

**KING EDWARD'S  
HOSPITAL FUND FOR LONDON**



**HOSPITAL CATERING ADVISORY SERVICE**

**MEMORANDUM ON SPECIAL DIETS**

*(With an introduction on Nutritional Value of Hospital Dietary)*

**HHR (Kin)**

**Third Edition**

**AUGUST, 1960**

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## FOREWORD

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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.

## **INTRODUCTION**

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### **NUTRITIONAL VALUE OF HOSPITAL DIETARY**

It is now generally appreciated that food plays a major part, not only in the recovery of patients, but in maintaining a healthy staff. On the part of all concerned there is a genuine desire to provide food of the right kind, and in the correct amounts, but at the same time there is need for economy. However, a point may be reached when economy and nutritional needs are at variance, a point at which a further economy can mean a lowering of the nutritional value of the diet below that compatible with health. In the ensuing pages an attempt is made to guide the caterer in his choice of foods and to suggest quantities, which, taken together, will give a balanced dietary for all patients and, when suitably modified, for those requiring special diets.

### **BALANCED MENUS**

In a hospital community the nutritional needs of individuals differ widely. Thus in the average general hospital one finds, among the patients, children and expectant and nursing mothers who have special needs for almost all the essential nutrients, and geriatric patients who probably need less calories than the average but for whom calcium and possibly protein needs may be increased. Then there are surgical patients or those with burns or fractures for whom extra protein and very possibly vitamin C are required and finally the tuberculous patients for whom most authorities recommend a liberal amount of animal protein and plenty of the protective foods.

Most caterers realise that patients differ in their needs and some have been known to double the quantities of food sent to the maternity ward and halve those sent to the geriatric unit. To say the least, such a practice is wasteful and totally wrong nutritionally. The needs of each type of patient must be carefully considered and appropriate foods selected.

#### **Palatability of the Diet**

The palatability and acceptability of food must be as carefully considered as the nutrients it contains. To quote from Food Consumption Levels\*: "Palatability is necessary to ensure adequate con-

\* Report of a Special Joint Committee. H.M. Stationery Office, 1944.

sumption and to maintain morale. Foods which improve the flavour and general acceptability of the diet are therefore of much greater importance than their nutrient content may suggest". This fact was apparent during the war when onions, which have a negligible nutritive value, were scarce. A savoury dish deprived of onions may be likened to a sweet without sugar!

### **Suitability for Patients**

Suitability of the diet for individual patients must also be considered. The majority of patients come from homes where "good plain cooking" is the rule and where plain wholesome food as distinct from "made-up" dishes is appreciated. Patients lying in bed are prone to digestive upsets and, on the whole prefer easily-digested foods with subtle flavours. Elaborate or highly-seasoned dishes, over decoration and vivid colours should be avoided. The cook who is too heavy-handed with synthetic essences and colours is the plague of many kitchens and the bane of many patients.

Light, easily digested meals at frequent intervals should be the rule for most patients, although some, notably orthopaedic and maternity patients have hearty appetites. A dietary pattern of breakfast, mid-morning drink, two or three course lunch, afternoon tea, two-course supper and an evening drink is probably the ideal. Little and often is better than one or two large meals at which, because of poor appetite, patients will eat insufficient. All food and especially protein, is better utilised in the body if the quantity to be eaten is spread over the day in three or four meals.

## **PROTEIN**

The best quality protein is to be found in milk, cheese, eggs, meat and fish. Bread, flour and other cereals, pulses, nuts and soya flour also supply valuable amounts of protein.

### **General or Full Diets**

Healthy persons and those who have progressed in convalescence to a full diet, should have daily 70/80 grams of protein. This amount is provided by a diet containing a pint of milk, a serving of bacon, egg, cheese, meat or fish at breakfast, at a midday meal and at supper, together with the usual servings of bread and other cereal foods and vegetables. The accompanying chart illustrates the amount of protein each food contributes to such a dietary.

**CHART I  
FULL DIET**

70 gms.



Vegetables and Fruits

Bread, flour and other cereals (approximately a total of 7 ozs.)

