

TABLE 12—Food constituents of hepatitis diet, July 1944 to March 1945

Menu	Weight (gm.)	Protein (percent)	Fat (percent)	Carbo-hydrate (percent)	Calories (percent)
Breakfast:					
Fresh orange	150	0.135	0.3	16.8	75.0
Stewed apricots	100	5.2	.4	66.9	292.0
Cooked cereal	100	2.3	1.2	11.0	64.0
Bread	30	2.55	.6	15.7	78.0
Jam	¹	.05	.03	7.08	29.0
Skim milk	50	17.8	.5	26.0	180.0
Coffee	²				
Total		28.035	3.03	143.48	718.0
Dinner:					
Broiled steak (raw weight)	100	30.0	6.0		174.0
Fat-free tuna salad	100	6.05	2.7		48.5
Fat-free mashed potato	100	2.4	.1	19.1	85.0
Bread	30	2.0	.6	15.7	78.0
Jam	¹	2.55	.03	7.08	29.0
Skim milk	50	17.8	.5	26.0	180.0
Peaches	100	.4	.1	18.2	75.0
Egg whites (2)		10.8		.8	32.2
Fat-free string beans	100	.5	.2	7.7	42.0
Total		72.50	10.23	94.58	743.7
Supper:					
Fat-free roast beef (raw weight)	100	30.0	6.0		174.0
Fresh potato	100	2.0	.1	19.1	85.0
Fat-free hot vegetable	100	1.5	.1	11.5	53.0
Bread	30	2.55	.6	15.7	78.0
Jam	¹	.05	.03	7.08	29.0
Skim milk	50	17.8	.5	26.0	180.0
Pears	100	.2	.1	18.4	75.0
Total		54.10	7.4	97.78	674.0
Skim milk (for cooking)	90	32.0	.9	46.8	323.1
Grand total		186.635	21.56	382.64	2,458.8

¹ Tablespoon.² Cup.

NOTE.—Fat was excluded or washed out of fat-free items.

Source (1) Berger, Florence M.: History of the Medical Department Dietetics Service in the Mediterranean Theater of Operations, U.S. Army, 1942-45. [Official record.] (2) Manchester, Katharine E.: History of the Army Dietitian. [Official record.]