

TABLE 13—Food constituents of hepatitis diet initiated in March 1945

Menu	Weight (gm.)	Protein (percent)	Fat (percent)	Carbohydrate (percent)	Calories
Breakfast:					
Fresh orange juice	200			20.0	80
Whole wheat cereal	30	3.5	0.6	22.7	110
Soft-cooked egg	50	6.4	5.8	.4	79
Toast	70	6.0	2.0	36.0	186
Butter	10	.1	8.1		73
Jam	40	.2	.12	28.4	116
Coffee, with sugar	39			39.0	156
Skim milk ¹	250	18.0	.5	26.0	181
Total		34.2	17.12	172.5	981
Dinner:					
Choice steak (raw weight)	240	40.6	14.4		292
Mashed fresh potatoes	100	4.3	1.1	22.4	117
Savory string beans	100	1.0	.1	3.3	18
Fruit salad	130	.4	.3	26.1	108
Bread	70	6.0	2.0	36.0	186
Butter	10	.1	8.1		73
Jam	40	.2	.12	28.4	116
Butterscotch pudding	130	4.7	.5	35.5	165
Skim milk ¹	250	18.0	.5	26.0	181
Total		75.3	27.12	177.7	1,256
Supper:					
Roast beef (raw weight), with natural gravy	240	40.6	14.4		292
Dumplings	120	7.6	1.1	24.6	139
Creamed peas	100	5.6	.26	13.4	78
Carrot strips	100	1.2	.3	9.3	45
Bread	70	6.0	2.0	36.0	186
Fresh butter	10	.1	8.1		73
Jam	40	.2	.12	28.4	116
Sliced pineapple	100	.4	.1	14.5	60
Skim milk ¹	250	18.0	.5	26.0	181
Total		79.7	26.88	152.2	1,170
Evening nourishment:					
Vegetable soup	175	5.75	1.5	14.5	94
Toast	70	6.0	2.0	36.0	186
Butter	10	.1	8.1		73
Skim milk ¹	250	18.0	.5	26.0	181
Total		29.85	12.1	76.5	534
Grand total		219.05	83.22	578.9	3,941

¹ One part skim milk powder (50 gm.) to four parts of water (200 gm.).

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.]