
25	Beef shank stew	8.8	10.1	
14	Roast mutton		10.8	
37	Beef roll	18	11.2	
31	Tenderioin cutlet	15.2	11.5	
34	Turkish rilau	19	12.4	
19	Veal, rosst, stuffed	14.9	11.6	
16	Brown curry stew, with rice	16.8	12.6	
33	Bonnar stew	17.3	13.1	
15	Rump steak, stuffed	10	13.3	
12	Beef, roast, top of sirioin	46.5	13.8	
13	Meat and bean stew	17.5	14.1	
42	Ham omelette	24 1	17.7	
18	Beafsteak, bread, butter, and potatoes	29-1	18	
21	Braised beef, No. 1	21.3	18.1	
22	Beef rib, roast. Braised beef, No. 2.	40 28	91.7	
41	Bruiled chicken	35.8	23-5	

		APPON	DUMP	LINGS E	OR SO	UPS.	
NO.	26. M	Juliu-					
	Lbs.	Or.	Cost.	Preteid.	Pat.	Curb.	Cal
Marrow		. 8	- 6	5.9	211		198
Bread crumbs		. 4	1.5	11.1	2		32
Milk		. 4	2	3.2	4	5.7	8
Yolks of 4 eggs		. 4	4.	18	13.8		24
Flour		. 1	.1	3,2	3	21.1	10
	1		13.6	41.4	231.1	89.8	272
	NO. 27.		Cost.	Proteid.	Pat.	Carb	Cal
Liver	2		8	198	50		133
Bacon	1		7	21.7	135		130
	1	1	15	217.7	186		200
Mix well togethe spoonful melted but one side of the stea Thicken the grave	ter, a li k, roll :	bread of	rumbs se me, i ter sten with	a little :	ith salt as	d onion;	pread
spoonful melted but one side of the stea	ter, a li k, roll : with on	bread of ittle caye it and fa e tablesp	numbs sense, § tes aten with conful of	nasoned w aspoonful of a little of flour.	ith salt as of choppe kewer.	d onion; s Roast for	pread o
spoonful melted but one side of the stea Thicken the gravy	ter, a li k, roll :	bread of	rumbs se me, i ter sten with	asoned w	ith salt as	d onion;	pread.
spoonful melted but one side of the stea Thicken the gravy Beef round, me	ter, a li k, roll : with on Lbs.	o bread o ittle caye it and fa e tablesp Or.	crumbs se nne, § tei aten with conful of Cost.	a little : flour.	ith salt ar of choppe kewer.	d onion; s Roast for Carb.	pread an bos Cal.
spoonful melted but one side of the stea Thicken the gravy Beef round, me- dium fat	ter, a li k, roll : with on Lbs.	bread of title caye it and fa tablesp On.	numbs sense, § tes aten with conful of	nasoned w aspoonful of a little of flour.	ith salt as of choppe kewer.	d onion; s Roast for	Cal.
spoorful melted but one side of the stea Thicken the gravy Beef round, me- dium fat. Bread crumbs.	ter, a li k, roll : with on Lbs.	o bread of ittle caye it and fa e tablesp On.	crumbs seeme, § teraten with conful of	a little : flour.	ith salt as of choppe kewer.	d onion; s Roast for Carb.	Cal.
spoonful melted but one side of the stea Thicken the gravy Beef round, me- dium fat. Bread crumbs. Fat Chopped onion 1	ter, a li k, roll : with on Lbs.	bread of title caye it and fa tablesp On.	crumbs some, § tenter with conful of Cost.	a little : flour. Proteid. 172.4 11.1	ith salt ar of choppe kewer.	d onion; s Roast for Carb.	Cal.
spoonful melited but one side of the stea Thicken the gravy Beef round, me- dium fat. Bread crumbs. Fat Chopped cains i	ter, a li k, roll : with on Lbs.	o bread of ittle caye it and for tablesp	crumbs sense, § tenses with conful of Cost.	pasoned waspoonful of a little of flour. Proteid. 172.4 11.1 1.5	Far. 116.2 28.5	d onion; a Roast for Carb.	Cal. 1790 323 264
spoonful melted but one side of the stea Thicken the gravy Beef round, me- dium fat. Bread crumbs. Fat Chopped onion 1	ter, a li k, roll : with on Lbs.	bread of title caye it and fa tablesp On.	crumbs some, § tenter with conful of Cost.	a little : flour. Proteid. 172.4 11.1	th salt and choppe kewer.	d onion; s Roast for Carb.	Cal. 1790 321 264
spoonful melited but one side of the stea Thicken the gravy Beef round, me- dium fat. Bread crumbs. Fat Chopped cains i	ter, a li k, roll with on Lbs.	o bread of title caye it and for a tablesp On. 4 1	crumbs seme, § tenates with scendul of Cost. 30 11 11	passed waspoonful a little a l	Par. 116.2 23.5	d onion; r Roast for Carb.	Cal. 1790 321 264
spoonful melited but one side of the stea Thicken the gravy Beef round, me- dium fat. Bread crumbs. Fat Chopped cains i	ter, a li k, roll with on Lbs.	o bread of title caye it and for a tablesp On. 4 1	crumbs as control of the conful of the confu	Proteid. 172.4 11.1 1.5 1.6 198.6	ith salt and choppe kewer. Fat. 116.2 23.5 146.7	d onion; s Roast for Carb. 63	Cal. 1790 321 264
spoonful melited but one side of the stea Thicken the gravy Beef round, me- dium fat. Bread crumbs. Fat Chopped cains i	ter, a li k, roll with on Lbs.	o bread of title caye it and for a tablesp On. 4 1	crumbs seme, § tenates with scendul of Cost. 30 11 11	passed waspoonful a little a l	Par. 116.2 23.5	d onion; r Roast for Carb.	Cal. 1790 321 264
sponsful melted but one side of the sten Thicken the gravy Beef round, me- dium fat Bread crumbs. Fat. Chopped ceins i taxpoor.	ter, a li k, roll : with on Lbs. 2 NO	o bread o ittle caye it and fin a tablesp Oe.	Cost.	Proteid. 160 198 8 172.4 11.1 1.5 188.8 Proteid. Proteid. Grade.	Par. 116.2 2 23.5 146.7 SSH. Par. Far. Far. Grans.	d onion; s Roast for Carb. 63 -10 73 Carb. Grams.	Cal. 1796 323 284 Cal. Cal.
sponsful melted but some side of the som Thicken the gravy Heef round, medium fat. Breaf crumbs. Fat. Chopped coion i heasypen. Corned beef, cooked.	ter, a li k, roll : with on Lbs. 2 NO Lbs.	o bread cittle caye it and fa e tablesp Oe. 4 1 1	Cost.	Proteid. Proteid. 172.4 11.1 1.5 1.6 198.6 Proteid. Proteid. 8EEF 11/	ith salt an of choppe between. Fac. 116.2 2 28.5 146.7 SH. Fac. 103.4	d onion; s Roast for Carb. 63	Cal. 1790 321 284 50 2425
sponsful melted but son Thicken the gravy Beef round, medium fat. Read crumbs. Corped caise is tasped. Corned beef, cooked. Potatose.	ter, a li k, roll : with on Lbs. 2 NO	o bread o ittle caye it and fin a tablesp Oe.	Cost. Cost. Cost. Cost. Cost. Cost. Cost. 11 Cost. Cost. 12 2	Proteid. 160 198 8 172.4 11.1 1.5 188.8 Proteid. Proteid. Grade.	Par. 116.2 23.5 146.7 SSH. Far. 103.4 .9	d onion; s Roast for Carb. 63 -10 73 Carb. Grams.	Cat. 1790 323 224 50 2425
sponsful melted but some side of the som Thicken the gravy Heef round, medium fat. Breaf crumbs. Fat. Chopped coion i heasypen. Corned beef, cooked.	ter, a li k, roll : with on Lbs. 2 NO Lbs.	o bread cittle caye it and fa e tablesp Oe. 4 1 1	Cost.	Proteid. Proteid. 172.4 11.1 1.5 1.6 198.6 Proteid. Proteid. 8EEF 11/	ith salt an of choppe between. Fac. 116.2 2 28.5 146.7 SH. Fac. 103.4	d onion; s Roast for Carb. 63	Cal. 1790 323 284 50 2425





