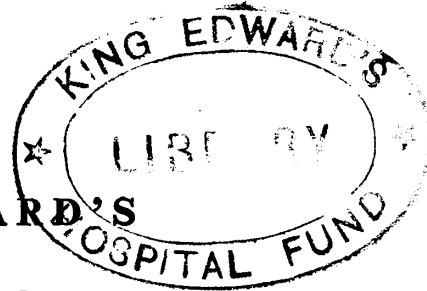


**KING EDWARD'S
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MEMORANDUM ON SPECIAL DIETS

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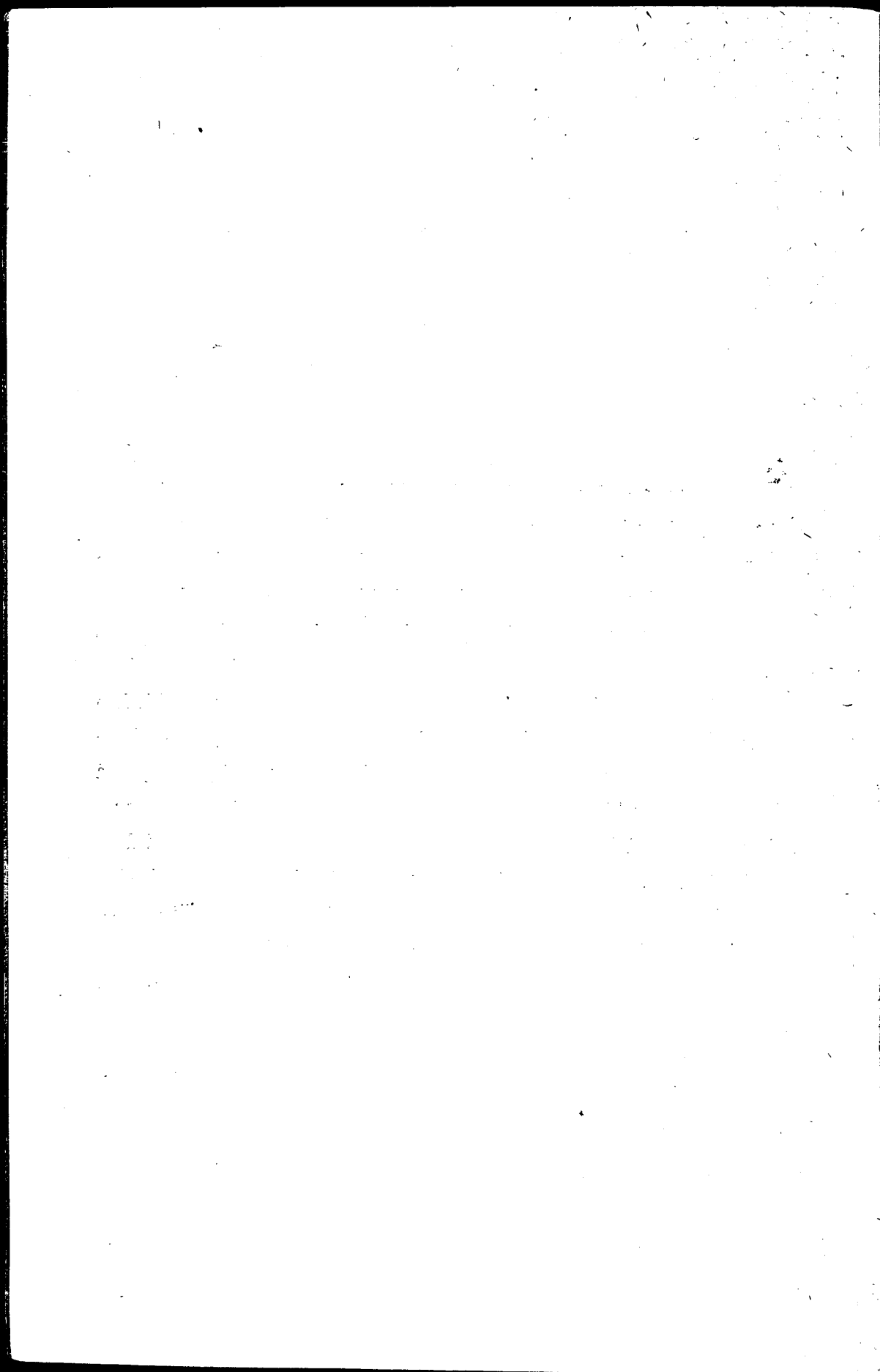
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FOREWORD

There are few hospitals in which those responsible for the treatment of patients do not prescribe from time to time, as part of their treatment, diets chosen and prepared in some "special" way. In most of our larger hospitals trained dietitians are employed to plan and prepare such "Special Diets" in accordance with a doctor's instructions. There are, however, many smaller hospitals where there are no dietitians and it may then be left to busy catering officers, kitchen superintendents, housekeeping or ward sisters to cope with the provision of special diets as best they can. There is no doubt that usually a situation of this kind is met with resourcefulness and a large measure of success. Nevertheless, it is felt that the task of providing special diets would often be made easier by explanations, in simple terms, of what these diets set out to do and of the ways and means of providing them. This is the object of the present booklet and it is hoped that it will prove useful to ward sisters and all concerned with catering in hospitals where there is no dietitian.



MEMORANDUM ON SPECIAL DIETS

INTRODUCTION

Special or therapeutic diet is a name given to a dietary regime which has been designed to assist in the treatment of a disease. Thus part of the treatment for diabetes mellitus (or sugar diabetes) is to control the patient's intake of carbohydrate and this may be achieved by means of a 'special diet' in which the amount of sugar and starch (carbohydrates) is limited to a specific quantity each day. The nutritional content of the diet may be restricted, as in the case already mentioned, or it may be that to suit the patient's need, the consistency of food must be altered; e.g. in cases of obstruction in the throat or gullet, all food must be presented in a liquid or semi-solid form. Whatever alterations are needed, whether they be in the content of the diet or merely in the consistency in which food is presented, the dietary *must contain all the essential nutritional factors*. Too often in the past a special diet has been so restricted as to exclude one or more essential nutrients, with the result that far from a disease being cured another has made its appearance. A glaring example of this is to be found in the old 'gastric' regimes which consisted of milk, milk and yet more milk. Milk is an excellent food but is lacking in iron so that a patient kept too long on a milk diet can develop iron deficiency anaemia.

ESSENTIALS OF A BALANCED DIET

Special diets, therefore, must contain all the nutrients and in sufficient amounts, not only to hasten the patients recovery in hospital but also to support him in good health, if he needs to continue dietary treatment when he returns to a normal life. As a simple guide a nutritionally adequate diet may be said to contain:—

- (a) **PROTEIN TO BUILD AND REPAIR TISSUE.** Children, expectant and nursing mothers and those who have experienced tissue damage either from surgery, burns or accidents of one kind or another, need a larger proportion of protein in their diet than others. Children and expectant mothers need it because they are growing or laying down new tissues, nursing mothers because their milk contains a considerable quantity of protein to nourish the baby and those who have experienced tissue damage because, if they are to recover, the damage must be repaired. Therefore the patients in the children's

ward, maternity ward, surgical ward and those in other wards who may be suffering from after effects of burns, broken bones, etc. should have a larger proportion of the protein foods in their dietary than other patients or staff.