1 oz. Cheese

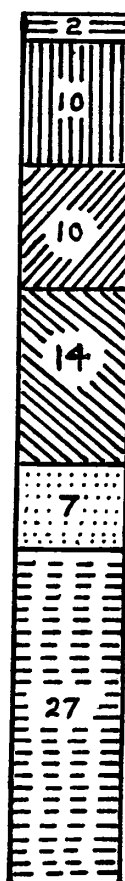
Cooked meat (1½ oz)

1 egg (breakfast)

1 pint Milk

**CHART II  
LIGHT DIET**

70 gms.



Vegetables and Fruits

Bread and other cereals

Serving chicken (1½ oz. cooked)

Serving cooked fish (3 oz.)

1 egg

Milk 1½ pints

### Light Diets

The protein needs of ill patients, for whom light diets are often ordered, are at the very least equal to those of a healthy person and frequently exceed them. After tissue damage, protein needs are sometimes doubled. Ill people usually have small appetites and it is difficult to get them to eat food sufficient for their bodily requirements. The food they *do* eat must be of high quality and for them it is recommended that a higher proportion of their protein comes from animal foods, especially milk, and less from cereals and vegetables. A light diet should contain daily a minimum of 1½ pints of milk, for use in cooking and drinks, and at each main meal a portion of one or other of the animal protein foods. Chart II illustrates the proportion of protein contributed by the various foods and by comparing Charts I

and II it will be seen that, in the case of light diets, less protein is derived from the bulky cereal foods, the deficiency being made good by including more milk. (Suggestions for meals suitable for Light Diets—see the Memorandum published in this series, price 1/-.)

For a light diet containing increased amounts of protein, see “high protein diet,” as outlined later in this Memorandum.

### **Maternity Diets**

Expectant and nursing mothers, in order to nourish the growing tissues of their babies, probably need 20-30 gms. more protein daily than the average adult. The extra protein must be of the finest quality and their dietary should include *two pints milk daily together with larger than average servings of meat, fish, eggs or cheese* at the three main meals. They do not necessarily need more sugar, starch or fat, in fact, calories from these sources are sometimes restricted in maternity diets.

### **Soft Diets**

Soft diets or “mince” are usually ordered for patients who have difficulty in chewing or swallowing. “Mince,” however, may be required for a “gastric” or a toddler and the caterer is well advised to seek more information about the patient for whom it is needed.

Soft diets for the toothless or those with a not too serious swallowing defect, should consist of ordinary food mashed or minced.

Suitable foods should be provided for *all* meals, although some caterers forget that patients on a soft diet need breakfasts and suppers as well as midday meals! Soft diets should be well flavoured; salt, onions and other flavouring vegetables and possibly herbs should be added to savoury dishes. For patients with more serious swallowing defects, a fluid diet may be needed and this should be prepared on the wards, using fresh eggs and milk, etc., or one of the food concentrates, such as Complan.

### **Children's Diets**

A child's requirement for protein varies according to age but at all ages, relative to their size, they have a greater need for protein than adults. It is not always appreciated that a child of 10 years and upwards may well need more protein than his parents! The reason is not far to seek, children are growing and need protein for growth *and* repair whereas an adult needs it for repair only.

To obtain sufficient of this nutrient, the sick child should receive 1-2 pints of milk daily in cooking or in beverages and a serving of bacon or one or other of the animal protein foods for their breakfast, midday



meal and high tea or supper. The quantities eaten by young children will be small but they should be encouraged to eat the protein foods first, as indeed should all children before "filling up" with buns, sweet biscuits or cakes. The practice of "diluting" children's mince with potato or thick gravy is also dietetically unsound.

### **Dietary for Old People**

Most authorities are agreed that the problems associated with feeding in old age are more likely to be psychological or mechanical rather than dietetic. Old people are "set" in their food habits and are often handicapped by lack of teeth or dentures.

