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DIET and some HEALTH CHARACTERISTICS of 123 Business and Professional Men

and methods used to obtain the dietary information

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DIET AND SOME HEALTH CHARACTERISTICS OF 123 BUSINESS AND PROFESSIONAL MEN AND METHODS USED TO OBTAIN THE DIETARY INFORMATION

By Sadye F. Adelson and Ancel Keys[1]

Information on the kind, quantity, and nutritive value of food eaten by individual men, women, and children varying in age and activity serves many purposes: It provides a basis for determining focus in programs of nutrition education; it facilitates estimates of changes in demand for commodities as the age composition of a population shifts; it makes possible appraisal of relationships between customary diets and physical or physiological characteristics.

In the 1950's an opportunity arose to obtain data on the food intake of a group of business and professional men who were participating in a long-term study of aging being conducted by the Laboratory of Physiological Hygiene of the University of Minnesota's College of Medical Sciences. The dietary study was undertaken both because this age and occupational group represents a segment of the population about whose food habits there is little quantitative information, and because such information may contribute to an understanding of physiological processes, such as the Laboratory is developing.

The present publication gives basic data obtained by the U.S. Department of Agriculture from 123 men on their food intake over a 1- or 2-week period in 1953 or 1954. The data are in terms of quantities eaten of 10 major groups and 90 smaller categories of food and 22 categories concerned with estimates of the nutritive value of diets. For each of the men, there are also data from the Laboratory's records on age, height, weight, relative weight (actual/normal), total cholesterol concentration in the blood serum, and arterial blood pressure.

Besides being of current interest, the detailed findings about these individual men will make possible further evaluation and analysis as the Laboratory continues to accumulate data on their diet and health and as scientists develop new concepts and information about nutritive values of foods and about food and nutritional requirements. Facsimiles of the schedule forms used and the instructions followed by the interviewers show precisely how the dietary data were obtained. These forms and instructions will be useful to other investigators who may wish to obtain comparable data.

STUDY DESIGN

Participants

Nearly 300 subjects for the long-term study on aging were selected by Laboratory personnel from a group of about 1,000 volunteers, men aged 45 to 55 years, in 1947.

[1]Nutrition Analyst, Consumer and Food Economics Research Division, Agricultural Research Service, U.S. Department of Agriculture, and Director, Laboratory of Physiological Hygiene, College of Medical Sciences, University of Minnesota, respectively.

Personnel directors of corporations in Minneapolis and St. Paul provided the names of about 1,000 employees who were considered to be stable in residence and who would be allowed the necessary time off for the examinations and tests in the research program. Replies from 916 men provided some data to help in selection. The first men chosen were the 50 most overweight and the 50 most underweight men. From the remaining 816 men, 150 were chosen at random. Then, with the help of directors of athletic clubs and YMCA's in Minneapolis and St. Paul, 50 men were selected because they were unusually active in the athletic programs of the clubs. Further, in order to promote public relations, a few prominent professional men, not on the original roster, were admitted. In the initial medical examinations a few men were found to be unsuitable because of various abnormalities. After excluding them, the long-term study group included 285 men who were clinically healthy at the outset.

The 123 men who cooperated in the dietary study reported here were selected in 1953 from the 282 survivors of the original group. They included (1) Men who still lived in the Twin Cities and whose homes were conveniently located for frequent visits by the interviewers; (2) men who were well; (3) men whose wives were able to cooperate; and (4) men who regularly ate most meals, except lunch, at home. Almost every man invited agreed to participate in the dietary study.

The average educational level of these selected men was high as indicated by some of their occupations--physician, university professor, lawyer, dentist, pharmacist, business executive. Their economic status, in general, could be summed up as "upper middle class." As participants in a research program in which they had faithfully cooperated for 6 or 7 years of annual examinations and tests, the subjects were highly cooperative and were easy to communicate with. These attributes were shared by their wives, who readily and intelligently assumed their responsibilities in the studies of their husbands' diets.

Each man and wife was carefully instructed in his or her respective duties as subject and recorder of food intake. The importance of having the man maintain his usual diet was particularly stressed. Nutritionists and a home economist on the staff of the U.S. Department of Agriculture served as interviewers.[2] All had had experience in earlier collections of dietary information and were given intensive training in testing schedule forms and instructions before use with participants in this particular study. Thus, the men, their wives, and the interviewers contributed to the belief that the dietary data are unusually reliable for noninstitutionalized persons.

Dietary Methods

Two methods were used to obtain data on the food intake of the men. The record-by-weight, or food record method, which has general acceptance among investigators, was the basic one used for the 119 men who constituted the core group, 59 of whom participated in 1953 and 60 in 1954. In 1954, the recall-by-measure, or menu recall method, was added to compare dietary data obtained by this quicker, less expensive method, which promises a higher frequency of participation, with data obtained by the record method.

In analytical comparison the recall method proved as satisfactory as the record method.[3] Food recalls and food records each covered a 1-week period. In 1953, 39 men kept records for two consecutive 1-week periods. Evaluation of the separate weeks indicated fairly

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[2] Interviewers: Nutritionists--Myrtle Brown, Norma Dillard, Berta Friend, Harriet Wright; home economist--Minnie Belle McIntosh.

[3] Some Problems in Collecting Dietary Data From Individuals. S. F. Adelson, Jour. Amer. Dietet. Assoc. 36 (5): 453-461. May 1960.

wide week-to-week variation in intake of specific groups of foods and some nutrients for many individuals but close week-to-week similarity in averages for the group.

GENERAL DIETARY PATTERNS OF THE MEN

Discussion of findings from 1-week food records of 119 men.--These business and professional men, in general, ate varied diets that, on the average, met or exceeded the number of servings of nutritionally important foods which nutritionists usually recommend for adult men. The foods in their diet are shown in terms of grams per man per week in table 1. On an average day, in terms of customary servings, this corresponds to--

> Nearly 2 cups of milk or an equivalent amount of other milk products (calcium basis);
>
> Four servings of meat, poultry, fish, eggs, dry beans, and peas, and nuts;
>
> More than five servings of fruits and vegetables including somewhat more than one serving of dark-green or deep-yellow vegetables and somewhat less than two servings of citrus fruit or other rich source of ascorbic acid; and
>
> More than six servings of bread, cereals, and pastes; 4 tablespoonsful of butter, other fat, or oil;
>
> about 5 tablespoonsful of sugar or a sweet spread.

Beverages per man per week consisted of 22 cups of coffee, 2 cups of tea, nearly 1 (8-oz.) glass of cola or other soft drink, 2 (10-oz.) glasses of beer, ½ (2-oz.) glass of wine, and close to 6 (1-oz.) glasses of whisky.

Average food selections were sufficient in assortment and quantity to provide diets that met the National Research Council's recommended allowances for calories and thiamine and more than met the allowances for other nutrients (table 1). However, diets varied widely and those of many men failed by large margins to measure up to allowances. When diets were short of allowances, deficits were most likely to be greatest in calcium, ascorbic acid, riboflavin, thiamine, or vitamin A. In contrast, many men reported food intakes that were excessively high in individual nutrients, especially in vitamin A value, ascorbic acid, and calcium. Actual intake as a percentage of allowance was computed for individual nutrients in each diet; averages and range limits in terms of percentages are given below:

(Actual intake/NRC allowance) x 100

Nutrient:	Average Percent	Range: Minimum Percent	Range: Maximum Percent
Food energy.....	100	62	136
Protein.....	127	73	207
Calcium.....	112	30	385
Iron.....	117	79	284
Vitamin A value..	160	50	492
Thiamine.....	100	49	187
Riboflavin.....	111	45	275
Niacin.....	142	69	229
Ascorbic acid.....	137	37	389

Of the 2,500 calories per man per day, roughly 15 percent were derived from protein, 40 percent from fat, and 45 percent from carbohydrate. Alcohol averaged 1 percent of the calories.

TABLE 1.--Food and nutrient intake, averages per man, 119 1-week food records[1]

Food group or item	Grams per man per week[2]
Fluid milk equivalent (calcium basis)[4]	3,163
Whole milk	1,654
Skim, buttermilk	936
Cream	196
Cottage cheese	46
Other cheese	68
Eggs	410
Meat, poultry, fish: Total	1,349
Meat	941
Poultry	195
Fish	213
Fats, oil: Total	431
Butter	204
Shortening, vegetable	91
Margarine	13
Lard, bacon, drippings	77
Oil	46
Vegetables, fruits: Total	3,676
Dark-green vegetables	235
Deep-yellow vegetables	100
Citrus fruits	984
Tomatoes	303
White potatoes	540
Dry beans and peas, nuts: Total	106
Dry beans and peas	65
Nuts, peanuts, peanut butter	41
Other	1,408
Grain products, flour equivalent[8]	1,342
Sugar, sweet spread: Total	408
Sugar	305
Jelly, jam, sirup	103
Alcoholic beverages: Total	808
Beer	607
Wine	30
Whisky	171

Nutrient	Per man per day: Actual intake	Per man per day: NRC allowance[3]
Food energy: Total[5] Cal	2,500	[6] 2,500
Alcohol only Cal	35	--
Protein: Total g	95	[7] 75
From foods of animal origin g	69	--
Fat: Total g	110	--
From foods of animal origin	82	--
Fatty acids:		
Saturated g	45	--
Oleic g	43	--
Linoleic g	10	--
Carbohydrate: Total g	264	--
From milk g	30	--
From fruits, sweets g	68	--
From other foods of plant origin g	163	--
From other foods g	3	--
Calories: Total pct	100	--
From protein pct	15	--
From fat pct	40	--
From fatty acids:		
Saturated pct	16	--
Oleic pct	15	--
Linoleic pct	4	--
From carbohydrate pct	45	--
From alcohol pct	1	--
Calcium mg	900	800
Iron mg	14	12
Vitamin A value I.U.	8,000	5,000
Thiamine mg	1.2	[9] 1.2
Riboflavin mg	2.1	[10] 1.9
Niacin mg	17	[11] 12
Ascorbic acid mg	103	75
Food cholesterol mg	768	--

[1] 1-week records of weighed food intake were kept by 60 men in 1953 and 59 men in 1954.
[2] See "Notes on Data Sheets," item No. 29-128, 29-38.
[3] Source: Recommended Dietary Allowances. National Research Council Pub. No. 302. National Academy of Sciences, Washington, D.C. Rev. 1953.
[4] See "Notes on Data Sheets," item No. 29.
[5] Includes calories from alcoholic beverages.
[6] Adjusted for average weight, age, and physical activity.
[7] 1 g. of protein per kilogram of actual weight.
[8] See "Notes on Data Sheets," item No. 34.
[9] 0.5 mg. of thiamine per 1,000 Cal.
[10] 0.025 mg. of riboflavin per gram of protein.
[11] 10 mg. of niacin per milligram of thiamine.

Foods of animal origin contributed a large share of the carlorie-yielding components--72 percent of the protein, 75 percent of the fat, and 12 percent of the carbohydrate.

About 40 percent of the nutrient fat in the men's diets was derived from saturated fats. Oleic acid accounted for another 40 percent, linoleic acid about 10 percent, and other unsaturated fatty acids about 10 percent of the fat.

The main sources of carbohydrate were grain products, dry beans and peas, nuts, and other vegetables; altogether, these foods of plant origin contributed more than 60 percent. In addition, fruits and sweets accounted for over 25 percent of the carbohydrate. The rest came from foods of animal origin, chiefly milk.

DIETS OF MEN GROUPED INTO THIRDS BY SERUM CHOLESTEROL LEVEL

Discussion of findings from 2-week food reports for 98 men.--The character of the diet is widely believed to influence longevity and the development of pathological processes associated with aging. In recent years, the hypothesis that the diet affects atherogenesis and its clinical consequences has attracted much attention. High levels of serum cholesterol, together with obesity and elevated blood pressure, have been shown to be associated with high incidence of some forms of cardiovascular diseases.

Many dietary factors have been reported to produce changes in serum cholesterol levels under certain conditions. Among these are calories, certain types of fat and protein, cholesterol, and rapidly absorbed sugars. Effective reduction of cholesterol levels of hypercholesterolemic subjects by large intakes of fats high in linoleic acid and other polyunsaturated fatty acids, niacin, or starches have also been reported.

It is of interest, therefore, to examine the diets of these business and professional men after classifying them into groups according to serum cholesterol level. For this purpose the 98 men who had furnished dietary information for two consecutive weeks were divided into three groups, as follows:

Thirds:	Cholesterol mg. per 100 ml. serum
Low	187-253
Middle	254-294
High	298-435

The above serum cholesterol values were obtained by direct estimation with the Bloor extract and overestimate by about 15 percent, the values obtained by the currently used method in which cholesterol esters are hydrolyzed at the start of the analysis. By the more refined method, the corresponding values for the ones above would be approximately:

Thirds:	Cholesterol mg. per 100 ml. serum
Low	159-215
Middle	216-252
High	253-370

Physical and Physiological Measurements

Except for serum cholesterol levels by which the men were classified, the three groups were similar in terms of averages and standard deviations for the measurements given in table 2. It appears, therefore, that for these 98 men at the time of their examinations there was little or no relationship between the cholesterol in their blood serum and their age, height, weight, or blood pressure. The lack of relationship with age was expected in view of the narrow age range involved. The failure to find relationships with the other measurements is more interesting.

The physical and physiological measurements, including serum cholesterol, were made on most men shortly before the food records were kept; the interval between varied from several days to 3 or 4 months.

TABLE 2.--Physical and physiological findings, averages and standard deviations, for 98 men classified by serum cholesterol level, 1953 or 1954[1]

Item[2]	All men	Serum cholesterol level[3]		
		Low third	Middle third	High third
Men.....no.....	98	33	32	33
Serum cholesterol..... mg. per 100 ml....	277 ± 56	228 ± 17	267 ± 12	329 ± 31
Age.....yr.....	54 ± 3	55 ± 3	54 ± 3	54 ± 3
Height.....cm....	176 ± 6	176 ± 7	176 ± 5	176 ± 6
Weight (actual).....kg.....	78 ± 11	80 ± 10	75 ± 10	79 ± 11
Actual/normal[4].....pct....	101 ± 14	103 ± 16	97 ± 13	103 ± 12
Blood pressure:				
Systolic.....mm.Hg....	126 ± 17	129 ± 17	124 ± 14	125 ± 18
Diastolic.....mm.Hg....	83 ± 10	84 ± 11	82 ± 9	83 ± 10

[1]39 men in 1953 and 59 men in 1954.

[2]See "Notes on Data Sheets," items 1 to 6.

[3]By Bloor method. Range of serum cholesterol in milligrams per 100 ml.: Low third, 187 to 253; middle third, 254 to 294; high third, 298 to 435.

[4]"Normal" weight is weight given in the standard U.S. table of average weights, first published in: The Association of Life Insurance Medical Directors and the Actuarial Society of America. 1912. Medico-Actuarial Mortality Investigations, 1:1-131.

TABLE 3.--Nutrient and food intake, averages and standard deviations, for men classified by serum cholesterol level--2-week food reports for 98 men, 1953 and 1954[1]

Nutrient or food	All men	Serum cholestrol level[2]		
		Low third	Middle third	High third
Serum cholesterol .....mg per 100 ml..	277 ± 56	228 ± 17	267 ± 12	329 ± 31
Nutrients, per man per day:				
Food energy: Total .....Cal..	2,514 ± 387	2,516 ± 341	2,523 ± 421	2,503 ± 396
From alcohol only .....Cal..	112 ± 150	89 ± 116	86 ± 93	160 ± 203
Protein: Total .....g..	96 ± 17	96 ± 16	97 ± 17	96 ± 18
From foods of animal origin .....g..	69 ± 16	67 ± 16	70 ± 17	70 ± 16
Fat: Total .....g..	110 ± 22	110 ± 20	107 ± 21	112 ± 21
From foods of animal origin .....g..	79 ± 20	79 ± 21	76 ± 21	82 ± 18
From fatty acids: Saturated .....g..	45.1 ± 10.2	45.7 ± 10.4	43.8 ± 11.1	45.8 ± 9.0
Oleic .....g..	43.3 ± 8.4	43.7 ± 8.0	42.8 ± 9.3	43.4 ± 7.8
Linoleic .....g..	10.2 ± 2.7	9.7 ± 2.2	9.9 ± 2.6	11.0 ± 3.0
Calories: Total .....pct..	100.0	100.0	100.0	100.0
From fat .....pct..	39.3 ± 5.4	39.3 ± 4.2	38.2 ± 3.7	40.3 ± 4.7
From fatty acids:				
Saturated .....pct..	16.1 ± 2.4	16.2 ± 2.5	15.5 ± 2.4	16.5 ± 2.2
Oleic .....pct..	15.5 ± 1.6	15.6 ± 1.6	15.2 ± 1.4	15.6 ± 1.7
Linoleic .....pct..	3.7 ± 0.9	3.5 ± 0.8	3.5 ± 0.8	4.0 ± 1.0
Carbohydrate: Total .....g..	268 ± 55	275 ± 50	277 ± 58	253 ± 53
From milk .....g..	31 ± 16	29 ± 15	35 ± 17	29 ± 15
From fruits, sweets .....g..	70 ± 27	67 ± 22	77 ± 25	67 ± 30
From other foods of plant origin.g..	163 ± 42	174 ± 48	162 ± 39	154 ± 35
Calcium .....mg..	864 ± 336	830 ± 299	962 ± 377	803 ± 305
Iron .....mg..	13.9 ± 2.4	13.8 ± 2.2	13.9 ± 2.3	13.8 ± 2.7
Vitamin A value .....I.U..	7,964 ± 4,163	8,032 ± 1,989	8,689 ± 4,688	7,193 ± 3,885
Thiamine .....mg..	1.22 ± 0.28	1.21 ± 0.20	1.27 ± 0.32	1.18 ± 0.28
Riboflavin .....mg..	2.05 ± 0.66	1.98 ± 0.57	2.18 ± 0.74	2.00 ± 0.64
Niacin .....mg..	16.7 ± 3.5	16.6 ± 3.2	16.5 ± 3.4	17.1 ± 3.6
Ascorbic acid .....mg..	101 ± 41	89 ± 23	104 ± 43	110 ± 49
Food cholesterol .....mg..	772 ± 214	757 ± 242	771 ± 183	787 ± 233
Foods, per man per week:				
Fluid milk equivalent (calcium basis)[3]....g..	3,440 ± 1,918	3,261 ± 1,764	3,955 ± 2,155	3,121 ± 1,708
Eggs .....g..	421 ± 197	411 ± 204	433 ± 182	419 ± 201
Meat, poultry, fish .....g..	1,383 ± 404	1,355 ± 393	1,303 ± 326	1,489 ± 458
Fats, oils .....g..	403 ± 114	418 ± 112	403 ± 128	389 ± 98
Dry beans and peas, nuts .....g..	109 ± 93	104 ± 70	128 ± 119	94 ± 78
Grain products, flour equivalent[4]..g..	1,366 ± 500	1,485 ± 523	1,382 ± 524	1,231 ± 411
Vegetables .....g..	1,703 ± 542	1,616 ± 466	1,764 ± 530	1,732 ± 609
Fruits .....g..	1,777 ± 879	1,608 ± 621	1,945 ± 1,034	1,783 ± 902
Sugar, sweets .....g..	464 ± 220	460 ± 182	505 ± 260	429 ± 203
Alcoholic beverages .....g..	798 ± 1,718	502 ± 766	504 ± 782	1,379 ± 2,660

[1] 39 men kept food records for two consecutive weeks in 1953 and 59 men recalled their diets for the past week prior to keeping a food record for 1 week in 1954.

[2] Range of serum cholesterol in mg. per 100 ml.: Low third, 187 to 253; middle third, 254 to 294; high third, 298 to 435.

[3] See "Notes on Data Sheets," item 29.

[4] See "Notes on Data Sheets," item 34.

Nutrient and Food Intake

For each cholesterol third the intake of different kinds of food was summarized by food group and the nutritive value of their diets was estimated; the results are given in table 3. The diets of the men in the three groups were markedly similar in many respects as shown by the averages and standard deviations for foods and nutrients. Intakes of food energy, protein, total fat, calcium, iron, and cholesterol were essentially the same.

Compared with the low third, men in the high cholesterol third had somewhat greater intakes of meat, poultry, and fish but their use of fats and oils, milk, and eggs, other important sources of the nutrient fat, was below or about the same as that of other men. Only about 4 percent more of their calories came from animal proteins and fats and hence they had only slightly more dietary cholesterol than did the low-cholesterol group. Linoleic acid was the only fatty acid studied in which diets were different; men in the high cholesterol third received significantly more linoleic acid than men in the low third, in terms of the absolute amount ingested as well as the percentage of calories furnished by linoleic acid.[4]

Ascorbic acid was the sole vitamin for which a significant difference was found between the diets of the men in the low and the high serum cholesterol thirds. More fruits and vegetables in diets of men in the high third furnished more ascorbic acid.

The largest difference between the diets of the two groups of men was that the high-cholesterol group got more calories (about 20 percent more) from alcohol and from rapidly absorbed simple sugars (fruits, sweets), and fewer calories from the carbohydrates of other plant foods--grain products, vegetables, and dry beans and peas.

Differences statistically significant at the 5-percent level were found between the high and low serum cholesterol thirds in intakes of each of these three dietary constituents--ascorbic acid (positively related), grain products (negatively related), and linoleic acid (positively related)--in that order of significance. Somewhat less pronounced differences, significant at the 10-percent level, were found in the use of alcoholic beverages (in actual amount and as calories furnished) and in the intake of carbohydrate (total and that only from plant food other than fruits and sweets). When calories furnished by alcohol and carbohydrate from fruits and sweets were combined, a statistically significant difference at the 10-percent level positively related with serum cholesterol level was found.

COLLECTION OF DATA

Each man and wife was carefully instructed in his or her respective duties as subject and recorder by a staff member of the U.S. Department of Agriculture, who was skillful and experienced in obtaining dietary and related data from people. Data were collected systematically on prepared schedule forms according to definite procedures. Facsimiles of the schedule forms and instructions for their use follow.

[4] Differences between intakes have been tested for significance by Evelyn Grossman, Mathematical Statistician, Consumer and Food Economics Research Division.

FB 54 (3/15/54) Diets of Selected Men

Participant _____

Interviewer _____

Dates: From ____ To ____

Sec. A. Menu Recall, Past Week

(1) ____day	(2) ____day	(3) ____day	(4) ____day	(5) ____day	(6) ____day	(7) ____day
			Breakfast			
			B - N			
			Noon Meal			
			N - E			
			Evening Meal			
			E - B			

FE 55 (3/15/54) Diets of Selected Men

Budget Bureau No. 40-R2654
Approval Expires 12/31/54
Participant _____
Interviewer _____
Dates: From _____ To _____

Sec. B. Current Eating Pattern

How much of each of these foods do you estimate you ate last week? Give approximate size of portion in suggested or similar terms and give number of times a food was eaten during week. Include second helpings.		Did you eat as usual last week? If week-to-week variation or special events altered your food last week, tell how you usually eat.
1 Chop: Pork__lamb__veal__ (bone__no bone__).....oz,meas		
2 Steak: Beef__ham__veal__ (bone__no bone__).....oz,meas		
3 Stew__boil__; Beef__lamb__veal__ (bone__no bone__)..oz,c		
4 Roast: Beef__pork__ham__lamb__ (bone__no bone__) oz,meas		
5 Liver__kidney__sweetbread__tongue__heart__ .....oz,meas		
6 Ground meat: Beef__veal__lamb__sausage__.....oz,patties		
7 Bologna__; frankfurters: Med__lg__tiny__ oz,sl,no. frank		
8 Rabbit__game_____ (bone__ no bone__)oz,meas		
9 Chicken__turkey__other_____ (bone__no bone__).....oz,part(sm,med,lg)		
10 Fish (if canned,in oil__no oil__) seafood_____.....oz,meas		
11 Thick soup; other meat,poultry, fish mixtures_____.....oz,c		
12 Eggs.....no. eggs(sm,med,lg)		
13 Cheese: American__cottage__cream__other_____ oz,tb		
14 Beans__peas__lentils__.....c		
15 Sandwiches: Meat__poultry__fish__egg__cheese__.....oz,sl		
16 Butter__margarine__salad dressing__.....t		
17 Bread__roll__.....sl,rolls		
18 Bacon.....strips(long__short__)		
19 Gravy__drawn butter__.....tb,c		
20 Fried foods: Meat__poultry__fish__egg__potatoes__ onions__other_____.....no. times		
21 Fat on: Beef.....all__some__(always,occ,never)		
22 Ham.....all__some__(always,occ,never)		
23 Pork,other meat....all__some__(always,occ,never)		
24 Potatoes__sweetpotatoes__.....no. pot. (sm,med,lg)		
25 Macaroni, spaghetti, noodles.....c		
26 Rice, hominy.....c		
27 Lettuce.....c,part of head		
28 Other raw greens.....c		
29 Salad dressing (salad oil__mineral oil__).....t,tb		
30 Tomatoes: Canned__fresh__; juice__.....oz,c		
31 Catsup, chili sauce.....t,tb		
32 Pickles__olives__.....no. times		
33 Cooked vegetables: Leafy,green,and yellow.....c		
34 Other vegetables_____ c		
35 Buttered__creamed__.....no. times		

Sec. B. Current Eating Pattern --Continued

How much of each of these foods do you estimate you ate last week?		Did you eat as usual last week? If not, tell how you usually eat.
36 Citrus fruit, juice.....no. pieces,oz		
37 Other fruit: Raw__dried__ .....no. pieces		
38 Juice,stewed, canned (in sugar, Yes__No__).....c		
39 Bread__roll__biscuit__muffin__sweet bun__.....sl,buns		
40 Butter__margarine__ .....pats(sm,med,lg)		
41 Jam,jelly__peanut butter__ .....t,tb		
42 Pancakes__waffles__ .....cakes(sm,med,lg)		
43 Butter__margarine__.....pats(sm,med,lg)		
44 Sirup__molasses__honey__.....t,tb		
45 Breakfast cereal:Ready to eat:Plain__sugared__;cooked__.c		
46 Sugar.....t		
47 Cream: Heavy__light__½ & ⅓__.....tb,oz		
48 Milk: Regular__extra rich__skim__.....oz		
49 Butter__margarine__ .....pats(sm,med,lg)		
50 Crackers,pretzels.....crackers(sm,med,lg)		
51 Butter__margarine__peanut butter__ pats(sm,med,lg),tb		
52 Pie,tart.....wedge or tart(sm,med,lg)		
53 Cheese_____.....oz,tb		
54 Cake.....servings(sm,med,lg)		
55 Cookies.....cookies(sm,med,lg)		
56 Doughnuts..... doughnuts(sm,reg)		
57 Ice cream__sherbert__ice cream soda__scoops(sm,med,lg)c		
58 Pudding (milk__other__).....c		
59 Whipped cream added (specify foods_____) no. times		
60 Chocolate candy.....bars or candies(sm,med,lg)		
61 Nonchocolate candy__gum__.....candies(sm,med,lg),sticks		
62 Nuts__peanuts__ .....no. nuts,tb		
63 Popcorn (butter__no butter__).....c		
64 Potato chips__corn chips__.....c		
65 Coffee__tea__.....c		
66 Cream: Heavy__light__½ & ⅓__.....tb,oz		
67 Milk: Regular__extra rich__skim__.....oz		
68 Sugar__saccharine__other sweetener__.....t,tablets		
69 Cocoa__chocolate__milk shake__.....c		
70 Milk: Whole:Regular__extra rich__;skim__;buttermilk..oz		
71 Cola, other soft drinks.....oz		
72 Whisky__rum__gin__brandy__cordial__ .....oz		
73 Cocktail, with sugar__sirup__.....tb,oz		
74 Fruit juice__carbonated water__ .....oz		
75 Beer__wine__.....oz		
76 Snacks not already mentioned_____		
77 Vit. prep.__min. prep.__vit. & min.__ .....tb,caps		

78 How does the total amount of food you ate last week compare with the amount you usually eat? Explain cause of any difference.

_____

FE 09 (Rev. 3/15/54) Diets of Selected Men

Budget Bureau No. 40-R2654
Approval Expires 12/31/54
Participant _____
Interviewer _____
Day: M T W Th F S Su
Date: _____ 1954
Sec. C. FOOD EATEN AT HOME

Menu	Amount eaten	Menu--Continued	Amount eaten
(1)	(2)	(1)	(2)
	Breakfast		
	Between breakfast and noon meals		
	Noon meal		
	Between noon and evening meals		
	Evening meal		
	Between evening meal and breakfast		

FE 10 (Rev. 3/15/54) Diets of Selected Men

Budget Bureau No. 40-R2654
Approval Expires 12/31/54
Participant _____
Interviewer _____

Sec. D. FOOD SET ASIDE FOR PERSONAL USE

Food Name and describe each food set aside for personal use of participant	Amount By measure or weight Set aside							Left at end of record period	Eaten
	Date						Total		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)

FE 11 (Rev. 3/15/54) Diets of Selected Men

Budget Bureau No. 40-R2654
Approval Expires 12/31/54
Participant _____
Interviewer _____
Day: M T W Th F S Su
Date: _____ 1954

Sec. E. FOOD EATEN AWAY FROM HOME

Meal (code): B/Breakfast; N/Noon; E/Evening; BN/Bet. B & N; NE/Bet. N & E; EB/Bet. E & B

Food	Amount	Meal	Where eaten*
(1)	(2)	(3)	(4)

*For public eating places, give name and address.

(Over)

Sec. E. Food Eaten Away From Home.--Continued.

Food	Amount	Meal	Where eaten
(1)	(2)	(3)	(4)

Budget Bureau No. 40-R2654
Approval Expires 12/31/54
Participant _____
Interviewer _____

Sec. F. RECIPES

1. Name of recipe _____
2. Dates eaten _____
3. Proportion eaten by participant during period _____

Food Name and describe each food in recipe. Exclude seasonings and water.	Amount By measure or weight
(1)	(2)

1. Name of recipe _____
2. Dates eaten _____
3. Proportion eaten by participant during period _____

Food Name and describe each food in recipe. Exclude seasonings and water.	Amount By measure or weight
(1)	(2)

1. Name of recipe _____
2. Dates eaten _____
3. Proportion eaten by participant during period _____

Food Name and describe each food in recipe. Exclude seasonings and water.	Amount By measure or weight
(1)	(2)

1. Name of recipe _____
2. Dates eaten _____
3. Proportion eaten by participant during period _____

Food Name and describe each food in recipe. Exclude seasonings and water.	Amount By measure or weight
(1)	(2)

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Budget Bureau No. 40-R2654
Approval Expires 12/31/54
Participant _____
Interviewer _____

Sec. G. HISTORY OF WEIGHT

1. Date _____ 2. Code _____

3. Home address _____ 4. Office address _____

5. Weight: a. At beginning of record _____ lb.
   (1) Date _____
   (2) Time of day _____ a.m., p.m.
   (3) Last meal eaten -- B, N, E
   (4) Clothes worn _____

   b. At end _____ lb.
   (1) Date _____
   (2) Time of day _____ a.m., p.m.
   (3) Last meal eaten -- B, N, E
   (4) Clothes worn _____

6. How much did you weigh when you were about 25 years old? ____ lb.

7a. What is the most you have ever weighed since then? ____ lb. b. The least? ____ lb.

8a. Has your weight gone up or down more than 5 pounds in the last year? Yes __ No __

b. (If Yes) Tell when your weight differed as much as 5 pounds from your present weight and how much you weighed.

Month :	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.
Weight (lb.):	___	___	___	___	___	___	___	___	___	___	___	___

9a. (If little or no weight fluctuation) Do you hold your weight steady--
Without effort? ___ By exercise? ___ By diet? ___

b. (If there is fluctuation) Do you try to control your weight--By exercise? ___ By diet? ___

10a. Are you following a special diet prescribed by a doctor? Yes __ No __

b. Do you try to avoid some foods? Yes __ No __

c. Do you try to stress some foods? Yes __ No __

d. (If Yes to a, b, or c) Tell what foods you especially avoid and/or stress.

Avoid _____

Stress _____

Sec. H. PHYSICAL ACTIVITY, RECORD WEEK

1. Occupation _____ 2. Job title _____

3. Agency's name _____

4. Last week--about how many hours did you spend?

(1)	(2) Type of activity (specify)	(3) Proportion of time	(4) Hours
a. On your job.....			___
(1) Seated.....		_____	___
(2) Standing, walking.....		_____	___
(3). In strenuous physical activity..	_____	_____	___
	_____	_____	___
b. On hobbies.....	_____		___
	_____		___
c. On recreation.....	_____		___
	_____		___
d. On home chores.....	_____		___
	_____		___
e. In sleep, at rest.....			___
f. Other activities (dressing, eating, transportation, etc.).....			___

5a. Was your physical activity during this week typical for this time of year? Yes __ No __

b. (If No) How was it different? _____

_____

_____

6. Physical activity classification: Sedentary __ physically active __ with heavy work __ at rest __.

INSTRUCTIONS FOR INTERVIEWERS

Object of study.--To determine the food consumed by a selected group of men in order to provide data for studying the relationship between diet and evidence of aging as found by medical and laboratory examination.

Subjects.--Subjects will be selected from a group of about 300 business and professional men who reside in Minneapolis-St. Paul and are under continuing observation in long-time studies of aging being made by the Laboratory of Physiological Hygiene of the University of Minnesota's College of Medical Sciences. Since 1947, scientists of that Laboratory have been making clinical, biochemical, physiological, morphological, and psychological measurements annually on these men.

Plan of work for collection of dietary data.--Under direction of interviewers of the United States Department of Agriculture, information will be obtained on prepared forms regarding the food intake of the men, at home and away from home for 1-week periods.

The men will keep records of food eaten away from home. Their wives will be asked to help them keep records of home meals. Each has another important responsibility. The men must continue to eat at home and away from home just as they would if they were not keeping food records. Their wives must continue to serve men the same kind of food they would serve them if they were not keeping food records.

Interviewers will visit home (or office) of each man at appointed times to perform the following duties:

1. At first visit:

   a. Obtain from man and his wife information on kind and amount of food he ate during past 7 days (Secs. A and B).

   b. Instruct man and his wife in measuring and weighing man's food and in recording kind and amount of food eaten (Secs. C, D, E, and F).

   c. Set up spring scale for weighing food on a level surface in a well-lighted spot where scale can be read at eye level.

   d. Check on present weight of man and get history of his weight during adult life (Sec. G).

2. At all other visits:

   a. Assist with recording difficult data.

   b. Check on reasonableness, consistency, and completeness of recorded data.

   c. Collect completed daily records of food eaten at home and away from home (Secs. C and E).

3. At final visit (in addition to duties in item 2):

   a. Obtain recipes for any food mixtures that were served several times during record period and for any that are unusual (Sec. F).

   b. Collect completed forms of Section D, Food Set Aside for Personal Use.

   c. Obtain man's estimate of his physical activity during past week (Sec. H).

   d. Check on weight of man (at same time of day as his initial weighing) (Sec. G).

   e. Thank man and his wife for their cooperation.

Interviewer may need to confer with managers of school and club dining rooms, cafeterias, restaurants, and other public

eating places where men have eaten, to fill in missing information on size or content of portions of food. Usually, however, men will be able to get this information.

Length of report period.--Men will be asked to recall their food intake for a complete 1-week period starting on any day and meal convenient to couple and interviewer. Food record will also be kept for a 1-week period and will start with the first meal following the one that ends food recall.

Contacts with man and wife.--One interviewer will be assigned to each case. Interviewer will instruct man and his wife together in their home.

Interviewer should return to the home the day after record is started. Care and skill with which record has been kept will indicate how often visits should be made. Telephone calls may be used to check on minor details. Probably no more than 3 days should elapse between home visits while record is being kept. Unless specific questions need to be checked with man, contacts can be made through his wife.

Each morning man should leave with his wife the record of food eaten away from home that he filled for previous day and take one or two blank forms with him to fill for that day. At each visit interviewer will collect all daily records for food at home and away from home filled to date.

Interviewer should make an appointment to see man, preferably with his wife at end of record period to get information on his physical activity during past week and to check on his weight.

First interview with man and his wife will probably average about 2 to 2-1/2 hours. If seen separately, allow 1 to 2 hours for first conference with each one. Visits during the record period should average about 1/2 hour. Final interview may average 1 hour.

Section A.--Menu Recall, Past Week

Section A is a form for listing kind and amount of food eaten by the man at meals and between meals during 7 days immediately prior to first interview. Man will be helped by his wife and both will be guided by interviewer to recall food eaten at home and away from home during previous week. Every food and beverage (except water) put in his mouth and swallowed is to be included.

Since breakfast is usually the simplest and least varied meal of the day, start with this meal. Ask first about breakfast on day of interview, which will usually be meal most easily remembered. Refrain from suggesting what you think is a typical breakfast pattern. Let the couple do the telling in their own way. When they have finished, if there are seeming omissions, ask about them tactfully. Never indicate that you find their food practices are unusual or queer. There is no universal pattern for any meal. Some families eat cheese for breakfast as frequently as others eat eggs. Cereal and eggs are often breakfast alternates, day after day. Some persons regularly have fruit or juice in between meals or at meals other than breakfast.

Turn to directions given for recording menu items in Section C, Food Eaten at Home, col. (1), Menu, p. 25, and Section E, Food Eaten Away From Home, col. (1), Food and description, p. 28.

After you have recorded "what foods" were eaten at breakfast this morning, ask "how much" of each food. Kind and size of serving will often be reported together. Amounts will most usually be given in household measurements. Breakfast foods such as fruit

juice, cereals, and beverages will usually be measured in cups, cream in fluid ounces, butter in pats, bread in slices, and sugar in spoons. Eggs will be given as number of eggs.

Ways of obtaining amount of food eaten are given on p. 26 for Section C, Food Eaten at Home, col. (2), Amount eaten and in table 4 by type of food. Although designed for use in entering food on records, they are also useful guides for menu recalls if these limitations are recognized:

1. "Weighed weight, cooked portion" will not be possible.
2. "Estimated weight, cooked portion" will be possible only by the few men and wives who are accustomed to think in such terms.
3. "Dimensions of cooked portion" can only be rough estimates. For irregularly-shaped chops try to get approximate measurement in inches of the widest end and of the thickest spot. For a piece of pie, try to get proportion of pie he ate and diameter of whole pie in inches; or get approximate number of inches his wedge measured at wide (circumference) end.

Amounts of meat, poultry, fish, fruit, and vegetables reported on purchase basis should be specified "A.P.", which stands for "as purchased." For example, if 2 pounds of pork chops were purchased and it is estimated that man ate one-sixth of it, entry would be as follows:

1/3 lb. A.P.

It will not be necessary to label as "A.P." amounts estimated from household purchases of foods that have no refuse, like cheese, ready-to-eat cereal, butter, pie, cake, cookies, ice cream, milk, cream, and candy.

If a food was eaten more than once during week, remember that portion sizes of same type of food eaten as second helpings or at different meals may be the same or may vary greatly. For example, menu might have three entries for "pork chop with bone" as follows:

2(3" x 1/2"), 1(4" x 3/4"), 1/3 lb. A.P.

Abbreviations that may be used follow:

oz	ounce(s)	med	medium
meas	measurements	lg	large
c	cup(s)	t	teaspoon(s)
sl	slice(s)	tb	tablespoon(s)
No.	number	occ	occasionally
sm	small		

After most recent breakfast menu has been recorded, the best method with most couples will be to work gradually backwards until seven breakfasts of past week have been reported.

For noon and evening meals, the main dish may be the key to other foods eaten at them. Again work backwards from most recent meal, which should be easiest to remember. Holidays, parties, guests, and other special events may help couple recall menus. For meals eaten out, eating place and companions may help man to remember foods eaten.

It is important to record foods eaten as snacks and in-between meals. These, like breakfasts, may follow a pattern. It may be different on weekends than on working days. Ask about coffee breaks, candy bars, hard candies, gum, highballs, and cocktails before meals, and bedtime snacks.

Review menus for week for completeness, consistency, and reasonableness. For example, if sugar and cream have been reported as additions to coffee some times but not always ask if coffee is ever taken black. Sugar on cereal or fruit, butter on bread, jelly on toast, bacon with eggs, catsup on beans, gravy on meat, and dressing on salad are some other usual combinations that may be expected.

TABLE 4.--Ways of obtaining amount of food eaten and describing foods

Type of food	Methods	Other descriptive data to be given
(1)	(2)	(3)
Meat	1. Weighed weight, cooked portion.	1. Whether a lean, medium, or fat cut.
Roasts, chops, steaks, short ribs, spare ribs, and other bony cuts.	2. Estimated weight, A.P.--derived from proportion man ate of amount bought for family. Especially useful for bologna, lunch meats, frankfurters.	2. Whether or not fat was eaten. 3. For bony cuts--whether with or without bone.
Bologna, lunch meats, tongue, corn beef.	3. Estimated weight, cooked portion--estimated from similar previous servings.	4. For chops and steaks, give type. For example, for steaks specify whether round, sirloin, porterhouse, or other.
Liver, frankfurter, sausage, hamburger, patties.	4. Dimensions of cooked portion--length x width x thickness; or diameter x thickness.	5. Method of cooking--whether boiled, broiled, roasted, fried or stewed. If served in a food mixture give descriptive name of dish.
Poultry	Same as "Roasts, etc."	1. Whether fryer, broiler, roaster or stewer.
Sliced poultry.		2. Part of bird--leg, breast, etc. 3. Method of cooking.
Leg, thigh, wing, breast, neck, gizzard, liver, heart.	1. Weighed weight, cooked portion 2. Total weight of bird, A.P. and whether dressed, or ready-to-cook weight. If weight is not known, give class as frying, roasting, stewing. 3. Count and size--small, medium, large.	1. Whether fryer, broiler, roaster, or stewer. 2. Part of bird--leg, breast, etc. 3. Whether skin served was or was not eaten. 4. Whether with or without bone. 5. Method of cooking.
Fish	1. Weighed weight.	1. Whether fish was canned in oil or water.
Canned--salmon, tuna, sardines, crab-meat, etc.	2. Estimated weight A.P.--derived from proportion man ate of fish in can. 3. Household measure--in terms of cup, tablespoon, or scoop (give size of scoop).	2. If canned in oil, whether or not oil was served to and eaten by man. 3. Method of cooking if served other than A.P.

TABLE 4.--Ways of obtaining amount of food eaten and describing foods--Continued

Type of food	Methods	Other descriptive data to be given
(1)	(2)	(3)
Fish (con.)		1. Kind of fish--white, pike, etc.
Fresh--steak, fillet, whole.	Same as "Roasts, etc."	2. Whether with or without bone. 3. Method of cooking.
Seafood-oysters, clams, shrimp, scallops.	1. Weighed weight. 2. Count and size--small, medium, large. 3. Estimated fluid measure A.P.--derived from proportion man ate of amount bought for family.	1. Whether in shell or shelled. 2. Method of cooking.
Meat, poultry, fish	1. Weighed weight.	For meat in stews and other recipes--
Stew, soup, hash, croquette, loaf, cream, a la king, casserole, salad.	2. Household measure--cooked portion. 3. For croquette, loaf, and other measurable servings, give dimensions. 4. Recipe and proportion man had of it.	1. Amount of meat. 2. Whether a lean, medium, or fat cut. 3. Whether or not fat of meat was eaten. 4. Whether or not meat was a bony cut.
Cheese	1. Weighed weight.	1. Whether rounded, heaping, or scant measure when other than level measure.
Any.	2. Household measure. 3. Estimated weight--derived from proportion man ate of amount bought for family.	2. Method of cooking if served other than A.P.
Hard.	Same as "Roasts, etc."	
Eggs	1. Weighed weight. 2. Number and size--pee wee, small, medium, large, extra large, jumbo. Use U.S. weight classes.	1. Whether in shell or shelled. 2. Method of cooking.

TABLE 4.--Ways of obtaining amount of food eaten and describing foods--Continued

Type of food	Methods	Other descriptive data to be given
(1)	(2)	(3)
Grain products		
Cake, pies, tarts, biscuits, muffins.	Same as "Roasts, etc."	1. For cake--whether a slice or wedge; kind (angel, sponge, white, chocolate, fruit); and if frosted or unfrosted. 2. For pie--kind of filling (fruit, custard, chiffon, or meringue) and kind of crust--pastry, graham cracker, etc.
Crackers, cookies, buns, rolls.	1. Weighed weight. 2. Number and dimensions.	Kind--sweet, salted, etc.
Bread	1. Number of slices. 2. Weighed weight or approximate dimensions only if slice is unusual in shape, size, or weight.	Thin or thick slices.
Fruits and vegetables		
Whole apple, orange, banana or other fruit; whole potato, beet, carrot or other root vegetable.	1. Weighed weight. 2. Estimated weight from previous servings. 3. Dimensions (diameter x length). 4. As last resort--small, medium, large.	1. Whether peeled or unpeeled. 2. Method of cooking.
Nuts, dried fruit.	1. Weighed weight. 2. Number and size--small, medium, large. 3. Household measure--for peanuts and other shelled nuts.	For nuts--salted or unsalted. For stewed fruit--with or without sugar.
All other types of food		
Fluid, creamy, granular--cereal, greens, cut-up fruit and other sauces, jelly, peanut butter, salad dressing, catsup, relish, milk, cream, whipped cream, ice cream, broth, gravy, fruit juice, beverage.	1. Weighed weight. 2. Household measure, E.P.	1. Whether rounded, heaping, or scant measure when other than level measure. 2. Method of cooking if other than A.P.

If bread and butter are not reported for some meals, ask if they were unintentionally omitted. Beverages may also be taken for granted and not reported.

Section B.--Current Eating Pattern

Initially this form had two purposes: (1) To enter recalls of food eaten during past 7 days; and (2) to enter deviations from current eating pattern during past 7 days. In practice, Section A.--Menu Recall, Past Week was found easier to use for the first purpose. Thus, sole purpose of this form is to find out whether the food intake on menu recall represents kind and amount of food man is currently eating in any 1 week.

Col. (1).--How much of each of these foods do you estimate you ate last week? Effort has been made to provide space for reporting additional information on any food that might occur on menu recall. If no place of entry can be found for a food, enter it in most appropriate place, well-labeled.

Column (1) calls for checks and other entries. Checks (√) should be made to indicate such things as: (1) Kind of meat eaten and whether or not amount reported includes bone, (2) kind of cheese, (3) ingredients in sandwiches, (4) extent to which fat on meat is eaten, (5) whether tomatoes eaten are canned or fresh or in form of juice, (6) whether cooked or canned fruit has added sugar, (7) kind of breadstuff used, (8) kind of spread used on bread and crackers, (9) kind of milk or cream used on cereal and in beverages, and (10) kind of sweetener, if any, used in beverages.

If two series of checks are to be made on a line that will have two entries in column (2), use numbers within checks to identify them. For example, entries for pork chop and lamb chop eaten, the entry might be as follows:

Chop: Pork 1/ lamb 2/ veal _____

(bone 2/ no bone 1/)

Entries should be made in col. (1) to specify such description as: (1) Kind of game, poultry, fish or seafood, etc., and (2) name of food mixture using a name which indicates major ingredients.

At extreme right of col. (1) measurements in which quantities should be reported in col. (2) are given.

Col. (2).--Did you eat as usual last week? If week-to-week variation or special events altered your food last week, tell how much you usually eat.--Interviewer should look to see if man's total food consumption was extraordinary in any way; for example, note if it seems--

High or low in calories;
High or low in consumption of any food;
Entirely lacking in a food most people eat;
Affected by Lent; or
Affected by illness or other unusual circumstances.

One way of finding out whether food intake for period is representative is to ask about questionable practices in order of foods in col. (1). Avoid any remark that might make couple feel that you consider their food customs queer. Examples of possible comments and questions are:

"Did you have less meat and more eggs and fish this week because of Lent?"

"Do you occasionally eat eggs?"

"Your record seems low in fat--no salad dressing, no gravies, no fried food, no pies, etc. Do you purposely keep your use of fat low?"

"No salads or other raw vegetables or raw fruits? Do you try to avoid foods high in roughage?"

"Do you sometimes add mayonnaise or other salad dressing to salads?"

"Do you ever use butter on your bread? On your vegetables?"

"Do you sometimes vary your breakfast cereal? Or is it always cornflakes?"

"Do you occasionally eat sweets at mealtime? What about sweets between meals? Do you try to keep your use of sugar down?"

"Do you take both coffee and tea without cream or sugar?"

"No milk? Do you ever drink milk?"

Another approach to finding out how typical the recalled food intake is might be through meal patterns. Some examples of questions along this line follow:

"Your breakfast pattern was the same each day--a large glass of orange juice, one poached egg on one slice of buttered toast, and coffee with sugar and cream. Do you occasionally vary it?"

"You mentioned no in-between snacks either at home or away from home. Do you sometimes eat between meals?"

If answers to questions indicate that man's use of any food was atypical during recall period, give his usual intake in col. (2). Alongside the food enter amount he usually eats; specify whether per day or per week, or frequency with which he eats that amount.

It may be that man eats foods in a group more or less frequently than he did during 7 days of menu recall. If so, bracket foods in group. For example; meats from "chop" to "bologna" might be included; or meats, poultry, and fish from "chop" to "thick soup, etc."

Item 78. How does the total amount of food you ate last week compare with the amount you usually eat? Explain cause of any difference. Man might answer that he ate appreciably more or less than usual because of Lent, his own or wife's illness, special family or business occasion such as a child's marriage or a professional convention, reducing or other special diet, poor appetite, or extra physical activity.

Section C.--Food Eaten at Home

Section C is a meal-by-meal record of food eaten at home and food carried from home in packed lunches. Every food and beverage, except water, put in mouth and swallowed, must be recorded. Include gum and vitamin and mineral preparations. A sufficient number of "C" forms should be left in home to cover record period. Allow one for each day of food record. (An equal number of copies of "E" forms is to be left for entering food away from home. See page 28.) Interviewer should enter her name and that of man on each record form used.

Day of week should be encircled. Date should be entered in proper place at the top of each form used. At each visit interviewer will pick up forms that have been filled since her last visit.

Urge man to make his entries at time of weighing foods in order to prevent omission of food eaten and inaccuracies in quantities.

Col. (1), Menu.--Instruct man in listing foods in menu to:

1. Enter full common name for each food or beverage consumed.
2. Note if a food was fresh, canned, frozen, dried, condensed, evaporated, smoked, cured, pickled, or salted.
3. Describe whether when eaten a food was raw, boiled, broiled, braised, fried, french fried, grilled, baked, creamed, buttered, scalloped, or mashed.
4. Give kind of liquid (if other than water) used in soups, chowders, stews, and casseroles; for example, whether it was milk, cream, tomatoes, or canned soup.
5. Add any description that will help determine nutritional content of each food. For example--
   a. Whether milk is "extra rich" (4.5% butterfat), "regular" (3.5%), "skim" or buttermilk.
   b. Whether cream is "heavy" (30% butterfat), "light" (20%), or "½ & ½" (12%).
   c. Whether ice cream is regular (10-12% butterfat) or extra rich (16-18%). Give trade name when richness is not known.
   d. Whether chicken is a broiler, fryer, roaster, or stewing fowl.
   e. Trade names for bread, crackers, cookies, cereal, cheese, canned food, and candy bars. Wrappers or labels on such foods (including rolls) should be saved when possible and given to interviewer to ensure accurate descriptive data.
   f. Whether bread is white, rye, whole wheat, or other kind.
   g. Whether bread and cereal are enriched (or reinforced) or not.
   h. If greens were served with beets or turnips.
   i. Whether potatoes were cooked "peeled" or "in peel."
6. Use a separate line for each food or food mixture.
7. Use a separate line for each food accompaniment served at table. Food accompaniments include such items as cream, milk, and sugar for coffee and cereal; lemon for tea, fish, and salad; dressings for salad; gravies and sauces for meat, poultry, fish, and vegetables; sauces, whipped cream, wine, and nuts for desserts; catsup, pickles, and similar condiments; spiced fruits; jellies, jams, and marmalades; and sirup and honey.
8. Enter on a separate line each sandwich ingredient--bread, table fat, salad dressing, lettuce, and other filling.
9. Ignore food taken but not eaten.
10. If a meal is missed, write "nothing" in the space for that meal. Do the same for in-between meals.
11. If a meal or an in-between meal is eaten away from home write "out" and enter foods on a form "E."

Col. (2), Amount eaten.--Amount of food eaten is what was served less what was left on plate uneaten. Uneaten edible food should not be included in amount entered.

As table 4 shows, men might be requested to enter amounts of food eaten in several ways? Since they vary in degree of accuracy, ways of obtaining amounts are listed in preferred order in table 4. First preferences are usually given to--

1. Cooked (or prepared) rather than raw (or unprepared) amount of food eaten.
2. Weight of edible portion. It is more important to weigh meat and other foods which cannot be measured easily than foods which lend themselves to household or dimensional measure.
3. Weight in grams for solids and semi-solids.
4. Measurement in fluid ounces for liquids.

Gram scales are to be left in all homes. It is important to put scale on a level surface in a well lighted spot; if possible place it at eye level. If there is no convenient eye level spot, it may be placed below eye level necessitating weigher to stoop or squat. Never place scales above eye level unless a ladder is to be used.

Each man is to be provided with a 6-inch plastic clear-view ruler. Even though home food is weighed, it will be needed to measure food eaten out.

Practical demonstration with food on hand in home should be used in instructing each couple. Get man and his wife to participate in weighing, measuring, and recording. Actually fill a copy of a "C" form for a full day and leave it in home for reference. From food on hand in the home it may be possible to fill in most of menu man had during the previous 24 hours. This practice sheet is not to be used as part of week's food record.

It is especially important to give adequate instruction--(1) in estimating amount of food in glasses, cups, cream pitchers, scoops, dippers, serving spoons, and other serving containers used by restaurants; (2) in measuring or otherwise estimating size of potatoes, oranges, slices of cake, cuts of pie, and other foods high in calories or nutrients that are eaten frequently by man; and (3) in entering amounts eaten. Amounts in col. (2) should agree with description in col. (1). For example, for an entry of "shrimp, shelled" in col. (1), weight for it in col. (2) should be for shrimp after shelling.

It is well to discuss with man and his wife the best time to weigh or measure his food. Some men will find it most convenient and least likely to affect their consumption if food is weighed before serving. Others may prefer to have scales on or near the table.

Instead of weighing or measuring second servings of a food, an estimate based on the first serving can be made. If a man had, by weight 125 grams of roast beef as a first serving and estimates he took about two-thirds as much as a second serving, entry can be raised to 210 grams. Such an estimate can also be used to deduct any uneaten portion of a food. Be sure to let man and wife know about this way of estimating; it should make it somewhat easier for man to eat as usual.

Fish liver oils and vitamin or mineral concentrates should be recorded when taken.

Section D.--Food Set Aside for Personal Use

It will be easier to get accurate information on foods eaten at home in small amounts frequently, if measured amounts of such foods are set aside in distinctive containers for man's personal use. Besides, this will reduce number of entries to be made on the daily records. For most men, the following should be among foods set aside:

1/4 lb butter
1 C sugar

Other often-used foods that homemaker may be willing to put in special containers or to get in separate packages for participant are--jelly, jam, sirup, honey, peanut butter, cheese, salad dressing, salad oil, catsup, relishes, raisins, ready-to-eat cereals, and alcoholic beverages.

Give homemaker as much help as she would like in measuring and weighing such foods and putting them in containers and in making entries on a "D" form.

There are two hazards in setting aside measured amounts of food. One is that other members of the family will use what is in the participant's containers and the other is that participant will sometimes help himself to family supplies and not record them. These hazards will be minimized if (1) with homemaker's permission a blue sticker (provided) is put on each of participant's containers; (2) each member of participant's household is told about importance of not using foods in these special containers; and (3) special containers are placed in front of participant at each meal. Work out with homemaker the most foolproof system possible.

It is also important to caution against duplicating entries. For example, a vegetable may be reported as "buttered" that was cooked and served without any table fat. The "buttering" may have been done by the man from his personal container of table fat.

Tell man to fill Section D as follows:

Col. (1), Foods set aside.--List foods according to instructions given for Section C, col. (1).

Cols. (2) to (7), Amount.--Enter weighed or measured amounts following instructions given for Section C, col. (2). Food weighed in a container at beginning of record should be weighed in same container at end.

In col. (2) enter amounts for foods set aside on date record is begun. Use cols. (3) to (7) for later additions to set asides.

Col. (8), Total.--To be filled in office.

Col. (9), Left at end of record period.--Enter amount of each food that was left uneaten when record was closed.

Col. (10), Eaten.--To be filled in office.

Amount of food set aside (cols. 2-7 or col. 8) less amount of food left at end of record period (col. 9) equals amount eaten (col. 10).

Section E.--Food Eaten Away From Home

Section E is a small card that man can keep in his vest pocket and have handy to record food he eats out, at a restaurant or at home of a friend or relative. At each visit interviewer should collect filled forms that man has left at home after checking over entries on them with homemaker.

Total intake of any man is sum of food he has eaten at home reported on Section C and D (col. 10) plus food he has eaten away from home reported on Section E.

Help each man fill a sample "E" form, entering food he ate out on day of interview. Mark the practice card "sample," as it is not to be used as part of man's record.

Instruct man in filling Section E as follows:

Col. (1), Food.--Follow instructions for col. (1) of Section C. If a man is uncertain about description of any food he eats out, he should get information from his hostess or the restaurant manager if convenient.

Col. (2), Amount.--Follow instructions for col. (2) of Section C. If a man is uncertain about how to estimate size of his portion, he should also try to get his hostess or the restaurant manager to help him.

Col. (3), Meal.--Enter code for meal at which food was eaten. Note that letter codes for meals are given at top of each card.

Col. (4), Where eaten.--When food is eaten at home of another person, word "friend" or "relative" will be sufficient here. However, when food is eaten at a school or club dining room, cafeteria, restaurant, or other public eating place, name of establishment should be given. The first time an eating place is mentioned on a food record, its address should be included; after that, name only is needed.

Locations of eating places are necessary because interviewer may need to check with manager of an establishment.

Section F.--Recipes

Purpose of Section F is to get recipes for (1) unusual food mixtures; and (2) mixtures high in calories or nutrients which occur repeatedly on a given man's record.

At end of record period, interviewer should get recipes for such food mixtures from man's wife and record them. Occasionally it may be necessary to obtain a recipe from a restaurant manager. No recipes for cake or pie are to be taken.

As many as four recipes can be put on one "F" form. Follow this procedure:

1. Name of recipe: Give name used by family (or restaurant). Be sure recipe is always called by same name.
2. Dates eaten: Give each date on which recipe was eaten.
3. Proportion eaten by participant during period: Enter part of recipe man ate as a fraction. If man ate an eighth of recipe given for a casserole at two different times, enter "1/8" twice.

Col. (1), Food.--Enter name of each food in recipe following instructions for Section C, col. (1). Seasonings, spices, flavorings, and water should be omitted.

Col. (2), Amount.--Enter weighed or measured amounts following instructions for Section C, col. (2).

Section G.--History of Weight

Primary purpose of Section G is to find out if weights of men have fluctuated greatly during adult life.

Items 1 - 4 (except 2) will be filled in prior to first visit. Entries in item 5a will be made during first visit and those in 5b at final visit. It is preferable to make entries in items 6 to 10 at time of first visit; however, time may not permit this. If not, entries may be made at any visit during week of food record at which man is present.

Item 1. Date.--Enter date of filling this section.

Item 2. Code.--Leave blank.

Item 3. Home address.--Be sure to add whether in St. Paul or Minneapolis. Fill at time of opening record.

Item 4. Office address.--See item 3.

Item 5. Weight: a. At beginning of record.--It is preferable to obtain man's weight on scales provided for this study. However, if more convenient, man may use personal scales in home, or scales near his office, if he knows that they are consistently accurate.

Man's weight should be taken and entered on day he starts keeping record. Entries should also be made of (1) "date" weight was taken, (2) "time of day" (encircle a.m. or p.m.), (3) "last meal eaten" (encircle "B" for breakfast, "N" for noon meal, and "E" for evening meal), and (4) "clothes worn" indicating what clothing was included--shoes, jacket, etc.

Item 5. Weight: b. At end.--Weight should be taken and entered on last day of man's record, at same time of day, after same meal, and wearing similar clothing.

Item 6. How much did you weigh when you were about 25 years old?--It is not necessary for man to give his weight at precisely age 25. There may be some incident when he was about 25 that will help him recall his weight. For example, he may know his weight when he went into the Armed Services during World War I. Or, he may be able to estimate his weight at age 25 from his weight when he finished college and whether it went up or down or remained constant in the few years after graduation.

Item 7a. What is the most you have ever weighed since then? b. The least? Self explanatory.

Item 8a. Has your weight gone up or down more than 5 pounds in the last year?--That is, has man's weight fluctuated more than 5 pounds during 12 months preceding interview.

Item 8b. (If Yes) Tell when your weight differed as much as 5 pounds from your present weight and how much you weighed. For ease in reporting, months are listed. For those months in which man was more than 5 pounds heavier or lighter than his present weight, enter heavier or lighter weight.

Item 9a. (If little or no weight fluctuation) Do you hold your weight steady--Without effort? By exercise? By diet?--To be asked only of men whose weights have not varied more than 5 pounds and for whom there are no entries in item 8b.

Item 9b. (If there is fluctuation) Do you try to control your weight--By exercise? By diet?--To be asked only of the men for whom there are entries in item 8b.

Item 10a. Are you following a special diet prescribed by a doctor? If from previous conversation the answer is already known, check "yes" or "no" without further questioning.

Item 10b. Do you try to avoid some foods? See item 10a, above.

Item 10c. Do you try to stress some foods? See item 10a, above.

Item 10d. (If Yes to a, b, or c) Tell what foods you especially avoid and/or stress. Some foods avoided and/or stressed may have been learned earlier. If so they should only be verified at this point; verifying them, may lead man to add other foods.

Section H.--Physical Activity, Record Week

Section H is designed to get an estimate of physical activity of man during week of food record. Data are to be recorded by interviewer in consultation with man at end of record period.

Items 1 to 3.--To be transcribed from records of Laboratory of Physiological Hygiene, University of Minnesota.

Item 4. Last week--about how many hours did you spend in these activities?--The intent in question is to find out whether in general man's activity should be classified as greater or less than sedentary. A sedentary worker is described below:

Position: Standing, walking, seated.
Kind of activity: 1. Finger movements.
2. Handling, reaching, pulling, and lifting light tools and materials.
Rate of movement: Slow to moderate.
Occupational examples: Teacher, business executive, typist, bookkeeper, office clerk, telephone operator, tailor, chauffeur, sales clerk, factory or store foreman.

Hours in col. (4) should add up to 168 (24 hours x 7 days). However, their division by activity are expected to be only approximate. There is no need to press for precision in getting proportion of time spent on an activity.

Item 4a. On your job.--First find out total number of hours that man worked last week and enter number in col. (4).

Ask teachers and others who do administrative or clerical types of work to divide their time roughly between sitting and standing (or walking). Enter proportion as a fraction in col. (3).

Ask persons working in stores or factories whether they engage in strenuous physical activity for any appreciable part of their time. If they handle, reach, pull, or lift materials or tools, find out whether these things are moderately heavy, heavy, or very heavy. Also find out whether their rate of movement in handling these things is usually rapid. Describe activity in col. (3) and give proportion of time in col. (2).

Item 4b. On hobbies.--Consider "hobbies" activities in which man is a participant. Name the hobby, such as playing cards, stamp collecting, painting, square dancing, ice skating, golf, or bowling. If name of hobby does not indicate degree of physical activity, describe it.

Item 4c. On recreation.--Consider as "recreation" activities in which man has only spectator interest, such as attending theater, concerts, or ball games.

Item 4d. Home chores.--Include work in and around home, such as vacuum cleaning carpets, painting walls of a room, and shoveling snow.

Item 4e. In sleep, at rest.--For bed patients, convalescents, and unemployed aged persons who do no work in the home enter "all" in col. (4).

Item 5a. Was your physical activity during this week typical for this time of year?--Find out if there was an appreciable difference in degree of energy man exerted last week in comparison with other recent weeks.

Item 5b. If No, how was it different?--If man is usually appreciably more or less active than he was last week, find out what are his usual activities and how he has been dividing his time among them.

Item 6. Do not fill.

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DATA ON EACH INDIVIDUAL

Data on selected physiological measurements and on nutrient and food intake for each man follow. For men who reported diets for 2 weeks, figures for each week are in separate columns. The data sheets are easily detached from the publication for use in hand tabulation.

Notes explaining the content of items on data sheets needing clarification are given below:

Items 1-6. Physiological and other measurements of each man were taken at the time of his clinical examination in the early winter of 1953 or 1954, whichever year he gave information on his food intake. Clinical examination usually preceded dietary study by a few weeks, varying from several days to 3 or 4 months, and took place at the Laboratory of Physiological Hygiene, of the University of Minnesota's College of Medical Sciences.

Item 4. "Normal" weight is weight given in the standard U.S. table of average weights in: The Association of Life Insurance Medical Directors and the Actuarial Society of America. 1912.[5]

Items 7-13, 17-27. Source of data on nutrient content of foods--U.S. Dept. Agr., Agr. Handb. No. 8, Composition of Foods--Raw, Processed, Prepared. 1950.

Items 14-16. Source of data on fatty acid content of foods--U.S. Dept. Agr. Home Econ. Res. Rpt. No. 7, Fatty Acids in Food Fats. 1959.

[5] See table 2, footnote 4.

Item 28. Source of data on cholesterol content of foods--Unpublished compilation of data from various sources, as of 1953. Cholesterol values in current use are appreciably lower for meats and eggs.

Items 29-128. Amount served less any edible parts left on plate. Includes weight of any inedible fat, gristle, and bone attached to chops and other meat, poultry, and fish and of any skins, seeds, and cores of grapefruit, apples, and other fruits served in purchase form.

Items 29-38. Weights of commercially and homemade mixtures of more than one food have been allocated to component foods. Weights of component foods in commercially prepared foods have been estimated. Weights of component foods in home-prepared foods have been calculated from recipes.

Item 29. Includes dry milk (reconstituted to fluid milk), and other milk products in ice cream, baked goods, and other mixtures. Factors used in converting milk products to fluid whole milk in terms of calcium content: Cream 0.8, cottage cheese 0.6; other cheese 5.7; ice cream 1.5.

Item 33. Cooked weight of dry beans and peas. Also includes peanuts, nuts, cocoa, and chocolate.

Item 34. Includes weight of flour, meal, and cereal plus two-thirds weight of baked goods and one-fifth weight of cooked mixtures, chiefly pastes, and other grain products.

Item 38. Does not always exclude ingredients other than alcoholic beverages.

Items 39-128. Weights as served and reported. Mixtures usually have not been allocated to component foods.

Each type of food that was eaten by a large share of the men has been assigned a specific line and item number. Blank lines were left near related foods for insertion of less frequently occurring foods and the items eaten have been specified.

Item 50. Excludes fat used in frying.

Items 55, 58, 61. Trimmed of all visible fat.

Item 68. Fish with bone unless stated otherwise.

Item 69. Shellfish without shells unless stated otherwise.

Item 78. Milk gravy includes cheese sauce.

Items 90, 92, 98, 100, 102. Food item in specified category eaten in largest amount; 1st week is separated from 2d week by a diagonal (/). Items eaten in lesser amounts if any, follow as next item number. Items eaten in largest amount 1 week and in lesser amount the other week appear also on the line for the next item number.

Item 106, etc. "AP" fruits include inedible refuse.

Item 107, etc. "EP" fruits include only edible parts.

Item 127. Includes vermouth.

Symbols:

√ Indicates which food was used if item includes more than one possibility. Other symbols represent food preparation methods as follows:

1. Cooked or canned, no fat added--except for inclusion of fish canned in oil. Also includes frozen fruit.
2. Buttered.
3. Creamed or with milk, scalloped, au gratin, a la king, with cream of mushroom or other creamed soup.
4. Fried.
5. Raw.