Foods rich in protein are milk, cheese, eggs, butcher's meat, offal, bacon, poultry and fish. These are the animal protein foods and are good tissue builders. But the proteins of vegetable origin found in such foods as soya flour, peas, beans, lentils, flour, oatmeal and bread are not to be despised. They are not quite such good builders as the animal proteins and give the best results if used in combination with animal protein foods. Thus it is never wholly satisfactory to serve a vegetable stew or hot pot, but far better, both from the culinary and the nutritional standpoint, to serve meat (animal protein) with the vegetables.

- (b) CARBOHYDRATES AND FATS TO PROVIDE ENERGY. The amount of energy-giving food required each day is dependent upon a number of things but chiefly on the physical work done by the person concerned. Physiologically 'work' means bodily activity. Thus a person who sits at a desk most of the day but who plays vigorous tennis or swims or cycles a great deal may be "working" harder than one whose job involves some muscular activity but who is taking no other exercise. It must be remembered that although patients are not exercising vigorously they may still require relatively large amounts of the energy-giving or calorie foods. For example, patients with even a slight degree of fever are burning up their food more quickly than normal people because for every 1°F rise in body temperature, e.g. from 98.4°F which is the normal temperature to 99.4°F, there is an increase of 7% in the rate at which food is burnt.

Energy-producing foods include fats, butter, margarine, cooking fat, olive oil (these are more or less 'pure' fats) and foods rich in fat such as bacon, ham, fat meat, kippers and other fat fish, cheese and eggs. Fats are much more concentrated energy foods than carbohydrates and are therefore very valuable when a high calorie non-bulky diet is needed. Foods which are mainly composed of carbohydrates are sugar, jam and other preserves, sweets, chocolates, cakes, pastries and biscuits. These give a high calorie yield but are more bulky than fats, when compared as sources of a given amount of energy. Among the rather less concentrated carbohydrate foods are bread and potatoes. Most varieties of fruit and vegetables give relatively few calories and are to be reckoned as bulky foods.

In healthy adults, good appetite and a constant body weight, taken together, are sound guides as to the adequacy of the calories supplied by the diet. An increase in weight means that more calories are being eaten than are being used, whereas a loss means that too few are consumed to offset bodily activity. In disease many factors influence the

patient's need for energy foods but this is not the place in which to discuss them. The hospital caterer should be content to supply calories in the form of appetising dishes which his patients and staff will eat and enjoy. He should also ensure a liberal supply of potatoes, bread and puddings, etc. in order to satisfy the appetites of those whose energy requirements may be larger than usual.

- (c) **PROTECTIVE FOODS TO SUPPLY MINERAL SALTS AND VITAMINS.** It is impossible to give a brief outline of so complex a subject as this. Suffice it to say that if foods from the following three groups are taken in the daily diet any deficiency of vitamins or mineral salts is unlikely:—

Vitamin A & D are found in:—

Fatty fish
Liver
Eggs
Whole milk
Cheese
Butter
Margarine.

Vitamin A, as carotene, in such green and red vegetables as cabbage, spinach, curly kale, tomato and carrot.

Milk and cheese, and to a lesser extent green vegetables, are rich sources of *Calcium*.

Vitamin C is found in varying amounts in fresh vegetables and fruits:—

Rich Sources are:—

Summer berry fruits,
especially blackcurrants,
Citrus fruits (orange,
grapefruit, etc.)
Cabbage, cauliflower,
brussels sprouts, water-
cress, parsley, new
potatoes, spinach,
runner beans,
Rosehip syrup
Orange juice.

Fair Sources are:—

Lettuce, tomatoes, parsnips,
peas, Bramley seedling apples,
old potatoes, swedes, black-
berries, apricots, peaches.

Poor Sources are:—

Apples, pears, cherries, plums, bananas, onions, carrots, celery,
vegetable marrow.

Note: Canned, dehydrated or quick frozen fruits and vegetables often compare favourably with freshly cooked ones, but fruits and vegetables dried by ordinary commercial processes contain none, the vitamin being destroyed during processing.

Vitamins of the 'B' Complex and Iron are found in :—

Oatmeal.

National bread and flour and dishes made with these.

Pulses (dried or fresh).

Animal protein foods, i.e. meat, eggs, fish, milk and cheese (the two last named are lacking in iron).

At the risk of over-simplification a "balanced diet" may be said to be one in which there are included every day :—

- (a) At least one portion of meat or bacon, poultry, etc., fish, cheese, or eggs at each of the three main meals (breakfast, midday and supper) *and* not less than one pint of milk. Children, expectant and nursing mothers and post operative cases will need 2 pints of milk, or in some instances, even more.
- (b) A sufficiency of fats and carbohydrates to satisfy the appetite and to keep, in the case of adults, a constant body weight.
- (c) One serving of potatoes and at least one of fresh vegetables, salad or fruit from among those rich in vitamin C.

SPECIAL DIETS

Individual dietary treatment of a patient can be achieved only by one with the necessary qualifications and one who has the necessary time. Therapeutic dietitians are employed in relatively few general hospitals and thus in the majority there would seem to be a choice between no special diets or special diets prepared by the general catering staff under the direction of the medical and nursing staffs. This pamphlet is designed to help the catering officer in meeting orders for the more usual and simple special diets, and the ward sister, who will often be responsible for seeing that her patients on special diets do in fact receive the food they need to assist in their recovery.

With good organisation, most of the food for special diets can be prepared and cooked with that for the full or light diets. In other words there is little need for special dishes if the full and light diets are planned with care. To take one or two simple examples :—

A. Full Diet Dinner of :—

Roast meat
Thick gravy
Roast potatoes
Boiled potatoes
Yorkshire pudding
Greens
Baked apple
Custard

The above meal would be suitable for most diabetic patients with the omission of Yorkshire pudding, thick gravy and custard and apples

would have to be cooked without sugar. With similar omissions and the exclusion of roast potatoes the same meal would be suitable for patients on a reducing diet.

B. *Light Diet Dinner of:—*

Rabbit stew
Riced potatoes
Carrots with parsley sauce
Stewed apples.
Tapioca pudding

This meal would also be suitable for convalescent stage gastric patients; by mincing the rabbit and sieving the carrot, for the more acute gastric cases and by cooking foods without salt, it would be a suitable dinner for those on low salt diets. For those requiring low fat diets, parsley sauce would be omitted or a "low fat" sauce substituted.

When planning his menu the catering officer should keep the special diets in mind and should note which dishes are suitable for particular diets. In this way it is only an occasional dish, such as a pudding or fruit without sugar, for a diabetic or reducing diet, which needs to be specially prepared. (See specimen kitchen sheet for details).

The responsibility for prescribing the diet rests with the doctor and the responsibility for ordering the food required and for weighing and serving the diet, in the absence of a dietitian, must rest with the *ward sister or her deputy*. The catering officer should provide attractive food from his kitchen in accordance with *the sisters orders, which in turn are derived from the doctor. On no account should the catering officer take responsibility for a patient's diet and in the event of a diet being ordered by name only, he should ask the sister what food is required.*

DIET IN DIABETES

In diabetes the body loses its ability to utilise sugar and in consequence the whole chemistry of the body is upset. Much harm can be done by careless dieting and therefore the caterer should follow *exactly* the doctor's orders, forwarded to him by the ward sister. All the arranging of the diet and weighing of food *must be left to the nursing staff* who understand the treatment of the disease and its relation to the diet. The caterer should remember that the following foods are, as a rule, strictly forbidden and care should be taken to exclude them entirely from dishes prepared for diabetic patients:—

Foods usually forbidden:—

Sugar (all dishes may be sweetened with saccharine)
Jam and all preserves
Sweet cakes, pastries and puddings
Sweets and chocolate (except diabetic chocolate)
Gravy or soups thickened with flour, cornflour, pea flour,
etc.