The dietary pattern for the older person should be similar to that of the young adult but as the former will probably not require so much energy food, servings of bread, potatoes, puddings and other "fillers" may be lessened. Protein foods are still important and there is some evidence to show an increase rather than a decrease in protein requirements. Protein foods may have to be presented in a different form, as for example as eggs and milk rather than as fried steak or pickled pork but the general rule of a pint of milk and three servings of animal protein food each day holds just as good in old age as in earlier adult years. (See also Notes on Diets for Old People.)

### **SUMMARY**

- (1) Meat, cheese, fish or eggs should be served at each of the three main meals.
- (2) An allowance of 1 pint of milk per head per day should be made for all patients (unless contra-indicated by the doctor), part of which will be used in cooking. Milk should be allowed in extra quantities to the special classes listed above, i.e., light diets, suggested total  $1\frac{1}{2}$  pints; maternity cases, children, tuberculous patients—2 pints daily. Doctors may well order considerably more than two pints for some patients.

### **Value of Milk**

The importance of milk cannot be over-emphasised and although, when viewed as a single item in the budget, it may appear expensive, it is not so when seen in relation to its nutritional value or when compared with other foods. Thus one pint of milk provides about three-quarters of the recommended daily allowance of calcium; a fair proportion of the recommended allowance for vitamin B complex and vitamin A, and over one-quarter of the necessary protein. When compared with other foods it is found to be one of the cheapest forms of animal protein, thus from milk at  $6\frac{1}{4}$ d. pint, 70 gms. protein costs 2s. 1d., whereas:

bought as cod it would cost  $2/1\frac{1}{2}$  (1 lb. 7 oz. at  $1/6$  lb.)  
or as stewing beef it would cost  $2/7\frac{1}{2}$  (18 oz. at  $2/4$  lb.)  
or as roasting beef it would cost  $3/5\frac{1}{2}$  (19 $\frac{1}{2}$  oz. at  $2/10$  lb.)  
or as boiling fowl it would cost  $3/7\frac{1}{2}$  (19 $\frac{1}{2}$  oz. at  $3/-$  lb.).

It should also be remembered that dried full cream milk, which is much cheaper than fresh milk, is equally nutritious and if properly reconstituted is satisfactory when used in cooked dishes.

### CALORIES

In a hospital where the cooking is of a good standard and meals are well and attractively served, a shortage of calories is unlikely. People eat to satisfy hunger and in health this daily satisfaction, taken in conjunction with a constant body weight, is a sure sign of enough calories. 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's objective should be to supply calories in the form of appetising dishes which his patients will eat and enjoy. He should also ensure a liberal supply of potatoes, bread and butter or margarine, puddings, etc., for those whose energy requirements may be larger than average.

Although total calories over a period may be adequate, caterers often err in planning individual meals, making some "too heavy" and others "too light". As extreme examples may be cited:—

- (i) Meat pie, potatoes and greens, followed by steamed suet roll and syrup sauce.
- (ii) Cold meat and salad, boiled potatoes, followed by stewed fruit and custard.

Meal (i) would provide around 800-900 calories and meal (ii) a mere 300-400.

To avoid such extreme variations in calorie content of meals, the accompanying chart will assist the busy caterer to choose courses, complementary one to the other, in the way of calories.