2-WEEK FOOD RECORDS IN 1953, 39 MEN

DATA FOR SUBJECT NO. 1

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	51
2 Height.....cm..	184.2
3 Weight.....kg..	69.1
4 Actual weight/normal weight.....%..	81.3
5 Blood cholesterol.....mg.%..	187
6 Blood pressure rate.....mm Hg..	119/71

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2005	1965
8 Alcohol only.....Cal..	13	40
9 Protein: Total.....g..	73.1	61.0
10 From animal foods.....g..	45.1	35.2
11 Fat: Total.....g..	79.9	71.3
12 Fat Cal./total Cal.....%..	36	33
13 From animal foods.....g..	48.3	41.3
14 Fatty acids: Saturated.....g..	30	29
15 Unsaturated: Oleic.....g..	32	30
16 Linoleic.....g..	11	7
17 Carbohydrate: Total.....g..	253.9	275.6
18 From milk.....g..	13.2	21.0
19 From fruits, sweets.....g..	46.5	72.2
20 From other plant foods.....g..	193.1	183.2
21 Calcium.....mg..	806	706
22 Iron.....mg..	11.3	9.3
23 Vitamin A value..... I.U.	2870	1950
24 Thiamine.....mg..	1.20	.92
25 Riboflavin.....mg..	1.36	1.17
26 Niacin.....mg..	12.0	9.7
27 Ascorbic acid.....mg..	90	85
28 Cholesterol.....mg..	291	231
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3108	2900
30 Eggs.....g..	75	61
31 Meat, poultry, fish.....g..	868	690
32 Fats, oils.....g..	207	224
33 Dry beans and peas, nuts.....g..	33	187
34 Flour equivalent.....g..	2337	1762
35 Vegetables.....g..	411	813
36 Fruits.....g..	1696	2031
37 Sugars, sweets.....g..	272	592
38 Alcoholic beverages.....g..	30	720

FOODS, 1 WEEK, 1953

Subject No. 1

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	1107	1355
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	85	165
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	30	30
47 Cheese: Cottage	145	85
48 Cheddar, Swiss	190	105
49 Ice cream	110	170
50 Eggs		
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	264	175
55 Lean only	50	
56 Pork: With fat & bone		
57 With fat, no bone	150	80
58 Lean only	105	30
59 Veal✓ Lamb__ : With bone, no fat	70	
60 With fat, no bone		
61 Lean only		
62 Beef loaf		200
63		
64 Sausage-Summer, Frankfurter	80	65
65 Rabbit__ Game__ :		
66 Poultry: With bone:		
67 No bone: Chicken		100
68 Fish: Sardines[1]	130	
69 Shellfish: Shrimp[1]		30
70		
71 Butter✓ Margarine__	19	18
72 Beef fat & beef fat drippings		
73 Bacon__ Bacon & pork fat drippings__		
74 Lard		
75 Vegetable fat	22	10
76 Vegetable oil__ Salad dressing✓	62	48
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk✓		20
79 Dry beans & peas, cooked		150
80 Peanuts, shelled	5	15
81 Nuts, shelled: Mixed	10	
82 Bread, rolls, not sweet: White	260	354
83 Rye, whole-wheat, pumpernickel	480	260
84 Corn meal mush	410	
85 Crackers	30	16

	1st wk. G.	2d wk. G.
86 Cookies		140
87 Sweet buns✓ Doughnuts✓	378	160
88 Cake: Iced: Chocolate, plain	280	30
Not iced: Angel	30	110
89 Pie: Fruit✓ Custard__ Nut__	200	600
90 Ready-to-eat cereal: Wheat	203	90
91 Corn flakes, rice, oats		125
92 Other cereal: Oatmeal	200	400
93 Wheat	1070	
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes[1,3,4]	282	280
97 Tomatoes, tomato products	55	70
98 Deep-yellow vegetables: Carrots[5]	5	
99		
100 Dark-green vegetables: Green pepper		10
101		
102 Other vegetables: Lettuce	55	54
103 Cabbage[5], beans[1], celery, olives	70	107
104		
105 Soup: Meat✓ Grain product✓	190	200
Dry bean, pea✓ Vegetable✓		725
Milk		
106 Oranges✓ Lemons__ : AP	190	
107 EP		
108 Grapefruit: AP		
109 EP		250
110 Citrus fruit juice: Orange, grapefruit	853	623
111 Other fruit juice: [6] Pineapple	156	373
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP__ EP✓	232	285
116 Other fruits: AP:		
117 EP: Pineapple[1], berries[1], pears[5]	175	230
118		
119 Sugars	53	89
120 Sirup✓ Molasses__ Honey__	60	80
121 Jelly, jam✓ Fruit butters__		178
122 Candy: Chocolate-nuts		25
123 Water ices, sherbets		
124 Soft drinks	105	
125 Coffee✓ Tea__ cups	15	28
126 Beer		720
127 Wine		
128 Whiskey	30	

DATA FOR SUBJECT NO. 2

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	53
2 Height.....cm..	174.0
3 Weight.....kg..	97.0
4 Actual weight/normal weight.....%..	130.0
5 Blood cholesterol.....mg.%..	201
6 Blood pressure rate.....mm Hg..	122/80

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	1974	2510
8 Alcohol only.....Cal..	201	95
9 Protein: Total.....g..	70.8	94.0
10 From animal foods.....g..	48.0	63.7
11 Fat: Total.....g..	95.1	123.5
12 Fat Cal./total Cal.....%..	43	44
13 From animal foods.....g..	64.5	79.4
14 Fatty acids: Saturated.....g..	37	50
15 Unsaturated: Oleic.....g..	38	49
16 Linoleic.....g..	10	12
17 Carbohydrate: Total.....g..	168.1	244.7
18 From milk.....g..	9.2	33.6
19 From fruits, sweets.....g..	41.1	58.9
20 From other plant foods.....g..	116.2	149.2
21 Calcium.....mg..	431	690
22 Iron.....mg..	10.3	13.1
23 Vitamin A value..... I.U.	322.0	5000
24 Thiamine.....mg..	.91	1.49
25 Riboflavin.....mg..	1.08	1.53
26 Niacin.....mg..	15.5	20.6
27 Ascorbic acid.....mg..	69	90
28 Cholesterol.....mg..	593	561
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1216	2443
30 Eggs.....g..	286	133
31 Meat, poultry, fish.....g..	1125	1495
32 Fats, oils.....g..	347	415
33 Dry beans and peas, nuts.....g..	137	220
34 Flour equivalent.....g..	954	1338
35 Vegetables.....g..	764	1833
36 Fruits.....g..	1289	1746
37 Sugars, sweets.....g..	319	484
38 Alcoholic beverages.....g..	787	225

FOODS, 1 WEEK, 1953

Subject No. 2

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	244	640
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	270	278
43	Buttermilk		
44	Malted		456
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage		58
48	Cheddar	28	28
49	Ice cream	71	94
50	Eggs	234	60
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	144	601
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	406	371
58	Lean only		
59	Veal✓ Lamb__: With fat & bone		
60	With fat, no bone	76	
61	Lean only		
62			
63			
64			
65	Rabbit__ Game__:		
66	Poultry: With bone: Chicken	297	201
67	No bone:		
68	Fish: Herring	25	
69	Shellfish: Shrimp[1]	25	
70	Shrimp[3], chicken-noodles[3], chicken-rice[3]	363	921
71	Butter✓ Margarine__	135	147
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	58	40
74	Lard		
75	Vegetable fat	5	
76	Vegetable oil__ Salad dressing✓	41	96
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk✓	30	100
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled: Mixed	116	204
82	Bread, rolls, not sweet: White	374	206
83	Whole-wheat, rye, norwegian	158	184
84	French toast	71	128
85	Crackers	16	
86	Cookies	128	108
87	Sweet buns✓ Doughnuts__	158	263
88	Cake: Iced: Spice		57
	Not iced: Date bars, jelly rolls		160
89	Pie: Fruit✓ Custard✓ Nut__	238	236
90	Ready-to-eat cereal: Bran flakes	70	68
91	Corn flakes		38
92	Other cereal:		
93			
94	Macaroni, spaghetti__ Noodles__		
95	Spanish rice	100	
96	White potatoes[1,3,4]	265	743
97	Tomatoes, tomato products	65	90
98	Deep-yellow vegetables: Carrots[1]/Sweet potatoes[1]	50	200
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Lettuce	213	440
103	Peas[1], pickles, onions[1]	165	432
104	Tossed salad, gelatin-carrots		165
105	Soup: Meat__ Grain product✓	250	
	Dry bean, pea__ Vegetable__		
	Milk		
106	Oranges✓ Lemons__: AP	215	600
107	EP		
108	Grapefruit: AP	570	570
109	EP		
110	Citrus fruit juice: Mixed	368	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP✓		186
116	Other fruits: AP:		
117	EP: Fruit cocktail[1], pineapple[1]		284
118	Gelatin-fruit, gelatin	253	
119	Sugars	12	38
120	Sirup✓ Molasses__ Honey__	71	73
121	Jelly, jam✓ Fruit butters__	14	
122	Candy: Chocolate-nut, chocolate miniature	85	180
123	Water ices, sherbets		
124	Soft drinks	381	489
125	Coffee✓ Tea__ cups	13	10
126	Beer	360	
127	Wine		
128	Whiskey	427	225

DATA FOR SUBJECT NO._____

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	53
2 Height.....cm..	179.7
3 Weight.....kg..	82.4
4 Actual weight/normal weight.....%..	103.0
5 Blood cholesterol.....mg.%..	220
6 Blood pressure rate.....mm Hg..	118/78

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2283	2752
8 Alcohol only.....Cal..	0	33
9 Protein: Total.....g..	75.9	81.3
10 From animal foods.....g..	47.4	45.6
11 Fat: Total.....g..	89.6	104.3
12 Fat Cal./total Cal.....%..	35	34
13 From animal foods.....g..	57.1	61.8
14 Fatty acids: Saturated.....g..	36	41
15 Unsaturated: Oleic.....g..	39	49
16 Linoleic.....g..	6	8
17 Carbohydrate: Total.....g..	297.4	359.3
18 From milk.....g..	28.5	20.2
19 From fruits, sweets.....g..	71.6	98.9
20 From other plant foods.....g..	195.8	238.1
21 Calcium.....mg..	540	622
22 Iron.....mg..	11.4	14.0
23 Vitamin A value..... I.U.	11510	8550
24 Thiamine.....mg..	1.13	1.12
25 Riboflavin.....mg..	1.53	1.72
26 Niacin.....mg..	13.2	14.8
27 Ascorbic acid.....mg..	95	114
28 Cholesterol.....mg..	947	833
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1933	1928
30 Eggs.....g..	775	707
31 Meat, poultry, fish.....g..	903	807
32 Fats, oils.....g..	372	406
33 Dry beans and peas, nuts.....g..	16	306
34 Flour equivalent.....g..	1775	2005
35 Vegetables.....g..	1571	1974
36 Fruits.....g..	1311	1559
37 Sugars, sweets.....g..	687	853
38 Alcoholic beverages.....g..	0	390

FOODS, 1 WEEK, 1953

Subject No. 3

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	40	71
43	Buttermilk		
44			
45	Cream: 20% fat	382	330
46	30-36% fat		29
47	Cheese: Cottage		
48			
49	Ice cream	507	365
50	Eggs	661	573
51	Puddings: Milk✓ Milk & egg✓	356	430
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone		
55	Lean only	114	200
56	Pork: With bone, no fat	190	
57	With fat, no bone	263	173
58	Lean only		
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef hash, meat loaf	184	57
63	Liver-calf	60	54
64	Frankfurters		90
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone: Chicken	153	178
68	Fish:		
69	Shellfish:		
70	Tuna-noodles[3]		190
71	Butter✓ Margarine__	19	24
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings✓	35	71
74	Lard		
75	Vegetable fat	5	6
76	Vegetable oil__ Salad dressing__		
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__	45	275
79	Dry beans & peas, cooked		261
80	Peanuts, shelled	16	16
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	453	731
83	Rye, cracked-wheat	213	
84	Pancakes		186
85	Crackers	16	16
86	Cookies	76	170
87	Sweet buns✓ Doughnuts✓	316	554
88	Cake: Iced: Chocolate, plain	262	80
	Not iced:		
89	Pie: Fruit✓ Custard✓ Nut__	901	793
90	Ready-to-eat cereal: Bran flakes	74	106
91	Puffed rice	26	
92	Other cereal: Oatmeal	146	
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,2,3]	702	780
97	Tomatoes, tomato products	377	895
98	Deep-yellow vegetables: Carrots[1]	174	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Peas[1]/Beans[1]	107	116
103	Cabbage[5], beets[1], lettuce, corn[1], beans[1]	120	308
104			
105	Soup: Meat__ Grain product✓	311	125
	Dry bean, pea✓ Vegetable__		184
	Milk		
106	Oranges✓ Lemons__: AP		
107	EP	670	885
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	184	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP	110	136
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Watermelon pickle		74
118	Gelatin pudding-Fruit		160
119	Sugars	100	110
120	Sirup✓ Molasses__ Honey__		100
121	Jelly, jam✓ Fruit butters__	147	145
122	Candy: Divinity, hard, nut roll	61	104
123	Water ices, sherbets		
124	Soft drinks	525	210
125	Coffee✓ Tea__ cups	21	23
126	Beer		360
127	Wine		
128	Whiskey		30

DATA FOR SUBJECT NO. 4

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	57
2 Height.....cm..	177.8
3 Weight.....kg..	95.1
4 Actual weight/normal weight.....%..	121.3
5 Blood cholesterol.....mg.%..	220
6 Blood pressure rate.....mm Hg..	125/76

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2837	2747
8 Alcohol only.....Cal..	178	88
9 Protein: Total.....g..	112.6	135.2
10 From animal foods.....g..	87.2	111.1
11 Fat: Total.....g..	150.5	140.5
12 Fat Cal./total Cal.....%..	48	46
13 From animal foods.....g..	140.7	123.4
14 Fatty acids: Saturated.....g..	68	61
15 Unsaturated: Oleic.....g..	59	54
16 Linoleic.....g..	8	12
17 Carbohydrate: Total.....g..	219.2	219.5
18 From milk.....g..	27.4	29.7
19 From fruits, sweets.....g..	41.9	28.2
20 From other plant foods.....g..	149.7	157.5
21 Calcium.....mg..	953	768
22 Iron.....mg..	17.8	19.2
23 Vitamin A value..... I.U.	6660	15870
24 Thiamine.....mg..	1.54	1.32
25 Riboflavin.....mg..	2.66	2.63
26 Niacin.....mg..	17.8	25.7
27 Ascorbic acid.....mg..	58	54
28 Cholesterol.....mg..	1289	1385
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3805	3531
30 Eggs.....g..	897	855
31 Meat, poultry, fish.....g..	2072	2519
32 Fats, oils.....g..	470	440
33 Dry beans and peas, nuts.....g..	279	0
34 Flour equivalent.....g..	891	1153
35 Vegetables.....g..	2619	2440
36 Fruits.....g..	915	894
37 Sugars, sweets.....g..	302	186
38 Alcoholic beverages.....g..	420	240

FOODS, 1 WEEK, 1953

Subject No. 4

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	1220	549
40 Whole, 4.5% fat		
41 Skim	364	614
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	60	30
47 Cheese: Cottage	75	223
48	158	70
49 Ice cream	520	696
50 Eggs	840	847
51 Puddings: Milk__Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	977	1341
55 Lean only		
56 Pork: With fat & bone	113	
57 With fat, no bone	223	230
58 Lean only		
59 Veal__Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Lamb stew		284
63 Liver-chicken		114
64 Sausage-polish	170	
65 Rabbit__Game ✓: wild duck, no bone		300
66 Poultry: With bone:		
67 No bone: Chicken, turkey		230
68 Fish: Fillet of pike	340	
69 Shellfish: Scallops		142
70		
71 Butter✓Margarine__	269	246
72 Beef fat & beef fat drippings	52	
73 Bacon✓ Bacon & pork fat drippings__		24
74 Lard	37	29
75 Vegetable fat		
76 Vegetable oil__Salad dressing✓	56	60
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓Milk__	60	
79 Dry beans & peas, cooked	261	
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	95	134
83 Cracked wheat, rye, Graham	1015	969
84		
85 Crackers		

	1st wk. G.	2d wk. G.
86 Cookies	73	56
87 Sweet buns✓Doughnuts__		25
88 Cake: Iced:		
Not iced:		
89 Pie: Fruit__Custard__Nut__		
90 Ready-to-eat cereal:		
91		
92 Other cereal: Hominy/Rice	370	310
93 Flour	25	
94 Macaroni, spaghetti__Noodles__		
95 Poultry dressing		80
96 White potatoes[5,1,2,3]	813	805
97 Tomatoes, tomato products	363	534
98 Deep-yellow vegetables: Carrots[1]	110	145
99 Rutabagas[1]	78	78
100 Dark-green vegetables: Green peppers[1]		16
101		
102 Other vegetables: Sauerkraut[1]/Corn[1]	352	299
103 Lettuce, pickles, celery, peas[1], corn[1], sauerkraut[1]	963	525
104		
105 Soup: Meat__Grain product__ Dry bean, pea✓Vegetable__	188	
Milk		
106 Oranges__Lemons__: AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Orange	184	
111 Other fruit juice: Grape	731	889
112 Dried fruits:		
113 Apples: AP		
114 EP		5
115 Bananas: AP__EP__		
116 Other fruits: AP:		
117 EP:		
118		
119 Sugars		1
120 Sirup✓Molasses__Honey__	194	60
121 Jelly, jam__Fruit butters✓	5	
122 Candy:		
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee✓Tea✓ cups	30	32
126 Beer		
127 Wine		30
128 Whiskey, gin	420	210

DATA FOR SUBJECT NO. 5

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	52
2 Height.....cm..	181.6
3 Weight.....kg..	67.6
4 Actual weight/normal weight.....%..	82.4
5 Blood cholesterol.....mg.%..	220
6 Blood pressure rate.....mm Hg..	145/88

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2310	2362
8 Alcohol only.....Cal..	127	89
9 Protein: Total.....g..	82.5	79.0
10 From animal foods.....g..	57.4	50.7
11 Fat: Total.....g..	110.7	115.4
12 Fat Cal./total Cal.....%..	43	44
13 From animal foods.....g..	95.4	98.6
14 Fatty acids: Saturated.....g..	47	48
15 Unsaturated: Oleic.....g..	44	46
16 Linoleic.....g..	8	8
17 Carbohydrate: Total.....g..	215.2	234.9
18 From milk.....g..	11.0	12.4
19 From fruits, sweets.....g..	48.5	48.8
20 From other plant foods.....g..	154.0	172.3
21 Calcium.....mg..	559	462
22 Iron.....mg..	12.6	12.5
23 Vitamin A value..... I.U.	4290	4340
24 Thiamine.....mg..	1.19	1.15
25 Riboflavin.....mg..	1.33	1.18
26 Niacin.....mg..	13.3	16.0
27 Ascorbic acid.....mg..	74	89
28 Cholesterol.....mg..	738	658
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	172.6	1473
30 Eggs.....g..	375	293
31 Meat, poultry, fish.....g..	1338	1157
32 Fats, oils.....g..	554	520
33 Dry beans and peas, nuts.....g..	197	183
34 Flour equivalent.....g..	967	1048
35 Vegetables.....g..	2249	2311
36 Fruits.....g..	870	989
37 Sugars, sweets.....g..	196	229
38 Alcoholic beverages.....g..	300	210

FOODS, 1 WEEK, 1953

Subject No. 5

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim	638	
42	Half & half, 12% fat	104	145
43	Buttermilk		
44			
45	Cream: 20% fat	98	121
46	30-36% fat	12	
47	Cheese: Cottage		
48			
49	Ice cream		118
50	Eggs	337	288
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	220	299
55	Lean only	283	
56	Pork: With fat & bone	250	215
57	With fat, no bone	272	141
58	Lean only		
59	Veal__ Lamb✓: With fat & bone		
60	With fat, no bone	82	
61	Lean only		
62	Meat loaf, beef steak and gravy	421	
63			
64	Sausage-summer, liver	37	200
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone: Chicken, turkey		246
68	Fish: Salmon[1], salmon	50	53
69	Shellfish:		
70			
71	Butter✓ Margarine__	278	266
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings✓	113	107
74	Lard		
75	Vegetable fat	3	3
76	Vegetable oil__ Salad dressing✓	39	15
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk✓	148	375
79	Dry beans & peas, cooked	207	193
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	1142	932
83	Whole-wheat, rye, graham	35	212
84	Biscuits		38
85	Crackers		16

		1st wk. G.	2d wk. G.
86	Cookies		
87	Sweet buns__ Doughnuts__	141	177
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit✓ Custard__ Nut__		135
90	Ready-to-eat cereal:		
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti__ Noodles__		
95	Macaroni-cheese, bread pudding	127	30
96	White potatoes[1,2,4]	1099	1470
97	Tomatoes, tomato products	126	350
98	Deep-yellow vegetables: Sweetpotatoes[1]/Squash[1]	45	61
99			
100	Dark-green vegetables: Broccoli[1]		115
101			
102	Other vegetables: Peas	364	240
103	Sauerkraut[1], cabbage[1], Lettuce, beans[1], beets[1], corn[1]	651	425
104	Cabbage salad	213	
105	Soup: Meat__ Grain product__		
	Dry bean, pea__ Vegetable__		
	Milk		
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP	344	
109	EP		334
110	Citrus fruit juice: Orange		271
111	Other fruit juice: Mixed	292	152
112	Dried fruits:		
113	Apples: AP		120
114	EP	16	
115	Bananas: AP__ EP✓		51
116	Other fruits: AP:		
117	EP: Fruit cocktail[1]	117	
118	Gelatin pudding-fruit	201	
119	Sugars	155	163
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam✓ Fruit butters__		10
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks	540	450
125	Coffee✓ Tea__ cups	26	27
126	Beer		
127	Wine		
128	Whiskey	300	210

DATA FOR SUBJECT NO. 6

PHYSIOLOGICAL DATA:		1953
1 Age	yr.	54
2 Height	cm.	163.8
3 Weight	kg.	68.8
4 Actual weight/normal weight	%	133.2
5 Blood cholesterol	mg.%	221
6 Blood pressure rate	mm Hg	132/89

NUTRIENTS PER DAY:		1953 record 1st week	1953 record 2d week
7 Food energy: Total	Cal.	3277	3730
8 Alcohol only	Cal.	0	0
9 Protein: Total	g.	114.6	143.6
10 From animal foods	g.	72.9	93.5
11 Fat: Total	g.	143.7	166.3
12 Fat Cal./total Cal	%	39	40
13 From animal foods	g.	86.3	112.1
14 Fatty acids: Saturated	g.	59	71
15 Unsaturated: Oleic	g.	55	69
16 Linoleic	g.	9	12
17 Carbohydrate: Total	g.	377.7	416.2
18 From milk	g.	43.8	87.0
19 From fruits, sweets	g.	50.6	41.6
20 From other plant foods	g.	282.6	286.8
21 Calcium	mg.	1504	2066
22 Iron	mg.	15.5	16.6
23 Vitamin A value	I.U.	13810	7620
24 Thiamine	mg.	1.49	1.49
25 Riboflavin	mg.	3.64	3.59
26 Niacin	mg.	15.4	22.1
27 Ascorbic acid	mg.	62	40
28 Cholesterol	mg.	988	1040
GROUPS OF FOOD, 1 WEEK:			
29 Milk, calcium equivalent	g.	6447	9518
30 Eggs	g.	596	677
31 Meat, poultry, fish	g.	1160	1350
32 Fats, oils	g.	597	525
33 Dry beans and peas, nuts	g.	40	19
34 Flour equivalent	g.	2760	3142
35 Vegetables	g.	1634	1238
36 Fruits	g.	895	283
37 Sugars, sweets	g.	749	750
38 Alcoholic beverages	g.	0	0

FOODS, 1 WEEK, 1953

Subject No. 6

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	4112	5987
40	Whole, 4.5% fat		
41	Skim		924
42	Half & half, 12% fat	6	10
43	Buttermilk		
44	Evaporated	10	
45	Cream: 20% fat	7	
46	30-36% fat		
47	Cheese: Cottage	86	50
48	Cheddar	45	89
49	Ice cream	345	81
50	Eggs	262	395
51	Puddings: Milk ✓ Milk & egg ✓		916
52	Egg salad		
53	Beef: With fat & bone		177
54	With fat, no bone	166	256
55	Lean only	320	
56	Pork: With fat & bone	61	
57	With fat, no bone		105
58	Lean only		
59	Veal ✓ Lamb __ : With fat & bone		
60	With fat, no bone		262
61	Lean only		156
62			
63	Liver-beef	91	
64	Sausage-liver, summer, frankfurters	156	47
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Pike, tuna[1]	366	190
69	Shellfish:		
70	Tuna-noodle casserole		662
71	Butter ✓ Margarine ✓	187	182
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings ✓	46	41
74	Lard		
75	Vegetable fat	5	
76	Vegetable oil __ Salad dressing ✓	15	10
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __	90	165
79	Dry beans & peas, cooked		
80	Peanuts, shelled	13	15
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	966	764
83	Whole-wheat, graham	110	142
84	Corn fritters, pancakes, waffles	387	513
85	Crackers	12	

		1st wk. G.	2d wk. G.
86	Cookies	24	25
87	Sweet buns ✓ Doughnuts ✓	569	1040
88	Cake: Iced: White, chocolate	447	324
	Not iced: Gingerbread	114	289
89	Pie: Fruit ✓ Custard ✓ Nut __	856	104
90	Ready-to-eat cereal: Corn flakes	50	34
91			
92	Other cereal: Oatmeal/Rice	374	530
93			
94	Macaroni, spaghetti __ Noodles __		
95	Spanish rice		160
96	White potatoes[1,3,4]	679	584
97	Tomatoes, tomato products	132	249
98	Deep-yellow vegetables: Carrots[2]	83	36
99			
100	Dark-green vegetables: Spinach[1]	60	78
101			
102	Other vegetables: Peas[1]/Mixed[3]	115	151
103	Cabbage[1], celery[5], lettuce, onions[3,4], mixed[1]	299	77
104	Gelatin salad, corn-noodles[3]	312	
105	Soup: Meat __ Grain product ✓		250
	Dry bean, pea ✓ Vegetable ✓	635	
	Milk		
106	Oranges ✓ Lemons ✓ : AP	358	
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice:		
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		20
115	Bananas: AP ✓ EP		25
116	Other fruits: AP:		
117	EP: Pineapple[1], peaches[1]	74	182
118	Gelatin pudding		28
119	Sugars	158	131
120	Sirup ✓ Molasses __ Honey __	157	140
121	Jelly, jam ✓ Fruit butters __	117	15
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea ✓ cups	26	26
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 7

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	60
2 Height.....cm..	165.1
3 Weight.....kg..	71.2
4 Actual weight/normal weight.....%..	67.6
5 Blood cholesterol.....mg.%..	223
6 Blood pressure rate.....mm Hg..	135/85

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2156	2178
8 Alcohol only.....Cal..	131	182
9 Protein: Total.....g..	91.4	86.4
10 From animal foods.....g..	66.9	60.7
11 Fat: Total.....g..	76.6	79.5
12 Fat Cal./total Cal.....%..	32	33
13 From animal foods.....g..	54.9	54.1
14 Fatty acids: Saturated.....g..	27	31
15 Unsaturated: Oleic.....g..	28	32
16 Linoleic.....g..	12	8
17 Carbohydrate: Total.....g..	262.2	241.7
18 From milk.....g..	27.5	19.9
19 From fruits, sweets.....g..	23.3	64.5
20 From other plant foods.....g..	147.8	153.5
21 Calcium.....mg..	813	986
22 Iron.....mg..	14.1	12.6
23 Vitamin A value..... I.U.	11480	4670
24 Thiamine.....mg..	1.04	.99
25 Riboflavin.....mg..	2.28	1.72
26 Niacin.....mg..	15.6	9.8
27 Ascorbic acid.....mg..	117	86
28 Cholesterol.....mg..	766	798
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3504	3942
30 Eggs.....g..	489	480
31 Meat, poultry, fish.....g..	1157	785
32 Fats, oils.....g..	280	340
33 Dry beans and peas, nuts.....g..	20	30
34 Flour equivalent.....g..	1333	1328
35 Vegetables.....g..	1550	1950
36 Fruits.....g..	2247	1576
37 Sugars, sweets.....g..	364	249
38 Alcoholic beverages.....g..	387	780

FOODS, 1 WEEK, 1953

Subject No. 7

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim	1814	1722
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	20	25
47 Cheese: Cottage	60	175
48 Swiss, liederkranz, roquefort	115	150
49 Ice cream	291	50
50 Eggs	438	362
51 Puddings: Milk Milk & egg ✓		110
52 Egg salad		180
53 Beef: With fat & bone		
54 With fat, no bone	128	
55 Lean only		
56 Pork: With fat & bone		
57 With fat, no bone	192	
58 Lean only		71
59 Veal Lamb ✓: With bone, no fat	75	
60 With fat, no bone		
61 Lean only		
62 Ham[3], goulash, meat loaf, swiss steak, chow mein	464	483
63 Liver-beef	75	
64 Bologna, pork-beef spread, sausage-liver, frankfurter		213
65 Rabbit Game ✓ wild duck, pheasant	241	
66 Poultry: With bone: Chicken		
67 No bone: Chicken	94	30
68 Fish: Perch	103	
69 Shellfish: Scallops		150
70 Tuna casserole		75
71 Butter ✓ Margarine	46	61
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings	27	85
74 Lard		
75 Vegetable fat		
76 Vegetable oil Salad dressing ✓	80	90
77 Fat, oil, not specified		
78 Gravy: Meat, poultry Milk ✓		90
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled: Cashews		11
82 Bread, rolls, not sweet: White	537	357
83 Whole-wheat, graham, rye	208	347
84 Biscuits, muffins, french toast	80	399
85 Crackers	104	78

	1st wk. G.	2d wk. G.
86 Cookies	151	107
87 Sweet buns ✓ Doughnuts	40	46
88 Cake: Iced: Plain	112	
Not iced: Angel	48	
89 Pie: Fruit ✓ Custard Nut		120
90 Ready-to-eat cereal:		
91		
92 Other cereal: Wild rice	161	
93 Rice	113	
94 Macaroni, spaghetti ✓ Noodles ✓	221	111
95 Spaghetti-tomatoes		156
96 White potatoes[1,2,3,4]	300	212
97 Tomatoes, tomato products	244	602
98 Deep-yellow vegetables: Squash	93	
99 Carrots[5], rutabagas[1]	44	83
100 Dark-green vegetables: Spinach[5]	74	
101		
102 Other vegetables: Lettuce	139	304
103 Corn[1,3], asparagus[1], peas[1], beans[1], sprouts[1], pickles	482	597
104 Potato salad	110	
105 Soup: Meat Grain product ✓		185
Dry bean, pea Vegetable ✓	185	
Milk	120	
106 Oranges ✓ Lemons : AP		
107 EP		25
108 Grapefruit: AP	280	
109 EP		127
110 Citrus fruit juice: orange, grapefruit	744	368
111 Other fruit juice: Pineapple		21
112 Dried fruits:		
113 Apples: AP		
114 EP	371	140
115 Bananas: AP EP	77	15
116 Other fruits: AP:		
117 EP: Cherries[1], peaches[1], pineapple[1], berries[1], pears[1]	610	730
118 Gelatin pudding with and without fruit	327	192
119 Sugars	4	
120 Sirup ✓ Molasses Honey	143	101
121 Jelly, jam ✓ Fruit butters	37	20
122 Candy:		
123 Water ices, sherbets	203	96
124 Soft drinks	210	462
125 Coffee ✓ Tea ✓ cups	19	18
126 Beer		360
127 Wine	30	60
128 Whiskey	297	360

DATA FOR SUBJECT NO. 8

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	171.4
3 Weight.....kg..	87.2
4 Actual weight/normal weight.....%..	119.7
5 Blood cholesterol.....mg.%..	225
6 Blood pressure rate.....mm Hg..	121/79

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2612	3004
8 Alcohol only.....Cal..	369	542
9 Protein: Total.....g..	95.5	111.3
10 From animal foods.....g..	62.6	82.3
11 Fat: Total.....g..	97.6	122.4
12 Fat Cal./total Cal.....%..	34	37
13 From animal foods.....g..	73.3	97.1
14 Fatty acids: Saturated.....g..	40	52
15 Unsaturated: Oleic.....g..	34	44
16 Linoleic.....g..	8	10
17 Carbohydrate: Total.....g..	268.3	258.4
18 From milk.....g..	26.3	27.9
19 From fruits, sweets.....g..	45.7	58.7
20 From other plant foods.....g..	193.7	165.2
21 Calcium.....mg..	976	830
22 Iron.....mg..	15.1	14.8
23 Vitamin A value..... I.U.	10860	22800
24 Thiamine.....mg..	1.60	1.14
25 Riboflavin.....mg..	2.31	3.19
26 Niacin.....mg..	19.7	22.3
27 Ascorbic acid.....mg..	84	93
28 Cholesterol.....mg..	546	872
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3755	3737
30 Eggs.....g..	132	285
31 Meat, poultry, fish.....g..	1444	1912
32 Fats, oils.....g..	383	441
33 Dry beans and peas, nuts.....g..	198	236
34 Flour equivalent.....g..	1178	1116
35 Vegetables.....g..	1397	1200
36 Fruits.....g..	1312	1517
37 Sugars, sweets.....g..	287	227
38 Alcoholic beverages.....g..	2745	3930

FOODS, 1 WEEK, 1953

Subject No. 8

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	2394	2196
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat	75	
46 30-36% fat	30	35
47 Cheese: Cottage		25
48 Cheddar, roquefort	92	10
49 Ice cream		47
50 Eggs	106	216
51 Puddings: Milk __ Milk & egg ✓		100
52 Egg salad		
53 Beef: With ~~fat & bone~~ bone, no fat	189	
54 With fat, no bone	27	480
55 Lean only	235	
56 Pork: With fat & bone	100	231
57 With fat, no bone		150
58 Lean only	196	
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Meat loaf, chow mein	205	65
63 Liver-beef	100	238
64 Bologna, sausage-liver, summer, frankfurters	318	
65 Rabbit __ Game __ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Sardines[1], salmon[1], smoked cisco	125	532
69 Shellfish: Lobster tails		232
70		
71 Butter ✓ Margarine __	172	234
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings ✓	32	16
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	37	103
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk __	30	175
79 Dry beans & peas, cooked		
80 Peanuts, shelled		27
81 Nuts, shelled: Mixed, salted	25	
82 Bread, rolls, not sweet: White	193	822
83 Whole-wheat, cracked-wheat	720	126
84 Pancake	120	
85 Crackers	54	57

	1st wk. G.	2d wk. G.
86 Cookies		10
87 Sweet buns __ Doughnuts __		
88 Cake: Iced: Chocolate, pineapple	185	
Not iced: Angel, raisin-nut	55	40
89 Pie: Fruit ✓ Custard __ Nut __	118	158
90 Ready-to-eat cereal: Corn flakes	115	56
91 Bran	53	40
92 Other cereal: Popcorn		30
93		
94 Macaroni, spaghetti __ Noodles ✓	40	
95 Spaghetti-cheese, macaroni-cheese		411
96 White potatoes[1,3,4]	696	532
97 Tomatoes, tomato products	10	
98 Deep-yellow vegetables: Carrots[1]	18	73
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Lettuce	279	168
103 Cabbage[1,5], beans[1], corn[1,3], celery, peas[1], cucumbers	239	447
104		
105 Soup: Meat __ Grain product __ Dry bean, pea ✓ Vegetable ✓	750	245
Milk	255	500
106 Oranges __ Lemons __ : AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Oranges, grapefruit	748	770
111 Other fruit juice: Mixed	312	318
112 Dried fruits:		
113 Apples: AP		
114 EP	42	123
115 Bananas: AP ✓ EP ✓	87	148
116 Other fruits: AP:		
117 EP: Pineapple[1], berries[1]		62
118 Gelatin pudding	14	
119 Sugars	96	14
120 Sirup ✓ Molasses __ Honey __	109	76
121 Jelly, jam ✓ Fruit butters __		25
122 Candy: Chocolate, gum		70
123 Water ices, sherbets		
124 Soft drinks		195
125 Coffee ✓ Tea __ cups	19	21
126 Beer	2160	2880
127 Wine		300
128 Whiskey, sour mix	585	750

DATA FOR SUBJECT NO. 9

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	52
2 Height.....cm..	177.8
3 Weight.....kg..	81.0
4 Actual weight/normal weight.....%..	103.7
5 Blood cholesterol.....mg.%..	228
6 Blood pressure rate.....mm Hg..	104/66

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2858	2542
8 Alcohol only.....Cal..	30	19
9 Protein: Total.....g..	103.9	89.8
10 From animal foods.....g..	68.0	51.3
11 Fat: Total.....g..	118.4	104.3
12 Fat Cal./total Cal.....%..	37	37
13 From animal foods.....g..	77.1	62.1
14 Fatty acids: Saturated.....g..	53	38
15 Unsaturated: Oleic.....g..	51	45
16 Linoleic.....g..	10	12
17 Carbohydrate: Total.....g..	340.8	314.3
18 From milk.....g..	30.9	16.0
19 From fruits, sweets.....g..	54.6	56.7
20 From other plant foods.....g..	253.9	239.3
21 Calcium.....mg..	1075	820
22 Iron.....mg..	13.3	14.9
23 Vitamin A value..... I.U.	5960	8170
24 Thiamine.....mg..	1.18	1.57
25 Riboflavin.....mg..	1.89	1.73
26 Niacin.....mg..	17.6	16.1
27 Ascorbic acid.....mg..	149	88
28 Cholesterol.....mg..	655	498
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4332	2970
30 Eggs.....g..	365	231
31 Meat, poultry, fish.....g..	1435	1311
32 Fats, oils.....g..	439	398
33 Dry beans and peas, nuts.....g..	57	82
34 Flour equivalent.....g..	2096	2070
35 Vegetables.....g..	2539	2206
36 Fruits.....g..	1546	895
37 Sugars, sweets.....g..	537	534
38 Alcoholic beverages.....g..	90	45

FOODS, 1 WEEK, 1953

Subject No. 9

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	2116	1459
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	130	210
43	Buttermilk		
44			
45	Cream: 20% fat	50	54
46	30-36% fat		10
47	Cheese: Cottage		
48	Cheddar	62	17
49	Ice cream	121	240
50	Eggs	236	120
51	Puddings: Milk ✓ Milk & egg ✓	203	120
52	Egg salad		
53	Beef: With fat & bone		504
54	With fat, no bone	361	110
55	Lean only	228	
56	Pork: With fat & bone		120
57	With fat, no bone	114	161
58	Lean only	42	57
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef hash, hungarian goulash, meat sauce-spaghetti, pork-rice, chow mein	330	898
63			
64	Ham loaf	160	
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone: Chicken, no fat	192	
68	Fish: Salmon[1]	70	
69	Shellfish:		
70	Salmon[3], shrimp-cheese	403	
71	Butter ✓ Margarine ✓	105	116
72	Beef fat & beef fat drippings		
73	Bacon __ Bacon & pork fat drippings __		
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	60	75
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	94	225
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	580	654
83	Rye	46	137
84	Pancakes, french toast	148	309
85	Crackers	20	8

		1st wk. G.	2d wk. G.
86	Cookies	56	
87	Sweet buns ✓ Doughnuts ✓	665	669
88	Cake: Iced: Plain	286	
	Not iced: Angel		55
89	Pie: Fruit ✓ Custard ✓ Nut __	613	536
90	Ready-to-eat cereal: Oats / Cornflakes	94	110
91	Corn flakes, oats, bran flakes	65	92
92	Other cereal: Rice	165	
93			
94	Macaroni, spaghetti ✓ Noodles ✓		174
95	Bread pudding	255	
96	White potatoes[1,2,3,4]	549	490
97	Tomatoes, tomato products	838	390
98	Deep-yellow vegetables: Sweetpotatoes[3]/Squash[1]	140	329
99			
100	Dark-green vegetables: Broccoli[1]	175	116
101			
102	Other vegetables: Corn[1] / Lettuce	204	209
103	Lettuce, beans[1], celery, onions[1], corn[1]	402	374
104	Cole slaw	297	160
105	Soup: Meat __ Grain product __ Dry bean, pea ✓ Vegetable ✓ Milk		608
106	Oranges __ Lemons __ : AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	1077	385
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP __ EP ✓		128
116	Other fruits: AP:		
117	EP: Cherries[1], plums[1], peaches[1]	172	220
118			
119	Sugars	98	115
120	Sirup ✓ Molasses __ Honey __	61	110
121	Jelly, jam ✓ Fruit butters __	47	102
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea ✓ cups	40	33
126	Beer		
127	Wine	30	
128	Bourbon	60	45

DATA FOR SUBJECT NO. 10

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	1962
3 Weight.....kg..	83.0
4 Actual weight/normal weight.....%..	83.4
5 Blood cholesterol.....mg.%..	232
6 Blood pressure rate.....mm Hg..	126/80

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2797	2760
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	90.3	98.0
10 From animal foods.....g..	59.8	70.4
11 Fat: Total.....g..	132.7	127.3
12 Fat Cal./total Cal.....%..	43	42
13 From animal foods.....g..	98.5	99.2
14 Fatty acids: Saturated.....g..	58	57
15 Unsaturated: Oleic.....g..	55	53
16 Linoleic.....g..	8	8
17 Carbohydrate: Total.....g..	314.6	307.4
18 From milk.....g..	31.8	21.4
19 From fruits, sweets.....g..	65.7	72.4
20 From other plant foods.....g..	216.1	213.0
21 Calcium.....mg..	1281	1021
22 Iron.....mg..	16.5	11.3
23 Vitamin A value..... I.U.	6990	3310
24 Thiamine.....mg..	.97	.80
25 Riboflavin.....mg..	2.20	1.78
26 Niacin.....mg..	9.5	13.1
27 Ascorbic acid.....mg..	28	13
28 Cholesterol.....mg..	1048	817
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5092	4570
30 Eggs.....g..	814	507
31 Meat, poultry, fish.....g..	696	863
32 Fats, oils.....g..	705	550
33 Dry beans and peas, nuts.....g..	22	60
34 Flour equivalent.....g..	1907	1864
35 Vegetables.....g..	691	424
36 Fruits.....g..	327	157
37 Sugars, sweets.....g..	696	620
38 Alcoholic beverages.....g..	0	0

FOODS, 1 WEEK, 1953

Subject No. 10

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	3610	2928
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage	90	236
48 Cheddar	70	138
49 Ice cream		
50 Eggs	636	459
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	143	617
55 Lean only		
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only	111	
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Macaroni-beef		753
63		
64 Frankfurters, minced ham	33	102
65 Rabbit__ Game__ :		
66 Poultry: With bone:		
67 No bone: Chicken	138	
68 Fish: Pike, tuna fish'	130	57
69 Shellfish:		
70		
71 Butter✓ Margarine__	334	279
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings✓	124	34
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing__		
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	60	105
79 Dry beans & peas, cooked		
80 Peanuts, in shell		35
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	491	758
83 Graham, pumpernickel		121
84 Pancakes, dumplings	858	259
85 Crackers		28

	1st wk. G.	2d wk. G.
86 Cookies	370	481
87 Sweet buns✓ Doughnuts__	500	500
88 Cake: Iced: White	422	50
Not iced:		
89 Pie: Fruit__ Custard__ Nut__		
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti✓ Noodles__	143	
95		
96 White potatoes 1,3,5,4	447	215
97 Tomatoes, tomato products		
98 Deep-yellow vegetables: Sweet potatoes'	211	
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Corn'	78	
103 Celery, Sauerkraut'		110
104 Slaw	60	
105 Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable__ Milk		
106 Oranges__ Lemons__ : AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP	60	157
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Berries'	70	
118 Fruit salad	197	
119 Sugars	248	366
120 Sirup✓ Molasses__ Honey__	158	
121 Jelly, jam__ Fruit butters__		
122 Candy: Chocolate creams	40	40
123 Water ices, sherbets		
124 Soft drinks		690
125 Coffee✓ Tea✓ cups	8	7
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 11

PHYSIOLOGICAL DATA:	1953
Age.....yr..	55
Height.....cm..	184.8
Weight.....kg..	76.2
Actual weight/normal weight.....%..	88.8
Blood cholesterol.....mg.%..	237
Blood pressure rate.....mm Hg..	122/78

NUTRIENTS PER DAY:	1953 record 1st week	2d week
Food energy: Total.....Cal..	2666	2581
Alcohol only.....Cal..	110	32
Protein: Total.....g..	87.2	85.9
From animal foods.....g..	45.8	52.7
Fat: Total.....g..	101.4	111.6
Fat Cal./total Cal.....%..	34	39
From animal foods.....g..	63.4	68.1
Fatty acids: Saturated.....g..	40	47
Unsaturated: Oleic.....g..	39	44
Linoleic.....g..	11	11
Carbohydrate: Total.....g..	338.2	311.6
From milk.....g..	17.1	15.8
From fruits, sweets.....g..	70.4	55.8
From other plant foods.....g..	248.3	238.8
Calcium.....mg..	779	705
Iron.....mg..	11.9	14.0
Vitamin A value..... I.U.	3630	4260
Thiamine.....mg..	1.16	1.03
Riboflavin.....mg..	1.81	1.38
Niacin.....mg..	16.7	15.8
Ascorbic acid.....mg..	79	80
Cholesterol.....mg..	463	489
GROUPS OF FOOD, 1 WEEK:		
Milk, calcium equivalent.....g..	2921	2742
Eggs.....g..	150	233
Meat, poultry, fish.....g..	928	992
Fats, oils.....g..	481	446
Dry beans and peas, nuts.....g..	148	133
Flour equivalent.....g..	2008	1764
Vegetables.....g..	1327	1625
Fruits.....g..	1079	1298
Sugars, sweets.....g..	584	594
Alcoholic beverages.....g..	465	75

FOODS, 1 WEEK, 1953

Subject No. 11

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat....		
40 Whole, 4.5% fat.....		
41 Skim.....	881	861
42 Half & half, 12% fat.....	549	442
43 Buttermilk.....		
44		
45 Cream: 20% fat.....		
46 30-36% fat.....		30
47 Cheese: Cottage.....		
48 Cheddar	91	111
49 Ice cream.....	235	125
50 Eggs.....	55	149
51 Puddings: Milk__ Milk & egg__ ...		
52 Egg salad.....		
53 Beef: With fat & bone.....		
54 With fat, no bone.....		310
55 Lean only.....	40	240
56 Pork: With fat & bone.....		
57 With fat, no bone.....	209	
58 Lean only.....	15	75
59 Veal__ Lamb__ : With fat & bone..		
60 With fat, no bone.....		
61 Lean only.....		
62 Beef hash, beef casserole, meat loaf, beef 3	455	324
63		
64		
65 Rabbit__ Game__ :		
66 Poultry: With bone:		
67 No bone: Chicken	210	225
68 Fish: White, fillet of sole	270	
69 Shellfish:		
70		
71 Butter✓ Margarine__.....	218	184
72 Beef fat & beef fat drippings..		
73 Bacon✓ Bacon & pork fat drippings✓	43	15
74 Lard.....		
75 Vegetable fat.....		
76 Vegetable oil__ Salad dressing✓	80	80
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry__ Milk__ ...		
79 Dry beans & peas, cooked.....	20	
80 Peanuts, shelled.....	56	16
81 Nuts, shelled: Almonds, walnuts	4	6
82 Bread, rolls, not sweet: White	476	457
83 Whole-wheat, rye, raisin rye	232	194
84 Muffin, pancakes	151	16
85 Crackers.....	13	28

	1st wk. G.	2d wk. G.
86 Cookies.....	225	333
87 Sweet buns✓ Doughnuts__	338	258
88 Cake: Iced: Plain	359	
Not iced:		
89 Pie: Fruit✓ Custard✓ Nut__ ..	167	546
90 Ready-to-eat cereal: Corn flakes/ shredded wheat	212	163
91 Shredded wheat, corn soya, mixed	419	226
92 Other cereal: Rice	34	
93		
94 Macaroni, spaghetti__ Noodles✓	15	
95		
96 White potatoes[1,3,4].....	295	480
97 Tomatoes, tomato products...	213	372
98 Deep-yellow vegetables: Carrots[1,5]	20	28
99		
100 Dark-green vegetables: Green pepper[5]	10	
101		
102 Other vegetables: Beans[1]/ Lettuce	146	240
103 Lettuce, celery, cauliflower[1], corn[1], beans[1]	378	277
104 Cole slaw, chow mein, combination salad	260	105
105 Soup: Meat__ Grain product__ Dry bean, pea✓ Vegetable✓		755
Milk.....		195
106 Oranges✓ Lemons__ : AP.....		
107 EP.....	30	
108 Grapefruit: AP.....	89	285
109 EP.....	45	92
110 Citrus fruit juice: Orange	623	293
111 Other fruit juice:		
112 Dried fruits: Prunes, raisins	82	127
113 Apples: AP.....		
114 EP.....	10	30
115 Bananas: AP✓ EP✓.....	115	45
116 Other fruits: AP:		
117 EP: Maraschino cherries	10	
118 Gelatin pudding-fruit, gelatin pudding	90	450
119 Sugars.....	91	60
120 Sirup✓ Molasses__ Honey__	20	
121 Jelly, jam✓ Fruit butters__	180	84
122 Candy: Chocolate-nuts, hard	44	108
123 Water ices, sherbets.....		
124 Soft drinks.....	460	58
125 Coffee✓ Tea__ .....cups	27	22
126 Beer.....	180	
127 Wine.....	90	
128 Bourbon	195	75

DATA FOR SUBJECT NO. 12

PHYSIOLOGICAL DATA:		1953
1 Age	yr.	54
2 Height	cm.	176.5
3 Weight	kg.	111.4
4 Actual weight/normal weight	%	144.3
5 Blood cholesterol	mg.%	240
6 Blood pressure rate	mm Hg	111/79

NUTRIENTS PER DAY:		1953 record 1st week	1953 record 2d week
7 Food energy: Total	Cal.	2779	2633
8 Alcohol only	Cal.	280	476
9 Protein: Total	g.	111.1	75.7
10 From animal foods	g.	73.9	54.3
11 Fat: Total	g.	103.7	83.4
12 Fat Cal./total Cal	%	34	29
13 From animal foods	g.	55.2	48.7
14 Fatty acids: Saturated	g.	39	32
15 Unsaturated: Oleic	g.	45	35
16 Linoleic	g.	11	6
17 Carbohydrate: Total	g.	285.0	301.7
18 From milk	g.	32.5	58.0
19 From fruits, sweets	g.	45.2	71.5
20 From other plant foods	g.	207.0	171.9
21 Calcium	mg.	1197	955
22 Iron	mg.	15.4	10.1
23 Vitamin A value	I.U.	14180	3220
24 Thiamine	mg.	1.54	.90
25 Riboflavin	mg.	2.44	1.82
26 Niacin	mg.	24.1	12.5
27 Ascorbic acid	mg.	71	51
28 Cholesterol	mg.	433	464
GROUPS OF FOOD, 1 WEEK:			
29 Milk, calcium equivalent	g.	5610	3918
30 Eggs	g.	111	210
31 Meat, poultry, fish	g.	1315	770
32 Fats, oils	g.	355	300
33 Dry beans and peas, nuts	g.	389	51
34 Flour equivalent	g.	1646	1397
35 Vegetables	g.	2078	1107
36 Fruits	g.	701	1223
37 Sugars, sweets	g.	208	171
38 Alcoholic beverages	g.	660	1560

FOODS, 1 WEEK, 1953

Subject No. 12

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	488	488
40 Whole, 4.5% fat		
41 Skim	2583	1660
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage	70	10
48 Cheddar	101	15
49 Ice cream		
50 Eggs		
51 Puddings: Milk__ Milk & egg ✓		521
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	557	221
55 Lean only		122
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only		
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Corn beef hash		340
63		
64 Sausage-liver, country	336	146
65 Rabbit__ Game__ :		
66 Poultry: With bone: Chicken	180	
67 No bone:		
68 Fish:		
69 Shellfish:		
70 Tuna-noodle[3], salmon croquettes	968	210
71 Butter ✓ Margarine ✓	92	33
72 Beef fat & beef fat drippings		
73 Bacon__ Bacon & pork fat drippings__		
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing ✓	28	24
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	105	590
79 Dry beans & peas, cooked		
80 Peanuts, shelled	138	51
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	1061	744
83 Cracked-wheat, whole-wheat		157
84		
85 Crackers	220	142

	1st wk. G.	2d wk. G.
86 Cookies	92	
87 Sweet buns__ Doughnuts ✓	287	
88 Cake: Iced: Butter, chocolate	382	303
Not iced:		
89 Pie: Fruit ✓ Custard__ Nut__		683
90 Ready-to-eat cereal: Wheat germ	14	
91		
92 Other cereal: Oatmeal	68	
93		
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes[1,3]	213	759
97 Tomatoes, tomato products	398	
98 Deep-yellow vegetables: Rutabagas[1]	107	
99 Carrots[1]	100	
100 Dark-green vegetables: Spinach[1]	452	
101		
102 Other vegetables: Onions[1]/Lettuce	83	67
103 Lettuce, olives, celery	200	15
104 Corn pudding		480
105 Soup: Meat__ Grain product__ Dry bean, pea ✓ Vegetable ✓	1301	891
Milk		
106 Oranges__ Lemons__ : AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Mixed	439	502
111 Other fruit juice:		
112 Dried fruits: Dates	7	
113 Apples: AP		
114 EP		
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Pears[1], pineapple[1]	247	414
118		
119 Sugars		
120 Sirup__ Molasses__ Honey__		
121 Jelly, jam__ Fruit butters__		
122 Candy: Chocolate, candied cherries	52	8
123 Water ices, sherbets		
124 Soft drinks	1437	2847
125 Coffee__ Tea__ cups		
126 Beer		540
127 Wine		
128 Whiskey tequila	660	1020

DATA FOR SUBJECT NO. 13

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	52
2 Height.....cm..	169.5
3 Weight.....kg..	84.7
4 Actual weight/normal weight.....%..	119.6
5 Blood cholesterol.....mg.%..	247
6 Blood pressure rate.....mm Hg..	131/83

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2468	2336
8 Alcohol only.....Cal..	160	100
9 Protein: Total.....g..	94.4	75.4
10 From animal foods.....g..	55.9	41.2
11 Fat: Total.....g..	101.4	98.5
12 Fat Cal./total Cal.....%..	37	38
13 From animal foods.....g..	54.1	51.0
14 Fatty acids: Saturated.....g..	34	35
15 Unsaturated: Oleic.....g..	57	40
16 Linoleic.....g..	8	7
17 Carbohydrate: Total.....g..	308.5	283.3
18 From milk.....g..	8.1	12.3
19 From fruits, sweets.....g..	63.6	37.6
20 From other plant foods.....g..	235.1	233.1
21 Calcium.....mg..	640	571
22 Iron.....mg..	15.2	12.5
23 Vitamin A value..... I.U.	5730	2890
24 Thiamine.....mg..	1.56	1.37
25 Riboflavin.....mg..	1.59	1.33
26 Niacin.....mg..	17.7	15.9
27 Ascorbic acid.....mg..	98	105
28 Cholesterol.....mg..	647	533
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1953	1888
30 Eggs.....g..	365	348
31 Meat, poultry, fish.....g..	1189	756
32 Fats, oils.....g..	509	417
33 Dry beans and peas, nuts.....g..	164	65
34 Flour equivalent.....g..	1771	1467
35 Vegetables.....g..	1797	2288
36 Fruits.....g..	1937	1789
37 Sugars, sweets.....g..	289	228
38 Alcoholic beverages.....g..	2880	1800

FOODS, 1 WEEK, 1953

Subject No. 13

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	860	920
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44	Cocoa	10	15
45	Cream: 20% fat		
46	30-36% fat	70	
47	Cheese: Cottage	66	148
48			
49	Ice cream	47	179
50	Eggs	268	269
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone		
55	Lean only	808	401
56	Pork: With fat & bone		
57	With fat, no bone		129
58	Lean only	138	86
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62			
63			
64	Sausage-liver	72	
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone: Chicken		57
68	Fish: Tuna[1]	45	58
69	Shellfish:		
70	Tuna salad	41	
71	Butter✓ Margarine✓	227	197
72	Beef fat & beef fat drippings		
73	Bacon__ Bacon & pork fat drippings__		
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing__		
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__	61	32
79	Dry beans & peas, cooked	130	
80	Peanuts, shelled	29	30
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	669	607
83	Whole-wheat, rye, whole-wheat low calorie	328	222
84	Pancake	253	
85	Crackers	51	106

		1st wk. G.	2d wk. G.
86	Cookies		107
87	Sweet buns✓ Doughnuts✓	343	420
88	Cake: Iced: Chocolate, orange	291	269
	Not iced:		
89	Pie: Fruit✓ Custard✓ Nut__	227	374
90	Ready-to-eat cereal:		
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti✓ Noodles	133	
95	Spaghetti—meat sauce	365	
96	White potatoes[1,2,3,4]	971	1327
97	Tomatoes, tomato products	59	
98	Deep-yellow vegetables: Rutabagas[1]	78	
99			
100	Dark-green vegetables: Spinach[1]	90	
101			
102	Other vegetables: Lettuce/Beans[1]	156	219
103	Beans[1], celery[1], beets[1], peas[1], Corn[1], asparagus[1], cauliflower[1]	586	113
104			
105	Soup: Meat__ Grain product✓		250
	Dry bean, pea✓ Vegetable✓		376
	Milk	130	
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP	828	842
109	EP		
110	Citrus fruit juice:		
111	Other fruit juice: Pineapple		124
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP✓ EP__	656	655
116	Other fruits: AP:		
117	EP: Peaches[1], pineapple[1]	196	
118	Gelatin pudding—fruit	233	
119	Sugars		
120	Sirup✓ Molasses__ Honey__	105	
121	Jelly, jam__ Fruit butters__		
122	Candy:		
123	Water ices, sherbets	174	
124	Soft drinks		
125	Coffee✓ Tea__ cups	25	18
126	Beer	2880	1800
127	Wine		
128			

DATA FOR SUBJECT NO. 14

PHYSIOLOGICAL DATA:	1953
1 Age ..... yr..	58
2 Height ..... cm..	170.2
3 Weight ..... kg..	73.2
4 Actual weight/normal weight ..... %..	102.0
5 Blood cholesterol ..... mg.%..	248
6 Blood pressure rate ..... mm Hg..	117/73

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total ..... Cal..	2279	2276
8 Alcohol only ..... Cal..	0	25
9 Protein: Total ..... g..	87.5	81.0
10 From animal foods ..... g..	63.7	54.9
11 Fat: Total ..... g..	101.4	100.2
12 Fat Cal./total Cal ..... %..	40	40
13 From animal foods ..... g..	76.6	76.3
14 Fatty acids: Saturated ..... g..	44	44
15 Unsaturated: Oleic ..... g..	38	38
16 Linoleic ..... g..	10	7
17 Carbohydrate: Total ..... g..	255.5	266.7
18 From milk ..... g..	22.6	30.0
19 From fruits, sweets ..... g..	82.1	87.1
20 From other plant foods ..... g..	145.5	145.8
21 Calcium ..... mg..	868	823
22 Iron ..... mg..	12.9	11.0
23 Vitamin A value ..... I.U.	9890	11250
24 Thiamine ..... mg..	.94	1.01
25 Riboflavin ..... mg..	1.97	2.07
26 Niacin ..... mg..	14.5	13.0
27 Ascorbic acid ..... mg..	118	92
28 Cholesterol ..... mg..	838	901
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	3681	3644
30 Eggs ..... g..	491	587
31 Meat, poultry, fish ..... g..	943	677
32 Fats, oils ..... g..	438	475
33 Dry beans and peas, nuts ..... g..	130	282
34 Flour equivalent ..... g..	990	1193
35 Vegetables ..... g..	2166	1243
36 Fruits ..... g..	1289	894
37 Sugars, sweets ..... g..	534	693
38 Alcoholic beverages ..... g..	0	120

FOODS, 1 WEEK, 1953

Subject No. 14

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	2634	2382
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	10	
43	Buttermilk		
44			
45	Cream: 20% fat	215	140
46	30-36% fat		30
47	Cheese: Cottage		138
48	Cheddar	42	
49	Ice cream	81	338
50	Eggs	467	509
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	144	
55	Lean only	246	184
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		96
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Corn beef hash		80
63	Liver-beef	60	88
64			
65	Rabbit__ Game ✓: Pheasant	108	
66	Poultry: With bone:		
67	No bone: Duck	60	
68	Fish: Sword fish, trout-no bone		265
69	Shellfish: Shrimp[1], lobster[1]	159	
70	Tuna-noodles[3]	555	
71	Butter ✓ Margarine__	216	216
72	Beef fat & beef fat drippings		18
73	Bacon ✓ Bacon & pork fat drippings__	59	67
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing ✓	80	73
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk__	15	
79	Dry beans & peas, cooked	130	260
80	Peanuts, shelled		35
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	624	478
83	Whole-wheat, rye	46	68
84	Biscuits		68
85	Crackers	11	8

		1st wk. G.	2d wk. G.
86	Cookies	72	25
87	Sweet buns ✓ Doughnuts ✓	298	268
88	Cake: Iced: Chocolate, plain, butter	55	62
	Not iced: Sponge		236
89	Pie: Fruit ✓ Custard__ Nut__	135	203
90	Ready-to-eat cereal: Shredded wheat	33	50
91	Wheat flakes, puffed rice		42
92	Other cereal: Oatmeal		157
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,3,4]	571	178
97	Tomatoes, tomato products	406	248
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables: Broccoli[1]	152	
101			
102	Other vegetables: Lettuce/Cauliflower[1]	292	168
103	Celery, beans[1], peas[1], corn[1], lettuce, olives, sprouts[1]	534	479
104	Potato salad, cole slaw	145	60
105	Soup: Meat ✓ Grain product__	255	
	Dry bean, pea__ Vegetable ✓	160	256
	Milk		
106	Oranges ✓ Lemons__: AP		
107	EP	279	262
108	Grapefruit: AP	400	
109	EP		146
110	Citrus fruit juice: Orange	104	220
111	Other fruit juice:		
112	Dried fruits: Currants	10	
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Peaches[1], berries[1], avocado[5], pears	435	205
118			
119	Sugars	227	280
120	Sirup ✓ Molasses__ Honey__		15
121	Jelly, jam ✓ Fruit butters__	123	193
122	Candy: Peppermint, hard, chocolate-coconut	90	24
123	Water ices, sherbets		
124	Soft drinks	201	402
125	Coffee ✓ Tea ✓ cups	18	15
126	Beer		
127	Wine		120
128			

DATA FOR SUBJECT NO. 15

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	51
2 Height.....cm..	182.5
3 Weight.....kg..	87.7
4 Actual weight/normal weight.....%..	106.5
5 Blood cholesterol.....mg.%..	248
6 Blood pressure rate.....mm Hg..	122/83

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2575	2748
8 Alcohol only.....Cal..	238	512
9 Protein: Total.....g..	112.6	123.4
10 From animal foods.....g..	92.0	106.8
11 Fat: Total.....g..	124.4	120.6
12 Fat Cal./total Cal.....%..	43	39
13 From animal foods.....g..	101.9	97.4
14 Fatty acids: Saturated.....g..	56	51
15 Unsaturated: Oleic.....g..	46	48
16 Linoleic.....g..	10	11
17 Carbohydrate: Total.....g..	200.4	175.3
18 From milk.....g..	50.2	51.8
19 From fruits, sweets.....g..	53.1	52.9
20 From other plant foods.....g..	92.2	67.6
21 Calcium.....mg..	1448	1181
22 Iron.....mg..	14.3	15.1
23 Vitamin A value..... I.U.	9660	4510
24 Thiamine.....mg..	1.28	1.71
25 Riboflavin.....mg..	3.04	2.41
26 Niacin.....mg..	15.7	17.6
27 Ascorbic acid.....mg..	104	64
28 Cholesterol.....mg..	1092	1207
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	7248	7248
30 Eggs.....g..	795	792
31 Meat, poultry, fish.....g..	1418	1787
32 Fats, oils.....g..	348	348
33 Dry beans and peas, nuts.....g..	304	158
34 Flour equivalent.....g..	675	426
35 Vegetables.....g..	1434	1120
36 Fruits.....g..	1663	875
37 Sugars, sweets.....g..	120	309
38 Alcoholic beverages.....g..	575	1210

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FOODS, 1 WEEK, 1953

Subject No. 15

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	6041	3996
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	45	105
43	Buttermilk		
44			
45	Cream: 20% fat		30
46	30-36% fat		
47	Cheese: Cottage	90	167
48	Cheddar, swiss, limburger	66	55
49	Ice cream	200	515
50	Eggs	784	770
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	325	
55	Lean only	290	584
56	Pork: With fat & bone		
57	With fat, no bone	40	294
58	Lean only	85	324
59	Veal__ Lamb__ : With fat & bone		
60	With fat, no bone		
61	Lean only	80	
62	Chili con carne, chow mein	651	
63	Liver, chicken, sweetbreads	63	87
64	Frankfurters	82	98
65	Rabbit__ Game__ :		
66	Poultry: With bone:		
67	No bone: Turkey, chicken		174
68	Fish: Sole	20	
69	Shellfish: Oysters[1], shrimp[1]		170
70	Chicken[3]	250	
71	Butter✓ Margarine✓	131	103
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings✓	49	40
74	Lard		
75	Vegetable fat	13	
76	Vegetable oil__ Salad dressing✓	59	81
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk✓	30	323
79	Dry beans & peas, cooked		
80	Peanuts, shelled		61
81	Nuts, shelled: Mixed	38	97
82	Bread, rolls, not sweet: White	439	467
83	Rye	69	
84			
85	Crackers		16
86	Cookies		28
87	Sweet buns__ Doughnuts✓	32	96
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit__ Custard__ Nut__		
90	Ready-to-eat cereal:		
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti✓ Noodles__	315	
95			
96	White potatoes[1,3,4]	334	280
97	Tomatoes, tomato products	383	220
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Beans[1]/Asparagus[1]	106	240
103	Peas[1], asparagus[1], sauerkraut[1], corn[1], cauliflower[3]	343	411
104	Potato salad	100	
105	Soup: Meat✓ Grain product__	240	187
	Dry bean, pea__ Vegetable__		
	Milk	180	
106	Oranges__ Lemons__ : AP		
107	EP		
108	Grapefruit: AP	1360	395
109	EP	80	
110	Citrus fruit juice: Orange	123	246
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Pineapple[1]	100	234
118			
119	Sugars	44	74
120	Sirup✓ Molasses__ Honey__	40	120
121	Jelly, jam__ Fruit butters__		
122	Candy:		
123	Water ices, sherbets		47
124	Soft drinks	1376	516
125	Coffee✓ Tea✓ cups	4	9
126	Beer		
127	Wine		240
128	Whiskey, brandy, crème de menthe	575	975

DATA FOR SUBJECT NO. 16

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	59
2 Height.....cm..	180.3
3 Weight.....kg..	88.0
4 Actual weight/normal weight.....%..	109.0
5 Blood cholesterol.....mg.%..	267
6 Blood pressure rate.....mm Hg..	111/74

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2921	2471
8 Alcohol only.....Cal..	184	88
9 Protein: Total.....g..	98.3	92.8
10 From animal foods.....g..	65.0	59.7
11 Fat: Total.....g..	103.8	103.0
12 Fat Cal./total Cal.....%..	32	38
13 From animal foods.....g..	66.0	69.4
14 Fatty acids: Saturated.....g..	41	42
15 Unsaturated: Oleic.....g..	46	41
16 Linoleic.....g..	8	9
17 Carbohydrate: Total.....g..	312.3	290.1
18 From milk.....g..	20.5	11.3
19 From fruits, sweets.....g..	48.9	57.4
20 From other plant foods.....g..	242.1	221.0
21 Calcium.....mg..	707	649
22 Iron.....mg..	14.0	14.6
23 Vitamin A value..... I.U.	3330	2820
24 Thiamine.....mg..	1.27	1.84
25 Riboflavin.....mg..	1.52	1.44
26 Niacin.....mg..	20.7	18.9
27 Ascorbic acid.....mg..	116	69
28 Cholesterol.....mg..	594	570
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2546	2198
30 Eggs.....g..	212	192
31 Meat, poultry, fish.....g..	1604	1385
32 Fats, oils.....g..	461	363
33 Dry beans and peas, nuts.....g..	78	149
34 Flour equivalent.....g..	1788	1920
35 Vegetables.....g..	2552	2033
36 Fruits.....g..	1742	828
37 Sugars, sweets.....g..	521	560
38 Alcoholic beverages.....g..	587	375

FOODS, 1 WEEK, 1953

Subject No. 16

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	396	549
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	10	20
43 Buttermilk		
44		
45 Cream: 20% fat	5	
46 30-36% fat		98
47 Cheese: Cottage		
48 Limburger, cheddar	140	121
49 Ice cream	299	177
50 Eggs	110	108
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	240	76
55 Lean only		162
56 Pork: With fat & bone	138	
57 With fat, no bone	139	70
58 Lean only		489
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone	535	48
61 Lean only		
62		
63		
64 Head cheese, sausage-blood, summer; veal loaf	332	355
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken	170	
67 No bone:		
68 Fish: Sardines[1], smoked cisco	50	50
69 Shellfish:		
70 Shrimp[3]		300
71 Butter✓ Margarine__	202	171
72 Beef fat & beef fat drippings		
73 Bacon__ Bacon & pork fat drippings✓		5
74 Lard		
75 Vegetable fat	5	
76 Vegetable oil__ Salad dressing✓	15	10
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	120	110
79 Dry beans & peas, cooked		40
80 Peanuts, shelled	54	86
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	863	570
83 Whole-wheat	180	219
84		
85 Crackers		

	1st wk. G.	2d wk. G.
86 Cookies	290	246
87 Sweet buns✓ Doughnuts✓	344	276
88 Cake: Iced: Chocolate, plain	270	283
Not iced: Fruit	32	
89 Pie: Fruit✓ Custard__ Nut__	547	390
90 Ready-to-eat cereal: Wheat flakes/Bran flakes	52	71
91 Bran flakes, wheat flakes	30	59
92 Other cereal: Rice		260
93 Oatmeal		156
94 Macaroni, spaghetti__ Noodles✓		40
95		
96 White potatoes[1,3]	1153	705
97 Tomatoes, tomato products	111	110
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables: Green pepper	7	
101		
102 Other vegetables: Bean[1]/Sauerkraut[1]	255	419
103 Peas[1,3], onions[3], beans[1], cauliflower[3], celery, pickles	1288	799
104 Cole slaw	90	
105 Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable__ Milk		
106 Oranges✓ Lemons__: AP	170	
107 EP	149	113
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Orange	644	276
111 Other fruit juice: Grape		318
112 Dried fruits: Prunes		21
113 Apples: AP		
114 EP	300	
115 Bananas: AP✓ EP✓	150	100
116 Other fruits: AP:		
117 EP: Pears, cherries[1]	65	
118 Gelatin pudding	40	
119 Sugars	12	20
120 Sirup✓ Molasses__ Honey__	3	
121 Jelly, jam✓ Fruit butters__	104	262
122 Candy: Chocolate creams	66	34
123 Water ices, sherbets		
124 Soft drinks	120	
125 Coffee✓ Tea__ cups	34	34
126 Beer		
127 Wine	241	315
128 Bourbon, scotch	346	60

DATA FOR SUBJECT NO. 17

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	170.8
3 Weight.....kg..	64.8
4 Actual weight/normal weight.....%..	89.8
5 Blood cholesterol.....mg.%..	269
6 Blood pressure rate.....mm Hg..	105/78

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2094	2103
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	78.6	71.1
10 From animal foods.....g..	56.5	47.6
11 Fat: Total.....g..	88.2	87.1
12 Fat Cal./total Cal.....%..	38	37
13 From animal foods.....g..	56.1	52.1
14 Fatty acids: Saturated.....g..	36	34
15 Unsaturated: Oleic.....g..	36	32
16 Linoleic.....g..	7	7
17 Carbohydrate: Total.....g..	231.0	252.2
18 From milk.....g..	33.0	34.9
19 From fruits, sweets.....g..	66.8	89.9
20 From other plant foods.....g..	130.8	126.8
21 Calcium.....mg..	1103	1012
22 Iron.....mg..	10.2	9.7
23 Vitamin A value..... I.U.	2830	3420
24 Thiamine.....mg..	1.06	.94
25 Riboflavin.....mg..	1.73	1.55
26 Niacin.....mg..	11.0	9.5
27 Ascorbic acid.....mg..	35	37
28 Cholesterol.....mg..	563	367
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4782	4797
30 Eggs.....g..	335	123
31 Meat, poultry, fish.....g..	848	642
32 Fats, oils.....g..	264	272
33 Dry beans and peas, nuts.....g..	250	602
34 Flour equivalent.....g..	856	840
35 Vegetables.....g..	977	792
36 Fruits.....g..	592	1113
37 Sugars, sweets.....g..	377	293
38 Alcoholic beverages.....g..	0	0

FOODS, 1 WEEK, 1953

Subject No. 17

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	360	580
40	Whole, 4.5% fat		
41	Skim	3008	2513
42	Half & half, 12% fat		
43	Buttermilk		
44	Chocolate malted	44	
45	Cream: 20% fat	59	
46	30-36% fat	86	92
47	Cheese: Cottage		
48	Cheddar	85	179
49	Ice cream	94	51
50	Eggs	280	48
51	Puddings: Milk __ Milk & egg ✓	61	124
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	57	171
55	Lean only	356	234
56	Pork: With fat & bone		
57	With fat, no bone	27	
58	Lean only	173	91
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		48
62			
63			
64	Frankfurters	94	48
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone: Chicken	135	
68	Fish:		
69	Shellfish:		
70	Salmon loaf		121
71	Butter ✓ Margarine __	112	107
72	Beef fat & beef fat drippings		
73	Bacon __ Bacon & pork fat drippings __		
74	Lard		
75	Vegetable fat	68	19
76	Vegetable oil __ Salad dressing ✓	16	31
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	108	5
79	Dry beans & peas, cooked	231	608
80	Peanuts, shelled		
81	Nuts, shelled: Walnuts, filberts	26	21
82	Bread, rolls, not sweet: White	445	696
83	Graham, whole-wheat	46	46
84	Pancakes	252	
85	Crackers	29	
86	Cookies	89	32
87	Sweet buns ✓ Doughnuts ✓	166	244
88	Cake: Iced:		
	Not iced: Plain, angel	36	92
89	Pie: Fruit __ Custard __ Nut ✓		90
90	Ready-to-eat cereal: Sugared puffed wheat	50	
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti __ Noodles		
95			
96	White potatoes[1,3,4]	593	330
97	Tomatoes, tomato products	93	180
98	Deep-yellow vegetables: Carrots[5]		46
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Beans[1]/Lettuce	104	100
103	Beans[1], pickle, corn[1], peas[3]	218	226
104	Cole slaw	50	
105	Soup: Meat __ Grain product ✓	262	
	Dry bean, pea __ Vegetable __		
	Milk	60	
106	Oranges __ Lemons __ : AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	102	116
111	Other fruit juice:		
112	Dried fruits: Raisins		10
113	Apples: AP		
114	EP	36	73
115	Bananas: AP __ EP		
116	Other fruits: AP: Pear	60	
117	EP: Apricots[1], berries[1], pear[5], peaches[1]	354	857
118	Gelatin pudding-Fruit	93	79
119	Sugars	48	25
120	Sirup __ Molasses __ Honey __		
121	Jelly, jam ✓ Fruit butters	47	
122	Candy: Chocolate creams, jelly beans, nut rolls	197	151
123	Water ices, sherbets		
124	Soft drinks	1004	1666
125	Coffee ✓ Tea ... cups	5	4
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 18

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	55
2 Height.....cm..	179.1
3 Weight.....kg..	72.2
4 Actual weight/normal weight.....%..	90.8
5 Blood cholesterol.....mg.%..	272
6 Blood pressure rate.....mm Hg..	127/69

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2254	2574
8 Alcohol only.....Cal..	0	89
9 Protein: Total.....g..	83.0	86.0
10 From animal foods.....g..	55.4	53.1
11 Fat: Total.....g..	89.4	102.2
12 Fat Cal./total Cal.....%..	36	36
13 From animal foods.....g..	51.9	58.1
14 Fatty acids: Saturated.....g..	32	36
15 Unsaturated: Oleic.....g..	40	43
16 Linoleic.....g..	12	14
17 Carbohydrate: Total.....g..	281.7	310.1
18 From milk.....g..	12.2	13.5
19 From fruits, sweets.....g..	82.4	86.1
20 From other plant foods.....g..	182.5	206.3
21 Calcium.....mg..	469	687
22 Iron.....mg..	13.6	13.8
23 Vitamin A value..... I.U.	4480	4710
24 Thiamine.....mg..	1.16	1.12
25 Riboflavin.....mg..	1.10	1.34
26 Niacin.....mg..	13.6	16.5
27 Ascorbic acid.....mg..	82	92
28 Cholesterol.....mg..	768	785
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1342	1697
30 Eggs.....g..	535	533
31 Meat, poultry, fish.....g..	1232	1227
32 Fats, oils.....g..	500	582
33 Dry beans and peas, nuts.....g..	73	154
34 Flour equivalent.....g..	1300	1642
35 Vegetables.....g..	1436	1309
36 Fruits.....g..	1290	1801
37 Sugars, sweets.....g..	724	690
38 Alcoholic beverages.....g..	0	210

FOODS, 1 WEEK, 1953

Subject No. 18

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	74	331
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	25	65
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	145	91
47 Cheese: Cottage		
48 Cheddar	15	
49 Ice cream		116
50 Eggs	340	336
51 Puddings: Milk__ Milk & egg ✓	325	
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	290	330
55 Lean only	697	375
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only		
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Beef stew, ham salad, meat loaf	279	114
63		
64		
65 Rabbit__ Game__ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Finnan Haddie, Salmon[1]		229
69 Shellfish:		
70 Salmon loaf, tuna-macaroni		466
71 Butter ✓ Margarine ✓	149	178
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings__	40	
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing ✓	135	171
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk__	130	50
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	698	629
83 Rye	75	63
84 Pancake	344	266
85 Crackers	38	24

	1st wk. G.	2d wk. G.
86 Cookies	188	102
87 Sweet buns ✓ Doughnuts ✓	203	126
88 Cake: Iced: Chocolate, plain	40	659
Not iced: Chocolate, plain	80	130
89 Pie: Fruit__ Custard__ ✓ Nut__	374	152
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti__ Noodles__		
95 Spaghetti-cheese-tomato sauce		163
96 White potatoes[1,3,4]	766	580
97 Tomatoes, tomato products		121
98 Deep-yellow vegetables: Carrots[1,5]	76	72
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Lettuce	160	226
103 Beans[2], pickles, peas[1]	161	249
104 Cole slaw	157	100
105 Soup: Meat__ Grain product__ Dry bean, pea ✓ Vegetable__	245	920
Milk	245	
106 Oranges__ Lemons__ : AP		
107 EP		
108 Grapefruit: AP	1066	1409
109 EP	50	
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits: Raisins		20
113 Apples: AP		
114 EP		40
115 Bananas: AP__ EP ✓	41	
116 Other fruits: AP:		
117 EP: Peaches[1]		125
118 Gelatin pudding with and without fruit[1]	101	567
119 Sugars	371	309
120 Sirup ✓ Molasses__ Honey__	77	84
121 Jelly, jam ✓ Fruit butters__	30	
122 Candy:		
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	35	34
126 Beer		
127 Wine		
128 Bourbon		210

DATA FOR SUBJECT NO. 19

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	52
2 Height.....cm..	177.8
3 Weight.....kg..	69.4
4 Actual weight/normal weight.....%..	89.0
5 Blood cholesterol.....mg.%..	272
6 Blood pressure rate.....mm Hg..	118/72

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2926	3020
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	96.0	85.7
10 From animal foods.....g..	58.3	48.5
11 Fat: Total.....g..	119.0	120.7
12 Fat Cal./total Cal.....%..	37	36
13 From animal foods.....g..	71.2	70.7
14 Fatty acids: Saturated.....g..	47	46
15 Unsaturated: Oleic.....g..	49	51
16 Linoleic.....g..	12	12
17 Carbohydrate: Total.....g..	380.2	409.0
18 From milk.....g..	47.5	26.2
19 From fruits, sweets.....g..	86.9	134.6
20 From other plant foods.....g..	243.2	246.9
21 Calcium.....mg..	927	861
22 Iron.....mg..	14.1	12.5
23 Vitamin A value..... I.U.	7740	6230
24 Thiamine.....mg..	1.24	1.07
25 Riboflavin.....mg..	3.04	2.11
26 Niacin.....mg..	17.1	13.9
27 Ascorbic acid.....mg..	72	50
28 Cholesterol.....mg..	667	634
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3636	3171
30 Eggs.....g..	335	395
31 Meat, poultry, fish.....g..	1243	1089
32 Fats, oils.....g..	469	535
33 Dry beans and peas, nuts.....g..	74	64
34 Flour equivalent.....g..	2018	1980
35 Vegetables.....g..	2316	1328
36 Fruits.....g..	2407	1236
37 Sugars, sweets.....g..	788	1235
38 Alcoholic beverages.....g..	0	0

FOODS, 1 WEEK, 1953

Subject No. 19

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	1395	811
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat	70	
46 30-36% fat	37	
47 Cheese: Cottage	59	50
48 Cheddar	80	95
49 Ice cream	303	446
50 Eggs	57	197
51 Puddings: Milk ✓ Milk & egg ✓	820	159
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	400	124
55 Lean only		72
56 Pork: With fat & bone	89	
57 With fat, no bone	35	314
58 Lean only		
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Corned beef hash		118
63 Liver-Calf	36	
64 Beef loaf, frankfurters	121	87
65 Rabbit __ Game __ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Wall-eyed pike, tuna[1], herring[1]	565	339
69 Shellfish: Scallops		50
70 Tuna[3], tuna-macaroni	68	224
71 Butter ✓ Margarine ✓	115	163
72 Beef fat & beef fat drippings		
73 Bacon ✓		
Bacon & pork fat drippings ✓	6	15
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	120	80
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk __	15	30
79 Dry beans & peas, cooked		
80 Peanuts, shelled	45	17
81 Nuts, shelled: Almonds	5	
82 Bread, rolls, not sweet: White	345	568
83 Whole-wheat, graham, rye, nut	351	82
84 Biscuits, muffins, wheat cakes	136	292
85 Crackers		62

	1st wk. G.	2d wk. G.
86 Cookies	166	238
87 Sweet buns ✓ Doughnuts ✓	350	585
88 Cake: Iced: Chocolate, plain	25	538
Not iced: Sponge	350	
89 Pie: Fruit ✓ Custard ✓ Nut __	915	351
90 Ready-to-eat cereal: Wheat flakes	154	149
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti __ Noodles __		
95		
96 White potatoes[1,2,3,4]	764	620
97 Tomatoes, tomato products	333	20
98 Deep-yellow vegetables: Rutabagas[1]		133
99 Carrots[5]		10
100 Dark-green vegetables: Spinach[1]	65	98
101		
102 Other vegetables: Lettuce	293	155
103 Beans[1], peas[1], corn[1], beets[1], mixed[1]	635	342
104		
105 Soup: Meat ✓ Grain product __		250
Dry bean, pea __ Vegetable ✓	651	
Milk		
106 Oranges ✓ Lemons __ : AP		
107 EP	75	
108 Grapefruit: AP	30	
109 EP	100	125
110 Citrus fruit juice: Grapefruit		110
111 Other fruit juice: Mixed	203	155
112 Dried fruits: Prunes, raisins	30	115
113 Apples: AP	208	
114 EP	652	74
115 Bananas: AP __ EP ✓	200	
116 Other fruits: AP:		
117 EP: Pineapple[1], berries[1], pears[1], apricots[1]	541	571
118 Gelatin pudding, melba sauce	80	70
119 Sugars		
120 Sirup ✓ Molasses __ Honey ✓	62	235
121 Jelly, jam ✓ Fruit butters __	20	114
122 Candy: Jelly beans, gum, chocolate	143	443
123 Water ices, sherbets	90	
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	21	24
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 20

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	5.5
2 Height.....cm..	172.5
3 Weight.....kg..	65.8
4 Actual weight/normal weight.....%..	89.0
5 Blood cholesterol.....mg.%..	275
6 Blood pressure rate.....mm Hg..	107/69

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2287	2457
8 Alcohol only.....Cal..	278	214
9 Protein: Total.....g..	104.1	111.1
10 From animal foods.....g..	79.2	89.4
11 Fat: Total.....g..	68.0	87.2
12 Fat Cal./total Cal.....%..	27	32
13 From animal foods.....g..	47.4	62.7
14 Fatty acids: Saturated.....g..	29	34
15 Unsaturated: Oleic.....g..	26	33
16 Linoleic.....g..	6	11
17 Carbohydrate: Total.....g..	252.6	260.3
18 From milk.....g..	41.4	47.3
19 From fruits, sweets.....g..	34.6	74.0
20 From other plant foods.....g..	174.2	140.4
21 Calcium.....mg..	1409	1376
22 Iron.....mg..	13.5	15.5
23 Vitamin A value..... I.U.	16220	14800
24 Thiamine.....mg..	1.11	1.12
25 Riboflavin.....mg..	2.64	2.44
26 Niacin.....mg..	18.3	18.2
27 Ascorbic acid.....mg..	112	125
28 Cholesterol.....mg..	507	656
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	6506	5787
30 Eggs.....g..	207	300
31 Meat, poultry, fish.....g..	1253	1662
32 Fats, oils.....g..	298	452
33 Dry beans and peas, nuts.....g..	0	3
34 Flour equivalent.....g..	1130	951
35 Vegetables.....g..	2254	2035
36 Fruits.....g..	1627	2795
37 Sugars, sweets.....g..	245	294
38 Alcoholic beverages.....g..	1170	1015