Sauces—white, parsley, tomato, etc., etc.
Tinned meats to which cereal has been added
Sausage, polony, black puddings, etc.

Foods normally suitable for diabetic patients are: (*Note all these foods are allowed only in accordance with the doctor's orders*).

Breakfast

Bacon, bacon and egg, ham, cod's roes, haddock, kipper, herring or egg.

These foods may be poached, boiled or fried.

Dinner

Meat, chicken or other poultry, tongue, liver, kidney, heart, tripe, fish.

These foods may be cooked in any way but *must not be served with thickened gravy or sauce or coated with batter or crumbs preparatory to frying*.

Green vegetables or salad of any kind, or swedes, tomatoes, carrots or turnips.

Potatoes

Fresh fruit raw (not banana) or stewed without sugar or

Egg custard, junket, jelly—no sugar.

Tea

Green salad or fresh fruit (not banana)

Egg, cheese, meat, salmon, sardines—if ordered.

Supper

Meat, cheese, egg, poultry, etc. as at midday

Salad or green vegetable

Fresh fruit raw or stewed, sweetened with saccharine.

REDUCING DIETS

A reducing diet is designed to cause loss of body weight. It follows that if this is to be accomplished, the amount of energy derived from the food must be less than that expended in bodily activity. The balance of energy needed will come from the breaking down of the patient's own tissues. It is important that weight is lost by consuming fatty or adipose tissues and *not* protein or muscular tissues. The reducing diet should therefore contain about the normal, or possibly more than the normal, amount of protein. This nutrient tends to quicken the rate at which food burns and is therefore useful in hastening the burning or reduction of unwanted fatty tissue.

In respect of every requirement other than that of total calories, a reducing diet must completely satisfy the body's nutritive needs. The importance of protein has been remarked on, but no less important are the vitamins and mineral salts. Many 'slimming' diets can be regarded with suspicion because they rigorously exclude milk, butter and other fats and thereby bring the quantities of fat-soluble vitamins and calcium in the diet to dangerously low levels.

Reducing diets, unless otherwise directed by the doctor, should include at least $\frac{1}{2}$ pint milk daily and butter and cheese should not be excluded. The calories as a rule, can be sufficiently lessened by cutting down the consumption of bread, cakes, pastries and sweets.

Many people afflicted by obesity have large appetites. In order to help them satisfy appetite but not, at the same time, to increase their intake of energy, plenty of bulky, low-calorie foods should be supplied. For example large helpings of salad and green vegetables may be eaten or the pangs of hunger may be relieved by clear soups, cups of tea with little milk and no sugar or by meat or vegetable extracts diluted with water.

As with a diabetic diet the actual weighing and arrangement of the diet and the serving of food must be left to the nursing staff. The caterer, however, should supply suitable foods as indicated below:—

Foods Forbidden

Duck; pork; fat meat
Sausages and canned meat containing added cereal
Cakes, biscuits, buns, pastries
Vermicelli; macaroni; and all other cereals including porridge and breakfast cereals
Chocolate; cocoa and all other foods added to milk
Milk, steamed or baked puddings
Sugar: jams and other preserves
Ice cream; cream and all mock creams
Sweetened and evaporated canned milks
Pulses, including baked beans
Thick soups, thickened sauces and gravies
All fried foods
Grapes, bananas, tinned, dried or crystallised fruits
Nuts and coco-nut
Fruit cordials and squashes
Beers, wines, cider, ginger ale.

Foods Allowed

Lean meat of any kind except pork or duck, cooked in any way except fried and served without a thick gravy or sauce
Lean ham; grilled bacon; without added fat
Chicken; rabbit; tripe; sweetbreads; heart; kidney; liver
Clear soups and meat extracts made with water
Cheese and eggs; the latter cooked in any way except fried or scrambled
Fish: white fish, kipper or herring; not fried
Vegetables: all green vegetables and salad, served without dressing or olive oil. Tomatoes; vegetable marrow, swedes; turnips, parsnips; fresh peas; runner or French beans.
Fruit: served without sugar, sweetened with saccharine if necessary
Milk: usually in restricted amounts
Butter and margarine in restricted amounts
Bread and potatoes in restricted amounts.

Dishes suitable for a reducing diet

Breakfast

Normal serving of fruit, stewed or fresh, without sugar but sweetened with saccharine if desired.

AND normal portion of:—

Bacon with minimum fat served with tomatoes (*not* baked beans, fried bread or fried potatoes).

or

Lean ham; egg (not fried or scrambled); haddock or white fish; kipper or herring; fish roes.

No sausage, bacon and potato cake, sausage cake or meat canned with cereal.

Dinner

Normal serving of meat (cooked in any way but *not* fried or served with thick gravy)

White fish (not fried) or liver, or sweetbread or chicken or rabbit

Boiled or riced potatoes (these if allowed, will be weighed by the nursing staff)

Any green vegetable or salad, marrow, cauliflower, swedes, carrots, onions or leeks.

(*NOT* dried pulses)

AND

Junket without sugar

or egg custard without sugar

or stewed or fresh fruit, sweetened with saccharine if desired.

NO STARCHY PUDDINGS OR PASTRY

Tea

Salad vegetables such as watercress, lettuce, tomatoes, raddish, spring onion, endive, mustard and cress or cucumber.

or orange or apple

Fish, cheese, egg or meat may be ordered for this meal.

Supper

Clear soup (no thickening of any kind)

Normal serving of lean meat, kipper, herring or cheese.

or Egg (not fried or scrambled)

AND Fresh or stewed fruit *without added sugar or golden syrup*, (sweetened with saccharine if desired).

DIETS FOR "GASTRICS"

In the catering department the term "gastric" covers a multitude of different diseases but the catering officer is not concerned so much

with the differential diagnosis of stomach disorders as with providing suitable food to comply with the ward sister's requests for her patients. The catering officer should be warned, however, that there are almost as many types of gastric diets as there are doctors specialising in the treatment of disorders of the stomach and he would be wise to carry out *exactly the doctor's orders, transmitted by the sister.*

As a general guide to most dietary regimes the following foods are:—

Forbidden

Highly seasoned foods, e.g.
curry pickles, sausages
Fried foods
curry, pickles, sausages
plain cake or biscuits
Brown and new bread
Fat meats, e.g. pork; duck;
high game
Fruits or vegetables containing
pips or much tough cellulose
such as figs, raspberries,
raddish, celery, peas, beans,
(especially if dried). Also
leeks, onions and rhubarb
Raw fruit and vegetables
Nuts and coco-nut
Oily fish such as mackerel,
herring, kipper or sardine
(canned salmon is usually
well tolerated and can be
used in fish creams, etc.)

Allowed

Milk and milk products;
cheese, butter
Eggs, unless fried
Margarine
Lean beef or lamb
Chicken, liver, tripe, rabbit,
brains, sweetbreads
White fish or smoked cutlets
or haddock
White, parsley or egg sauce
Canned salmon
Bread, plain biscuits, sponge,
maderia or similar plain cake
Milk puddings of all kinds,
including milk jelly and
junket
Light steamed or baked pudding
Cauliflower (flower only),
marrow, tender greens
Mashed, creamed or duchess
potatoes
Other vegetables should be
minced or pureed
Stewed and strained apples,
pears, prunes, apricots, black-
currant puree, rosehip syrup
and fresh orange juice

Dishes suitable for gastric diets are given below but it should be noted that:—

- (i) Gastric diets are often expected to conform to a specified "stage" in the patient's condition. Thus during the first stage when the disease is active, milk drinks only may be allowed and these will be prepared by the nursing staff. As the patient's condition improves a stage is reached when sister will order more solid food, e.g. pounded fish or chicken, later still the patient will be allowed whole fish and chicken and an altogether wider range of foods. The caterer

should note carefully whether whole, pounded or minced foods are ordered.