## RELATIVE CALORIE VALUES OF VARIOUS DISHES

5	CLEAR SOUP	SYRUP SPONGE & SYRUP SAUCE	500
50	CREAM SOUP	CHOCOLATE SPONGE	487
75	EGG MAYONNAISE	STEAMED JAM PUDDING	477
110	THICK SOUP	STEAMED SULTANA PUDDING	417
130	CHEESE SALAD	COVERED TART	
140	SOUSSED HERRINGS	BAKEWELL TART	407
160	TINNED MEAT	EVE'S PUDDING	
175	HAM SALAD	STEAMED FRUIT PUDDING - SUET PASTRY	397
196	POACHED FISH	MINCEMEAT SLICE	
220	BAKED FISH	JAM ROLL	392
220	GRILLED FISH & MASHED POTATOES	TREACLE TART	389
236	FISH PIE	JAM TARTS	
240	COLD MEAT SALAD & POTATOES	TURNOVERS	367
256	BAKED STUFFED COD	FRUIT CRUMBLES	
300	ROAST MEAT	FRUIT PIES	357
302	BRAISED GAMMON	FRITTERS	345
302	GRILLED HERRING	FRUIT FLANS	287
313	SCOTCH EGGS	APPLE CHARLOTTE	237
316	COTTAGE PIE	BLANCMANGE & FRUIT	180
326	CAULIFLOWER AU GRATIN	ICE CREAM & FRUIT	176
336	CHEESE FLAN	MILK PUDDING	155
336	BEEF SAUSAGE	FRUIT & CUSTARD	137
340	ROAST CHICKEN & STUFFING	MILK JELLY	127
340	VEAL & HAM PIE	JUNKET	125
366	WELSH RAREBIT	FRUIT FOOL	93
370	FRIED EGG & CHIPS	JELLY	73
386	PORK SAUSAGE		
396	FISH CAKE & BOILED POTATOES		
400	CORNISH PASTY		
416	ROAST MEAT STUFFED		
420	LIVER & BACON		
420	GRILLED FISH & CHIPS		
430	PORK PIE & SALAD		
430	BRAISED STEAK		
450	STEAMED BACON ROLL		
460	CHEESE CROQUETTES		
500	MEAT PUDDING OR PIE		
530	MEAT FRITTERS		
570	SAUSAGE TOAD		
584	ROAST PORK, STUFFING, ROAST POTATOES		
600	ROAST BEEF, YORKSHIRE PUDDING, ROAST POTATOES		
650	SALMON CUTLET & CHIPS		
720	FISH CAKES & CHIPS		
	FRIED BREADED CUTLETS		
	FRIED FISH & CHIPS		

*Note.*—Calorie values include, with the first course an average serving of potatoes and vegetables, and for the second of custard or other appropriate sauce. Values are based on recipes and portions given in General Hospital Diets.

### PROTECTIVE FOODS

Food containing significant amounts of vitamins and minerals have long been known as "protective foods". Sir Gowland Hopkins, about fifty years ago showed the importance of fresh food in a diet composed entirely of purified, highly refined fats, carbohydrates, proteins and mineral salts. Young rats so fed did not grow and soon became sickly and died. Since Hopkins' day, extensive research has shown the presence in food of small amounts of substances now known as vitamins. It is these which assist in recovery to health and in maintaining a healthy and efficiently working body.

Vitamins, of which some twenty are known at the present time, are usually classified into water soluble and fat soluble. The distinction is helpful in memorising the foods which constitute valuable sources of the different vitamins. Watery, juicy foods such as fruits and vegetables often contain water soluble vitamins B complex and C and fatty foods such as butter, margarine, cheese and fat fish contain fat soluble vitamins A and D. Such a generalisation must be regarded as only an *aide memoire* and not strictly true because some fatty foods, notably lard and olive oil *do not* contain vitamins A and D, whereas vitamin A as carotene is found in green and yellow vegetables. Further, such solid foods as cereals can be valuable sources of the vitamin B complex. Lists of foods which are significant sources of the various vitamins are given on pages 14 and 15.

It is not possible in a booklet of this kind to give details of all the vitamins required, neither is it necessary for the practical caterer to burden his mind with such knowledge. But it is well to pay particular attention to vitamin C and possibly to vitamin A as these two may be deficient in the present-day institutional diet.

VITAMIN A, fat soluble, is found in dairy foods, milk, cheese, eggs, and because it is put there, in margarine. It is not found in lard, olive oil or most of the oils used for frying.

It is found in liver, kidney and heart and in fatty fish such as mackerel, herring and salmon. Vitamin A is not easily destroyed and the canning or processing of foods does not much affect it, so that canned salmon or smoked kipper are as good sources of the vitamin as the fresh salmon or herring.

Vitamin A can be supplied in another way, namely, as carotene, an orange pigment found in green and yellow vegetables. Carotene is changed into vitamin A after it has been taken into the body. Cooking renders carotene more available and so does the presence of fat, hence the advantages of serving a sauce or dressing with vegetables and salads containing carotene.