FOODS, 1 WEEK, 1953

Subject No. 20

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	488	732
40 Whole, 4.5% fat		
41 Skim	4515	3690
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat	45	30
46 30-36% fat		
47 Cheese: Cottage		272
48 Cheddar, limburger, roquefort	157	33
49 Ice cream	40	313
50 Eggs	139	240
51 Puddings: Milk __ Milk & egg ✓	121	
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	429	
55 Lean only	288	396
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only		
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		72
62 Corn beef hash		190
63 Liver-beef	44	
64		
65 Rabbit __ Game ✓ : Venison	225	225
66 Poultry: With bone: Turkey		336
67 No bone: Turkey		243
68 Fish: Sardines[1]		82
69 Shellfish: Shrimp[1]	65	65
70 Fish casserole	368	
71 Butter ✓ Margarine __	121	157
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings ✓	23	29
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	45	108
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk __		220
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	357	165
83 Rye, whole-wheat	307	173
84 Biscuits, muffins	47	360
85 Crackers	148	48

	1st wk. G.	2d wk. G.
86 Cookies	36	67
87 Sweet buns ✓ Doughnuts ✓	70	39
88 Cake: Iced: Plain	175	162
Not iced: Plain, angel	130	50
89 Pie: Fruit __ Custard __ Nut __		
90 Ready-to-eat cereal: Corn Flakes	27	28
91		
92 Other cereal: Rice	88	
93		
94 Macaroni, spaghetti __ Noodles __		
95 Turkey dressing		312
96 White potatoes[1,3]	825	242
97 Tomatoes, tomato products	28	51
98 Deep-yellow vegetables: Carrots[1,5]/Squash[1]	337	358
99 Carrots[5], sweet potatoes[1]		409
100 Dark-green vegetables: Spinach	276	125
101		
102 Other vegetables: Lettuce	202	295
103 Peas[1], beans[1], succotash[1], onions[1,5]	376	441
104		
105 Soup: Meat ✓ Grain product	228	228
Dry bean, pea __ Vegetable __		
Milk	78	191
106 Oranges ✓ Lemons __ : AP	760	986
107 EP		
108 Grapefruit: AP	365	604
109 EP	29	85
110 Citrus fruit juice: Lemon		60
111 Other fruit juice: Cherry		30
112 Dried fruits:		
113 Apples: AP		222
114 EP		220
115 Bananas: AP ✓ EP ✓	81	25
116 Other fruits: AP:		
117 EP: Cherries[1], peaches[1]	186	488
118 Gelatin pudding-fruit	187	150
119 Sugars	14	11
120 Sirup ✓ Molasses __ Honey __	14	80
121 Jelly, jam ✓ Fruit butters __	59	52
122 Candy: Ginger		20
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	21	26
126 Beer	360	360
127 Wine	210	295
128 Gin, rum	600	360

DATA FOR SUBJECT NO. 21

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	168.9
3 Weight.....kg..	78.4
4 Actual weight/normal weight.....%..	111.3
5 Blood cholesterol.....mg.%..	277
6 Blood pressure rate.....mm Hg..	153/89

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2526	2623
8 Alcohol only.....Cal..	478	409
9 Protein: Total.....g..	81.7	80.7
10 From animal foods.....g..	57.6	49.3
11 Fat: Total.....g..	99.3	117.6
12 Fat Cal./total Cal.....%..	35	40
13 From animal foods.....g..	65.4	74.6
14 Fatty acids: Saturated.....g..	37	40
15 Unsaturated: Oleic.....g..	42	51
16 Linoleic.....g..	11	15
17 Carbohydrate: Total.....g..	224.8	246.1
18 From milk.....g..	9.3	1.8
19 From fruits, sweets.....g..	66.1	59.7
20 From other plant foods.....g..	153.7	178.2
21 Calcium.....mg..	374	358
22 Iron.....mg..	13.5	12.6
23 Vitamin A value..... I.U.	6860	5850
24 Thiamine.....mg..	1.22	1.24
25 Riboflavin.....mg..	1.35	1.24
26 Niacin.....mg..	21.0	23.3
27 Ascorbic acid.....mg..	117	89
28 Cholesterol.....mg..	488	491
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	688	416
30 Eggs.....g..	245	210
31 Meat, poultry, fish.....g..	1652	1606
32 Fats, oils.....g..	258	427
33 Dry beans and peas, nuts.....g..	188	641
34 Flour equivalent.....g..	741	730
35 Vegetables.....g..	3702	3050
36 Fruits.....g..	636	325
37 Sugars, sweets.....g..	386	404
38 Alcoholic beverages.....g..	2682	5340

FOODS, 1 WEEK, 1953

Subject No. 21

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		20
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	15	
47 Cheese: Cottage		
48		
49 Ice cream		57
50 Eggs	72	96
51 Puddings: Milk ✓ Milk & egg ✓	268	
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	205	557
55 Lean only		
56 Pork: With fat & bone	218	341
57 With fat, no bone	171	427
58 Lean only		
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Meat loaf, chili con carne	980	285
63		
64 Frankfurters	201	167
65 Rabbit __ Game __ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Tuna[1], perch, no bone	151	
69 Shellfish: Scallops[1]	72	
70 Tuna-noodles, Salmon patties	284	
71 Butter ✓ Margarine ✓	40	89
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings __		32
74 Lard		
75 Vegetable fat		5
76 Vegetable oil __ Salad dressing ✓	77	225
77 Fat, oil, not specified		
78 Gravy: Meat, poultry __ Milk __		
79 Dry beans & peas, cooked		468
80 Peanuts, shelled	87	165
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	122	271
83		
84 Corn fritters	66	
85 Crackers	24	

	1st wk. G.	2d wk. G.
86 Cookies	70	132
87 Sweet buns __ Doughnuts ✓	228	114
88 Cake: Iced:		
Not iced: Spice-nut	150	500
89 Pie: Fruit ✓ Custard __ Nut ✓	236	
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti ✓ Noodles	30	
95 Spanish rice		125
96 White potatoes[1,4]	454	312
97 Tomatoes, tomato products	2081	1636
98 Deep-yellow vegetables: Carrots[1] / Rutabagas[1]	100	192
99		
100 Dark-green vegetables: Broccoli[1] / Spinach[1]	70	105
101 Green pepper[5]	18	
102 Other vegetables: Beans[1]	182	230
103 Cabbage[5], beans[1], corn[1], pickle, sauerkraut[1]	667	410
104		
105 Soup: Meat __ Grain product __ Dry bean, pea ✓ Vegetable __ Milk	410	
106 Oranges ✓ Lemons __ : AP	183	
107 EP		
108 Grapefruit: AP		285
109 EP		
110 Citrus fruit juice: Orange	400	
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP __ EP __		
116 Other fruits: AP:		
117 EP: Peaches[1]		40
118		
119 Sugars	125	188
120 Sirup ✓ Molasses __ Honey __	60	30
121 Jelly, jam __ Fruit butters __		
122 Candy: Mint bar		20
123 Water ices, sherbets		
124 Soft drinks	1740	1392
125 Coffee ✓ Tea ✓ cups	8	7
126 Beer	1800	5040
127 Wine		
128 Whiskey, rum	882	300

DATA FOR SUBJECT NO. 22

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	172.1
3 Weight.....kg..	59.0
4 Actual weight/normal weight.....%..	80.2
5 Blood cholesterol.....mg.%..	378
6 Blood pressure rate.....mm Hg..	121/76

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2620	2565
8 Alcohol only.....Cal..	38	38
9 Protein: Total.....g..	92.0	93.9
10 From animal foods.....g..	70.2	60.3
11 Fat: Total.....g..	113.2	116.2
12 Fat Cal./total Cal.....%..	39	41
13 From animal foods.....g..	90.4	72.9
14 Fatty acids: Saturated.....g..	49	48
15 Unsaturated: Oleic.....g..	43	45
16 Linoleic.....g..	9	12
17 Carbohydrate: Total.....g..	310.3	295.4
18 From milk.....g..	32.7	32.5
19 From fruits, sweets.....g..	103.0	91.4
20 From other plant foods.....g..	169.0	169.0
21 Calcium.....mg..	1105	1069
22 Iron.....mg..	13.3	15.0
23 Vitamin A value..... I.U.	12100	4570
24 Thiamine.....mg..	1.22	1.58
25 Riboflavin.....mg..	2.45	2.16
26 Niacin.....mg..	12.8	14.3
27 Ascorbic acid.....mg..	110	68
28 Cholesterol.....mg..	946	894
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4769	4174
30 Eggs.....g..	635	630
31 Meat, poultry, fish.....g..	963	998
32 Fats, oils.....g..	376	438
33 Dry beans and peas, nuts.....g..	98	206
34 Flour equivalent.....g..	1849	2318
35 Vegetables.....g..	2335	1593
36 Fruits.....g..	1699	1451
37 Sugars, sweets.....g..	559	604
38 Alcoholic beverages.....g..	90	90

FOODS, 1 WEEK, 1953

Subject No. 22

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	2969	3388
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	416	391
46	30-36% fat	30	20
47	Cheese: Cottage	15	
48	Cheddar	174	
49	Ice cream		
50	Eggs	535	453
51	Puddings: Milk __ Milk & egg __		
52	Egg salad	57	57
53	Beef: With fat & bone		
54	With fat, no bone	200	85
55	Lean only	105	166
56	Pork: With fat & bone	136	
57	With fat, no bone		
58	Lean only		302
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Chili con carne	272	
63	Liver-beef, heart-beef	77	96
64	Frankfurters		89
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone: Chicken	232	
68	Fish: Sardines[1]		62
69	Shellfish: Lobster[1]	92	
70			
71	Butter ✓ Margarine __	124	103
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings ✓	64	15
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	104	50
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __	212	266
79	Dry beans & peas, cooked		280
80	Peanuts, shelled		16
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	415	283
83			
84	Biscuits, french toast, pancake	234	463
85	Crackers	23	19

		1st wk. G.	2d wk. G.
86	Cookies	147	
87	Sweet buns ✓ Doughnuts ✓	90	196
88	Cake: Iced: Plain	40	
	Not iced: Fruit, angel	65	309
89	Pie: Fruit ✓ Custard ✓ Nut __	589	320
90	Ready-to-eat cereal: Bran flakes	107	82
91	Corn flakes	38	
92	Other cereal: Oatmeal	236	292
93	Farina, ralston	232	821
94	Macaroni, spaghetti __ Noodles ✓		61
95			
96	White potatoes[1,2,3,4]	962	690
97	Tomatoes, tomato products	618	385
98	Deep-yellow vegetables: Carrots[1,5]	35	21
99			
100	Dark-green vegetables: Parsley[5]		2
101			
102	Other vegetables: Lettuce	179	192
103	Beans[1], onions[1], corn[1], mixed[1]	479	156
104	Chow mein[1]		360
105	Soup: Meat __ Grain product ✓	310	
	Dry bean, pea __ Vegetable ✓		102
	Milk	191	
106	Oranges __ Lemons __ : AP		
107	EP		
108	Grapefruit: AP	149	185
109	EP		325
110	Citrus fruit juice: Orange	175	75
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP __ EP __		
116	Other fruits: AP:		
117	EP: Rhubarb[1], peaches[1], pears[1], berries[1], pineapple[1]	996	784
118	Gelatin pudding with and without fruit[1]	573	
119	Sugars	250	198
120	Sirup ✓ Molasses __ Honey ✓		152
121	Jelly, jam ✓ Fruit butters __	66	20
122	Candy: Chocolate bars		89
123	Water ices, sherbets		
124	Soft drinks	180	180
125	Coffee ✓ Tea ✓ cups	16	12
126	Beer		
127	Wine		
128	Bourbon	90	90

DATA FOR SUBJECT NO. 23

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	57
2 Height.....cm..	179.1
3 Weight.....kg..	65.3
4 Actual weight/normal weight.....%..	82.0
5 Blood cholesterol.....mg.%..	279
6 Blood pressure rate.....mm Hg..	129/77

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2259	2358
8 Alcohol only.....Cal..	109	159
9 Protein: Total.....g..	81.0	79.8
10 From animal foods.....g..	57.5	57.0
11 Fat: Total.....g..	88.7	96.2
12 Fat Cal./total Cal.....%..	35	37
13 From animal foods.....g..	58.6	58.4
14 Fatty acids: Saturated.....g..	37	36
15 Unsaturated: Oleic.....g..	32	38
16 Linoleic.....g..	10	11
17 Carbohydrate: Total.....g..	273.1	264.7
18 From milk.....g..	34.7	9.4
19 From fruits, sweets.....g..	94.4	98.4
20 From other plant foods.....g..	140.6	145.5
21 Calcium.....mg..	722	673
22 Iron.....mg..	11.7	11.8
23 Vitamin A value..... I.U.	9700	7260
24 Thiamine.....mg..	.88	.91
25 Riboflavin.....mg..	1.87	1.49
26 Niacin.....mg..	12.5	14.8
27 Ascorbic acid.....mg..	65	84
28 Cholesterol.....mg..	890	1056
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2456	2482
30 Eggs.....g..	704	1027
31 Meat, poultry, fish.....g..	945	1091
32 Fats, oils.....g..	321	282
33 Dry beans and peas, nuts.....g..	215	48
34 Flour equivalent.....g..	1215	1302
35 Vegetables.....g..	1417	1256
36 Fruits.....g..	983	1185
37 Sugars, sweets.....g..	756	750
38 Alcoholic beverages.....g..	1665	2250

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FOODS, 1 WEEK, 1953

Subject No. 23

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	93	633
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	121	205
43 Buttermilk		
44 Evaporated, malted	699	96
45 Cream: 20% fat	138	173
46 30-36% fat		
47 Cheese: Cottage	140	
48 Swiss, cheddar		113
49 Ice cream	405	35
50 Eggs	600	896
51 Puddings: Milk __ Milk & egg ✓	110	
52 Egg salad		
53 Beef: With fat & bone		94
54 With fat, no bone	30	
55 Lean only	140	
56 Pork: With fat & bone		213
57 With fat, no bone	145	
58 Lean only		32
59 Veal __ Lamb ✓: With fat & bone	271	
60 With fat, no bone		
61 Lean only		
62 Meat-rice		400
63 Liver-beef	60	
64 Head cheese	28	
65 Rabbit __ Game ✓: venison, lean only	120	
66 Poultry: With bone: Chicken		350
67 No bone: Turkey	30	
68 Fish: Salmon[1], smoked fish, halibut	58	188
69 Shellfish: Scallops[1]	30	
70 Tuna-rice, chicken bombay	250	
71 Butter ✓ Margarine __	122	100
72 Beef fat & beef fat drippings		
73 Bacon __ Bacon & pork fat drippings __		
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	113	90
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk __	90	
79 Dry beans & peas, cooked	215	
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	332	154
83 Cracked-wheat, rye	97	251
84 Biscuits, blueberry muffins	58	27
85 Crackers	98	54

	1st wk. G.	2d wk. G.
86 Cookies	92	175
87 Sweet buns ✓ Doughnuts ✓	30	246
88 Cake: Iced: Plain	75	220
Not iced: Angel	178	102
89 Pie: Fruit __ Custard ✓ Nut ✓	172	210
90 Ready-to-eat cereal: Corn Flakes	32	10
91 Puffed rice		8
92 Other cereal: Malted Wheat/Rice	132	140
93 Malted wheat, oats, rice	135	78
94 Macaroni, spaghetti __ Noodles		
95 Spaghetti-cheese	139	
96 White potatoes[1,3,4]	285	130
97 Tomatoes, tomato products	175	59
98 Deep-yellow vegetables: Carrots[1,5]	75	174
99		
100 Dark-green vegetables: Green pepper	5	10
101		
102 Other vegetables: Lettuce / Corn[1]	175	146
103 Beans[1], asparagus[1], beets[1], pickle, corn[1], olives	557	577
104		
105 Soup: Meat __ Grain product __ Dry bean, pea __ Vegetable __ Milk		
106 Oranges ✓ Lemons __ : AP		110
107 EP	35	
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Orange	442	490
111 Other fruit juice: Pineapple	60	54
112 Dried fruits:		
113 Apples: AP		
114 EP	100	
115 Bananas: AP __ EP		123
116 Other fruits: AP:		
117 EP: Berries[1], pineapple[1], peaches[1], mixed[1]	339	408
118 Gelatin pudding	30	
119 Sugars	65	65
120 Sirup __ Molasses __ Honey ✓	120	104
121 Jelly, jam __ Fruit butters __		
122 Candy: Jelly beans, fudge, nuts, chocolate nut roll	357	377
123 Water ices, sherbets		
124 Soft drinks	115	
125 Coffee ✓ Tea ✓ cups	24	30
126 Beer	1620	2160
127 Wine		
128 Whiskey	45	90

DATA FOR SUBJECT NO. 24

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	60
2 Height.....cm..	188.0
3 Weight.....kg..	79.4
4 Actual weight/normal weight.....%..	88.4
5 Blood cholesterol.....mg.%..	282
6 Blood pressure rate.....mm Hg..	117/72

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	1996	2462
8 Alcohol only.....Cal..	13	249
9 Protein: Total.....g..	107.8	111.9
10 From animal foods.....g..	86.0	87.8
11 Fat: Total.....g..	72.3	92.0
12 Fat Cal./total Cal.....%..	33	34
13 From animal foods.....g..	48.5	59.4
14 Fatty acids: Saturated.....g..	27	32
15 Unsaturated: Oleic.....g..	28	38
16 Linoleic.....g..	11	12
17 Carbohydrate: Total.....g..	224.8	240.6
18 From milk.....g..	35.4	29.0
19 From fruits, sweets.....g..	49.0	43.9
20 From other plant foods.....g..	139.1	166.3
21 Calcium.....mg..	745	789
22 Iron.....mg..	15.6	17.1
23 Vitamin A value..... I.U.	5770	7720
24 Thiamine.....mg..	1.59	1.50
25 Riboflavin.....mg..	1.67	1.75
26 Niacin.....mg..	17.6	18.1
27 Ascorbic acid.....mg..	131	76
28 Cholesterol.....mg..	725	1011
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2711	2467
30 Eggs.....g..	391	671
31 Meat, poultry, fish.....g..	1812	1801
32 Fats, oils.....g..	269	290
33 Dry beans and peas, nuts.....g..	33	569
34 Flour equivalent.....g..	1215	1329
35 Vegetables.....g..	2341	2032
36 Fruits.....g..	1811	1157
37 Sugars, sweets.....g..	366	330
38 Alcoholic beverages.....g..	30	585

FOODS, 1 WEEK, 1953

Subject No. 24

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	122	152
40 Whole, 4.5% fat		
41 Skim	1476	1353
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage	114	20
48 Roquefort		16
49 Ice cream	324	114
50 Eggs	219	517
51 Puddings: Milk __ Milk & egg ✓	120	
52 Egg salad		
53 Beef: With fat & bone	227	
54 With fat, no bone		140
55 Lean only	953	298
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only		357
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chow mein	400	400
63 Tongue		73
64 Frankfurter, braunsweiger, sausage-smoked, summer	140	252
65 Rabbit __ Game ✓ : Wild duck		227
66 Poultry: With bone:		
67 No bone:		
68 Fish:		
69 Shellfish: Shrimp[1]	185	234
70 Tuna-rice-eggs	228	
71 Butter ✓ Margarine ✓	54	20
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings	10	10
74 Lard		
75 Vegetable fat		3
76 Vegetable oil ✓ Salad dressing ✓	59	42
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	120	150
79 Dry beans & peas, cooked		506
80 Peanuts, shelled		
81 Nuts, shelled: Pecans, mixed	10	25
82 Bread, rolls, not sweet: White	421	439
83 Rye	24	145
84 Biscuits, pancakes	188	64
85 Crackers		11
86 Cookies	153	25
87 Sweet buns ✓ Doughnuts	55	
88 Cake: Iced: Lemon, coconut	90	592
Not iced:		
89 Pie: Fruit __ Custard __ Nut ✓	185	215
90 Ready-to-eat cereal: Corn flakes		22
91		
92 Other cereal: Oatmeal/Rice	230	294
93 Rice	126	
94 Macaroni, spaghetti __ Noodles ✓	80	40
95		
96 White potatoes[1,3,4]	897	527
97 Tomatoes, tomato products		673
98 Deep-yellow vegetables: Carrots[1]/Sweetpotatoes[1]	132	226
99 Squash[1], carrots[1], rutabagas	102	283
100 Dark-green vegetables: Broccoli[1]	55	65
101		
102 Other vegetables: Peas[2]/Lettuce	312	87
103 Beans[1], lettuce, pickles, beets[1], onions[2]	648	215
104 Cole slaw	120	
105 Soup: Meat __ Grain product __ Dry bean, pea __ Vegetable __ Milk		
106 Oranges __ Lemons __ : AP		
107 EP		
108 Grapefruit: AP	570	285
109 EP		
110 Citrus fruit juice: Orange	721	123
111 Other fruit juice: Pear, grape		374
112 Dried fruits:		
113 Apples: AP		
114 EP		50
115 Bananas: AP __ EP		
116 Other fruits: AP:		
117 EP: Pineapple[1], pears[1,5], watermelon pickles	428	245
118		
119 Sugars	69	78
120 Sirup ✓ Molasses __ Honey		25
121 Jelly, jam ✓ Fruit butters	97	52
122 Candy: Chocolate creams	10	
123 Water ices, sherbets		
124 Soft drinks		201
125 Coffee ✓ Tea ... cups	46	46
126 Beer		
127 Wine		
128 Bourbon, scotch, brandy	30	585

DATA FOR SUBJECT NO. 25

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	59
2 Height.....cm..	171.4
3 Weight.....kg..	78.0
4 Actual weight/normal weight.....%..	107.1
5 Blood cholesterol.....mg.%..	224
6 Blood pressure rate.....mm Hg..	125/72

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2395	2705
8 Alcohol only.....Cal..	25	0
9 Protein: Total.....g..	113.2	95.8
10 From animal foods.....g..	83.8	64.7
11 Fat: Total.....g..	96.0	124.0
12 Fat Cal./total Cal.....%..	36	41
13 From animal foods.....g..	67.2	93.4
14 Fatty acids: Saturated.....g..	34	43
15 Unsaturated: Oleic.....g..	43	51
16 Linoleic.....g..	9	17
17 Carbohydrate: Total.....g..	275.6	321.2
18 From milk.....g..	39.9	31.2
19 From fruits, sweets.....g..	57.2	102.7
20 From other plant foods.....g..	177.0	184.7
21 Calcium.....mg..	860	1110
22 Iron.....mg..	17.5	15.6
23 Vitamin A value..... I.U.	9430	10730
24 Thiamine.....mg..	1.61	1.28
25 Riboflavin.....mg..	1.25	2.11
26 Niacin.....mg..	17.0	14.1
27 Ascorbic acid.....mg..	116	158
28 Cholesterol.....mg..	877	800
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3237	4279
30 Eggs.....g..	673	571
31 Meat, poultry, fish.....g..	1579	1160
32 Fats, oils.....g..	529	457
33 Dry beans and peas, nuts.....g..	158	126
34 Flour equivalent.....g..	1555	1861
35 Vegetables.....g..	2311	1630
36 Fruits.....g..	1864	3198
37 Sugars, sweets.....g..	310	445
38 Alcoholic beverages.....g..	60	0

FOODS, 1 WEEK, 1953

Subject No. 25

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	34	510
40 Whole, 4.5% fat		
41 Skim	676	684
42 Half & half, 12% fat	15	15
43 Buttermilk	732	244
44 Evaporated	172	236
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage	50	150
48 Cheddar, cream, swiss	62	169
49 Ice cream		266
50 Eggs	449	454
51 Puddings. Milk ✓ Milk & egg ✓	468	
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	133	227
55 Lean only	910	130
56 Pork: With fat & bone		
57 With fat, no bone		58
58 Lean only		
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chow mein, meat loaf, beef-rice, chili con carne	388	1106
63		
64 Sausage-summer, luncheon ham		42
65 Rabbit __ Game __ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Finnan Haddie[1], spiced herring	256	14
69 Shellfish:		
70 Chicken-noodles	120	
71 Butter ✓ Margarine ✓	166	198
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings ✓	92	57
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	86	94
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk __	31	42
79 Dry beans & peas, cooked	278	
80 Peanuts, shelled		
81 Nuts, shelled:		1
82 Bread, rolls, not sweet: White	497	852
83 Rye	257	
84 Muffins, waffles	156	238
85 Crackers	53	

	1st wk. G.	2d wk. G.
86 Cookies		
87 Sweet buns ✓ Doughnuts __	30	
88 Cake: Iced: Plain	150	231
Not iced: Angel, plain	160	237
89 Pie: Fruit ✓ Custard ✓ Nut __	502	310
90 Ready-to-eat cereal: Wheat flakes	30	88
91 Rice		36
92 Other cereal: Oatmeal	146	224
93 Farina		150
94 Macaroni, spaghetti __ Noodles ✓	44	65
95		
96 White potatoes[1,3,4]	710	114
97 Tomatoes, tomato products	424	
98 Deep-yellow vegetables: Carrots[5] / Rutabagas[1]	134	232
99 Carrots-peas[1], carrots[5]	112	113
100 Dark-green vegetables: Spinach[1]	100	
101		
102 Other vegetables: Lettuce	192	163
103 Asparagus[1], beets[1], celery, corn[3], beans[1]	221	201
104 Cole slaw	60	136
105 Soup: Meat __ Grain product __ Dry bean, pea __ Vegetable ✓	522	768
Milk		416
106 Oranges ✓ Lemons __ : AP	668	280
107 EP	116	145
108 Grapefruit: AP		758
109 EP	30	82
110 Citrus fruit juice: Grapefruit	208	1092
111 Other fruit juice:		
112 Dried fruits: Prunes[1,5]	222	288
113 Apples: AP		
114 EP	30	
115 Bananas: AP ✓ EP	50	
116 Other fruits: AP:		
117 EP: Peaches[1], avocados, mixed[1], pineapple[1], berries[1]	469	450
118 Gelatin pudding		166
119 Sugars	8	12
120 Sirup __ Molasses __ Honey ✓	80	154
121 Jelly, jam ✓ Fruit butters __		60
122 Candy: Marshmallow	6	
123 Water ices, sherbets		
124 Soft drinks	172	
125 Coffee ✓ Tea __ cups	44	35
126 Beer		
127 Wine		
128 Bourbon	60	

DATA FOR SUBJECT NO. 26

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	50
2 Height.....cm..	170.8
3 Weight.....kg..	73.2
4 Actual weight/normal weight.....%..	102.1
5 Blood cholesterol.....mg.%..	294
6 Blood pressure rate.....mm Hg..	107/71

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	1942	2126
8 Alcohol only.....Cal..	94	147
9 Protein: Total.....g..	83.1	75.4
10 From animal foods.....g..	60.9	56.6
11 Fat: Total.....g..	90.1	102.5
12 Fat Cal./total Cal.....%..	42	43
13 From animal foods.....g..	62.6	72.0
14 Fatty acids: Saturated.....g..	38	42
15 Unsaturated: Oleic.....g..	34	34
16 Linoleic.....g..	11	14
17 Carbohydrate: Total.....g..	185.1	200.1
18 From milk.....g..	27.7	26.9
19 From fruits, sweets.....g..	64.7	58.7
20 From other plant foods.....g..	91.8	83.5
21 Calcium.....mg..	275	684
22 Iron.....mg..	11.5	10.8
23 Vitamin A value..... I.U.	4720	6130
24 Thiamine.....mg..	1.10	.84
25 Riboflavin.....mg..	1.77	1.41
26 Niacin.....mg..	12.0	12.8
27 Ascorbic acid.....mg..	153	166
28 Cholesterol.....mg..	692	553
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3643	2596
30 Eggs.....g..	452	203
31 Meat, poultry, fish.....g..	1009	1089
32 Fats, oils.....g..	240	295
33 Dry beans and peas, nuts.....g..	321	70
34 Flour equivalent.....g..	602	527
35 Vegetables.....g..	1797	2003
36 Fruits.....g..	3004	3126
37 Sugars, sweets.....g..	296	349
38 Alcoholic beverages.....g..	255	387

FOODS, 1 WEEK, 1953

Subject No. 26

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	2440	1382
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	75	
43 Buttermilk		
44 Cocoa	200	
45 Cream: 20% fat	130	426
46 30-36% fat	15	60
47 Cheese: Cottage	95	84
48 Cheddar, cream	31	15
49 Ice cream	81	224
50 Eggs	436	178
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	225	404
55 Lean only	227	265
56 Pork: With fat & bone		
57 With fat, no bone	45	63
58 Lean only	163	
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62		
63		
64 Frankfurter	40	
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken		202
67 No bone:		
68 Fish: Herring fillet, trout	224	152
69 Shellfish:		
70 Salmon[3]	146	
71 Butter✓ Margarine__	92	112
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__		24
74 Lard		
75 Vegetable fat		
76 Vegetable oil✓ Salad dressing✓	70	100
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	30	98
79 Dry beans & peas, cooked	472	
80 Peanuts, shelled	65	
81 Nuts, shelled: Walnuts	20	66
82 Bread, rolls, not sweet: White	287	114
83 Raisin-rye, corn bread, whole-wheat	92	153
84		
85 Crackers	42	56

	1st wk. G.	2d wk. G.
86 Cookies	94	20
87 Sweet buns__ Doughnuts__		
88 Cake: Iced:		
Not iced:		
89 Pie: Fruit✓ Custard✓ Nut__	135	213
90 Ready-to-eat cereal: Puffed wheat/Shredded wheat 10		76
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti✓ Noodles__	83	
95		
96 White potatoes[1,2,3,4]	266	614
97 Tomatoes, tomato products	410	201
98 Deep-yellow vegetables: Carrots[5]/Sweet potatoes[1]	21	73
99 Carrots[5]		14
100 Dark-green vegetables: Broccoli[1]/Spinach[1]	38	57
101 Green pepper[5], spinach[5]	25	20
102 Other vegetables: Lettuce	375	425
103 Cauliflower[1], celery, cabbage[1], beans[1], peas[1], corn[1], sprouts[1]	548	686
104		
105 Soup: Meat✓ Grain product✓ Dry bean, pea__ Vegetable__	675	1202
Milk	250	187
106 Oranges__ Lemons__: AP		
107 EP		
108 Grapefruit: AP	1152	760
109 EP		
110 Citrus fruit juice: Orange	984	1205
111 Other fruit juice:		
112 Dried fruits: Dates		18
113 Apples: AP	280	352
114 EP	100	300
115 Bananas: AP__ EP__		
116 Other fruits: AP: Pear		130
117 EP: Apricot[1], peaches[1], berries[1]	335	213
118 Gelatin pudding-fruit	149	130
119 Sugars	94	148
120 Sirup__ Molasses__ Honey__		
121 Jelly, jam✓ Fruit butters__	25	102
122 Candy: Chocolate creams	18	40
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee✓ Tea__ cups	17	24
126 Beer		
127 Wine	30	82
128 Whiskey, gin, crème de menthe	225	312

DATA FOR SUBJECT NO. 27

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	52
2 Height.....cm..	174.0
3 Weight.....kg..	69.0
4 Actual weight/normal weight.....%..	92.5
5 Blood cholesterol.....mg.%..	299
6 Blood pressure rate.....mm Hg..	107/69

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2164	2310
8 Alcohol only.....Cal..	80	80
9 Protein: Total.....g..	64.3	75.9
10 From animal foods.....g..	37.2	45.9
11 Fat: Total.....g..	104.0	113.0
12 Fat Cal./total Cal.....%..	43	44
13 From animal foods.....g..	59.7	76.9
14 Fatty acids: Saturated.....g..	41	48
15 Unsaturated: Oleic.....g..	43	47
16 Linoleic.....g..	12	8
17 Carbohydrate: Total.....g..	238.1	242.5
18 From milk.....g..	22.0	28.6
19 From fruits, sweets.....g..	35.3	46.3
20 From other plant foods.....g..	177.6	167.0
21 Calcium.....mg..	534	845
22 Iron.....mg..	10.0	11.0
23 Vitamin A value..... I.U.	4200	4630
24 Thiamine.....mg..	.75	.80
25 Riboflavin.....mg..	1.19	1.79
26 Niacin.....mg..	12.8	12.3
27 Ascorbic acid.....mg..	33	32
28 Cholesterol.....mg..	610	609
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1586	3327
30 Eggs.....g..	441	395
31 Meat, poultry, fish.....g..	722	939
32 Fats, oils.....g..	426	320
33 Dry beans and peas, nuts.....g..	164	216
34 Flour equivalent.....g..	1320	1240
35 Vegetables.....g..	1213	1075
36 Fruits.....g..	556	464
37 Sugars, sweets.....g..	436	433
38 Alcoholic beverages.....g..	1440	1440

FOODS, 1 WEEK, 1953

Subject No. 27

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	45	1201
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	311	535
43 Buttermilk		
44 Malted, cocoa	680	750
45 Cream: 20% fat		
46 30-36% fat	5	
47 Cheese: Cottage		
48 Cheddar		20
49 Ice cream	71	
50 Eggs	299	277
51 Puddings: Milk __ Milk & egg ✓		125
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	80	453
55 Lean only		
56 Pork: With fat & bone		66
57 With fat, no bone	76	70
58 Lean only		
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Beef-macaroni, chili con carne, chow mein, meat balls	148	450
63		
64 Sausage-summer, liver, frankfurter	152	186
65 Rabbit __ Game __ :		
66 Poultry: With bone: Chicken	120	
67 No bone: Chicken	165	
68 Fish: Herrings		60
69 Shellfish: Oysters[1]	90	
70		
71 Butter ✓ Margarine __	151	129
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings ✓	17	23
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	21	18
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk __	130	182
79 Dry beans & peas, cooked		
80 Peanuts, shelled	72	54
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	441	778
83 Rye	46	
84 Pancakes	180	204
85 Crackers	90	56

	1st wk. G.	2d wk. G.
86 Cookies		
87 Sweet buns ✓ Doughnuts ✓	306	460
88 Cake: Iced: Chocolate	210	
Not iced:		
89 Pie: Fruit ✓ Custard __ Nut __	481	228
90 Ready-to-eat cereal:		
91		
92 Other cereal: Popcorn	50	21
93 Rice	40	
94 Macaroni, spaghetti __ Noodles ✓	50	
95		
96 White potatoes[1,3,4]	840	374
97 Tomatoes, tomato products	173	218
98 Deep-yellow vegetables: Carrots[1]	60	
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Peas[1,3]	100	234
103 Beans[1], lettuce, sauerkraut[1], onions[1]	190	170
104 Gelatin-vegetable salad		116
105 Soup: Meat __ Grain product __ Dry bean, pea ✓ Vegetable __ Milk	551	
106 Oranges __ Lemons __ : AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice:		
111 Other fruit juice: Pineapple		56
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP __ EP ✓	82	230
116 Other fruits: AP:		
117 EP: Pineapple[1], peaches[1]	183	42
118		
119 Sugars	16	12
120 Sirup ✓ Molasses __ Honey __	120	140
121 Jelly, jam ✓ Fruit butters __		93
122 Candy: Chocolate nut bar, chocolate creams	102	110
123 Water ices, sherbets		80
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	16	16
126 Beer	1440	1440
127 Wine		
128		

DATA FOR SUBJECT NO. 28

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	50
2 Height.....cm..	177.8
3 Weight.....kg..	70.6
4 Actual weight/normal weight.....%..	91.0
5 Blood cholesterol.....mg.%..	304
6 Blood pressure rate.....mm Hg..	113/67

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	3327	3561
8 Alcohol only.....Cal..	761	782
9 Protein: Total.....g..	104.8	107.9
10 From animal foods.....g..	71.8	80.3
11 Fat: Total.....g..	155.2	160.6
12 Fat Cal./total Cal.....%..	42	41
13 From animal foods.....g..	124.5	129.5
14 Fatty acids: Saturated.....g..	64	66
15 Unsaturated: Oleic.....g..	59	58
16 Linoleic.....g..	15	15
17 Carbohydrate: Total.....g..	286.7	323.0
18 From milk.....g..	48.5	39.0
19 From fruits, sweets.....g..	38.7	67.1
20 From other plant foods.....g..	198.7	216.0
21 Calcium.....mg..	1034	1043
22 Iron.....mg..	13.1	13.2
23 Vitamin A value..... I.U.	7580	7460
24 Thiamine.....mg..	1.33	1.44
25 Riboflavin.....mg..	3.28	3.95
26 Niacin.....mg..	27.9	24.6
27 Ascorbic acid.....mg..	100	51
28 Cholesterol.....mg..	904	956
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4931	5018
30 Eggs.....g..	428	443
31 Meat, poultry, fish.....g..	1349	1529
32 Fats, oils.....g..	604	619
33 Dry beans and peas, nuts.....g..	2.00	27
34 Flour equivalent.....g..	830	929
35 Vegetables.....g..	1683	1785
36 Fruits.....g..	1397	1575
37 Sugars, sweets.....g..	335	403
38 Alcoholic beverages.....g..	13665	14040

FOODS, 1 WEEK, 1953

Subject No. 28

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	3297	3273
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44 Evaporated, condensed	187	253
45 Cream: 20% fat	20	
46 30-36% fat		
47 Cheese: Cottage		
48 Blue, cream	72	72
49 Ice cream	355	355
50 Eggs	444	318
51 Puddings: Milk __ Milk & egg __		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	144	
55 Lean only		
56 Pork: With fat & bone	405	
57 With fat, no bone	176	805
58 Lean only		
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chow mein, hamburger casserole	422	
63		
64 Salami, liver-bacon spread, head cheese	198	227
65 Rabbit __ Game __ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Sun fish	235	559
69 Shellfish:		
70		
71 Butter ✓ Margarine __	325	328
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings ✓	77	36
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	60	64
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk __	50	
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled: Mixed	200	27
82 Bread, rolls, not sweet: White	85	
83 Whole wheat, rye	371	326
84 Pancakes		110
85 Crackers		40

	1st wk. G.	2d wk. G.
86 Cookies	227	140
87 Sweet buns, ✓ Doughnuts __	145	120
88 Cake: Iced: Chocolate		111
Not iced: Plain		30
89 Pie: Fruit __ Custard __ Nut ✓		240
90 Ready-to-eat cereal: Wheat flakes	103	181
91		
92 Other cereal: Rice	112	
93		
94 Macaroni, spaghetti __ Noodles ✓	76	
95		
96 White potatoes!	443	109
97 Tomatoes, tomato products	96	46
98 Deep-yellow vegetables: Carrots!		109
99		
100 Dark-green vegetables: Spinach!	130	
101		
102 Other vegetables: Corn!	204	482
103 Lettuce, cabbage!5, celery, onions!, pickle, radishes, beets	605	739
104 Cabbage-apple salad, slaw, potato salad	70	548
105 Soup: Meat __ Grain product __ Dry bean, pea __ Vegetable __ Milk		
106 Oranges __ Lemons __ : AP		
107 EP		
108 Grapefruit: AP	1089	
109 EP		
110 Citrus fruit juice: Orange	290	121
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP	18	129
115 Bananas: AP ✓ EP ✓		536
116 Other fruits: AP: Plums with pits!		738
117 EP:		
118		
119 Sugars	108	135
120 Sirup __ Molasses __ Honey __		
121 Jelly, jam ✓ Fruit butters __	86	67
122 Candy: Chocolate Caramel		10
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	16	18
126 Beer	13665	14040
127 Wine		
128		

DATA FOR SUBJECT NO. 29

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	51
2 Height.....cm..	180.3
3 Weight.....kg..	84.7
4 Actual weight/normal weight.....%..	105.1
5 Blood cholesterol.....mg.%..	313
6 Blood pressure rate.....mm Hg..	107/74

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2451	2583
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	108.3	103.3
10 From animal foods.....g..	84.4	74.2
11 Fat: Total.....g..	129.8	126.3
12 Fat Cal./total Cal.....%..	48	44
13 From animal foods.....g..	102.0	94.5
14 Fatty acids: Saturated.....g..	52	54
15 Unsaturated: Oleic.....g..	44	48
16 Linoleic.....g..	12	11
17 Carbohydrate: Total.....g..	209.8	260.2
18 From milk.....g..	23.4	30.6
19 From fruits, sweets.....g..	47.4	61.3
20 From other plant foods.....g..	131.8	162.6
21 Calcium.....mg..	882	815
22 Iron.....mg..	16.2	14.2
23 Vitamin A value..... I.U.	24620	6130
24 Thiamine.....mg..	1.25	.89
25 Riboflavin.....mg..	3.40	2.87
26 Niacin.....mg..	20.7	16.4
27 Ascorbic acid.....mg..	122	84
28 Cholesterol.....mg..	924	670
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3348	3511
30 Eggs.....g..	394	254
31 Meat, poultry, fish.....g..	2188	1873
32 Fats, oils.....g..	497	467
33 Dry beans and peas, nuts.....g..	0	315
34 Flour equivalent.....g..	768	995
35 Vegetables.....g..	2618	2041
36 Fruits.....g..	982	990
37 Sugars, sweets.....g..	209	258
38 Alcoholic beverages.....g..	0	0

FOODS, 1 WEEK, 1953

Subject No. 29

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	1952	1578
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		625
43	Buttermilk		
44			
45	Cream: 20% fat	240	143
46	30-36% fat	120	144
47	Cheese: Cottage	112	70
48	Cheddar	42	
49	Ice cream		263
50	Eggs	364	192
51	Puddings: Milk__ Milk & egg✓		125
52	Egg salad		
53	Beef: With ~~fat &~~ bone		283
54	With fat, no bone	250	100
55	Lean only	552	284
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		
59	Veal__ Lamb✓: With fat & bone		
60	With fat, no bone		120
61	Lean only		
62	Hamburger loaf		320
63	Liver-beef	195	
64	Sausage-polish	110	
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Red snapper, tuna[1], bass, pike	447	650
69	Shellfish: Oysters[1], lobster tails, in shell	500	80
70			
71	Butter✓ Margarine__	226	231
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	36	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	165	175
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		260
80	Peanuts, shelled		
81	Nuts, shelled:		36
82	Bread, rolls, not sweet: White	819	669
83			
84			
85	Crackers	119	287

		1st wk. G.	2d wk. G.
86	Cookies	25	90
87	Sweet buns__ Doughnuts✓	128	128
88	Cake: Iced: Plain	36	50
	Not iced: Plain	25	40
89	Pie: Fruit__ Custard__ Nut__		
90	Ready-to-eat cereal:		
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti__ Noodles__		
95	Italian spaghetti		150
96	White potatoes[1,3,4]	595	344
97	Tomatoes, tomato products	421	330
98	Deep-yellow vegetables: Squash[1]/Carrots[1]	100	72
99	Carrots[1]	50	
100	Dark-green vegetables: Spinach[1]	180	
101			
102	Other vegetables: Lettuce	642	555
103	Peas[1], asparagus[1], celery[5,1], Sauerkraut[1], corn[1]	546	545
104	Combination salad	100	
105	Soup: Meat✓ Grain product__	190	445
	Dry bean, pea✓ Vegetable✓	180	190
	Milk	240	
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	658	640
111	Other fruit juice: Grape, pineapple	224	110
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Apricots[1], peaches[1]		232
118	Gelatin pudding-fruit	200	
119	Sugars	114	116
120	Sirup✓ Molasses__ Honey__		8
121	Jelly, jam__ Fruit butters__		
122	Candy:		
123	Water ices, sherbets	166	
124	Soft drinks	230	1500
125	Coffee✓ Tea__ cups	29	31
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 30

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	52
2 Height.....cm..	168.3
3 Weight.....kg..	58.4
4 Actual weight/normal weight.....%..	83.6
5 Blood cholesterol.....mg.%..	324
6 Blood pressure rate.....mm Hg..	96/63

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2262	2101
8 Alcohol only.....Cal..	0	22
9 Protein: Total.....g..	81.7	83.2
10 From animal foods.....g..	58.9	59.2
11 Fat: Total.....g..	105.7	89.1
12 Fat Cal./total Cal.....%..	42	38
13 From animal foods.....g..	75.8	60.2
14 Fatty acids: Saturated.....g..	43	36
15 Unsaturated: Oleic.....g..	43	34
16 Linoleic.....g..	10	11
17 Carbohydrate: Total.....g..	269.2	243.3
18 From milk.....g..	11.5	18.0
19 From fruits, sweets.....g..	96.4	85.5
20 From other plant foods.....g..	145.3	138.5
21 Calcium.....mg..	656	626
22 Iron.....mg..	11.4	12.0
23 Vitamin A value..... I.U.	4880	3070
24 Thiamine.....mg..	.97	.85
25 Riboflavin.....mg..	1.54	1.34
26 Niacin.....mg..	12.3	16.0
27 Ascorbic acid.....mg..	101	90
28 Cholesterol.....mg..	659	570
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2175	2168
30 Eggs.....g..	374	272
31 Meat, poultry, fish.....g..	1228	1204
32 Fats, oils.....g..	392	406
33 Dry beans and peas, nuts.....g..	17	75
34 Flour equivalent.....g..	1071	1300
35 Vegetables.....g..	1995	1730
36 Fruits.....g..	1214	1414
37 Sugars, sweets.....g..	709	476
38 Alcoholic beverages.....g..	0	67

FOODS, 1 WEEK, 1953

Subject No. 30

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	854	1403
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	45	90
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	25	
47	Cheese: Cottage	102	138
48	Swiss	80	
49	Ice cream	123	
50	Eggs	295	241
51	Puddings: Milk ___ Milk & egg ✓	93	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	389	684
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	65	
58	Lean only		53
59	Veal ✓ Lamb ✓: With fat & bone		
60	With fat, no bone		44
61	Lean only	114	150
62	Beef pie, chili con carne	482	
63			
64	Boiled ham	170	
65	Rabbit ___ Game ___ :		
66	Poultry: With bone:		
67	No bone: Chicken		98
68	Fish: Smelts, salmon!	142	85
69	Shellfish: Shrimp!, oysters!	85	90
70			
71	Butter ✓ Margarine ___	147	125
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings ✓	56	32
74	Lard		
75	Vegetable fat		
76	Vegetable oil ___ Salad dressing ✓	95	105
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ___		30
79	Dry beans & peas, cooked		
80	Peanuts, shelled	17	75
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	584	370
83	Rye, whole-wheat	30	193
84	Muffins, corn fritters, dumplings	28	115
85	Crackers	84	40

		1st wk. G.	2d wk. G.
86	Cookies	151	101
87	Sweet buns ✓ Doughnuts ✓	138	108
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit ___ ✓ Custard ___ ✓ Nut ___	300	204
90	Ready-to-eat cereal: Wheat		50
91			
92	Other cereal: Farina/Mush	90	186
93	Oatmeal		180
94	Macaroni, spaghetti ✓ Noodles		128
95	Bread dressing	65	
96	White potatoes 1,4	534	454
97	Tomatoes, tomato products	338	540
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables: Spinach!	97	
101			
102	Other vegetables: Cabbage!/Lettuce	200	176
103	Beans!, peas!, lettuce, olives, asparagus!, cauliflower!	467	407
104	Slaw, potato salad	180	150
105	Soup: Meat ✓ Grain product ___	310	120
	Dry bean, pea ___ Vegetable ___		
	Milk		415
106	Oranges ✓ Lemons ___ : AP		
107	EP	87	36
108	Grapefruit: AP		
109	EP	198	34
110	Citrus fruit juice: Orange	523	738
111	Other fruit juice: Mixed		254
112	Dried fruits: Raisins, prunes	37	
113	Apples: AP		
114	EP	106	22
115	Bananas: AP ___ EP ✓	36	71
116	Other fruits: AP:		
117	EP: Pineapple!, pears!	44	167
118	Gelatin pudding-fruit	120	
119	Sugars	398	376
120	Sirup ___ Molasses ___ Honey ___		
121	Jelly, jam ✓ Fruit butters	67	23
122	Candy: Chocolate, peanut	85	
123	Water ices, sherbets		
124	Soft drinks		230
125	Coffee ✓ Tea ✓ cups	33	29
126	Beer		
127	Wine		22
128	Whiskey		45

DATA FOR SUBJECT NO. 31

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	51
2 Height.....cm..	175.3
3 Weight.....kg..	69.7
4 Actual weight/normal weight.....%..	92.0
5 Blood cholesterol.....mg.%..	325
6 Blood pressure rate.....mm Hg..	112/79

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2883	2298
8 Alcohol only.....Cal..	325	211
9 Protein: Total.....g..	111.1	90.9
10 From animal foods.....g..	88.3	70.8
11 Fat: Total.....g..	132.9	100.8
12 Fat Cal./total Cal.....%..	41	39
13 From animal foods.....g..	108.2	77.2
14 Fatty acids: Saturated.....g..	56	42
15 Unsaturated: Oleic.....g..	50	41
16 Linoleic.....g..	14	8
17 Carbohydrate: Total.....g..	245.4	192.9
18 From milk.....g..	20.9	14.7
19 From fruits, sweets.....g..	41.2	46.3
20 From other plant foods.....g..	180.0	130.5
21 Calcium.....mg..	573	514
22 Iron.....mg..	18.3	15.6
23 Vitamin A value..... I.U.	9820	4070
24 Thiamine.....mg..	1.65	.87
25 Riboflavin.....mg..	2.03	1.23
26 Niacin.....mg..	21.6	14.3
27 Ascorbic acid.....mg..	121	79
28 Cholesterol.....mg..	1178	1093
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1816	1246
30 Eggs.....g..	628	828
31 Meat, poultry, fish.....g..	2036	1485
32 Fats, oils.....g..	531	330
33 Dry beans and peas, nuts.....g..	0	305
34 Flour equivalent.....g..	1590	1179
35 Vegetables.....g..	1806	975
36 Fruits.....g..	1649	1631
37 Sugars, sweets.....g..	199	317
38 Alcoholic beverages.....g..	2100	810

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FOODS, 1 WEEK, 1953

Subject No. 31

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44 Malted	680	
45 Cream: 20% fat		
46 30-36% fat	335	190
47 Cheese: Cottage	20	30
48 Roquefort, Swiss, limburger	25	20
49 Ice cream	71	
50 Eggs	574	760
51 Puddings: Milk __ Milk & egg ✓		80
52 Egg salad		
53 Beef: With fat & bone		156
54 With fat, no bone	457	212
55 Lean only	540	
56 Pork: With fat & bone	460	
57 With fat, no bone	123	288
58 Lean only		
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Beef stew, dried beef[3]		212
63 Liver-calves	68	
64 Frankfurter		51
65 Rabbit __ Game ✓: Pheasant		257
66 Poultry: With bone: Duck	225	
67 No bone: Turkey		57
68 Fish:		
69 Shellfish: Oysters[1], shrimp[1]	160	367
70 Chicken fried rice	780	
71 Butter ✓ Margarine	251	204
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings	24	
74 Lard		
75 Vegetable fat		5
76 Vegetable oil ✓ Salad dressing ✓	105	30
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	70	285
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	637	848
83 Rye, whole wheat	189	69
84 Muffins		76
85 Crackers		

	1st wk. G.	2d wk. G.
86 Cookies	24	32
87 Sweet buns __ Doughnuts		
88 Cake: Iced: Spiced		40
Not iced:		
89 Pie: Fruit ✓ Custard ✓ Nut	304	444
90 Ready-to-eat cereal: Shredded wheat	96	46
91		
92 Other cereal: Wild rice	132	102
93 Oatmeal	100	
94 Macaroni, spaghetti __ Noodles		
95		
96 White potatoes[1,2,3,4]	863	432
97 Tomatoes, tomato products	175	
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables: Broccoli[1]/Green onions[5]	105	20
101 Green onions[5]	50	
102 Other vegetables: Corn[1,3]/Lettuce	210	185
103 Mushrooms[1], beans[1], asparagus[1], endive, corn[3], lettuce, pickles	440	454
104 Slaw, tossed salad	150	
105 Soup: Meat __ Grain product __ Dry bean, pea __ Vegetable __ Milk		
106 Oranges __ Lemons __ : AP		
107 EP		
108 Grapefruit: AP	250	1012
109 EP	44	
110 Citrus fruit juice: Orange	862	369
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP __ EP		
116 Other fruits: AP:		
117 EP: Pears[1], avocado[5]	386	114
118		
119 Sugars	48	41
120 Sirup ✓ Molasses __ Honey	30	
121 Jelly, jam ✓ Fruit butters	20	47
122 Candy: Fudge, chocolate-nut, mints	34	107
123 Water ices, sherbets		84
124 Soft drinks		290
125 Coffee ✓ Tea ... cups	36	37
126 Beer	1440	360
127 Wine	30	
128 Bourbon, gin	630	450

DATA FOR SUBJECT NO. 32

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	177.2
3 Weight.....kg..	76.8
4 Actual weight/normal weight.....%..	98.6
5 Blood cholesterol.....mg.%..	332
6 Blood pressure rate.....mm Hg..	121/82

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2702	2354
8 Alcohol only.....Cal..	38	47
9 Protein: Total.....g..	88.8	77.4
10 From animal foods.....g..	58.3	52.4
11 Fat: Total.....g..	137.1	113.0
12 Fat Cal./total Cal.....%..	46	43
13 From animal foods.....g..	91.9	84.9
14 Fatty acids: Saturated.....g..	57	49
15 Unsaturated: Oleic.....g..	54	43
16 Linoleic.....g..	12	10
17 Carbohydrate: Total.....g..	273.6	249.0
18 From milk.....g..	48.0	35.4
19 From fruits, sweets.....g..	64.1	79.4
20 From other plant foods.....g..	160.5	131.1
21 Calcium.....mg..	1136	836
22 Iron.....mg..	13.0	10.8
23 Vitamin A value..... I.U.	7900	5200
24 Thiamine.....mg..	1.18	.99
25 Riboflavin.....mg..	2.30	1.67
26 Niacin.....mg..	16.9	13.4
27 Ascorbic acid.....mg..	117	88
28 Cholesterol.....mg..	692	700
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5064	3779
30 Eggs.....g..	351	400
31 Meat, poultry, fish.....g..	1150	846
32 Fats, oils.....g..	317	293
33 Dry beans and peas, nuts.....g..	210	127
34 Flour equivalent.....g..	970	1064
35 Vegetables.....g..	2095	860
36 Fruits.....g..	1566	2202
37 Sugars, sweets.....g..	485	434
38 Alcoholic beverages.....g..	86	305

FOODS, 1 WEEK, 1953

Subject No. 32

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	1833	1676
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	180	40
43 Buttermilk		
44 Cocoa	625	
45 Cream: 20% fat	521	656
46 30-36% fat	50	105
47 Cheese: Cottage	43	65
48 Swiss, cheddar	57	30
49 Ice cream	554	454
50 Eggs	258	325
51 Puddings: Milk ✓ Milk & egg ✓	410	110
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	90	57
55 Lean only	230	
56 Pork: With fat & bone		
57 With fat, no bone		62
58 Lean only	90	
59 Veal Lamb ✓: With fat & bone		
60 With fat, no bone		
61 Lean only		90
62 Meat loaf, Italian spaghetti	122	265
63		
64 Sausage-liver, summer; Chopped ham	57	190
65 Rabbit Game :		
66 Poultry: With bone: Chicken	245	
67 No bone: Turkey, chicken	100	240
68 Fish: Pike, tuna[1]	175	50
69 Shellfish:		
70 Tuna-spaghetti[3]		91
71 Butter ✓ Margarine	121	101
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings ✓		37
74 Lard		
75 Vegetable fat		
76 Vegetable oil Salad dressing ✓	56	60
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk	20	50
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled: Walnut, mixed, coconut	123	42
82 Bread, rolls, not sweet: White	94	116
83 Whole-wheat, rye	255	281
84 Biscuits, muffins, bread sticks	113	178
85 Crackers	66	32

	1st wk. G.	2d wk. G.
86 Cookies	115	52
87 Sweet buns ✓ Doughnuts ✓	214	142
88 Cake: Iced: Chocolate	180	40
Not iced: Fruit, angel	30	107
89 Pie: Fruit ✓ Custard Nut	118	276
90 Ready-to-eat cereal: Puffed rice / Corn flakes	80	140
91 Corn flakes, puffed rice	90	20
92 Other cereal:		
93		
94 Macaroni, spaghetti Noodles		
95 Bread dressing[1,3,4]	10	30
96 White potatoes	521	299
97 Tomatoes, tomato products	365	
98 Deep-yellow vegetables: Squash[1] / Carrots[5]	178	30
99 Carrots[5]	60	
100 Dark-green vegetables: Winter cress[5]	45	
101 Green peppers[5]	25	
102 Other vegetables: Lettuce	190	168
103 Asparagus[1], cabbage[5], peas[1], celery, corn[2], beets[1], olives	530	311
104		
105 Soup: Meat Grain product Dry bean, pea ✓ Vegetable ✓	500	666
Milk	500	
106 Oranges ✓ Lemons : AP		
107 EP	75	35
108 Grapefruit: AP		
109 EP	228	
110 Citrus fruit juice: Orange, grapefruit	781	1025
111 Other fruit juice: Grape		127
112 Dried fruits:		
113 Apples: AP		
114 EP	20	
115 Bananas: AP EP		
116 Other fruits: AP: Pear	50	
117 EP: Pineapple[5], avocado[5], berries[1], mixed, peaches[1]	328	781
118 Gelatin pudding with and without fruit		182
119 Sugars	49	21
120 Sirup ✓ Molasses Honey ✓	50	125
121 Jelly, jam ✓ Fruit butters		77
122 Candy: Chocolate, peanut brittle, marshmallow	90	45
123 Water ices, sherbets		
124 Soft drinks	230	174
125 Coffee ✓ Tea cups	28	28
126 Beer		
127 Wine	50	260
128 Bourbon	45	45

DATA FOR SUBJECT NO. 33

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	53
2 Height.....cm..	168.3
3 Weight.....kg..	71.8
4 Actual weight/normal weight.....%..	102.9
5 Blood cholesterol.....mg.%..	340
6 Blood pressure rate.....mm Hg..	136/87

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2314	2473
8 Alcohol only.....Cal..	168	375
9 Protein: Total.....g..	78.4	88.6
10 From animal foods.....g..	57.9	60.1
11 Fat: Total.....g..	111.9	100.0
12 Fat Cal./total Cal.....%..	44	36
13 From animal foods.....g..	78.9	68.8
14 Fatty acids: Saturated.....g..	46	44
15 Unsaturated: Oleic.....g..	43	37
16 Linoleic.....g..	13	10
17 Carbohydrate: Total.....g..	232.1	243.4
18 From milk.....g..	33.7	33.4
19 From fruits, sweets.....g..	72.9	67.6
20 From other plant foods.....g..	125.1	143.1
21 Calcium.....mg..	1083	967
22 Iron.....mg..	12.0	9.9
23 Vitamin A value..... I.U.	6110	3570
24 Thiamine.....mg..	.86	1.03
25 Riboflavin.....mg..	1.90	1.88
26 Niacin.....mg..	14.8	14.6
27 Ascorbic acid.....mg..	60	45
28 Cholesterol.....mg..	467	929
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5411	4975
30 Eggs.....g..	183	163
31 Meat, poultry, fish.....g..	799	1009
32 Fats, oils.....g..	349	235
33 Dry beans and peas, nuts.....g..	31	174
34 Flour equivalent.....g..	652	1261
35 Vegetables.....g..	2369	888
36 Fruits.....g..	1172	809
37 Sugars, sweets.....g..	391	430
38 Alcoholic beverages.....g..	2908	3855

FOODS, 1 WEEK, 1953

Subject No. 33

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat	3965	2765
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44	Evaporated	195	210
45	Cream: 20% fat	340	400
46	30-36% fat		
47	Cheese: Cottage		50
48	Cheddar	60	28
49	Ice cream	36	231
50	Eggs	144	148
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone		
55	Lean only	295	294
56	Pork: With fat & bone		
57	With fat, no bone	172	223
58	Lean only		
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62			
63			
64	Sausage-thuringer		132
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone: Turkey, chicken	284	205
68	Fish: Anchovies-capers[1], pike	48	54
69	Shellfish:		
70			
71	Butter✓ Margarine✓	102	71
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	28	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	15	20
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__		30
79	Dry beans & peas, cooked		110
80	Peanuts, shelled		70
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	92	218
83	Whole-wheat	115	69
84	Wheat cakes	85	
85	Crackers	40	80

		1st wk. G.	2d wk. G.
86	Cookies		14
87	Sweet buns✓ Doughnuts__		110
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit✓ Custard__ Nut__	270	236
90	Ready-to-eat cereal:		
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti✓ Noodles__		454
95	Bread dressing[1,4,5], macaroni-cheese	376	520
96	White potatoes	703	268
97	Tomatoes, tomato products	910	254
98	Deep-yellow vegetables: Sweet potatoes[2]	155	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Olives/Pickles	192	106
103	Onions[1], lettuce, cucumbers, beans[1]	301	118
104	Chow mein, slaw	200	60
105	Soup: Meat✓ Grain product__		505
	Dry bean, pea✓ Vegetable✓	184	432
	Milk		
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange		123
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP✓	160	122
116	Other fruits: AP:		
117	EP: Berries[1], peaches[1], pineapple[1], pears[1], fruit cocktail[1]	890	458
118			
119	Sugars		
120	Sirup✓ Molasses__ Honey__	164	
121	Jelly, jam✓ Fruit butters__	15	
122	Candy: Cough drops, chocolate marsh, chocolate creams	144	5 340
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee✓ Tea__ cups	30	32
126	Beer	2880	3240
127	Wine	9	135
128	Gin, bourbon	19	480

DATA FOR SUBJECT NO. 34

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	168.3
3 Weight.....kg..	81.0
4 Actual weight/normal weight.....%..	115.6
5 Blood cholesterol.....mg.%..	346
6 Blood pressure rate.....mm Hg..	121/83

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2640	2411
8 Alcohol only.....Cal..	80	46
9 Protein: Total.....g..	99.2	104.1
10 From animal foods.....g..	67.8	82.2
11 Fat: Total.....g..	124.3	97.5
12 Fat Cal./total Cal.....%..	42	36
13 From animal foods.....g..	92.2	66.6
14 Fatty acids: Saturated.....g..	54	40
15 Unsaturated: Oleic.....g..	47	36
16 Linoleic.....g..	12	12
17 Carbohydrate: Total.....g..	279.3	284.0
18 From milk.....g..	52.6	54.7
19 From fruits, sweets.....g..	73.6	78.7
20 From other plant foods.....g..	151.0	147.9
21 Calcium.....mg..	1476	1714
22 Iron.....mg..	12.4	12.9
23 Vitamin A value..... I.U.	5290	5760
24 Thiamine.....mg..	1.20	1.08
25 Riboflavin.....mg..	2.56	2.84
26 Niacin.....mg..	16.2	13.2
27 Ascorbic acid.....mg..	89	109
28 Cholesterol.....mg..	701	693
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	7406	8376
30 Eggs.....g..	325	408
31 Meat, poultry, fish.....g..	946	740
32 Fats, oils.....g..	508	512
33 Dry beans and peas, nuts.....g..	60	0
34 Flour equivalent.....g..	1516	1176
35 Vegetables.....g..	1534	1655
36 Fruits.....g..	1426	1763
37 Sugars, sweets.....g..	254	144
38 Alcoholic beverages.....g..	1440	420

FOODS, 1 WEEK, 1953

Subject No. 34

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	1414	
40 Whole, 4.5% fat		
41 Skim	4132	7231
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	15	
47 Cheese: Cottage		
48 Cheddar, swiss, roquefort, cream	146	142
49 Ice cream	370	
50 Eggs	281	394
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	123	375
55 Lean only	377	
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only	95	
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Beef, vegetables, dried beef[3], meat sauce-spaghetti	430	335
63		
64		
65 Rabbit__ Game__ :		
66 Poultry: With bone:		
67 No bone: Chicken		213
68 Fish:		
69 Shellfish:		
70 Chicken[3]		267
71 Butter✓ Margarine__	328	239
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings✓	38	96
74 Lard	5	
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	56	70
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	40	
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled: Mixed	60	
82 Bread, rolls, not sweet: White	316	125
83 Whole-wheat	104	90
84 Biscuits		68
85 Crackers	314	492

	1st wk. G.	2d wk. G.
86 Cookies	56	125
87 Sweet buns__ Doughnuts__		
88 Cake: Iced: Plain	60	
Not iced:		
89 Pie: Fruit__ Custard✓ Nut__	140	
90 Ready-to-eat cereal: Wheat flakes/Corn flakes	36	91
91 Puffed rice, wheat flakes	60	65
92 Other cereal: Oatmeal/Farina	115	177
93 Farina, rice	161	
94 Macaroni, spaghetti__ Noodles✓	404	65
95		
96 White potatoes[1,3,4]	163	360
97 Tomatoes, tomato products	243	
98 Deep-yellow vegetables: Rutabagas[3]/Carrots[1]	90	68
99		
100 Dark-green vegetables: Mustard greens[1]		103
101		
102 Other vegetables: Parsnips[1]/Lettuce	220	284
103 Beans[1], lettuce, asparagus[1], peas[1], turnips[1], celery, beets[1]	558	677
104 Chop suey	332	
105 Soup: Meat✓ Grain product✓	674	
Dry bean, pea__ Vegetable✓		176
Milk		
106 Oranges✓ Lemons__ : AP		
107 EP	269	123
108 Grapefruit: AP	93	109
109 EP	357	271
110 Citrus fruit juice: Orange		187
111 Other fruit juice:		
112 Dried fruits: Raisin, dates, prunes	288	152
113 Apples: AP		
114 EP		
115 Bananas: AP__ EP✓	20	119
116 Other fruits: AP:		
117 EP: Peaches[1], pineapple[1], berries[1], mixed[1]	339	802
118 Gelatin pudding-fruit	90	
119 Sugars		31
120 Sirup__ Molasses__ Honey✓		71
121 Jelly, jam✓ Fruit butters__	10	
122 Candy: Praline, hard	135	
123 Water ices, sherbets		
124 Soft drinks	920	920
125 Coffee✓ Tea✓ cups	17	24
126 Beer	1440	360
127 Wine		
128 Whiskey		60

DATA FOR SUBJECT NO. 35

PHYSIOLOGICAL DATA:		1953
1 Age	yr.	56
2 Height	cm.	172.7
3 Weight	kg.	67.4
4 Actual weight/normal weight	%	91.1
5 Blood cholesterol	mg.%	358
6 Blood pressure rate	mm Hg	125/79

NUTRIENTS PER DAY:		1953 record 1st week	1953 record 2d week
7 Food energy: Total	Cal.	2584	2453
8 Alcohol only	Cal.	134	89
9 Protein: Total	g.	97.4	86.4
10 From animal foods	g.	70.2	55.9
11 Fat: Total	g.	117.8	138.1
12 Fat Cal./total Cal	%	41	51
13 From animal foods	g.	80.8	65.1
14 Fatty acids: Saturated	g.	48	49
15 Unsaturated: Oleic	g.	49	51
16 Linoleic	g.	11	26
17 Carbohydrate: Total	g.	256.2	276.4
18 From milk	g.	10.4	14.4
19 From fruits, sweets	g.	44.0	62.3
20 From other plant foods	g.	202.2	198.4
21 Calcium	mg.	598	641
22 Iron	mg.	13.0	13.4
23 Vitamin A value	I.U.	4590	5130
24 Thiamine	mg.	1.52	1.00
25 Riboflavin	mg.	1.28	1.31
26 Niacin	mg.	18.1	14.1
27 Ascorbic acid	mg.	124	72
28 Cholesterol	mg.	650	653
GROUPS OF FOOD, 1 WEEK:			
29 Milk, calcium equivalent	g.	1861	2189
30 Eggs	g.	287	365
31 Meat, poultry, fish	g.	1584	1388
32 Fats, oils	g.	478	344
33 Dry beans and peas, nuts	g.	1	149
34 Flour equivalent	g.	1470	1532
35 Vegetables	g.	1951	1758
36 Fruits	g.	1809	1221
37 Sugars, sweets	g.	438	602
38 Alcoholic beverages	g.	315	210

FOODS, 1 WEEK, 1953

Subject No. 35

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	60	10
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	45	
43	Buttermilk		
44			
45	Cream: 20% fat		90
46	30-36% fat		10
47	Cheese: Cottage		30
48	Cheddar	98	93
49	Ice cream	253	437
50	Eggs	158	236
51	Puddings: Milk ✓ Milk & egg ✓	124	248
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	230	188
55	Lean only	355	472
56	Pork: With fat & bone		81
57	With fat, no bone	271	296
58	Lean only	56	
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Meat loaf, Irish stew		314
63			
64	Chopped ham, Sausage-Swedish	208	
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone: Chicken	372	129
68	Fish: Salmon[1]	80	
69	Shellfish:		
70			
71	Butter ✓ Margarine __	215	91
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings __	10	6
74	Lard		
75	Vegetable fat	5	5
76	Vegetable oil __ Salad dressing ✓	45	65
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __	275	
79	Dry beans & peas, cooked		150
80	Peanuts, shelled		
81	Nuts, shelled:		6
82	Bread, rolls, not sweet: White	456	360
83	Whole-wheat, cracked-wheat, rye	101	149
84	Pancakes	124	251
85	Crackers		8
86	Cookies	214	43
87	Sweet buns ✓ Doughnuts ✓	341	430
88	Cake: Iced:		
	Not iced: Angel, plain, fruit	212	471
89	Pie: Fruit ✓ Custard ✓ Nut __	498	382
90	Ready-to-eat cereal:		
91			
92	Other cereal: Farina	70	130
93			
94	Macaroni, spaghetti __ Noodles ✓	100	
95			
96	White potatoes[1,2,4]	1142	823
97	Tomatoes, tomato products	285	150
98	Deep-yellow vegetables: Carrots[1]	58	108
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Corn[1] / Cabbage[1]	357	170
103	Peas[1], lettuce, pickles, corn[1], asparagus[1], onions[1], celery	295	422
104	Slaw		40
105	Soup: Meat ✓ Grain product __		290
	Dry bean, pea __ Vegetable __		
	Milk		
106	Oranges __ Lemons __ : AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange, grapefruit	1353	443
111	Other fruit juice:		
112	Dried fruits: Prunes, raisins		373
113	Apples: AP		43
114	EP		
115	Bananas: AP __ EP __		
116	Other fruits: AP:		
117	EP: Pineapple[1], fruit cup, pears[1], berries[1], peaches[1], cherries[1]	272	245
118	Gelatin pudding	120	
119	Sugars		7
120	Sirup ✓ Molasses __ Honey __	50	240
121	Jelly, jam ✓ Fruit butters __	46	29
122	Candy: Chocolate-nuts	25	
123	Water ices, sherbets		
124	Soft drinks	174	
125	Coffee ✓ Tea __ cups	28	38
126	Beer		
127	Wine		
128	Scotch, bourbon	315	210

DATA FOR SUBJECT NO. 36

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	51
2 Height.....cm..	174.6
3 Weight.....kg..	81.1
4 Actual weight/normal weight.....%..	108.0
5 Blood cholesterol.....mg.%..	358
6 Blood pressure rate.....mm Hg..	125/82

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	3125	3337
8 Alcohol only.....Cal..	383	434
9 Protein: Total.....g..	138.4	110.9
10 From animal foods.....g..	114.7	85.6
11 Fat: Total.....g..	136.9	140.0
12 Fat Cal./total Cal.....%..	39	38
13 From animal foods.....g..	109.7	113.1
14 Fatty acids: Saturated.....g..	55	60
15 Unsaturated: Oleic.....g..	48	57
16 Linoleic.....g..	13	9
17 Carbohydrate: Total.....g..	245.8	307.3
18 From milk.....g..	36.5	56.7
19 From fruits, sweets.....g..	31.5	41.1
20 From other plant foods.....g..	173.9	204.4
21 Calcium.....mg..	1095	1127
22 Iron.....mg..	17.1	17.3
23 Vitamin A value..... I.U.	6200	16770
24 Thiamine.....mg..	1.52	1.62
25 Riboflavin.....mg..	2.40	3.18
26 Niacin.....mg..	19.0	18.8
27 Ascorbic acid.....mg..	120	116
28 Cholesterol.....mg..	1205	1317
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4560	5376
30 Eggs.....g..	754	964
31 Meat, poultry, fish.....g..	2591	1554
32 Fats, oils.....g..	464	532
33 Dry beans and peas, nuts.....g..	0	38
34 Flour equivalent.....g..	1125	1591
35 Vegetables.....g..	2155	2262
36 Fruits.....g..	1872	1675
37 Sugars, sweets.....g..	245	385
38 Alcoholic beverages.....g..	902	1022

FOODS, 1 WEEK, 1953
Subject No. 36

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim	3386	3693
42 Half & half, 12% fat	30	15
43 Buttermilk		
44		
45 Cream: 20% fat	70	
46 30-36% fat		
47 Cheese: Cottage	85	
48 Camembert	28	
49 Ice cream	206	440
50 Eggs	709	914
51 Puddings: Milk__ Milk & egg✓	155	124
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	90	190
55 Lean only		
56 Pork: With fat & bone	387	
57 With fat, no bone		365
58 Lean only	132	
59 Veal✓ Lamb✓: With fat & bone		
60 With fat, no bone		114
61 Lean only	570	90
62 Corn beef hash, beef stew, lamb stew	630	390
63 Liver-beef		125
64 Sausage-liver, chopped ham		277
65 Rabbit__ Game__: Pheasant	27	
66 Poultry: With bone:		
67 No bone:		
68 Fish: Pike, lake trout, salmon[1]	972	
69 Shellfish: Oysters[1]	30	
70 Chicken[3], deviled crab		315
71 Butter✓ Margarine__	276	263
72 Beef fat & beef fat drippings	10	
73 Bacon✓		
Bacon & pork fat drippings✓	5	37
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	125	78
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk✓	55	35
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	690	863
83 Graham, rye, craked-wheat	201	73
84		
85 Crackers	60	

	1st wk. G.	2d wk. G.
86 Cookies	85	254
87 Sweet buns✓ Doughnuts__		70
88 Cake: Iced: Angel		95
Not iced:		
89 Pie: Fruit✓ Custard__ Nut__	624	790
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti__ Noodles✓		80
95		
96 White potatoes[1,2,3,4]	874	1076
97 Tomatoes, tomato products	231	136
98 Deep-yellow vegetables: Carrots[1]	30	
99		
100 Dark-green vegetables: Broccoli[1]/Spinach[3]	65	220
101		
102 Other vegetables: Lettuce	250	400
103 Peas[1], beets[1], beans[1], corn[1], sauerkraut[1]	505	510
104		
105 Soup: Meat✓ Grain product__	250	
Dry bean, pea__ Vegetable✓	250	125
Milk		255
106 Oranges__ Lemons__: AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Orange	1078	924
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP	175	
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Pineapple[5], pear[1], berries[1], rhubarb[1]	352	396
118		
119 Sugars	14	21
120 Sirup__ Molasses__ Honey__		
121 Jelly, jam✓ Fruit butters__	39	48
122 Candy:		
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee✓ Tea__ cups	43	45
126 Beer		
127 Wine		
128 Whiskey	902	1022

DATA FOR SUBJECT NO. 37

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	53
2 Height.....cm..	161.9
3 Weight.....kg..	69.8
4 Actual weight/normal weight.....%..	106.8
5 Blood cholesterol.....mg.%..	363
6 Blood pressure rate.....mm Hg..	119/75

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	1959	1759
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	69.5	67.7
10 From animal foods.....g..	50.0	52.2
11 Fat: Total.....g..	76.4	83.7
12 Fat Cal./total Cal.....%..	35	43
13 From animal foods.....g..	57.8	69.4
14 Fatty acids: Saturated.....g..	32	38
15 Unsaturated: Oleic.....g..	30	31
16 Linoleic.....g..	7	6
17 Carbohydrate: Total.....g..	213.1	186.5
18 From milk.....g..	12.7	16.2
19 From fruits, sweets.....g..	76.9	69.6
20 From other plant foods.....g..	120.3	97.0
21 Calcium.....mg..	513	600
22 Iron.....mg..	11.1	8.0
23 Vitamin A value..... I.U.	18780	10470
24 Thiamine.....mg..	.88	.87
25 Riboflavin.....mg..	2.23	1.77
26 Niacin.....mg..	18.7	13.4
27 Ascorbic acid.....mg..	94	79
28 Cholesterol.....mg..	452	445
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2552	2802
30 Eggs.....g..	149	108
31 Meat, poultry, fish.....g..	1100	1156
32 Fats, oils.....g..	289	281
33 Dry beans and peas, nuts.....g..	404	0
34 Flour equivalent.....g..	781	626
35 Vegetables.....g..	737	569
36 Fruits.....g..	1371	1185
37 Sugars, sweets.....g..	443	436
38 Alcoholic beverages.....g..	0	0