In this connection it should be noted that food pulverised in one of the mechanical pulverisers now on the market, is just as suitable as sieved or strained food and is more quickly and easily prepared.

- (ii) Vitamin C tends to be deficient in "gastric" diets. Care must be taken therefore to include a rich source in the day's menu, such as blackcurrant purée, rosehip syrup or concentrated orange juice.
- (iii) Gastric diets, especially when the patients appetite is small, may well be deficient in protein. It may therefore be advisable to add dried milk to fresh milk, in the proportion of 1 oz. to 1 pt. milk and to use this mixture for making puddings, sauces, custards, porridge, etc.

Dishes suitable for "Gastric" diets — for recipes see appendix.

Breakfast

Porridge, preferably made with milk and dried milk added in the proportion of 1 oz. milk powder per pint milk.
Lightly grilled bacon or lean cold ham (suitable for convalescent stage only)
or Poached golden fillets or poached finnan haddock
or Grilled sole or plaice fillets
or Eggs — not fried
or Soft roes

Dinner

Chicken, rabbit, fish, minced liver, brains, sweetbreads, soft roes, tripe (no onions), served with suitable sauce.
or Minced tender lamb or beef
These foods may be boiled, stewed or steamed *never* fried. It may be necessary to mince or pound chicken, rabbit, fish and meat.
Mashed, creamed or riced potatoes
Sieved cabbage, spinach, kale, carrots, fresh peas
or whole cauliflour (flower only) or marrow

AND Milk or light steamed or baked pudding

Supper

Milk soups
or light savoury
Light sweet

For suitable recipes see appendix.

(None of these dishes should be used unless the doctor's permission has been obtained).

"BLAND" OR LOW RESIDUE DIET

The object of a bland diet (sometimes known as "low residue") is to exclude any foods which, after digestion, will leave large quantities of roughage or cellulose, liable to irritate a diseased intestine. The foods which contain cellulose in quantities likely to do this are:—

Vegetables:

Especially peas and beans, cabbage, savoy, brussels sprouts, salad vegetables, celery, swedes, parsnips and turnips.

Fruits:

Especially those containing pips, skins and seeds, i.e. raspberries, blackberries, tomatoes and prunes, figs, damsons, plums and nuts. Also preserves containing pips and seeds, etc.

Whole cereals:

Coarse oatmeal, All Bran, wholemeal flour and wholemeal bread.

A low residue diet is usually based on a light diet *but* all fruits and vegetables present in it must be pureed, i.e. passed through a fine sieve. Most fruits and vegetables treated in this way lose much of their vitamin C during preparation, therefore, at least one rich source, such as rosehip syrup, blackcurrant puree or fresh orange juice should be included in the menu each day.

Dishes suitable for a low residue diet are:—

Breakfast

Porridge (sieved if made with coarse oatmeal)
Average serving of lightly grilled bacon, or ham, or egg,
boiled, poached or scrambled, or white fish or smoked
haddock.
Jelly-marmalade or honey

Dinner

Average serving of lean tender meat or offal
or Chicken
or White fish or canned salmon
or Rabbit
or Egg or cheese dish (as suggested for "gastric diets")

AND Mashed or creamed potatoes
sieved vegetable or whole cauliflower (flower only) or
vegetable marrow

AND Milk pudding or blancmange, junket, milk jelly or ice
cream, served with blackcurrant jelly or puree or rose-
hip syrup or orange juice.
or Plain baked or steamed sponge pudding with syrup or
strained jam sauce.

Tea

Plain cake or sponge cake or plain biscuit, Jelly-jam or syrup or honey, or yeast and vegetable extract.

Supper

Small portion milk soup containing pureed vegetables (optional)

Average serving cheese or egg dish
or Rabbit, poultry, fish, etc.—as at midday

AND Mashed potato and vegetable puree, if required

AND Light milk sweet as at midday.

DIET FOR OCCULT BLOOD TEST

If slow bleeding into the intestine is suspected it may be necessary to carry out a test for blood in the stools. For from three to six days prior to this test (the length of this preparation period varies in different hospitals), the dietary must be entirely free from certain colouring matters including the green colouring of vegetables (chlorophyll) and the red colouring of animal blood in meat. If an "occult blood test diet" is ordered the following foods must be rigorously excluded until the caterer is notified to the contrary:—

Foods to be excluded:—

Ham, bacon, chicken, rabbit, sweetbreads, liver, heart, kidneys, sausages, canned meats, meat soups, meat gravy and meat of all kinds and all dishes containing any of the foregoing.

All green vegetables, tomatoes and carrots.

Foods allowed (subject to the doctor's orders) are:—

White fish, cheese, egg, potato—mashed, riced or boiled—milk pudding (rice, sago, tapioca, ground rice), junket and egg custard.

HIGH PROTEIN DIET

Diets rich in protein are ordered for a variety of diseases. Some are intended for very ill patients and therefore should be similar to a light diet, whereas others are for patients who can eat a full dietary. Sometimes the doctor will order a definite amount of protein but more often the request is for a "high protein" diet. Where the amount of protein is not specified it can usually be taken that the diet should contain 100—120 gms. daily. A good hospital diet, i.e. one in which a portion of meat, bacon, fish, eggs, cheese or poultry is served at each of the three main meals and which contains, in addition, a pint of milk daily, would give approximately 90 gms. protein; thus to obtain a "high protein" diet, food to provide a further 10—30 gms. must be added. As the patient is unlikely to be able to eat a much greater than normal bulk, the extra protein should be added to his existing diet in a very concen-

trated form. Experience has shown that one of the simplest ways of doing this is to use a protein concentrate which can be obtained under various trade names. This should be added to milk in the proportions recommended on the tin. One pint of such protein enriched milk should be consumed by the patient daily in the form of flavoured milk drinks and at least one pint of ordinary milk, in milk puddings, custards, sauces, etc. The enriched milk may be made in the ward kitchens, protein concentrate being supplied direct to the wards.

In order to ensure that the mere addition of enriched milk will increase protein to the required level, it is of course essential to see that the basic dietary is sufficiently rich in this nutrient. A high protein diet should therefore contain the following and it is well to remember that the servings of meat, fish, cheese, etc. (i.e. the animal protein foods) should be slightly larger than normal:—

Breakfast

Porridge or cereal. To increase protein the porridge should be made with milk and dried milk added in the proportion of 1 oz. powder to each pint. (see also 'Gastric' Diets). Similarly dried milk may be added to fresh milk and used for making milk puddings, sauces, custards, etc.

AND Good portion bacon or bacon and egg, or ham, fish, sausage or egg.

Avoid bacon and potato cakes, sausage cakes, fish cakes, or similar dish in which the animal protein is "diluted" with potatoes or other non-rich protein food.

If tomatoes or beans on toast appear on the general menu, the "high protein" diets should receive bacon or fish, etc.

Midmorning

Enriched milk drink. Protein concentrate should be supplied to the ward so that drinks may be prepared in the ward kitchen.

Dinner

Good portion meat or fish, poultry, liver, heart, etc.

Mashed, riced, boiled or roast potatoes and second vegetable.