	7	ABLE	VII.				
APPROXIMATE COM				POUN	D OF	SOMI	е со
PROM DATA CHIRPLY D DEPARTMENT OF AGE							
DEPARTMENT OF AGE	COLTO	1.6, 51	PERMI	1	r ins	SECRET	
Kind of Food.	Refuse.	Water.	Protein	Fats.	С. Н.	Calories	Cont
BEEF.			Grams.	Grans.	Grame.		Γ
Chuck and shoulder, av'age	17.3	54	71-7	\$6.6		820	
Fore-shank, very lean		41.6	55.8	7.3		295	
Fore-shank, medium Heart.		42.9	58 67. I	33.1		545 1120	
Hind shank, average,	55.4	11	64-1	17.2		345	
Loin, medium	13.3	52.5	73	79-4			
Neck	31.2	45.3	72.6	41.7		650	
Ribs, lean	22.6	\$2.6	68.9	42.2		675	
Ribs, fat	10.8	39.6	57.6				
Rib-roll, medium	20-8	61.0	87.5	96.1 75.7		1155	
Round, lean	8.1	64.4	55-4	33.1		670	
Round, medium fat	7.0	60.7	86.2	58.1		895	
Round, medium	19-5	56.2	74-4	31.3		595	
Rump, lean	14	56.6	86.6	49-9		820	
Runp, medium Runp, average	20.7	45 40. q	62.7			1110	
Steak, sirloin, medium	19 8	54	74.8	73		935	
Steak, sirloin, top	3.9	40.9	60.3			2030	
Steak, porterhouse,	12.7	52.4	86.6	81.1		1110	
Sweethreads		70.9	76.2				
Torque	26.5	51.8	65.9	30.4	6.8	545 555	
THAL AND LAME.	7-3	05.0	93.9	20.4	0.6	555	
Veal, breast, medium Veal, fore-granter	21.3	52	69.9	97.9		750	
Veal, heart	****	71.2	26.2			720	
Veal, kidneys		75.8	26.2	83.0		181	
Veal, leg, average	11.7	63.4	82.9	30.3		622	
Veal, loin	18.6	50.2	70.7			644	
Veal, liver			27.6			575	
Lamb, fore-quarter Lamb, leg, medium fat	18.8	64-7 52.9	67.6	95.2		870	
Lamb, leg, aver analysis,	10.5	59.3	79.6	62.1			
Lamb, shoulder	20.3	41.3	65.3			1205	
MUTTON,							
Fore-quarter, average	21.2	41.6	66.8	111.1		1255	
Leg, hind, average,	17.7	51.9	69.0	64.8		900	
Loin, medium, without	1.		1				
kidney or tallow	16	42	61.5			1445	
Loin, very fat Neck, medium	27.4	48.1	43-5 55.8			2435 985	
Shoulder, medium,	27.4	47.9	62.1			985	
Division, and ann.	24.5	47.9	02.1	70.3		910	

BI OCK	0.2	TMAGE

BLOCK 03 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 it contained "tables of food composition, lists of prices, weights, and $\ensuremath{\mathsf{me}}$ ures, 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 y by Google, Archive.org.

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