FOODS, 1 WEEK, 1953

Subject No. 37

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat....		
40 Whole, 4.5% fat.....	1220	1670
41 Skim.....		
42 Half & half, 12% fat.....	40	
43 Buttermilk.....		
44		
45 Cream: 20% fat.....		
46 30-36% fat.....	106	152
47 Cheese: Cottage.....	39	
48 Cream, cheddar	137	82
49 Ice cream.....		
50 Eggs.....	96	92
51 Puddings: Milk ✓ Milk & egg ✓...	100	193
52 Egg salad.....		
53 Beef: With fat & bone.....		
54 With fat, no bone.....	89	57
55 Lean only.....	93	
56 Pork: With fat & bone.....		
57 With fat, no bone.....		145
58 Lean only.....	60	106
59 Veal ✓ Lamb __ : With fat & bone..		
60 With fat, no bone.....		
61 Lean only.....		115
62 Ham-potatoes[3], meat loaf	110	128
63 Liver-beef	219	107
64 Sausage-summer, frankfurters	89	
65 Rabbit __ Game __ :		
66 Poultry: With bone: Chicken	320	
67 No bone: Chicken		165
68 Fish: Salmon', pickled herrings, sisco, smoked haddock	103	334
69 Shellfish:		
70 Tuna salad, tuna-noodles	332	
71 Butter ✓ Margarine __.....	97	175
72 Beef fat & beef fat drippings..	5	
73 Bacon ✓ Bacon & pork fat drippings ✓	12	
74 Lard.....	22	20
75 Vegetable fat.....		
76 Vegetable oil __ Salad dressing ✓		5
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry ✓ Milk ✓...	33	50
79 Dry beans & peas, cooked.....	361	
80 Peanuts, shelled.....		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	249	503
83 Whole-wheat	88	
84 Biscuit, shortcake	81	
85 Crackers.....	49	

	1st wk. G.	2d wk. G.
86 Cookies.....	279	110
87 Sweet buns ✓ Doughnuts ✓.....	55	212
88 Cake: Iced:		
Not iced:		
89 Pie: Fruit ✓ Custard __ Nut __..	189	
90 Ready-to-eat cereal: Wheat Flakes	10	60
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti __ Noodles __		
95		
96 White potatoes[1,4].....	520	471
97 Tomatoes, tomato products...		
98 Deep-yellow vegetables: Carrots[5]		10
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Corn'/Peas'	97	65
103 Peas', corn'	61	103
104		
105 Soup: Meat __ Grain product __ Dry bean, pea ✓ Vegetable __	368	
Milk.....		295
106 Oranges ✓ Lemons __ : AP.....		
107 EP.....	289	
108 Grapefruit: AP.....		72
109 EP.....	160	160
110 Citrus fruit juice: Grapefruit	639	953
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP.....		
114 EP.....	60	
115 Bananas: AP __ EP __.....		
116 Other fruits: AP:		
117 EP: Berries'	78	
118 Gelatin pudding-fruit	120	
119 Sugars.....	248	334
120 Sirup __ Molasses __ Honey __....		
121 Jelly, jam __ Fruit butters __		
122 Candy: Peanut cluster, chocolate pattie	131	14
123 Water ices, sherbets.....		
124 Soft drinks.....		
125 Coffee ✓ Tea __.....cups	16	24
126 Beer.....		
127 Wine.....		
128		

DATA FOR SUBJECT NO. 38

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	57
2 Height.....cm..	182.9
3 Weight.....kg..	87.4
4 Actual weight/normal weight.....%..	104.7
5 Blood cholesterol.....mg.%..	377
6 Blood pressure rate.....mm Hg..	134/86

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2608	2842
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	103.6	121.1
10 From animal foods.....g..	67.5	75.3
11 Fat: Total.....g..	113.2	105.7
12 Fat Cal./total Cal.....%..	39	33
13 From animal foods.....g..	72.7	53.8
14 Fatty acids: Saturated.....g..	41	38
15 Unsaturated: Oleic.....g..	44	43
16 Linoleic.....g..	16	16
17 Carbohydrate: Total.....g..	302.1	354.9
18 From milk.....g..	42.1	38.4
19 From fruits, sweets.....g..	80.3	81.6
20 From other plant foods.....g..	179.4	233.0
21 Calcium.....mg..	1079	927
22 Iron.....mg..	13.6	18.1
23 Vitamin A value..... I.U.	6580	6090
24 Thiamine.....mg..	1.53	2.02
25 Riboflavin.....mg..	1.84	1.99
26 Niacin.....mg..	20.4	21.7
27 Ascorbic acid.....mg..	18.6	179
28 Cholesterol.....mg..	454	602
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3512	3382
30 Eggs.....g..	124	145
31 Meat, poultry, fish.....g..	1716	1693
32 Fats, oils.....g..	374	326
33 Dry beans and peas, nuts.....g..	94	102
34 Flour equivalent.....g..	2554	2296
35 Vegetables.....g..	2387	3194
36 Fruits.....g..	2572	2245
37 Sugars, sweets.....g..	403	669
38 Alcoholic beverages.....g..	0	0

FOODS, 1 WEEK, 1953

Subject No. 38

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim	1619	1670
42 Half & half, 12% fat		
43 Buttermilk		
44 Cocoa	46	46
45 Cream: 20% fat		
46 30-36% fat	15	
47 Cheese: Cottage		
48 Cream		5
49 Ice cream	210	477
50 Eggs		
51 Puddings: Milk ✓ Milk & egg ✓	155	315
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone		440
55 Lean only		617
56 Pork: With fat & bone	228	
57 With fat, no bone	372	324
58 Lean only		
59 Veal ✓ Lamb : With fat & bone		
60 With fat, no bone		90
61 Lean only		
62 Beef casserole, ham casserole	727	640
63		
64 Spam	175	
65 Rabbit Game :		
66 Poultry: With bone:		
67 No bone: Chicken	182	
68 Fish:		
69 Shellfish: Scallops		115
70 Tuna casserole, chicken[3], salmon balls, tuna salad	797	105
71 Butter ✓ Margarine ✓	24	35
72 Beef fat & beef fat drippings		
73 Bacon		
Bacon & pork fat drippings ✓	30	10
74 Lard		
75 Vegetable fat		
76 Vegetable oil Salad dressing ✓	5	
77 Fat, oil, not specified		30
78 Gravy: Meat, poultry ✓ Milk ✓	416	145
79 Dry beans & peas, cooked		
80 Peanuts, shelled	36	60
81 Nuts, shelled: Coconut, english walnut	58	35
82 Bread, rolls, not sweet: White	353	611
83 Rye, whole-wheat	245	142
84 Biscuits, corn bread	360	337
85 Crackers	152	153

	1st wk. G.	2d wk. G.
86 Cookies	32	51
87 Sweet buns ✓ Doughnuts ✓	82	58
88 Cake: Iced:		
Not iced: Plain		40
89 Pie: Fruit ✓ Custard ✓ Nut	357	640
90 Ready-to-eat cereal: Corn flakes		85
91		
92 Other cereal: Farina / Oatmeal	469	616
93 Oatmeal, rice, popcorn, farina	619	193
94 Macaroni, spaghetti Noodles		
95 Bread dressing		70
96 White potatoes[1,3,4]	807	1341
97 Tomatoes, tomato products	110	395
98 Deep-yellow vegetables: Squash[1] / Carrots[1,5]	114	160
99 Carrots[1,5], rutabagas[1]	60	78
100 Dark-green vegetables: Broccoli[1]	230	
101		
102 Other vegetables: Peas[1,3] / Corn[1]	290	397
103 Cabbage[3], lettuce, celery, beans[1], asparagus[1], radishes	942	1007
104		
105 Soup: Meat, Grain product ✓	375	640
Dry bean, pea Vegetable		
Milk		
106 Oranges ✓ Lemons : AP		
107 EP	252	272
108 Grapefruit: AP		
109 EP	767	763
110 Citrus fruit juice: Oranges grapefruit	1120	694
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP ✓ EP ✓	420	260
116 Other fruits: AP:		
117 EP: Mixed[1]		123
118		
119 Sugars	147	55
120 Sirup ✓ Molasses Honey ✓	43	69
121 Jelly, jam ✓ Fruit butters		25
122 Candy: Chocolate-nuts, chocolate bits, pecan praline	76	168
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea cups	1	
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 39

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	51
2 Height.....cm..	177.8
3 Weight.....kg..	66.8
4 Actual weight/normal weight.....%..	85.6
5 Blood cholesterol.....mg.%..	435
6 Blood pressure rate.....mm Hg..	121/91

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2226	2235
8 Alcohol only.....Cal..	617	683
9 Protein: Total.....g..	71.5	71.9
10 From animal foods.....g..	45.7	52.5
11 Fat: Total.....g..	65.8	69.3
12 Fat Cal./total Cal.....%..	27	28
13 From animal foods.....g..	47.7	51.8
14 Fatty acids: Saturated.....g..	28	27
15 Unsaturated: Oleic.....g..	27	25
16 Linoleic.....g..	8	10
17 Carbohydrate: Total.....g..	224.3	199.6
18 From milk.....g..	11.6	7.8
19 From fruits, sweets.....g..	85.1	64.2
20 From other plant foods.....g..	123.2	123.3
21 Calcium.....mg..	572	415
22 Iron.....mg..	11.2	9.0
23 Vitamin A value..... I.U.	10740	4770
24 Thiamine.....mg..	.85	.50
25 Riboflavin.....mg..	1.77	1.32
26 Niacin.....mg..	17.4	15.4
27 Ascorbic acid.....mg..	137	103
28 Cholesterol.....mg..	577	486
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1894	1157
30 Eggs.....g..	246	234
31 Meat, poultry, fish.....g..	1057	1240
32 Fats, oils.....g..	320	291
33 Dry beans and peas, nuts.....g..	41	13
34 Flour equivalent.....g..	966	1023
35 Vegetables.....g..	1413	894
36 Fruits.....g..	1929	1506
37 Sugars, sweets.....g..	431	280
38 Alcoholic beverages.....g..	6818	6360

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FOODS, 1 WEEK, 1953

Subject No. 39

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat....		
40 Whole, 4.5% fat.....		
41 Skim.....		
42 Half & half, 12% fat.....		
43 Buttermilk.....		
44		
45 Cream: 20% fat.....		
46 30-36% fat.....		
47 Cheese: Cottage.....		78
48 Camembert, swiss, parmesan	172	89
49 Ice cream.....	156	64
50 Eggs.....	205	217
51 Puddings: Milk__ Milk & egg__ ...		
52 Egg salad.....		
53 Beef: With fat & bone.....		
54 With fat, no bone.....		289
55 Lean only.....	213	200
56 Pork: With fat & bone.....		
57 With fat, no bone.....		
58 Lean only.....	228	
59 Veal__ Lamb__ : With fat & bone..		
60 With fat, no bone.....		
61 Lean only.....		
62 Chipped beef[3], beef[3], ground meat-spaghetti sauce	200	762
63 Liver-beef	91	
64		
65 Rabbit__ Game__ :		
66 Poultry: With bone: Chicken	180	
67 No bone:		
68 Fish: Halibut, smelts		334
69 Shellfish: Crab meat[1], lobster tail[1]	205	
70 Chicken[3]		230
71 Butter ✓ Margarine__	101	119
72 Beef fat & beef fat drippings..		
73 Bacon ✓ Bacon & pork fat drippings ✓	78	
74 Lard.....		
75 Vegetable fat.....	2	
76 Vegetable oil__ Salad dressing ✓	104	171
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry ✓ Milk ✓...	300	45
79 Dry beans & peas, cooked.....		
80 Peanuts, shelled.....		
81 Nuts, shelled: Pecans		13
82 Bread, rolls, not sweet: White	164	345
83 Rye	200	121
84 Muffins	47	65
85 Crackers.....	73	30

	1st wk. G.	2d wk. G.
86 Cookies.....		
87 Sweet buns ✓ Doughnuts ✓.....	147	55
88 Cake: Iced:		
Not iced:		
89 Pie: Fruit__ Custard ✓ Nut__..	65	
90 Ready-to-eat cereal:		
91		
92 Other cereal: Rice	180	
93		
94 Macaroni, spaghetti ✓ Noodles ✓	250	410
95		
96 White potatoes[1,3,4].....	162	215
97 Tomatoes, tomato products...	506	26
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables: Broccoli[1] / Spinach[1]	100	150
101 Watercress[5], broccoli[1]	88	61
102 Other vegetables: Cabbage[1] / Lettuce	170	156
103 Beans[1], radishes, celery	160	55
104 Slaw		60
105 Soup: Meat ✓ Grain product__	180	
Dry bean, pea ✓ Vegetable ✓	1085	460
Milk.....	365	180
106 Oranges ✓ Lemons__ : AP.....	135	
107 EP.....		
108 Grapefruit: AP.....		
109 EP.....		
110 Citrus fruit juice: Oranges, grapefruit	1175	1321
111 Other fruit juice: Pineapple	317	
112 Dried fruits:		
113 Apples: AP.....		
114 EP.....		95
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Cherries[1], rhubarb[1], pineapple[1]	302	90
118		
119 Sugars.....	208	213
120 Sirup ✓ Molasses__ Honey__	40	15
121 Jelly, jam ✓ Fruit butters__	10	35
122 Candy: Peanut brittle	117	
123 Water ices, sherbets.....		
124 Soft drinks.....		
125 Coffee ✓ Tea ✓.....cups	34	34
126 Beer.....	6120	5160
127 Wine.....	38	360
128 Bourbon, gin,	660	840

1-WEEK FOOD RECORDS IN 1953, 20 MEN

DATA FOR SUBJECT NO. 40

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	181.6
3 Weight.....kg..	86.5
4 Actual weight/normal weight.....%..	105.5
5 Blood cholesterol.....mg.%..	198
6 Blood pressure rate.....mm Hg..	138/86

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2352	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	84.0	
10 From animal foods.....g..	55.9	
11 Fat: Total.....g..	101.1	
12 Fat Cal./total Cal.....%..	39	
13 From animal foods.....g..	72.2	
14 Fatty acids: Saturated.....g..	43	
15 Unsaturated: Oleic.....g..	41	
16 Linoleic.....g..	7	
17 Carbohydrate: Total.....g..	285.9	
18 From milk.....g..	36.8	
19 From fruits, sweets.....g..	69.2	
20 From other plant foods.....g..	179.3	
21 Calcium.....mg..	995	
22 Iron.....mg..	12.4	
23 Vitamin A value..... I.U.	4820	
24 Thiamine.....mg..	1.23	
25 Riboflavin.....mg..	2.01	
26 Niacin.....mg..	13.9	
27 Ascorbic acid.....mg..	60	
28 Cholesterol.....mg..	518	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4877	
30 Eggs.....g..	201	
31 Meat, poultry, fish.....g..	945	
32 Fats, oils.....g..	350	
33 Dry beans and peas, nuts.....g..	77	
34 Flour equivalent.....g..	1596	
35 Vegetables.....g..	1538	
36 Fruits.....g..	1307	
37 Sugars, sweets.....g..	371	
38 Alcoholic beverages.....g..	0	

FOODS, 1 WEEK, 1953

Subject No. 40

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	2708	
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	264	
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	15	
47 Cheese: Cottage	14	
48 Cream	20	
49 Ice cream	408	
50 Eggs	62	
51 Puddings: Milk ✓ Milk & egg ✓	286	
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	77	
55 Lean only	213	
56 Pork: With fat & bone	58	
57 With fat, no bone		
58 Lean only	84	
59 Veal ✓ Lamb __ : With fat & bone	89	
60 With fat, no bone		
61 Lean only		
62 Beef[3]	200	
63		
64 Ham loaf	200	
65 Rabbit __ Game __ :		
66 Poultry: With bone:		
67 No bone: Turkey, chicken	125	
68 Fish: Smelts	100	
69 Shellfish:		
70		
71 Butter ✓ Margarine __	120	
72 Beef fat & beef fat drippings		
73 Bacon __ Bacon & pork fat drippings ✓	5	
74 Lard		
75 Vegetable fat	15	
76 Vegetable oil __ Salad dressing ✓	15	
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	110	
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:	5	
82 Bread, rolls, not sweet: White	311	
83 Cracked wheat, rye, whole-wheat	225	
84 Waffles	157	
85 Crackers		

	1st wk. G.	2d wk. G.
86 Cookies	75	
87 Sweet buns ✓ Doughnuts ✓	230	
88 Cake: Iced: Chocolate, plain	60	
Not iced:		
89 Pie: Fruit ✓ Custard ✓ Nut __	683	
90 Ready-to-eat cereal: Bran flakes	68	
91 Wheat, corn flakes	80	
92 Other cereal: Farina	144	
93 Rice	95	
94 Macaroni, spaghetti __ Noodles __		
95 Bread dressing	30	
96 White potatoes[1,2,3,4]	586	
97 Tomatoes, tomato products	75	
98 Deep-yellow vegetables: Carrots-peas[3]	115	
99		
100 Dark-green vegetables: Broccoli[1]	80	
101		
102 Other vegetables: Lettuce	359	
103 Peas[1], beans[1], corn[1]	391	
104 Cabbage salad	40	
105 Soup: Meat __ Grain product __ Dry bean, pea ✓ Vegetable __	365	
Milk	55	
106 Oranges ✓ Lemons __ : AP		
107 EP	30	
108 Grapefruit: AP		
109 EP	112	
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits: Dates	142	
113 Apples: AP	150	
114 EP	296	
115 Bananas: AP __ EP ✓	56	
116 Other fruits: AP:		
117 EP: Peaches[1], pineapple[1]	275	
118 Gelatin pudding-Fruit	80	
119 Sugars	17	
120 Sirup __ Molasses __ Honey __		
121 Jelly, jam ✓ Fruit butters __	51	
122 Candy: Jelly beans	5	
123 Water ices, sherbets		
124 Soft drinks	381	
125 Coffee ✓ Tea __ cups	23	
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 41

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	58
2 Height.....cm..	189.9
3 Weight.....kg..	81.8
4 Actual weight/normal weight.....%..	88.6
5 Blood cholesterol.....mg.%..	215
6 Blood pressure rate.....mm Hg..	117/75

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	3201	
8 Alcohol only.....Cal..	102	
9 Protein: Total.....g..	105.6	
10 From animal foods.....g..	68.0	
11 Fat: Total.....g..	147.3	
12 Fat Cal./total Cal.....%..	41	
13 From animal foods.....g..	102.2	
14 Fatty acids: Saturated.....g..	64	
15 Unsaturated: Oleic.....g..	58	
16 Linoleic.....g..	12	
17 Carbohydrate: Total.....g..	322.2	
18 From milk.....g..	34.0	
19 From fruits, sweets.....g..	101.1	
20 From other plant foods.....g..	185.6	
21 Calcium.....mg..	1033	
22 Iron.....mg..	13.4	
23 Vitamin A value..... I.U.	12590	
24 Thiamine.....mg..	1.17	
25 Riboflavin.....mg..	2.44	
26 Niacin.....mg..	20.6	
27 Ascorbic acid.....mg..	123	
28 Cholesterol.....mg..	944	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3892	
30 Eggs.....g..	593	
31 Meat, poultry, fish.....g..	1183	
32 Fats, oils.....g..	456	
33 Dry beans and peas, nuts.....g..	289	
34 Flour equivalent.....g..	1256	
35 Vegetables.....g..	1702	
36 Fruits.....g..	2224	
37 Sugars, sweets.....g..	609	
38 Alcoholic beverages.....g..	240	

FOODS, 1 WEEK, 1953

Subject No. 41

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	1464	
40	Whole, 4.5% fat	1040	
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	20	
46	30-36% fat	420	
47	Cheese: Cottage		
48			
49	Ice cream	171	
50	Eggs	498	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	343	
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	28	
58	Lean only		
59	Veal__ Lamb__ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62			
63	Liver-calf	63	
64	Frankfurters	115	
65	Rabbit__ Game__ :		
66	Poultry: With bone: Chicken	180	
67	No bone: Chicken, turkey	156	
68	Fish: Pike	45	
69	Shellfish: Lobster tail, some shell	145	
70	Chicken[3]	359	
71	Butter✓ Margarine__	148	
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings✓	91	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing__		
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk✓	339	
79	Dry beans & peas, cooked		
80	Peanuts, shelled	227	
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	879	
83	Rye	20	
84			
85	Crackers	24	

		1st wk. G.	2d wk. G.
86	Cookies	277	
87	Sweet buns✓ Doughnuts✓	290	
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit__ Custard✓ Nut__	125	
90	Ready-to-eat cereal: Puffed rice	85	
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[3,4]	587	
97	Tomatoes, tomato products	224	
98	Deep-yellow vegetables: Carrots[1]	75	
99			
100	Dark-green vegetables: Spinach[1]	93	
101			
102	Other vegetables: Lettuce	181	
103	Peas[1], beans[1], asparagus[1]	269	
104			
105	Soup: Meat__ Grain product__ Dry bean, pea✓ Vegetable✓ Milk	747	
106	Oranges__ Lemons__ : AP		
107	EP		
108	Grapefruit: AP	582	
109	EP		
110	Citrus fruit juice: Orange	948	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Watermelon pickles mixed[5], pear[1], pineapple[1], peaches[1]	694	
118			
119	Sugars	144	
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam✓ Fruit butters__	75	
122	Candy: Chocolate mixture, Chocolate creams	226	
123	Water ices, sherbets		
124	Soft drinks	812	
125	Coffee✓ Tea__ cups	14	
126	Beer		
127	Wine		
128	Bourbon	240	

DATA FOR SUBJECT NO. 42

PHYSIOLOGICAL DATA:		1953
1 Age	yr	59
2 Height	cm	170.8
3 Weight	kg	69.4
4 Actual weight/normal weight	%	96.0
5 Blood cholesterol	mg.%	225
6 Blood pressure rate	mm Hg	130/79

NUTRIENTS PER DAY:		1953 record 1st week	1953 record 2d week
7 Food energy: Total	Cal	2297	
8 Alcohol only	Cal	57	
9 Protein: Total	g	84.4	
10 From animal foods	g	62.3	
11 Fat: Total	g	101.1	
12 Fat Cal./total Cal	%	40	
13 From animal foods	g	82.3	
14 Fatty acids: Saturated	g	46	
15 Unsaturated: Oleic	g	39	
16 Linoleic	g	5	
17 Carbohydrate: Total	g	243.8	
18 From milk	g	29.4	
19 From fruits, sweets	g	61.6	
20 From other plant foods	g	150.9	
21 Calcium	mg	1005	
22 Iron	mg	13.4	
23 Vitamin A value	I.U.	5690	
24 Thiamine	mg	1.03	
25 Riboflavin	mg	1.74	
26 Niacin	mg	10.7	
27 Ascorbic acid	mg	32	
28 Cholesterol	mg	1383	
GROUPS OF FOOD, 1 WEEK:			
29 Milk, calcium equivalent	g	4318	
30 Eggs	g	461	
31 Meat, poultry, fish	g	945	
32 Fats, oils	g	364	
33 Dry beans and peas, nuts	g	47	
34 Flour equivalent	g	1651	
35 Vegetables	g	1180	
36 Fruits	g	811	
37 Sugars, sweets	g	488	
38 Alcoholic beverages	g	135	

FOODS, 1 WEEK, 1953

Subject No. 42

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat....		
40 Whole, 4.5% fat.....	3482	
41 Skim.....		
42 Half & half, 12% fat.....		
43 Buttermilk.....		
44		
45 Cream: 20% fat.....		
46 30-36% fat.....		
47 Cheese: Cottage.....	43	
48 Roquefort	40	
49 Ice cream.....	119	
50 Eggs.....	376	
51 Puddings: Milk__Milk & egg__...		
52 Egg salad.....		
53 Beef: With fat & bone.....		
54 With fat, no bone.....	455	
55 Lean only.....	276	
56 Pork: With fat & bone.....		
57 With fat, no bone.....		
58 Lean only.....		
59 Veal__Lamb__: With fat & bone..		
60 With fat, no bone.....		
61 Lean only.....		
62		
63		
64 Frankfurters	100	
65 Rabbit__Game__:		
66 Poultry: With bone:		
67 No bone:		
68 Fish: White Fish	114	
69 Shellfish:		
70		
71 Butter✓Margarine__.....	211	
72 Beef fat & beef fat drippings..		
73 Bacon✓		
Bacon & pork fat drippings__	15	
74 Lard.....		
75 Vegetable fat.....		
76 Vegetable oil__Salad dressing✓	20	
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry✓Milk__...	45	
79 Dry beans & peas, cooked.....		
80 Peanuts, shelled.....		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	169	
83 Whole-wheat	236	
84		
85 Crackers.....		

	1st wk. G.	2d wk. G.
86 Cookies.....	34	
87 Sweet buns✓Doughnuts✓.....	386	
88 Cake: Iced: Plain	435	
Not iced:		
89 Pie: Fruit✓Custard__Nut__..	118	
90 Ready-to-eat cereal:		
Wheat germs	25	
91		
92 Other cereal: Rice	575	
93 Rice cereal, oatmeal	53	
94 Macaroni, spaghetti__Noodles__		
95		
96 White potatoes[1,3].....	110	
97 Tomatoes, tomato products...		
98 Deep-yellow vegetables:		
Carrots[1]	108	
99		
100 Dark-green vegetables:		
Green pepper[1]	20	
101		
102 Other vegetables:		
Lettuce	304	
103 Cabbages, beans[1], onions[1],		
olives, sauerkraut[1]	453	
104		
105 Soup: Meat__Grain product✓	317	
Dry bean, pea__Vegetable✓	375	
Milk.....	125	
106 Oranges__Lemons__: AP.....		
107 EP.....		
108 Grapefruit: AP.....		
109 EP.....		
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP.....		
114 EP.....		
115 Bananas: AP__EP✓.....	300	
116 Other fruits: AP:		
117 EP: Peaches[1], mixed[1]	458	
118		
119 Sugars.....	32	
120 Sirup__Molasses__Honey✓....	260	
121 Jelly, jam__Fruit butters__		
122 Candy: Chocolate creams	19	
123 Water ices, sherbets.....		
124 Soft drinks.....	210	
125 Coffee✓Tea__.....cups	27	
126 Beer.....		
127 Wine.....		
128 Bourbon	135	

DATA FOR SUBJECT NO. 43

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	56
2 Height.....cm..	175.9
3 Weight.....kg..	60.0
4 Actual weight/normal weight.....%..	78.2
5 Blood cholesterol.....mg.%..	227
6 Blood pressure rate.....mm Hg..	137/70

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2461	
8 Alcohol only.....Cal..	862	
9 Protein: Total.....g..	65.4	
10 From animal foods.....g..	37.5	
11 Fat: Total.....g..	73.0	
12 Fat Cal./total Cal.....%..	27	
13 From animal foods.....g..	64.2	
14 Fatty acids: Saturated.....g..	31	
15 Unsaturated: Oleic.....g..	28	
16 Linoleic.....g..	7	
17 Carbohydrate: Total.....g..	267.6	
18 From milk.....g..	45	
19 From fruits, sweets.....g..	65.9	
20 From other plant foods.....g..	196.8	
21 Calcium.....mg..	453	
22 Iron.....mg..	9.9	
23 Vitamin A value..... I.U.	3290	
24 Thiamine.....mg..	1.14	
25 Riboflavin.....mg..	1.53	
26 Niacin.....mg..	22.0	
27 Ascorbic acid.....mg..	52	
28 Cholesterol.....mg..	386	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	914	
30 Eggs.....g..	165	
31 Meat, poultry, fish.....g..	1029	
32 Fats, oils.....g..	234	
33 Dry beans and peas, nuts.....g..	0	
34 Flour equivalent.....g..	910	
35 Vegetables.....g..	1686	
36 Fruits.....g..	390	
37 Sugars, sweets.....g..	359	
38 Alcoholic beverages.....g..	15480	

FOODS, 1 WEEK, 1953

Subject No. 43

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat	313	
41	Skim		
42	Half & half, 12% fat	180	
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage		
48			
49	Ice cream	40	
50	Eggs	144	
51	Puddings: Milk ✓ Milk & egg	123	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone		
55	Lean only	61	
56	Pork: With ~~fat & bone~~ bone, no fat	60	
57	With fat, no bone	175	
58	Lean only	121	
59	Veal Lamb ✓: With ~~fat & bone~~ bone, no fat	105	
60	With fat, no bone		
61	Lean only		
62	Meat balls	143	
63			
64	Sausage-summer, head cheese	189	
65	Rabbit Game :		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Red salmon¹, sardines¹	200	
69	Shellfish:		
70			
71	Butter ✓ Margarine	172	
72	Beef fat & beef fat drippings		
73	Bacon		
	Bacon & pork fat drippings		
74	Lard		
75	Vegetable fat	19	
76	Vegetable oil Salad dressing		
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk	295	
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	394	
83	Whole-wheat, pumpernickel, rye	235	
84			
85	Crackers		
86	Cookies		
87	Sweet buns Doughnuts		
88	Cake: Iced: Angel	143	
	Not iced:		
89	Pie: Fruit Custard Nut		
90	Ready-to-eat cereal: Oats	219	
91			
92	Other cereal: Oatmeal	108	
93			
94	Macaroni, spaghetti Noodles		
95	Spaghetti-tomato sauce-celery	142	
96	White potatoes 1,3	559	
97	Tomatoes, tomato products	363	
98	Deep-yellow vegetables: Rutabagas¹	130	
99	Carrots¹	48	
100	Dark-green vegetables:		
101			
102	Other vegetables: Pickles	317	
103	Peas¹, beans¹, radishes	274	
104			
105	Soup: Meat Grain product Dry bean, pea Vegetable ✓	109	
	Milk		
106	Oranges Lemons : AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Oranges, grapefruit	346	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP ✓ EP	44	
116	Other fruits: AP:		
117	EP:		
118			
119	Sugars	304	
120	Sirup Molasses Honey		
121	Jelly, jam Fruit butters		
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea cups	22	
126	Beer	15480	
127	Wine		
128			

DATA FOR SUBJECT NO. 44

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	55
2 Height.....cm..	178.4
3 Weight.....kg..	85.4
4 Actual weight/normal weight.....%..	108.2
5 Blood cholesterol.....mg.%..	229
6 Blood pressure rate.....mm Hg..	119/76

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	3288	
8 Alcohol only.....Cal..	566	
9 Protein: Total.....g..	123.9	
10 From animal foods.....g..	95.5	
11 Fat: Total.....g..	132.4	
12 Fat Cal./total Cal.....%..	36	
13 From animal foods.....g..	110.9	
14 Fatty acids: Saturated.....g..	56	
15 Unsaturated: Oleic.....g..	52	
16 Linoleic.....g..	11	
17 Carbohydrate: Total.....g..	275.4	
18 From milk.....g..	109	
19 From fruits, sweets.....g..	52.8	
20 From other plant foods.....g..	206.7	
21 Calcium.....mg..	1150	
22 Iron.....mg..	34.1	
23 Vitamin A value..... I.U.	9910	
24 Thiamine.....mg..	1.05	
25 Riboflavin.....mg..	2.51	
26 Niacin.....mg..	25.4	
27 Ascorbic acid.....mg..	108	
28 Cholesterol.....mg..	1147	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2450	
30 Eggs.....g..	719	
31 Meat, poultry, fish.....g..	2316	
32 Fats, oils.....g..	510	
33 Dry beans and peas, nuts.....g..	0	
34 Flour equivalent.....g..	1223	
35 Vegetables.....g..	2197	
36 Fruits.....g..	1428	
37 Sugars, sweets.....g..	320	
38 Alcoholic beverages.....g..	2567	

FOODS, 1 WEEK, 1953

Subject No. 44

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	640	
40	Whole, 4.5% fat		
41	Skim	738	
42	Half & half, 12% fat	121	
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage	96	
48	Cheddar	28	
49	Ice cream		
50	Eggs	576	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	965	
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	88	
58	Lean only		
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Meat balls	324	
63			
64	Frankfurters	116	
65	Rabbit__ Game__:		
66	Poultry: With bone: Chicken	454	
67	No bone: Turkey	57	
68	Fish: Pike	289	
69	Shellfish: Lobsters, Sea Food mixture	160	
70			
71	Butter ✓ Margarine__	264	
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings__	8	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing ✓	135	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	624	
83	whole-wheat, rye	81	
84	Pancakes	288	
85	Crackers		
86	Cookies		
87	Sweet buns ✓ Doughnuts__	111	
88	Cake: Iced: Plain	70	
	Not iced: Jelly roll	210	
89	Pie: Fruit__ Custard__ Nut__		
90	Ready-to-eat cereal:		
91			
92	Other cereal: Rice	238	
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,2,3,4]	679	
97	Tomatoes, tomato products	250	
98	Deep-yellow vegetables: Sweet potatoes[1]	150	
99			
100	Dark-green vegetables: Spinach[1]	176	
101	Broccoli	128	
102	Other vegetables: Lettuce	285	
103	Pickles, celery[1], onions[4], corn[1], olives	358	
104			
105	Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable ✓	250	
	Milk	398	
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP	1118	
109	EP		
110	Citrus fruit juice: Orange	92	
111	Other fruit juice: Apricot	90	
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Peaches[1]	128	
118			
119	Sugars	132	
120	Sirup ✓ Molasses__ Honey__	123	
121	Jelly, jam__ Fruit butters__		
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks	230	
125	Coffee ✓ Tea ✓ cups	18	
126	Beer	720	
127	Wine	555	
128	Scotch, gin, cocktails	1380	

DATA FOR SUBJECT NO. 45

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	57
2 Height.....cm..	172.1
3 Weight.....kg..	78.4
4 Actual weight/normal weight.....%..	106.8
5 Blood cholesterol.....mg.%..	232
6 Blood pressure rate.....mm Hg..	104/73

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2500	
8 Alcohol only.....Cal..	56	
9 Protein: Total.....g..	104.1	
10 From animal foods.....g..	72.7	
11 Fat: Total.....g..	127.1	
12 Fat Cal./total Cal.....%..	46	
13 From animal foods.....g..	93.9	
14 Fatty acids: Saturated.....g..	54	
15 Unsaturated: Oleic.....g..	49	
16 Linoleic.....g..	13	
17 Carbohydrate: Total.....g..	246.9	
18 From milk.....g..	21.4	
19 From fruits, sweets.....g..	57.1	
20 From other plant foods.....g..	167.6	
21 Calcium.....mg..	848	
22 Iron.....mg..	13.0	
23 Vitamin A value..... I.U.	4150	
24 Thiamine.....mg..	1.07	
25 Riboflavin.....mg..	1.62	
26 Niacin.....mg..	18.2	
27 Ascorbic acid.....mg..	92	
28 Cholesterol.....mg..	695	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3812	
30 Eggs.....g..	257	
31 Meat, poultry, fish.....g..	1794	
32 Fats, oils.....g..	367	
33 Dry beans and peas, nuts.....g..	40	
34 Flour equivalent.....g..	1416	
35 Vegetables.....g..	988	
36 Fruits.....g..	2225	
37 Sugars, sweets.....g..	361	
38 Alcoholic beverages.....g..	123	

FOODS, 1 WEEK, 1953

Subject No. 45

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	2196	
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	100	
43 Buttermilk		
44		
45 Cream: 20% fat	10	
46 30-36% fat		
47 Cheese: Cottage	14	
48 Cheddar, blue	154	
49 Ice cream	100	
50 Eggs	176	
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	761	
55 Lean only		
56 Pork: With fat & bone	350	
57 With fat, no bone	70	
58 Lean only		
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chow mein, swedish meat balls, meat sauce-spaghetti-tomatoes	633	
63		
64 Chopped ham	34	
65 Rabbit__ Game__ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Pickled herring	10	
69 Shellfish: Shrimp	85	
70 Tuna-noodles	422	
71 Butter✓ Margarine__	146	
72 Beef fat & beef fat drippings		
73 Bacon__ Bacon & pork fat drippings__		
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	30	
77 Fat, oil, not specified		
78 Gravy: Meat, poultry__ Milk__		
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	74	
83 Rye, whole-wheat, cracked-wheat	428	
84		
85 Crackers	8	

	1st wk. G.	2d wk. G.
86 Cookies	204	
87 Sweet buns✓ Doughnuts__	219	
88 Cake: Iced: White, butter	312	
Not iced: Angel	40	
89 Pie: Fruit✓ Custard__ Nut__	371	
90 Ready-to-eat cereal:		
91		
92 Other cereal: Rice	56	
93		
94 Macaroni, spaghetti__ Noodles✓	138	
95		
96 White potatoes.[1,3]	249	
97 Tomatoes, tomato products	15	
98 Deep-yellow vegetables: Carrots[1,5]	50	
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Corn[1]	110	
103 Lettuce, beans[1], pickles, Sauerkraut[1]	312	
104 Vegetable-gelatin salad	117	
105 Soup: Meat__ Grain product__ Dry bean, pea✓ Vegetable__ Milk	184	
106 Oranges__ Lemons__ : AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Oranges, grapefruit	967	
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP	517	
114 EP		
115 Bananas: AP__ EP✓	200	
116 Other fruits: AP:		
117 EP: Peaches[1], watermelon pickle	229	
118 Gelatin mold fruit salad	243	
119 Sugars	64	
120 Sirup__ Molasses__ Honey__		
121 Jelly, jam__ Fruit butters✓	46	
122 Candy:		
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee✓ Tea__ cups	40	
126 Beer		
127 Wine		
128 Daiquiri, bourbon	150	

DATA FOR SUBJECT NO. 46

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	50
2 Height.....cm..	177.2
3 Weight.....kg..	76.8
4 Actual weight/normal weight.....%..	99.6
5 Blood cholesterol.....mg.%..	239
6 Blood pressure rate.....mm Hg..	111/73

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2403	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	97.3	
10 From animal foods.....g..	69.0	
11 Fat: Total.....g..	88.5	
12 Fat Cal./total Cal.....%..	33	
13 From animal foods.....g..	66.9	
14 Fatty acids: Saturated.....g..	36	
15 Unsaturated: Oleic.....g..	36	
16 Linoleic.....g..	7	
17 Carbohydrate: Total.....g..	309.9	
18 From milk.....g..	41.9	
19 From fruits, sweets.....g..	104.3	
20 From other plant foods.....g..	162.7	
21 Calcium.....mg..	1287	
22 Iron.....mg..	13.7	
23 Vitamin A value..... I.U.	5450	
24 Thiamine.....mg..	1.24	
25 Riboflavin.....mg..	2.57	
26 Niacin.....mg..	14.8	
27 Ascorbic acid.....mg..	150	
28 Cholesterol.....mg..	859	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5862	
30 Eggs.....g..	624	
31 Meat, poultry, fish.....g..	1027	
32 Fats, oils.....g..	248	
33 Dry beans and peas, nuts.....g..	52	
34 Flour equivalent.....g..	1640	
35 Vegetables.....g..	1740	
36 Fruits.....g..	3138	
37 Sugars, sweets.....g..	582	
38 Alcoholic beverages.....g..	0	

FOODS, 1 WEEK, 1953

Subject No. 46

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	854	
40	Whole, 4.5% fat		
41	Skim	3712	
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	33	
47	Cheese: Cottage		
48	Cheddar	95	
49	Ice cream	227	
50	Eggs	562	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	354	
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	140	
58	Lean only		
59	Veal✓ Lamb__ : With fat & bone		
60	With fat, no bone	75	
61	Lean only		
62	Meat loaf	57	
63			
64	Pressed veal, pressed pork, sausage-liver	173	
65	Rabbit__ Game__ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Pike, salmon	167	
69	Shellfish:		
70			
71	Butter✓ Margarine✓	141	
72	Beef fat & beef fat drippings		
73	Bacon__ Bacon & pork fat drippings✓	10	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	15	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled: Mixed	50	
82	Bread, rolls, not sweet: White	460	
83	Rye, whole-wheat	192	
84			
85	Crackers	47	
86	Cookies	135	
87	Sweet buns__ Doughnuts✓	99	
88	Cake: Iced:		
	Not iced: Angel	80	
89	Pie: Fruit✓ Custard✓ Nut__	279	
90	Ready-to-eat cereal: Wheat flakes	125	
91	Rice flakes, corn flakes	56	
92	Other cereal: Rolled wheat	297	
93	Oatmeal	174	
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes!	466	
97	Tomatoes, tomato products	180	
98	Deep-yellow vegetables: Carrots[5]	90	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Corn!	190	
103	Cauliflower!, peas!, cabbage[5], beans!, celery, beets!	560	
104			
105	Soup: Meat✓ Grain product✓	740	
	Dry bean, pea__ Vegetable✓	250	
	Milk	510	
106	Oranges__ Lemons__ : AP		
107	EP		
108	Grapefruit: AP	1140	
109	EP	707	
110	Citrus fruit juice: Orange	368	
111	Other fruit juice: Pineapple	72	
112	Dried fruits: Raisin	20	
113	Apples: AP		
114	EP	72	
115	Bananas: AP__ EP✓	127	
116	Other fruits: AP:		
117	EP: Peas!, peaches!, berries!, pineapple!	576	
118			
119	Sugars	127	
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam✓ Fruit butters__	164	
122	Candy: Peppermint, chocolate creams, nut toffee	139	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee✓ Tea__ cups	4	
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 47

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	52
2 Height.....cm..	172.7
3 Weight.....kg..	98.0
4 Actual weight/normal weight.....%..	133.4
5 Blood cholesterol.....mg.%..	249
6 Blood pressure rate.....mm Hg..	141/83

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	1963	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	95.8	
10 From animal foods.....g..	73.4	
11 Fat: Total.....g..	96.5	
12 Fat Cal./total Cal.....%..	44	
13 From animal foods.....g..	79.6	
14 Fatty acids: Saturated.....g..	36	
15 Unsaturated: Oleic.....g..	35	
16 Linoleic.....g..	5	
17 Carbohydrate: Total.....g..	179.0	
18 From milk.....g..	6.7	
19 From fruits, sweets.....g..	26.9	
20 From other plant foods.....g..	144.5	
21 Calcium.....mg..	458	
22 Iron.....mg..	16.6	
23 Vitamin A value..... I.U.	7330	
24 Thiamine.....mg..	1.63	
25 Riboflavin.....mg..	1.82	
26 Niacin.....mg..	18.2	
27 Ascorbic acid.....mg..	28	
28 Cholesterol.....mg..	1174	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1079	
30 Eggs.....g..	788	
31 Meat, poultry, fish.....g..	1780	
32 Fats, oils.....g..	294	
33 Dry beans and peas, nuts.....g..	0	
34 Flour equivalent.....g..	1361	
35 Vegetables.....g..	1231	
36 Fruits.....g..	435	
37 Sugars, sweets.....g..	202	
38 Alcoholic beverages.....g..	0	

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FOODS, 1 WEEK, 1953

Subject No. 47

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	61	
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	122	
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	30	
47	Cheese: Cottage	95	
48			
49	Ice cream	144	
50	Eggs	702	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	192	
55	Lean only	440	
56	Pork: With fat & bone		
57	With fat, no bone	249	
58	Lean only		
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62			
63			
64	Bologna, frankfurters, braunschweiger	830	
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish:		
69	Shellfish:		
70	Salmon3	125	
71	Butter✓ Margarine__	137	
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings✓	45	
74	Lard	15	
75	Vegetable fat		
76	Vegetable oil__ Salad dressing__		
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__	15	
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	553	
83	Whole-wheat	396	
84			
85	Crackers	16	

		1st wk. G.	2d wk. G.
86	Cookies		
87	Sweet buns__ Doughnuts✓	104	
88	Cake: Iced: Plain	180	
	Not iced:		
89	Pie: Fruit__ Custard__ Nut✓	215	
90	Ready-to-eat cereal: Wheat flakes	80	
91			
92	Other cereal: Oatmeal	236	
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes	418	
97	Tomatoes, tomato products	121	
98	Deep-yellow vegetables: Carrots1	105	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Corn1	256	
103	Cabbage5, beans1, peas1, lettuce	331	
104			
105	Soup: Meat__ Grain product✓	250	
	Dry bean, pea__ Vegetable__		
	Milk		
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice:		
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Peaches1	376	
118			
119	Sugars	38	
120	Sirup__ Molasses✓ Honey__	49	
121	Jelly, jam__ Fruit butters__		
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee✓ Tea✓ cups	38	
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 48

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	53
2 Height.....cm..	184.2
3 Weight.....kg..	95.8
4 Actual weight/normal weight.....%..	112.6
5 Blood cholesterol.....mg.%..	253
6 Blood pressure rate.....mm Hg..	137/86

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2184	
8 Alcohol only.....Cal..	36	
9 Protein: Total.....g..	118.5	
10 From animal foods.....g..	88.6	
11 Fat: Total.....g..	105.1	
12 Fat Cal./total Cal.....%..	43	
13 From animal foods.....g..	69.8	
14 Fatty acids: Saturated.....g..	38	
15 Unsaturated: Oleic.....g..	42	
16 Linoleic.....g..	12	
17 Carbohydrate: Total.....g..	200.9	
18 From milk.....g..	9.5	
19 From fruits, sweets.....g..	33.9	
20 From other plant foods.....g..	154.2	
21 Calcium.....mg..	798	
22 Iron.....mg..	19.0	
23 Vitamin A value..... I.U.	20190	
24 Thiamine.....mg..	1.33	
25 Riboflavin.....mg..	2.57	
26 Niacin.....mg..	23.6	
27 Ascorbic acid.....mg..	124	
28 Cholesterol.....mg..	903	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2395	
30 Eggs.....g..	472	
31 Meat, poultry, fish.....g..	2019	
32 Fats, oils.....g..	238	
33 Dry beans and peas, nuts.....g..	187	
34 Flour equivalent.....g..	951	
35 Vegetables.....g..	1969	
36 Fruits.....g..	2024	
37 Sugars, sweets.....g..	243	
38 Alcoholic beverages.....g..	135	

FOODS, 1 WEEK, 1953

Subject No. 48

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	183	
40	Whole, 4.5% fat		
41	Skim	244	
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	10	
47	Cheese: Cottage		
48	Cheddar, swiss	229	
49	Ice cream	132	
50	Eggs	429	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone		
55	Lean only	484	
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only	218	
62	Chow mein	200	
63	Liver-beef	182	
64	Luncheon ham, bologna, frankfurters, blood tongue	416	
65	Rabbit__ Game✓: Pheasant	178	
66	Poultry: With bone: Chicken	163	
67	No bone:		
68	Fish: Kippered herring	268	
69	Shellfish:		
70			
71	Butter✓ Margarine__	124	
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	10	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	48	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled	180	
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	222	
83	Cracked-wheat, rye	367	
84			
85	Crackers	213	
86	Cookies	178	
87	Sweet buns✓ Doughnuts__	155	
88	Cake: Iced:		
	Not iced: Sponge, angel, fruit	177	
89	Pie: Fruit__ Custard__ Nut__		
90	Ready-to-eat cereal:		
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti__ Noodles✓	76	
95			
96	White potatoes[1]	418	
97	Tomatoes, tomato products	661	
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables: Spinach[1]	170	
101			
102	Other vegetables: Celery	156	
103	Lettuce, beans[1], pickles, olives, cauliflower[3], cucumber	622	
104			
105	Soup: Meat✓ Grain product__ Dry bean, pea__ Vegetable__ Milk	420	
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP	1540	
109	EP		
110	Citrus fruit juice: Grapefruit	123	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Pineapple[1], peaches[1], berries[1]	342	
118			
119	Sugars		
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam__ Fruit butters__		
122	Candy: Chocolate covered almonds	110	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee✓ Tea__ cups	39	
126	Beer		
127	Wine	45	
128	Gin	90	

DATA FOR SUBJECT NO. 49

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	59
2 Height.....cm..	162.6
3 Weight.....kg..	51.6
4 Actual weight/normal weight.....%..	78.4
5 Blood cholesterol.....mg.%..	258
6 Blood pressure rate.....mm Hg..	115/76

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2118	
8 Alcohol only.....Cal..	30	
9 Protein: Total.....g..	63.0	
10 From animal foods.....g..	38.9	
11 Fat: Total.....g..	102.4	
12 Fat Cal./total Cal.....%..	44	
13 From animal foods.....g..	77.2	
14 Fatty acids: Saturated.....g..	45	
15 Unsaturated: Oleic.....g..	43	
16 Linoleic.....g..	6	
17 Carbohydrate: Total.....g..	240.6	
18 From milk.....g..	25.9	
19 From fruits, sweets.....g..	43.1	
20 From other plant foods.....g..	171.2	
21 Calcium.....mg..	769	
22 Iron.....mg..	10.7	
23 Vitamin A value..... I.U.	4180	
24 Thiamine.....mg..	1.10	
25 Riboflavin.....mg..	1.38	
26 Niacin.....mg..	10.2	
27 Ascorbic acid.....mg..	61	
28 Cholesterol.....mg..	440	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3065	
30 Eggs.....g..	219	
31 Meat, poultry, fish.....g..	715	
32 Fats, oils.....g..	466	
33 Dry beans and peas, nuts.....g..	106	
34 Flour equivalent.....g..	1182	
35 Vegetables.....g..	1697	
36 Fruits.....g..	858	
37 Sugars, sweets.....g..	463	
38 Alcoholic beverages.....g..	540	

FOODS, 1 WEEK, 1953

Subject No. 49

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	1940	
40	Whole, 4.5% fat	440	
41	Skim		
42	Half & half, 12% fat	20	
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	10	
47	Cheese: Cottage		
48			
49	Ice cream		
50	Eggs	111	
51	Puddings: Milk ✓ Milk & egg	118	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	391	
55	Lean only	141	
56	Pork: With fat & bone	48	
57	With fat, no bone	179	
58	Lean only		
59	Veal Lamb : With fat & bone		
60	With fat, no bone		
61	Lean only		
62			
63			
64	Minced ham	56	
65	Rabbit Game :		
66	Poultry: With bone:		
67	No bone:		
68	Fish:		
69	Shellfish:		
70			
71	Butter ✓ Margarine ✓	178	
72	Beef fat & beef fat drippings		
73	Bacon		
	Bacon & pork fat drippings ✓	5	
74	Lard		
75	Vegetable fat		
76	Vegetable oil Salad dressing ✓	4	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk	290	
79	Dry beans & peas, cooked	108	
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	303	
83	Rye	97	
84	Pancakes	122	
85	Crackers	59	
86	Cookies	240	
87	Sweet buns ✓ Doughnuts ✓	126	
88	Cake: Iced: Plain	266	
	Not iced:		
89	Pie: Fruit ✓ Custard ✓ Nut	356	
90	Ready-to-eat cereal:		
	Corn soya	74	
91	Corn Flakes	42	
92	Other cereal:		
93			
94	Macaroni, spaghetti Noodles		
95			
96	White potatoes.[1,3]	1185	
97	Tomatoes, tomato products	120	
98	Deep-yellow vegetables:		
	Carrots[5]	26	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables:		
	Beans[3]	187	
103	Peas[1], cabbage[1], lettuce, pickles, corn[1]	371	
104			
105	Soup: Meat Grain product		
	Dry bean, pea Vegetable		
	Milk		
106	Oranges ✓ Lemons : AP		
107	EP	109	
108	Grapefruit: AP	368	
109	EP		
110	Citrus fruit juice:		
111	Other fruit juice:		
112	Dried fruits: Currants	34	
113	Apples: AP		
114	EP		
115	Bananas: AP EP		
116	Other fruits: AP:		
117	EP: Watermelon pickles, pineapple[1], peaches[1]	286	
118			
119	Sugars	89	
120	Sirup ✓ Molasses Honey	40	
121	Jelly, jam ✓ Fruit butters	13	
122	Candy: Chocolate mix	64	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea cups	16	
126	Beer	540	
127	Wine		
128			

DATA FOR SUBJECT NO. 50

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	57
2 Height.....cm..	172.7
3 Weight.....kg..	70.4
4 Actual weight/normal weight.....%..	95.3
5 Blood cholesterol.....mg.%..	283
6 Blood pressure rate.....mm Hg..	123/69

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2394	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	87.5	
10 From animal foods.....g..	65.8	
11 Fat: Total.....g..	112.1	
12 Fat Cal./total Cal.....%..	42	
13 From animal foods.....g..	94.3	
14 Fatty acids: Saturated.....g..	52	
15 Unsaturated: Oleic.....g..	44	
16 Linoleic.....g..	6	
17 Carbohydrate: Total.....g..	268.7	
18 From milk.....g..	46.5	
19 From fruits, sweets.....g..	77.7	
20 From other plant foods.....g..	142.2	
21 Calcium.....mg..	880	
22 Iron.....mg..	13.6	
23 Vitamin A value..... I.U.	9110	
24 Thiamine.....mg..	92	
25 Riboflavin.....mg..	2.18	
26 Niacin.....mg..	13.9	
27 Ascorbic acid.....mg..	101	
28 Cholesterol.....mg..	708	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4066	
30 Eggs.....g..	309	
31 Meat, poultry, fish.....g..	1374	
32 Fats, oils.....g..	292	
33 Dry beans and peas, nuts.....g..	76	
34 Flour equivalent.....g..	867	
35 Vegetables.....g..	1675	
36 Fruits.....g..	1917	
37 Sugars, sweets.....g..	506	
38 Alcoholic beverages.....g..	0	

FOODS, 1 WEEK, 1953

Subject No. 50

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	1159	
40	Whole, 4.5% fat		
41	Skim	5	
42	Half & half, 12% fat	165	
43	Buttermilk	732	
44			
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage	148	
48	Cheddar	31	
49	Ice cream	866	
50	Eggs	261	
51	Puddings: Milk __ Milk & egg ✓	124	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	400	
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		
59	Veal ✓ Lamb ✓: With fat & bone		
60	With fat, no bone	80	
61	Lean only	121	
62	Meat loaf	474	
63			
64	Frankfurter, ham loaf	302	
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish:		
69	Shellfish:		
70			
71	Butter ✓ Margarine __	160	
72	Beef fat & beef fat drippings		
73	Bacon __ Bacon & pork fat drippings __		
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	55	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry __ Milk __		
79	Dry beans & peas, cooked		
80	Peanuts, shelled	16	
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	500	
83	Whole-wheat, graham	141	
84			
85	Crackers	14	

		1st wk. G.	2d wk. G.
86	Cookies	247	
87	Sweet buns ✓ Doughnuts __	294	
88	Cake: Iced:		
	Not iced: Angel	20	
89	Pie: Fruit __ Custard __ Nut __		
90	Ready-to-eat cereal: Puffed wheat	26	
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti __ Noodles __		
95			
96	White potatoes[1,4]	431	
97	Tomatoes, tomato products	140	
98	Deep-yellow vegetables: Carrots[1,5]	186	
99			
100	Dark-green vegetables: Spinach[1]	141	
101			
102	Other vegetables: Lettuce	148	
103	Beans[1], cabbage[5], celery[1], peas[1], sauerkraut[1], corn[11]	633	
104			
105	Soup: Meat __ Grain product __ Dry bean, pea __ Vegetable __ Milk		
106	Oranges ✓ Lemons __ : AP		
107	EP	82	
108	Grapefruit: AP		
109	EP	473	
110	Citrus fruit juice:		
111	Other fruit juice: Prune, pineapple	306	
112	Dried fruits: Prunes, raisins	119	
113	Apples: AP		
114	EP	448	
115	Bananas: AP __ EP		
116	Other fruits: AP:		
117	EP: Pineapple[1], berries[1], mixed[1]	491	
118			
119	Sugars	109	
120	Sirup __ Molasses __ Honey		
121	Jelly, jam ✓ Fruit butters	15	
122	Candy: Hard, jelly beans	112	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea ✓ cups	41	
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 51

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	174.0
3 Weight.....kg..	96.0
4 Actual weight/normal weight.....%..	128.0
5 Blood cholesterol.....mg.%..	285
6 Blood pressure rate.....mm Hg..	123/78

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2783	
8 Alcohol only.....Cal..	182	
9 Protein: Total.....g..	101.6	
10 From animal foods.....g..	67.8	
11 Fat: Total.....g..	138.0	
12 Fat Cal./total Cal.....%..	45	
13 From animal foods.....g..	90.0	
14 Fatty acids: Saturated.....g..	57	
15 Unsaturated: Oleic.....g..	51	
16 Linoleic.....g..	17	
17 Carbohydrate: Total.....g..	249.8	
18 From milk.....g..	11.4	
19 From fruits, sweets.....g..	45.7	
20 From other plant foods.....g..	177.4	
21 Calcium.....mg..	891	
22 Iron.....mg..	16.5	
23 Vitamin A value..... I.U.	14370	
24 Thiamine.....mg..	1.18	
25 Riboflavin.....mg..	2.35	
26 Niacin.....mg..	16.0	
27 Ascorbic acid.....mg..	12.9	
28 Cholesterol.....mg..	1134	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3900	
30 Eggs.....g..	839	
31 Meat, poultry, fish.....g..	1126	
32 Fats, oils.....g..	551	
33 Dry beans and peas, nuts.....g..	165	
34 Flour equivalent.....g..	1188	
35 Vegetables.....g..	2665	
36 Fruits.....g..	2355	
37 Sugars, sweets.....g..	212	
38 Alcoholic beverages.....g..	833	

FOODS, 1 WEEK, 1953

Subject No. 51

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	30	
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	145	
46	30-36% fat		
47	Cheese: Cottage		
48	Liederkranz, swiss, cheddar, blue	453	
49	Ice cream	147	
50	Eggs	790	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	321	
55	Lean only	166	
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		
59	Veal✓ Lamb✓: With fat & bone		
60	With fat, no bone	90	
61	Lean only	85	
62	Chili con carne	260	
63	Liver-beef	70	
64	Salami	63	
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Pike	129	
69	Shellfish: Shrimp	79	
70			
71	Butter✓ Margarine__	233	
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings✓	31	
74	Lard		
75	Vegetable fat		
76	Vegetable oil✓ Salad dressing✓	246	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	692	
83	Whole-wheat, rye	344	
84			
85	Crackers	116	
86	Cookies	180	
87	Sweet buns__ Doughnuts✓	139	
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit__ Custard__ Nut__		
90	Ready-to-eat cereal:		
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti__ Noodles__		
95	Noodles-cheese	310	
96	White potatoes[1,3,4]	720	
97	Tomatoes, tomato products	301	
98	Deep-yellow vegetables: Carrots[1]	235	
99			
100	Dark-green vegetables: Green peppers[5]	80	
101			
102	Other vegetables: Lettuce	301	
103	Onions[1,5], cabbage[5], beets[1], peas[1], cauliflower[1], olives, pickles, corn[1]	1057	
104			
105	Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable✓	156	
	Milk		
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP	746	
109	EP		
110	Citrus fruit juice: Orange	244	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP	294	
114	EP	164	
115	Bananas: AP✓ EP__	371	
116	Other fruits: AP: Pears	253	
117	EP: Peaches[1], cherries[1], pears[1]	283	
118			
119	Sugars	16	
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam✓ Fruit butters__	55	
122	Candy: Chocolate covered Coconut and walnuts	30	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee✓ Tea__ cups	30	
126	Beer	360	
127	Wine	180	
128	Whiskey	293	

DATA FOR SUBJECT NO. 52

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	173.4
3 Weight.....kg..	75.5
4 Actual weight/normal weight.....%..	101.3
5 Blood cholesterol.....mg.%..	293
6 Blood pressure rate.....mm Hg..	125/87

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	1963	
8 Alcohol only.....Cal..	214	
9 Protein: Total.....g..	83.4	
10 From animal foods.....g..	63.2	
11 Fat: Total.....g..	67.0	
12 Fat Cal./total Cal.....%..	31	
13 From animal foods.....g..	44.8	
14 Fatty acids: Saturated.....g..	24	
15 Unsaturated: Oleic.....g..	27	
16 Linoleic.....g..	7	
17 Carbohydrate: Total.....g..	214.5	
18 From milk.....g..	14.6	
19 From fruits, sweets.....g..	82.1	
20 From other plant foods.....g..	116.1	
21 Calcium.....mg..	679	
22 Iron.....mg..	10.5	
23 Vitamin A value..... I.U.	3960	
24 Thiamine.....mg..	.94	
25 Riboflavin.....mg..	1.36	
26 Niacin.....mg..	18.1	
27 Ascorbic acid.....mg..	241	
28 Cholesterol.....mg..	398	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2600	
30 Eggs.....g..	87	
31 Meat, poultry, fish.....g..	1286	
32 Fats, oils.....g..	267	
33 Dry beans and peas, nuts.....g..	30	
34 Flour equivalent.....g..	889	
35 Vegetables.....g..	1872	
36 Fruits.....g..	3965	
37 Sugars, sweets.....g..	145	
38 Alcoholic beverages.....g..	502	

FOODS, 1 WEEK, 1953

Subject No. 52

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim	1294	
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	115	
46	30-36% fat		
47	Cheese: Cottage		
48	Cream, cheddar, swiss	79	
49	Ice cream	47	
50	Eggs	48	
51	Puddings: Milk __ Milk & egg __		
52	Egg salad		
53	Beef: With fat & bone	180	
54	With fat, no bone	90	
55	Lean only	108	
56	Pork: With fat & bone		
57	With fat, no bone	102	
58	Lean only		
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef stroganoff	120	
63	Tongue	20	
64			
65	Rabbit __ Game ✓: Duck no bone	227	
66	Poultry: With bone: Chicken	375	
67	No bone:		
68	Fish:		
69	Shellfish: Crab meat	95	
70	Chicken[3]	243	
71	Butter ✓ Margarine __	56	
72	Beef fat & beef fat drippings		
73	Bacon __		
	Bacon & pork fat drippings __		
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	55	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __	45	
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	189	
83	Rye	86	
84			
85	Crackers	17	
86	Cookies	191	
87	Sweet buns ✓ Doughnuts __	235	
88	Cake: Iced:		
	Not iced: Fruit and nut	201	
89	Pie: Fruit __ Custard __ Nut __		
90	Ready-to-eat cereal: Shredded wheat	73	
91			
92	Other cereal: Wild rice	105	
93	Rice	25	
94	Macaroni, spaghetti __ Noodles __		
95			
96	White potatoes[1,4]	361	
97	Tomatoes, tomato products	238	
98	Deep-yellow vegetables: Carrots[1]	40	
99			
100	Dark-green vegetables: Water cress[5]	5	
101			
102	Other vegetables: Lettuce	478	
103	Cauliflower[3], beans[1], peas[1], onions[1], corn[1]	560	
104	Beans-almonds	68	
105	Soup: Meat __ Grain product __ Dry bean, pea __ Vegetable ✓	185	
	Milk	377	
106	Oranges __ Lemons __ : AP		
107	EP		
108	Grapefruit: AP		
109	EP	173	
110	Citrus fruit juice: Orange	2542	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP __ EP ✓	113	
116	Other fruits: AP:		
117	EP: Plums[1], avocado[5], rhubarb[1], berries[1]	1061	
118			
119	Sugars	18	
120	Sirup __ Molasses __ Honey __		
121	Jelly, jam ✓ Fruit butters __	4	
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea __ cups	13	
126	Beer		
127	Wine		
128	Whiskey, brandy, benedictine	502	

DATA FOR SUBJECT NO. 53

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	57
2 Height.....cm..	171.4
3 Weight.....kg..	72.6
4 Actual weight/normal weight.....%..	99.8
5 Blood cholesterol.....mg.%..	308
6 Blood pressure rate.....mm Hg..	113/76

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	1533	
8 Alcohol only.....Cal..	62	
9 Protein: Total.....g..	71.5	
10 From animal foods.....g..	54.5	
11 Fat: Total.....g..	61.2	
12 Fat Cal./total Cal.....%..	36	
13 From animal foods.....g..	40.7	
14 Fatty acids: Saturated.....g..	22	
15 Unsaturated: Oleic.....g..	20	
16 Linoleic.....g..	9	
17 Carbohydrate: Total.....g..	178.8	
18 From milk.....g..	20.5	
19 From fruits, sweets.....g..	72.1	
20 From other plant foods.....g..	82.4	
21 Calcium.....mg..	449	
22 Iron.....mg..	10.4	
23 Vitamin A value..... I.U.	3770	
24 Thiamine.....mg..	1.16	
25 Riboflavin.....mg..	97	
26 Niacin.....mg..	11.5	
27 Ascorbic acid.....mg..	139	
28 Cholesterol.....mg..	392	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1556	
30 Eggs.....g..	37	
31 Meat, poultry, fish.....g..	1449	
32 Fats, oils.....g..	189	
33 Dry beans and peas, nuts.....g..	10	
34 Flour equivalent.....g..	658	
35 Vegetables.....g..	1639	
36 Fruits.....g..	2627	
37 Sugars, sweets.....g..	155	
38 Alcoholic beverages.....g..	180	

FOODS, 1 WEEK, 1953

Subject No. 53

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim	122	
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage	65	
48	Cheddar, Swiss	58	
49	Ice cream	427	
50	Eggs		
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	120	
55	Lean only	290	
56	Pork: With bone, no fat	115	
57	With fat, no bone		
58	Lean only	100	
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62			
63			
64	Pressed ham, frankfurters, sausage-summer	102	
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Pickled herring, white fish	220	
69	Shellfish: Shrimp[1], lobster tails[1], crab meat[1]	325	
70	Chicken chow mein	230	
71	Butter✓ Margarine__	26	
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	38	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	85	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled: Mixed	10	
82	Bread, rolls, not sweet: White	309	
83	Rye	71	
84	Corn bread	25	
85	Crackers	25	

		1st wk. G.	2d wk. G.
86	Cookies		
87	Sweet buns__ Doughnuts__		
88	Cake: Iced:		
	Not iced: Angel	90	
89	Pie: Fruit__ Custard✓ Nut__	105	
90	Ready-to-eat cereal: Shredded wheat	54	
91	Corn flakes	19	
92	Other cereal: Rice	40	
93			
94	Macaroni, spaghetti__ Noodles✓	150	
95			
96	White potatoes[3]	150	
97	Tomatoes, tomato products	217	
98	Deep-yellow vegetables: Carrots[5]	80	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Lettuce	543	
103	Peas[1], beans[1], asparagus[1]	360	
104	Tossed salad	100	
105	Soup: Meat✓ Grain product__	170	
	Dry bean, pea__ Vegetable__		
	Milk	380	
106	Oranges✓ Lemons__: AP	515	
107	EP		
108	Grapefruit: AP		
109	EP	500	
110	Citrus fruit juice: Lemon, orange	931	
111	Other fruit juice: Pineapple	95	
112	Dried fruits: Raisins	45	
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP✓	135	
116	Other fruits: AP:		
117	EP: Peaches[1], pears[1], berries[5]	395	
118			
119	Sugars	4	
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam✓ Fruit butters__	15	
122	Candy: Chocolate creams	35	
123	Water ices, sherbets		
124	Soft drinks	644	
125	Coffee✓ Tea✓ cups	48	
126	Beer		
127	Wine	30	
128	Whiskey, gin	150	

DATA FOR SUBJECT NO. 54

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	52
2 Height.....cm..	180.6
3 Weight.....kg..	85.2
4 Actual weight/normal weight.....%..	105.2
5 Blood cholesterol.....mg.%..	324
6 Blood pressure rate.....mm Hg..	149/80

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2731	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	106.1	
10 From animal foods.....g..	75.5	
11 Fat: Total.....g..	131.3	
12 Fat Cal./total Cal.....%..	43	
13 From animal foods.....g..	99.4	
14 Fatty acids: Saturated.....g..	52	
15 Unsaturated: Oleic.....g..	56	
16 Linoleic.....g..	11	
17 Carbohydrate: Total.....g..	291.1	
18 From milk.....g..	56.1	
19 From fruits, sweets.....g..	48.0	
20 From other plant foods.....g..	183.4	
21 Calcium.....mg..	1318	
22 Iron.....mg..	16.0	
23 Vitamin A value..... I.U.	11250	
24 Thiamine.....mg..	1.28	
25 Riboflavin.....mg..	2.44	
26 Niacin.....mg..	16.2	
27 Ascorbic acid.....mg..	82	
28 Cholesterol.....mg..	975	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5890	
30 Eggs.....g..	657	
31 Meat, poultry, fish.....g..	963	
32 Fats, oils.....g..	429	
33 Dry beans and peas, nuts.....g..	140	
34 Flour equivalent.....g..	1723	
35 Vegetables.....g..	3079	
36 Fruits.....g..	1248	
37 Sugars, sweets.....g..	449	
38 Alcoholic beverages.....g..	0	

FOODS, 1 WEEK, 1953

Subject No. 54

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	3576	
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44	Cocoa	750	
45	Cream: 20% fat	310	
46	30-36% fat		
47	Cheese: Cottage	87	
48			
49	Ice cream	140	
50	Eggs	497	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	394	
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	60	
58	Lean only	100	
59	Veal__ Lamb__ : With fat & bone		
60	With fat, no bone		
61	Lean only	86	
62	Meat balls, meat loaf, beef-spaghetti	648	
63			
64			
65	Rabbit__ Game__ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish:		
69	Shellfish:		
70			
71	Butter✓ Margarine✓	187	
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings✓	22	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	30	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk✓	311	
79	Dry beans & peas, cooked		
80	Peanuts, shelled	26	
81	Nuts, shelled: Mixed	40	
82	Bread, rolls, not sweet: White	468	
83	Rye	58	
84			
85	Crackers	54	
86	Cookies	155	
87	Sweet buns✓ Doughnuts__	132	
88	Cake: Iced: Chocolate	260	
	Not iced:		
89	Pie: Fruit✓ Custard✓ Nut__	563	
90	Ready-to-eat cereal:		
91			
92	Other cereal: Oatmeal	480	
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes 334	1109	
97	Tomatoes, tomato products	654	
98	Deep-yellow vegetables: Carrots'	175	
99	Squash'	55	
100	Dark-green vegetables: Spinash	90	
101			
102	Other vegetables: Corn'	160	
103	Mixed', peas', beets', pickle', lettuce	382	
104			
105	Soup: Meat✓ Grain product__	380	
	Dry bean, pea✓ Vegetable✓	763	
	Milk		
106	Oranges__ Lemons__ : AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	411	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Rhubarb', peaches', apricots'	323	
118	Gelatin pudding with and without fruit	516	
119	Sugars	40	
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam✓ fruit butters__	58	
122	Candy: Coconut, gum	61	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee__ Tea__ cups		
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 55

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	58
2 Height.....cm..	176.5
3 Weight.....kg..	75.6
4 Actual weight/normal weight.....%..	98.0
5 Blood cholesterol.....mg.%..	337
6 Blood pressure rate.....mm Hg..	154/90

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2529	
8 Alcohol only.....Cal..	305	
9 Protein: Total.....g..	83.6	
10 From animal foods.....g..	67.3	
11 Fat: Total.....g..	133.3	
12 Fat Cal./total Cal.....%..	47	
13 From animal foods.....g..	104.2	
14 Fatty acids: Saturated.....g..	54	
15 Unsaturated: Oleic.....g..	50	
16 Linoleic.....g..	17	
17 Carbohydrate: Total.....g..	179.8	
18 From milk.....g..	27.2	
19 From fruits, sweets.....g..	44.6	
20 From other plant foods.....g..	105.9	
21 Calcium.....mg..	474	
22 Iron.....mg..	13.3	
23 Vitamin A value..... I.U.	3800	
24 Thiamine.....mg..	1.00	
25 Riboflavin.....mg..	1.55	
26 Niacin.....mg..	15.4	
27 Ascorbic acid.....mg..	55	
28 Cholesterol.....mg..	933	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1320	
30 Eggs.....g..	576	
31 Meat, poultry, fish.....g..	1806	
32 Fats, oils.....g..	505	
33 Dry beans and peas, nuts.....g..	31	
34 Flour equivalent.....g..	743	
35 Vegetables.....g..	1890	
36 Fruits.....g..	446	
37 Sugars, sweets.....g..	412	
38 Alcoholic beverages.....g..	720	

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FOODS, 1 WEEK, 1953

Subject No. 55

	1st wk. G.	2d wk. G.
39 Fluid milk: Whole, 3.5% fat	388	
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	75	
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	155	
47 Cheese: Cottage		
48		
49 Ice cream	142	
50 Eggs	550	
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	444	
55 Lean only	142	
56 Pork: With fat & bone		
57 With fat, no bone	410	
58 Lean only		
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62		
63		
64		
65 Rabbit__ Game__:		
66 Poultry: With bone: Duck	454	
67 No bone: Turkey	116	
68 Fish: Trout	142	
69 Shellfish: Scallops	100	
70		
71 Butter✓ Margarine__	208	
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	24	
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	123	
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	215	
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	121	
83 Whole wheat, rye	374	
84 Muffins, pancakes	134	
85 Crackers		

	1st wk. G.	2d wk. G.
86 Cookies		
87 Sweet buns✓ Doughnuts__	40	
88 Cake: Iced:		
Not iced:		
89 Pie: Fruit✓ Custard__ Nut__	253	
90 Ready-to-eat cereal:		
91		
92 Other cereal: Popcorn	98	
93		
94 Macaroni, spaghetti__ Noodles__		
95 Poultry dressing	28	
96 White potatoes[3,4]	915	
97 Tomatoes, tomato products	191	
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Lettuce	280	
103 Cabbage, beans	361	
104 Tossed salad, slaw	425	
105 Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable__ Milk	184	
106 Oranges__ Lemons__: AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Orange	123	
111 Other fruit juice: Apple	109	
112 Dried fruits:		
113 Apples: AP		
114 EP	100	
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP:		
118		
119 Sugars	100	
120 Sirup✓ Molasses__ Honey__	190	
121 Jelly, jam__ Fruit butters__		
122 Candy: Chocolate mints	60	
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee✓ Tea✓ cups	25	
126 Beer		
127 Wine		
128 Whiskey	720	

DATA FOR SUBJECT NO. 56

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	53
2 Height.....cm..	168.9
3 Weight.....kg..	64.2
4 Actual weight/normal weight.....%..	91.2
5 Blood cholesterol.....mg.%..	349
6 Blood pressure rate.....mm Hg..	130/71

NUTRIENTS PER DAY:	1953 record 1st week	2d week
7 Food energy: Total.....Cal..	2180	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	108.8	
10 From animal foods.....g..	88.5	
11 Fat: Total.....g..	98.2	
12 Fat Cal./total Cal.....%..	41	
13 From animal foods.....g..	78.7	
14 Fatty acids: Saturated.....g..	39	
15 Unsaturated: Oleic.....g..	43	
16 Linoleic.....g..	8	
17 Carbohydrate: Total.....g..	217.7	
18 From milk.....g..	29.1	
19 From fruits, sweets.....g..	47.1	
20 From other plant foods.....g..	141.2	
21 Calcium.....mg..	622	
22 Iron.....mg..	12.0	
23 Vitamin A value..... I.U.	4530	
24 Thiamine.....mg..	1.04	
25 Riboflavin.....mg..	1.43	
26 Niacin.....mg..	17.8	
27 Ascorbic acid.....mg..	63	
28 Cholesterol.....mg..	554	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2828	
30 Eggs.....g..	150	
31 Meat, poultry, fish.....g..	1931	
32 Fats, oils.....g..	306	
33 Dry beans and peas, nuts.....g..	41	
34 Flour equivalent.....g..	1210	
35 Vegetables.....g..	725	
36 Fruits.....g..	997	
37 Sugars, sweets.....g..	415	
38 Alcoholic beverages.....g..	0	

FOODS, 1 WEEK, 1953

Subject No. 56

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	1219	
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	121	
43	Buttermilk		
44	Cocoa	160	
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage	63	
48	Roquefort	28	
49	Ice cream	366	
50	Eggs	48	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	635	
55	Lean only	210	
56	Pork: With fat & bone		
57	With fat, no bone	171	
58	Lean only	66	
59	Veal__ Lamb__ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62			
63			
64	Pressed ham, frankfurters	83	
65	Rabbit__ Game__ :		
66	Poultry: With bone:		
67	No bone: Chicken	721	
68	Fish:		
69	Shellfish:		
70	Turkey casserole	240	
71	Butter✓ Margarine✓	139	
72	Beef fat & beef fat drippings		
73	Bacon__ Bacon & pork fat drippings__		
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	15	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__	39	
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	497	
83	Graham rye, cracked-wheat	286	
84	Biscuits, pancakes	119	
85	Crackers	8	
86	Cookies	167	
87	Sweet buns✓ Doughnuts__	125	
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit✓ Custard✓ Nut✓	318	
90	Ready-to-eat cereal: Corn flakes	55	
91	Oats	10	
92	Other cereal: Oatmeal	172	
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,3,4]	232	
97	Tomatoes, tomato products	234	
98	Deep-yellow vegetables: Carrots[1]	89	
99	Squash[1], rutabagas[1]	126	
100	Dark-green vegetables:		
101			
102	Other vegetables: Lettuce	80	
103	Olives, onions[1]	54	
104	Slaw	15	
105	Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable__ Milk		
106	Oranges✓ Lemons__ : AP		
107	EP	225	
108	Grapefruit: AP	142	
109	EP	120	
110	Citrus fruit juice: Orange	274	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Berries[1]	10	
118	Gelatin pudding with and without fruit	420	
119	Sugars	17	
120	Sirup✓ Molasses__ Honey__	60	
121	Jelly, jam✓ Fruit butters__	41	
122	Candy: Gum, chocolate creams-nuts, mints	95	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee✓ Tea__ cups	20	
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 57