AND Milk pudding or custard and fruit *or* Baked or steamed pudding with appropriate sauce.

Tea

Portion of cheese, meat, fish (sardines, salmon, etc.) or egg.

Tomato or small portion salad

Supper

Good portion, meat, ham, poultry, fish, cheese, or egg dish.
Potato and salad or second vegetable.
Milk pudding, blancmange or milk jelly.

Bulky foods of low food value, such as soup, should be avoided and only medium portions of bulky vegetables and salads should be provided.

It may sometimes happen that a high protein, low salt diet is ordered. This is difficult to achieve in a main kitchen but a choice of foods as suggested under "salt poor diet" and with the addition of reinforced milk, will go some way toward meeting the required dietary.

DIET LOW IN PROTEIN

Protein-rich foods, examples of which have been given already, obviously must be restricted in a low protein diet. How much they are to be restricted will depend on the doctor's orders, but the caterer is concerned only with the kind of food and the types of dishes he may prepare for patients needing low protein diets.

It will be remembered that foods rich in protein are:—

Animal in origin

Milk, dried, fresh and canned
Meat, poultry, bacon, offal
etc.
Fish, fresh and canned
Eggs
Cheese

Vegetable in origin

Pulses, i.e. peas, beans, lentils.
Wholegrain cereals
Nuts
Soya bean and flour

All the above foods may be allowed in limited quantities only, but the nursing staff, working to the doctor's orders, will serve the required amounts.

The following dishes would be suitable for a restricted protein menu:—

Breakfast

Raw or stewed, fresh or dried fruit with sugar
or Breakfast cereal with fruit
or —if allowed—cereal or porridge with small quantity
milk
or Tomatoes or mushrooms on toast (no baked beans)

Dinner

Small serving fish or chicken, rabbit, tripe or meat (some
doctors disallow red meat)
Any vegetable except pulses
Potatoes cooked in any way.

AND Stewed fruit or light steamed baked sponge pudding with jam or syrup sauce

or Fruit mould with strongly flavoured fruit juice, thickened with cornflour and sweetened; or fruit cereal, i.e. rice or sago, etc. cooked with fruit juice in place of milk.

or Semolina whip — made with fruit juice and whipped to make frothy when cold.

NO custard or other milk sauce; *NO* milk pudding or egg custard
Supper

Small serving vegetable soup (*not* pea or lentil)

Small serving fish, egg or cheese or small serving cheese dish, e.g. macaroni cheese.

or Small portion sausage and potato cake or fish cake.

AND Vegetables as required (not pulses)

AND Fresh or stewed fruit

Fruit squashes should be issued as an alternative to milk drinks which may not be allowed.

LOW-FAT DIET

This may be ordered for a variety of diseases. It is a difficult diet to arrange because the removal of fat greatly detracts from the palatability of food (imagine eating dry bread for any length of time!). The caterer will be wise to find out how greatly the fat is to be restricted because in some cases it is necessary to use skimmed milk whereas in others whole milk is allowed. Either dried skimmed milk or machine-skimmed, condensed, sweetened milk can be used.

Wherever fat is restricted the calorie or energy value of the diet is greatly influenced, because fat, weight for weight, yields more than twice the energy of carbohydrate or protein when it is burnt in the body. Or, to put it the other way round, for every ounce of pure fat removed from the diet $2\frac{1}{4}$ oz. of pure protein or carbohydrate (e.g. sugar) must be added if the calorie value is to remain the same. The richest sources of carbohydrate are sweet and cloying (sugar and preserves) and for this reason can only be eaten in limited quantities. To increase the calorie value of low fat diets, glucose is frequently used, as it is less sweet than cane sugar and can therefore be used in greater quantities in fruit, puddings, and fruit drinks. Dried milk, as long as it is skimmed, may also be used to increase the nutritive value of the dietary.

The amount of fat allowed in the diet will be decided upon by the doctor but as a guide to the hospital caterer the following food list will be of use:—

FOODS RICH IN FAT

(To be avoided)

All fried foods
Butter (may be allowed in very small quantities)
Margarine (may be allowed in very small quantities)
Dripping
Cooking Fat
Olive oil, salad dressings and sauces
Cakes and pastries
Cheese (unless made from skimmed milk)
Sardines, pilchards, herrings, kippers
Bacon and ham unless lean
Goose, duck, pork, sausages
Chocolate, cocoa, and milk powder drinks
Fudge
Nuts, including dessicated coco-nut.

FOODS CONTAINING SOME FAT

(May be used in restricted amounts or not at all as directed by the doctor).

Plain biscuits and cakes
Milk (except condensed machine skimmed milk which is fat free)
Eggs (white of egg is fat free)
Lean beef and lamb, veal and lean ham
Chicken, rabbit, turkey
Offal (not fried)
Salmon

FOODS WITH LITTLE OR NO FAT

(May be used without restriction)

Bread and other cereals
White fish
Fruits and vegetables, including potatoes
Sugar, glucose and all preserves
Barley sugar and other boiled sweets
Dried, skimmed milk or machine skimmed, sweetened condensed milk.

From these lists the following menu may be compiled but the decision as to which foods may be consumed by a patient needing a low fat diet *rests solely with the doctor.*

Breakfast

Porridge (to which dried, skimmed milk may be added during cooking as for High Protein Diets)
or Cereal served with whole (if allowed) or skimmed milk and sugar
or Fruit with added glucose
or Cereal with stewed fruit

AND Average serving of smoked haddock or grilled white fish
or (if allowed) boiled or poached egg
or (if allowed) ham—lean only

Midmorning

- Fruit drink with added glucose
- or Clear soup or meat or vegetable extract with bread or toast.

Dinner

- White fish (not fried)
- or—(if allowed)—average portion of rabbit, or chicken, or lean meat (not pork), or tripe, liver or heart.
- These may be braised, stewed or steamed but without added fat and served with thin fatless gravy or white, parsley or tomato sauce made *without fat* (see appendix for recipe)
- AND Any salad or vegetables cooked and served without fat
- AND Stewed fruit with glucose, served with water biscuits
- or Milk pudding made from machine skimmed, condensed milk
- or Meringues and fruit (no cream or mock cream)
- or Fruit fools made with machine skimmed, condensed milk
- or Summer pudding

Tea

- Stewed fruit with glucose
- or Tomato, lettuce, etc.
- or Yeast and vegetable extract.

Supper

- Small portion clear soup (optional)
- AND Average serving of lean meat or white fish or rabbit or lean ham, as at midday
- or Whites of eggs, stuffed with lean meat, chicken, rabbit, etc.
- or Tomatoes similarly stuffed
- or Lean ham, chicken, rabbit, minced and set in savoury jelly.
- or Boiled macaroni, spaghetti, etc. served with tomato sauce (no fat) and minced lean ham, rabbit, etc.
- AND Potatoes and vegetable or salad
- AND Stewed fruit with glucose
- or Fresh fruit
- or Skimmed milk puddings

SALT-POOR DIET

The doctor may wish to restrict the quantity of sodium chloride (common salt) in a patient's dietary and he may request the kitchen to provide a "salt-free" diet. The usual "salt-free" diet is in fact salt-poor, i.e. the amount of sodium chloride is restricted by omitting foods

known to be rich in this nutrient and by cooking all foods without added salt. A salt-free diet is extremely difficult to arrange and is usually outside the province of a main kitchen.

Restriction of salt means that savoury foods taste insipid and thus a salt-poor diet should contain larger amounts of sweet foods wherein the lack of salt is not so noticeable. Flavour in savoury dishes may be added by using fried onions, leeks, pepper, fried mushrooms, raw tomatoes, salt-free Marmite, lemon in Dutch sauce, etc.