A diet which contains the following foods each week is calculated to contain sufficient vitamin A to meet the needs of normal adults:—

7 pints milk—one pint daily, which also helps towards protein and calcium allowances.

4-5 eggs—either as egg dishes or used in cooking.

2-3 ozs. cheese—either as cheese, or used in cheese dishes.

Fat fish—one or two servings weekly.

Liver—once weekly or as often as possible.

10½ ozs. butter or margarine—our present knowledge indicates that butter and the usual margarines are about equal in nutritive value.

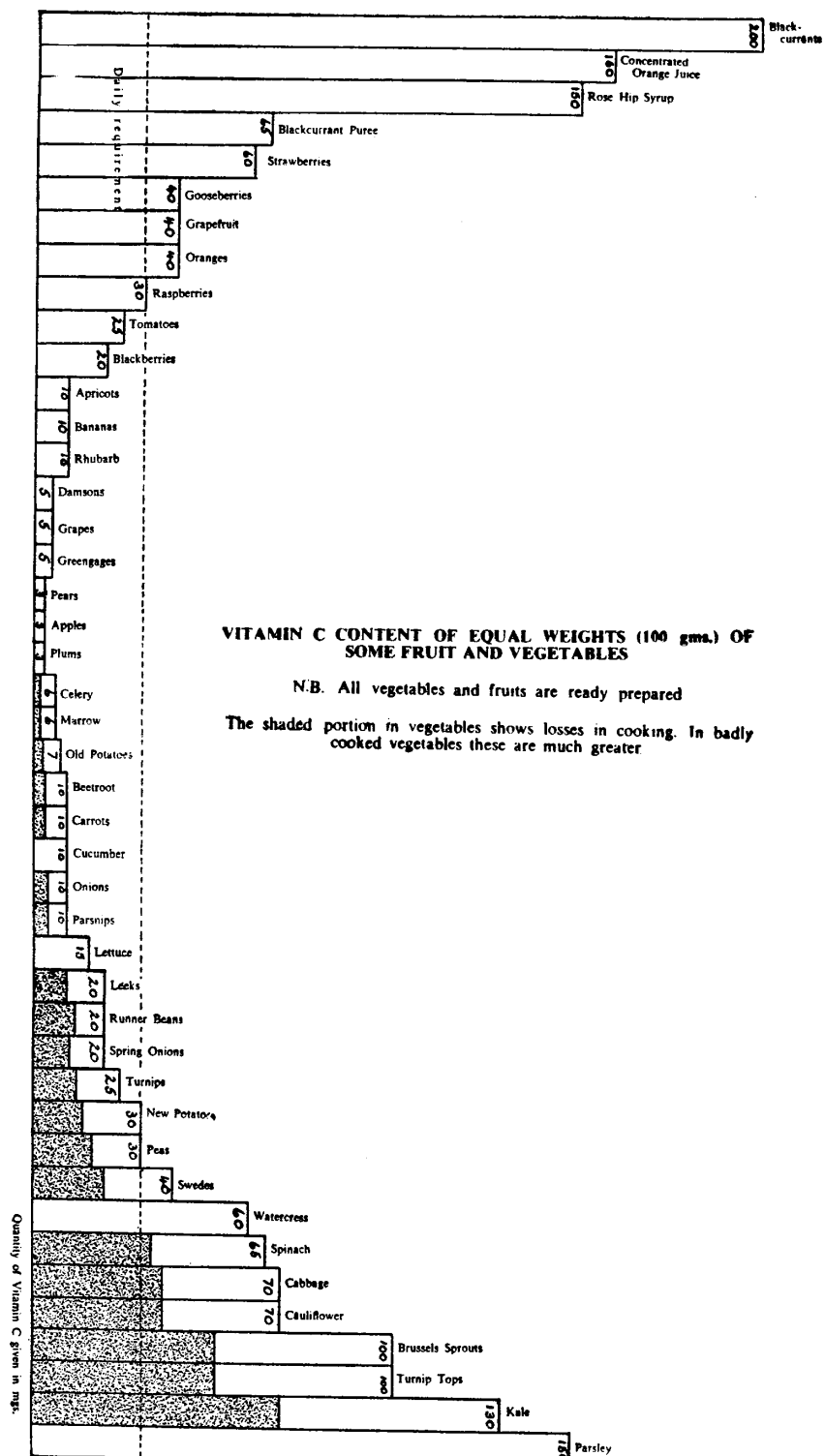
Additional fat as margarine, lard, cooking fat, dripping or oils will be needed for pastry and cake making, for puddings, frying and other culinary purposes. No definite allowance of fat can be suggested because the quantity used will depend on the type of menu, whether or not cakes are "home made", the kind of patients catered for and many other factors. But between 12-14 oz. of total fat per head per week is probably a fair average.