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	60
2 Height.....cm..	174.6
3 Weight.....kg..	82.8
4 Actual weight/normal weight.....%..	107.7
5 Blood cholesterol.....mg.%..	355
6 Blood pressure rate.....mm Hg..	111/70

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	1985	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	110.3	
10 From animal foods.....g..	89.1	
11 Fat: Total.....g..	93.9	
12 Fat Cal./total Cal.....%..	43	
13 From animal foods.....g..	79.9	
14 Fatty acids: Saturated.....g..	40	
15 Unsaturated: Oleic.....g..	35	
16 Linoleic.....g..	8	
17 Carbohydrate: Total.....g..	187.5	
18 From milk.....g..	30.4	
19 From fruits, sweets.....g..	62.5	
20 From other plant foods.....g..	93.8	
21 Calcium.....mg..	1056	
22 Iron.....mg..	16.2	
23 Vitamin A value..... I.U.	11350	
24 Thiamine.....mg..	1.41	
25 Riboflavin.....mg..	2.98	
26 Niacin.....mg..	20.5	
27 Ascorbic acid.....mg..	292	
28 Cholesterol.....mg..	671	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3642	
30 Eggs.....g..	132	
31 Meat, poultry, fish.....g..	2138	
32 Fats, oils.....g..	273	
33 Dry beans and peas, nuts.....g..	0	
34 Flour equivalent.....g..	399	
35 Vegetables.....g..	4527	
36 Fruits.....g..	3917	
37 Sugars, sweets.....g..	27	
38 Alcoholic beverages.....g..	0	

FOODS, 1 WEEK, 1953

Subject No. 57

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	2398	
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk	488	
44			
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage	75	
48	Swiss	27	
49	Ice cream		
50	Eggs	124	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	573	
55	Lean only	125	
56	Pork: With fat & bone		
57	With fat, no bone	190	
58	Lean only		
59	Veal__ Lamb__ : With fat & bone		
60	With fat, no bone	185	
61	Lean only		
62			
63	Sweetbreads, liver-pork	150	
64			
65	Rabbit__ Game__ :		
66	Poultry: With bone:		
67	No bone: Turkey	30	
68	Fish: Sardines[1], sole, shadroe	560	
69	Shellfish:		
70	Chicken[3], curried seafood, crab meat[3]	485	
71	Butter ✓ Margarine ✓	76	
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings__	30	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing ✓	20	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	32	
83	Whole-wheat	487	
84	Popover	21	
85	Crackers		
86	Cookies		
87	Sweet buns__ Doughnuts__		
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit__ Custard__ Nut__		
90	Ready-to-eat cereal:		
91			
92	Other cereal: Barley	24	
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,4]	310	
97	Tomatoes, tomato products	2338	
98	Deep-yellow vegetables: Carrots[1]	55	
99			
100	Dark-green vegetables: Spinach[1]	100	
101			
102	Other vegetables: Onions[1]	440	
103	Lettuce, peas[1], beans[1], corn[1], eggplant[2], celery[1,5]	1038	
104	Slaw	145	
105	Soup: Meat ✓ Grain product__	790	
	Dry bean, pea__ Vegetable ✓	300	
	Milk	640	
106	Oranges ✓ Lemons__ : AP		
107	EP	140	
108	Grapefruit: AP	1240	
109	EP	425	
110	Citrus fruit juice: Orange, grapefruit	1747	
111	Other fruit juice:		
112	Dried fruits: Dates	65	
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP ✓	45	
116	Other fruits: AP:		
117	EP: Avocado[5], pear[5]	255	
118	Gelatin pudding	170	
119	Sugars		
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam__ Fruit butters__		
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea__ cups	25	
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 58

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	54
2 Height.....cm..	173.4
3 Weight.....kg..	69.2
4 Actual weight/normal weight.....%..	92.8
5 Blood cholesterol.....mg.%..	362
6 Blood pressure rate.....mm Hg..	124/76

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2415	
8 Alcohol only.....Cal..	65	
9 Protein: Total.....g..	84.9	
10 From animal foods.....g..	58.3	
11 Fat: Total.....g..	111.6	
12 Fat Cal./total Cal.....%..	42	
13 From animal foods.....g..	86.7	
14 Fatty acids: Saturated.....g..	47	
15 Unsaturated: Oleic.....g..	44	
16 Linoleic.....g..	?	
17 Carbohydrate: Total.....g..	257.9	
18 From milk.....g..	30.0	
19 From fruits, sweets.....g..	47.2	
20 From other plant foods.....g..	178.0	
21 Calcium.....mg..	939	
22 Iron.....mg..	11.3	
23 Vitamin A value..... I.U.	6270	
24 Thiamine.....mg..	.88	
25 Riboflavin.....mg..	1.79	
26 Niacin.....mg..	12.3	
27 Ascorbic acid.....mg..	68	
28 Cholesterol.....mg..	729	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4174	
30 Eggs.....g..	304	
31 Meat, poultry, fish.....g..	1093	
32 Fats, oils.....g..	370	
33 Dry beans and peas, nuts.....g..	59	
34 Flour equivalent.....g..	1343	
35 Vegetables.....g..	1644	
36 Fruits.....g..	1370	
37 Sugars, sweets.....g..	266	
38 Alcoholic beverages.....g..	465	

FOODS, 1 WEEK, 1953

Subject No. 58

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	2190	
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	97	
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	70	
47	Cheese: Cottage		
48	Cheddar	100	
49	Ice cream	315	
50	Eggs	162	
51	Puddings: Milk__ Milk & egg✓	184	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	515	
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	46	
58	Lean only		
59	Veal✓ Lamb__: With fat & bone		
60	With fat, no bone	90	
61	Lean only		
62	Meat loaf	110	
63			
64	Sausage-liver, summer; pressed ham	206	
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish:		
69	Shellfish: Scallops	131	
70	Shrimp noodle salad	200	
71	Butter✓ Margarine__	157	
72	Beef fat & beef fat drippings	4	
73	Bacon__ Bacon & pork fat drippings✓	5	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	38	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__	109	
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	806	
83			
84			
85	Crackers		
86	Cookies	197	
87	Sweet buns✓ Doughnuts✓	210	
88	Cake: Iced: Chocolate	48	
	Not iced: Plain, fruit	239	
89	Pie: Fruit✓ Custard__ Nut__	269	
90	Ready-to-eat cereal: Puffed wheat	30	
91	Puffed oats	22	
92	Other cereal:		
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,3,4]	573	
97	Tomatoes, tomato products	213	
98	Deep-yellow vegetables: Squash[1]	80	
99	Carrots[1]	75	
100	Dark-green vegetables:		
101			
102	Other vegetables: Lettuce	196	
103	Peas[1], beans[1], pickle, corn[1]	528	
104			
105	Soup: Meat__ Grain product__ Dry bean, pea✓ Vegetable__	245	
	Milk		
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange, grapefruit	615	
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP✓	101	
116	Other fruits: AP:		
117	EP: Pears[1], berries[1], peaches[1]	279	
118			
119	Sugars		
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam✓ Fruit butters__	7	
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks	1520	
125	Coffee✓ Tea__ cups	15	
126	Beer	360	
127	Wine		
128	Whiskey	105	

DATA FOR SUBJECT NO. 59

PHYSIOLOGICAL DATA:	1953
1 Age.....yr..	57
2 Height.....cm..	170.8
3 Weight.....kg..	68.2
4 Actual weight/normal weight.....%..	94.4
5 Blood cholesterol.....mg.%..	391
6 Blood pressure rate.....mm Hg..	110/67

NUTRIENTS PER DAY:	1953 record 1st week	1953 record 2d week
7 Food energy: Total.....Cal..	2230	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	67.1	
10 From animal foods.....g..	42.0	
11 Fat: Total.....g..	110.8	
12 Fat Cal./total Cal.....%..	45	
13 From animal foods.....g..	78.6	
14 Fatty acids: Saturated.....g..	48	
15 Unsaturated: Oleic.....g..	43	
16 Linoleic.....g..	10	
17 Carbohydrate: Total.....g..	253.0	
18 From milk.....g..	28.6	
19 From fruits, sweets.....g..	83.6	
20 From other plant foods.....g..	139.2	
21 Calcium.....mg..	702	
22 Iron.....mg..	9.5	
23 Vitamin A value..... I.U.	6450	
24 Thiamine.....mg..	1.03	
25 Riboflavin.....mg..	1.53	
26 Niacin.....mg..	9.6	
27 Ascorbic acid.....mg..	97	
28 Cholesterol.....mg..	656	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3216	
30 Eggs.....g..	306	
31 Meat, poultry, fish.....g..	726	
32 Fats, oils.....g..	298	
33 Dry beans and peas, nuts.....g..	72	
34 Flour equivalent.....g..	1201	
35 Vegetables.....g..	1179	
36 Fruits.....g..	1514	
37 Sugars, sweets.....g..	600	
38 Alcoholic beverages.....g..	0	

FOODS, 1 WEEK, 1953

Subject No. 59

		1st wk. G.	2d wk. G.
39	Fluid milk: Whole, 3.5% fat	1220	
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	60	
43	Buttermilk		
44			
45	Cream: 20% fat	610	
46	30-36% fat	131	
47	Cheese: Cottage		
48			
49	Ice cream	128	
50	Eggs	184	
51	Puddings: Milk __ Milk & egg ✓	452	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	110	
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	130	
58	Lean only	93	
59	Veal ✓ Lamb __ : With fat & bone		
60	With fat, no bone	132	
61	Lean only		
62			
63	Giblets-chicken	45	
64			
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Fillet of Sole	65	
69	Shellfish:		
70	Turkey[3]	200	
71	Butter ✓ Margarine __	85	
72	Beef fat & beef fat drippings		
73	Bacon ✓		
	Bacon & pork fat drippings __	24	
74	Lard		
75	Vegetable fat	3	
76	Vegetable oil ✓ Salad dressing ✓	71	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	391	
79	Dry beans & peas, cooked		
80	Peanuts, shelled	10	
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	213	
83			
84	Biscuits	20	
85	Crackers	16	

		1st wk. G.	2d wk. G.
86	Cookies ✓	150	
87	Sweet buns ✓ Doughnuts ✓	587	
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit ✓ Custard ✓ Nut ✓	346	
90	Ready-to-eat cereal:		
	Corn Flakes	83	
91			
92	Other cereal: Oatmeal	143	
93	Popcorn	35	
94	Macaroni, spaghetti __ Noodles ✓	30	
95			
96	White potatoes[1,3]	614	
97	Tomatoes, tomato products	123	
98	Deep-yellow vegetables:		
	Carrots[1,5]	99	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables:		
	Lettuce	65	
103	Peas[1]	60	
104	Chow mein	151	
105	Soup: Meat __ Grain product __		
	Dry bean, pea __ Vegetable __		
	Milk	500	
106	Oranges __ Lemons __ : AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	1104	
111	Other fruit juice:		
112	Dried fruits: Raisins	15	
113	Apples: AP	53	
114	EP		
115	Bananas: AP __ EP ✓	72	
116	Other fruits: AP:		
117	EP: Avocado[5], berries[1]	192	
118			
119	Sugars	291	
120	Sirup __ Molasses __ Honey ✓	47	
121	Jelly, jam ✓ Fruit butters __	28	
122	Candy: Chocolate	15	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea __ cups	29	
126	Beer		
127	Wine		
128			

2-WEEK FOOD REPORTS (1-WEEK RECALL PRIOR TO 1-WEEK RECORD) IN 1954, 59 MEN

DATA FOR SUBJECT NO. 60

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	53
2 Height.....cm..	168.3
3 Weight.....kg..	62.3
4 Actual weight/normal weight.....%..	89.3
5 Blood cholesterol.....mg.%..	196
6 Blood pressure rate.....mm.Hg..	173/117

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2130	2458
8 Alcohol only.....Cal..	74	35
9 Protein: Total.....g..	68.6	76.8
10 From animal foods.....g..	43.3	52.3
11 Fat: Total.....g..	92.6	107.3
12 Fat Cal./total Cal.....%..	39	39
13 From animal foods.....g..	57.0	65.0
14 Fatty acids: Saturated.....g..	36	41
15 Unsaturated: Oleic.....g..	37	42
16 Linoleic.....g..	11	14
17 Carbohydrate: Total.....g..	259.5	314.9
18 From milk.....g..	10.8	16.6
19 From fruits, sweets.....g..	81.7	119.4
20 From other plant foods.....g..	164.2	165.2
21 Calcium.....mg..	411	558
22 Iron.....mg..	10.7	11.7
23 Vitamin A value..... I.U.	4010	3140
24 Thiamine.....mg..	.77	1.00
25 Riboflavin.....mg..	1.12	1.21
26 Niacin.....mg..	15.1	13.5
27 Ascorbic acid.....mg..	63	51
28 Cholesterol.....mg..	1488	763
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1077	1738
30 Eggs.....g..	274	460
31 Meat, poultry, fish.....g..	1218	1284
32 Fats, oils.....g..	324	484
33 Dry beans and peas, nuts.....g..	0	28
34 Flour equivalent.....g..	1389	1525
35 Vegetables.....g..	2109	1089
36 Fruits.....g..	1966	1687
37 Sugars, sweets.....g..	362	757
38 Alcoholic beverages.....g..	292	136

FOOD, 1 WEEK, 1954
Subject No. 60

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	50	81
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44 Chocolate	500	500
45 Cream: 20% fat	118	152
46 30-36% fat		
47 Cheese: Cottage		
48 Cheddar		28
49 Ice cream		209
50 Eggs	192	315
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	291	
55 Lean only, with bone		425
56 Pork: ~~With~~ No fat ~~&~~ with bone		225
57 With fat, no bone	64	121
58 Lean only	48	
59 Veal✓ Lamb✓: With fat & bone	154	
60 With fat, no bone		150
61 Lean only		
62 Meatloaf, tomato-meatsauce	144	50
63		
64 Frankfurter, salami	142	97
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken	326	
67 No bone: Chicken	85	
68 Fish:		
69 Shellfish:		
70 Chicken chow mein-subgum, tuna-noodles		550
71 Butter✓ Margarine__	86	173
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	22	64
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	90	110
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	183	75
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled: Cashew		28
82 Bread, rolls, not sweet: White	553	394
83 Pumpernickel, rye		146
84 French toast	120	54
85 Crackers		

	Record G.	Recall G.
86 Cookies	52	
87 Sweet buns✓ Doughnuts✓	442	371
88 Cake: Iced: Chocolate		560
Not iced: Sponge, plain	40	60
89 Pie: Fruit✓ Custard__ Nut__	326	
90 Ready-to-eat cereal:		
91		
92 Other cereal: Wheat meal	290	182
93 Rice		42
94 Macaroni, spaghetti✓ Noodles✓	70	236
95		
96 White potatoes[1,3,4]	855	272
97 Tomatoes, tomato products	125	11
98 Deep-yellow vegetables: Carrots[1,5]	56	
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Eggplant[4]/Pickle	126	135
103 Beans[1,2], lettuce, pickle, beets[1] cauliflower[1]	759	334
104 Tossed salad	174	150
105 Soup: Meat__ Grain product✓		250
Dry bean, pea__ Vegetable✓	250	
Milk		
106 Oranges__ Lemons__: AP		
107 EP		
108 Grapefruit: AP	448	680
109 EP		
110 Citrus fruit juice:		
111 Other fruit juice: Apricot	122	
112 Dried fruits: Prunes	120	95
113 Apples: AP		
114 EP		
115 Bananas: AP✓ EP✓	421	
116 Other fruits: AP:		
117 EP: Cherries, peaches[1], pears[1], pineapple[1]	708	914
118 Gelatin pudding	60	
119 Sugars	202	428
120 Sirup✓ Molasses__ Honey__		60
121 Jelly, jam__ Fruit butters__		
122 Candy: Chocolate	32	84
123 Water ices, sherbets		
124 Soft drinks	402	348
125 Coffee✓ Tea__ cups	15	16
126 Beer	240	
127 Wine	52	98
128 Whiskey		38

DATA FOR SUBJECT NO. 61

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	56
2 Height.....cm..	181.6
3 Weight.....kg..	91.4
4 Actual weight/normal weight.....%..	111.5
5 Blood cholesterol.....mg.%..	202
6 Blood pressure rate.....mm.Hg..	110/78

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	2984	2621
8 Alcohol only.....Cal..	157	281
9 Protein: Total.....g..	137.0	123.3
10 From animal foods.....g..	101.9	101.7
11 Fat: Total.....g..	141.9	114.8
12 Fat Cal./total Cal.....%..	43	40
13 From animal foods.....g..	97.3	90.1
14 Fatty acids: Saturated.....g..	58	45
15 Unsaturated: Oleic.....g..	48	53
16 Linoleic.....g..	20	1.3
17 Carbohydrate: Total.....g..	270.8	320.4
18 From milk.....g..	61.7	36.7
19 From fruits, sweets.....g..	47.6	33.1
20 From other plant foods.....g..	154.9	148.4
21 Calcium.....mg..	1258	949
22 Iron.....mg..	18.4	16.7
23 Vitamin A value..... I.U.	10910	5540
24 Thiamine.....mg..	1.87	.97
25 Riboflavin.....mg..	2.61	1.97
26 Niacin.....mg..	22.0	24.5
27 Ascorbic acid.....mg..	124	93
28 Cholesterol.....mg..	1045	933
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5850	3807
30 Eggs.....g..	539	435
31 Meat, poultry, fish.....g..	1871	2083
32 Fats, oils.....g..	551	409
33 Dry beans and peas, nuts.....g..	31	94
34 Flour equivalent.....g..	1093	910
35 Vegetables.....g..	2722	1886
36 Fruits.....g..	2028	1079
37 Sugars, sweets.....g..	166	225
38 Alcoholic beverages.....g..	1635	2865

FOOD, 1 WEEK, 1954

Subject No. 61

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	651	244
40 Whole, 4.5% fat	802	360
41 Skim	2737	1189
42 Half & half, 12% fat		
43 Buttermilk		
44 Cocoa with milk		875
45 Cream: 20% fat		
46 30-36% fat		30
47 Cheese: Cottage	38	
48 Roquefort, swiss, cheddar	162	89
49 Ice cream	71	273
50 Eggs	469	387
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: with ~~fat &~~ bone	162	
54 With fat, no bone	266	561
55 Lean only	913	309
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only		39
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chow mein, pizza, beef[3]	422	227
63		
64		
65 Rabbit__ Game ✓: venison with bone		170
66 Poultry: With bone: Chicken	190	
67 No bone: Turkey	72	26
68 Fish: Herring, sardines[1], red snapper		766
69 Shellfish: Smoked oysters		60
70 Shrimp salad		182
71 Butter ✓ Margarine__	218	80
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings__	20	64
74 Lard		
75 Vegetable fat		
76 Vegetable oil ✓ Salad dressing ✓	230	38
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk__	154	33
79 Dry beans & peas, cooked		99
80 Peanuts, shelled		
81 Nuts, shelled: Coconut	4	
82 Bread, rolls, not sweet: White	230	273
83 Rye, gluten, wheat	170	92
84 Biscuits	30	96
85 Crackers	16	39

	Record G.	Recall G.
86 Cookies		3
87 Sweet buns ✓ Doughnuts__	276	24
88 Cake: Iced: Chocolate		90
Not iced: Cheese, plain	112	55
89 Pie: Fruit__ Custard__ ✓ Nut__	250	226
90 Ready-to-eat cereal: Wheat flakes	172	88
91 Oats	25	16
92 Other cereal: Rice	130	
93		
94 Macaroni, spaghetti ✓ Noodles ✓	35	146
95 Bread dressing	54	
96 White potatoes.[1,3,4]	781	684
97 Tomatoes, tomato products	332	212
98 Deep-yellow vegetables: Carrots[1]	92	90
99 Peas-carrots[1]	72	
100 Dark-green vegetables: Spinach[1] / Broccoli[1]	186	100
101		
102 Other vegetables: Peas[1] / Lettuce	178	15
103 Asparagus[1], pickle, beans[1], cabbage[1], mixed[1], beets[3]	230	360
104 Tossed salad, slaw	650	405
105 Soup: Meat__ ✓ Grain product__		120
Dry bean, pea__ Vegetable ✓	167	
Milk	255	
106 Oranges ✓ Lemons ✓: AP		235
107 EP	140	155
108 Grapefruit: AP		
109 EP	96	
110 Citrus fruit juice: orange	684	123
111 Other fruit juice: Grape[1]	567	
112 Dried fruits:		
113 Apples: AP		150
114 EP		
115 Bananas: AP__ EP ✓		50
116 Other fruits: AP:		
117 EP: Pineapple[5], mixed[5]	191	364
118 Waldorf salad, gelatin fruit salad	408	
119 Sugars	34	120
120 Sirup ✓ Molasses__ Honey__	40	
121 Jelly, jam__ Fruit butters__		
122 Candy:		
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	21	21
126 Beer	1440	2520
127 Wine	30	
128 Whiskey, martini, gin, drambuie	165	345

DATA FOR SUBJECT NO. 62

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	177.8
3 Weight.....kg..	86.6
4 Actual weight/normal weight.....%..	110.5
5 Blood cholesterol.....mg.%..	204
6 Blood pressure rate.....mm.Hg..	125/86

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2985	3243
8 Alcohol only.....Cal..	25	0
9 Protein: Total.....g..	117.8	117.6
10 From animal foods.....g..	83.1	64.3
11 Fat: Total.....g..	122.8	128.0
12 Fat Cal./total Cal.....%..	37	36
13 From animal foods.....g..	80.7	73.3
14 Fatty acids: Saturated.....g..	49	51
15 Unsaturated: Oleic.....g..	46	55
16 Linoleic.....g..	11	11
17 Carbohydrate: Total.....g..	363.6	421.9
18 From milk.....g..	51.3	21.5
19 From fruits, sweets.....g..	89.6	65.7
20 From other plant foods.....g..	222.2	334.3
21 Calcium.....mg..	895	798
22 Iron.....mg..	18.5	19.2
23 Vitamin A value..... I.U.	8140	5470
24 Thiamine.....mg..	1.74	1.74
25 Riboflavin.....mg..	2.03	1.86
26 Niacin.....mg..	23.6	21.2
27 Ascorbic acid.....mg..	130	113
28 Cholesterol.....mg..	667	721
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3487	1980
30 Eggs.....g..	163	500
31 Meat, poultry, fish.....g..	1917	1953
32 Fats, oils.....g..	473	586
33 Dry beans and peas, nuts.....g..	153	49
34 Flour equivalent.....g..	3271	3524
35 Vegetables.....g..	2081	1654
36 Fruits.....g..	3580	2136
37 Sugars, sweets.....g..	457	677
38 Alcoholic beverages.....g..	60	0

FOOD, 1 WEEK, 1954
Subject No. 62

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	1464	243
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	287	105
46	30-36% fat	59	75
47	Cheese: Cottage		
48			
49	Ice cream	299	69
50	Eggs		62
51	Puddings: Milk __ Milk & egg ✓	167	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	356	502
55	Lean only	435	
56	Pork: With fat & bone		
57	With fat, no bone	170	88
58	Lean only		176
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Meat balls, Chow mein	124	515
63			
64			
65	Rabbit __ Game __ :		
66	Poultry: With bone: Chicken	425	
67	No bone: Turkey	189	
68	Fish: Smelts, cod fish	49	790
69	Shellfish: Shrimp	50	
70	Chicken-noodles, tuna[3]	456	
71	Butter ✓ Margarine __	139	188
72	Beef fat & beef fat drippings		
73	Bacon ✓		
	Bacon & pork fat drippings __		16
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	15	8
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __	30	264
79	Dry beans & peas, cooked	128	
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	352	411
83	Cracked-wheat, cinnamon	557	209
84	Waffles, pancakes	178	603
85	Crackers	70	
86	Cookies	238	4
87	Sweet buns ✓ Doughnuts __		1921
88	Cake: Iced: Plain	184	450
	Not iced:		
89	Pie: Fruit ✓ Custard ✓ Nut ✓	626	322
90	Ready-to-eat cereal: Bran 40%	157	120
91			
92	Other cereal: Oatmeal	643	708
93	Rice		21
94	Macaroni, spaghetti __ Noodles ✓		75
95			
96	White potatoes[2,3,4]	1484	1071
97	Tomatoes, tomato products	185	
98	Deep-yellow vegetables: Carrots[2]/Sweet potatoes[2]	196	110
99	Squash[2]	114	
100	Dark-green vegetables:		
101			
102	Other vegetables: Beans[2]/Cabbage[1]	89	170
103	Beans[1,2], lettuce, peas[1,2], asparagus[1,2], corn[1,2], mixed[1]	361	359
104			
105	Soup: Meat __ Grain product __		
	Dry bean, pea __ Vegetable __		
	Milk		
106	Oranges ✓ Lemons __ : AP		
107	EP	17	
108	Grapefruit: AP	1114	1140
109	EP	60	30
110	Citrus fruit juice: Orange	615	552
111	Other fruit juice: Grape	190	
112	Dried fruits: Raisins	236	
113	Apples: AP	70	
114	EP		
115	Bananas: AP __ EP ✓	194	20
116	Other fruits: AP:		
117	EP: Mixed[1], pears[1], berries[1], pineapple[1]	268	178
118	Fruit salad, gelatin pudding-fruit	670	361
119	Sugars	46	18
120	Sirup ✓ Molasses __ Honey		219
121	Jelly, jam __ Fruit butters ✓	79	
122	Candy: Chewing gum		21
123	Water ices, sherbets		64
124	Soft drinks		
125	Coffee ✓ Tea __ cups	33	41
126	Beer		
127	Wine		
128	Whiskey	60	

DATA FOR SUBJECT NO. 63

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	175.3
3 Weight.....kg..	78.5
4 Actual weight/normal weight.....%..	103.0
5 Blood cholesterol.....mg.%..	212
6 Blood pressure rate.....mm.Hg..	110/77

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2503	3068
8 Alcohol only.....Cal..	0	71
9 Protein: Total.....g..	133.3	140.4
10 From animal foods.....g..	84.6	119.3
11 Fat: Total.....g..	136.6	146.2
12 Fat Cal./total Cal.....%..	49	43
13 From animal foods.....g..	112.9	127.9
14 Fatty acids: Saturated.....g..	61	66
15 Unsaturated: Oleic.....g..	53	58
16 Linoleic.....g..	10	8
17 Carbohydrate: Total.....g..	244.2	282.8
18 From milk.....g..	64.2	58.3
19 From fruits, sweets.....g..	70.0	52.6
20 From other plant foods.....g..	106.0	167.9
21 Calcium.....mg..	1503	1577
22 Iron.....mg..	12.3	15.9
23 Vitamin A value..... I.U.	5970	17610
24 Thiamine.....mg..	1.38	1.34
25 Riboflavin.....mg..	2.65	3.84
26 Niacin.....mg..	15.0	25.1
27 Ascorbic acid.....mg..	90	79
28 Cholesterol.....mg..	877	1038
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	7295	7729
30 Eggs.....g..	504	514
31 Meat, poultry, fish.....g..	1047	2160
32 Fats, oils.....g..	465	427
33 Dry beans and peas, nuts.....g..	20	31
34 Flour equivalent.....g..	903	1082
35 Vegetables.....g..	1003	1799
36 Fruits.....g..	2192	1537
37 Sugars, sweets.....g..	303	419
38 Alcoholic beverages.....g..	0	480

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FOOD, 1 WEEK, 1954

Subject No. 63

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	6344	6313
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		10
43	Buttermilk		
44			
45	Cream: 20% fat	50	28
46	30-36% fat	15	
47	Cheese: Cottage	14	210
48			
49	Ice cream	173	384
50	Eggs	410	368
51	Puddings: Milk ✓ Milk & egg ✓		149
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	100	741
55	Lean only	76	213
56	Pork: With fat & bone		
57	With fat, no bone	332	115
58	Lean only		
59	Veal Lamb ✓: With fat & bone		
60	With fat, no bone		
61	Lean only	120	
62	Meat loaf, ham salad, beef[3]	180	345
63	Liver-beef		162
64	Frankfurter, sausage-liver	51	12
65	Rabbit Game :		
66	Poultry: With bone: Chicken	78	
67	No bone: Chicken	43	339
68	Fish:		
69	Shellfish:		
70	Tuna-noodle, salmon[3], chicken[3]	260	241
71	Butter ✓ Margarine	159	106
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings	139	128
74	Lard		
75	Vegetable fat		
76	Vegetable oil Salad dressing ✓	25	35
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk		99
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:	8	
82	Bread, rolls, not sweet: White	493	634
83	Rye		10
84	Corn fritters, cheese sticks	200	15
85	Crackers	38	25
86	Cookies	118	90
87	Sweet buns ✓ Doughnuts		55
88	Cake: Iced:		
	Not iced: Spice, plain	77	603
89	Pie: Fruit Custard ✓ Nut	190	
90	Ready-to-eat cereal:		
91			
92	Other cereal: Puffed rice		9
93			
94	Macaroni, spaghetti Noodles		
95	Macaroni-cheese	110	
96	White potatoes[1,3,4]	516	686
97	Tomatoes, tomato products		77
98	Deep-yellow vegetables: Carrot-peas[1,3] / Carrots[1]	216	63
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Asparagus[1] / onions[1]	160	90
103	Peas[1], olives, asparagus[1], beans[1] lettuce	123	153
104	Tossed salad, slaw	70	140
105	Soup: Meat ✓ Grain product ✓	250	375
	Dry bean, pea ✓ Vegetable ✓	500	873
	Milk		
106	Oranges ✓ Lemons : AP		108
107	EP		
108	Grapefruit: AP	596	475
109	EP	188	90
110	Citrus fruit juice: Orange	123	
111	Other fruit juice: Grape	127	127
112	Dried fruits: Prunes	352	
113	Apples: AP		
114	EP		
115	Bananas: AP ✓ EP		208
116	Other fruits: AP:		
117	EP: Rhubarb[1], peaches[1], pears[5], berries[1], cherries[1], mixed[1]	731	420
118	Gelatin-fruit, apple salad	110	50
119	Sugars	32	30
120	Sirup ✓ Molasses Honey	31	
121	Jelly, jam Fruit butters		
122	Candy: Chocolate-nuts, peanut brittle, jelly beans	116	159
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea ✓ cups	14	18
126	Beer		360
127	Wine		
128	Whiskey, brandy		120

DATA FOR SUBJECT NO. 64

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	53
2 Height.....cm..	182.9
3 Weight.....kg..	74.2
4 Actual weight/normal weight.....%..	88.9
5 Blood cholesterol.....mg.%..	220
6 Blood pressure rate.....mm.Hg..	133/86

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2500	2175
8 Alcohol only.....Cal..	13	90
9 Protein: Total.....g..	105.8	93.7
10 From animal foods.....g..	74.9	70.7
11 Fat: Total.....g..	109.0	85.0
12 Fat Cal./total Cal.....%..	39	35
13 From animal foods.....g..	73.6	60.3
14 Fatty acids: Saturated.....g..	43	36
15 Unsaturated: Oleic.....g..	41	32
16 Linoleic.....g..	13	8
17 Carbohydrate: Total.....g..	275.8	243.7
18 From milk.....g..	19.1	15.2
19 From fruits, sweets.....g..	39.9	69.0
20 From other plant foods.....g..	213.7	156.8
21 Calcium.....mg..	632	686
22 Iron.....mg..	16.4	12.8
23 Vitamin A value..... I.U.	7050	7680
24 Thiamine.....mg..	1.54	.99
25 Riboflavin.....mg..	1.63	1.30
26 Niacin.....mg..	20.0	15.6
27 Ascorbic acid.....mg..	123	107
28 Cholesterol.....mg..	764	734
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1755	2327
30 Eggs.....g..	394	410
31 Meat, poultry, fish.....g..	1792	1303
32 Fats, oils.....g..	450	378
33 Dry beans and peas, nuts.....g..	8	287
34 Flour equivalent.....g..	1362	1257
35 Vegetables.....g..	2564	1644
36 Fruits.....g..	1667	1992
37 Sugars, sweets.....g..	358	492
38 Alcoholic beverages.....g..	30	216

FOOD, 1 WEEK, 1954

Subject No. 64

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim	246	492
42 Half & half, 12% fat	136	50
43 Buttermilk		
44		
45 Cream: 20% fat	70	120
46 30-36% fat	35	83
47 Cheese: Cottage	65	21
48 Swiss	28	119
49 Ice cream	226	209
50 Eggs	275	277
51 Puddings: Milk ✓ Milk & egg	217	
52 Egg salad	57	
53 Beef: With fat & bone		
54 With fat, no bone	112	
55 Lean only	648	356
56 Pork: With fat & bone	136	
57 With fat, no bone	109	
58 Lean only		168
59 Veal Lamb : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Meat loaf, chili con carne	156	382
63		
64 Liver paste, salami	32	
65 Rabbit Game :		
66 Poultry: With bone: Chicken	440	
67 No bone: Turkey		378
68 Fish: Herring, salmon steak	198	198
69 Shellfish:		
70 Tuna[3], tuna salad		291
71 Butter ✓ Margarine	135	138
72 Beef fat & beef fat drippings		
73 Bacon ✓		
Bacon & pork fat drippings		15
74 Lard		
75 Vegetable fat		
76 Vegetable oil Salad dressing ✓	82	77
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	130	100
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		9
82 Bread, rolls, not sweet: White	893	416
83 Oatmeal, rye, pumpernickel	221	20
84 French toast		108
85 Crackers	100	33

	Record G.	Recall G.
86 Cookies	90	34
87 Sweet buns ✓ Doughnuts	80	173
88 Cake: Iced: Plain, butter		225
Not iced: Gingerbread, date-nut	89	147
89 Pie: Fruit ✓ Custard ✓ Nut	440	332
90 Ready-to-eat cereal:		
Shredded wheat	22	44
91		
92 Other cereal: Wheatena		119
93		
94 Macaroni, spaghetti Noodles		
95		
96 White potatoes[1,3,4]	1120	478
97 Tomatoes, tomato products	320	82
98 Deep-yellow vegetables:		
Carrots[1]/Sweet potatoes[1]	109	165
99 Carrots		109
100 Dark-green vegetables:		
Broccoli[1]	71	95
101		
102 Other vegetables:		
Lettuce	352	322
103 Peas[1], corn[1], olives, beans[1]		
asparagus[1]	315	297
104 Slaw, tossed salad	245	
105 Soup: Meat ✓ Grain product ✓	150	156
Dry bean, pea ✓ Vegetable ✓	156	245
Milk	318	153
106 Oranges Lemons : AP		
107 EP		
108 Grapefruit: AP	820	1235
109 EP	330	
110 Citrus fruit juice: orange	123	307
111 Other fruit juice:		
112 Dried fruits: Prunes	94	93
113 Apples: AP		
114 EP	102	
115 Bananas: AP EP		
116 Other fruits: AP:		
117 EP: Peaches[1], pears[1]		180
118 Gelatin pudding-fruit		120
119 Sugars	78	212
120 Sirup ✓ Molasses Honey		40
121 Jelly, jam ✓ Fruit butters	29	21
122 Candy: Chocolate	10	10
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	27	26
126 Beer		
127 Wine		90
128 Whiskey, cocktail (whiskey)	30	180

DATA FOR SUBJECT NO. 65

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	54
2 Height.....cm..	171.4
3 Weight.....kg..	75.0
4 Actual weight/normal weight.....%..	103.0
5 Blood cholesterol.....mg.%..	220
6 Blood pressure rate.....mm.Hg..	120/81

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	3188	3260
8 Alcohol only.....Cal..	71	71
9 Protein: Total.....g..	95.0	87.3
10 From animal foods.....g..	69.5	58.3
11 Fat: Total.....g..	84.1	93.1
12 Fat Cal./total Cal.....%..	35	37
13 From animal foods.....g..	60.5	60.4
14 Fatty acids: Saturated.....g..	34	37
15 Unsaturated: Oleic.....g..	35	37
16 Linoleic.....g..	7	12
17 Carbohydrate: Total.....g..	248.3	254.1
18 From milk.....g..	23.3	18.5
19 From fruits, sweets.....g..	60.0	61.4
20 From other plant foods.....g..	163.8	171.4
21 Calcium.....mg..	601	664
22 Iron.....mg..	15.0	16.3
23 Vitamin A value..... I.U.	4980	4310
24 Thiamine.....mg..	1.22	.94
25 Riboflavin.....mg..	1.39	1.28
26 Niacin.....mg..	13.5	15.9
27 Ascorbic acid.....mg..	56	111
28 Cholesterol.....mg..	1023	786
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1916	1731
30 Eggs.....g..	727	660
31 Meat, poultry, fish.....g..	1285	1137
32 Fats, oils.....g..	344	429
33 Dry beans and peas, nuts.....g..	128	316
34 Flour equivalent.....g..	1291	1374
35 Vegetables.....g..	1099	1598
36 Fruits.....g..	1173	1820
37 Sugars, sweets.....g..	470	386
38 Alcoholic beverages.....g..	375	180

FOOD, 1 WEEK, 1954
Subject No. 65

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat	244	528
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage	52	
48	Cheddar	12	39
49	Ice cream	383	137
50	Eggs	539	536
51	Puddings: Milk __ Milk & egg ✓	280	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	141	360
55	Lean only	324	
56	Pork: With fat & bone		
57	With fat, no bone	150	
58	Lean only	180	14
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef casserole	235	235
63			
64	Minced ham, bologna	25	48
65	Rabbit __ Game __ :		
66	Poultry: With bone: chicken	136	
67	No bone: Turkey	116	421
68	Fish:		
69	Shellfish:		
70	Crab-shrimp[3], turkey[3]	305	170
71	Butter ✓ Margarine __	110	81
72	Beef fat & beef fat drippings		
73	Bacon ✓		
	Bacon & pork fat drippings __		28
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	30	24
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __		100
79	Dry beans & peas, cooked		261
80	Peanuts, shelled		
81	Nuts, shelled: Sunflower, pumpkin seeds		35
82	Bread, rolls, not sweet: White	162	80
83	Whole-wheat, rye	237	345
84	Popovers, dumplings, french toast	376	389
85	Crackers	130	79
86	Cookies	59	
87	Sweet buns ✓ Doughnuts __	355	272
88	Cake: Iced: Plain	277	100
	Not iced: Angel, fruit		165
89	Pie: Fruit __ Custard __ Nut ✓		128
90	Ready-to-eat cereal:		
	Wheat flakes / Shredded wheat	45	44
91	Puffed wheat, shredded wheat	45	12
92	Other cereal:		
93			
94	Macaroni, spaghetti ✓ Noodles ✓	71	146
95	Bread dressing	66	168
96	White potatoes[1,3]	318	411
97	Tomatoes, tomato products	150	558
98	Deep-yellow vegetables:		
	Carrots[1,5]	90	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables:		
	Sauerkraut[1] / Onions[3,4]	215	165
103	Lettuce, corn, onions[3], peas[1]		
	beans[1]	201	212
104	Potato salad, slaw		212
105	Soup: Meat ✓ Grain product __	316	312
	Dry bean, pea ✓ Vegetable ✓	612	618
	Milk		153
106	Oranges __ Lemons __ : AP		
107	EP		
108	Grapefruit: AP	225	1185
109	EP		
110	Citrus fruit juice: Orange	203	369
111	Other fruit juice: Pineapple	250	
112	Dried fruits: Prunes	124	
113	Apples: AP		
114	EP		
115	Bananas: AP __ EP		
116	Other fruits: AP: Pear[5]	90	
117	EP: Berries, pears, mixed,		
	Cranberry sauce	281	117
118	Gelatin pudding-fruit		200
119	Sugars	33	54
120	Sirup ✓ Molasses __ Honey __	40	82
121	Jelly, jam ✓ Fruit butters __	202	68
122	Candy: Mint, chocolate creams,		
	marshmallow	20	56
123	Water ices, sherbets		
124	Soft drinks		203
125	Coffee ✓ Tea ✓ cups	28	24
126	Beer	240	
127	Wine		
128	Whiskey	135	180

DATA FOR SUBJECT NO. 66

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	60
2 Height.....cm..	171.4
3 Weight.....kg..	71.6
4 Actual weight/normal weight.....%..	984
5 Blood cholesterol.....mg.%..	221
6 Blood pressure rate.....mm.Hg..	177/104

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2330	2412
8 Alcohol only.....Cal..	13	0
9 Protein: Total.....g..	89.9	120.1
10 From animal foods.....g..	64.2	81.8
11 Fat: Total.....g..	106.3	98.5
12 Fat Cal./total Cal.....%..	41	37
13 From animal foods.....g..	81.1	67.1
14 Fatty acids: Saturated.....g..	46	41
15 Unsaturated: Oleic.....g..	43	38
16 Linoleic.....g..	7	11
17 Carbohydrate: Total.....g..	258.3	259.3
18 From milk.....g..	43.4	35.9
19 From fruits, sweets.....g..	65.6	70.0
20 From other plant foods.....g..	144.1	161.3
21 Calcium.....mg..	732	756
22 Iron.....mg..	16.0	17.3
23 Vitamin A value..... I.U.	18250	6520
24 Thiamine.....mg..	1.23	1.27
25 Riboflavin.....mg..	2.44	1.78
26 Niacin.....mg..	18.3	20.5
27 Ascorbic acid.....mg..	95	105
28 Cholesterol.....mg..	878	1106
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3157	2506
30 Eggs.....g..	461	766
31 Meat, poultry, fish.....g..	1101	1537
32 Fats, oils.....g..	358	360
33 Dry beans and peas, nuts.....g..	0	75
34 Flour equivalent.....g..	1912	1878
35 Vegetables.....g..	1841	1974
36 Fruits.....g..	2028	1726
37 Sugars, sweets.....g..	299	420
38 Alcoholic beverages.....g..	30	0

FOOD, 1 WEEK, 1954
Subject No. 66

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	1159	1098
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	82	21
47	Cheese: Cottage	50	
48	American	79	42
49	Ice cream	217	106
	*		
50	Eggs	342	587
51	Puddings: Milk ✓ Milk & egg ✓	154	186
52	Egg salad		
	*		
53	Beef: With fat & bone		
54	With fat, no bone	264	
55	Lean only	156	216
56	Pork: With fat & bone	90	
57	With fat, no bone		
58	Lean only		
59	Veal ✓ Lamb ✓: With fat & bone		
60	With fat, no bone		
61	Lean only	90	560
62	Lamb stew, chow mein		695
	*		
63	Liver-beef	142	
64	Sausage-swedish, liver; veal loaf	280	54
	*		
65	Rabbit Game :		
66	Poultry: With bone:		
67	No bone: Chicken		385
68	Fish:		
69	Shellfish:		
70	Tuna-noodles[3]	300	245
	*		
71	Butter ✓ Margarine	104	135
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings	42	48
74	Lard		
75	Vegetable fat		
76	Vegetable oil Salad dressing ✓	28	41
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	75	253
	*		
79	Dry beans & peas, cooked		245
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	262	386
83	Whole-wheat, cracked-wheat, rye, bran	397	197
84	Waffles, french toast, pancakes	329	429
85	Crackers	24	16
86	Cookies	58	36
87	Sweet buns Doughnuts ✓	114	172
88	Cake: Iced:		
	Not iced: Sponge	118	150
89	Pie: Fruit ✓ Custard ✓ Nut	488	149
	*		
90	Ready-to-eat cereal:		
91			
92	Other cereal: Oat meal	305	472
93	Wheat meal mush, rice	272	285
94	Macaroni, spaghetti ✓ Noodles ✓		472
95			
	*		
96	White potatoes 4/3	762	649
97	Tomatoes, tomato products	132	421
98	Deep-yellow vegetables: Carrots[1] / Sweetpotatoes[1]	132	90
99			
100	Dark-green vegetables: Broccoli[1] / Spinach[1]	144	94
101	Broccoli[1]		75
102	Other vegetables: Peas[1]	110	80
103	Asparagus[1], lettuce, cabbage[1], celery, corn[1]	401	13
104			
105	Soup: Meat ✓ Grain product ✓	490	
	Dry bean, pea ✓ Vegetable		245
	Milk	255	
	*		
106	Oranges ✓ Lemons : AP		
107	EP	76	155
108	Grapefruit: AP	750	1140
109	EP		
110	Citrus fruit juice:		
111	Other fruit juice: Pineapple	138	249
	*		
112	Dried fruits:		
113	Apples: AP		
114	EP	106	
115	Bananas: AP EP		
116	Other fruits: AP:		
117	EP: Peaches[1], pineapple[1], berries[1], mixed[1]	648	
118	Gelatin pudding - fruit, gelatin pudding	294	346
119	Sugars	41	24
120	Sirup ✓ Molasses Honey	6	246
121	Jelly, jam Fruit butters		
122	Candy: Chocolate fudge	24	
123	Water ices, sherbets		
124	Soft drinks	947	1015
125	Coffee ✓ Tea ✓ cups	22	30
126	Beer		
127	Wine		
128	Bourbon	30	

DATA FOR SUBJECT NO. 67

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	170.2
3 Weight.....kg..	75.1
4 Actual weight/normal weight.....%..	104.7
5 Blood cholesterol.....mg.%..	224
6 Blood pressure rate.....mm.Hg..	153/97

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	2529	2120
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	85.8	63.3
10 From animal foods.....g..	61.9	43.8
11 Fat: Total.....g..	114.7	107.0
12 Fat Cal./total Cal.....%..	41	47
13 From animal foods.....g..	91.4	89.0
14 Fatty acids: Saturated.....g..	55	49
15 Unsaturated: Oleic.....g..	42	39
16 Linoleic.....g..	7	8
17 Carbohydrate: Total.....g..	278.7	243.1
18 From milk.....g..	33.2	26.6
19 From fruits, sweets.....g..	111.6	111.6
20 From other plant foods.....g..	133.4	104.6
21 Calcium.....mg..	1011	707
22 Iron.....mg..	11.4	9.1
23 Vitamin A value..... I.U.	5590	4030
24 Thiamine.....mg..	1.16	1.35
25 Riboflavin.....mg..	1.83	1.44
26 Niacin.....mg..	13.3	10.8
27 Ascorbic acid.....mg..	114	97
28 Cholesterol.....mg..	585	564
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3977	3255
30 Eggs.....g..	245	243
31 Meat, poultry, fish.....g..	1011	899
32 Fats, oils.....g..	286	216
33 Dry beans and peas, nuts.....g..	19	41
34 Flour equivalent.....g..	1044	870
35 Vegetables.....g..	1115	902
36 Fruits.....g..	2316	2404
37 Sugars, sweets.....g..	615	661
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954
Subject No. 67

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	1586	732
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	1331	1799
43	Buttermilk		
44			
45	Cream: 20% fat	85	
46	30-36% fat	413	216
47	Cheese: Cottage		
48			
49	Ice cream	150	190
50	Eggs	143	153
51	Puddings: Milk ✓ Milk & egg	136	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	287	
55	Lean only	175	
56	Pork: With fat & bone		213
57	With fat, no bone		157
58	Lean only		143
59	Veal Lamb : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef stew	272	
63			
64	Sausage-polish	80	106
65	Rabbit Game :		
66	Poultry: With bone: Chicken	227	170
67	No bone: Chicken	118	
68	Fish:		
69	Shellfish: Lobster	87	
70	Chicken chow mein		200
71	Butter ✓ Margarine	88	78
72	Beef fat & beef fat drippings		
73	Bacon		
	Bacon & pork fat drippings		
74	Lard		
75	Vegetable fat		
76	Vegetable oil Salad dressing		
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	150	199
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	295	154
83			
84	Bran muffins, dumplings	288	108
85	Crackers	38	40

		Record G.	Recall G.
86	Cookies	181	82
87	Sweet buns ✓ Doughnuts ✓	84	87
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit ✓ Custard ✓ Nut	210	392
90	Ready-to-eat cereal:		
	Shredded wheat	126	140
91	wheat germ, corn flakes	166	108
92	Other cereal:		
93			
94	Macaroni, spaghetti Noodles ✓		45
95			
96	White potatoes[1,3,4]	291	171
97	Tomatoes, tomato products		
98	Deep-yellow vegetables:		
	Carrots[5]	50	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables:		
	Cauliflower[3]/Asparagus[1]	175	220
103	Asparagus[2], peas[2], beans[1]		
	parsnip[4], corn[1]	418	273
104			
105	Soup: Meat Grain product		
	Dry bean, pea ✓ Vegetable ✓	375	495
	Milk	186	
106	Oranges ✓ Lemons : AP		
107	EP	152	
108	Grapefruit: AP		790
109	EP	455	567
110	Citrus fruit juice: Orange	552	184
111	Other fruit juice:		
112	Dried fruits: Figs	89	
113	Apples: AP	497	230
114	EP		
115	Bananas: AP ✓ EP ✓	169	300
116	Other fruits: AP:		
117	EP: Pineapple[5], rhubarb[1]	307	272
118			
119	Sugars	363	136
120	Sirup ✓ Molasses Honey	20	61
121	Jelly, jam ✓ Fruit butters	7	
122	Candy: Hard, fudge-nut,		
	Caramel corn, Chocolate cream	75	345
123	Water ices, sherbets		
124	Soft drinks	201	
125	Coffee ✓ Tea ✓ cups	23	15
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 68

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	60
2 Height ..... cm..	170.2
3 Weight ..... kg..	73.0
4 Actual weight/normal weight ..... % ..	101.8
5 Blood cholesterol ..... mg.% ..	227
6 Blood pressure rate ..... mm.Hg..	127/80

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2009	1786
8 Alcohol only ..... Cal..	166	159
9 Protein: Total ..... g..	116.1	66.1
10 From animal foods ..... g..	100.1	49.0
11 Fat: Total ..... g..	73.0	72.0
12 Fat Cal./total Cal ..... % ..	3.3	3.6
13 From animal foods ..... g..	56.1	55.4
14 Fatty acids: Saturated ..... g..	25	26
15 Unsaturated: Oleic ..... g..	28	28
16 Linoleic ..... g..	9	9
17 Carbohydrate: Total ..... g..	182.2	184.4
18 From milk ..... g..	22.7	14.4
19 From fruits, sweets ..... g..	66.9	71.0
20 From other plant foods ..... g..	89.0	96.6
21 Calcium ..... mg..	749	430
22 Iron ..... mg..	12.4	10.4
23 Vitamin A value ..... I.U.	3200	2180
24 Thiamine ..... mg..	1.18	1.28
25 Riboflavin ..... mg..	2.99	1.51
26 Niacin ..... mg..	16.2	12.5
27 Ascorbic acid ..... mg..	116	83
28 Cholesterol ..... mg..	539	367
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2430	1340
30 Eggs ..... g..	120	118
31 Meat, poultry, fish ..... g..	2586	1537
32 Fats, oils ..... g..	237	153
33 Dry beans and peas, nuts ..... g..	21	72
34 Flour equivalent ..... g..	1531	1465
35 Vegetables ..... g..	2340	2201
36 Fruits ..... g..	1219	896
37 Sugars, sweets ..... g..	396	377
38 Alcoholic beverages ..... g..	390	375

FOOD, 1 WEEK, 1954
Subject No. 68

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	442	915
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk	1098	
44 Cocoa made with milk	250	
45 Cream: 20% fat		
46 30-36% fat		45
47 Cheese: Cottage	150	
48		
49 Ice cream	62	120
50 Eggs	49	48
51 Puddings: Milk ✓ Milk & egg ✓	118	100
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone		87
55 Lean only		127
56 Pork: ~~With~~ No fat ~~&~~ With bone	151	
57 With fat, no bone	110	431
58 Lean only	50	170
59 Veal __ Lamb ✓: With fat & bone		
60 With fat, no bone		
61 Lean only	75	
62 Meat loaf	264	
63		
64		
65 Rabbit __ Game __ :		
66 Poultry: With bone:		
67 No bone: Chicken	270	
68 Fish: Trout, frog legs	1247	308
69 Shellfish: Oysters, shrimp		128
70 Seafood salad, oyster stew, codfish cakes	720	212
71 Butter ✓ Margarine __	79	49
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings __		8
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	114	60
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	15	33
79 Dry beans & peas, cooked		
80 Peanuts, shelled	9	72
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	14	104
83 Rye-pumpernickel	35	12
84 Biscuits, muffins		72
85 Crackers	32	24

	Record G.	Recall G.
86 Cookies	47	40
87 Sweet buns ✓ Doughnuts __		74
88 Cake: Iced:		
Not iced:		
89 Pie: Fruit __ Custard ✓ Nut __	135	
90 Ready-to-eat cereal: Corn flakes	38	
91 Puffed wheat		16
92 Other cereal: Oatmeal	1319	1121
93 Rice		84
94 Macaroni, spaghetti __ Noodles __		
95		
96 White potatoes[1,4]	860	576
97 Tomatoes, tomato products	241	534
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables: Broccoli[1]	230	
101		
102 Other vegetables: Sauer Kraut[1]	320	600
103 Asparagus[1], lettuce, corn[1], pickle[1]	572	509
104 Tossed salad	150	
105 Soup: Meat __ Grain product __		
Dry bean, pea __ Vegetable __		
Milk		
106 Oranges __ Lemons __ : AP		
107 EP		
108 Grapefruit: AP	905	475
109 EP		120
110 Citrus fruit juice: Mixed	94	
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP __ EP __		
116 Other fruits: AP:		
117 EP: Peaches[1], pineapple[5], berries[5],	220	301
118 Gelatin pudding	179	
119 Sugars	290	328
120 Sirup __ Molasses __ Honey __		
121 Jelly, jam ✓ Fruit butters __	20	20
122 Candy:		
123 Water ices, sherbets		
124 Soft drinks	402	812
125 Coffee ✓ Tea ✓ cups	18	19
126 Beer		
127 Wine		
128 Scotch, brandy	390	375

DATA FOR SUBJECT NO. 69

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	173.4
3 Weight.....kg..	82.9
4 Actual weight/normal weight.....%..	111.3
5 Blood cholesterol.....mg.%..	233
6 Blood pressure rate.....mm.Hg..	139/92

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	1715	2311
8 Alcohol only.....Cal..	0	53
9 Protein: Total.....g..	70.7	97.3
10 From animal foods.....g..	51.3	73.6
11 Fat: Total.....g..	60.6	106.7
12 Fat Cal./total Cal.....%..	32	42
13 From animal foods.....g..	46.0	87.7
14 Fatty acids: Saturated.....g..	25	48
15 Unsaturated: Oleic.....g..	23	44
16 Linoleic.....g..	6	6
17 Carbohydrate: Total.....g..	229.0	236.7
18 From milk.....g..	25.9	14.8
19 From fruits, sweets.....g..	102.2	84.5
20 From other plant foods.....g..	99.3	129.8
21 Calcium.....mg..	387	612
22 Iron.....mg..	11.6	18.4
23 Vitamin A value..... I.U.	4950	25330
24 Thiamine.....mg..	.78	1.36
25 Riboflavin.....mg..	1.38	2.39
26 Niacin.....mg..	13.2	23.4
27 Ascorbic acid.....mg..	79	49
28 Cholesterol.....mg..	336	590
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1001	1668
30 Eggs.....g..	54	27
31 Meat, poultry, fish.....g..	1220	2049
32 Fats, oils.....g..	248	323
33 Dry beans and peas, nuts.....g..	321	12
34 Flour equivalent.....g..	749	1052
35 Vegetables.....g..	1367	2071
36 Fruits.....g..	1530	1224
37 Sugars, sweets.....g..	611	460
38 Alcoholic beverages.....g..	0	750

FOOD, 1 WEEK, 1954
Subject No. 69

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	360	672
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		10
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage		
48			
49	Ice cream	114	189
50	Eggs		
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	392	953
55	Lean only		177
56	Pork: With fat & bone		304
57	With fat, no bone	54	
58	Lean only	85	
59	Veal__ Lamb__ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Meat sauce-tomatoes, ham salad		218
63	Liver-beef		243
64	Sausage-liver, frankfurter	54	181
65	Rabbit__ Game__ :		
66	Poultry: With bone: Chicken	289	
67	No bone:		
68	Fish: Pike, sardines[1]	191	92
69	Shellfish: Shrimp	87	
70	Chicken-noodles[3]	551	
71	Butter✓ Margarine__	110	105
72	Beef fat & beef fat drippings		
73	Bacon__ Bacon & pork fat drippings__		
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	50	120
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__		398
79	Dry beans & peas, cooked	336	
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	539	664
83	Rye, whole-wheat, pum, pernickel	188	230
84	Pancakes		324
85	Crackers		
86	Cookies	15	78
87	Sweet buns__ Doughnuts✓	64	32
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit__ Custard✓ Nut__	152	
90	Ready-to-eat cereal:		
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti✓ Noodles__		146
95			
96	White potatoes[1,3,4]		316
97	Tomatoes, tomato products	150	
98	Deep-yellow vegetables: Sweetpotatoes[2]/Carrots[1]	215	190
99	Squash[1]		114
100	Dark-green vegetables:		
101			
102	Other vegetables: Lettuce	266	604
103	Beans[1], peas[1], corn[1], Asparagus[1] mushrooms[1]	343	877
104	Potato salad	72	
105	Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable✓	250	
	Milk		
106	Oranges__ Lemons✓: AP	24	3
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	930	
111	Other fruit juice: Prune	310	1120
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP__		
116	Other fruits: AP:		
117	EP: Berries[1], cherries[1]	266	101
118	Danish pudding, no milk		186
119	Sugars	99	77
120	Sirup✓ Molasses__ Honey✓	54	109
121	Jelly, jam✓ Fruit butters__	78	75
122	Candy: Chocolate creams, easter eggs, bon bon, gum	290	108
123	Water ices, sherbets		
124	Soft drinks	230	174
125	Coffee✓ Tea✓ cups	35	25
126	Beer		720
127	Wine		
128	Whiskey		30

DATA FOR SUBJECT NO. 70

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	56
2 Height ..... cm..	182.2
3 Weight ..... kg..	68.2
4 Actual weight/normal weight ..... %..	82.6
5 Blood cholesterol ..... mg.%	234
6 Blood pressure rate ..... mm.Hg..	121/77

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2680	2922
8 Alcohol only ..... Cal..	0	0
9 Protein: Total ..... g..	104.7	103.7
10 From animal foods ..... g..	79.1	77.6
11 Fat: Total ..... g..	137.0	131.3
12 Fat Cal./total Cal ..... %..	46	40
13 From animal foods ..... g..	107.3	109.4
14 Fatty acids: Saturated ..... g..	63	62
15 Unsaturated: Oleic ..... g..	51	48
16 Linoleic ..... g..	11	9
17 Carbohydrate: Total ..... g..	273.4	332.6
18 From milk ..... g..	53.1	87.7
19 From fruits, sweets ..... g..	52.2	52.6
20 From other plant foods ..... g..	167.0	185.3
21 Calcium ..... mg..	1077	1248
22 Iron ..... mg..	15.1	12.3
23 Vitamin A value ..... I.U.	8850	13660
24 Thiamine ..... mg..	1.35	1.12
25 Riboflavin ..... mg..	2.09	2.49
26 Niacin ..... mg..	14.5	14.3
27 Ascorbic acid ..... mg..	98	83
28 Cholesterol ..... mg..	994	783
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	5223	6455
30 Eggs ..... g..	613	401
31 Meat, poultry, fish ..... g..	1315	1153
32 Fats, oils ..... g..	390	311
33 Dry beans and peas, nuts ..... g..	186	16
34 Flour equivalent ..... g..	1498	1635
35 Vegetables ..... g..	1648	1029
36 Fruits ..... g..	1605	1638
37 Sugars, sweets ..... g..	456	566
38 Alcoholic beverages ..... g..	0	0

FOOD, 1 WEEK, 1954
Subject No. 70

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat....		
40 Whole, 4.5% fat.....	2440	1708
41 Skim.....		
42 Half & half, 12% fat.....		
43 Buttermilk.....		
44 Malted		1215
45 Cream: 20% fat.....	690	510
46 30-36% fat.....		
47 Cheese: Cottage.....	80	182
48 Cheddar	57	80
49 Ice cream.....	607	1209
*		
50 Eggs.....	457	243
51 Puddings: Milk__ Milk & egg✓...	248	
52 Egg salad.....		
*		
53 Beef: With fat & bone.....		
54 With fat, no bone.....	235	
55 Lean only.....	512	
56 Pork: With fat & bone.....		
57 With fat, no bone.....	145	
58 Lean only.....		115
59 Veal__ Lamb✓: With fat & bone..		
60 With fat, no bone.....		
61 Lean only.....		315
62 veal bird, meat loaf, rice-beef tomato	60*	602
63 Liver-calf		47
64 Chopped ham, bologna	55	42
*		
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken	151	
67 No bone:		158
68 Fish:		
69 Shellfish:		
70 Chicken chow mein, chicken[3]	250	319
*		
71 Butter✓ Margarine__	206	114
72 Beef fat & beef fat drippings..		
73 Bacon__ Bacon & pork fat drippings__		
74 Lard.....		
75 Vegetable fat.....		
76 Vegetable oil__ Salad dressing✓	15	
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry__ Milk__...		
*		
79 Dry beans & peas, cooked.....	110	
80 Peanuts, shelled.....		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	720	637
83 Date-nut	75	
84 Wheat cakes	180	
85 Crackers.....	20	28

	Record G.	Recall G.
86 Cookies.....	105	148
87 Sweet buns✓ Doughnuts✓.....	91	330
88 Cake: Iced: Butter, plain		222
Not iced: Angel food, plain	50	268
89 Pie: Fruit✓ Custard✓ Nut__..	405	356
*		
90 Ready-to-eat cereal: Shredded wheat	22	56
91		
92 Other cereal: Farina	229	90
93 Rice	35	168
94 Macaroni, spaghetti✓ Noodles✓	80	112
95		
*		
96 White potatoes[1,3,4].....	833	838
97 Tomatoes, tomato products...	545	
98 Deep-yellow vegetables: Carrots[1,5]	173	138
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Beans[1] / Lettuce	50	104
103 Lettuce, beans[1]	75	48
104		
105 Soup: Meat__ Grain product✓	190	250
Dry bean, pea✓ Vegetable__	306	
Milk.....		
*		
106 Oranges__ Lemons__: AP.....		
107 EP.....	20	
108 Grapefruit: AP.....		
109 EP.....	60	
110 Citrus fruit juice: Orange	738	861
111 Other fruit juice:		
*		
112 Dried fruits:		
113 Apples: AP.....		
114 EP.....	88	50
115 Bananas: AP__ EP✓.....	394	
116 Other fruits: AP:		
117 EP: Cherries[1], peaches[1], pears[1], pineapple[1], apricots[1]	150	702
118 Molded fruit salad	611	
119 Sugars.....	13*	16
120 Sirup✓ Molasses__ Honey__....	153	
121 Jelly, jam✓ Fruit butters__		72
122 Candy:		
123 Water ices, sherbets.....		
124 Soft drinks.....		348
125 Coffee✓ Tea✓.....cups	34	26
126 Beer.....		
127 Wine.....		
128		

DATA FOR SUBJECT NO. 71

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	181.6
3 Weight.....kg..	85.2
4 Actual weight/normal weight.....%..	103.9
5 Blood cholesterol.....mg.%..	240
6 Blood pressure rate.....mm.Hg..	140/82

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	1986	2270
8 Alcohol only.....Cal..	13	0
9 Protein: Total.....g..	91.4	99.1
10 From animal foods.....g..	69.6	74.6
11 Fat: Total.....g..	91.8	108.6
12 Fat Cal./total Cal.....%..	42	43
13 From animal foods.....g..	71.6	82.5
14 Fatty acids: Saturated.....g..	39	43
15 Unsaturated: Oleic.....g..	34	46
16 Linoleic.....g..	7	6
17 Carbohydrate: Total.....g..	200.2	232.2
18 From milk.....g..	14.7	15.5
19 From fruits, sweets.....g..	48.0	55.5
20 From other plant foods.....g..	121.1	159.6
21 Calcium.....mg..	514	675
22 Iron.....mg..	14.8	13.1
23 Vitamin A value..... I.U.	18210	2990
24 Thiamine.....mg..	1.19	1.43
25 Riboflavin.....mg..	2.16	2.17
26 Niacin.....mg..	18.6	14.5
27 Ascorbic acid.....mg..	99	66
28 Cholesterol.....mg..	853	837
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1419	1805
30 Eggs.....g..	410	473
31 Meat, poultry, fish.....g..	1551	1413
32 Fats, oils.....g..	334	365
33 Dry beans and peas, nuts.....g..	0	46
34 Flour equivalent.....g..	950	1537
35 Vegetables.....g..	1164	967
36 Fruits.....g..	1312	1402
37 Sugars, sweets.....g..	219	416
38 Alcoholic beverages.....g..	30	0

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FOOD, 1 WEEK, 1954
Subject No. 71

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	244	915
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		15
43 Buttermilk		
44		
45 Cream: 20% fat	60	
46 30-36% fat	70	31
47 Cheese: Cottage	45	
48		
49 Ice cream	254	
*		
50 Eggs	296	297
51 Puddings: Milk__ Milk & egg__	110	
52 Egg salad	10	
*		
53 Beef: With fat & bone		
54 With fat, no bone	367	589
55 Lean only	330	198
56 Pork: ~~With~~ No fat ~~&~~ with bone	89	
57 With fat, no bone	42	128
58 Lean only		
59 Veal__ Lamb ✓: With fat & bone		
60 With fat, no bone	45	
61 Lean only		
62 Chipped beef[3], ham salad, ham casserole	222*	200
63 Liver-calf	170	
64 Sausage-summer	26	
*		
65 Rabbit__ Game__:		
66 Poultry: With bone:		
67 No bone: Turkey	113	
68 Fish: Pike fillet, pike	227	396
69 Shellfish:		
70 Ham-rice, salmon soufflé, chicken[3], chicken salad	228	714
*		
71 Butter ✓ Margarine__	161	122
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings__	11	
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing ✓	76	30
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk__	30	182
*		
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled: Coconut		5
82 Bread, rolls, not sweet: White	525	346
83 Rye, graham	154	352
84 Biscuits, pancakes, french toast	139	150
85 Crackers	5	

	Record G.	Recall G.
86 Cookies	29	
87 Sweet buns ✓ Doughnuts__	212	165
88 Cake: Iced: Plain		510
Not iced: Sponge	239	
89 Pie: Fruit ✓ Custard ✓ Nut__	89	462
*		
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti__ Noodles__		
95		
*		
96 White potatoes[1,3,4]	518	390
97 Tomatoes, tomato products	121	
98 Deep-yellow vegetables: Carrots-peas[1] / Carrots[5]	64	16
99		
100 Dark-green vegetables: Spinach[2]	90	
101		
102 Other vegetables: Peas[1] / Lettuce	145	133
103 Beans[1], corn[1], peas[1]	128	248
104		
105 Soup: Meat__ Grain product__ Dry bean, pea ✓ Vegetable ✓	250	545
Milk	103	
*		
106 Oranges ✓ Lemons__: AP	172	
107 EP	30	
108 Grapefruit: AP		
109 EP	79	
110 Citrus fruit juice: Mixed	750	861
111 Other fruit juice:		
*		
112 Dried fruits:		
113 Apples: AP	91	
114 EP		150
115 Bananas: AP__ EP ✓	100	34
116 Other fruits: AP:		
117 EP: Apricots[1], pears[1], berries[1], peaches[1], cherries[1], rhubarb[1]	421	119
118 Fruit salad, prune whip, gelatin pudding	184	165
119 Sugars	5	
*		
120 Sirup ✓ Molasses__ Honey__	62	164
121 Jelly, jam__ Fruit butters__		
122 Candy:		
123 Water ices, sherbets		288
124 Soft drinks		
125 Coffee ✓ Tea__ cups	20	17
126 Beer		
127 Wine		
128 Whiskey	30	

DATA FOR SUBJECT NO. 72

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	57
2 Height ..... cm..	170.8
3 Weight ..... kg..	75.5
4 Actual weight/normal weight ..... %..	104.6
5 Blood cholesterol ..... mg.%..	241
6 Blood pressure rate ..... mm.Hg..	127/84

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2343	2139
8 Alcohol only ..... Cal..	61	112
9 Protein: Total ..... g..	82.6	84.0
10 From animal foods ..... g..	53.5	62.7
11 Fat: Total ..... g..	111.9	102.8
12 Fat Cal./total Cal ..... %..	43	43
13 From animal foods ..... g..	59.9	71.4
14 Fatty acids: Saturated ..... g..	45	39
15 Unsaturated: Oleic ..... g..	41	40
16 Linoleic ..... g..	14	10
17 Carbohydrate: Total ..... g..	245.8	200.4
18 From milk ..... g..	20.9	19.7
19 From fruits, sweets ..... g..	87.5	49.1
20 From other plant foods ..... g..	132.7	126.2
21 Calcium ..... mg..	628	604
22 Iron ..... mg..	13.3	11.4
23 Vitamin A value ..... I.U.	4790	5070
24 Thiamine ..... mg..	1.19	.71
25 Riboflavin ..... mg..	1.34	1.93
26 Niacin ..... mg..	14.5	13.7
27 Ascorbic acid ..... mg..	111	113
28 Cholesterol ..... mg..	779	757
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2326	1614
30 Eggs ..... g..	458	451
31 Meat, poultry, fish ..... g..	1028	1504
32 Fats, oils ..... g..	457	342
33 Dry beans and peas, nuts ..... g..	95	32
34 Flour equivalent ..... g..	956	1055
35 Vegetables ..... g..	1388	1340
36 Fruits ..... g..	1943	2078
37 Sugars, sweets ..... g..	628	330
38 Alcoholic beverages ..... g..	210	616

FOOD, 1 WEEK, 1954

Subject No. 72

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	427	366
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44 Malted		270
45 Cream: 20% fat	22	
46 30-36% fat	150	15
47 Cheese: Cottage		
48 Cheddar	88	
49 Ice cream	284	318
50 Eggs	343	306
51 Puddings: Milk ✓ Milk & egg	192	124
52 Egg salad	57	
53 Beef: With fat & bone		
54 With fat, no bone	54	833
55 Lean only	276	
56 Pork: With fat & bone		
57 With fat, no bone	93	94
58 Lean only		
59 Veal ✓ Lamb ✓: With fat & bone	112	
60 With fat, no bone	200	
61 Lean only	79	
62 Chow mein, meat balls	299	50
63		
64 Bologna		159
65 Rabbit Game :		
66 Poultry: With bone:		
67 No bone: Turkey	80	
68 Fish: Pike fillet, herring		363
69 Shellfish: Shrimp		17
70		
71 Butter ✓ Margarine	86	53
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings ✓	36	48
74 Lard		
75 Vegetable fat		
76 Vegetable oil Salad dressing ✓	185	167
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	116	100
79 Dry beans & peas, cooked		
80 Peanuts, shelled	36	32
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	330	97
83 Rye, graham	176	46
84 Biscuit, waffles	68	352
85 Crackers		24

	Record G.	Recall G.
86 Cookies	107	60
87 Sweet buns ✓ Doughnuts ✓	166	265
88 Cake: Iced: Plain	152	240
Not iced: Sponge, plain	52	15
89 Pie: Fruit ✓ Custard Nut ✓	218	189
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti Noodles ✓	60	
95 Bread dressing, spanish rice	71	160
96 White potatoes[3,4]	418	272
97 Tomatoes, tomato products	80	17
98 Deep-yellow vegetables: Carrots[1]	72	84
99		
100 Dark-green vegetables: Broccoli[1]		163
101		
102 Other vegetables: Peas[1] / Lettuce	259	72
103 Lettuce, beans[1], corn[1], celery, cauliflower[1]	361	203
104 Tossed salad	100	325
105 Soup: Meat Grain product Dry bean, pea ✓ Vegetable ✓ Milk	500	500
106 Oranges ✓ Lemons : AP	144	
107 EP	273	120
108 Grapefruit: AP	395	1146
109 EP	49	120
110 Citrus fruit juice: Orange	308	246
111 Other fruit juice: Prune		30
112 Dried fruits: Prunes		175
113 Apples: AP		
114 EP		
115 Bananas: AP EP ✓	38	
116 Other fruits: AP: Pear	162	
117 EP: Pears[5], berries[1], peaches[1], grapes, mixed[1]	470	156
118 Gelatin pudding-fruit-cheese-cream-nuts	320	
119 Sugars	13	6
120 Sirup ✓ Molasses Honey		109
121 Jelly, jam ✓ Fruit butters	211	26
122 Candy: Chocolate peppermint, chocolate covered Easter egg	160	
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	34	38
126 Beer		360
127 Wine	120	90
128 Whiskey	90	166

DATA FOR SUBJECT NO. 73

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	51
2 Height.....cm..	170.8
3 Weight.....kg..	65.5
4 Actual weight/normal weight.....%..	91.4
5 Blood cholesterol.....mg.%..	247
6 Blood pressure rate.....mm.Hg..	122/81

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2781	2691
8 Alcohol only.....Cal..	60	100
9 Protein: Total.....g..	109.1	118.7
10 From animal foods.....g..	76.1	86.5
11 Fat: Total.....g..	127.4	112.0
12 Fat Cal./total Cal.....%..	41	37
13 From animal foods.....g..	100.0	80.5
14 Fatty acids: Saturated.....g..	56	46
15 Unsaturated: Oleic.....g..	50	43
16 Linoleic.....g..	11	7
17 Carbohydrate: Total.....g..	294.9	293.1
18 From milk.....g..	22.4	55.0
19 From fruits, sweets.....g..	53.5	42.7
20 From other plant foods.....g..	213.9	194.2
21 Calcium.....mg..	841	976
22 Iron.....mg..	16.1	15.4
23 Vitamin A value..... I.U.	19160	3300
24 Thiamine.....mg..	1.44	1.59
25 Riboflavin.....mg..	3.09	2.13
26 Niacin.....mg..	21.3	20.4
27 Ascorbic acid.....mg..	80	95
28 Cholesterol.....mg..	799	859
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3198	3177
30 Eggs.....g..	355	503
31 Meat, poultry, fish.....g..	1484	1998
32 Fats, oils.....g..	702	461
33 Dry beans and peas, nuts.....g..	16	19
34 Flour equivalent.....g..	1457	1866
35 Vegetables.....g..	2237	1572
36 Fruits.....g..	1236	1659
37 Sugars, sweets.....g..	343	353
38 Alcoholic beverages.....g..	1080	1800

FOOD, 1 WEEK, 1954

Subject No. 73

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	1981	1464
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		244
44		
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage	241	56
48 Cheddar	59	57
49 Ice cream		
50 Eggs	277	408
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	333	113
55 Lean only	337	
56 Pork: ~~With~~ No fat ~~&~~ with bone		226
57 With fat, no bone		
58 Lean only		447
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62		
63 Liver-beef	135	
64 Sausage-liver, frankfurter, pressed ham, cervelat	331	60
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken	116	340
67 No bone:		
68 Fish: Pike, cisco	258	704
69 Shellfish:		
70		
71 Butter✓ Margarine__	325	216
72 Beef fat & beef fat drippings		
73 Bacon__ Bacon & pork fat drippings__	13	32
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	96	25
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	69	
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	1139	1250
83 Rye, banana	70	18
84 Potato pancake		195
85 Crackers		

	Record G.	Recall G.
86 Cookies	191	140
87 Sweet buns✓ Doughnuts__	195	126
88 Cake: Iced: Plain, angel	227	405
Not iced: Plain, fruit	45	144
89 Pie: Fruit✓ Custard✓ Nut__		227
90 Ready-to-eat cereal: Corn flakes	109	
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes 1, 3, 4	815	1430
97 Tomatoes, tomato products	45	
98 Deep-yellow vegetables: Carrots-peas[1]	148	
99		
100 Dark-green vegetables: Spinach[1]	127	
101		
102 Other vegetables: Lettuce	194	160
103 Peas[1], beets, pickles, corn[1], beans[1], cauliflower[1]	444	268
104 Gelatin-vegetable-fruit		120
105 Soup: Meat__ Grain product✓	398	1078
Dry bean, pea__ Vegetable✓	340	
Milk		
106 Oranges✓ Lemons__: AP		
107 EP	47	
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Orange	298	753
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP✓ EP__	666	600
116 Other fruits: AP:		
117 EP: Peaches[1]	138	
118 Gelatin pudding with and without fruit	313	
119 Sugars	144	43
120 Sirup__ Molasses__ Honey__		
121 Jelly, jam✓ Fruit butters__		7
122 Candy: Chocolate-nuts	28	106
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee✓ Tea__ cups	24	22
126 Beer	1080	1800
127 Wine		
128		

