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## Chapter XLII. FOOD VALUES.

A STUDY of food values is essential for the making of properly balanced menus. A minimum of time devoted to this subject will give one a working knowledge which will prove of inestimable value. 1

The energy value of foods and the energy requirements of the body are estimated in calories. Requirements of: 2

- When sleeping .4 calorie per pound of body weight per hour.
- At slight exercise .6 calorie per pound of body weight per hour.  
Examples: At meals, sewing, reading, writing, etc.
- At light exercise 1 calorie per pound of body weight per hour.  
Examples: Standing and walking.
- At active muscular exercise 2 calories per pound of body weight per hour.  
Examples: General housework, carpentering, tennis, etc.
- At severe muscular exercise 3 calories per pound of body weight per hour.  
Examples: Digging, horseshoeing, football, etc.

### Children

#### Age

1-2 years	900-1200 calories per day
2-5 years	1200-1500 calories per day
6-9 years	1400-2000 calories per day
10-13 years	1800-2200 calories per day
14-20 years	2300-5000 calories per day

### Adults

#### Age

20-60 years	
60-70 years	10% reduction
70-80 years	20% reduction
80-90 years	30% reduction

## How to Determine the Number of Calories Required Daily by an Individual Using the Above Table

**Woman. Age 35. Weight 125**

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Sleeping 8 hours

Slight exercise: At meals, sewing, reading, etc. 8 hours

At light exercise: Standing and walking 6 hours

At active muscular exercise: General housework 2 hours

8 \* .4 calorie = 3.2 calories

8 \* .6 calorie = 4.8 calories

6 \* 1 calorie = 6 calories

2 \* 2 calories = 4 calories

= 18 calories required per pound of body weight

125 \* 18 calories = 2250 calories for day's requirement.

Other calculations show that the needs of a person estimated in calories vary from twenty-two to thirty-five hundred for one day. Of this amount from ten to fifteen per cent (220 to 425 calories) should come from protein foods and .015 iron gram should be furnished.

It is not necessary to consider the amount of calcium (of which .7 gram is the daily requirement) if one pint of milk is supplied for each person. An adequate milk supply will furnish also one-third the amount of phosphorus required, making this calculation practically unnecessary.

Foods rich in fats have the highest caloric value, while foods rich in protein, sugar, and starch have greater caloric value than those containing much water.

The following table will enable one to calculate quickly the number of calories, protein calories, and grams of iron supplied by the more common foods. The figures for the most part are given in hundreds and even numbers to facilitate this calculation. They therefore vary slightly from those found in Bulletin 28, Department of Agriculture, but seem, nevertheless, especially well adapted for everyday use, for investigation shows that even the best authorities differ.

“The Laboratory Manual of Dietetics” by Professor Mary Swartz Rose and “Science and Nutrition” by Graham Lusk are valuable books to consult for the further consideration of this important subject.

### TABLE OF FOOD VALUES OF THE MORE COMMON FOODS

<i>Material</i>	<i>Measure</i>	<i>Weight</i>	<i>Total Calories</i>	<i>Protein Calories</i>	<i>Iron Grams</i>
Almonds	1 cup shelled	4 oz.	700	95	.0021
Apples	2 qts.	3 lbs.	600	16	.0030

Apricots, Dried	3 <sup>2</sup> / <sub>3</sub> cups (56 halves)	1 lb.	1200	84	
Asparagus	1 can	1 lb. net	80	27	.0038
Fresh	20 large stalks	1 lb.	100	32	.0043
Bacon, Smoked		1 lb.	2600	172	.0052
Bananas	3 large	1 lb.	300	14	.0018
Barley, Pearl	2 cups	1 lb.	1600	154	.0057
Beans, String	1 can	1 lb. 4 oz.	110	24	.0040
	1 qt.	12 oz.	130	28	.0059
Dried	2 cups	1 lb.	1500	408	.0300
Dried Lima	2 cups	1 lb.	1500	328	.0292
Beef, Corned		1 lb.	1200	259	.0093
Dried, Salted, or Smoked		1 lb.	800	544	.0200
Liver		1 lb.	600	350	.0118
Porterhouse Steak		1 lb.	1000	346	.0120
Roast		1 lb.	1550	428	.0155
Round, Lean		1 lb.	650	353	.0130
Rump, Lean		1 lb.	800	346	.0120
Beets	1 pt.	1 lb.	200	23	.0026
Bread, Bakers'	1 loaf	1 lb.	1100	168	.0033
Graham	1 loaf	1 lb.	1100	160	.0143
Bread Crumbs	1 cup	2 <sup>3</sup> / <sub>4</sub> oz.	200	128	.0006
Butter	1 tbsp	1/2 oz.	100		
	2 cups	1 lb.	3400	18	
<i>Material</i>	<i>Measure</i>	<i>Weight</i>	<i>Total Calories</i>	<i>Protein Calories</i>	<i>Iron Grams</i>
Cabbage	1/4 head	1 lb.	120	25	.0042
Carrot	3 large	1 lb.	150	16	.0024
Cauliflower	1 very small head	11 oz.	100	23	
Celery	1 bunch	1 lb.	60	16	.0016
Cheese, American		1 lb.	2000	522	