The following lists may be taken as some indication of the amount of salt contained in various common foods:—

RICH IN SALT

(Thus forbidden)

Bacon, ham and sausages
Canned meat
Pickled tongue and other pickled meats
Kippers, smoked haddock and canned fish
Canned vegetables and tinned soups
Meat and vegetable extracts which consequently *must not* be used in gravy
Gravy salts and powders
Cheese†
Chutney, pickles and sauces
Sodium bicarbonate of 'soda'
Breakfast cereals
†Cheese made from soured milk without added salt is suitable for some patients and makes a welcome addition to the diet.

CONTAINING SOME SALT

(Allowed in amounts according to the doctor's orders)

Milk
Butter, margarine, cooking fat*
Bread*
Cakes, biscuits and all dishes containing baking powder
*In some cases the ordinary butter, margarine and bakers bread is allowed, whereas in others these commodities are required to be "salt-free."

"SALT-FREE"

(Allowed ad lib, unless contra-indicated by the doctor).

Eggs
Fresh fish and meat
Fruits and vegetables
Jam and other preserves
Oatmeal, flour, rice, tapioca, sago, etc.

Again it must be stressed that the doctor will decide the kinds of food to be allowed but, subject to his orders, the following dishes may be provided by the kitchen:—

Breakfast

Porridge, cooked without salt
Fruit, stewed or fresh
Salt-free bread and butter (if ordered)
Egg or white fish

Dinner

Average serving of meat or white fish, chicken, rabbit or offal, cooked without salt and served with "salt-free" gravy.

Any vegetable cooked without added salt or soda
White, parsley, onion or tomato sauce, without added salt.
AND Milk pudding or fruit whips or fools, blancmange or bread puddings made with salt-free bread or stewed fruit and custard.

Tea

Salt-free bread and butter (if ordered)
Preserves
Yeast buns or home made shortbread without added salt
(No cakes containing baking powder or salt are allowed)

Supper

Average serving of chicken, white fish, rabbit, meat, etc.
as at midday.
Salad or any vegetable cooked without added salt or soda.
Milk pudding or stewed fruit.

N.B. In this diet the sodium chloride is *restricted* but *it cannot be considered salt-free*.

GLUTEN-FREE DIETS

Coeliac disease is a disease which attacks young children and one of the symptoms, a persistent diarrhoea, has been attributed to many causes including the eating of fats and carbohydrates. Recently Dutch workers have found that wheat flour makes the diarrhoea much worse and even more recently, it has been discovered that it is probably only a part of the wheat, namely gluten, which is at fault. To help in alleviating the distressing diarrhoea, doctors now order gluten-free diets. These diets are being prescribed more and more frequently as their value in conditions other than Coeliac disease is being tested.

In a gluten-free diet all foods containing wheat flour must be *strictly excluded*, unless the gluten has first been removed from it. Flour with the gluten removed may be bought from the manufacturer and this can be used to prepare bread, cakes, biscuits, steamed puddings, etc. and to thicken gravies and sauces. It should be remembered that gluten is a protein which gives "strength" to flour and which helps dishes made from it to keep their shape when baked. Cornflour has no gluten and every cook knows that it is well-nigh impossible to make a cake with cornflour, which will rise and keep its aeration and shape after baking.

Foods to be avoided in gluten-free diets are:—

- All* bread; cakes; pastries; puddings and biscuits unless made from specially prepared pure wheat starch flour.
- All* flour products—namely macaroni, vermicelli, spaghetti, semolina, wheat breakfast cereals and rusks. Allowed are Kelloggs cornflakes; Puffed Rice; Rice Crispies.

All patent foods including powders for making milk drinks; packet soups; gravy powders; pudding and pastry mixtures.

All commercial salad creams, creams and sauces.

All sweets and ice cream, unless known to contain no wheat or rye flour.

The nursing staff will order food required for a patient needing a gluten-free diet and the catering officer should be prepared to supply cakes, puddings, etc. made from gluten-free wheat flour. Great care should be taken to see that *no ordinary* flour or gravy powder is used in the preparation of food for these patients.

Recipes using gluten-free flour are given in the appendix.

SPECIMEN KITCHEN SHEET

SPECIMEN KITCHEN SHEET

(To illustrate the principle that many dishes for special diets may be adapted from a light or full dietary.)

MENU : FULL DIET

Breakfast : Porridge or cornflakes.
Bacon and fried bread.

Dinner : Roast beef.
Roast potatoes.
Mashed potatoes.
Yorkshire pudding.
Cabbage.
Baked apple.
Custard.

Tea : Chelsea buns.

Supper : Tomato soup.
Chicken and ham patties.
Green and potato salad.
Chocolate Blancmange.

MENU : LIGHT DIET

Breakfast : Porridge or cornflakes.
Boiled egg.

Dinner : Rabbit stew.
Riced potato.
Carrots and parsley sauce.
Stewed apple.
Tapioca pudding.

Tea : Madeira cake.

Supper : Tomato soup.
Chicken and ham cream.
Mashed potato.
Ice-cream and blackcurrant sauce.

(See attached Notes.)

[illegible]

Mashed Potatoes ..	*	*			*	*		*		
Riced Potatoes ..			*	*			*		*	*No salt
Cabbage ..	*		*	*	*Sieved		*	*	*	*No salt
Carrots ..		*		*		*Mashed	*	*	*	*No salt
Baked Apple ..	*		*No sugar	*No sugar			*			*
Stewed Apple ..		*			*Sieved	*				
Custard ..	*							*Dried Milk		*
Tapioca Pudding ..		*			*	*				
TEA :										
Chelsea Bun ..	*		Watercress	Watercress			*	Egg	*	Honey
Madeira Cake ..		*					*			
SUPPER :										
Tomato Soup ..	*	*		Clear Soup		*	*		*	
Chicken and Ham Patties ..	*		Ham	Lean Ham			Chicken Salad	Ham Salad	*	Chicken Salad
Potato Salad ..	*							*	*	
Green Salad ..	*		*	*					*	
Chicken and Ham Cream ..		*			*	*				
Mashed Potato ..		*			*	*	*			
Ice-cream & Black-currant Sauce ..		*	Orange		*	*				
Chocolate Blancmange ..	*							*Dried Milk		*
Stewed Plums ..				*No Sugar			*Glucose		*Glucose	*

NOTES :—

- The heading of each column indicates the type of diet, i.e. " light ", " gastric ", " diabetic ".
- * in a column indicates that the dish opposite which it occurs, is suitable for the particular diet shown at the head of the column.
- (i) * may be modified, as for example : (a) " * no sugar " refers to baked apples for diabetics or reducing diets, which are to be cooked without sugar.
(b) " * sieved " means vegetables to be sieved.
(c) " * dried milk " means dried milk added in preparation of the dish.

(ii) Or

Dishes shown on the menu may be unsuitable for particular diets, in which case alternatives are shown, thus :—

Chelsea bun or cake for tea are unsuitable for diabetic and reducing diets : watercress is shown as the alternative. Similarly with egg or honey, which are substituted in high protein and salt-free teas respectively.

APPENDIX

"GASTRIC" RECIPES

All recipes for *Twelve Portions* unless otherwise stated.

MEAT

JELLIED RABBIT OR LAMB

Ingredients:

- 1 lb. cooked flesh off bones
- 1 oz. gelatine (or according to instructions)
- 2 pts. stock
- 1 dessertspoonful tomato purée
- Seasoning
- 1 oz. cooked bacon or ham trimmings.