DATA FOR SUBJECT NO. 74

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	58
2 Height.....cm..	184.2
3 Weight.....kg..	90.4
4 Actual weight/normal weight.....%..	106.4
5 Blood cholesterol.....mg.%..	247
6 Blood pressure rate.....mm.Hg..	167/115

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2976	2833
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	93.0	74.8
10 From animal foods.....g..	62.2	42.4
11 Fat: Total.....g..	131.2	130.7
12 Fat Cal./total Cal.....%..	40	42
13 From animal foods.....g..	88.9	84.3
14 Fatty acids: Saturated.....g..	55	54
15 Unsaturated: Oleic.....g..	53	52
16 Linoleic.....g..	11	12
17 Carbohydrate: Total.....g..	358.9	352.1
18 From milk.....g..	28.2	9.4
19 From fruits, sweets.....g..	138.2	131.8
20 From other plant foods.....g..	183.2	207.2
21 Calcium.....mg..	713	627
22 Iron.....mg..	11.5	12.0
23 Vitamin A value..... I.U.	4480	4240
24 Thiamine.....mg..	.95	.90
25 Riboflavin.....mg..	1.74	1.25
26 Niacin.....mg..	13.1	12.3
27 Ascorbic acid.....mg..	109	163
28 Cholesterol.....mg..	627	796
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2817	1845
30 Eggs.....g..	162	335
31 Meat, poultry, fish.....g..	967	1003
32 Fats, oils.....g..	607	669
33 Dry beans and peas, nuts.....g..	118	0
34 Flour equivalent.....g..	1702	1980
35 Vegetables.....g..	1193	1650
36 Fruits.....g..	2590	4187
37 Sugars, sweets.....g..	1131	791
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954
Subject No. 74

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44	Malted	468	
45	Cream: 20% fat		240
46	30-36% fat		
47	Cheese: Cottage		
48	Cheddar	156	84
49	Ice cream	520	176
50	Eggs	95	384
51	Puddings: Milk Milk & egg		
52	Egg salad		28
53	Beef: With fat & bone		
54	With fat, no bone	196	586
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone	116	72
58	Lean only	46	
59	Veal Lamb : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Swiss steak-vegetables, ham salad	592	23
63			
64	Lunch meat		57
65	Rabbit Game :		
66	Poultry: With bone:		
67	No bone: Turkey, chicken	160	
68	Fish: Wall-eyed pike, pickled herring	189	121
69	Shellfish:		
70	Tuna salad		23
71	Butter ✓ Margarine	346	257
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings	30	32
74	Lard		
75	Vegetable fat		
76	Vegetable oil Salad dressing ✓	69	100
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk	60	75
79	Dry beans & peas, cooked		
80	Peanuts, shelled	118	
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	903	690
83	Whole-wheat, rye	184	92
84	Waffles		192
85	Crackers		
86	Cookies	100	110
87	Sweet buns ✓ Doughnuts ✓	231	360
88	Cake: Iced: Plain	66	
	Not iced:		
89	Pie: Fruit ✓ Custard ✓ Nut	1036	1123
90	Ready-to-eat cereal:		
91			
92	Other cereal: Oatmeal		264
93			
94	Macaroni, spaghetti Noodles		
95			
96	White potatoes[1,2,3,4]	363	588
97	Tomatoes, tomato products	74	60
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Lettuce	294	470
103	Asparagus[1,2], celery[1], pickle, peas[1,2]	176	235
104	Tossed salad		100
105	Soup: Meat Grain product		
	Dry bean, pea Vegetable ✓		490
	Milk		245
106	Oranges ✓ Lemons : AP		
107	EP		78
108	Grapefruit: AP	1837	2765
109	EP		
110	Citrus fruit juice: Orange	123	184
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP	50	
114	EP		165
115	Bananas: AP EP ✓	119	50
116	Other fruits: AP:		
117	EP: Pineapple[1], pear[1]	40	180
118	Fruit salad-whipped cream, gelatin pudding-fruit-nuts		676
119	Sugars	475	340
120	Sirup Molasses Honey ✓	239	126
121	Jelly, jam ✓ Fruit butters	40	
122	Candy: Chocolate chip	28	
123	Water ices, sherbets	210	171
124	Soft drinks	172	
125	Coffee ✓ Tea ✓ cups	30	31
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 75

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	57
2 Height.....cm..	173.4
3 Weight.....kg..	74.4
4 Actual weight/normal weight.....%..	99.9
5 Blood cholesterol.....mg.%..	250
6 Blood pressure rate.....mm.Hg..	107/67

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	2320	2334
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	75.8	106.9
10 From animal foods.....g..	49.1	81.2
11 Fat: Total.....g..	95.4	84.0
12 Fat Cal./total Cal.....%..	37	32
13 From animal foods.....g..	57.6	50.9
14 Fatty acids: Saturated.....g..	38	31
15 Unsaturated: Oleic.....g..	40	34
16 Linoleic.....g..	9	9
17 Carbohydrate: Total.....g..	298.1	284.4
18 From milk.....g..	24.8	16.2
19 From fruits, sweets.....g..	90.2	90.9
20 From other plant foods.....g..	177.8	174.4
21 Calcium.....mg..	557	449
22 Iron.....mg..	14.2	16.3
23 Vitamin A value..... I.U.	23800	5440
24 Thiamine.....mg..	1.09	.91
25 Riboflavin.....mg..	2.46	1.70
26 Niacin.....mg..	14.8	19.2
27 Ascorbic acid.....mg..	61	92
28 Cholesterol.....mg..	850	675
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2023	1032
30 Eggs.....g..	593	330
31 Meat, poultry, fish.....g..	809	2299
32 Fats, oils.....g..	438	313
33 Dry beans and peas, nuts.....g..	126	166
34 Flour equivalent.....g..	1616	1485
35 Vegetables.....g..	1288	1848
36 Fruits.....g..	1657	2870
37 Sugars, sweets.....g..	706	357
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954
Subject No. 75

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	457	244
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage	50	14
48 Cheddar, cream	47	
49 Ice cream	282	243
50 Eggs	390	153
51 Puddings: Milk__ Milk & egg✓	200	
52 Egg salad		
53 Beef: With ~~fat &~~ bone		558
54 With fat, no bone		42
55 Lean only	274	864
56 Pork: With fat & bone		
57 With fat, no bone	14	104
58 Lean only	42	
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only	117	
62 Beef-rice meatballs, ham tamale short cake, ham-egg salad, hash, spaghetti-meat sauce	327	771
63 Liver-calf	225	
64 Frankfurters, veal loaf	93	85
65 Rabbit__ Game__ :		
66 Poultry: With bone:		
67 No bone: Chicken		57
68 Fish: Pike		189
69 Shellfish:		
70		
71 Butter✓ Margarine__	133	44
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	25	
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	65	112
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	115	83
79 Dry beans & peas, cooked		215
80 Peanuts, shelled		
81 Nuts, shelled: Cashews	42	
82 Bread, rolls, not sweet: White	343	333
83 Pumpernickel, whole-wheat, rye, limpa	145	161
84 Waffles	110	90
85 Crackers	44	16

	Record G.	Recall G.
86 Cookies	24	103
87 Sweet buns✓ Doughnuts__	374	165
88 Cake: Iced: Chocolate		52
Not iced: Angel, plain	190	
89 Pie: Fruit✓ Custard✓ Nut__	908	710
90 Ready-to-eat cereal: Corn flakes✓ Wheat flakes	87	70
91 Corn flakes		50
92 Other cereal:		
93		
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes[1,3,4]	392	553
97 Tomatoes, tomato products	37	287
98 Deep-yellow vegetables: Carrots[1]	85	
99 Rutabagas[1]	46	
100 Dark-green vegetables: Spinach[1]	86	94
101 Parsley[5]	3	
102 Other vegetables: Lettuce	158	313
103 Peas[1], asparagus[1], succotash[1], onions[1], cabbage[1]	179	336
104 Tossed salad		100
105 Soup: Meat✓ Grain product✓		399
Dry bean, pea✓ Vegetable✓	680	245
Milk	245	
106 Oranges✓ Lemons__ : AP		
107 EP	25	
108 Grapefruit: AP		965
109 EP	291	
110 Citrus fruit juice: Orange		308
111 Other fruit juice: Apple	157	
112 Dried fruits:		
113 Apples: AP		114
114 EP		
115 Bananas: AP__ EP✓	131	
116 Other fruits: AP:		
117 EP: Plums[1], pears[1], mixed[1], pineapple[5]	573	512
118 Waldorf salad, fruit soup, frozen fruit salad	246	710
119 Sugars	293	92
120 Sirup✓ Molasses__ Honey__	107	40
121 Jelly, jam✓ Fruit butters__	22	14
122 Candy: Chocolate		5
123 Water ices, sherbets		
124 Soft drinks	210	
125 Coffee✓ Tea✓ cups	28	29
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 76

PHYSIOLOGICAL DATA:		1954
1 Age	yr.	52
2 Height	cm.	177.2
3 Weight	kg.	81.6
4 Actual weight/normal weight	%	105.3
5 Blood cholesterol	mg.%	253
6 Blood pressure rate	mm.Hg	121/81

NUTRIENTS PER DAY:		1954 Record	1954 Recall
7 Food energy: Total	Cal.	2840	2284
8 Alcohol only	Cal.	117	144
9 Protein: Total	g.	92.9	79.2
10 From animal foods	g.	63.5	54.2
11 Fat: Total	g.	133.5	91.1
12 Fat Cal./total Cal	%	42	36
13 From animal foods	g.	89.5	70.4
14 Fatty acids: Saturated	g.	5.4	4.1
15 Unsaturated: Oleic	g.	5.0	3.6
16 Linoleic	g.	9	6
17 Carbohydrate: Total	g.	295.4	259.9
18 From milk	g.	30.3	45.8
19 From fruits, sweets	g.	61.9	30.8
20 From other plant foods	g.	202.2	180.0
21 Calcium	mg.	702	697
22 Iron	mg.	13.7	12.0
23 Vitamin A value	I.U.	3980	14720
24 Thiamine	mg.	1.26	1.30
25 Riboflavin	mg.	1.70	1.84
26 Niacin	mg.	14.9	14.1
27 Ascorbic acid	mg.	91	101
28 Cholesterol	mg.	654	522
GROUPS OF FOOD, 1 WEEK:			
29 Milk, calcium equivalent	g.	2285	2551
30 Eggs	g.	252	154
31 Meat, poultry, fish	g.	1305	1037
32 Fats, oils	g.	421	324
33 Dry beans and peas, nuts	g.	65	106
34 Flour equivalent	g.	1831	1456
35 Vegetables	g.	1680	2109
36 Fruits	g.	2101	1237
37 Sugars, sweets	g.	608	357
38 Alcoholic beverages	g.	315	652

FOOD, 1 WEEK, 1954
Subject No. 76

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	10	
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	70	50
43 Buttermilk		
44		
45 Cream: 20% fat	548	405
46 30-36% fat	45	60
47 Cheese: Cottage	9	
48 Cheddar	85	138
49 Ice cream	372	71
50 Eggs	48	
51 Puddings: Milk __ Milk & egg ✓		32
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	370	44
55 Lean only	471	539
56 Pork: With fat & bone		
57 With fat, no bone	53	141
58 Lean only	40	157
59 Veal ✓ Lamb __ : With fat & bone		
60 With fat, no bone	108	
61 Lean only		
62 Mock chicken leg, ham salad	172	
63 Liver-beef		128
64		
65 Rabbit __ Game __ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Pike, Salmon	179	28
69 Shellfish:		
70		
71 Butter ✓ Margarine __	156	95
72 Beef fat & beef fat drippings		
73 Bacon ✓		
Bacon & pork fat drippings	16	
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	20	45
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk	195	17
79 Dry beans & peas, cooked		87
80 Peanuts, shelled	5	
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	392	327
83 Rye, cracked-wheat,	227	240
84 Biscuit, muffin, french toast	405	195
85 Crackers	46	41

	Record G.	Recall G.
86 Cookies	128	323
87 Sweet buns ✓ Doughnuts ✓	150	85
88 Cake: Iced: Angel, white	150	190
Not iced: Sponge, short bread	30	200
89 Pie: Fruit __ Custard ✓ Nut ✓	493	104
90 Ready-to-eat cereal:		
Corn flakes / Wheat flakes	36	52
91 wheat flakes, raisin bran, corn flakes	65	69
92 Other cereal: Oatmeal	83	
93		
94 Macaroni, spaghetti ✓ Noodles	219	
95 Macaroni-Cheese		440
96 White potatoes[1,3,4]	885	1321
97 Tomatoes, tomato products	187	594
98 Deep-yellow vegetables:		
Carrots[5] / Sweetpotatoes[2]	18	146
99		
100 Dark-green vegetables:		
101		
102 Other vegetables:		
Beets / Lettuce	242	192
103 Peas[3], lettuce, asparagus[1], Onions[4], celery, pickles, beans[1]	415	380
104 Cabbage salad, tossed salad	275	
105 Soup: Meat __ Grain product ✓	250	
Dry bean, pea __ Vegetable ✓	122	
Milk		
106 Oranges ✓ Lemons __ : AP		
107 EP	106	
108 Grapefruit: AP	620	570
109 EP	297	
110 Citrus fruit juice: Orange		369
111 Other fruit juice: Mixed	626	251
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP __ EP __		
116 Other fruits: AP:		
117 EP:		
118 Fruit salad, gelatin pudding-fruit	546	
119 Sugars	65	30
120 Sirup ✓ Molasses __ Honey ✓	76	20
121 Jelly, jam ✓ Fruit butters __	14	
122 Candy: Jelly beans, chocolate with hard centers	51	58
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	17	20
126 Beer		360
127 Wine	60	
128 Whiskey	255	292

DATA FOR SUBJECT NO. 77

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	53
2 Height ..... cm..	184.2
3 Weight ..... kg..	85.0
4 Actual weight/normal weight ..... %..	100.0
5 Blood cholesterol ..... mg.%	253
6 Blood pressure rate ..... mm.Hg..	126/92

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2680	2644
8 Alcohol only ..... Cal..	0	0
9 Protein: Total ..... g..	93.9	98.1
10 From animal foods ..... g..	71.4	76.6
11 Fat: Total ..... g..	133.3	148.8
12 Fat Cal./total Cal ..... %..	45	51
13 From animal foods ..... g..	98.2	112.1
14 Fatty acids: Saturated ..... g..	57	5.8
15 Unsaturated: Oleic ..... g..	51	5.9
16 Linoleic ..... g..	1.5	1.7
17 Carbohydrate: Total ..... g..	284.3	240.0
18 From milk ..... g..	5.7	31.7
19 From fruits, sweets ..... g..	119.7	87.2
20 From other plant foods ..... g..	152.0	117.1
21 Calcium ..... mg..	589	846
22 Iron ..... mg..	14.2	12.7
23 Vitamin A value ..... I.U.	7890	5490
24 Thiamine ..... mg..	.94	1.17
25 Riboflavin ..... mg..	1.34	1.71
26 Niacin ..... mg..	19.9	19.4
27 Ascorbic acid ..... mg..	94	100
28 Cholesterol ..... mg..	686	885
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	1897	2724
30 Eggs ..... g..	260	423
31 Meat, poultry, fish ..... g..	1808	1706
32 Fats, oils ..... g..	647	647
33 Dry beans and peas, nuts ..... g..	0	42
34 Flour equivalent ..... g..	1125	977
35 Vegetables ..... g..	1266	1305
36 Fruits ..... g..	2769	2357
37 Sugars, sweets ..... g..	661	603
38 Alcoholic beverages ..... g..	0	0

FOOD, 1 WEEK, 1954
Subject No. 77

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	427	1220
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	30	
47 Cheese: Cottage		56
48 Cheddar, liederkranz, swiss	147	63
49 Ice cream		228
50 Eggs	185	328
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: ~~With~~ No fat ~~&~~ with bone	90	
54 With fat, no bone	479	250
55 Lean only		101
56 Pork: With fat & bone		
57 With fat, no bone	156	98
58 Lean only		82
59 Veal ✓ Lamb ✓: With fat & bone		
60 With fat, no bone	420	
61 Lean only	196	
62 Ham spread, ham salad	24	45
63 Liver-goose		30
64 Bologna, head cheese	2	35
65 Rabbit Game :		
66 Poultry: With bone: Cornish hen		408
67 ~~No~~ With bone: Chicken	538	
68 Fish: Salmon, sardines!		187
69 Shellfish: Shrimp		40
70 Chicken³, turkey³, salmon³, tuna³, crab salad	272	826
71 Butter ✓ Margarine	253	280
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings	59	80
74 Lard		
75 Vegetable fat		
76 Vegetable oil ✓ Salad dressing ✓	182	79
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk	90	185
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	403	369
83 Pumpernickel, corn bread	377	264
84 Biscuits, pancakes	167	122
85 Crackers	18	32

	Record G.	Recall G.
86 Cookies	290	80
87 Sweet buns ✓ Doughnuts ✓	174	96
88 Cake: Iced: Plain, chocolate		140
Not iced: Angel	40	10
89 Pie: Fruit ✓ Custard ✓ Nut	200	180
90 Ready-to-eat cereal:		
91		
92 Other cereal: Wild rice		88
93		
94 Macaroni, spaghetti Noodles		
95		
96 White potatoes. 1,3,4,	370	692
97 Tomatoes, tomato products		240
98 Deep-yellow vegetables: Carrots 2,5	210	58
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Peas! / Lettuce	120	193
103 Onions!, lettuce, mushrooms!, Corn!	131	161
104 Potato salad, tossed salad	310	100
105 Soup: Meat Grain product Dry bean, pea ✓ Vegetable	250	
Milk		
106 Oranges ✓ Lemons : AP		
107 EP	75	
108 Grapefruit: AP	973	1140
109 EP	120	
110 Citrus fruit juice: Orange	246	492
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP	141	
114 EP		
115 Bananas: AP ✓ EP	648	300
116 Other fruits: AP:		
117 EP: Rhubarb sauce!, mixed!, peaches!	476	318
118 Waldorf salad, gelatin pudding	120	60
119 Sugars	6	8
120 Sirup ✓ Molasses Honey	134	109
121 Jelly, jam ✓ Fruit butters	140	28
122 Candy: Jelly beans, bon bon, Chocolate-nuts, praline	183	328
123 Water ices, sherbets		
124 Soft drinks	258	348
125 Coffee ✓ Tea ✓ cups	35	31
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 78

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	53
2 Height.....cm..	181.6
3 Weight.....kg..	76.1
4 Actual weight/normal weight.....%..	92.8
5 Blood cholesterol.....mg.%..	254
6 Blood pressure rate.....mm.Hg..	134/83

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	2794	2560
8 Alcohol only.....Cal..	230	170
9 Protein: Total.....g..	101.9	104.0
10 From animal foods.....g..	74.8	73.5
11 Fat: Total.....g..	130.8	125.3
12 Fat Cal./total Cal.....%..	42	44
13 From animal foods.....g..	93.0	72.3
14 Fatty acids: Saturated.....g..	54	50
15 Unsaturated: Oleic.....g..	51	43
16 Linoleic.....g..	13	12
17 Carbohydrate: Total.....g..	252.2	218.0
18 From milk.....g..	30.1	8.4
19 From fruits, sweets.....g..	51.3	84.4
20 From other plant foods.....g..	165.1	121.7
21 Calcium.....mg..	731	706
22 Iron.....mg..	14.0	14.6
23 Vitamin A value..... I.U.	10600	5490
24 Thiamine.....mg..	1.12	1.38
25 Riboflavin.....mg..	2.97	1.39
26 Niacin.....mg..	17.5	18.4
27 Ascorbic acid.....mg..	102	143
28 Cholesterol.....mg..	923	807
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2595	2019
30 Eggs.....g..	264	367
31 Meat, poultry, fish.....g..	1533	1615
32 Fats, oils.....g..	612	577
33 Dry beans and peas, nuts.....g..	60	351
34 Flour equivalent.....g..	1096	826
35 Vegetables.....g..	1854	1337
36 Fruits.....g..	1496	2622
37 Sugars, sweets.....g..	403	369
38 Alcoholic beverages.....g..	600	510

FOOD, 1 WEEK, 1954
Subject No. 78

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat....	438	
40 Whole, 4.5% fat.....		
41 Skim.....		
42 Half & half, 12% fat.....		
43 Buttermilk.....		
44		
45 Cream: 20% fat.....	240	60
46 30-36% fat.....		66
47 Cheese: Cottage.....		42
48 Cream, cheddar, parmesan	37	126
49 Ice cream.....	394	152
50 Eggs.....	230	223
51 Puddings: Milk__Milk & egg__...		
52 Egg salad.....		
53 Beef: With fat & bone.....		
54 With fat, no bone.....	408	
55 Lean only.....	207	838
56 Pork: With fat & bone.....		
57 With fat, no bone.....	185	61
58 Lean only.....		107
59 Veal__Lamb✓: With fat & bone..		99
60 With fat, no bone.....		
61 Lean only.....		
62		
63 Liver-chicken	42	
64 Braunschweiger, corn beef mold	36	139
65 Rabbit__Game__:		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Shad, smelt, halibut, herring, salmon	594	422
69 Shellfish: Lobster tail	89	
70 Lamb kidney stew, chicken	123	191
71 Butter✓Margarine__.....	242	199
72 Beef fat & beef fat drippings..		
73 Bacon✓ Bacon & pork fat drippings✓	65	92
74 Lard.....		
75 Vegetable fat.....		
76 Vegetable oil✓Salad dressing✓	147	142
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry✓Milk✓...	146	66
79 Dry beans & peas, cooked.....		294
80 Peanuts, shelled.....	60	72
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	951	691
83 Rye, brown	46	21
84 Biscuits, french toast, mush		330
85 Crackers.....	48	61

	Record G.	Recall G.
86 Cookies.....	64	87
87 Sweet buns__Doughnuts__.....		
88 Cake: Iced: Chocolate, plain	302	560
Not iced:		
89 Pie: Fruit✓Custard✓Nut__..	205	130
90 Ready-to-eat cereal: Corn flakes		25
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti__Noodles__		
95 Macaroni-cheese	179	
96 White potatoes[1,3,4].....	495	233
97 Tomatoes, tomato products...		138
98 Deep-yellow vegetables: Sweetpotatoes[1]/Carrots-peas[1]	120	42
99 Carrots[1,5]	32	25
100 Dark-green vegetables: Broccoli[1]/Spinach[1]	100	33
101		
102 Other vegetables: Lettuce	437	424
103 Beans[1], peas[1], mixed[1], onions[4] cucumbers, beets[1]	518	220
104 Tossed salad	212	200
105 Soup: Meat__Grain product__ Dry bean, pea__Vegetable✓		156
Milk.....	510	
106 Oranges✓Lemons__: AP.....	129	1950
107 EP.....	386	
108 Grapefruit: AP.....	395	401
109 EP.....		
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP.....		
114 EP.....		
115 Bananas: AP✓EP✓.....	460	
116 Other fruits: AP:		
117 EP: Berries[1]	75	48
118 Pineapple salad, gelatin pudding	248	520
119 Sugars.....		12
120 Sirup✓Molasses__Honey__....		103
121 Jelly, jam✓Fruit butters__	70	14
122 Candy: Chocolate, pecan roll, chocolate cream	32	40
123 Water ices, sherbets.....		
124 Soft drinks.....		
125 Coffee✓Tea__.....cups	52	53
126 Beer.....		
127 Wine.....	30	
128 Whiskey, gin, martinis	600	510

DATA FOR SUBJECT NO. 79

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	51
2 Height ..... cm..	178.4
3 Weight ..... kg..	79.0
4 Actual weight/normal weight ..... %..	100.5
5 Blood cholesterol ..... mg.%..	255
6 Blood pressure rate ..... mm.Hg..	150/99

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2350	2828
8 Alcohol only ..... Cal..	0	0
9 Protein: Total ..... g..	85.9	97.3
10 From animal foods ..... g..	60.7	75.4
11 Fat: Total ..... g..	100.2	127.0
12 Fat Cal./total Cal ..... %..	38	40
13 From animal foods ..... g..	64.9	95.6
14 Fatty acids: Saturated ..... g..	44	54
15 Unsaturated: Oleic ..... g..	42	51
16 Linoleic ..... g..	9	10
17 Carbohydrate: Total ..... g..	292.0	293.4
18 From milk ..... g..	32.6	34.3
19 From fruits, sweets ..... g..	81.5	92.1
20 From other plant foods ..... g..	174.7	163.0
21 Calcium ..... mg..	519	702
22 Iron ..... mg..	12.5	16.4
23 Vitamin A value ..... I.U.	4380	11780
24 Thiamine ..... mg..	1.26	1.67
25 Riboflavin ..... mg..	1.35	2.07
26 Niacin ..... mg..	15.8	16.6
27 Ascorbic acid ..... mg..	98	111
28 Cholesterol ..... mg..	824	1044
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2086	2895
30 Eggs ..... g..	486	580
31 Meat, poultry, fish ..... g..	1270	1940
32 Fats, oils ..... g..	386	447
33 Dry beans and peas, nuts ..... g..	28	61
34 Flour equivalent ..... g..	1244	1419
35 Vegetables ..... g..	2580	1501
36 Fruits ..... g..	1460	2272
37 Sugars, sweets ..... g..	705	747
38 Alcoholic beverages ..... g..	0	0

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FOOD, 1 WEEK, 1954
Subject No. 79

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	30	396
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		75
43 Buttermilk		
44		
45 Cream: 20% fat	370	570
46 30-36% fat	45	
47 Cheese: Cottage	42	
48 Roquefort, swiss, cheddar	10	70
49 Ice cream	568	283
50 Eggs	361	412
51 Puddings: Milk__ Milk & egg ✓		124
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	170	44
55 Lean only	324	226
56 Pork: With fat & bone		548
57 With fat, no bone	68	42
58 Lean only	425	472
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Ham salad, swedish meat balls	29	46
63 Liver-calf		94
64 Frankfurter		153
65 Rabbit__ Game__ :		
66 Poultry: With bone: Chicken	170	
67 No bone: Chicken	32	
68 Fish: Salmon	99	
69 Shellfish: Shrimp		52
70 Chicken[3], Cod fish[3]		349
71 Butter ✓ Margarine__	97	158
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings__	20	40
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing ✓	103	88
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	90	17
79 Dry beans & peas, cooked		55
80 Peanuts, shelled	11	
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	157	394
83 Rye, pumpernickel, graham	247	310
84 Biscuits, french toast	38	81
85 Crackers	54	8

	Record G.	Recall G.
86 Cookies	50	90
87 Sweet buns ✓ Doughnuts ✓	379	330
88 Cake: Iced: Chocolate, plain	310	
Not iced: Plain, angel	30	75
89 Pie: Fruit ✓ Custard__ Nut__	385	694
90 Ready-to-eat cereal: Corn flakes		28
91		
92 Other cereal: Wheat	138	
93		
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes[4,3,1,4]	1642	982
97 Tomatoes, tomato products	262	102
98 Deep-yellow vegetables: Carrots[1]	38	
99		
100 Dark-green vegetables: Green pepper[1]		10
101		
102 Other vegetables: Corn[1] / Lettuce	267	98
103 Lettuce, peas[1], beets[1], beans[1]	405	247
104 Tossed salad		100
105 Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable ✓	376	480
Milk	245	510
106 Oranges__ Lemons__ : AP		
107 EP		
108 Grapefruit: AP	166	1820
109 EP		
110 Citrus fruit juice: Oranges, grapefruit	692	123
111 Other fruit juice: Grape	127	
112 Dried fruits:		
113 Apples: AP		
114 EP		75
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Pineapple[1], pear[1], berries[1], peaches[1]	360	58
118 Gelatin salad-fruit		47
119 Sugars	230	360
120 Sirup ✓ Molasses__ Honey__	60	82
121 Jelly, jam ✓ Fruit butters__		26
122 Candy: Chocolate, licorice	149	
123 Water ices, sherbets		114
124 Soft drinks	172	
125 Coffee ✓ Tea__ cups	43	43
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 80

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	177.2
3 Weight.....kg..	84.5
4 Actual weight/normal weight.....%..	108.5
5 Blood cholesterol.....mg.%..	256
6 Blood pressure rate.....mm.Hg..	133/86

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2201	1965
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	104.7	87.8
10 From animal foods.....g..	82.7	70.0
11 Fat: Total.....g..	109.0	82.5
12 Fat Cal./total Cal.....%..	45	38
13 From animal foods.....g..	93.7	62.2
14 Fatty acids: Saturated.....g..	40	35
15 Unsaturated: Oleic.....g..	41	33
16 Linoleic.....g..	7	7
17 Carbohydrate: Total.....g..	204.2	222.6
18 From milk.....g..	34.2	38.4
19 From fruits, sweets.....g..	47.6	73.1
20 From other plant foods.....g..	118.4	109.0
21 Calcium.....mg..	947	697
22 Iron.....mg..	14.3	13.5
23 Vitamin A value..... I.U.	20600	12570
24 Thiamine.....mg..	1.33	1.54
25 Riboflavin.....mg..	2.78	1.95
26 Niacin.....mg..	21.6	16.1
27 Ascorbic acid.....mg..	127	110
28 Cholesterol.....mg..	83.1	527
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	4339	2876
30 Eggs.....g..	325	165
31 Meat, poultry, fish.....g..	1533	1348
32 Fats, oils.....g..	379	304
33 Dry beans and peas, nuts.....g..	8	15
34 Flour equivalent.....g..	798	1026
35 Vegetables.....g..	1625	957
36 Fruits.....g..	1856	3390
37 Sugars, sweets.....g..	259	281
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954
Subject No. 80

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	2257	1220
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk	183	
44			
45	Cream: 20% fat		
46	30-36% fat	49	
47	Cheese: Cottage	247	224
48	Cheddar	74	48
49	Ice cream	478	441
50	Eggs	304	99
51	Puddings: Milk ✓ Milk & egg ✓	280	108
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	212	
55	Lean only		338
56	Pork: With fat & bone		
57	With fat, no bone		50
58	Lean only	360	424
59	Veal ___ Lamb ✓: With fat & bone		
60	With fat, no bone		
61	Lean only	126	68
62	Beef stew, meat loaf	235	243
63	Beef tongue, liver-calf	236	90
64	Sausage-summer	134	28
65	Rabbit ___ Game ___ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Halibut	336	
69	Shellfish:		
70	Turkey[3]		482
71	Butter ✓ Margarine	213	101
72	Beef fat & beef fat drippings	34	
73	Bacon ✓ Bacon & pork fat drippings	42	40
74	Lard		
75	Vegetable fat		
76	Vegetable oil ___ Salad dressing ✓	30	54
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk	45	
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	211	108
83	Rye, whole-wheat	651	437
84	Pancakes		124
85	Crackers	21	40
86	Cookies	103	34
87	Sweet buns ✓ Doughnuts	28	155
88	Cake: Iced:		
	Not iced: Fruit	84	
89	Pie: Fruit ✓ Custard ___ Nut		473
90	Ready-to-eat cereal: Sugared corn flakes	34	
91	Corn flakes	32	
92	Other cereal:		
93			
94	Macaroni, spaghetti ___ Noodles		
95			
96	White potatoes[1,3]	273	379
97	Tomatoes, tomato products	429	155
98	Deep-yellow vegetables: Carrots[5]/Squash[1]	48	102
99	Carrots-peas[1], carrots[5]		111
100	Dark-green vegetables: Broccoli[1]	119	
101			
102	Other vegetables: Asparagus[1]/Beans[1,2]	260	162
103	Cauliflower[1], mixed[1], pickle, lettuce, peas[1]	312	137
104	Lettuce-tomato salad	100	
105	Soup: Meat ✓ Grain product		180
	Dry bean, pea ✓ Vegetable		62
	Milk		
106	Oranges ✓ Lemons ___ : AP	122	
107	EP		
108	Grapefruit: AP	351	1140
109	EP	34	
110	Citrus fruit juice: Orange, grapefruit	615	492
111	Other fruit juice: Mixed, pineapple	15	398
112	Dried fruits: Apricots		58
113	Apples: AP		
114	EP		
115	Bananas: AP ___ EP		
116	Other fruits: AP:		
117	EP: Pineapple[1,5], apricots[1], mixed, berries[1]	525	939
118	Waldorf salad, orange-cranberry relish	172	150
119	Sugars	7	6
120	Sirup ✓ Molasses ___ Honey	41	40
121	Jelly, jam ✓ Fruit butters	30	
122	Candy: Carmel-nut, chocolate	18	35
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea ✓ cups	19	18
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 81

PHYSIOLOGICAL DATA:		1954
1 Age	yr.	54
2 Height	cm.	173.4
3 Weight	kg.	61.5
4 Actual weight/normal weight	%	82.6
5 Blood cholesterol	mg.%	256
6 Blood pressure rate	mm.Hg.	159/97

NUTRIENTS PER DAY:		1954 Record	1954 Recall
7 Food energy: Total	Cal.	2581	2728
8 Alcohol only	Cal.	19	134
9 Protein: Total	g.	102.6	110.6
10 From animal foods	g.	69.5	69.4
11 Fat: Total	g.	104.3	100.8
12 Fat Cal./total Cal	%	36	31
13 From animal foods	g.	62.5	47.0
14 Fatty acids: Saturated	g.	39	37
15 Unsaturated: Oleic	g.	39	41
16 Linoleic	g.	14	12
17 Carbohydrate: Total	g.	318.3	371.5
18 From milk	g.	23.0	26.8
19 From fruits, sweets	g.	73.5	78.8
20 From other plant foods	g.	220.3	259.1
21 Calcium	mg.	907	1047
22 Iron	mg.	13.3	17.4
23 Vitamin A value	I.U.	4000	34470
24 Thiamine	mg.	1.44	1.60
25 Riboflavin	mg.	2.60	4.68
26 Niacin	mg.	15.8	26.2
27 Ascorbic acid	mg.	88	136
28 Cholesterol	mg.	507	625
GROUPS OF FOOD, 1 WEEK:			
29 Milk, calcium equivalent	g.	3352	4084
30 Eggs	g.	96	168
31 Meat, poultry, fish	g.	1371	1409
32 Fats, oils	g.	448	452
33 Dry beans and peas, nuts	g.	194	54
34 Flour equivalent	g.	2867	2415
35 Vegetables	g.	1836	1839
36 Fruits	g.	2225	3032
37 Sugars, sweets	g.	493	526
38 Alcoholic beverages	g.	45	315

FOOD, 1 WEEK, 1954
Subject No. 81

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	976	975
40	Whole, 4.5% fat		
41	Skim	738	1230
42	Half & half, 12% fat		
43	Buttermilk		
44	Hot chocolate		250
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage		
48	Swiss, cheddar	152	138
49	Ice cream	262	90
50	Eggs		
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	416	295
55	Lean only	162	81
56	Pork: ~~With~~ No fat ~~&~~ with bone		144
57	With fat, no bone		
58	Lean only	134	
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Chow mein, beef casserole, ham salad	348*	34
63	Liver-beef		404
64			
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Perch fillet	495	289
69	Shellfish:		
70	Chicken salad, chicken[3], tuna noodles	45	455
71	Butter✓ Margarine__	102	28
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	57	88
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	66	60
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk✓	135	
79	Dry beans & peas, cooked	184	
80	Peanuts, shelled	19	54
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	320	647
83	Rye	215	276
84	Biscuits, french toast	113	282
85	Crackers	26	12
86	Cookies	78	308
87	Sweet buns✓ Doughnuts✓		58
88	Cake: Iced: Plum, chocolate	200	281
	Not iced: Angel, sponge	202	
89	Pie: Fruit✓ Custard✓ Nut__	790	697
90	Ready-to-eat cereal: Wheat germ	72	54
91	Wheat flakes		26
92	Other cereal: Oatmeal	830	778
93	Wheat cereal, rice, wild rice	494	313
94	Macaroni, spaghetti__ Noodles✓	77	
95			
96	White potatoes[1,3,4]	1025	678
97	Tomatoes, tomato products	75	54
98	Deep-yellow vegetables: Sweetpotatoes[2]/Carrots[5]	138	6
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Lettuce	182	514
103	Beans[1], corn[1], pickles, peas[1], mixed[1]	311	276
104	Tossed salad, slaw	100	320
105	Soup: Meat__ Grain product✓ Dry bean, pea__ Vegetable__ Milk		332
106	Oranges✓ Lemons__: AP	394	1075
107	EP		
108	Grapefruit: AP	532	
109	EP		60
110	Citrus fruit juice: Orange		123
111	Other fruit juice:		
112	Dried fruits: Dates	26	
113	Apples: AP	240	418
114	EP		
115	Bananas: AP✓ EP✓	104	600
116	Other fruits: AP:		
117	EP: Peaches[1]	372	499
118	Gelatin pudding-fruit	404	120
119	Sugars	83	44
120	Sirup__ Molasses__ Honey__		
121	Jelly, jam✓ Fruit butters__	74	92
122	Candy: Chocolate creams, Chocolate-nuts, chocolate	30	53
123	Water ices, sherbets		
124	Soft drinks	632	348
125	Coffee✓ Tea✓ cups	26	29
126	Beer		
127	Wine		
128	Whiskey	45	315

DATA FOR SUBJECT NO. 82

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	54
2 Height ..... cm..	174.0
3 Weight ..... kg..	59.4
4 Actual weight/normal weight ..... %..	79.2
5 Blood cholesterol ..... mg.%..	258
6 Blood pressure rate ..... mm.Hg..	110/71

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2917	3691
8 Alcohol only ..... Cal..	0	0
9 Protein: Total ..... g..	66.7	82.0
10 From animal foods ..... g..	34.3	43.8
11 Fat: Total ..... g..	126.7	178.9
12 Fat Cal./total Cal ..... %..	39	44
13 From animal foods ..... g..	88.1	120.1
14 Fatty acids: Saturated ..... g..	54	77
15 Unsaturated: Oleic ..... g..	49	72
16 Linoleic ..... g..	9	13
17 Carbohydrate: Total ..... g..	366.4	437.7
18 From milk ..... g..	26.5	24.8
19 From fruits, sweets ..... g..	131.0	164.5
20 From other plant foods ..... g..	206.0	244.9
21 Calcium ..... mg..	703	1097
22 Iron ..... mg..	13.9	13.3
23 Vitamin A value ..... I.U.	8970	6140
24 Thiamine ..... mg..	.98	.87
25 Riboflavin ..... mg..	1.31	1.52
26 Niacin ..... mg..	12.2	12.8
27 Ascorbic acid ..... mg..	79	80
28 Cholesterol ..... mg..	761	1096
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2005	3432
30 Eggs ..... g..	509	685
31 Meat, poultry, fish ..... g..	507	685
32 Fats, oils ..... g..	635	856
33 Dry beans and peas, nuts ..... g..	97	28
34 Flour equivalent ..... g..	1737	2319
35 Vegetables ..... g..	1703	994
36 Fruits ..... g..	1841	1730
37 Sugars, sweets ..... g..	1125	1646
38 Alcoholic beverages ..... g..	0	0

FOOD, 1 WEEK, 1954

Subject No. 82

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	661	707
43 Buttermilk		
44 Cocoa	234	500
45 Cream: 20% fat		53
46 30-36% fat	171	95
47 Cheese: Cottage		
48 Cheddar		99
49 Ice cream	295	142
50 Eggs	265	288
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	268	270
55 Lean only	198	
56 Pork: With fat & bone		
57 With fat, no bone	101	157
58 Lean only		
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62		
63		
64		
65 Rabbit__ Game__ :		
66 Poultry: With bone: Chicken		177
67 No bone:		
68 Fish:		
69 Shellfish:		
70 Tuna-macaroni, salmon salad		271
71 Butter✓ Margarine__	203	424
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	47	48
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	124	119
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	299	199
79 Dry beans & peas, cooked	85	
80 Peanuts, shelled		5
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	750	118
83 Graham-rye, cracked-wheat	418	553
84 Muffins, blueberry waffles	92	1103
85 Crackers	25	

	Record G.	Recall G.
86 Cookies	83	165
87 Sweet buns✓ Doughnuts✓		158
88 Cake: Iced: Chocolate	64	
Not iced: Plain, chocolate	319	639
89 Pie: Fruit✓ Custard✓ Nut__	603	701
90 Ready-to-eat cereal: Bran	57	20
91 Wheat flakes, puffed rice	20	7
92 Other cereal: Oatmeal	120	
93		
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes[1,3,4]	561	371
97 Tomatoes, tomato products	296	158
98 Deep-yellow vegetables: Sweet potatoes[2]/Carrots[2]	282	36
99 Carrots[5,2]	84	
100 Dark-green vegetables:		
101		
102 Other vegetables: Corn[1]/Lettuce	146	100
103 Lettuce, beans[1,2], asparagus[1], peas[2], onions[5], celery, radishes[5]	386	321
104 Tossed salad, slaw	60	
105 Soup: Meat✓ Grain product__		315
Dry bean, pea__ Vegetable__		
Milk		
106 Oranges✓ Lemons__ : AP		96
107 EP	65	
108 Grapefruit: AP	450	1140
109 EP		
110 Citrus fruit juice: Orange	344	123
111 Other fruit juice: Grape	129	
112 Dried fruits: Raisins, dates	79	
113 Apples: AP		
114 EP	74	
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Italian prunes[1], pears[1], pineapple[1], watermelon pickle, berries[1]	258	261
118 Gelatin pudding-fruit, fruit salad, gelatin salad	354	224
119 Sugars	242	257
120 Sirup✓ Molasses__ Honey__	234	410
121 Jelly, jam✓ Fruit butters__	191	552
122 Candy: Chocolate, marshmallow, chocolate molasses chip	18	28
123 Water ices, sherbets		96
124 Soft drinks	462	
125 Coffee✓ Tea✓ cups	28	40
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 83

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	58
2 Height.....cm..	177.1
3 Weight.....kg..	72.2
4 Actual weight/normal weight.....%..	90.7
5 Blood cholesterol.....mg.%..	259
6 Blood pressure rate.....mm.Hg..	115/74

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2579	2941
8 Alcohol only.....Cal..	48	104
9 Protein: Total.....g..	73.9	101.9
10 From animal foods.....g..	48.4	78.2
11 Fat: Total.....g..	115.9	139.3
12 Fat Cal./total Cal.....%..	40	43
13 From animal foods.....g..	79.5	113.4
14 Fatty acids: Saturated.....g..	50	62
15 Unsaturated: Oleic.....g..	46	54
16 Linoleic.....g..	9	11
17 Carbohydrate: Total.....g..	308.8	304.1
18 From milk.....g..	27.8	21.7
19 From fruits, sweets.....g..	105.9	113.3
20 From other plant foods.....g..	173.6	166.1
21 Calcium.....mg..	552	772
22 Iron.....mg..	11.8	11.1
23 Vitamin A value..... I.U.	4920	5660
24 Thiamine.....mg..	1.25	60
25 Riboflavin.....mg..	1.16	2.26
26 Niacin.....mg..	11.9	14.9
27 Ascorbic acid.....mg..	70	53
28 Cholesterol.....mg..	602	901
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2010	3283
30 Eggs.....g..	232	441
31 Meat, poultry, fish.....g..	1125	1674
32 Fats, oils.....g..	292	355
33 Dry beans and peas, nuts.....g..	34	0
34 Flour equivalent.....g..	1844	1254
35 Vegetables.....g..	1568	1349
36 Fruits.....g..	1062	1135
37 Sugars, sweets.....g..	760	888
38 Alcoholic beverages.....g..	135	870

FOOD, 1 WEEK, 1954
Subject No. 83

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44 Cocoa	250	
45 Cream: 20% fat	577	960
46 30-36% fat	70	82
47 Cheese: Cottage		140
48 Cheddar		244
49 Ice cream	245	94
50 Eggs	90	349
51 Puddings: Milk Milk & egg ✓	113	
52 Egg salad		
53 Beef: With fat & bone		331
54 With fat, no bone	103	
55 Lean only		
56 Pork: With fat & bone		
57 With fat, no bone	464	
58 Lean only		
59 Veal Lamb : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Beef stew, meat balls		270
63		
64 Frankfurters	102	141
65 Rabbit Game :		
66 Poultry: With bone: Turkey, chicken	200	369
67 No bone:		
68 Fish: Pike		352
69 Shellfish:		
70 Shrimp salad, chicken[3], haddock-cheese sauce	358	471
71 Butter ✓ Margarine	131	115
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings		16
74 Lard		
75 Vegetable fat		
76 Vegetable oil Salad dressing ✓	44	90
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk ✓	30	253
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	105	233
83 Pumpernickel	92	70
84 Pancakes	111	
85 Crackers	52	206

	Record G.	Recall G.
86 Cookies		104
87 Sweet buns ✓ Doughnuts ✓	570	515
88 Cake: Iced: Plain, sponge, butter	201	204
Not iced: Sponge, meringue shells	170	80
89 Pie: Fruit ✓ Custard Nut	416	208
90 Ready-to-eat cereal: Corn flakes	30	17
91 Wheat germs, oats	28	17
92 Other cereal: Oatmeal	356	
93 Farina	214	126
94 Macaroni, spaghetti Noodles		
95		
96 White potatoes[1,3,4]	689	452
97 Tomatoes, tomato products	165	120
98 Deep-yellow vegetables: Sweetpotatoes[2] / carrots[1]	190	36
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Lettuce	196	105
103 Beets[1], peas[1], beans[1], sauerkraut[1], celery	405	238
104		
105 Soup: Meat ✓ Grain product ✓	430	500
Dry bean, pea ✓ Vegetable	200	
Milk		257
106 Oranges ✓ Lemons : AP		215
107 EP	181	
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Grapefruit	466	252
111 Other fruit juice: Pineapple		248
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP ✓ EP		175
116 Other fruits: AP:		
117 EP: Peaches[1], berries[1]	172	150
118 Fruit salad	175	
119 Sugars	306	312
120 Sirup ✓ Molasses Honey	164	
121 Jelly, jam Fruit butters		
122 Candy: Chocolate creams, chocolate-nuts, jelly beans	222	360
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	31	34
126 Beer		720
127 Wine	45	
128 Whiskey	90	150

DATA FOR SUBJECT NO. 84

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	58
2 Height.....cm..	177.8
3 Weight.....kg..	78.9
4 Actual weight/normal weight.....%..	100.6
5 Blood cholesterol.....mg.%..	262
6 Blood pressure rate.....mm.Hg..	113/78

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	3380	2882
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	163.3	156.2
10 From animal foods.....g..	127.2	127.2
11 Fat: Total.....g..	142.1	128.6
12 Fat Cal./total Cal.....%..	38	40
13 From animal foods.....g..	100.9	101.4
14 Fatty acids: Saturated.....g..	60	58
15 Unsaturated: Oleic.....g..	58	47
16 Linoleic.....g..	10	10
17 Carbohydrate: Total.....g..	378.6	286.0
18 From milk.....g..	96.1	71.6
19 From fruits, sweets.....g..	87.8	65.1
20 From other plant foods.....g..	189.7	147.2
21 Calcium.....mg..	2536	2118
22 Iron.....mg..	21.1	20.9
23 Vitamin A value..... I.U.	21980	10370
24 Thiamine.....mg..	2.28	1.94
25 Riboflavin.....mg..	5.41	3.71
26 Niacin.....mg..	25.7	21.7
27 Ascorbic acid.....mg..	129	113
28 Cholesterol.....mg..	1067	839
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	12554	10750
30 Eggs.....g..	72.5	433
31 Meat, poultry, fish.....g..	1377	1661
32 Fats, oils.....g..	333	204
33 Dry beans and peas, nuts.....g..	73	62
34 Flour equivalent.....g..	1606	911
35 Vegetables.....g..	2278	2289
36 Fruits.....g..	2865	2421
37 Sugars, sweets.....g..	595	260
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954
Subject No. 84

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	2013	4940
40 Whole, 4.5% fat		
41 Skim	7996	3414
42 Half & half, 12% fat	121	70
43 Buttermilk		
44 Cocoa	500	
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage	242	
48 Cheddar	188	359
49 Ice cream	188	
*		
50 Eggs	609	357
51 Puddings: Milk __ Milk & egg ✓		90
52 Egg salad		
*		
53 Beef: With fat & bone		
54 With fat, no bone	722	1445
55 Lean only		
56 Pork: With fat & bone		
57 With fat, no bone	28	
58 Lean only		
59 Veal __ Lamb __ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Hungarian stew		600
*		
63 Liver-beef	166	
64		
*		
65 Rabbit __ Game __ :		
66 Poultry: With bone: Chicken	282	
67 No bone:		
68 Fish:		
69 Shellfish:		
70 Tuna-noodles	348	
*		
71 Butter ✓ Margarine	63	
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings	58	32
74 Lard		
75 Vegetable fat		
76 Vegetable oil __ Salad dressing ✓	36	60
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk	30	
*		
79 Dry beans & peas, cooked		
80 Peanuts, shelled	45	
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White		
83 Whole-wheat, cracked-wheat	117	253
84		
85 Crackers	38	24

	Record G.	Recall G.
86 Cookies	251	441
87 Sweet buns ✓ Doughnuts ✓	514	220
88 Cake: Iced: Chocolate	161	
Not iced: Fruit, chocolate	133	
89 Pie: Fruit ✓ Custard __ Nut __	240	
*		
90 Ready-to-eat cereal: Wheat germ	260	238
91		
92 Other cereal: Rice	100	
93		
94 Macaroni, spaghetti __ Noodles __		
95		
*		
96 White potatoes[1,3,4]	282	334
97 Tomatoes, tomato products	312	
98 Deep-yellow vegetables: Carrots-peas[1] / Carrots[1,5]	233	244
99 Sweetpotatoes[1]	85	
100 Dark-green vegetables:		
101		
102 Other vegetables: Corn[1] / Onions[1]	390	180
103 Lettuce, beans[2], asparagus[1] Olives, onions[1], celery	657	557
104 Lettuce-banana salad, slaw, vegetable gelatin mold	636	66
105 Soup: Meat ✓ Grain product ✓	750	
Dry bean, pea ✓ Vegetable ✓		1125
Milk	128	490
*		
106 Oranges ✓ Lemons __ : AP	168	
107 EP		
108 Grapefruit: AP	450	855
109 EP		
110 Citrus fruit juice: Orange	554	492
111 Other fruit juice: Prune	240	120
*		
112 Dried fruits: Raisin		128
113 Apples: AP		
114 EP	108	
115 Bananas: AP __ EP ✓	335	
116 Other fruits: AP:		
117 EP: Apricots[1], pineapple[1], peaches[1], fruit cup	651	826
118 Gelatin pudding-fruit	226	
119 Sugars		
*		
120 Sirup __ Molasses ✓ Honey	97	
121 Jelly, jam ✓ Fruit butters	86	
122 Candy: Chocolate fudge, Chocolate creams[1]	104	78
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ____ cups	10	7
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 85

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	54
2 Height.....cm..	174.0
3 Weight.....kg..	73.6
4 Actual weight/normal weight.....%..	98.1
5 Blood cholesterol.....mg.%..	269
6 Blood pressure rate.....mm.Hg..	110/79

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	190.2	185.1
8 Alcohol only.....Cal..	.20	43
9 Protein: Total.....g..	96.1	97.6
10 From animal foods.....g..	74.4	79.6
11 Fat: Total.....g..	87.2	79.4
12 Fat Cal./total Cal.....%..	41	39
13 From animal foods.....g..	66.2	62.9
14 Fatty acids: Saturated.....g..	37	35
15 Unsaturated: Oleic.....g..	34	29
16 Linoleic.....g..	7	7
17 Carbohydrate: Total.....g..	182.3	181.4
18 From milk.....g..	37.6	36.8
19 From fruits, sweets.....g..	31.2	37.9
20 From other plant foods.....g..	112.6	104.0
21 Calcium.....mg..	982	1066
22 Iron.....mg..	11.5	11.6
23 Vitamin A value..... I.U.	4680	4290
24 Thiamine.....mg..	.92	1.11
25 Riboflavin.....mg..	2.04	1.76
26 Niacin.....mg..	16.2	14.2
27 Ascorbic acid.....mg..	98	115
28 Cholesterol.....mg..	656	538
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5212	4930
30 Eggs.....g..	361	217
31 Meat, poultry, fish.....g..	1313	1321
32 Fats, oils.....g..	211	280
33 Dry beans and peas, nuts.....g..	22	0
34 Flour equivalent.....g..	954	910
35 Vegetables.....g..	1151	1620
36 Fruits.....g..	1867	1982
37 Sugars, sweets.....g..	138	102
38 Alcoholic beverages.....g..	360	330

FOOD, 1 WEEK, 1954
Subject No. 85

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	2663	2745
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk	1220	244
44			
45	Cream: 20% fat	15	
46	30-36% fat		8
47	Cheese: Cottage	7	28
48	Cheddar, cream, swiss	48	171
49	Ice cream	152	142
50	Eggs	268	186
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	710	228
55	Lean only		718
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		
59	Veal__ Lamb✓: With fat & bone	120	
60	With fat, no bone		
61	Lean only		
62			
63			
64			
65	Rabbit__ Game__:		
66	Poultry: With bone: Chicken		213
67	No bone: Chicken, turkey, duck	383	94
68	Fish: Fillet	60	
69	Shellfish: Shrimp		67
70	Salmon salad, tuna salad	85	26
71	Butter✓ Margarine__	48	107
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__		16
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	46	71
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled: Almonds	6	
82	Bread, rolls, not sweet: White	662	406
83	Rye	198	276
84	Biscuits, matzo balls, pancakes	40	169
85	Crackers		12
86	Cookies		4
87	Sweet buns✓ Doughnuts__		85
88	Cake: Iced: Plain	15	
	Not iced: Pound	223	
89	Pie: Fruit✓ Custard__ Nut__		104
90	Ready-to-eat cereal: Wheat flakes	38	18
91	Corn flakes		12
92	Other cereal: Rice/Brown rice	122	132
93			
94	Macaroni, spaghetti__ Noodles__		
95	Cheese blintz, spanish rice, etc.	195	210
96	White potatoes[1,3,4]	215	291
97	Tomatoes, tomato products	406	477
98	Deep-yellow vegetables: Carrots-peas[1]/Carrots[1]	120	36
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Peas[1]/Lettuce	70	112
103	Beans[2], sprouts[1], asparagus[1], corn[1], beets[1]	32	432
104	Lettuce-tomato salad, slaw, gelatin-vegetable	400	185
105	Soup: Meat✓ Grain product	240	188
	Dry bean, pea✓ Vegetable✓	95	
	Milk		122
106	Oranges✓ Lemons__: AP	370	
107	EP		
108	Grapefruit: AP	424	1060
109	EP		
110	Citrus fruit juice: Orange, grapefruit	260	373
111	Other fruit juice:		
112	Dried fruits: Dates		9
113	Apples: AP	228	
114	EP		
115	Bananas: AP__ EP✓		100
116	Other fruits: AP: Pineapple, cantaloupe	328	
117	EP: Berries[1], pineapple[1]	60	393
118	Gelatin pudding-fruit, fruit salad	283	
119	Sugars	12	30
120	Sirup✓ Molasses__ Honey__	20	20
121	Jelly, jam✓ Fruit butters__	7	7
122	Candy: Chocolate	8	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee✓ Tea✓ cups	23	19
126	Beer	360	240
127	Wine		
128	Gin		90

DATA FOR SUBJECT NO. 86

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	60
2 Height.....cm..	184.8
3 Weight.....kg..	77.0
4 Actual weight/normal weight.....%..	89.7
5 Blood cholesterol.....mg.%..	270
6 Blood pressure rate.....mm.Hg..	118/81

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	[illegible]	3564
8 Alcohol only.....Cal..	141	196
9 Protein: Total.....g..	118.2	144.1
10 From animal foods.....g..	[illegible]	118.3
11 Fat: Total.....g..	156.2	173.6
12 Fat Cal./total Cal.....%..	45	44
13 From animal foods.....g..	129.4	152.0
14 Fatty acids: Saturated.....g..	64	77
15 Unsaturated: Oleic.....g..	66	69
16 Linoleic.....g..	12	11
17 Carbohydrate: Total.....g..	340.8	321.5
18 From milk.....g..	83.2	68.1
19 From fruits, sweets.....g..	87.6	69.4
20 From other plant foods.....g..	168.4	181.9
21 Calcium.....mg..	135.4	1265
22 Iron.....mg..	15.8	19.1
23 Vitamin A value..... I.U.	8452	15780
24 Thiamine.....mg..	1.54	1.60
25 Riboflavin.....mg..	2.81	3.46
26 Niacin.....mg..	16.9	26.4
27 Ascorbic acid.....mg..	48	70
28 Cholesterol.....mg..	983	1221
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	6977	6419
30 Eggs.....g..	576	558
31 Meat, poultry, fish.....g..	1213	1986
32 Fats, oils.....g..	697	565
33 Dry beans and peas, nuts.....g..	0	5
34 Flour equivalent.....g..	1173	1177
35 Vegetables.....g..	1931	1836
36 Fruits.....g..	1170	1648
37 Sugars, sweets.....g..	932	529
38 Alcoholic beverages.....g..	645	1425

FOOD, 1 WEEK, 1954
Subject No. 86

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	1220	1220
40 Whole, 4.5% fat	2928	2501
41 Skim		
42 Half & half, 12% fat		10
43 Buttermilk		
44		
45 Cream: 20% fat	70	90
46 30-36% fat		45
47 Cheese: Cottage	255	169
48 Liederkranz, cream		30
49 Ice cream	1183	1046
50 Eggs	489	503
51 Puddings: Milk__Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	294	709
55 Lean only	251	209
56 Pork: With fat & bone		
57 With fat, no bone	115	
58 Lean only	80	169
59 Veal__Lamb✓: With fat & bone		
60 With fat, no bone		61
61 Lean only	62	
62 Beef stew, beef-spaghetti, beef hash, meat balls	326	240
63 Liver-calf		125
64 Beef loaf, frankfurters, sausage-vienna	85	234
65 Rabbit__Game__:		
66 Poultry: With bone:		
67 No bone: Chicken	108	
68 Fish: Pike, pickled herring, halibut	76	210
69 Shellfish:		
70 Chicken-tuna-rice		397
71 Butter✓Margarine✓	357	163
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings	155	224
74 Lard		
75 Vegetable fat		
76 Vegetable oil__Salad dressing✓	3	25
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓Milk✓	165	99
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	643	615
83 Rye, whole-wheat	407	402
84		
85 Crackers		16

	Record G.	Recall G.
86 Cookies		36
87 Sweet buns✓Doughnuts	88	
88 Cake: Iced: Plain	297	
Not iced: Angel, plain	50	309
89 Pie: Fruit✓Custard✓Nut	137	208
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti__Noodles		
95		
96 White potatoes[1,3,4]	1247	1192
97 Tomatoes, tomato products	13	51
98 Deep-yellow vegetables: Carrots[1]	113	
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Corn[1]/Cauliflower[3]	260	285
103 Lettuce, beans[1], corn[1], peas[1], asparagus[1], pickle	501	689
104		
105 Soup: Meat__Grain product__ Dry bean, pea__Vegetable__ Milk		
106 Oranges__Lemons__: AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP	417	
115 Bananas: AP__EP		
116 Other fruits: AP:		
117 EP: Peaches[1], pineapple[1], berries[1], apricots[1], pears[1]	489	1510
118 Gelatin pudding-fruit, fruit salad	300	104
119 Sugars		
120 Sirup✓Molasses__Honey	400	200
121 Jelly, jam✓Fruit butters	246	60
122 Candy:		
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee✓Tea ....cups	18	20
126 Beer	360	1080
127 Wine		
128 Whiskey, manhattan cocktails	285	345

DATA FOR SUBJECT NO. 87

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	53
2 Height.....cm..	173.4
3 Weight.....kg..	75.7
4 Actual weight/normal weight.....%..	102.2
5 Blood cholesterol.....mg.%..	272
6 Blood pressure rate.....mm.Hg..	116/84

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2902	2403
8 Alcohol only.....Cal..	57	13
9 Protein: Total.....g..	111.8	92.4
10 From animal foods.....g..	85.5	67.7
11 Fat: Total.....g..	141.6	107.8
12 Fat Cal./total Cal.....%..	44	40
13 From animal foods.....g..	126.1	85.6
14 Fatty acids: Saturated.....g..	68	50
15 Unsaturated: Oleic.....g..	53	42
16 Linoleic.....g..	7	6
17 Carbohydrate: Total.....g..	286.1	263.9
18 From milk.....g..	54.4	34.6
19 From fruits, sweets.....g..	68.8	70.4
20 From other plant foods.....g..	162.0	157.8
21 Calcium.....mg..	1032	765
22 Iron.....mg..	14.1	13.5
23 Vitamin A value..... I.U.	6500	4820
24 Thiamine.....mg..	1.59	1.56
25 Riboflavin.....mg..	2.56	1.61
26 Niacin.....mg..	18.5	16.4
27 Ascorbic acid.....mg..	67	78
28 Cholesterol.....mg..	770	627
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5181	3575
30 Eggs.....g..	180	168
31 Meat, poultry, fish.....g..	1556	1519
32 Fats, oils.....g..	610	393
33 Dry beans and peas, nuts.....g..	30	63
34 Flour equivalent.....g..	1319	1658
35 Vegetables.....g..	774	1044
36 Fruits.....g..	1006	1459
37 Sugars, sweets.....g..	478	540
38 Alcoholic beverages.....g..	135	30

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FOOD, 1 WEEK, 1954
Subject No. 87

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	2750	2196
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage		
48 Cheddar	32	
49 Ice cream	984	503
50 Eggs	160	102
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	325	469
55 Lean only	474	405
56 Pork: With fat & bone		
57 With fat, no bone	124	112
58 Lean only	114	285
59 Veal✓ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only	85	
62 Beef hash		450
63		
64		
65 Rabbit__ Game__:		
66 Poultry: With bone:		
67 No bone: Roast chicken	170	
68 Fish: Pike	264	
69 Shellfish:		
70		
71 Butter✓ Margarine__	489	259
72 Beef fat & beef fat drippings		
73 Bacon__		
Bacon & pork fat drippings__		
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	19	30
77 Fat, oil, not specified		
78 Gravy: Meat, poultry__ Milk✓	68	
79 Dry beans & peas, cooked		
80 Peanuts, shelled	19	32
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	1371	1143
83		
84 French toast		108
85 Crackers		

	Record G.	Recall G.
86 Cookies	75	36
87 Sweet buns__ Doughnuts✓	72	
88 Cake: Iced: Chocolate		270
Not iced:		
89 Pie: Fruit✓ Custard__ Nut__	158	136
90 Ready-to-eat cereal: Shredded wheat	168	57
91		
92 Other cereal: Oatmeal		472
93		
94 Macaroni, spaghetti__ Noodles__		
95 Bread dressing	45	
96 White potatoes[1,3]	336	196
97 Tomatoes, tomato products		484
98 Deep-yellow vegetables: Carrots[1,5]	90	48
99 Rutabagas[1], peas-carrots[1]	39	51
100 Dark-green vegetables: Green pepper[5]	3	
101		
102 Other vegetables: Asparagus[1]/Corn[1]	150	82
103 Lettuce/peas[1]	190	
104 Tossed salad		50
105 Soup: Meat__ Grain product__		
Dry bean, pea✓ Vegetable__		153
Milk		
106 Oranges✓ Lemons__: AP		650
107 EP	601	
108 Grapefruit: AP		570
109 EP		
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		120
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Peaches[1], pears[1]	334	58
118		
119 Sugars	244	264
120 Sirup✓ Molasses__ Honey__		102
121 Jelly, jam✓ Fruit butters__	22	13
122 Candy:		
123 Water ices, sherbets		
124 Soft drinks	805	174
125 Coffee✓ Tea✓ cups	40	37
126 Beer		
127 Wine		
128 Whiskey	135	30

DATA FOR SUBJECT NO. 88

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	48
2 Height.....cm..	165.1
3 Weight.....kg..	70.3
4 Actual weight/normal weight.....%..	67.5
5 Blood cholesterol.....mg.%..	272
6 Blood pressure rate.....mm.Hg..	120/72

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	349.5	254.2
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	99.0	94.0
10 From animal foods.....g..	62.5	64.4
11 Fat: Total.....g..	128.1	114.7
12 Fat Cal./total Cal.....%..	33	41
13 From animal foods.....g..	81.9	85.8
14 Fatty acids: Saturated.....g..	55	50
15 Unsaturated: Oleic.....g..	52	47
16 Linoleic.....g..	9	7
17 Carbohydrate: Total.....g..	340.4	291.1
18 From milk.....g..	34.4	24.1
19 From fruits, sweets.....g..	89.4	79.7
20 From other plant foods.....g..	213.5	185.9
21 Calcium.....mg..	110.4	877
22 Iron.....mg..	15.2	13.7
23 Vitamin A value..... I.U.	1556 0	7910
24 Thiamine.....mg..	1.18	1.18
25 Riboflavin.....mg..	2.57	1.69
26 Niacin.....mg..	16.8	16.1
27 Ascorbic acid.....mg..	120	117
28 Cholesterol.....mg..	991	721
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3677	3194
30 Eggs.....g..	555	412
31 Meat, poultry, fish.....g..	947	1161
32 Fats, oils.....g..	532	336
33 Dry beans and peas, nuts.....g..	51	177
34 Flour equivalent.....g..	1735	1276
35 Vegetables.....g..	2036	1855
36 Fruits.....g..	1717	2315
37 Sugars, sweets.....g..	860	478
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954

Subject No. 88

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	2013	1282
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk	366	854
44 Chocolate	250	
45 Cream: 20% fat	45	210
46 30-36% fat	210	270
47 Cheese: Cottage	45	28
48 Cheddar	27	
49 Ice cream		57
50 Eggs	423	255
51 Puddings: Milk ✓ Milk & egg ✓	95	48
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	388	245
55 Lean only		122
56 Pork: With fat & bone		
57 With fat, no bone		292
58 Lean only		
59 Veal _ Lamb _ : With fat & bone		
60 With fat, no bone		
61 Lean only		300
62 Meat loaf, ham-potatoes	525	298
63 Liver-calf	97	
64		
65 Rabbit _ Game _ :		
66 Poultry: With bone: Chicken	180	
67 No bone: Roast chicken, lean only	62	54
68 Fish: Fillet of pike	77	
69 Shellfish:		
70		
71 Butter ✓ Margarine _	144	122
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings _	49	
74 Lard		
75 Vegetable fat		
76 Vegetable oil _ Salad dressing ✓	36	38
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk _	228	66
79 Dry beans & peas, cooked		130
80 Peanuts, shelled	22	48
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	565	499
83 Rye, whole-wheat	501	115
84 Biscuits, French toast	150	32
85 Crackers	21	

	Record G.	Recall G.
86 Cookies	250	90
87 Sweet buns ✓ Doughnuts ✓	228	223
88 Cake: Iced: Plain, spiced		520
Not iced:		
89 Pie: Fruit ✓ Custard ✓ Nut _	862	293
90 Ready-to-eat cereal:		
91		
92 Other cereal: Rice		84
93		
94 Macaroni, spaghetti _ Noodles _		
95 Bread dressing[1,3,4]		34
96 White potatoes	811	902
97 Tomatoes, tomato products	176	121
98 Deep-yellow vegetables: Carrots-peas[1]		144
99 Sweet potatoes[2]		85
100 Dark-green vegetables: Spinach[1]	121	142
101 Broccoli[1]	102	
102 Other vegetables: Peas[1]	148	163
103 Lettuce, beans[1], celery, pickles, mixed[1]	482	311
104 Gelatin-vegetables	207	
105 Soup: Meat ✓ Grain product _		240
Dry bean, pea ✓ Vegetable ✓	156	125
Milk		
106 Oranges ✓ Lemons _ : AP	351	
107 EP		400
108 Grapefruit: AP	273	570
109 EP		173
110 Citrus fruit juice:		
111 Other fruit juice: Berry, pear	342	120
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP _ EP _		
116 Other fruits: AP:		
117 EP: Berries[1], pears[1], plums[1], fruit cocktail[1]	334	635
118 Gelatin pudding-fruit	107	571
119 Sugars	104	30
120 Sirup ✓ Molasses _ Honey _	39	
121 Jelly, jam ✓ Fruit butters _	120	137
122 Candy: Hard, jelly beans, chocolate, fondant	213	46
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea _ cups	19	25
126 Beer		
127 Wine		
128		

DATA FOR SUBJECT NO. 89

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	46
2 Height.....cm..	177.8
3 Weight.....kg..	82.0
4 Actual weight/normal weight.....%..	105.6
5 Blood cholesterol.....mg.%..	274
6 Blood pressure rate.....mm.Hg..	126/90

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2328	2231
8 Alcohol only.....Cal..	199	117
9 Protein: Total.....g..	91.7	87.3
10 From animal foods.....g..	68.4	63.0
11 Fat: Total.....g..	85.3	82.9
12 Fat Cal./total Cal.....%..	33	33
13 From animal foods.....g..	61.5	63.2
14 Fatty acids: Saturated.....g..	37	34
15 Unsaturated: Oleic.....g..	32	31
16 Linoleic.....g..	7	9
17 Carbohydrate: Total.....g..	259.9	269.0
18 From milk.....g..	56.4	56.0
19 From fruits, sweets.....g..	53.6	59.5
20 From other plant foods.....g..	148.6	150.6
21 Calcium.....mg..	1569	1299
22 Iron.....mg..	10.7	10.9
23 Vitamin A value..... I.U.	3320	4160
24 Thiamine.....mg..	1.24	1.08
25 Riboflavin.....mg..	2.56	2.77
26 Niacin.....mg..	12.0	12.4
27 Ascorbic acid.....mg..	78	88
28 Cholesterol.....mg..	561	533
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	7412	5824
30 Eggs.....g..	269	387
31 Meat, poultry, fish.....g..	807	983
32 Fats, oils.....g..	456	484
33 Dry beans and peas, nuts.....g..	207	248
34 Flour equivalent.....g..	1301	1072
35 Vegetables.....g..	1417	2020
36 Fruits.....g..	1359	1476
37 Sugars, sweets.....g..	448	362
38 Alcoholic beverages.....g..	1350	1552

FOOD, 1 WEEK, 1954
Subject No. 89

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	427	81
40	Whole, 4.5% fat		
41	Skim	5781	4797
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat		2
47	Cheese: Cottage		28
48	Cheddar, cream	97	
49	Ice cream		20
50	Eggs	186	201
51	Puddings: Milk ✓ Milk & egg		124
52	Egg salad		104
53	Beef: With fat & bone		
54	With fat, no bone	47	64
55	Lean only	243	
56	Pork: With ~~fat &~~ bone		118
57	With fat, no bone	68	56
58	Lean only	74	
59	Veal ✓ Lamb: With fat & bone		
60	With fat, no bone		18
61	Lean only		
62	Beef stew, chop suey, meat balls	247*	235
63			
64	Sausage-liver, frankfurters	92	102
65	Rabbit Game:		
66	Poultry: With bone: Chicken	115	170
67	No bone:		
68	Fish: Fillet of pike		231
69	Shellfish: Scallops'		35
70	Chicken salad		84
71	Butter ✓ Margarine	239	199
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings	12	48
74	Lard		
75	Vegetable fat		
76	Vegetable oil Salad dressing ✓	15	45
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk	78	34
79	Dry beans & peas, cooked	196	261
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	380	336
83	Rye		114
84	Biscuits, french toast	114	105
85	Crackers	49	62
86	Cookies	133	101
87	Sweet buns Doughnuts	97	
88	Cake: Iced: Plain, chocolate	529	125
	Not iced: Angel		450
89	Pie: Fruit Custard Nut		
90	Ready-to-eat cereal: Shredded wheat	28	
91	Wheat flakes	18	
92	Other cereal: Oatmeal/Wheat	98	119
93	Rice	56	
94	Macaroni, spaghetti Noodles		
95	Macaroni-cheese	230	220
96	White potatoes 1,2,3,4	432*	840
97	Tomatoes, tomato products	182	259
98	Deep-yellow vegetables: Carrots'		48
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Asparagus'/Pickles	164	243
103	Lettuce, celery, cucumbers, beets', beans', peas'	386	447
104	Potatoe salad, tossed salad	221	50
105	Soup: Meat ✓ Grain product ✓	750	180
	Dry bean, pea Vegetable ✓	322	375
	Milk		191
106	Oranges ✓ Lemons: AP		215
107	EP	130	
108	Grapefruit: AP	415	855
109	EP	90	
110	Citrus fruit juice: Orange	123	
111	Other fruit juice: Pineapple	248	248
112	Dried fruits: Prunes	101	120
113	Apples: AP		
114	EP		
115	Bananas: AP EP ✓	75	
116	Other fruits: AP:		
117	EP: Pear', peaches', pineapple', berries'	177	38
118			
119	Sugars	74*	24
120	Sirup ✓ Molasses Honey	62	123
121	Jelly, jam Fruit butters		
122	Candy: Jelly beans		5
123	Water ices, sherbets	128	192
124	Soft drinks	230	464
125	Coffee ✓ Tea ✓ cups	8	8
126	Beer	900	1440
127	Wine	90	22
128	Whiskey, gin	360	90

DATA FOR SUBJECT NO. 90

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	58
2 Height.....cm..	168.3
3 Weight.....kg..	80.3
4 Actual weight/normal weight.....%..	114.7
5 Blood cholesterol.....mg.%..	280
6 Blood pressure rate.....mm.Hg..	157/107

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	1380	1502
8 Alcohol only.....Cal..	19	177
9 Protein: Total.....g..	73.2	59.3
10 From animal foods.....g..	53.7	43.7
11 Fat: Total.....g..	56.5	57.9
12 Fat Cal./total Cal.....%..	37	35
13 From animal foods.....g..	41.7	39.3
14 Fatty acids: Saturated.....g..	21	23
15 Unsaturated: Oleic.....g..	23	24
16 Linoleic.....g..	5	5
17 Carbohydrate: Total.....g..	147.4	149.2
18 From milk.....g..	11.1	17.6
19 From fruits, sweets.....g..	45.0	35.4
20 From other plant foods.....g..	88.1	94.2
21 Calcium.....mg..	637	593
22 Iron.....mg..	11.2	8.3
23 Vitamin A value..... I.U.	941.0	2750
24 Thiamine.....mg..	.75	.76
25 Riboflavin.....mg..	1.25	1.14
26 Niacin.....mg..	13.9	10.2
27 Ascorbic acid.....mg..	124	109
28 Cholesterol.....mg..	524	462
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1991	2232
30 Eggs.....g..	330	295
31 Meat, poultry, fish.....g..	1247	1051
32 Fats, oils.....g..	141	15.6
33 Dry beans and peas, nuts.....g..	187	18
34 Flour equivalent.....g..	738	642
35 Vegetables.....g..	272.5	1675
36 Fruits.....g..	1536	2009
37 Sugars, sweets.....g..	129	137
38 Alcoholic beverages.....g..	45	750

FOOD, 1 WEEK, 1954
Subject No. 90

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat		488
40	Whole, 4.5% fat		
41	Skim	492	246
42	Half & half, 12% fat		
43	Buttermilk	640	732
44			
45	Cream: 20% fat	20	
46	30-36% fat		
47	Cheese: Cottage	145	84
48	Cheddar	35	42
49	Ice cream		36
50	Eggs	283	237
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	242	406
55	Lean only		54
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only	84	89
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62			
63			
64	Cervelat	108	24
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone: Chicken, duck	430	63
68	Fish: Tuna[1]	30	
69	Shellfish: Shrimp[1], lobster tails in shells	155	265
70	Chicken Chow mein	230	
71	Butter✓ Margarine__	47	19
72	Beef fat & beef fat drippings	72	
73	Bacon✓ Bacon & pork fat drippings__		16
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	55	60
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__		88
79	Dry beans & peas, cooked	180	
80	Peanuts, shelled		
81	Nuts, shelled: Mixed		18
82	Bread, rolls, not sweet: White	38	222
83	Rye, Cracker, wheat	309	165
84	Pancakes	390	
85	Crackers		
86	Cookies		
87	Sweet buns✓ Doughnuts	160	226
88	Cake: Iced: Chocolate	45	266
	Not iced:		
89	Pie: Fruit✓ Custard__ Nut__		78
90	Ready-to-eat cereal:		
91			
92	Other cereal: Rice	110	
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,3]	184	328
97	Tomatoes, tomato products	1225	365
98	Deep-yellow vegetables: Carrots[1]/Rutabagas	210	156
99	Squash[1], carrots[5]	145	25
100	Dark-green vegetables: Broccoli[1]	180	
101			
102	Other vegetables: Lettuce	356	260
103	Asparagus[1], onions[1], corn[1], mushrooms[1], cauliflower[1]	402	508
104	Slaw, tossed salad		170
105	Soup: Meat✓ Grain product__ Dry bean, pea__ Vegetable__ Milk		246
106	Oranges__ Lemons__: AP		
107	EP		
108	Grapefruit: AP		1710
109	EP	813	
110	Citrus fruit juice:		
111	Other fruit juice: Berry		60
112	Dried fruits:		
113	Apples: AP		
114	EP	349	
115	Bananas: AP__ EP✓	155	
116	Other fruits: AP:		
117	EP: Pears[5], pineapple[5]	219	84
118	Gelatin pudding-Fruit		240
119	Sugars		
120	Sirup✓ Molasses__ Honey__	55	
121	Jelly, jam__ Fruit butters__		
122	Candy: Chocolate creams, fudge	33	32
123	Water ices, sherbets	96	
124	Soft drinks	86	174
125	Coffee✓ Tea✓ cups	14	13
126	Beer		360
127	Wine		30
128	Whiskey	45	360