Neufchatel	1 cheese	2 <sup>1</sup> / <sub>2</sub> oz.	225	52	
Cherries, Candied	10 medium	1 oz.	100		
Chicken, Broilers		1 lb.	300	232	
Chocolate					
Unsweetened	1 cake	8 oz.	1400	118	
Citron		1 lb.	1400	9	
Clams, Round	1 pt.	1 lb.	200	117	
Cocoa	1 box	1/2 lb.	1100	195	
Cocanut, Shredded	1 cup	2 <sup>4</sup> / <sub>5</sub> oz.	500	20	
Corn, Canned	1 can	1 lb. 4 oz.	550	63	.0031
Corn Meal	3 cups	1 lb.	1600	166	.0048
Cornstarch	1 cup	4 <sup>1</sup> / <sub>2</sub> oz.	450	0	
Crackers, Unsweetened		1 lb.	1800	176	.0063
Cranberries	1 qt.	1 lb.	200	7	.0026
Cream, Heavy	1/2 pt.	8 oz.	800	19	.0008
Thin	1/2 pt.	8 oz.	440	23	.0004
Cucumbers	2 medium	1 lb.	68	12	
Currants, Dried	2 <sup>3</sup> / <sub>8</sub> cup	1 lb.	1400	43	
Dates, Unstoned	1 package	10 oz.	850	21	.008
Egg	1	2 oz.	75	25	.0014
Flour	1 cup	4 oz.	400	50	.0016
Entire Wheat	1 cup	4 oz.	400	62	.0053
Graham	1 cup	5 oz.	500	75	.0066
Fish					
Haddock		1 lb.	160	152	.0016
Halibut Steak		1 lb.	550	337	.0011
Lobsters		1 lb.	140	107	
Oysters, Solid		1 cup	200	100	
Salmon, Canned		1 lb.	660	353	.0026
Fowl		1 lb.	750	248	.0097
			<i>Total</i>	<i>Protein</i>	<i>Iron</i>

<i>Material</i>	<i>Measure</i>	<i>Weight</i>	<i>Calories</i>	<i>Calories</i>	<i>Grams</i>
Grapes	1 <sup>3</sup> / <sub>4</sub> cup	1 lb.	328	23	.0042
Ham, Smoked, Medium Fat		1 lb.	1600	248	.0096
Hominy, Raw	1 cup	6 oz.	600	56	
Lamb, Leg, Medium Fat		1 lb.	800	288	.0104
Loin		1 lb.	1200	290	.0120
Shoulder		1 lb.	1200	261	.0096
Chops, Broiled		1 lb.	1400	332	.0126
Leg, Hind Quarter, Medium Fat		1 lb.	850	288	.0110
Lemons	2 large	11 <sup>1</sup> / <sub>2</sub> oz.	100	9	.0013
Lard	1 cup	8 oz.	2000	0	
Lentils, Dried	2 <sup>1</sup> / <sub>3</sub> cups	1 lb.	1581	466	.0096
Lettuce	1 head	9 oz.	50	12	.0025
Macaroni, Uncooked	1 cup	4 oz.	400	60	
Milk, Skim	1 cup	8 <sup>1</sup> / <sub>2</sub> oz.	80	32	.0050
Whole	1 cup	8 <sup>1</sup> / <sub>2</sub> oz.	170	34	.0005
Molasses, Cane	1 cup	12 oz.	900	33	
Mushrooms	44	1 lb.	200	63	
Oats, Rolled	1 cup	2 <sup>3</sup> / <sub>4</sub> oz.	300	48	.0027
Oil, Salad or Cooking	1 tbsp.	2 <sup>2</sup> / <sub>5</sub> oz.	100	0	
Onions	4 <sup>1</sup> / <sub>2</sub> large	1 lb.	200	25	.0022
Orange Juice	1 cup	8 oz.	100	0	
Oranges	1 large	9.5 oz.	100	6	.0006
Peanuts	1 cup shelled	5 <sup>1</sup> / <sub>3</sub> oz.	800	156	.0028
Peas, Canned	1 can	1 lb. 4 oz.	300	78	.0045
Dried	1 cup	8 oz.	800	222	.0120