The foregoing list of animal fat sources of vitamin A account for about half our need, therefore in addition the diet should include daily sources of carotene, e.g., a serving of green vegetables, cabbage, sprouts, kale, spinach, etc., or a serving of such coloured vegetables as carrots or tomatoes (beetroot does not contain carotene). It must be understood that a serving means 3-4 ozs. and not a thin sliver used as a garnish.

Vitamin concentrates are needed for expectant and nursing mothers for whom recommended allowances of the fat soluble vitamins are higher than normal, and for infants whose appetites are such that they cannot eat large quantities of vegetables. Cod liver oil and vitamins A and D capsules are available through Welfare Foods Scheme for all children under five and expectant mothers. Hospitals in which there is a maternity unit or children's ward should see to it that these vitamin concentrates are obtained. (For further information, see Ministry of Health Circular H.M. (54) 113 entitled "Welfare Milk and Foods in Hospital".)

### **Vitamin C Water Soluble**

The chart given overleaf shows the vitamin C content of equal weights of edible portions (i.e., ready prepared for eating) of some common fruits and vegetables. It will be noted that green vegetables are good sources, so too, are the summer berry and citrus fruits. Tomatoes, new potatoes, swedes and turnips are all moderately good sources, but the autumn fruits, except Bramley Seedling apples, are poor sources. Dried fruits and vegetables, peas, beans and lentils, figs, dates, dried apricots, prunes and so on, do not contain vitamin C. Special techniques used for dehydrated, canned and quick frozen fruits and vegetables, however, preserve some of the original vitamins and these foods compare well, in vitamin C value, with fresh vegetables and fruits newly cooked.



## **Fresh Fruits and Salads**

It might well be here to refute some of the oft-repeated fallacies about fresh fruit and salads. Salads are supposed to be "good" because they contain vitamin C, but it all depends on the salad. One, containing two wilted lettuce leaves with a small mound of beetroot cubes here and a small mound of shredded carrot there, topped by a thin slice of tomato, would contain distinctly less vitamin C than a portion of well-cooked cabbage. Even a salad chosen from among vegetables rich in vitamin C, such as cabbage, watercress and tomatoes, is usually eaten in smaller quantities than a cooked green vegetable and hence yields less of the vitamin. An apple, a pear, a portion of plums or other vitamin C poor fruit would provide 4-5 mgs. of vitamin C, less than a quarter of the amount needed daily. But popular fruits like apples and plums should not be omitted from the menu because of their comparatively poor food value. Fruit and vegetables should be chosen partly for their palate and eye appeal, and partly for their vitamin content, but to ensure enough vitamin C there should be on the menu daily a portion of freshly-cooked potatoes and a portion of vitamin C rich fruit or vegetable.

Blackcurrant purée, rosehip syrup or canned orange or other citrus fruit juice are useful foods for "gastric" patients and others who for one reason or another cannot eat large quantities of vegetables and fruits. Concentrated orange juice, which, like vitamin A and D capsules, is obtainable under the Welfare Foods Scheme, should be provided for children under two who are unable to eat sufficiently large quantities of the bulky vegetables and fruit needed to obtain this vitamin.