DATA FOR SUBJECT NO. 91

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	52
2 Height.....cm..	184.2
3 Weight.....kg..	91.2
4 Actual weight/normal weight.....%..	107.3
5 Blood cholesterol.....mg.%..	282
6 Blood pressure rate.....mm.Hg..	120/90

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2683	2324
8 Alcohol only.....Cal..	0	138
9 Protein: Total.....g..	92.8	76.7
10 From animal foods.....g..	65.8	53.5
11 Fat: Total.....g..	132.7	108.6
12 Fat Cal./total Cal.....%..	45	42
13 From animal foods.....g..	99.1	79.2
14 Fatty acids: Saturated.....g..	54	44
15 Unsaturated: Oleic.....g..	54	41
16 Linoleic.....g..	11	11
17 Carbohydrate: Total.....g..	289.6	233.3
18 From milk.....g..	34.4	38.6
19 From fruits, sweets.....g..	69.1	55.1
20 From other plant foods.....g..	182.9	134.4
21 Calcium.....mg..	1447	896
22 Iron.....mg..	14.2	12.8
23 Vitamin A value..... I.U.	6710	16270
24 Thiamine.....mg..	1.08	.90
25 Riboflavin.....mg..	1.41	2.58
26 Niacin.....mg..	13.9	14.9
27 Ascorbic acid.....mg..	114	101
28 Cholesterol.....mg..	1094	903
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3885	3365
30 Eggs.....g..	780	620
31 Meat, poultry, fish.....g..	1307	951
32 Fats, oils.....g..	507	457
33 Dry beans and peas, nuts.....g..	374	0
34 Flour equivalent.....g..	1276	1106
35 Vegetables.....g..	2157	2643
36 Fruits.....g..	2189	1478
37 Sugars, sweets.....g..	406	341
38 Alcoholic beverages.....g..	0	321

FOOD, 1 WEEK, 1954
Subject No. 91

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	2517	1718
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		10
43	Buttermilk		
44			
45	Cream: 20% fat	80	
46	30-36% fat	41	35
47	Cheese: Cottage	50	269
48	Cheddar	14	26
49	Ice cream	238	284
	*		
50	Eggs	603	508
51	Puddings: Milk __ Milk & egg ✓		206
52	Egg salad		
	*		
53	Beef: With fat & bone		
54	With fat, no bone	216	
55	Lean only		
56	Pork: With fat & bone		
57	With fat, no bone		61
58	Lean only		
59	Veal __ Lamb ✓: With fat & bone		168
60	With fat, no bone		
61	Lean only		
62	Meat loaf	201	
	*		
63	Liver-beef		151
64	Frankfurters, ham loaf, minced ham, liverwurst	488	10
	*		
65	Rabbit __ Game __ :		
66	Poultry: With bone: Chicken	174	
67	No bone:		
68	Fish: Trout	174	
69	Shellfish: Lobster in shells		284
70	Chicken[3]	298	
	*		
71	Butter ✓ Margarine __	140	134
72	Beef fat & beef fat drippings		
73	Bacon ✓		
	Bacon & pork fat drippings	49	56
74	Lard		
75	Vegetable fat		
76	Vegetable oil ✓ Salad dressing ✓	86	106
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __	147	132
	*		
79	Dry beans & peas, cooked	369	440
80	Peanuts, shelled	21	
81	Nuts, shelled: Walnuts	2	
82	Bread, rolls, not sweet: White	95	314
83	Rye, bran	186	55
84	Biscuits, muffins, hotcakes	332	322
85	Crackers		117

		Record G.	Recall G.
86	Cookies	16	
87	Sweet buns ✓ Doughnuts __	112	216
88	Cake: Iced: Chocolate, sponge, plain	793	
	Not iced: Plain		96
89	Pie: Fruit ✓ Custard ✓ Nut __		300
	*		
90	Ready-to-eat cereal: Shredded wheat		57
91			
92	Other cereal: Farina	221	
93			
94	Macaroni, spaghetti __ Noodles __		
95			
	*		
96	White potatoes[1,3,4]	545	444
97	Tomatoes, tomato products	34	439
98	Deep-yellow vegetables: Sweetpotatoes[2] / Rutabagas[1]	148	232
99	Carrots[5]	25	
100	Dark-green vegetables: Broccoli[1]		66
101			
102	Other vegetables: Corn[1] / Mushrooms[1]	352	488
103	Lettuce, peas[1,2], celery, pickles	1040	516
104	Tossed salad, potato salad	177	608
105	Soup: Meat __ Grain product ✓		750
	Dry bean, pea __ Vegetable __		
	Milk		
	*		
106	Oranges ✓ Lemons __ : AP		325
107	EP	122	
108	Grapefruit: AP	528	570
109	EP		142
110	Citrus fruit juice: Orange, mixed	752	
111	Other fruit juice:		
	*		
112	Dried fruits: Prunes, apricot, pears		219
113	Apples: AP		
114	EP		80
115	Bananas: AP __ EP __		
116	Other fruits: AP:		
117	EP: Apricots[1], watermelon pickle, mixed[1], pears[5]	532	56
118	Fruit salad	300	
119	Sugars	28	69
120	Sirup ✓ Molasses __ Honey __		102
121	Jelly, jam ✓ Fruit butters __	49	
122	Candy: Chocolate creams, chewing gum	98	30
123	Water ices, sherbets		
124	Soft drinks	344	174
125	Coffee ✓ Tea __ cups	13	17
126	Beer		
127	Wine		30
128	Whiskey		300

DATA FOR SUBJECT NO. 92

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	179.1
3 Weight.....kg..	70.8
4 Actual weight/normal weight.....%..	88.9
5 Blood cholesterol.....mg.%..	284
6 Blood pressure rate.....mm.Hg..	120/83

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2000	2116
8 Alcohol only.....Cal..	146	245
9 Protein: Total.....g..	93.1	88.9
10 From animal foods.....g..	72.8	70.1
11 Fat: Total.....g..	80.4	92.8
12 Fat Cal./total Cal.....%..	36	39
13 From animal foods.....g..	55.8	62.5
14 Fatty acids: Saturated.....g..	31	36
15 Unsaturated: Oleic.....g..	30	35
16 Linoleic.....g..	8	11
17 Carbohydrate: Total.....g..	196.6	176.4
18 From milk.....g..	18.8	13.4
19 From fruits, sweets.....g..	58.2	41.9
20 From other plant foods.....g..	113.9	114.6
21 Calcium.....mg..	672	497
22 Iron.....mg..	14.8	13.1
23 Vitamin A value..... I.U.	15670	3200
24 Thiamine.....mg..	.89	.69
25 Riboflavin.....mg..	2.18	1.40
26 Niacin.....mg..	20.3	18.0
27 Ascorbic acid.....mg..	84	104
28 Cholesterol.....mg..	806	651
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2080	1579
30 Eggs.....g..	318	339
31 Meat, poultry, fish.....g..	1615	1530
32 Fats, oils.....g..	330	340
33 Dry beans and peas, nuts.....g..	49	256
34 Flour equivalent.....g..	944	743
35 Vegetables.....g..	2396	1260
36 Fruits.....g..	1502	2078
37 Sugars, sweets.....g..	229	218
38 Alcoholic beverages.....g..	345	660

FOOD, 1 WEEK, 1954
Subject No. 92

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	244	287
40	Whole, 4.5% fat		
41	Skim	544	
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	30	30
47	Cheese: Cottage	257	112
48	Cheddar	64	57
49	Ice cream	142	296
50	Eggs	217	226
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	90	123
55	Lean only	272	637
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		
59	Veal__ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		450
62	Beef stew, chipped beef[3]	640	
63	Liver-calf, sweetbreads[3]	308	
64	Sausage-liver, liverwurst	12	127
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone: Turkey		39
68	Fish: Halibut fillet, salmon, pike fillet	407	176
69	Shellfish: Lobsters	120	
70	Chicken-salmon loaf, codfish[3]	181	257
71	Butter ✓ Margarine__	124	41
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings__	24	24
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing ✓	124	225
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk__	15	
79	Dry beans & peas, cooked		261
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	91	92
83	Rye, whole-wheat, Boston brown	252	161
84	Biscuits, waffles, mush	193	136
85	Crackers	69	40
86	Cookies	112	56
87	Sweet buns__ Doughnuts__		96
88	Cake: Iced: Chocolate, plain		360
	Not iced: Sponge	309	
89	Pie: Fruit__ Custard ✓ Nut__	59	
90	Ready-to-eat cereal: Corn soya/wheat flakes	28	18
91	Puffed rice		5
92	Other cereal: Oatmeal	130	79
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,3,4]	381	384
97	Tomatoes, tomato products	147	75
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Lettuce	620	154
103	Peas[1,3], beans[1,2], asparagus[1], cauliflower[1]	778	244
104	Slaw, tossed salad	220	450
105	Soup: Meat ✓ Grain product	255	
	Dry bean, pea ✓ Vegetable ✓	250	250
	Milk		
106	Oranges ✓ Lemons__: AP	231	540
107	EP		
108	Grapefruit: AP		1185
109	EP		
110	Citrus fruit juice:		
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__ EP		
116	Other fruits: AP: Pear, dates, cantaloups, avacado	452	
117	EP: Berries[1], peaches[1], pears[1], pineapple[1], rhubarb[1], cherries[1]	819	313
118	Gelatin pudding-fruit		160
119	Sugars		
120	Sirup ✓ Molasses__ Honey__	60	62
121	Jelly, jam ✓ Fruit butters__	56	7
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea ✓ cups	18	33
126	Beer		
127	Wine		90
128	Whiskey, gin	345	570

DATA FOR SUBJECT NO. 93

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	52
2 Height ..... cm..	172.1
3 Weight ..... kg..	85.3
4 Actual weight/normal weight ..... %..	117.0
5 Blood cholesterol ..... mg.%..	286
6 Blood pressure rate ..... mm.Hg..	117/87

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2642	2948
8 Alcohol only ..... Cal..	80	10
9 Protein: Total ..... g..	87.6	105.1
10 From animal foods ..... g..	65.0	74.2
11 Fat: Total ..... g..	128.0	134.6
12 Fat Cal./total Cal ..... %..	44	41
13 From animal foods ..... g..	96.2	97.7
14 Fatty acids: Saturated ..... g..	51	53
15 Unsaturated: Oleic ..... g..	50	56
16 Linoleic ..... g..	14	12
17 Carbohydrate: Total ..... g..	287.6	334.4
18 From milk ..... g..	33.1	39.5
19 From fruits, sweets ..... g..	102.6	98.6
20 From other plant foods ..... g..	151.2	194.0
21 Calcium ..... mg..	767	819
22 Iron ..... mg..	12.3	16.5
23 Vitamin A value ..... I.U.	3690	5110
24 Thiamine ..... mg..	1.44	1.95
25 Riboflavin ..... mg..	1.63	1.85
26 Niacin ..... mg..	15.9	15.8
27 Ascorbic acid ..... mg..	85	71
28 Cholesterol ..... mg..	738	1023
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	3137	3537
30 Eggs ..... g..	411	660
31 Meat, poultry, fish ..... g..	1436	1492
32 Fats, oils ..... g..	335	478
33 Dry beans and peas, nuts ..... g..	126	187
34 Flour equivalent ..... g..	1025	1306
35 Vegetables ..... g..	1222	1854
36 Fruits ..... g..	1869	1486
37 Sugars, sweets ..... g..	567	605
38 Alcoholic beverages ..... g..	1440	180

FOOD, 1 WEEK, 1954

Subject No. 93

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	1220	915
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	92	331
43 Buttermilk		
44 Malted	338	
45 Cream: 20% fat	115	260
46 30-36% fat	45	
47 Cheese: Cottage		
48 Cheddar	80	84
49 Ice cream	262	128
50 Eggs	317	549
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone		
55 Lean only		225
56 Pork: With fat & bone		
57 With fat, no bone	927	
58 Lean only		474
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chili con carne, spaghetti-meat sauce	135	150
63		
64 Frankfurter, ham loaf	51	740
65 Rabbit__ Game__ :		
66 Poultry: With bone: Chicken	260	
67 No bone:		
68 Fish:		
69 Shellfish: Shrimp[1]		42
70 Chicken subgum	250	
71 Butter✓ Margarine__	99	120
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	20	80
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓		74
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk✓	15	100
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled: Cashew		145
82 Bread, rolls, not sweet: White	343	539
83 Rye	50	124
84 Biscuits	68	
85 Crackers	33	99

	Record G.	Recall G.
86 Cookies	227	132
87 Sweet buns✓ Doughnuts✓	399	295
88 Cake: Iced: Butter	70	180
Not iced: Butter		260
89 Pie: Fruit✓ Custard__ Nut__		78
90 Ready-to-eat cereal: Shredded wheat/Wheat flakes	60	52
91 Corn flakes	28	
92 Other cereal: Rice	30	
93		
94 Macaroni, spaghetti__ Noodles✓	42	
95		
96 White potatoes[1,2,3,4]	603	1091
97 Tomatoes, tomato products		279
98 Deep-yellow vegetables: Carrots[1]		36
99		
100 Dark-green vegetables: Broccoli[1]	95	
101		
102 Other vegetables: Peas[1]/corn[1]	90	189
103 Lettuce, olives, beans[1], peas[1]	105	303
104 Potato salad, corn pudding	450	248
105 Soup: Meat__ Grain product✓	312	
Dry bean, pea✓ Vegetable__	156	250
Milk		420
106 Oranges__ Lemons__ : AP		
107 EP		
108 Grapefruit: AP		
109 EP	65	189
110 Citrus fruit juice: Orange	492	246
111 Other fruit juice:		
112 Dried fruits: Prunes, apples, apricots		106
113 Apples: AP		114
114 EP	180	115
115 Bananas: AP✓ EP__	288	333
116 Other fruits: AP:		
117 EP: Pineapple[1], peaches[1], berries[1], mixed[5]	796	228
118 Gelatin pudding-fruit	120	240
119 Sugars	226	296
120 Sirup✓ Molasses__ Honey__		40
121 Jelly, jam✓ Fruit butters__	47	14
122 Candy: Chocolate creams, nut bar, jelly beans	96	45
123 Water ices, sherbets		
124 Soft drinks	603	522
125 Coffee✓ Tea✓ cups	37	36
126 Beer	1440	180
127 Wine		
128		

DATA FOR SUBJECT NO. 94

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	52
2 Height.....cm..	177.6
3 Weight.....kg..	80.3
4 Actual weight/normal weight.....%..	103.2
5 Blood cholesterol.....mg.%..	288
6 Blood pressure rate.....mm.Hg..	127/83

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2406	2135
8 Alcohol only.....Cal..	34	121
9 Protein: Total.....g..	103.2	91.8
10 From animal foods.....g..	72.4	65.3
11 Fat: Total.....g..	75.9	64.4
12 Fat Cal./total Cal.....%..	28	27
13 From animal foods.....g..	37.9	41.3
14 Fatty acids: Saturated.....g..	25	23
15 Unsaturated: Oleic.....g..	51	26
16 Linoleic.....g..	9	8
17 Carbohydrate: Total.....g..	347.8	283.1
18 From milk.....g..	64.1	64.8
19 From fruits, sweets.....g..	127.2	113.5
20 From other plant foods.....g..	155.8	102.5
21 Calcium.....mg..	1855	1702
22 Iron.....mg..	15.2	12.9
23 Vitamin A value..... I.U.	3080	12790
24 Thiamine.....mg..	1.59	1.58
25 Riboflavin.....mg..	3.02	3.41
26 Niacin.....mg..	14.2	14.9
27 Ascorbic acid.....mg..	265	336
28 Cholesterol.....mg..	437	674
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	8376	7845
30 Eggs.....g..	216	413
31 Meat, poultry, fish.....g..	863	644
32 Fats, oils.....g..	235	179
33 Dry beans and peas, nuts.....g..	437	408
34 Flour equivalent.....g..	1442	733
35 Vegetables.....g..	778	756
36 Fruits.....g..	5532	7476
37 Sugars, sweets.....g..	606	274
38 Alcoholic beverages.....g..	120	450

FOOD, 1 WEEK, 1954
Subject No. 94

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	465	366
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk	7076	6100
44			
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage		
48	Swiss		42
49	Ice cream	125	544
50	Eggs	135	351
51	Puddings: Milk __ Milk & egg ✓	125	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	205	
55	Lean only	140	
56	Pork: With fat & bone		
57	With fat, no bone	245	152
58	Lean only		
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		80
61	Lean only		
62	Corned beef hash	80	
63	Tongue, liver—calf, chicken, gizzard		228
64	Boiled ham	34	
65	Rabbit __ Game __ :		
66	Poultry: With bone: Chicken		85
67	No bone: Turkey	195	
68	Fish:		
69	Shellfish:		
70	Codfish sticks		99
71	Butter ✓ Margarine	9	28
72	Beef fat & beef fat drippings		
73	Bacon ✓		
	Bacon & pork fat drippings	51	72
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ salad dressing ✓	15	2
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk	60	41
79	Dry beans & peas, cooked	210	428
80	Peanuts, shelled	24	114
81	Nuts, shelled: Salted almonds	109	
82	Bread, rolls, not sweet: White	320	318
83	Whole-wheat, rye	115	46
84	Biscuits	38	
85	Crackers	32	8

		Record G.	Recall G.
86	Cookies		
87	Sweet buns __ Doughnuts ✓	131	64
88	Cake: Iced: Plain	257	
	Not iced: Angel		150
89	Pie: Fruit ✓ Custard ✓ Nut	298	152
90	Ready-to-eat cereal: Shredded wheat	185	168
91			
92	Other cereal: Oatmeal	354	
93	Rice		63
94	Macaroni, spaghetti __ Noodles		
95	Poultry dressing	150	12
96	White potatoes[1,4]	162	293
97	Tomatoes, tomato products		90
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables: Mustard greens[1]	110	
101			
102	Other vegetables: Onions[1,5]	119	80
103	Cucumber, lettuce, celery, beans[1]	135	178
104	Tossed salad	100	
105	Soup: Meat __ Grain product __ Dry bean, pea ✓ Vegetable ✓	557	153
	Milk	159	159
106	Oranges ✓ Lemons __ : AP	2083	2815
107	EP		60
108	Grapefruit: AP	830	2765
109	EP		60
110	Citrus fruit juice: Orange	1230	861
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP	1300	684
114	EP		
115	Bananas: AP __ EP		
116	Other fruits: AP:		
117	EP: Figs[1], peaches[1]		96
118	Gelatin salad, waldorf salad	220	135
119	Sugars		
120	Sirup ✓ Molasses __ Honey ✓	212	162
121	Jelly, jam ✓ Fruit butters	90	
122	Candy: Chocolate marshmallow, Chocolate peanut clusters	109	70
123	Water ices, sherbets		
124	Soft drinks	172	
125	Coffee ✓ Tea ... cups	34	29
126	Beer		
127	Wine	30	300
128	Bourbon, gin	90	150

DATA FOR SUBJECT NO. 95

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	54
2 Height.....cm..	172.8
3 Weight.....kg..	77.2
4 Actual weight/normal weight.....%..	101.0
5 Blood cholesterol.....mg.%..	290
6 Blood pressure rate.....mm.Hg..	137/88

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2828	2043
8 Alcohol only.....Cal..	0	74
9 Protein: Total.....g..	104.7	82.3
10 From animal foods.....g..	76.3	63.6
11 Fat: Total.....g..	115.4	86.7
12 Fat Cal./total Cal.....%..	37	38
13 From animal foods.....g..	82.9	62.8
14 Fatty acids: Saturated.....g..	51	38
15 Unsaturated: Oleic.....g..	42	3[illegible]
16 Linoleic.....g..	10	6
17 Carbohydrate: Total.....g..	371.0	293.7
18 From milk.....g..	56.1	37.5
19 From fruits, sweets.....g..	142.6	50.6
20 From other plant foods.....g..	168.2	129.3
21 Calcium.....mg..	1271	937
22 Iron.....mg..	16.9	12.2
23 Vitamin A value..... I.U.	21160	23320
24 Thiamine.....mg..	1.30	.97
25 Riboflavin.....mg..	3.49	2.93
26 Niacin.....mg..	18.5	16.5
27 Ascorbic acid.....mg..	106	103
28 Cholesterol.....mg..	697	783
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5961	4150
30 Eggs.....g..	335	428
31 Meat, poultry, fish.....g..	1076	1012
32 Fats, oils.....g..	381	263
33 Dry beans and peas, nuts.....g..	90	0
34 Flour equivalent.....g..	3211	2399
35 Vegetables.....g..	1706	1972
36 Fruits.....g..	3007	1536
37 Sugars, sweets.....g..	634	352
38 Alcoholic beverages.....g..	0	183

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FOOD, 1 WEEK, 1954
Subject No. 95

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	4464	2684
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	370	997
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	71	
47	Cheese: Cottage	235	56
48	Cream	36	
49	Ice cream		47
50	Eggs	217	351
51	Puddings: Milk ✓ Milk & egg ✓	314	42
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone		233
55	Lean only	254	140
56	Pork: With fat & bone		
57	With fat, no bone		28
58	Lean only		
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Meat loaf, chili con carne, mock chicken	491	
63	Liver-beef	202	226
64			
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone: Chicken, turkey	80	165
68	Fish: Salmon		172
69	Shellfish: Shrimp		23
70	Chicken chow mein, salmon salad	284	
71	Butter ✓ Margarine __	143	83
72	Beef fat & beef fat drippings		
73	Bacon __ Bacon & pork fat drippings __		
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	74	77
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __		17
79	Dry beans & peas, cooked		
80	Peanuts, shelled	20	
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	401	93
83	Cracked-wheat, whole-wheat, graham	113	276
84			
85	Crackers	56	44

		Record G.	Recall G.
86	Cookies	82	65
87	Sweet buns ✓ Doughnuts __	204	
88	Cake: Iced: Ginger, plain	120	98
	Not iced:		
89	Pie: Fruit ✓ Custard ✓ Nut __	405	589
90	Ready-to-eat cereal: Rice		10
91			
92	Other cereal: Wheat	2095	1608
93			
94	Macaroni, spaghetti __ Noodles ✓	113	
95			
96	White potatoes[1,3,4]	707	726
97	Tomatoes, tomato products		365
98	Deep-yellow vegetables: Carrots[1]		120
99			
100	Dark-green vegetables: Parsley[5]	1	
101			
102	Other vegetables: Lettuce	207	278
103	Peas[3], asparagus[1], celery[5], beets[1], cauliflower[1]	562	435
104	Cabbage salad, tossed salad	159	40
105	Soup: Meat __ Grain product ✓	379	250
	Dry bean, pea __ Vegetable ✓	184	250
	Milk		
106	Oranges __ Lemons __ : AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	861	861
111	Other fruit juice:		
112	Dried fruits: Prunes	855	
113	Apples: AP		
114	EP	212	165
115	Bananas: AP __ EP		
116	Other fruits: AP:		
117	EP: Apricots[1], berry sauce, mixed[1]	540	256
118	Prune whip, fruit salad, gelatin pudding-fruit	720	162
119	Sugars	169	32
120	Sirup __ Molasses __ Honey __		
121	Jelly, jam ✓ Fruit butters __	60	84
122	Candy: Caramels, chocolate mix, chocolate creams	103	75
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea ✓ cups	16	17
126	Beer		
127	Wine		
128	Whiskey, grasshopper cocktail		210

DATA FOR SUBJECT NO. 96

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	54
2 Height.....cm..	181.0
3 Weight.....kg..	103.0
4 Actual weight/normal weight.....%..	126.5
5 Blood cholesterol.....mg.%..	292
6 Blood pressure rate.....mm.Hg..	139/92

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2391	2421
8 Alcohol only.....Cal..	52	93
9 Protein: Total.....g..	108.6	115.3
10 From animal foods.....g..	89.3	91.5
11 Fat: Total.....g..	110.5	100.2
12 Fat Cal./total Cal.....%..	42	37
13 From animal foods.....g..	87.2	76.7
14 Fatty acids: Saturated.....g..	47	43
15 Unsaturated: Oleic.....g..	43	39
16 Linoleic.....g..	9	8
17 Carbohydrate: Total.....g..	224.4	254.5
18 From milk.....g..	49.7	42.4
19 From fruits, sweets.....g..	45.6	45.8
20 From other plant foods.....g..	127.1	164.9
21 Calcium.....mg..	1094	1289
22 Iron.....mg..	15.5	14.1
23 Vitamin A value..... I.U.	11110	3200
24 Thiamine.....mg..	1.27	1.59
25 Riboflavin.....mg..	2.67	2.45
26 Niacin.....mg..	16.5	17.6
27 Ascorbic acid.....mg..	78	90
28 Cholesterol.....mg..	1186	800
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	5073	6029
30 Eggs.....g..	559	470
31 Meat, poultry, fish.....g..	1429	1401
32 Fats, oils.....g..	402	357
33 Dry beans and peas, nuts.....g..	8	16
34 Flour equivalent.....g..	1059	1381
35 Vegetables.....g..	802	1088
36 Fruits.....g..	1296	1924
37 Sugars, sweets.....g..	349	193
38 Alcoholic beverages.....g..	435	1470

FOOD, 1 WEEK, 1954

Subject No 96

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim	2952	3444
42	Half & half, 12% fat	272	363
43	Buttermilk		
44	Chocolate malted	810	810
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage		14
48	Cheddar	48	165
49	Ice cream	174	
50	Eggs	469	384
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	630	339
55	Lean only	162	284
56	Pork: With fat & bone		
57	With fat, no bone		135
58	Lean only	202	175
59	Veal__ Lamb__ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Meat loaf, dried beef[3]		352
63	Turkey giblets	350	
64	Frankfurters		91
65	Rabbit__ Game__ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Tuna[1], salmon[1]	60	176
69	Shellfish:		
70	Salmon salad, anchovy sauce	62	15
71	Butter✓ Margarine__	197	108
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	38	48
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓		30
77	Fat, oil, not specified		
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled	5	16
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	446	658
83	Whole-wheat, rye	104	92
84	Biscuits, pancakes	223	
85	Crackers	14	33
86	Cookies	28	44
87	Sweet buns✓ Doughnuts✓	110	82
88	Cake: Iced: Sponge, plain	152	236
	Not iced:		
89	Pie: Fruit✓ Custard__ Nut__	343	421
90	Ready-to-eat cereal: Wheat flakes	106	52
91			
92	Other cereal: Farina		238
93			
94	Macaroni, spaghetti__ Noodles__		
95	Bread dressing		45
96	White potatoes[1,2,4]	465	535
97	Tomatoes, tomato products	18	40
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Beans[3]/Cabbage[1]	130	170
103	asparagus[1], corn[1], peas[1], onions[1], beans[1]	248	256
104	Potato salad, tossed salad, slaw	180	160
105	Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable__ Milk		
106	Oranges__ Lemons__ : AP		
107	EP		
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	861	861
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP	240	318
115	Bananas: AP✓ EP✓	84	188
116	Other fruits: AP:		
117	EP: Pears[1], fruit cocktail[1]		362
118	Gelatin pudding-fruit		80
119	Sugars	24	24
120	Sirup✓ Molasses__ Honey✓	185	
121	Jelly, jam✓ Fruit butters__		20
122	Candy:		
123	Water ices, sherbets		65
124	Soft drinks		
125	Coffee✓ Tea__ cups	9	13
126	Beer	360	1440
127	Wine		
128	Whiskey	75	30

DATA FOR SUBJECT NO. 97

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	55
2 Height ..... cm..	172.7
3 Weight ..... kg..	54.9
4 Actual weight/normal weight ..... %..	74.3
5 Blood cholesterol ..... mg.%	294
6 Blood pressure rate ..... mm.Hg..	107/81

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2269	2351
8 Alcohol only ..... Cal..	0	0
9 Protein: Total ..... g..	89.8	97.6
10 From animal foods ..... g..	66.1	77.1
11 Fat: Total ..... g..	104.4	104.3
12 Fat Cal./total Cal. ..... %..	40	40
13 From animal foods ..... g..	75.9	85.6
14 Fatty acids: Saturated ..... g..	43	46
15 Unsaturated: Oleic ..... g..	41	41
16 Linoleic ..... g..	6	7
17 Carbohydrate: Total ..... g..	257.4	258.4
18 From milk ..... g..	41.0	57.1
19 From fruits, sweets ..... g..	72.9	35.4
20 From other plant foods ..... g..	142.5	165.0
21 Calcium ..... mg..	948	1180
22 Iron ..... mg..	11.6	11.5
23 Vitamin A value ..... I.U.	5730	4240
24 Thiamine ..... mg..	1.16	1.15
25 Riboflavin ..... mg..	2.22	2.44
26 Niacin ..... mg..	12.5	14.9
27 Ascorbic acid ..... mg..	84	87
28 Cholesterol ..... mg..	932	958
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	3880	5072
30 Eggs ..... g..	706	693
31 Meat, poultry, fish ..... g..	936	1300
32 Fats, oils ..... g..	430	389
33 Dry beans and peas, nuts ..... g..	0	0
34 Flour equivalent ..... g..	1815	2256
35 Vegetables ..... g..	1763	1392
36 Fruits ..... g..	1503	1590
37 Sugars, sweets ..... g..	444	282
38 Alcoholic beverages ..... g..	0	0

FOOD, 1 WEEK, 1954
Subject No. 97

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	1998	2745
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	27	
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	45	73
47	Cheese: Cottage	149	56
48	Cheddar, gouda	93	128
49	Ice cream		
	*		
50	Eggs	592	472
51	Puddings: Milk ✓ Milk & egg ✓	288	597
52	Egg salad		
	*		
53	Beef: With fat & bone		
54	With fat, no bone		88
55	Lean only	307	
56	Pork: ~~With~~ fat & bone		180
57	With fat, no bone		
58	Lean only	34	
59	Veal Lamb ✓: With ~~fat &~~ bone		225
60	With fat, no bone		
61	Lean only		
62	Lamb stew		390
	*		
63			
64			
	*		
65	Rabbit Game :		
66	Poultry: With bone: Chicken		85
67	No bone: Chicken	63	
68	Fish: Pike, fillet of sole	267	270
69	Shellfish:		
70	Salmon salad, chicken[3], tuna[3], cod fish balls	500	618
	*		
71	Butter ✓ Margarine	193	121
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings	12	16
74	Lard		
75	Vegetable fat		
76	Vegetable oil Salad dressing		
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk	31	
	*		
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	828	508
83	Cracked-wheat	23	69
84	Bran muffins	96	
85	Crackers	21	

		Record G.	Recall G.
86	Cookies		
87	Sweet buns Doughnuts		
88	Cake: Iced: Plain	285	420
	Not iced: Plain		144
89	Pie: Fruit ✓ Custard ✓ Nut	510	509
	*		
90	Ready-to-eat cereal:		
91			
92	Other cereal: Oatmeal	322	531
93	Farina, malted wheat meal	262	356
94	Macaroni, spaghetti Noodles		
95	macaroni-tomato, rice-fruit sauce	340	220
	*		
96	White potatoes[3,4]	1146	1014
97	Tomatoes, tomato products	464	154
98	Deep-yellow vegetables:		
99			
100	Dark-green vegetables: Broccoli[2]	41	
101			
102	Other vegetables: Corn[1]/Beets	121	198
103	Olives, corn[1], peas[1]	117	195
104			
105	Soup: Meat Grain product Dry bean, pea Vegetable Milk		
	*		
106	Oranges Lemons : AP		
107	EP		
108	Grapefruit: AP		
109	EP	376	284
110	Citrus fruit juice: Orange	369	738
111	Other fruit juice:		
	*		
112	Dried fruits:		
113	Apples: AP		
114	EP	80	
115	Bananas: AP EP		
116	Other fruits: AP:		
117	EP: Peaches[1], mixed[1] berries[1]	469	384
118			
119	Sugars	64	40
120	Sirup Molasses Honey		
121	Jelly, jam ✓ Fruit butters	190	7
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee ✓ Tea cups	41	40
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 98

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	57
2 Height ..... cm..	168.9
3 Weight ..... kg..	74.8
4 Actual weight/normal weight ..... % ..	106.1
5 Blood cholesterol ..... mg.% ..	294
6 Blood pressure rate ..... mm Hg..	122/86

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	3160	3089
8 Alcohol only ..... Cal..	152	57
9 Protein: Total ..... g..	104.0	139.0
10 From animal foods ..... g..	70.0	112.3
11 Fat: Total ..... g..	131.0	143.0
12 Fat Cal./total Cal ..... % ..	37	42
13 From animal foods ..... g..	85.9	102.5
14 Fatty acids: Saturated ..... g..	52	56
15 Unsaturated: Oleic ..... g..	49	54
16 Linoleic ..... g..	16	17
17 Carbohydrate: Total ..... g..	368.5	306.0
18 From milk ..... g..	19.9	14.2
19 From fruits, sweets ..... g..	124.5	95.0
20 From other plant foods ..... g..	218.7	191.3
21 Calcium ..... mg..	845	609
22 Iron ..... mg..	16.9	20.4
23 Vitamin A value ..... I.U.	6120	7740
24 Thiamine ..... mg..	1.30	1.95
25 Riboflavin ..... mg..	1.75	1.92
26 Niacin ..... mg..	23.1	25.1
27 Ascorbic acid ..... mg..	136	126
28 Cholesterol ..... mg..	1003	1170
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2477	1303
30 Eggs ..... g..	767	613
31 Meat, poultry, fish ..... g..	1412	2907
32 Fats, oils ..... g..	557	567
33 Dry beans and peas, nuts ..... g..	43	26
34 Flour equivalent ..... g..	1385	1390
35 Vegetables ..... g..	2628	2168
36 Fruits ..... g..	3351	2960
37 Sugars, sweets ..... g..	548	460
38 Alcoholic beverages ..... g..	585	180

FOOD, 1 WEEK, 1954
Subject No. 98

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat....		
40 Whole, 4.5% fat.....		
41 Skim.....	499	123
42 Half & half, 12% fat.....	308	237
43 Buttermilk.....		
44		
45 Cream: 20% fat.....	30	55
46 30-36% fat.....	88	45
47 Cheese: Cottage.....	68	
48 Cheddar	107	
49 Ice cream.....	90	71
50 Eggs.....	575	510
51 Puddings: Milk ✓ Milk & egg ✓...	245	124
52 Egg salad.....		
53 Beef: With fat & bone.....		288
54 With fat, no bone.....		111
55 Lean only.....	34	324
56 Pork: With fat & bone.....		
57 With fat, no bone.....		456
58 Lean only.....	88	
59 Veal ✓ Lamb ✓: With fat & bone..	288	572
60 With fat, no bone.....	101	
61 Lean only.....		
62 Beef hash, meat loaf	425	
63		
64 Bockwurst, minced ham		193
65 Rabbit Game :		
66 Poultry: With bone: Chicken	578	
67 No bone: Chicken		85
68 Fish: Perch, Frog legs		358
69 Shellfish: Clams[1], lobster tails[1], scallops, shrimp[1], oysters[1]		445
70 Salmon loaf, tuna salad	185	46
71 Butter ✓ Margarine	166	175
72 Beef fat & beef fat drippings..		
73 Bacon ✓ Bacon & pork fat drippings	16	64
74 Lard.....		
75 Vegetable fat.....		
76 Vegetable oil Salad dressing ✓	147	156
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry ✓ Milk ✓...	195	17
79 Dry beans & peas, cooked.....		
80 Peanuts, shelled.....	28	
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	605	552
83 Whole-wheat, pumpernickel	10	162
84 Dumplings	150	
85 Crackers.....		24

	Record G.	Recall G.
86 Cookies.....	166	30
87 Sweet buns ✓ Doughnuts ✓.....	383	338
88 Cake: Iced:		
Not iced: sponge, fruit, plain-nut	405	260
89 Pie: Fruit ✓ Custard Nut ..		366
90 Ready-to-eat cereal: Shredded wheat	41	57
91		
92 Other cereal: Oatmeal/Farina	164	178
93		
94 Macaroni, spaghetti Noodles		
95 Bread pudding	111	
96 White potatoes[1,3,4].....	1373	895
97 Tomatoes, tomato products...	309	234
98 Deep-yellow vegetables: Carrots[5]/Sweetpotatoes[2]	56	182
99 Carrots[1], Carrots-peas[1]		113
100 Dark-green vegetables: Broccoli[1]		85
101		
102 Other vegetables: Parsnips[1]/Onions[1]	126	210
103 Lettuce, beans[1], peas[1], celery, onions[5]	370	225
104 Slaw, tossed salad, cabbage-banana salad	415	340
105 Soup: Meat Grain product Dry bean, pea Vegetable Milk.....		255
106 Oranges ✓ Lemons : AP.....		
107 EP.....	27	
108 Grapefruit: AP.....		395
109 EP.....	27	
110 Citrus fruit juice: Orange	943	861
111 Other fruit juice: Grape	26	
112 Dried fruits: Raisins, prunes	3	190
113 Apples: AP.....	320	228
114 EP.....	187	169
115 Bananas: AP ✓ EP ✓.....	228	300
116 Other fruits: AP:		
117 EP: Rhubarb[1], peaches[1], pears[1], pineapple[5], apricots[1]	1425	745
118 Gelatin pudding-fruit	80	
119 Sugars.....	152	122
120 Sirup Molasses Honey		
121 Jelly, jam ✓ Fruit butters	93	27
122 Candy:		
123 Water ices, sherbets.....		64
124 Soft drinks.....		
125 Coffee ✓ Tea ✓.....cups	42	41
126 Beer.....		
127 Wine.....	330	90
128 Whiskey, gin	255	90

DATA FOR SUBJECT NO. 99

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	60
2 Height ..... cm..	171.4
3 Weight ..... kg..	86.2
4 Actual weight/normal weight ..... %..	118.4
5 Blood cholesterol ..... mg.%..	298
6 Blood pressure rate ..... mm.Hg..	111/78

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	1983	1768
8 Alcohol only ..... Cal..	153	0
9 Protein: Total ..... g..	80.0	66.0
10 From animal foods ..... g..	57.8	44.6
11 Fat: Total ..... g..	92.6	87.1
12 Fat Cal./total Cal ..... %..	42	44
13 From animal foods ..... g..	71.8	60.7
14 Fatty acids: Saturated ..... g..	39	34
15 Unsaturated: Oleic ..... g..	33	34
16 Linoleic ..... g..	9	11
17 Carbohydrate: Total ..... g..	175.3	187.7
18 From milk ..... g..	26.3	17.3
19 From fruits, sweets ..... g..	21.0	40.6
20 From other plant foods ..... g..	125.9	127.9
21 Calcium ..... mg..	460	450
22 Iron ..... mg..	11.8	10.3
23 Vitamin A value ..... I.U.	7030	2000
24 Thiamine ..... mg..	1.51	.96
25 Riboflavin ..... mg..	1.18	1.68
26 Niacin ..... mg..	17.8	12.6
27 Ascorbic acid ..... mg..	72	69
28 Cholesterol ..... mg..	349	476
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	1618	1181
30 Eggs ..... g..	13	223
31 Meat, poultry, fish ..... g..	1537	1237
32 Fats, oils ..... g..	312	305
33 Dry beans and peas, nuts ..... g..	220	42
34 Flour equivalent ..... g..	778	814
35 Vegetables ..... g..	2374	1933
36 Fruits ..... g..	658	935
37 Sugars, sweets ..... g..	208	322
38 Alcoholic beverages ..... g..	360	0

FOOD, 1 WEEK, 1954
Subject No. 99

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	260	25
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		50
43 Buttermilk		
44		
45 Cream: 20% fat	180	150
46 30-36% fat		
47 Cheese: Cottage		
48		
49 Ice cream	571	354
50 Eggs		172
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	54	390
55 Lean only	475	
56 Pork: With fat & bone	540	272
57 With fat, no bone	44	56
58 Lean only		
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62		
63		
64 Frankfurters, bologna	160	42
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken	170	
67 No bone: Roast chicken	16	
68 Fish: Pike		352
69 Shellfish:		
70 Tuna-Spaghetti, tuna salad	245	
71 Butter ✓ Margarine__	165	94
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings__		16
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing ✓	65	45
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk__	120	58
79 Dry beans & peas, cooked	85	
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	409	123
83 Whole-wheat, graham, rye, raisin rye	299	345
84 Pancakes		297
85 Crackers		16

	Record G.	Recall G.
86 Cookies	136	
87 Sweet buns ✓ Doughnuts__		150
88 Cake: Iced:		
Not iced: Sponge		60
89 Pie: Fruit ✓ Custard__ Nut__		136
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes 1,3	780	601
97 Tomatoes, tomato products	215	150
98 Deep-yellow vegetables: Carrots-peas[1]	110	
99 Carrots[1,5]	80	
100 Dark-green vegetables: Spinach[1]	90	
101		
102 Other vegetables: Beans[1]/Sauerkraut[1]	185	84
103 Lettuce, peas[1], beans[1], onions[1], celery, sauerkraut[1]	404	199
104 Tossed salad	389	150
105 Soup: Meat ✓ Grain product ✓	368	1250
Dry bean, pea ✓ Vegetable ✓	899	1062
Milk		
106 Oranges ✓ Lemons__: AP		215
107 EP	235	
108 Grapefruit: AP		285
109 EP	105	
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP	170	230
114 EP		
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Berries[5]		144
118 Gelatin pudding-fruit	236	
119 Sugars	32	31
120 Sirup ✓ Molasses__ Honey__		174
121 Jelly, jam__ Fruit butters__		
122 Candy: Hard, chocolate	32	20
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	23	27
126 Beer		
127 Wine		
128 Whiskey	360	

DATA FOR SUBJECT NO. 100

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	51
2 Height ..... cm..	181.6
3 Weight ..... kg..	85.6
4 Actual weight/normal weight ..... %..	104.4
5 Blood cholesterol ..... mg.%..	279
6 Blood pressure rate ..... mm.Hg..	120/86

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2373	2363
8 Alcohol only ..... Cal..	13	13
9 Protein: Total ..... g..	102.6	91.5
10 From animal foods ..... g..	71.2	57.5
11 Fat: Total ..... g..	89.2	94.6
12 Fat Cal./total Cal ..... %..	34	36
13 From animal foods ..... g..	62.5	65.9
14 Fatty acids: Saturated ..... g..	35	40
15 Unsaturated: Oleic ..... g..	33	38
16 Linoleic ..... g..	10	9
17 Carbohydrate: Total ..... g..	298.6	293.1
18 From milk ..... g..	35.8	33.5
19 From fruits, sweets ..... g..	56.7	90.0
20 From other plant foods ..... g..	205.3	168.8
21 Calcium ..... mg..	772	757
22 Iron ..... mg..	16.1	12.1
23 Vitamin A value ..... I.U.	4450	6690
24 Thiamine ..... mg..	1.53	1.07
25 Riboflavin ..... mg..	1.79	1.64
26 Niacin ..... mg..	19.8	18.3
27 Ascorbic acid ..... mg..	81	113
28 Cholesterol ..... mg..	755	601
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2719	3009
30 Eggs ..... g..	417	426
31 Meat, poultry, fish ..... g..	1246	1168
32 Fats, oils ..... g..	356	160
33 Dry beans and peas, nuts ..... g..	337	115
34 Flour equivalent ..... g..	1495	1684
35 Vegetables ..... g..	1867	1578
36 Fruits ..... g..	1733	2583
37 Sugars, sweets ..... g..	601	506
38 Alcoholic beverages ..... g..	60	30

FOOD, 1 WEEK, 1954

Subject No. 100

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	488	243
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat		
46	30-36% fat	74	96
47	Cheese: Cottage	117	112
48	Cream, brick, parmesan	104	105
49	Ice cream	474	781
50	Eggs	290	304
51	Puddings: Milk ✓ Milk & egg	281	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	186	
55	Lean only	592	279
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		
59	Veal Lamb : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Meat loaf, meat sauce	110	408
63	Liver-chicken		28
64	Frankfurters, sausage-liver, liver paste, salami	138	293
65	Rabbit Game :		
66	Poultry: With bone: Chicken		115
67	No bone:		
68	Fish: Herring	30	
69	Shellfish: Shrimp	40	
70	Tuna-vegetable salad, codfish[3], tuna-noodles[3]	452	684
71	Butter ✓ Margarine	35	2
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings	34	8
74	Lard		
75	Vegetable fat		
76	Vegetable oil Salad dressing ✓	55	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk	77	100
79	Dry beans & peas, cooked	685	
80	Peanuts, shelled		115
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	561	411
83	Whole-wheat, rye	502	299
84			
85	Crackers	32	

		Record G.	Recall G.
86	Cookies		
87	Sweet buns ✓ Doughnuts ✓		392
88	Cake: Iced: Plain	378	
	Not iced: Sponge, angel	15	273
89	Pie: Fruit Custard ✓ Nut	228	142
90	Ready-to-eat cereal: Wheat	226	104
91	Shredded wheat, wheat germ	28	2
92	Other cereal: Farina		119
93			
94	Macaroni, spaghetti ✓ Noodles		292
95			
96	White potatoes[1,2,4]	414	488
97	Tomatoes, tomato products	159	10
98	Deep-yellow vegetables: Carrots[1,5]		52
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Corn[3] / Red cabbage[1]	238	255
103	Parsnips[3,4], peas[2], beans[1], asparagus[1], lettuce, radishes	590	389
104	Lettuce-bacon dressing, slaw, tossed salad	382	270
105	Soup: Meat ✓ Grain product	250	
	Dry bean, pea Vegetable		
	Milk		
106	Oranges Lemons : AP		
107	EP		
108	Grapefruit: AP	1135	1330
109	EP		
110	Citrus fruit juice:		
111	Other fruit juice: Grape	185	
112	Dried fruits: Dates	67	
113	Apples: AP		
114	EP		
115	Bananas: AP EP ✓	174	284
116	Other fruits: AP:		
117	EP: Pineapple[1], rhubarb[1], pears[1], berries[1], cherries[1]	113	849
118	Fruit salad, gelatin pudding with and without fruit	50	809
119	Sugars	30	13
120	Sirup ✓ Molasses Honey		80
121	Jelly, jam ✓ Fruit butters	164	66
122	Candy:		
123	Water ices, sherbets	50	
124	Soft drinks		
125	Coffee ✓ Tea cups	31	25
126	Beer		
127	Wine	60	
128	Rum		30

DATA FOR SUBJECT NO. 101

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	53
2 Height.....cm..	164.0
3 Weight.....kg..	73.2
4 Actual weight/normal weight.....%..	106.8
5 Blood cholesterol.....mg.%..	300
6 Blood pressure rate.....mm.Hg..	137/73

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	3075	3204
8 Alcohol only.....Cal..	451	430
9 Protein: Total.....g..	117.3	121.3
10 From animal foods.....g..	91.4	95.8
11 Fat: Total.....g..	141.5	129.7
12 Fat Cal./total Cal.....%..	41	36
13 From animal foods.....g..	93.3	123.5
14 Fatty acids: Saturated.....g..	55	59
15 Unsaturated: Oleic.....g..	51	48
16 Linoleic.....g..	18	11
17 Carbohydrate: Total.....g..	259.8	280.2
18 From milk.....g..	22.3	40.5
19 From fruits, sweets.....g..	76.7	91.1
20 From other plant foods.....g..	159.1	147.1
21 Calcium.....mg..	784	901
22 Iron.....mg..	14.5	15.7
23 Vitamin A value..... I.U.	3440	7690
24 Thiamine.....mg..	1.37	1.20
25 Riboflavin.....mg..	2.47	1.90
26 Niacin.....mg..	21.8	19.8
27 Ascorbic acid.....mg..	10.6	15.6
28 Cholesterol.....mg..	822	874
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2604	4130
30 Eggs.....g..	[illegible]	329
31 Meat, poultry, fish.....g..	1750	2550
32 Fats, oils.....g..	[illegible]	493
33 Dry beans and peas, nuts.....g..	13.2	77
34 Flour equivalent.....g..	1216	1078
35 Vegetables.....g..	127.9	1301
36 Fruits.....g..	1941	3232
37 Sugars, sweets.....g..	425	355
38 Alcoholic beverages.....g..	3420	1110

FOOD, 1 WEEK, 1954
Subject No. 101

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	305	1525
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	100	
43 Buttermilk		
44		
45 Cream: 20% fat	127	120
46 30-36% fat		135
47 Cheese: Cottage		
48 Cheddar	214	166
49 Ice cream	142	551
50 Eggs	221	267
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With ~~fat &~~ bone		555
54 With fat, no bone	108	44
55 Lean only	609	942
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only		
59 Veal__ Lamb✓: With fat & bone		120
60 With fat, no bone		60
61 Lean only		
62 Hungarian goulash, mock chicken		540
63		
64		
65 Rabbit__ Game__:		
66 Poultry: With bone:		
67 No bone: Chicken, turkey	362	
68 Fish: Pike	454	
69 Shellfish:		
70 Chicken chow mein	395	
71 Butter✓ Margarine__	258	221
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	151	88
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	75	30
77 Fat, oil, not specified		
78 Gravy: Meat, poultry__ Milk__		
79 Dry beans & peas, cooked		
80 Peanuts, shelled	132	
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	769	745
83 Pumpernickel, whole-wheat		72
84 Bran muffins, pancakes	194	
85 Crackers	41	32

	Record G.	Recall G.
86 Cookies	70	368
87 Sweet buns✓ Doughnuts__		110
88 Cake: Iced: Plain	181	
Not iced:		
89 Pie: Fruit✓ Custard✓ Nut__	283	
90 Ready-to-eat cereal: Corn flakes/Puffed rice	37	14
91		
92 Other cereal: Wild rice	88	
93		
94 Macaroni, spaghetti__ Noodles✓	84	
95 Bread pudding[1,3,4]	196	306
96 White potatoes	568	383
97 Tomatoes, tomato products		121
98 Deep-yellow vegetables: Carrots[1,2]		119
99 Squash[1]		28
100 Dark-green vegetables: Broccoli[1]		38
101		
102 Other vegetables: Lettuce/Radishes	163	120
103 Asparagus[1], beans[1], corn[1], peas[1]	220	97
104 Tossed salad		350
105 Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable__ Milk	500	
106 Oranges__ Lemons__: AP		
107 EP		
108 Grapefruit: AP	1090	1865
109 EP		
110 Citrus fruit juice: Mixed	492	804
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Pineapple[1], berries[1]	273	420
118 Gelatin pudding-fruit-nuts-celery	108	345
119 Sugars	28	
120 Sirup✓ Molasses__ Honey__	62	
121 Jelly, jam__ Fruit butters__		
122 Candy: Chocolate creams	135	8
123 Water ices, sherbets		192
124 Soft drinks	960	1247
125 Coffee✓ Tea__ cups	32	44
126 Beer	2160	
127 Wine	15	150
128 Whiskey, tom collins, brandy	1515	960

DATA FOR SUBJECT NO. 102

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	56
2 Height ..... cm..	172.1
3 Weight ..... kg..	77.0
4 Actual weight/normal weight ..... %..	106.1
5 Blood cholesterol ..... mg.%..	300
6 Blood pressure rate ..... mm.Hg..	140/88

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2710	2743
8 Alcohol only ..... Cal..	0	13
9 Protein: Total ..... g..	102.5	92.1
10 From animal foods ..... g..	77.4	62.3
11 Fat: Total ..... g..	133.6	118.3
12 Fat Cal./total Cal. ..... %..	44	39
13 From animal foods ..... g..	94.8	88.3
14 Fatty acids: Saturated ..... g..	51	43
15 Unsaturated: Oleic ..... g..	53	46
16 Linoleic ..... g..	16	9
17 Carbohydrate: Total ..... g..	282.8	336.4
18 From milk ..... g..	38.9	56.2
19 From fruits, sweets ..... g..	82.0	119.0
20 From other plant foods ..... g..	155.1	159.3
21 Calcium ..... mg..	685	918
22 Iron ..... mg..	13.8	13.5
23 Vitamin A value ..... I.U.	7720	8260
24 Thiamine ..... mg..	99	1.24
25 Riboflavin ..... mg..	3.23	199
26 Niacin ..... mg..	15.8	12.7
27 Ascorbic acid ..... mg..	96	125
28 Cholesterol ..... mg..	834	911
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2432	3780
30 Eggs ..... g..	413	532
31 Meat, poultry, fish ..... g..	1903	887
32 Fats, oils ..... g..	546	303
33 Dry beans and peas, nuts ..... g..	3	58
34 Flour equivalent ..... g..	1787	1959
35 Vegetables ..... g..	1758	502
36 Fruits ..... g..	1783	3123
37 Sugars, sweets ..... g..	733	887
38 Alcoholic beverages ..... g..	0	60

FOOD, 1 WEEK, 1954
Subject No. 102

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	303	968
43 Buttermilk		
44		
45 Cream: 20% fat	60	
46 30-36% fat		
47 Cheese: Cottage		42
48 Lemke, cheddar	23	1
49 Ice cream	923	1231
50 Eggs	318	408
51 Puddings: Milk__ Milk & egg ✓	130	
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	510	28
55 Lean only	110	226
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only		113
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62		
63		
64 Bologna, sausage-swedish, frankfurters	60	209
65 Rabbit__ Game__ :		
66 Poultry: With bone:		142
67 No bone: Turkey, chicken	235	77
68 Fish: Fillet of sole	900	155
69 Shellfish:		
70 Chicken salad, shrimp salad	220	
71 Butter ✓ Margarine__	147	80
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings__	95	56
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing ✓	199	106
77 Fat, oil, not specified		
78 Gravy: Meat, poultry__ Milk__		
79 Dry beans & peas, cooked		
80 Peanuts, shelled		9
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	524	268
83 Whole-wheat, graham, rye	184	
84 Muffins, french toast, pancakes, mush	390	326
85 Crackers		11

	Record G.	Recall G.
86 Cookies	53	4
87 Sweet buns ✓ Doughnuts ✓	260	566
88 Cake: Iced:		
Not iced: Sponge		180
89 Pie: Fruit ✓ Custard ✓ Nut__	485	313
90 Ready-to-eat cereal: Wheat	90	158
91 Corn flakes		31
92 Other cereal: Oatmeal	354	177
93		
94 Macaroni, spaghetti__ Noodles__		
95 Macaroni-cheese, rice pattie		507
96 White potatoes[1,3,4]	281	74
97 Tomatoes, tomato products	666	121
98 Deep-yellow vegetables: Carrots[1,5]	192	188
99		
100 Dark-green vegetables: Broccoli[1]		75
101		
102 Other vegetables: Lettuce/Beans[1]	358	80
103 Peas[1], beets[1], onions[1], cucumbers, lettuce	328	43
104		
105 Soup: Meat__ ✓ Grain product ✓	240	500
Dry bean, pea ✓ Vegetable__		250
Milk		
106 Oranges ✓ Lemons__ : AP		215
107 EP	144	
108 Grapefruit: AP	180	1140
109 EP	67	20
110 Citrus fruit juice: Orange	615	492
111 Other fruit juice: Prune	45	
112 Dried fruits: Prunes, apricots	80	188
113 Apples: AP		
114 EP		
115 Bananas: AP__ EP__		
116 Other fruits: AP: Kumquat		20
117 EP: Pineapple[1], berries[1], pears[1], cherries[1], peaches[1]	467	814
118 Pineapple lettuce salad, banana-apple salad		210
119 Sugars	48	40
120 Sirup ✓ Molasses__ Honey__	200	344
121 Jelly, jam ✓ Fruit butters__	113	52
122 Candy: Chocolate with nuts, marshmallows, chocolate, gum	94	135
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee ✓ Tea ✓ cups	42	34
126 Beer		
127 Wine		60
128		

DATA FOR SUBJECT NO. 103

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	51
2 Height.....cm..	189.2
3 Weight.....kg..	104.8
4 Actual weight/normal weight.....%..	114.7
5 Blood cholesterol.....mg.%..	302
6 Blood pressure rate.....mm.Hg..	117/80

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2027	2035
8 Alcohol only.....Cal..	19	128
9 Protein: Total.....g..	87.7	83.5
10 From animal foods.....g..	72.5	68.2
11 Fat: Total.....g..	127.4	113.6
12 Fat Cal./total Cal.....%..	57	50
13 From animal foods.....g..	91.7	86.9
14 Fatty acids: Saturated.....g..	50	46
15 Unsaturated: Oleic.....g..	41	42
16 Linoleic.....g..	19	13
17 Carbohydrate: Total.....g..	132.7	142.8
18 From milk.....g..	9.4	11.5
19 From fruits, sweets.....g..	21.7	25.7
20 From other plant foods.....g..	98.7	98.2
21 Calcium.....mg..	475	343
22 Iron.....mg..	11.3	12.1
23 Vitamin A value..... I.U.	2880	5170
24 Thiamine.....mg..	.65	1.12
25 Riboflavin.....mg..	2.27	1.16
26 Niacin.....mg..	15.7	15.1
27 Ascorbic acid.....mg..	12.5	11.2
28 Cholesterol.....mg..	741	1000
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	747	317
30 Eggs.....g..	452	692
31 Meat, poultry, fish.....g..	1794	1710
32 Fats, oils.....g..	499	374
33 Dry beans and peas, nuts.....g..	11	0
34 Flour equivalent.....g..	735	643
35 Vegetables.....g..	2045	1873
36 Fruits.....g..	2192	1887
37 Sugars, sweets.....g..	40	94
38 Alcoholic beverages.....g..	45	615

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FOOD, 1 WEEK, 1954
Subject No. 103

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	90	330
46	30-36% fat	649	80
47	Cheese: Cottage		
48			
49	Ice cream		
50	Eggs	415	594
51	Puddings: Milk__Milk & egg__		
52	Egg salad		156
53	Beef: With fat & bone		454
54	With fat, no bone	115	162
55	Lean only		216
56	Pork: With fat & bone		330
57	With fat, no bone		57
58	Lean only		
59	Veal__Lamb✓: With fat & bone		350
60	With fat, no bone		
61	Lean only		
62			
63			
64	Liverwurst, deviled ham	85	
65	Rabbit__Game✓: Wild duck, venison	500	
66	Poultry: With bone: Chicken	205	
67	No bone: Chicken, turkey	168	141
68	Fish: Trout, pike	491	
69	Shellfish: Lobsters	230	
70			
71	Butter✓ Margarine__	166	86
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	40	48
74	Lard		
75	Vegetable fat		
76	Vegetable oil__Salad dressing✓	201	207
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__	103	33
79	Dry beans & peas, cooked		
80	Peanuts, shelled	11	
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	340	529
83			
84	Popovers	48	114
85	Crackers		76

		Record G.	Recall G.
86	Cookies		
87	Sweet buns✓ Doughnuts		60
88	Cake: Iced: White	100	
	Not iced:		
89	Pie: Fruit✓ Custard__Nut__	135	208
90	Ready-to-eat cereal:		
91			
92	Other cereal: Wild rice	153	
93			
94	Macaroni, spaghetti__Noodles__		
95	Poultry stuffing, macaroni cheese, salad	208	33
96	White potatoes[1]	620	485
97	Tomatoes, tomato products	265	260
98	Deep-yellow vegetables: Carrots[2]/Sweetpotatoes[1]	72	145
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Beans[1]/Lettuce	355	301
103	Cucumbers, asparagus[2], corn[1], lettuce, endives, corn on cob	705	332
104	Tossed salad	100	350
105	Soup: Meat__Grain product__ Dry bean, pea__Vegetable✓	250	
	Milk		245
106	Oranges__Lemons__: AP		
107	EP		
108	Grapefruit: AP	1127	1425
109	EP		
110	Citrus fruit juice: Orange	250	368
111	Other fruit juice: "		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__EP✓	118	
116	Other fruits: AP: Cantaloup	586	
117	EP: Pears[1]	50	
118			
119	Sugars		8
120	Sirup__Molasses__Honey__		
121	Jelly, jam__Fruit butters__		
122	Candy: Chocolate mints		50
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee✓ Tea✓ cups	33	37
126	Beer		360
127	Wine		
128	Scotch	45	255

DATA FOR SUBJECT NO. 104

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	51
2 Height.....cm..	175.9
3 Weight.....kg..	87.7
4 Actual weight/normal weight.....%..	114.9
5 Blood cholesterol.....mg.%..	304
6 Blood pressure rate.....mm.Hg..	113/80

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	245.9	2109
8 Alcohol only.....Cal..	11.5	102
9 Protein: Total.....g..	88.0	73.7
10 From animal foods.....g..	62.6	48.3
11 Fat: Total.....g..	114.0	92.4
12 Fat Cal./total Cal.....%..	42	39
13 From animal foods.....g..	77.5	64.6
14 Fatty acids: Saturated.....g..	47	37
15 Unsaturated: Oleic.....g..	48	38
16 Linoleic.....g..	9	9
17 Carbohydrate: Total.....g..	256.9	232.4
18 From milk.....g..	18.0	13.1
19 From fruits, sweets.....g..	46.5	48.5
20 From other plant foods.....g..	189.9	167.5
21 Calcium.....mg..	726	637
22 Iron.....mg..	14.2	12.0
23 Vitamin A value..... I.U.	9020	5460
24 Thiamine.....mg..	1.06	.86
25 Riboflavin.....mg..	2.00	1.61
26 Niacin.....mg..	15.3	12.7
27 Ascorbic acid.....mg..	70	94
28 Cholesterol.....mg..	853	732
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2434	2446
30 Eggs.....g..	427	466
31 Meat, poultry, fish.....g..	1305	1168
32 Fats, oils.....g..	428	347
33 Dry beans and peas, nuts.....g..	125	177
34 Flour equivalent.....g..	1557	1396
35 Vegetables.....g..	1260	1103
36 Fruits.....g..	1087	1769
37 Sugars, sweets.....g..	459	301
38 Alcoholic beverages.....g..	1576	1208

FOOD, 1 WEEK, 1954

Subject No. 104

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	1000	1769
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		50
43 Buttermilk		
44 Malted	405	
45 Cream: 20% fat	218	75
46 30-36% fat		
47 Cheese: Cottage	74	
48 Cream, swiss	29	
49 Ice cream	90	
50 Eggs	321	317
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		432
54 With fat, no bone	355	336
55 Lean only	285	
56 Pork: With fat & bone		
57 With fat, no bone	116	
58 Lean only		
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chili con carne, meat sauce-spaghetti, hamburger-rice[3], meat loaf	390	512
63 Liver-beef	68	38
64 Boiled ham, sausage-swedish	80	133
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken	284	
67 No bone:		
68 Fish:		
69 Shellfish:		
70		
71 Butter✓ Margarine__	140	80
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	48	64
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	30	64
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	180	66
79 Dry beans & peas, cooked		375
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	543	659
83 Rye	111	
84 French toast, pancakes	234	243
85 Crackers	16	

	Record G.	Recall G.
86 Cookies		45
87 Sweet buns✓ Doughnuts✓	223	214
88 Cake: Iced: Chocolate	98	
Not iced: Sponge, plain	48	180
89 Pie: Fruit✓ Custard✓ Nut__	802	337
90 Ready-to-eat cereal: Corn flakes, bran flakes	20	30
91 Wheat flakes		26
92 Other cereal: Farina	121	
93		
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes[1,4]	603	479
97 Tomatoes, tomato products	54	56
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Lettuce	134	238
103 Beans[2], asparagus[1], onions[1], peas[1], corn[1]	310	224
104 Cabbage salad	40	60
105 Soup: Meat✓ Grain product__	180	
Dry bean, pea__ Vegetable__		
Milk		
106 Oranges✓ Lemons__: AP		
107 EP	218	
108 Grapefruit: AP		1140
109 EP		
110 Citrus fruit juice: Orange	200	246
111 Other fruit juice: Grape		127
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP✓ EP✓	224	
116 Other fruits: AP:		
117 EP: Peaches[1], cherries[1], berries[1]	135	192
118		
119 Sugars	35	36
120 Sirup✓ Molasses__ Honey__	144	62
121 Jelly, jam✓ Fruit butters__	60	66
122 Candy: Chocolate with nuts	25	
123 Water ices, sherbets		
124 Soft drinks	58	348
125 Coffee✓ Tea✓ cups	26	28
126 Beer	1440	1080
127 Wine	106	60
128 Whiskey	30	68

DATA FOR SUBJECT NO. 105

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	52
2 Height.....cm..	177.2
3 Weight.....kg..	91.3
4 Actual weight/normal weight.....%..	117.8
5 Blood cholesterol.....mg.%..	306
6 Blood pressure rate.....mm.Hg..	141/85

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2593	2531
8 Alcohol only.....Cal..	118	151
9 Protein: Total.....g..	105.0	116.5
10 From animal foods.....g..	76.2	90.2
11 Fat: Total.....g..	109.4	103.3
12 Fat Cal./total Cal.....%..	38	37
13 From animal foods.....g..	65.1	66.0
14 Fatty acids: Saturated.....g..	42	42
15 Unsaturated: Oleic.....g..	46	42
16 Linoleic.....g..	12	11
17 Carbohydrate: Total.....g..	270.2	235.6
18 From milk.....g..	29.7	24.9
19 From fruits, sweets.....g..	50.5	35.1
20 From other plant foods.....g..	184.9	171.9
21 Calcium.....mg..	666	808
22 Iron.....mg..	14.7	15.6
23 Vitamin A value..... I.U.	3890	3430
24 Thiamine.....mg..	.92	1.40
25 Riboflavin.....mg..	1.63	1.44
26 Niacin.....mg..	15.4	18.4
27 Ascorbic acid.....mg..	102	59
28 Cholesterol.....mg..	900	951
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2093	2898
30 Eggs.....g..	626	584
31 Meat, poultry, fish.....g..	1619	1663
32 Fats, oils.....g..	394	416
33 Dry beans and peas, nuts.....g..	77	277
34 Flour equivalent.....g..	1577	1357
35 Vegetables.....g..	1467	1001
36 Fruits.....g..	1070	457
37 Sugars, sweets.....g..	574	409
38 Alcoholic beverages.....g..	278	360

FOOD, 1 WEEK, 1954

Subject No. 105

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	168	
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat	60	30
47 Cheese: Cottage		
48 Brick, cheddar, swiss, caraway	15	280
49 Ice cream	47	299
50 Eggs	245	332
51 Puddings: Milk ✓ Milk & egg	347	
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	354	290
55 Lean only	414	475
56 Pork: With fat & bone		
57 With fat, no bone	46	
58 Lean only		611
59 Veal Lamb : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chili con carne, meat balls	346	
63		
64 Frankfurters	51	
65 Rabbit Game :		
66 Poultry: With bone:		
67 No bone: Chicken, turkey	321	110
68 Fish: Fillet of sole	108	
69 Shellfish: Shrimp	70	
70 Shrimp salad, tuna salad	209	455
71 Butter ✓ Margarine	36	82
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings	16	56
74 Lard		
75 Vegetable fat		
76 Vegetable oil Salad dressing ✓	135	
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk	165	34
79 Dry beans & peas, cooked		196
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	396	653
83 Rye, cinnamon	46	23
84 Biscuits, waffles, french toast, wheat cakes	191	152
85 Crackers		6

	Record G.	Recall G.
86 Cookies	151	292
87 Sweet buns ✓ Doughnuts ✓	462	333
88 Cake: Iced: Chocolate, plain	275	297
Not iced: Chocolate	138	
89 Pie: Fruit ✓ Custard Nut ✓	499	245
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti Noodles		
95 Macaroni-cheese, bread dressing	303	34
96 White potatoes[3,4]	754	670
97 Tomatoes, tomato products	15	17
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables: Parsley[5] / Broccoli[1]	5	100
101		
102 Other vegetables: Lettuce / Asparagus[1]	227	132
103 Pickle, asparagus[1], sprouts[1], celery, onions[1], lettuce	433	127
104 Cabbage salad, tossed salad	260	200
105 Soup: Meat Grain product		
Dry bean, pea Vegetable ✓	180	122
Milk		
106 Oranges Lemons : AP		
107 EP		
108 Grapefruit: AP		
109 EP		
110 Citrus fruit juice: Orange	989	368
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP EP		
116 Other fruits: AP:		
117 EP: Berries[1]		9
118 Gelatin pudding-Fruit, gelatin fruit salad	106	267
119 Sugars		
120 Sirup ✓ Molasses Honey	98	82
121 Jelly, jam Fruit butters		
122 Candy: Chocolate	78	
123 Water ices, sherbets		
124 Soft drinks	194	522
125 Coffee ✓ Tea cups	48	51
126 Beer		
127 Wine		90
128 Whiskey, brandy	278	270

DATA FOR SUBJECT NO. 106

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	177.2
3 Weight.....kg..	67.1
4 Actual weight/normal weight.....%..	86.1
5 Blood cholesterol.....mg.%..	306
6 Blood pressure rate.....mm.Hg..	142/88

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2178	2189
8 Alcohol only.....Cal..	600	639
9 Protein: Total.....g..	78.6	83.9
10 From animal foods.....g..	67.5	71.0
11 Fat: Total.....g..	97.2	92.7
12 Fat Cal./total Cal.....%..	40	38
13 From animal foods.....g..	80.3	75.4
14 Fatty acids: Saturated.....g..	42	38
15 Unsaturated: Oleic.....g..	39	36
16 Linoleic.....g..	7	9
17 Carbohydrate: Total.....g..	115.1	118.3
18 From milk.....g..	1.5	3.3
19 From fruits, sweets.....g..	27.4	32.2
20 From other plant foods.....g..	85.5	81.6
21 Calcium.....mg..	236	389
22 Iron.....mg..	10.5	12.1
23 Vitamin A value..... I.U.	5070	4740
24 Thiamine.....mg..	.99	.80
25 Riboflavin.....mg..	.93	1.10
26 Niacin.....mg..	16.0	15.8
27 Ascorbic acid.....mg..	95	103
28 Cholesterol.....mg..	381	505
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	450	1245
30 Eggs.....g..	55	124
31 Meat, poultry, fish.....g..	1683	1807
32 Fats, oils.....g..	441	361
33 Dry beans and peas, nuts.....g..	18	12
34 Flour equivalent.....g..	317	629
35 Vegetables.....g..	1314	1039
36 Fruits.....g..	1689	2012
37 Sugars, sweets.....g..	64	81
38 Alcoholic beverages.....g..	2850	2715

FOOD, 1 WEEK, 1954

Subject No. 106

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	38	4
46	30-36% fat		
47	Cheese: Cottage		112
48	Cheddar, camembert, limburger, blue	37	170
49	Ice cream		
50	Eggs	44	102
51	Puddings: Milk__Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	268	1020
55	Lean only	324	216
56	Pork: With fat & bone		
57	With fat, no bone	75	67
58	Lean only		
59	Veal__Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef hash, beef-pork chow mein	150*	200
63			
64	Salami	434	56
65	Rabbit__Game__:		
66	Poultry: With bone:		
67	No bone: Turkey, chicken	252	151
68	Fish: Sardines, bullheads, frog legs	248	142
69	Shellfish:		
70	Turkey[3]		128
71	Butter✓ Margarine✓	238	118
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings	22	65
74	Lard		
75	Vegetable fat		
76	Vegetable oil__Salad dressing✓	15	95
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk✓	310	165
79	Dry beans & peas, cooked		
80	Peanuts, shelled	18	
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	69	155
83	Pumpernickel		49
84	Biscuits, waffles	43	48
85	Crackers	60	72
86	Cookies	156	81
87	Sweet buns__Doughnuts__		
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit✓ Custard__Nut__		84
90	Ready-to-eat cereal: Wheat flakes	28	
91			
92	Other cereal: Wild rice		242
93			
94	Macaroni, spaghetti__Noodles✓		60
95	Poultry dressing, "nuts and bolts"	90	20
96	White potatoes[1,3,4]	326*	353
97	Tomatoes, tomato products	437	
98	Deep-yellow vegetables: Sweetpotatoes[2]	150	
99	Carrots[1]	71	
100	Dark-green vegetables: Spinach[1]		180
101			
102	Other vegetables: Onions[1] / Lettuce	75	165
103	Asparagus[1], peas[1], radishes, olives, soy sauce, lettuce	233	300
104	Tossed salad, slaw		115
105	Soup: Meat__Grain product__ Dry bean, pea__Vegetable__ Milk		
106	Oranges__Lemons__: AP		
107	EP		
108	Grapefruit: AP	1689	1710
109	EP		
110	Citrus fruit juice: Grapefruit		251
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP__EP__		
116	Other fruits: AP:		
117	EP: Pineapple[1]		16
118			
119	Sugars	8*	
120	Sirup✓ Molasses__Honey__		41
121	Jelly, jam__Fruit butters__		
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks	115	116
125	Coffee✓ Tea__ cups	7	6
126	Beer	1260	1320
127	Wine	630	225
128	Whiskey, brandy	960	1170

DATA FOR SUBJECT NO. 107

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	175.3
3 Weight.....kg..	87.3
4 Actual weight/normal weight.....%..	114.6
5 Blood cholesterol.....mg.%..	308
6 Blood pressure rate.....mm.Hg..	115/81

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2250	2669
8 Alcohol only.....Cal..	78	103
9 Protein: Total.....g..	112.5	142.3
10 From animal foods.....g..	90.4	123.4
11 Fat: Total.....g..	105.1	131.3
12 Fat Cal./total Cal.....%..	42	44
13 From animal foods.....g..	83.8	107.7
14 Fatty acids: Saturated.....g..	40	57
15 Unsaturated: Oleic.....g..	41	51
16 Linoleic.....g..	12	10
17 Carbohydrate: Total.....g..	201.2	207.9
18 From milk.....g..	12.1	30.5
19 From fruits, sweets.....g..	56.8	53.8
20 From other plant foods.....g..	130.9	120.7
21 Calcium.....mg..	467	1008
22 Iron.....mg..	17.0	19.7
23 Vitamin A value..... I.U.	5860	5140
24 Thiamine.....mg..	.99	1.54
25 Riboflavin.....mg..	1.53	2.25
26 Niacin.....mg..	24.7	20.5
27 Ascorbic acid.....mg..	125	105
28 Cholesterol.....mg..	1043	1403
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1071	2504
30 Eggs.....g..	640	788
31 Meat, poultry, fish.....g..	2340	3317
32 Fats, oils.....g..	329	456
33 Dry beans and peas, nuts.....g..	20	4
34 Flour equivalent.....g..	1046	674
35 Vegetables.....g..	1401	2079
36 Fruits.....g..	2235	1080
37 Sugars, sweets.....g..	182	412
38 Alcoholic beverages.....g..	378	1080

FOOD, 1 WEEK, 1954
Subject No. 107

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat		
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	231	120
46	30-36% fat		
47	Cheese: Cottage		
48	Cream, cheddar, swiss	20	331
49	Ice cream	197	450
50	Eggs	554	736
51	Puddings: Milk __ Milk & egg __		
52	Egg salad		
53	Beef: With fat & bone		227
54	With fat, no bone	306	475
55	Lean only		967
56	Pork: With fat & bone		
57	With fat, no bone	62	320
58	Lean only	60	125
59	Veal ✓ Lamb __ : With fat & bone	164	
60	With fat, no bone		
61	Lean only		
62	Beef stew, meat loaf, chili con carne	364	517
63	Liver-chicken	22	
64	Frankfurters, sausage-summer bologna	275	81
65	Rabbit __ Game __ :		
66	Poultry: With bone: Chicken	519	
67	No bone: Chicken, turkey	689	
68	Fish: Fillet of pike		230
69	Shellfish: Lobster tails, shrimp		587
70	Fish balls, sea food salad		80
71	Butter ✓ Margarine __	88	108
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings __	11	
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	25	165
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	100	83
79	Dry beans & peas, cooked		
80	Peanuts, shelled	20	
81	Nuts, shelled: Cashew		4
82	Bread, rolls, not sweet: White	557	424
83	Rye, whole-wheat	92	138
84			
85	Crackers	33	24