Pecans, Shelled	1 cup	5 <sup>1</sup> / <sub>3</sub> oz.	1100	58	
Pineapples	1 can	1 lb. 4 oz.	800	8	.0088
Pork, Loin Chops, Medium Fat		1 lb.	1200	243	.0084
Salt Fat		1 lb.	3500	34	.0014
Potatoes	4 medium	1 lb.	300	32	.0045
Prunes	46 (2 <sup>2</sup> / <sub>3</sub> cups)	1 lb.	1200	32	.0108
Rice	1 cup	8 oz.	800	74	.0024
Raisins	1 cup	5 <sup>1</sup> / <sub>3</sub> oz.	500	15	.0050
<i>Material</i>	<i>Measure</i>	<i>Weight</i>	<i>Total Calories</i>	<i>Protein Calories</i>	<i>Iron Grams</i>
Rye Meal	1 cup	4 <sup>1</sup> / <sub>8</sub> oz.	400	31	
Sausage, Pork		1 lb.	2000	235	.0080
Spinach	1 pk.	3 lbs.	300	105	.0399
Sugar, Confectionery	1 cup	4 <sup>1</sup> / <sub>2</sub> oz.	500	0	
Brown	1 cup	5 <sup>1</sup> / <sub>2</sub> oz.	600	0	
Granulated	1 cup	8 oz.	900	0	
Tapioca (Pearl)	1 cup	6 oz.	600	21	
Tomatoes, Fresh	4 medium	1 lb.	100	16	.0017
Canned	1 qt. can	2 lbs. 1 oz.	200	43	
Tripe		1 lb.	260	212	
Turkey		1 lb.	1000	292	.0110
Turnip	2	1 lb.	150	16	.0019
Veal, Breast, Medium Fat		1 lb.	700	280	.0098
Leg, Medium Fat		1 lb.	600	280	.0114
Liver, Medium Fat		1 lb.	550	344	.0126
Loin, Medium Fat		1 lb.	670	290	.0162
Walnuts	1 cup	4 oz.	800	83	.0023

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Cards may be used keep records of the food values of recipes or meals, ruled and made out as follows: 10

Recipe or Meal					
Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams

**HOW TO ESTIMATE THE FOOD VALUE OF A RECIPE**

**Illustration. Baking Powder Biscuits**

First enter the list of ingredients with the amount of each required. Consult Table of Food Values for the protein, iron grams, and total calories, and enter in their respective columns. 11

<i>Recipe or Meal: Baking Powder Biscuit</i>					
Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Flour	2 cups		800	100	.0030
Lard	1 tbsp.		125		
Butter	1 tbsp.		100		
Milk	1/2 cup		85	17	.00025
Totals			1110	117	.00325

**HOW TO ESTIMATE THE FOOD VALUE OF A MEAL**

**Illustration. Breakfast for Four**

First enter the list of food to be served with the amount of each required. Consult Table of Food Values for the protein, iron grams, and total calories and enter in their respective columns. 12

<i>Recipe or Meal: Breakfast for Four</i>					
Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Oranges	4 (large)	38 oz.	400	28	.0024
Hominy	3/4 cup	4 1/2 oz.	450	42	
Baking Powder Biscuits	see recipe card		1110	125	.00325
Sugar	1/4 cup	2 oz.	225		
Whole Milk	2 cups		349	68	.0010
Butter	2 tbsps.	1 oz.	200		
Totals			2725	263	.00665

**HOW TO ESTIMATE THE FOOD VALUE OF A DAYS RATIIONS**

Calculate lunch and dinner same as breakfast, entering on cards as follows: 13

<i>Recipe or Meal: Lunch or Supper</i>					
Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams

Macaroni		1/4 lb.	400	60	
Cheese		2 oz.	150	65	
Thin White Sauce	2 cups	p. 266	815	77	.0013
Golden Corn Cake Recipe		p. 75	1470	162	.0057
Butter		2 oz.	400		
Lettuce	1/2 head		25	6	.00125
Oil	2 tbsps.		200		
Bananas	3	1 lb.	300	14	.0018
Cream	1/4 pt.		220	11	.0002
Totals			3980	395	.00965

**Recipe or Meal: Dinner**

Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Beef Rump, Lean		1 lb.	800	346	.0120
Potatoes	4	1 lb.	300	32	.0045
Spinach	1/2 pk.		150	52	.0199
Norwegian Prune Pudding	p. 416		1650	16	.0054
Cream	1/4 pt.		220	11	.0002
Bread	1/2 loaf	1/2 lb.	550	84	.00165
Butter		1 oz.	200		
Totals			3870	541	.04365

Enter meals as follows:

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<b>Recipe or Menu: Day's Ration for Four</b>					
Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Breakfast			2725	263	.00665
Lunch or Supper			3980	395	.00965
Dinner			3870	541	.04365
Totals			10,575	1199	.05995
Required			10,000	1,000	.06
			to	to	
			12,000	5,000	

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