It is often difficult to persuade old people to eat vegetables and fruit, especially if their teeth are missing or dentures ill-fitting. There is no evidence to show that the need for vitamin C diminishes with age so that if elderly patients refuse to eat fruit or vegetables the vitamin should be included in their dietary in a concentrated form as orange juice, blackcurrant puree, etc., or as a fresh fruit drink. It must be remembered that many fruit squashes contain little or no vitamin C.

## **Effect of Preparation and Cooking**

Much of the vitamin can be and often is destroyed by bad cooking. Even with careful handling and cooking and with quick service, it can be assumed that half the original vitamin C has disappeared before the vegetable reaches the consumer's plate. When poor techniques are employed as much as 90% or even more may be destroyed. When it is remembered that vitamin C is an essential aid to wound healing and to combating infection, its importance in hospital dietary can be understood and the necessity for its retention in food by correct methods of preparation and cooking, can be appreciated.

Canned, frozen or dehydrated vegetables, if over-cooked or kept hot for long periods, lose vitamin C as do fresh.

Factors causing loss of vitamin C are:—

**LONG STORAGE OF FRESH VEGETABLES**

therefore

Buy fresh, as required.

**PROLONGED HEAT**

therefore

Cook or keep hot for as short a time as possible.

**SOLUBILITY IN WATER**

therefore

Cook in a very small quantity of water, and as far as possible use vegetable cooking water, which contains vitamin C in solution, for making soups and gravies. Heat canned vegetables in the liquor from the can.

**SPECIAL SUBSTANCES IN PLANTS CALLED ENZYMES** which are released by grating, chopping and bruising. These substances are themselves destroyed by boiling

therefore

Avoid fine chopping, grating or mincing of raw vegetable. To destroy the enzyme plunge all vegetables into boiling water and continue to cook in boiling water.

The vitamin is not so readily destroyed in fruits, which are acid, also juice containing the dissolved vitamin is normally eaten with the fruit.

**Foods containing valuable amounts of the more usual vitamins**

**FAT SOLUBLE A**

Liver and to a lesser extent kidney.

Whole milk (fresh, canned or dried), cheese, eggs, butter and margarine.

Fatty fish, e.g., herring, kipper and bloaters, mackerel, sardines, pilchards and salmon (fresh or canned), fish liver oils.

Green vegetables, especially spinach, turnip tops, parsley, watercress, kale, dark green cabbage, also tomatoes and carrots.

**FAT SOLUBLE D**

Few foods are really rich in vitamin D except fish liver oils, especially cod and halibut.

A little vitamin D is found in fatty fish, whole milk, cheese, yolk of egg, butter and margarine.



## B COMPLEX

There are at least 10 and possibly more vitamins in this complex, known to be essential for human nutrition. The B complex tends to occur in the same foods but in different proportions, thus whole grain cereals and pig meat are rich in *Thiamin* (B<sub>1</sub>), animal protein foods, especially liver, kidney, eggs and cheese, also leafy vegetables and yeast are rich in *Riboflavin*. Liver, yeast, peanut butter are especially rich in *Nicotinic Acid*. A diet containing liberal amounts of animal protein foods, vegetables and wholegrains will provide sufficient of the vitamin B complex.

## VITAMIN C

### Rich Sources:

Summer berry fruits, citrus fruits, cabbage, cauliflower, spinach, brussels sprouts, parsley, watercress, new potatoes, rose hip syrup, orange juice and blackcurrant puree.

### Fair Sources:

Tomatoes, parsnips, lettuce, peas, old potatoes, swedes, runner beans, blackberries, fresh apricots, peaches, Bramley seedling apples.

### Poor Sources:

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

NOTE.—Dried vegetables and fruits and canned processed peas *do not* contain vitamin C.

## SPECIAL DIETS

Special or therapeutic diets are modifications of the normal dietary which are designed to assist in the treatment of disease. The dietary may be modified in content as for example in diabetic diets when the quantity of carbohydrate is restricted, or it may be modified in consistency as with soft or fluid diets. Whatever the modification, the diet must be nutritionally balanced, it must be acceptable to the patient and, within the limits of food allowed by the doctor, it must be varied and palatable.