Method:

Chop meat and bacon finely. Make jelly with remainder of the ingredients and strain. When beginning to set, stir in the meat and pour into moulds: allow to set.

N.B. It is preferable to use individual moulds.

CHICKEN OR RABBIT CREAM

Ingredients:

- 4 lbs. rabbit or chicken (raw weight)
- $\frac{1}{4}$ lb. margarine
- $\frac{1}{4}$ lb. flour
- 1 pt. white stock
- 1 pt. milk
- Juice of half a lemon
- Seasoning

Method:

Cook the chicken or rabbit and when tender remove the meat from the bone and mince. Make a roux sauce with the remainder of the ingredients, season and add the meat and lemon juice—reheat.

FISH

BAKED COD

Ingredients:

- 3 lbs. cod
- Seasoned flour and margarine for coating.

Method:

Cut the cod into approximately equal portions, coat with flour, place in a greased baking tin. Brush with melted margarine and bake in a moderate oven.

FISH PIE

Ingredients:

1½ lbs. filleted cod
1½ lbs. cooked potatoes
Seasoning
¼ pt. white sauce
Parsley

Method:

Flake the cooked fish, mix it with the white sauce, finely chopped parsley and seasoning. Place in a greased pie dish. Cover with creamed potatoes and brown.

SALMON MOULD

Ingredients:

1½ lbs. salmon (tinned)
8 oz. white bread crumbs
2 eggs
¾ pt. milk.
Salt

Method:

Flake the fish. Beat eggs and milk together. Add bread-crumbs, seasoning and fish, mix well. Place in greased individual moulds and steam.

FISH KEDGEREE

Ingredients:

1½ lbs. fillet of fish or smoked haddock
6 oz. rice
2 oz. margarine
Seasoning
Chopped parsley

Method:

Flake the cooked fish. Boil the rice and refresh. Toss the fish and rice in the melted margarine and season. Garnish with finely chopped parsley.

OFFAL

STEWED SWEETBREADS

Ingredients:

2½ lbs. sweetbreads
1 pt. water

$\frac{1}{2}$ pt. milk
2 oz. margarine
2 oz. flour
1 oz. dried milk
Seasoning

Method:

Wash sweetbreads and place in a pan, cover with milk and water. Simmer gently until cooked. Sift flour with dried milk, make roux sauce with margarine, flour etc. and stock in which sweetbreads were cooked.

TRIBE

Ingredients:

3 lbs. tripe
1 pt. milk
1 pt. water
1 oz. dried milk
3 oz. flour
3 oz. margarine
Seasoning

Method:

Cut tripe into pieces, place in a saucepan and cover with milk and water, simmer gently until cooked. Make a roux sauce with margarine, flour etc. and liquor in which tripe was cooked. Season.

MINCED LIVER

Ingredients:

$1\frac{3}{4}$ lbs. liver
1 pt. milk.
 $\frac{1}{2}$ pt. water
 $\frac{1}{2}$ oz. cornflour
Seasoning

Method:

Cut the liver in slices, add milk and water, cover with greased paper and cook in a moderate oven until tender. Strain and make the liquor up to 1 pint with stock or water. Thicken with blended cornflour and add brown colouring if necessary. Mince the liver and add to seasoned sauce.

N.B. This can be served attractively in nests of piped potatoes.

CHEESE

CHEESE PUDDING

Ingredients:

8 oz. cheese
 $2\frac{1}{2}$ pts. milk
12 oz. breadcrumbs
4 eggs
Seasoning

Method:

Beat eggs and milk together, add cheese, salt and bread-crumbs, mix. Bake in a greased pie dish, or individual dishes, until set.

CAULIFLOWER CHEESE

Ingredients:

6 lbs. unprepared cauliflower
2 pts. milk
4 oz. flour
4 oz. margarine
8 oz. cheese
Seasoning

Method:

Prepare the cauliflower using the flower only. Boil in salted water until tender. Strain, portion and place in greased pie dishes. Make cheese sauce and pour over the cauliflower.

MACARONI OR SPAGHETTI CHEESE

Ingredients:

8 oz. Macaroni or spaghetti
8 oz. grated cheese
2 pts. milk
2 oz. dried milk
4 oz. margarine
4 oz. flour
Seasoning

Method:

• Boil macaroni in salted water until cooked. Make a cheese sauce with remainder of ingredients, mix in the macaroni, pour into greased pie dishes.

SEMOLINA CHEESE

Ingredients:

3 pts. milk
6 oz. semolina
8 oz. cheese
3 oz. dried milk
Seasoning

Method:

Whisk dried milk into the fresh, heat and sprinkle in the semolina. Simmer until thick, add the grated cheese and seasoning. Pour into greased pie dishes.

CHEESE SOUFFLÉ

Ingredients:

8 oz. flour
8 oz. margarine
2 pts. milk
8 eggs
8 oz. cheese

Method:

Make a sauce with the margarine, flour and milk. Cool slightly beat in the egg yolks, grated cheese and seasoning. Whisk whites until stiff and fold into the mixture. Turn into greased soufflé moulds, bake in a moderate oven until set.

CHEESE

CHEESE CUSTARD

Ingredients:

3 pts. milk
6 eggs
8 oz. cheese

Method:

Heat the milk slightly and add to the beaten eggs. Add the grated cheese and seasoning. Pour into greased pie dishes and bake in a moderate oven (individual dishes are preferable).

SOUPS

CREAM OF TOMATO

Ingredients:

3 pts. stock
3 oz. flour
4 oz. tomato purée, or 6 lbs. tomatoes
 $\frac{1}{2}$ lb. carrots
2 oz. dripping
1 oz. sugar
4 oz. flour
Bacon bones to flavour
Seasoning
1 Faggot

Method:

Melt the dripping and lightly fry the carrots, add the flour and cook without browning. Add the tomato purée or sliced tomatoes, salt, faggot and stock; simmer for 1 hour. Remove faggot, pass soup through a fine sieve, correct seasoning and reheat.

CREAM OF CHICKEN

Ingredients:

2 pts. chicken stock
 $\frac{1}{2}$ lb. potatoes
2 oz. flour
1 oz. dripping
1 pt. milk
Seasoning

Method:

Boil the potatoes in the stock and sieve when cooked. Make roux with flour and dripping, add milk, sieved potatoes etc: season. Serve garnished with finely chopped parsley (optional).

CREAM OF CARROT

Ingredients:

2 pts. stock
1½ lbs. carrots
1 lb. potatoes
Stick of celery
1 pt. milk
2 ozs. cornflour
Seasoning
1 Faggot

Method:

Add the vegetables to the stock and simmer until cooked. Pass through a sieve, return to the pan. Blend cornflour with milk and add with seasoning, reheat until mixture thickens.

SWEETS

BASIC RECIPE FOR SPONGE PUDDING

Ingredients:

8 oz. margarine
8 oz. sugar
2 eggs
1 lb. flour
2 oz. dried milk
½ oz. baking powder
Milk to mix

Ingredients:

Cream the margarine and sugar. Add the beaten eggs gradually. Fold in the dry ingredients alternately with the milk until a soft consistency is reached.

N.B. This mixture may be baked or steamed.

Suitable sauces: Lemon, orange or coffee, Golden syrup or strained jam or marmalade sauce.