		Record G.	Recall G.
86	Cookies	20	
87	Sweet buns ✓ Doughnuts ✓	32	107
88	Cake: Iced: Plain, butter	302	23
	Not iced: Gingerbread		36
89	Pie: Fruit ✓ Custard ✓ Nut __	242	250
90	Ready-to-eat cereal:		
91			
92	Other cereal: wild rice	176	
93			
94	Macaroni, spaghetti __ Noodles __		
95			
96	White potatoes[1,3,4]	498	1031
97	Tomatoes, tomato products	50	372
98	Deep-yellow vegetables: Rutabagas[2]	264	
99			
100	Dark-green vegetables: Broccoli[1]		142
101			
102	Other vegetables: Peas[1] / Lettuce	116	284
103	Beans[1], pickle, peas[1], corn[3], celery	97	318
104	Potato salad, slaw, tomato salad, tossed salad	425	87
105	Soup: Meat __ Grain product ✓	250	
	Dry bean, pea __ Vegetable __		
	Milk		
106	Oranges ✓ Lemons __ : AP		215
107	EP	298	
108	Grapefruit: AP		
109	EP		
110	Citrus fruit juice: Orange	602	552
111	Other fruit juice:		
112	Dried fruits: Raisins		43
113	Apples: AP		
114	EP		
115	Bananas: AP __ EP ✓	348	200
116	Other fruits: AP: Grapes	379	
117	EP: Pears[5]	486	
118	Gelatin salad	60	
119	Sugars	22	8
120	Sirup ✓ Molasses __ Honey __		142
121	Jelly, jam ✓ Fruit butters __		14
122	Candy: Marshmallow, Caramels	30	123
123	Water ices, sherbets		
124	Soft drinks		152
125	Coffee ✓ Tea __ cups	30	29
126	Beer		930
127	Wine		60
128	John Collins, cocktails, brandy	540	90

DATA FOR SUBJECT NO. 108

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	51
2 Height.....cm..	170.8
3 Weight.....kg..	84.8
4 Actual weight/normal weight.....%..	118.3
5 Blood cholesterol.....mg.%..	312
6 Blood pressure rate.....mm.Hg..	122/83

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	3220	2713
8 Alcohol only.....Cal..	334	206
9 Protein: Total.....g..	114.2	102.6
10 From animal foods.....g..	87.2	74.6
11 Fat: Total.....g..	152.0	123.8
12 Fat Cal./total Cal.....%..	42	41
13 From animal foods.....g..	123.5	86.5
14 Fatty acids: Saturated.....g..	65	46
15 Unsaturated: Oleic.....g..	59	48
16 Linoleic.....g..	12	17
17 Carbohydrate: Total.....g..	281.2	257.1
18 From milk.....g..	35.3	9.6
19 From fruits, sweets.....g..	63.5	64.4
20 From other plant foods.....g..	177.5	181.6
21 Calcium.....mg..	732	648
22 Iron.....mg..	18.3	18.8
23 Vitamin A value..... I.U.	11830	6300
24 Thiamine.....mg..	1.62	1.60
25 Riboflavin.....mg..	2.28	1.61
26 Niacin.....mg..	19.4	19.5
27 Ascorbic acid.....mg..	159	136
28 Cholesterol.....mg..	1020	997
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2187	1436
30 Eggs.....g..	542	606
31 Meat, poultry, fish.....g..	2413	1782
32 Fats, oils.....g..	437	479
33 Dry beans and peas, nuts.....g..	199	175
34 Flour equivalent.....g..	1238	886
35 Vegetables.....g..	3593	2560
36 Fruits.....g..	2065	1903
37 Sugars, sweets.....g..	505	395
38 Alcoholic beverages.....g..	1152	885

FOOD, 1 WEEK, 1954
Subject No. 108

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	366	305
40	Whole, 4.5% fat		61
41	Skim		
42	Half & half, 12% fat		45
43	Buttermilk		
44			
45	Cream: 20% fat	206	
46	30-36% fat	30	21
47	Cheese: Cottage	123	84
48	Cheddar, swiss	63	28
49	Ice cream	247	47
50	Eggs	437	652
51	Puddings: Milk __ Milk & egg ✓	240	124
52	Egg salad		
53	Beef: With fat & bone	340	
54	With fat, no bone	491	237
55	Lean only	126	18
56	Pork: With fat & bone		
57	With fat, no bone	609	595
58	Lean only		
59	Veal __ Lamb ✓: With fat & bone		
60	With fat, no bone	240	
61	Lean only		
62	Beef-tomatoes, beef stew, meat balls, chili con carne	563*	705
63			
64			
65	Rabbit __ Game __ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Fillet of sole, herring fillet	227	264
69	Shellfish: Oysters[5]	90	
70	Tuna pattie, mixed seafood-cheese sauce		355
71	Butter ✓ Margarine __	165	86
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings __	41	64
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	149	78
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk __	105	33
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	466	314
83	Cracked-wheat, rye, whole-wheat, corn	132	118
84	Popover, pancakes	48	81
85	Crackers	16	
86	Cookies	83	33
87	Sweet buns ✓ Doughnuts __		28
88	Cake: Iced: Plain		145
	Not iced: Angel, plain	152	110
89	Pie: Fruit ✓ Custard ✓ Nut __	265	497
90	Ready-to-eat cereal:		
91			
92	Other cereal: Farina	182	
93	Oatmeal	169	
94	Macaroni, spaghetti __ Noodles __		
95			
96	White potatoes[1,3,4]	685	701
97	Tomatoes, tomato products	432	374
98	Deep-yellow vegetables: Sweet potatoes[2] / Rutabagas[1]	387	155
99	Carrots[1]	135	
100	Dark-green vegetables: Broccoli[5]	142	100
101			
102	Other vegetables: Lettuce / Peas[1]	452	170
103	Beets[1], beans[1], peas[1], corn[1], onions[3], asparagus[2], cucumber	1316	529
104	Gelatin-carrot salad, tossed salad	253	200
105	Soup: Meat ✓ Grain product ✓	546	159
	Dry bean, pea ✓ Vegetable ✓	306	1250
	Milk	159	
106	Oranges ✓ Lemons __ : AP		
107	EP		30
108	Grapefruit: AP	285	
109	EP		
110	Citrus fruit juice: Orange	861	861
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP __ EP __		
116	Other fruits: AP:		
117	EP: Apricots[1], cherries[1], peaches[1], berries[5]	834	789
118	Gelatin pudding-fruit	52	
119	Sugars	11	
120	Sirup ✓ Molasses __ Honey __	20	122
121	Jelly, jam ✓ Fruit butters __	80	135
122	Candy: Chocolate peanut clusters	55	2
123	Water ices, sherbets	70	
124	Soft drinks		
125	Coffee ✓ Tea ✓ cups	28	36
126	Beer	360	360
127	Wine	150	
128	Bourbon, martini, manhattan	780	525

DATA FOR SUBJECT NO. 109

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	52
2 Height.....cm..	174.6
3 Weight.....kg..	57.0
4 Actual weight/normal weight.....%..	75.9
5 Blood cholesterol.....mg.%..	314
6 Blood pressure rate.....mm.Hg..	128/93

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2601	2145
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	84.9	59.2
10 From animal foods.....g..	51.8	32.7
11 Fat: Total.....g..	129.1	115.7
12 Fat Cal./total Cal.....%..	45	49
13 From animal foods.....g..	95.5	86.1
14 Fatty acids: Saturated.....g..	57	52
15 Unsaturated: Oleic.....g..	52	44
16 Linoleic.....g..	9	9
17 Carbohydrate: Total.....g..	284.2	222.1
18 From milk.....g..	40.6	17.2
19 From fruits, sweets.....g..	57.1	58.4
20 From other plant foods.....g..	185.4	146.0
21 Calcium.....mg..	834	572
22 Iron.....mg..	14.2	10.1
23 Vitamin A value..... I.U.	7130	4070
24 Thiamine.....mg..	1.00	.90
25 Riboflavin.....mg..	1.57	1.03
26 Niacin.....mg..	15.2	9.9
27 Ascorbic acid.....mg..	40	57
28 Cholesterol.....mg..	830	732
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2818	1585
30 Eggs.....g..	496	457
31 Meat, poultry, fish.....g..	895	806
32 Fats, oils.....g..	521	584
33 Dry beans and peas, nuts.....g..	25	0
34 Flour equivalent.....g..	1791	1452
35 Vegetables.....g..	1194	765
36 Fruits.....g..	967	1498
37 Sugars, sweets.....g..	424	439
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954

Subject No. 109

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	351	122
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	285	294
43	Buttermilk		
44	Cocoa	875	
45	Cream: 20% fat	151	
46	30-36% fat	44	21
47	Cheese: Cottage		
48	Cheddar		14
49	Ice cream	75	185
50	Eggs	321	255
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	119	188
55	Lean only	327	
56	Pork: With fat & bone		263
57	With fat, no bone	49	13
58	Lean only		
59	Veal✓ Lamb__: With fat & bone		
60	With fat, no bone		
61	Lean only	206	99
62			
63	Tongue-beef	38	44
64	Pressed beef, pressed ham, potted meat, frankfurters	156	216
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish:		
69	Shellfish:		
70			
71	Butter✓ Margarine__	290	350
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	27	12
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	25	4
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk✓	111	100
79	Dry beans & peas, cooked		
80	Peanuts, shelled	16	
81	Nuts, shelled: Mixed	9	
82	Bread, rolls, not sweet: White	554	595
83	Rye, whole-wheat	401	115
84	Pancakes, waffles, french toast	638	456
85	Crackers		
86	Cookies		10
87	Sweet buns✓ Doughnuts✓	270	214
88	Cake: Iced: Angel, plain	228	188
	Not iced: Angel, gingerbread	123	163
89	Pie: Fruit__ Custard✓ Nut__	407	152
90	Ready-to-eat cereal: Wheat flakes	23	
91			
92	Other cereal:		
93			
94	Macaroni, spaghetti__ Noodles__		
95	Spaghetti-tomato sauce	245	450
96	White potatoes[1,2,3,4]	745	562
97	Tomatoes, tomato products	37	6
98	Deep-yellow vegetables: Carrots-peas[1,2]	134	
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Peas[1]/Beets[1]	83	62
103	Beets[1], lettuce, onions[1], Cabbage[3]	148	47
104	Cabbage salad-fruit, tossed salad	122	55
105	Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable__ Milk		
106	Oranges✓ Lemons__: AP		215
107	EP	92	
108	Grapefruit: AP		680
109	EP	105	
110	Citrus fruit juice:		
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		127
115	Bananas: AP✓ EP✓	324	200
116	Other fruits: AP: Apricots	199	
117	EP: Apricots[1]	122	122
118	Gelatin pudding-fruit		241
119	Sugars	28	56
120	Sirup✓ Molasses__ Honey__	185	204
121	Jelly, jam✓ Fruit butters__	34	
122	Candy: Easter egg		18
123	Water ices, sherbets	74	
124	Soft drinks	210	
125	Coffee✓ Tea✓ cups	35	40
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 110

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	177.7
3 Weight.....kg..	80.1
4 Actual weight/normal weight.....%..	100.0
5 Blood cholesterol.....mg.%..	318
6 Blood pressure rate.....mm.Hg..	107/72

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2675	2349
8 Alcohol only.....Cal..	0	33
9 Protein: Total.....g..	114.5	100.0
10 From animal foods.....g..	88.5	76.6
11 Fat: Total.....g..	132.1	107.7
12 Fat Cal./total Cal.....%..	44	41
13 From animal foods.....g..	102.9	83.4
14 Fatty acids: Saturated.....g..	57	47
15 Unsaturated: Oleic.....g..	47	39
16 Linoleic.....g..	15	11
17 Carbohydrate: Total.....g..	270.4	247.8
18 From milk.....g..	71.8	76.0
19 From fruits, sweets.....g..	52.1	38.0
20 From other plant foods.....g..	143.5	132.9
21 Calcium.....mg..	1773	1588
22 Iron.....mg..	14.2	12.4
23 Vitamin A value..... I.U.	7640	5720
24 Thiamine.....mg..	1.36	1.49
25 Riboflavin.....mg..	2.92	2.67
26 Niacin.....mg..	19.4	13.4
27 Ascorbic acid.....mg..	176	137
28 Cholesterol.....mg..	774	557
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1587	1812
30 Eggs.....g..	259	210
31 Meat, poultry, fish.....g..	1235	938
32 Fats, oils.....g..	425	397
33 Dry beans and peas, nuts.....g..	107	54
34 Flour equivalent.....g..	1533	2440
35 Vegetables.....g..	3558	2712
36 Fruits.....g..	2223	1281
37 Sugars, sweets.....g..	226	171
38 Alcoholic beverages.....g..	0	105

FOOD, 1 WEEK, 1954

Subject No. 110

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	6725	6344
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		35
43	Buttermilk		
44			
45	Cream: 20% fat	180	30
46	30-36% fat		
47	Cheese: Cottage	90	28
48	Cheddar	60	28
49	Ice cream	207	
50	Eggs	165*	96
51	Puddings: Milk ✓ Milk & egg ✓	227	124
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	54*	91
55	Lean only	40	280
56	Pork: With fat & bone		
57	With fat, no bone	49	143
58	Lean only		121
59	Veal _ Lamb _ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef stew, beef-noodles, dried beef[3]	729*	142
63	Liver-chicken	19	
64	Sausage-liver		18
65	Rabbit _ Game _ :		
66	Poultry: With bone: Chicken	340	
67	No bone:		
68	Fish:		
69	Shellfish: Clams, lobsters	515	113
70	Clams[3], tuna casserole		429
71	Butter ✓ Margarine _	194*	160
72	Beef fat & beef fat drippings		
73	Bacon _ Bacon & pork fat drippings _		
74	Lard		
75	Vegetable fat		
76	Vegetable oil _ Salad dressing ✓	115	70
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	322*	165
79	Dry beans & peas, cooked		
80	Peanuts, shelled	107	38
81	Nuts, shelled: Walnuts		16
82	Bread, rolls, not sweet: White	309	423
83	Whole-wheat	141	253
84			
85	Crackers	33	8
86	Cookies	160	18
87	Sweet buns _ Doughnuts _		
88	Cake: Iced:		
	Not iced: Gingerbread, butter	108	
89	Pie: Fruit ✓ Custard ✓ Nut _	100*	232
90	Ready-to-eat cereal: Shredded wheat	90	
91	Bran	75	
92	Other cereal: Farina	234	1190
93	Rolled wheat, oatmeal	448	456
94	Macaroni, spaghetti _ Noodles _		
95	Bread pudding, bread dressing		456
96	White potatoes[1,3,4]	750*	850
97	Tomatoes, tomato products	1225	968
98	Deep-yellow vegetables: Carrots[5]	17	
99			
100	Dark-green vegetables: Green peppers[5]	10	
101			
102	Other vegetables: Beets[1] / Lettuce	400	347
103	Beans[1], lettuce, parsnips[1], corn[1], onions[1], radishes[5]	996	468
104	Cabbage salad	120	220
105	Soup: Meat _ Grain product _ Dry bean, pea _ Vegetable _ Milk		
106	Oranges _ Lemons _ : AP		
107	EP		
108	Grapefruit: AP	570*	
109	EP		
110	Citrus fruit juice: Orange	1291	984
111	Other fruit juice:		
112	Dried fruits:		
113	Apples: AP		
114	EP		
115	Bananas: AP _ EP ✓	50	
116	Other fruits: AP:		
117	EP: Pineapple[1]		244
118	Fruit salad	312	
119	Sugars	88*	58
120	Sirup ✓ Molasses _ Honey _	20	
121	Jelly, jam _ Fruit butters _		
122	Candy:		
123	Water ices, sherbets		
124	Soft drinks	345	174
125	Coffee ✓ Tea _ cups	14	10
126	Beer		
127	Wine		75
128	Whiskey		30

DATA FOR SUBJECT NO. 111

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	55
2 Height ..... cm..	182.9
3 Weight ..... kg..	89.4
4 Actual weight/normal weight ..... % ..	107.1
5 Blood cholesterol ..... mg.% ..	318
6 Blood pressure rate ..... mm.Hg..	118/75

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2920	3281
8 Alcohol only ..... Cal..	0	186
9 Protein: Total ..... g..	101.1	114.9
10 From animal foods ..... g..	75.1	88.1
11 Fat: Total ..... g..	125.1	151.5
12 Fat Cal./total Cal. ..... % ..	39	42
13 From animal foods ..... g..	94.7	116.8
14 Fatty acids: Saturated ..... g..	54	65
15 Unsaturated: Oleic ..... g..	51	57
16 Linoleic ..... g..	8	14
17 Carbohydrate: Total ..... g..	361.2	338.2
18 From milk ..... g..	44.5	50.5
19 From fruits, sweets ..... g..	148.7	120.4
20 From other plant foods ..... g..	164.6	165.8
21 Calcium ..... mg..	1195	1427
22 Iron ..... mg..	18.8	17.4
23 Vitamin A value ..... I.U.	19340	6640
24 Thiamine ..... mg..	1.57	1.23
25 Riboflavin ..... mg..	3.12	2.38
26 Niacin ..... mg..	16.1	14.7
27 Ascorbic acid ..... mg..	160	110
28 Cholesterol ..... mg..	1122	1273
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	4702	5818
30 Eggs ..... g..	693	947
31 Meat, poultry, fish ..... g..	1071	1381
32 Fats, oils ..... g..	428	401
33 Dry beans and peas, nuts ..... g..	0	77
34 Flour equivalent ..... g..	1193	1066
35 Vegetables ..... g..	3486	2328
36 Fruits ..... g..	2482	1295
37 Sugars, sweets ..... g..	935	940
38 Alcoholic beverages ..... g..	0	1099

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FOOD, 1 WEEK, 1954
Subject No. 111

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	2211	1738
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat	482	483
43	Buttermilk		
44	Malted	1080	945
45	Cream: 20% fat		
46	30-36% fat		
47	Cheese: Cottage	142	126
48	Cheddar	56	269
49	Ice cream	47	269
50	Eggs	536	822
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	94	269
55	Lean only	262	
56	Pork: With fat & bone		
57	With fat, no bone	146	336
58	Lean only		
59	Veal__ Lamb__ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef stew, meatloaf	518	585
63	Liver-beef	94	
64			
65	Rabbit__ Game__ :		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Perch	39	
69	Shellfish: Oysters, lobstertail	232	385
70			
71	Butter✓ Margarine__	127	158
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	80	24
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing✓	13	
77	Fat, oil, not specified		
78	Gravy: Meat, poultry✓ Milk__	319	264
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled: Black walnuts		75
82	Bread, rolls, not sweet: White	76	217
83	Whole-wheat, pumpernickel	146	215
84	Bran muffins, french toast, pancakes	331	533
85	Crackers	137	46

		Record G.	Recall G.
86	Cookies		59
87	Sweet buns✓ Doughnuts✓	286	159
88	Cake: Iced:		
	Not iced: Angel		120
89	Pie: Fruit__ Custard✓ Nut__	547	
90	Ready-to-eat cereal: Shredded wheat/Puffed wheat	59	36
91			
92	Other cereal: Popcorn	116	70
93			
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,3,4]	1300	872
97	Tomatoes, tomato products	543	909
98	Deep-yellow vegetables: Carrots[1]	100	
99			
100	Dark-green vegetables: Broccoli[1]	88	
101			
102	Other vegetables: Mixed vegetables[1]/Cabbage[1]	400	170
103	Lettuce, asparagus[1], beans[1], corn[1], cauliflower[1], pickle	554	335
104	Slaw, tossed salad	335	50
105	Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable✓		343
	Milk		191
106	Oranges__ Lemons__ : AP		
107	EP		
108	Grapefruit: AP	386	
109	EP	519	
110	Citrus fruit juice: Orange		369
111	Other fruit juice: Grape, mixed	1252	
112	Dried fruits:		
113	Apples: AP		
114	EP	175	
115	Bananas: AP__ EP✓	213	
116	Other fruits: AP:		570
117	EP: Pears[1], peaches[1], berries[1]	139	356
118			
119	Sugars	606	254
120	Sirup✓ Molasses__ Honey__	40	472
121	Jelly, jam✓ Fruit butters__	63	34
122	Candy: Chewing gum	81	75
123	Water ices, sherbets		
124	Soft drinks		203
125	Coffee✓ Tea✓ cups	37	41
126	Beer		720
127	Wine		
128	Whiskey, stingers, martinis, whiskey sours		585

DATA FOR SUBJECT NO. 112

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	57
2 Height ..... cm..	184.8
3 Weight ..... kg..	83.2
4 Actual weight/normal weight ..... %..	97.0
5 Blood cholesterol ..... mg.%..	325
6 Blood pressure rate ..... mm.Hg..	112/71

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	2624	3293
8 Alcohol only ..... Cal..	47	38
9 Protein: Total ..... g..	102.6	154.2
10 From animal foods ..... g..	71.4	114.3
11 Fat: Total ..... g..	100.2	126.5
12 Fat Cal./total Cal ..... %..	34	35
13 From animal foods ..... g..	58.7	94.5
14 Fatty acids: Saturated ..... g..	36	50
15 Unsaturated: Oleic ..... g..	41	52
16 Linoleic ..... g..	12	9
17 Carbohydrate: Total ..... g..	327.1	386.2
18 From milk ..... g..	24.8	34.0
19 From fruits, sweets ..... g..	154.5	149.4
20 From other plant foods ..... g..	145.1	192.6
21 Calcium ..... mg..	845	1379
22 Iron ..... mg..	17.2	25.5
23 Vitamin A value ..... I.U.	5750	35800
24 Thiamine ..... mg..	1.52	2.12
25 Riboflavin ..... mg..	1.77	5.12
26 Niacin ..... mg..	20.8	29.4
27 Ascorbic acid ..... mg..	268	378
28 Cholesterol ..... mg..	657	1188
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2444	4897
30 Eggs ..... g..	323	544
31 Meat, poultry, fish ..... g..	1650	2604
32 Fats, oils ..... g..	270	370
33 Dry beans and peas, nuts ..... g..	95	31
34 Flour equivalent ..... g..	1500	1514
35 Vegetables ..... g..	2381	2295
36 Fruits ..... g..	4414	7598
37 Sugars, sweets ..... g..	603	376
38 Alcoholic beverages ..... g..	210	135

FOOD, 1 WEEK, 1954

Subject No. 112

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat....		
40 Whole, 4.5% fat.....		
41 Skim.....	1352	2832
42 Half & half, 12% fat.....		
43 Buttermilk.....		
44		
45 Cream: 20% fat.....		
46 30-36% fat.....	20	15
47 Cheese: Cottage.....	5	42
48		
49 Ice cream.....	47	285
50 Eggs.....	178	356
51 Puddings: Milk ✓ Milk & egg ✓...	241	372
52 Egg salad.....		
53 Beef: With fat & bone.....		
54 With fat, no bone.....	441	689
55 Lean only.....	136	173
56 Pork: With fat & bone.....		
57 With fat, no bone.....	85	435
58 Lean only... No ... with	60	
59 Veal Lamb ✓: ~~With~~ fat ~~&~~ bone..		300
60 With fat, no bone.....		
61 Lean only.....	215	
62		
63 Liver-beef, goose		342
64 Frankfurters[1]	147	
65 Rabbit Game :		
66 Poultry: With bone: Chicken	210	
67 No bone: Chicken	96	113
68 Fish: Fillet of sole		275
69 Shellfish: Shrimp, lobster	180	167
70 Chicken[3]	230	
71 Butter ✓ Margarine	95	157
72 Beef fat & beef fat drippings..		
73 Bacon ✓ Bacon & pork fat drippings	19	48
74 Lard.....		
75 Vegetable fat.....		
76 Vegetable oil Salad dressing ✓	101	45
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry ✓ Milk ✓...	141	327
79 Dry beans & peas, cooked.....		
80 Peanuts, shelled.....		
81 Nuts, shelled: Cashews, almonds, pecans	57	10
82 Bread, rolls, not sweet: White	185	144
83 Whole-wheat	115	176
84		
85 Crackers.....	41	16

	Record G.	Recall G.
86 Cookies.....		
87 Sweet buns ✓ Doughnuts	466	1405
88 Cake: Iced: Angel	71	
Not iced:		
89 Pie: Fruit ✓ Custard ✓ Nut ✓..	361	102
90 Ready-to-eat cereal: Wheat flakes	90	79
91 Puffed rice		14
92 Other cereal: wheat cereal	431	243
93 Rice	84	
94 Macaroni, spaghetti Noodles		
95		
96 White potatoes[1,2,3,4].....	469	478
97 Tomatoes, tomato products...	470	383
98 Deep-yellow vegetables: Carrots[1] / Sweetpotatoes[1]	72	218
99		
100 Dark-green vegetables: Broccoli[1]	126	170
101 Spinach[1]		113
102 Other vegetables: Lettuce / Beans[1]	194	232
103 Asparagus[1], peas[1], sauerkraut[1], cabbage[5], corn[1], lettuce	544	504
104 Tossed salad	229	225
105 Soup: Meat Grain product Dry bean, pea Vegetable Milk.....	870	345
106 Oranges ✓ Lemons : AP.....		3304
107 EP.....	1476	
108 Grapefruit: AP.....	1090	2660
109 EP.....		
110 Citrus fruit juice: Lemon		77
111 Other fruit juice:		
112 Dried fruits: Dates	70	26
113 Apples: AP.....		
114 EP.....		50
115 Bananas: AP ✓ EP ✓.....	212	534
116 Other fruits: AP:		
117 EP: Berries[1], pineapple[1], watermelon pickle	392	552
118 Fruit salad, gelatin pudding with and without fruit	1546	541
119 Sugars.....	56	16
120 Sirup Molasses Honey		
121 Jelly, jam ✓ Fruit butters	14	
122 Candy: Chocolate bon bon, Chocolate creams, praline	339	80
123 Water ices, sherbets.....		
124 Soft drinks.....	1368	1131
125 Coffee ✓ Tea .....cups	31	30
126 Beer.....		
127 Wine.....	90	90
128 Whiskey, daquiri, cocktail, rum	120	45

DATA FOR SUBJECT NO. 113

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	57
2 Height.....cm..	170.8
3 Weight.....kg..	71.6
4 Actual weight/normal weight.....%..	90.2
5 Blood cholesterol.....mg.%..	326
6 Blood pressure rate.....mm.Hg..	176/120

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2193	1986
8 Alcohol only.....Cal..	242	161
9 Protein: Total.....g..	75.0	84.9
10 From animal foods.....g..	56.9	71.0
11 Fat: Total.....g..	101.3	91.0
12 Fat Cal./total Cal.....%..	42	41
13 From animal foods.....g..	79.9	78.7
14 Fatty acids: Saturated.....g..	42	36
15 Unsaturated: Oleic.....g..	41	35
16 Linoleic.....g..	7	7
17 Carbohydrate: Total.....g..	193.7	179.0
18 From milk.....g..	13.2	12.1
19 From fruits, sweets.....g..	75.5	75.6
20 From other plant foods.....g..	103.9	90.2
21 Calcium.....mg..	440	532
22 Iron.....mg..	11.5	12.2
23 Vitamin A value..... I.U.	5160	5260
24 Thiamine.....mg..	1.02	.65
25 Riboflavin.....mg..	1.19	1.33
26 Niacin.....mg..	13.0	15.7
27 Ascorbic acid.....mg..	67	106
28 Cholesterol.....mg..	787	691
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	1781	1870
30 Eggs.....g..	513	343
31 Meat, poultry, fish.....g..	1383	1829
32 Fats, oils.....g..	238	223
33 Dry beans and peas, nuts.....g..	46	0
34 Flour equivalent.....g..	655	593
35 Vegetables.....g..	2069	1465
36 Fruits.....g..	712	1835
37 Sugars, sweets.....g..	552	312
38 Alcoholic beverages.....g..	640	122.7

FOOD, 1 WEEK, 1954

Subject No. 113

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	274	
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	373	315
43 Buttermilk		
44		
45 Cream: 20% fat	125	
46 30-36% fat		
47 Cheese: Cottage	28	
48 Cheddar, blue	48	154
49 Ice cream	128	47
50 Eggs	439	306
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	474	301
55 Lean only	76	432
56 Pork: With fat & bone		
57 With fat, no bone	474	
58 Lean only		
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Meat loaf, meat blintzes		226
63		
64 Summer bologna, sausage-liver	60	16
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken		581
67 No bone: Chicken, turkey	117	55
68 Fish: Sardines[1], smoked blue-gill fish		216
69 Shellfish:		
70 Chicken[3]		255
71 Butter✓ Margarine__	118	68
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	20	48
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓	28	20
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk✓		165
79 Dry beans & peas, cooked		
80 Peanuts, shelled	24	
81 Nuts, shelled: Almonds	20	
82 Bread, rolls, not sweet: White	413	385
83 Pumpernickel, whole-wheat	86	46
84 Biscuits		48
85 Crackers	44	28

	Record G.	Recall G.
86 Cookies	55	19
87 Sweet buns✓ Doughnuts__		22
88 Cake: Iced: Plain	180	
Not iced:		
89 Pie: Fruit✓ Custard✓ Nut__	187	298
90 Ready-to-eat cereal:		
91		
92 Other cereal:		
93		
94 Macaroni, spaghetti__ Noodles__		
95 Apple betty	134	
96 White potatoes[1,3]		248
97 Tomatoes, tomato products	774	
98 Deep-yellow vegetables: Sweetpotatoes[2]/Carrots-celery[1]	48	136
99		
100 Dark-green vegetables: Broccoli[1]	64	142
101 Green pepper[1]	21	
102 Other vegetables: Cabbage[1]/Beans[1]	210	251
103 Lettuce[1], asparagus[1], peas[1], onions[1], sprouts[1], corn[1], pickle	554	212
104 Tossed salad, carrot gelatin salad	347	288
105 Soup: Meat__ Grain product✓ Dry bean, pea__ Vegetable__ Milk	758	125 244
106 Oranges__ Lemons__: AP		
107 EP		
108 Grapefruit: AP		
109 EP		284
110 Citrus fruit juice: Tangerine, orange	246	736
111 Other fruit juice: Grape		380
112 Dried fruits: Dates		70
113 Apples: AP		
114 EP		132
115 Bananas: AP__ EP✓	175	
116 Other fruits: AP:		
117 EP: Maraschino cherries[1], Fruit cocktail[1]	20	128
118 Fruit salad, gelatin pudding	210	
119 Sugars	193	126
120 Sirup✓ Molasses__ Honey__		40
121 Jelly, jam✓ Fruit butters__	30	21
122 Candy: Gum, chocolate butter cream, chocolate-nut	175	63
123 Water ices, sherbets		
124 Soft drinks	864	464
125 Coffee✓ Tea__ cups	11	23
126 Beer		960
127 Wine	70	
128 Whiskey, manhattan, grasshopper	570	285

DATA FOR SUBJECT NO. 114

PHYSIOLOGICAL DATA:	1954
1 Age ..... yr..	51
2 Height ..... cm..	177.8
3 Weight ..... kg..	84.1
4 Actual weight/normal weight ..... %..	107.8
5 Blood cholesterol ..... mg.%..	326
6 Blood pressure rate ..... mm.Hg..	120/83

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total ..... Cal..	3272	2776
8 Alcohol only ..... Cal..	381	181
9 Protein: Total ..... g..	113.1	129.0
10 From animal foods ..... g..	75.6	94.3
11 Fat: Total ..... g..	146.6	123.5
12 Fat Cal./total Cal. ..... %..	40	40
13 From animal foods ..... g..	102.9	72.2
14 Fatty acids: Saturated ..... g..	61	45
15 Unsaturated: Oleic ..... g..	58	51
16 Linoleic ..... g..	14	16
17 Carbohydrate: Total ..... g..	331.3	267.2
18 From milk ..... g..	25.3	29.9
19 From fruits, sweets ..... g..	61.5	33.9
20 From other plant foods ..... g..	243.8	201.8
21 Calcium ..... mg..	735	868
22 Iron ..... mg..	14.2	16.6
23 Vitamin A value ..... I.U.	5150	4480
24 Thiamine ..... mg..	1.09	1.50
25 Riboflavin ..... mg..	2.00	1.99
26 Niacin ..... mg..	25.3	27.3
27 Ascorbic acid ..... mg..	118	136
28 Cholesterol ..... mg..	869	893
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent ..... g..	2696	3207
30 Eggs ..... g..	450	501
31 Meat, poultry, fish ..... g..	1770	2052
32 Fats, oils ..... g..	491	380
33 Dry beans and peas, nuts ..... g..	104	526
34 Flour equivalent ..... g..	1682	1198
35 Vegetables ..... g..	1579	1886
36 Fruits ..... g..	2416	2099
37 Sugars, sweets ..... g..	498	318
38 Alcoholic beverages ..... g..	6840	3240

FOOD, 1 WEEK, 1954

Subject No. 114

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	427	1769
40 Whole, 4.5% fat		
41 Skim		
42 Half & half, 12% fat	140	60
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat		
47 Cheese: Cottage		
48 Cheddar, caraway	128	54
49 Ice cream	523	244
50 Eggs	330	306
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		52
53 Beef: With fat & bone		
54 With fat, no bone	304	299
55 Lean only	264	881
56 Pork: With fat & bone		
57 With fat, no bone	120	
58 Lean only		
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Meat loaf, veal[3], chow mein, chili concarne	255*	389
63		
64 Sausage-liver, pressed ham, frankfurters	366	84
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken	250	508
67 No bone: Turkey	134	
68 Fish: Smoked salmon, salmon	33	113
69 Shellfish:		
70 Chicken chow mein, tuna salad	267	52
71 Butter✓ Margarine__	255	48
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	22	40
74 Lard		
75 Vegetable fat		
76 Vegetable oil✓ Salad dressing✓	33	25
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk✓	92	45
79 Dry beans & peas, cooked		195
80 Peanuts, shelled	103	184
81 Nuts, shelled:	1	
82 Bread, rolls, not sweet: White	864	375
83 Rye	76	
84		
85 Crackers	11	132

	Record G.	Recall G.
86 Cookies	213	132
87 Sweet buns✓ Doughnuts✓	220	253
88 Cake: Iced: Plain, chocolate	180	285
Not iced:		
89 Pie: Fruit✓ Custard✓ Nut__	495	515
90 Ready-to-eat cereal: Puffed rice	54	
91 Puffed wheat	15	12
92 Other cereal:		
93		
94 Macaroni, spaghetti✓ Noodles✓		
95 Macaroni-tomatoes, spaghetti-tomato	495	110
96 White potatoes[1,2,3,4]	607	1087
97 Tomatoes, tomato products	182	453
98 Deep-yellow vegetables: Carrots[1]		45
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Lettuce/Peas[1]	180	120
103 Mixed[1], peas[1], olives, beans[1], corn[1], sauerkraut	278	219
104 Cabbage salad, tossed salad[1]	30	50
105 Soup: Meat__ Grain product__ Dry bean, pea__ Vegetable__ Milk		
106 Oranges__ Lemons__: AP		
107 EP		
108 Grapefruit: AP	718	1185
109 EP		90
110 Citrus fruit juice: Orange	798	552
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP	211	152
114 EP		
115 Bananas: AP✓ EP✓	63	50
116 Other fruits: AP:		
117 EP: Peaches[1], fruit cup[1]	358	5
118 Gelatin pudding-fruit	209	60
119 Sugars	20*	4
120 Sirup__ Molasses__ Honey__		
121 Jelly, jam__ Fruit butters__		
122 Candy: Chocolate marshmallows Chocolate-nuts	189	56
123 Water ices, sherbets		
124 Soft drinks		
125 Coffee✓ Tea__ cups	22	23
126 Beer	6840	3240
127 Wine		
128		

DATA FOR SUBJECT NO. 115

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	54
2 Height.....cm..	165.7
3 Weight.....kg..	65.4
4 Actual weight/normal weight.....%..	96.2
5 Blood cholesterol.....mg.%..	328
6 Blood pressure rate.....mm.Hg..	112/80

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	2223	2462
8 Alcohol only.....Cal..	101	163
9 Protein: Total.....g..	88.9	115.5
10 From animal foods.....g..	70.7	94.8
11 Fat: Total.....g..	105.6	113.9
12 Fat Cal./total Cal.....%..	43	42
13 From animal foods.....g..	85.6	99.6
14 Fatty acids: Saturated.....g..	44	50
15 Unsaturated: Oleic.....g..	39	44
16 Linoleic.....g..	6	8
17 Carbohydrate: Total.....g..	216.3	211.3
18 From milk.....g..	28.9	25.7
19 From fruits, sweets.....g..	79.5	88.2
20 From other plant foods.....g..	106.6	95.4
21 Calcium.....mg..	720	656
22 Iron.....mg..	12.7	15.5
23 Vitamin A value..... I.U.	6050	14710
24 Thiamine.....mg..	.94	1.44
25 Riboflavin.....mg..	1.98	3.11
26 Niacin.....mg..	12.9	15.7
27 Ascorbic acid.....mg..	140	118
28 Cholesterol.....mg..	1185	1127
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2488	2067
30 Eggs.....g..	896	582
31 Meat, poultry, fish.....g..	1243	1981
32 Fats, oils.....g..	361	355
33 Dry beans and peas, nuts.....g..	0	0
34 Flour equivalent.....g..	884	1143
35 Vegetables.....g..	1284	1457
36 Fruits.....g..	2006	2077
37 Sugars, sweets.....g..	400	443
38 Alcoholic beverages.....g..	286	760

FOOD, 1 WEEK, 1954

Subject No. 115

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	1128	488
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		92
43	Buttermilk		
44			
45	Cream: 20% fat	495	471
46	30-36% fat	10	7
47	Cheese: Cottage	26	
48			
49	Ice cream	184	255
50	Eggs	780	510
51	Puddings: Milk __ Milk & egg ✓	195	
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	135	264
55	Lean only	574	1112
56	Pork: With fat & bone		
57	With fat, no bone	62	
58	Lean only		
59	Veal __ Lamb __ : With fat & bone		
60	With fat, no bone		
61	Lean only		
62	Beef[3]		83
63	Liver-beef		85
64			
65	Rabbit __ Game __ :		
66	Poultry: With bone: Chicken	160	
67	No bone: Chicken	138	
68	Fish: Pike	122	544
69	Shellfish:		
70	Salmon patties	116	
71	Butter ✓ Margarine __	218	192
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings	6	
74	Lard		
75	Vegetable fat		
76	Vegetable oil __ Salad dressing ✓	27	10
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	45	66
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	331	325
83	Whole-wheat, rye	298	184
84	Pancakes, spoon bread	138	489
85	Crackers		
86	Cookies		24
87	Sweet buns ✓ Doughnuts __		116
88	Cake: Iced: Chocolate	222	
	Not iced:		
89	Pie: Fruit __ Custard, ✓ Nut __	120	25
90	Ready-to-eat cereal:		
91			
92	Other cereal: Rice/Oatmeal	76	354
93	Popcorn	36	
94	Macaroni, spaghetti __ Noodles __		
95			
96	White potatoes[1,2,3,4]	425	477
97	Tomatoes, tomato products	231	151
98	Deep-yellow vegetables: Carrots[1,5]	44	240
99			
100	Dark-green vegetables: Broccoli[1]	92	
101			
102	Other vegetables: Beans[1]/Celery	142	90
103	Lettuce, peas[1], beets[1], cauliflower[5], eggplant[4]	242	301
104	Tossed salad, cabbage salad, potato salad	173	335
105	Soup: Meat __ Grain product __ Dry bean, pea __ Vegetable __ Milk		
106	Oranges ✓ Lemons __ : AP		
107	EP	97	25
108	Grapefruit: AP		1185
109	EP	619	
110	Citrus fruit juice: Orange	753	560
111	Other fruit juice:		
112	Dried fruits: Dates		20
113	Apples: AP		
114	EP	120	
115	Bananas: AP ✓ EP		150
116	Other fruits: AP:		
117	EP: Berries[1], peaches[1], mixed[1]	340	137
118	Gelatin pudding, grapefruit salad	75	105
119	Sugars	210	332
120	Sirup ✓ Molasses __ Honey __		30
121	Jelly, jam ✓ Fruit butters __	41	4
122	Candy: Peanut brittle	33	
123	Water ices, sherbets		96
124	Soft drinks	344	
125	Coffee ✓ Tea __ cups	25	39
126	Beer		
127	Wine	90	580
128	Martini cocktail, gin	280	180

DATA FOR SUBJECT NO. 116

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	53
2 Height.....cm..	174.0
3 Weight.....kg..	99.1
4 Actual weight/normal weight.....%..	132.8
5 Blood cholesterol.....mg.%..	332
6 Blood pressure rate.....mm.Hg..	158/97

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	2547	2539
8 Alcohol only.....Cal..	0	38
9 Protein: Total.....g..	98.5	99.6
10 From animal foods.....g..	67.1	73.2
11 Fat: Total.....g..	114.2	108.9
12 Fat Cal./total Cal.....%..	40	39
13 From animal foods.....g..	90.8	80.2
14 Fatty acids: Saturated.....g..	54	47
15 Unsaturated: Oleic.....g..	50	45
16 Linoleic.....g..	7	6
17 Carbohydrate: Total.....g..	273.8	273.5
18 From milk.....g..	36.2	29.9
19 From fruits, sweets.....g..	38.1	42.7
20 From other plant foods.....g..	198.9	200.2
21 Calcium.....mg..	776	991
22 Iron.....mg..	14.8	13.0
23 Vitamin A value..... I.U.	3800	2570
24 Thiamine.....mg..	1.71	1.44
25 Riboflavin.....mg..	1.78	1.59
26 Niacin.....mg..	16.0	12.6
27 Ascorbic acid.....mg..	82	74
28 Cholesterol.....mg..	926	734
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	3602	4158
30 Eggs.....g..	615	435
31 Meat, poultry, fish.....g..	1147	1226
32 Fats, oils.....g..	342	314
33 Dry beans and peas, nuts.....g..	11	168
34 Flour equivalent.....g..	1565	1701
35 Vegetables.....g..	1668	496
36 Fruits.....g..	1393	1467
37 Sugars, sweets.....g..	334	398
38 Alcoholic beverages.....g..	0	90

FOOD, 1 WEEK, 1954
Subject No. 116

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	964	631
40 Whole, 4.5% fat		
41 Skim		123
42 Half & half, 12% fat		220
43 Buttermilk		
44 Cocoa	500	500
45 Cream: 20% fat	81	8
46 30-36% fat	38	15
47 Cheese: Cottage		
48 Cream, cheddar, brick	189	291
49 Ice cream	71	
50 Eggs	450	288
51 Puddings: Milk ✓ Milk & egg ✓	357	165
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	200	54
55 Lean only	142	566
56 Pork: With fat & bone		
57 With fat, no bone	30	398
58 Lean only	393	
59 Veal Lamb : With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Meat balls, meat loaf	332	226
63		
64 Frankfurters, Sausage-Summer	147	
65 Rabbit Game :		
66 Poultry: With bone:		
67 No bone:		
68 Fish:		
69 Shellfish:		
70		
71 Butter ✓ Margarine	134	58
72 Beef fat & beef fat drippings		
73 Bacon ✓ Bacon & pork fat drippings	32	
74 Lard		
75 Vegetable fat		
76 Vegetable oil ✓ Salad dressing		15
77 Fat, oil, not specified		
78 Gravy: Meat, poultry ✓ Milk	470	314
79 Dry beans & peas, cooked		174
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	597	685
83 Whole-wheat, cracked-wheat, rye	303	
84 French toast	100	54
85 Crackers	81	126
86 Cookies	139	240
87 Sweet buns ✓ Doughnuts	110	176
88 Cake: Iced: Butter, chocolate	202	537
Not iced: Angel	50	
89 Pie: Fruit ✓ Custard ✓ Nut	338	270
90 Ready-to-eat cereal: Corn flakes	26	28
91		
92 Other cereal:		
93 Popcorn	140	
94 Macaroni, spaghetti Noodles		
95 Macaroni-Cheese		330
96 White potatoes[1,3,4]	874	611
97 Tomatoes, tomato products	22	
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Peas[3]	511	
103 Corn[3], celery, pickle, onions[1,5]	386	35
104		
105 Soup: Meat ✓ Grain product ✓	188	375
Dry bean, pea Vegetable		
Milk		
106 Oranges Lemons : AP		
107 EP		
108 Grapefruit: AP	560	680
109 EP		62
110 Citrus fruit juice: Orange, grapefruit	290	414
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP EP		
116 Other fruits: AP:		
117 EP: Mixed[1], berries[1], pineapple[1]	362	189
118 Gelatin pudding-fruit, gelatin pudding	128	120
119 Sugars	20	4
120 Sirup ✓ Molasses Honey	32	82
121 Jelly, jam Fruit butters		
122 Candy: Chocolate-nuts, marshmallow	56	18
123 Water ices, sherbets		
124 Soft drinks		232
125 Coffee ✓ Tea cups	23	23
126 Beer		
127 Wine		
128 Whiskey		90

DATA FOR SUBJECT NO. 117

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	56
2 Height.....cm..	177.8
3 Weight.....kg..	78.5
4 Actual weight/normal weight.....%..	100.1
5 Blood cholesterol.....mg.%..	356
6 Blood pressure rate.....mm.Hg..	135/83

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal..	2231	2117
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	66.6	84.1
10 From animal foods.....g..	41.1	61.7
11 Fat: Total.....g..	97.1	74.8
12 Fat Cal./total Cal.....%..	39	32
13 From animal foods.....g..	64.2	60.4
14 Fatty acids: Saturated.....g..	35	31
15 Unsaturated: Oleic.....g..	35	29
16 Linoleic.....g..	12	8
17 Carbohydrate: Total.....g..	286.6	288.8
18 From milk.....g..	25.7	19.9
19 From fruits, sweets.....g..	122.2	155.7
20 From other plant foods.....g..	136.3	112.0
21 Calcium.....mg..	703	532
22 Iron.....mg..	11.3	13.5
23 Vitamin A value..... I.U.	4140	4130
24 Thiamine.....mg..	1.13	1.30
25 Riboflavin.....mg..	1.36	1.62
26 Niacin.....mg..	11.8	15.3
27 Ascorbic acid.....mg..	125	166
28 Cholesterol.....mg..	502	509
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2353	1637
30 Eggs.....g..	226	162
31 Meat, poultry, fish.....g..	739	1447
32 Fats, oils.....g..	393	235
33 Dry beans and peas, nuts.....g..	61	32
34 Flour equivalent.....g..	1131	1173
35 Vegetables.....g..	1974	2048
36 Fruits.....g..	1910	3098
37 Sugars, sweets.....g..	1027	1052
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954

Subject No. 117

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	610	213
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44			
45	Cream: 20% fat	350	375
46	30-36% fat		
47	Cheese: Cottage	87	98
48	Cheddar	90	
49	Ice cream	646	355
50	Eggs	151	99
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	84	294
55	Lean only	245	648
56	Pork: With fat & bone		
57	With fat, no bone	140	47
58	Lean only		
59	Veal__ Lamb ✓: With fat & bone		
60	With fat, no bone		
61	Lean only		119
62	Beef hash	306	
63			
64	Sausage-liver, boiled ham	84	105
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish: Sun fish		151
69	Shellfish:		
70	Tuna salad, Chicken salad	60	113
71	Butter ✓ Margarine__	122	39
72	Beef fat & beef fat drippings		
73	Bacon ✓ Bacon & pork fat drippings__		16
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing ✓	156	124
77	Fat, oil, not specified		
78	Gravy: Meat, poultry ✓ Milk ✓	81	
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White	175	381
83	Whole-wheat, rye	542	368
84	Waffles	75	101
85	Crackers	70	
86	Cookies	44	44
87	Sweet buns__ Doughnuts ✓	171	32
88	Cake: Iced: White, plain	120	80
	Not iced: Butter		71
89	Pie: Fruit__ Custard__ Nut__		
90	Ready-to-eat cereal: Corn flakes / Wheat flakes	18	18
91	Corn flakes		12
92	Other cereal: Oatmeal / Farina	97	119
93	Farina, Oatmeal	90	118
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes[1,3,4]	240	49
97	Tomatoes, tomato products	349	804
98	Deep-yellow vegetables: Rutabagas[1]		201
99			
100	Dark-green vegetables:		
101			
102	Other vegetables: Cauliflower[1] / Lettuce	438	359
103	Peas[2], cauliflower[1], beans[1], beets[1], lettuce, cucumber, onions[1]	702	442
104			
105	Soup: Meat__ Grain product ✓	313	376
	Dry bean, pea ✓ Vegetable ✓	740	376
	Milk		184
106	Oranges ✓ Lemons__: AP		
107	EP	39	39
108	Grapefruit: AP	1701	2789
109	EP		
110	Citrus fruit juice: Lemon	48	
111	Other fruit juice:		
112	Dried fruits: Raisin sauce	37	
113	Apples: AP		
114	EP		
115	Bananas: AP ✓ EP ✓	51	150
116	Other fruits: AP: Pear	31	
117	EP: Berries[1]		120
118	Gelatin pudding-fruit	80	
119	Sugars	423	600
120	Sirup ✓ Molasses__ Honey__	157	242
121	Jelly, jam ✓ Fruit butters__	189	106
122	Candy: Chocolate creams	45	
123	Water ices, sherbets		
124	Soft drinks		232
125	Coffee ✓ Tea ✓ cups	24	21
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 118

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	61
2 Height.....cm..	186.7
3 Weight.....kg..	86.2
4 Actual weight/normal weight.....%..	97.7
5 Blood cholesterol.....mg.%..	395
6 Blood pressure rate.....mm.Hg..	137/88

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	1924	1836
8 Alcohol only.....Cal..	0	0
9 Protein: Total.....g..	84.6	82.9
10 From animal foods.....g..	62.9	56.8
11 Fat: Total.....g..	71.2	54.2
12 Fat Cal./total Cal.....%..	33	27
13 From animal foods.....g..	58.2	38.2
14 Fatty acids: Saturated.....g..	28	21
15 Unsaturated: Oleic.....g..	30	22
16 Linoleic.....g..	4	7
17 Carbohydrate: Total.....g..	238.4	266.3
18 From milk.....g..	22.7	47.3
19 From fruits, sweets.....g..	81.9	57.6
20 From other plant foods.....g..	133.4	160.7
21 Calcium.....mg..	608	662
22 Iron.....mg..	12.9	10.3
23 Vitamin A value..... I.U.	2500	2780
24 Thiamine.....mg..	1.06	.84
25 Riboflavin.....mg..	1.57	1.47
26 Niacin.....mg..	14.9	17.4
27 Ascorbic acid.....mg..	90	99
28 Cholesterol.....mg..	576	391
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2364	2742
30 Eggs.....g..	329	301
31 Meat, poultry, fish.....g..	1516	1340
32 Fats, oils.....g..	171	153
33 Dry beans and peas, nuts.....g..	0	0
34 Flour equivalent.....g..	869	1411
35 Vegetables.....g..	1699	1331
36 Fruits.....g..	1567	1730
37 Sugars, sweets.....g..	508	546
38 Alcoholic beverages.....g..	0	0

FOOD, 1 WEEK, 1954

Subject No. 118

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat	244	
40 Whole, 4.5% fat		
41 Skim	1722	1968
42 Half & half, 12% fat		
43 Buttermilk		
44		
45 Cream: 20% fat		
46 30-36% fat		30
47 Cheese: Cottage		
48		
49 Ice cream		71
50 Eggs	229	96
51 Puddings: Milk__ Milk & egg✓		540
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone	347	273
55 Lean only	261	127
56 Pork: With fat & bone		
57 With fat, no bone	360	
58 Lean only	87	34
59 Veal✓ Lamb__ : With fat & bone		
60 With fat, no bone		45
61 Lean only	49	
62 Meat loaf, Chow mein	68	260
63		
64 Luncheon loaf, frankfurter	120	57
65 Rabbit__ Game__ :		
66 Poultry: With bone: Chicken		255
67 No bone: Chicken		227
68 Fish: Salmon steak	165	
69 Shellfish: Shrimp		25
70 Chicken[3]		230
71 Butter✓ Margarine__	52	26
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__	18	
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing__		
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__	15	
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White	152	384
83 Rye	169	59
84 Biscuits, corn muffins, waffles	186	45
85 Crackers	52	

	Record G.	Recall G.
86 Cookies	182	35
87 Sweet buns__ Doughnuts✓	32	92
88 Cake: Iced:		
Not iced: Angel, torte	291	845
89 Pie: Fruit__ Custard__ Nut__		
90 Ready-to-eat cereal: Corn flakes	96	50
91 Puffed rice		28
92 Other cereal: Rice		126
93		
94 Macaroni, spaghetti__ Noodles✓		60
95 Bread dressing	90	
96 White potatoes[1,2,3,4]	702	290
97 Tomatoes, tomato products	24	71
98 Deep-yellow vegetables: Sweetpotatoes[5]/Carrots[1]	20	48
99		
100 Dark-green vegetables: Broccoli[1]	150	
101		
102 Other vegetables: Sprouts[1]/Lettuce	98	110
103 Asparagus[1], beans[1], cabbage, peas[1], corn[1], onions[1]	252	334
104 Gelatin-carrots, vegetable salad	222	147
105 Soup: Meat✓ Grain product✓	255	250
Dry bean, pea__ Vegetable✓	738	1230
Milk		
106 Oranges__ Lemons__ : AP		
107 EP		
108 Grapefruit: AP	200	285
109 EP		
110 Citrus fruit juice: Orange, grapefruit	288	741
111 Other fruit juice: Grape, apricot	177	120
112 Dried fruits:		
113 Apples: AP		
114 EP	102	
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Rhubarb[1], peaches[1], pears, berries, mixed[1]	735	373
118 Gelatin pudding-fruit	130	120
119 Sugars	79	56
120 Sirup✓ Molasses__ Honey✓	150	69
121 Jelly, jam✓ Fruit butters__	95	76
122 Candy:		
123 Water ices, sherbets	192	
124 Soft drinks		
125 Coffee✓ Tea__ cups	18	22
126 Beer		
127 Wine		
128		

1-WEEK FOOD REPORTS IN 1954, 5 MEN

DATA FOR SUBJECT NO. 119

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	
2 Height.....cm..	186.7
3 Weight.....kg..	97.0
4 Actual weight/normal weight.....%..	110.0
5 Blood cholesterol.....mg.%..	241
6 Blood pressure rate.....mm.Hg..	105/80

NUTRIENTS PER DAY:	Record	1954 Recall
7 Food energy: Total.....Cal..		2550
8 Alcohol only.....Cal..		0
9 Protein: Total.....g..		89.6
10 From animal foods.....g..		59.6
11 Fat: Total.....g..		140.5
12 Fat Cal./total Cal.....%..		50
13 From animal foods.....g..		110.0
14 Fatty acids: Saturated.....g..		59
15 Unsaturated: Oleic.....g..		55
16 Linoleic.....g..		11
17 Carbohydrate: Total.....g..		239.7
18 From milk.....g..		28.9
19 From fruits, sweets.....g..		52.6
20 From other plant foods.....g..		157.1
21 Calcium.....mg..		779
22 Iron.....mg..		14.8
23 Vitamin A value..... I.U.		8660
24 Thiamine.....mg..		1.12
25 Riboflavin.....mg..		1.64
26 Niacin.....mg..		16.0
27 Ascorbic acid.....mg..		158
28 Cholesterol.....mg..		978
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..		2779
30 Eggs.....g..		534
31 Meat, poultry, fish.....g..		1226
32 Fats, oils.....g..		264
33 Dry beans and peas, nuts.....g..		49
34 Flour equivalent.....g..		1195
35 Vegetables.....g..		2561
36 Fruits.....g..		2184
37 Sugars, sweets.....g..		269
38 Alcoholic beverages.....g..		0

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FOOD, 1 WEEK, 1954
Subject No. 119

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat....		122
40 Whole, 4.5% fat.....		
41 Skim.....		
42 Half & half, 12% fat.....		
43 Buttermilk.....		
44		
45 Cream: 20% fat.....		465
46 30-36% fat.....		360
47 Cheese: Cottage.....		
48 Swiss, cream		33
49 Ice cream.....		450
50 Eggs.....		432
51 Puddings: Milk__Milk & egg✓...		124
52 Egg salad.....		
53 Beef: With fat & bone.....		
54 With fat, no bone.....		580
55 Lean only.....		85
56 Pork: With fat & bone.....		
57 With fat, no bone.....		196
58 Lean only.....		
59 Veal__Lamb__: With fat & bone..		
60 With fat, no bone.....		
61 Lean only.....		
62		
63		
64		
65 Rabbit__Game__:		
66 Poultry: With bone:		
67 No bone: Turkey		113
68 Fish:		
69 Shellfish:		
70 Oysters[3], cheese-tuna casserole		815
71 Butter✓Margarine✓.....		182
72 Beef fat & beef fat drippings..		
73 Bacon✓		
Bacon & pork fat drippings__		24
74 Lard.....		
75 Vegetable fat.....		
76 Vegetable oil__Salad dressing✓		15
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry✓Milk__...		116
79 Dry beans & peas, cooked.....		
80 Peanuts, shelled.....		32
81 Nuts, shelled: Salted		9
82 Bread, rolls, not sweet: White		676
83		
84 Buckwheat cakes		180
85 Crackers.....		44

	Record G.	Recall G.
86 Cookies.....		66
87 Sweet buns__Doughnuts__.....		
88 Cake: Iced:		
Not iced: Angel		40
89 Pie: Fruit✓Custard✓Nut__..		302
90 Ready-to-eat cereal:		
Wheat flakes		57
91		
92 Other cereal: Oatmeal		236
93		
94 Macaroni, spaghetti__Noodles__		
95 Bread dressing		45
96 White potatoes[1,3,4].....		845
97 Tomatoes, tomato products...		605
98 Deep-yellow vegetables:		
Squash[1]		154
99 Carrots[1]		52
100 Dark-green vegetables:		
Broccoli[1]		75
101		
102 Other vegetables:		
Beans[1]		186
103 Peas[1], asparagus[1], mushrooms[1],		
onions		425
104 Tossed salad		50
105 Soup: Meat__Grain product__		
Dry bean, pea__Vegetable✓		500
Milk.....		
106 Oranges✓Lemons__: AP.....		
107 EP.....		217
108 Grapefruit: AP.....		
109 EP.....		
110 Citrus fruit juice: Orange		1107
111 Other fruit juice:		
112 Dried fruits: Prunes		19
113 Apples: AP.....		
114 EP.....		
115 Bananas: AP__EP__.....		
116 Other fruits: AP:		
117 EP: Pears[1], peaches[1],		
mixed[1], pineapple[1]		687
118 Gelatin pudding-fruit		120
119 Sugars.....		2
120 Sirup✓Molasses__Honey__....		80
121 Jelly, jam✓Fruit butters__		7
122 Candy:		
123 Water ices, sherbets.....		
124 Soft drinks.....		
125 Coffee✓Tea__.....cups		36
126 Beer.....		
127 Wine.....		
128		

DATA FOR SUBJECT NO. 120

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	52
2 Height.....cm..	169.5
3 Weight.....kg..	82.2
4 Actual weight/normal weight.....%..	116.1
5 Blood cholesterol.....mg.%..	265
6 Blood pressure rate.....mm.Hg..	131/83

NUTRIENTS PER DAY:	Record	1954 Recall
7 Food energy: Total.....Cal..		298.0
8 Alcohol only.....Cal..		10
9 Protein: Total.....g..		105.9
10 From animal foods.....g..		78.0
11 Fat: Total.....g..		163.1
12 Fat Cal./total Cal.....%..		49
13 From animal foods.....g..		136.4
14 Fatty acids: Saturated.....g..		73
15 Unsaturated: Oleic.....g..		60
16 Linoleic.....g..		14
17 Carbohydrate: Total.....g..		278.9
18 From milk.....g..		45.3
19 From fruits, sweets.....g..		61.0
20 From other plant foods.....g..		168.0
21 Calcium.....mg..		1260
22 Iron.....mg..		15.0
23 Vitamin A value..... I.U.		5870
24 Thiamine.....mg..		1.76
25 Riboflavin.....mg..		2.57
26 Niacin.....mg..		17.4
27 Ascorbic acid.....mg..		74
28 Cholesterol.....mg..		967
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..		5740
30 Eggs.....g..		552
31 Meat, poultry, fish.....g..		1192
32 Fats, oils.....g..		537
33 Dry beans and peas, nuts.....g..		14
34 Flour equivalent.....g..		1414
35 Vegetables.....g..		1277
36 Fruits.....g..		865
37 Sugars, sweets.....g..		384
38 Alcoholic beverages.....g..		180

FOOD, 1 WEEK, 1954
Subject No. 120

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat		488
40 Whole, 4.5% fat		
41 Skim		2952
42 Half & half, 12% fat		1280
43 Buttermilk		
44		
45 Cream: 20% fat		60
46 30-36% fat		59
47 Cheese: Cottage		
48 Cheddar		28
49 Ice cream		68
50 Eggs		405
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		180
53 Beef: With fat & bone		
54 With fat, no bone		220
55 Lean only		288
56 Pork: With fat & bone		396
57 With fat, no bone		6
58 Lean only		
59 Veal__ Lamb__ : With fat & bone		
60 With fat, no bone		
61 Lean only		
62		
63		
64 Liverwurst, cold cuts		168
65 Rabbit__ Game__ :		
66 Poultry: With bone:		
67 No bone:		
68 Fish:		
69 Shellfish:		
70 Chicken[3],		255
71 Butter✓ Margarine__		291
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__		72
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓		105
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__		363
79 Dry beans & peas, cooked		
80 Peanuts, shelled		14
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White		820
83 Whole-wheat, rye		276
84 Cream puff shell		25
85 Crackers		33

	Record G.	Recall G.
86 Cookies		
87 Sweet buns✓ Doughnuts✓		116
88 Cake: Iced:		
Not iced: Butter		120
89 Pie: Fruit__ Custard__ Nut__		
90 Ready-to-eat cereal: Wheat flakes		105
91 Corn flakes, puffed rice		39
92 Other cereal: Oatmeal		236
93 Pop corn		14
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes[1,2,3]		896
97 Tomatoes, tomato products		11
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Peas[1]		240
103 Asparagus[1], lettuce		205
104 Tossed salad		100
105 Soup: Meat__ Grain product✓		250
Dry bean, pea__ Vegetable__		
Milk		
106 Oranges✓ Lemons__ : AP		150
107 EP		
108 Grapefruit: AP		
109 EP		498
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP__ EP__		
116 Other fruits: AP:		
117 EP: Apricots[1], berries[1]		217
118		
119 Sugars		72
120 Sirup__ Molasses__ Honey__		
121 Jelly, jam✓ Fruit butters__		161
122 Candy: Chocolate, chewing gum		96
123 Water ices, sherbets		
124 Soft drinks		203
125 Coffee✓ Tea✓ cups		28
126 Beer		180
127 Wine		
128		

DATA FOR SUBJECT NO. 121

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	55
2 Height.....cm..	172.7
3 Weight.....kg..	72.3
4 Actual weight/normal weight.....%..	92.8
5 Blood cholesterol.....mg.%..	284
6 Blood pressure rate.....mm.Hg..	126/82

NUTRIENTS PER DAY:	Record	1954 Recall
7 Food energy: Total.....Cal..		1667
8 Alcohol only.....Cal..		144
9 Protein: Total.....g..		67.0
10 From animal foods.....g..		52.9
11 Fat: Total.....g..		75.7
12 Fat Cal./total Cal.....%..		41
13 From animal foods.....g..		55.5
14 Fatty acids: Saturated.....g..		31
15 Unsaturated: Oleic.....g..		27
16 Linoleic.....g..		8
17 Carbohydrate: Total.....g..		146.6
18 From milk.....g..		37.4
19 From fruits, sweets.....g..		18.7
20 From other plant foods.....g..		79.4
21 Calcium.....mg..		447
22 Iron.....mg..		8.7
23 Vitamin A value..... I.U.		3270
24 Thiamine.....mg..		.93
25 Riboflavin.....mg..		1.66
26 Niacin.....mg..		11.7
27 Ascorbic acid.....mg..		67
28 Cholesterol.....mg..		431
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..		2140
30 Eggs.....g..		126
31 Meat, poultry, fish.....g..		1240
32 Fats, oils.....g..		234
33 Dry beans and peas, nuts.....g..		126
34 Flour equivalent.....g..		429
35 Vegetables.....g..		2340
36 Fruits.....g..		476
37 Sugars, sweets.....g..		270
38 Alcoholic beverages.....g..		495

FOOD, 1 WEEK, 1954
Subject No. 121

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat....		
40 Whole, 4.5% fat.....		
41 Skim.....		
42 Half & half, 12% fat.....		
43 Buttermilk.....		
44		
45 Cream: 20% fat.....		
46 30-36% fat.....		
47 Cheese: Cottage.....		84
48		
49 Ice cream.....		1255
50 Eggs.....		124
51 Puddings: Milk__Milk & egg__...		
52 Egg salad.....		
53 Beef: With fat & bone.....		
54 With fat, no bone.....		236
55 Lean only.....		284
56 Pork: With ~~fat & bone~~ bone, no fat.....		240
57 With fat, no bone.....		45
58 Lean only.....		
59 Veal__Lamb__: With fat & bone..		
60 With fat, no bone.....		
61 Lean only.....		
62		
63		
64		
65 Rabbit__Game__:		
66 Poultry: With bone:		
67 No bone:		
68 Fish: Pike, fillet of sole		275
69 Shellfish: Shrimp		60
70		
71 Butter✓Margarine__.....		63
72 Beef fat & beef fat drippings..		
73 Bacon✓ Bacon & pork fat drippings__		8
74 Lard.....		
75 Vegetable fat.....		
76 Vegetable oil__Salad dressing✓		180
77 Fat, oil, not specified.....		
78 Gravy: Meat, poultry__Milk__...		
79 Dry beans & peas, cooked.....		
80 Peanuts, shelled.....		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White		427
83		
84		
85 Crackers.....		52

	Record G.	Recall G.
86 Cookies.....		25
87 Sweet buns__Doughnuts__.....		
88 Cake: Iced:		
Not iced:		
89 Pie: Fruit✓Custard__Nut__..		94
90 Ready-to-eat cereal:		
91		
92 Other cereal: Popcorn		28
93		
94 Macaroni, spaghetti__Noodles__		
95		
96 White potatoes.[4].....		75
97 Tomatoes, tomato products...		726
98 Deep-yellow vegetables:		
99		
100 Dark-green vegetables:		
101		
102 Other vegetables: Red cabbage[1]		510
103 Lettuce, cauliflower[3], beans[1], mushrooms[1]		297
104 Tossed salad		275
105 Soup: Meat✓Grain product__		1960
Dry bean, pea✓Vegetable__		735
Milk.....		
106 Oranges✓Lemons__: AP.....		215
107 EP.....		
108 Grapefruit: AP.....		
109 EP.....		
110 Citrus fruit juice:		
111 Other fruit juice:		
112 Dried fruits: Prunes		24
113 Apples: AP.....		
114 EP.....		
115 Bananas: AP__EP__.....		
116 Other fruits: AP:		
117 EP: Pineapple[1]		195
118		
119 Sugars.....		
120 Sirup__Molasses__Honey__....		
121 Jelly, jam✓Fruit butters__		4
122 Candy: Hard		56
123 Water ices, sherbets.....		
124 Soft drinks.....		
125 Coffee✓Tea✓.....cups		17
126 Beer.....		180
127 Wine.....		
128 Whiskey		315

DATA FOR SUBJECT NO. 122

PHYSIOLOGICAL DATA:	1954
1 Age.....yr..	58
2 Height.....cm..	167.6
3 Weight.....kg..	60.9
4 Actual weight/normal weight.....%..	87.8
5 Blood cholesterol.....mg.%..	316
6 Blood pressure rate.....mm.Hg..	113/73

NUTRIENTS PER DAY:	1954 Record	Recall
7 Food energy: Total.....Cal..	2449	
8 Alcohol only.....Cal..	0	
9 Protein: Total.....g..	83.8	
10 From animal foods.....g..	42.5	
11 Fat: Total.....g..	95.2	
12 Fat Cal./total Cal.....%..	35	
13 From animal foods.....g..	81.9	
14 Fatty acids: Saturated.....g..	44	
15 Unsaturated: Oleic.....g..	34	
16 Linoleic.....g..	7	
17 Carbohydrate: Total.....g..	333.8	
18 From milk.....g..	17.3	
19 From fruits, sweets.....g..	53.8	
20 From other plant foods.....g..	260.9	
21 Calcium.....mg..	860	
22 Iron.....mg..	17.6	
23 Vitamin A value..... I.U.	21730	
24 Thiamine.....mg..	1.61	
25 Riboflavin.....mg..	2.16	
26 Niacin.....mg..	20.6	
27 Ascorbic acid.....mg..	88	
28 Cholesterol.....mg..	682	
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g..	2743	
30 Eggs.....g..	408	
31 Meat, poultry, fish.....g..	681	
32 Fats, oils.....g..	336	
33 Dry beans and peas, nuts.....g..	82	
34 Flour equivalent.....g..	3181	
35 Vegetables.....g..	3283	
36 Fruits.....g..	1344	
37 Sugars, sweets.....g..	199	
38 Alcoholic beverages.....g..	0	

FOOD, 1 WEEK, 1954
Subject No. 122

		Record G.	Recall G.
39	Fluid milk: Whole, 3.5% fat	2152	
40	Whole, 4.5% fat		
41	Skim		
42	Half & half, 12% fat		
43	Buttermilk		
44	Malted milk tablets	21	
45	Cream: 20% fat		
46	30-36% fat	344	
47	Cheese: Cottage		
48	Cheddar	13	
49	Ice cream		
50	Eggs	362	
51	Puddings: Milk__ Milk & egg__		
52	Egg salad		
53	Beef: With fat & bone		
54	With fat, no bone	250	
55	Lean only	173	
56	Pork: With fat & bone		
57	With fat, no bone		
58	Lean only		
59	Veal__ Lamb✓: With fat & bone	115	
60	With fat, no bone		
61	Lean only		
62	Liver-beef	98	
63			
64			
65	Rabbit__ Game__:		
66	Poultry: With bone:		
67	No bone:		
68	Fish:		
69	Shellfish:		
70			
71	Butter✓ Margarine__	242	
72	Beef fat & beef fat drippings		
73	Bacon✓ Bacon & pork fat drippings__	7	
74	Lard		
75	Vegetable fat		
76	Vegetable oil__ Salad dressing__		
77	Fat, oil, not specified	35	
78	Gravy: Meat, poultry__ Milk__		
79	Dry beans & peas, cooked		
80	Peanuts, shelled		
81	Nuts, shelled:		
82	Bread, rolls, not sweet: White		
83	Wholewheat	719	
84	Wholewheat muffins	166	
85	Crackers	40	
86	Cookies		
87	Sweet buns__ Doughnuts__		
88	Cake: Iced:		
	Not iced:		
89	Pie: Fruit__ Custard__ Nut__		
90	Ready-to-eat cereal: Shredded wheat	533	
91			
92	Other cereal: Wheat	1163	
93	Brown rice	743	
94	Macaroni, spaghetti__ Noodles__		
95			
96	White potatoes	865	
97	Tomatoes, tomato products	243	
98	Deep-yellow vegetables: Sweet potatoes	329	
99	Carrots, rutabagas	269	
100	Dark-green vegetables:		
101			
102	Other vegetables: Peas	255	
103	Corn, lettuce, beans, mixed, celery, beets, olives	1199	
104			
105	Soup: Meat__ Grain product✓	500	
	Dry bean, pea✓ Vegetable✓	740	
	Milk		
106	Oranges__ Lemons__: AP	165	
107	EP		
108	Grapefruit: AP	176	
109	EP		
110	Citrus fruit juice:		
111	Other fruit juice: Grape	50	
112	Dried fruits: Prunes, dates, figs	144	
113	Apples: AP		
114	EP	343	
115	Bananas: AP✓ EP	281	
116	Other fruits: AP:		
117	EP: Peach sirup	75	
118	Gelatin pudding with fruit	160	
119	Sugars	48	
120	Sirup✓ Molasses__ Honey✓	53	
121	Jelly, jam__ Fruit butters__		
122	Candy: Chocolate	12	
123	Water ices, sherbets		
124	Soft drinks		
125	Coffee__ Tea__ cups		
126	Beer		
127	Wine		
128			

DATA FOR SUBJECT NO. 123

PHYSIOLOGICAL DATA:	1954
1 Age.....yr.	
2 Height.....cm.	181.6
3 Weight.....kg.	74.7
4 Actual weight/normal weight.....%.	91.5
5 Blood cholesterol.....mg.%.	371
6 Blood pressure rate.....mm.Hg.	120/82

NUTRIENTS PER DAY:	1954 Record	1954 Recall
7 Food energy: Total.....Cal.		3054
8 Alcohol only.....Cal.		198
9 Protein: Total.....g.		97.7
10 From animal foods.....g.		62.8
11 Fat: Total.....g.		126.6
12 Fat Cal./total Cal.....%.		37
13 From animal foods.....g.		92.2
14 Fatty acids: Saturated.....g.		55
15 Unsaturated: Oleic.....g.		52
16 Linoleic.....g.		9
17 Carbohydrate: Total.....g.		349.2
18 From milk.....g.		35.9
19 From fruits, sweets.....g.		84.8
20 From other plant foods.....g.		226.8
21 Calcium.....mg.		858
22 Iron.....mg.		13.6
23 Vitamin A value..... I.U.		8490
24 Thiamine.....mg.		94
25 Riboflavin.....mg.		1.80
26 Niacin.....mg.		17.5
27 Ascorbic acid.....mg.		121
28 Cholesterol.....mg.		841
GROUPS OF FOOD, 1 WEEK:		
29 Milk, calcium equivalent.....g.		2152
30 Eggs.....g.		474
31 Meat, poultry, fish.....g.		1491
32 Fats, oils.....g.		389
33 Dry beans and peas, nuts.....g.		48
34 Flour equivalent.....g.		2061
35 Vegetables.....g.		1957
36 Fruits.....g.		2533
37 Sugars, sweets.....g.		568
38 Alcoholic beverages.....g.		2055

FOOD, 1 WEEK, 1954
Subject No. 123

	Record G.	Recall G.
39 Fluid milk: Whole, 3.5% fat		
40 Whole, 4.5% fat		
41 Skim		616
42 Half & half, 12% fat		395
43 Buttermilk		
44 Malted		304
45 Cream: 20% fat		
46 30-36% fat		21
47 Cheese: Cottage		19
48 Cheddar		21
49 Ice cream		490
50 Eggs		339
51 Puddings: Milk__ Milk & egg__		
52 Egg salad		
53 Beef: With fat & bone		
54 With fat, no bone		433
55 Lean only		142
56 Pork: With fat & bone		
57 With fat, no bone		
58 Lean only		85
59 Veal__ Lamb__: With fat & bone		
60 With fat, no bone		
61 Lean only		
62 Chili con carne, roast beef hash		482
63		
64		
65 Rabbit__ Game__:		
66 Poultry: With bone: Chicken		340
67 No bone:		
68 Fish:		
69 Shellfish:		
70 Tuna[3], salmon salad		213
71 Butter✓ Margarine__		204
72 Beef fat & beef fat drippings		
73 Bacon✓ Bacon & pork fat drippings__		56
74 Lard		
75 Vegetable fat		
76 Vegetable oil__ Salad dressing✓		45
77 Fat, oil, not specified		
78 Gravy: Meat, poultry✓ Milk__		132
79 Dry beans & peas, cooked		
80 Peanuts, shelled		
81 Nuts, shelled:		
82 Bread, rolls, not sweet: White		868
83 High protein		46
84 Waffles		230
85 Crackers		34

	Record G.	Recall G.
86 Cookies		71
87 Sweet buns✓ Doughnuts✓		266
88 Cake: Iced:		
Not iced: Angel, spice		160
89 Pie: Fruit✓ Custard✓ Nut__		640
90 Ready-to-eat cereal: Shredded wheat		60
91 Corn flakes, puffed rice		39
92 Other cereal: Oatmeal-raisins		170
93 Rolled oats		170
94 Macaroni, spaghetti__ Noodles__		
95		
96 White potatoes[1,3]		425
97 Tomatoes, tomato products		402
98 Deep-yellow vegetables: Carrots[1,5]		97
99		
100 Dark-green vegetables: Spinach[1]		113
101 Green pepper		30
102 Other vegetables: Lettuce		183
103 Beans[1], asparagus[1], celery, cucumbers, pickle		461
104 Tossed salad, slaw		147
105 Soup: Meat✓ Grain product__		312
Dry bean, pea✓ Vegetable__		245
Milk		255
106 Oranges✓ Lemons__: AP		194
107 EP		
108 Grapefruit: AP		1185
109 EP		
110 Citrus fruit juice: Orange		123
111 Other fruit juice: Grape		127
112 Dried fruits:		
113 Apples: AP		
114 EP		
115 Bananas: AP__ EP✓		67
116 Other fruits: AP:		
117 EP: Fruit cocktail[1], berries[1], apricots[1]		521
118 Gelatin pudding-fruit		157
119 Sugars		88
120 Sirup✓ Molasses__ Honey__		122
121 Jelly, jam✓ Fruit butters__		62
122 Candy:		
123 Water ices, sherbets		108
124 Soft drinks		696
125 Coffee✓ Tea__ cups		30
126 Beer		1800
127 Wine		
128 Whiskey, manhattan cocktail		255

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