EVE'S PUDDING

Ingredients:

6 oz. margarine
6 oz. sugar
12 oz. flour
1 oz. dried milk
1 egg
2 lbs. apples
2 oz. sugar

Method:

Cook the apples with sugar and very little water: sieve. Allow to cool, place in greased pie dishes. Cream the margarine and sugar, add the beaten egg gradually, fold in the flour. Spread the sponge mixture over the sieved apple. Bake in a moderate oven.

FRUIT FOOLS

Ingredients:

1½ pts. thick custard
1½ pts. sweetened fruit purée
Juice of 1 lemon

Method:

When custard is cold, whip with the fruit purée, adding lemon juice and colouring, if desired.

LEMON MERINGUE RICE

Ingredients:

5 oz. rice
4 oz. sugar
4 pts. milk
3 oz. seedless jam
2 oz. castor sugar
2 eggs
Juice of 2 lemons

Method:

Place the washed rice, sugar and milk in a double saucepan and cook until thick and creamy. Add beaten egg yolks and lemon juice. Place in greased pie dishes, spread with jam, top with meringue made with egg whites and castor sugar. Place in a cool oven until meringue is coloured.

FRUIT CONDÉ

Ingredients:

3 pts. milk
4½ oz. rice
6 oz. sugar
½ pt. red jelly
1 pt. sieved fruit

Method:

Cook rice, milk and sugar until thick and creamy. Place in individual dishes and spread sieved fruit on top: serve cold decorated with chopped jelly.

CARAMEL CUSTARD

Ingredients:

1½ pts. milk
3 oz. sugar
3 eggs
4½ oz. sugar } for caramel
1 gill water }

Method:

Beat the milk, sugar and eggs together. Boil the sugar and water, together until golden brown; coat the dish with the caramel, pour in custard. Cook until set.

QUEEN OF PUDDINGS

Ingredients:

2½ pts. milk
6 oz. margarine
¾ lb. breadcrumbs
6 oz. sugar
3 eggs
castor sugar
seedless jam
Juice of 1 lemon

Method:

Place bread-crumbs and sugar in a basin, cover with warm milk and melted margarine. Allow to stand for 10 minutes, add lemon juice and egg yolks. Mix well, pour into a greased pie dish. Bake in a moderate oven until set. Spread with jam and pile meringue on top. Bake until coloured.

ORANGE CREAMS

Ingredients:

3 pts. thick custard
6 oz. sugar
1 gill evaporated milk
Flavour with juice of 3 oranges or concentrated orange juice.

Method:

Whisk the evaporated milk and sugar into the custard, allow to cool, add flavouring and colouring if desired.

This cream may be varied by using:—

Lemons — using 3 lemons.
Chocolate — 1½ oz. cocoa and vanilla essence.
Coffee — 1 gill strong coffee or coffee essence to taste.

SAUCES FOR "FAT FREE" DIETS

WHITE SAUCE

Ingredients:

1 pt. milk (may be reconstituted skimmed dried milk)
1½ oz. cornflour or arrowroot
Seasoning

Method:

Blend the thickening with a little of the milk. Boil the remainder and thicken.

This may be used as a base and varied by adding:—

Chopped parsley

Anchovy essence

Capers

Or sugar and jam, marmalade, orange or lemon for sweet sauces.

TOMATO SAUCE

Ingredients:

$\frac{3}{4}$ pt. white stock (skimmed)

$\frac{1}{4}$ pt. fresh tomato purée

$1\frac{1}{2}$ oz. cornflour

Seasoning

1 teaspoon sugar.

Method:

Blend the cornflour with a little of the liquid. Boil the remainder of the liquid and thicken, season to taste and add colouring if necessary.

BROWN SAUCE

Ingredients:

1 pt. skimmed stock

1 oz. cornflour

Seasoning

Browning

Method:

As above.

RECIPES USING GLUTEN FREE FLOUR

YEAST LOAF

Ingredients:

12 oz. wheat starch

$\frac{1}{2}$ oz. cooking fat

1 oz. yeast started with 1 teasp. sugar

1 teasp. salt

12 oz. lukewarm water and milk mixed,

Method:

Add the salt to the wheat starch and rub in the fat. Mix the creamed yeast and sugar with the milk and water and stir into the starch thoroughly, seeing that no lumps are left. Allow the mixture to stand in a warm place for 20 minutes. Pour the batter into 2 lbs.

size bread tins, which have been previously greased. Bake at regulo 5 for 15 minutes, then turn up the gas to regulo 7 (400°F.); leave for 5 minutes. Take the loaf out of the tin, turn upside down on the oven shelf, and continue cooking for 15 more minutes.

(If a solid fuel stove is used, bake in a moderate oven for 15 minutes and then place in the hot oven until it is golden brown and crisp).

The loaf will keep for two days in an airtight tin.

STEAMED PUDDING

Ingredients:

- 4 oz. wheat starch
- 1 teasp. baking powder
- 2 oz. margarine
- 1½ oz. castor sugar
- 2 fl. oz. milk

Method:

Cream the margarine and castor sugar. Mix in the starch and milk alternately, add the baking powder. Steam for 1 hour.

SHORT CRUST PASTRY

Ingredients:

- 4 oz. wheat starch
- 2 oz. margarine
- 2 oz. water
- Jam or other suitable filling.

Method:

Normal short crust pastry method. Bake the tarts in a moderate oven 400°F. for 25 minutes.

(This recipe is suitable for open or double tarts, but not for pies).

SMALL CAKES

Ingredients:

- 4 oz. wheat starch
- 1 oz. margarine
- 1 oz. lard
- 1 egg
- 1½ oz. milk
- ½ teasp. baking powder
- Pinch of salt
- 2 oz. sugar

Method:

Creaming method. Bake in a moderate oven.
(These buns keep well in an airtight tin).

SCONES

Ingredients:

8 oz. wheat starch
2 oz. margarine or lard
4 oz. milk
3 oz. sugar
3 teasp. baking powder
 $\frac{1}{2}$ teasp. salt.

Method:

Make as for ordinary scones and bake for 30 minutes in a quick oven.

WHEAT STARCH BISCUITS

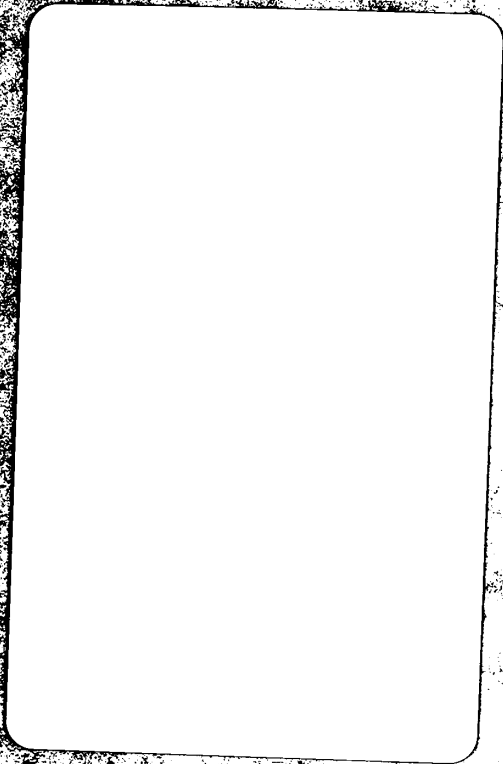
Ingredients:

8 oz. wheat starch
4 oz. sugar
4 oz. margarine
1 small egg
Orange or lemon rind to flavour—or Vanilla essence.

Method:

Cream fat and sugar. Beat in the egg and add starch and flavouring. Force from pipe or put in small heaps on a baking tray and cook at 250°F. for 15 minutes.





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