In the absence of therapeutic dietitians, therapeutic diets are prepared by catering staff under the direction of the medical and nursing staffs. This booklet is designed to help the catering officer in meeting orders for the more usual special diets and to help nursing staff in ordering varied and suitable meals for their patients.

### Integration of "special" diets with general menus

With good organisation, most of the food for special diets can be prepared and cooked with that for 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 but they would need a larger portion of meat and the yorkshire pudding and custard would have to be omitted. Thin gravy would be substituted for thick and apples would 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 :

Baked fish  
Riced potatoes  
Carrots with parsley sauce  
Stewed apples  
Tapioca pudding.

This meal would also be suitable for :—

- (1) Convalescent stage gastric patients
- (2) Patients in the more acute stages of gastric diseases, if the fish were pounded and the carrot sieved.
- (3) Patients requiring low salt diets, if the foods were cooked without added salt.
- (4) Patients requiring a low fat diet, if a low fat sauce (see recipes, page 74) were substituted for parsley sauce and the milk pudding made with skimmed milk.

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, pages 64 and 65.)

**Responsibility for Diets**

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

## DIABETIC DIETS

Diabetes is a common disease which occurs in about two people in every thousand of the population. As it is so common, diabetic patients are likely to be encountered in every general and mental hospital. Diet is an integral part of treatment and lack of proper attention to the diet can be a cause of serious complications or may result in keeping the diabetic in hospital longer than otherwise would be necessary.

The disease is characterised by an inability to utilize sugar. Since carbohydrate is converted to sugar the aim is to limit the amount of carbohydrate the patient eats, to that which can be utilised by his own or injected insulin. Recently, tablets taken by mouth have been used in place of insulin for some patients, but diet is still of equal importance in these cases.

Overweight diabetic patients are often required by their doctors to lose weight because the diabetes is then more easily controlled. In such cases it is often necessary to limit the entire intake of food as well as carbohydrate.

The caterer is concerned with supplying suitable food from which the ward sister and her staff can arrange a diet to comply with the doctor's prescription. In supplying this food the caterer should remember that, to keep healthy, a diabetic must continue dieting for the rest of his life. A dietary regime which is varied, palatable and attractive is more likely to be followed than one which is dull and monotonous. The patient's stay in hospital offers a splendid opportunity for teaching him how to vary his diet and make it attractive.

Meals for a diabetic are planned by the doctor to contain a known and constant amount of carbohydrate and to help Sister give this required amount, food should be simply cooked and should not contain any "hidden" carbohydrate which cannot be accounted for, in the form of coatings, added sauces, gravy thickenings or fillers (e.g., cereal fillers in sausages and canned meat). Most of the carbohydrate foods are under Sister's direct control, i.e., bread, breakfast cereals, milk, jam (where this is allowed), potatoes, fruit, etc., and need not concern the caterer.

He is concerned, however, with protein foods, e.g., meat, bacon, ham, offal, fish, cheese and eggs which normally should be supplied in larger than usual portions, so too can low carbohydrate vegetables such as greens, green salad, green beans, marrow, swedes, tomatoes, celery, onions, leeks and cauliflower. Vegetables richer in carbohydrate than these, e.g., potatoes, carrots, peas and beetroot, are weighed or portioned by Sister, who adjusts the amount of potato in relation to the kind of second vegetable (less potato when a carbohydrate-rich vegetable is served with it).

In the case of puddings, the caterer must exercise great care that the *same amount of carbohydrate is supplied each day*. Recipes for puddings providing 20 gms. carbohydrate are given on pages 21-24, but these should not be used unless permission is obtained from the doctor. These puddings are not suitable for all diabetics: some are prescribed a diet so restricted in carbohydrate that 20 gms. would be too much to allow for one course of a meal. Fruit is normally allowed and can replace puddings and is often required for both the mid-day and supper meals. The caterer should obtain from Sister a list of the kinds and quantities of fruits allowed. Stewed fruit should be sweetened with saccharine and fruits canned in water are a useful means of introducing variety. Canned fruits sweetened with Sorbitol should be used only with the doctor's permission as, too, should other foods containing Sorbitol, such as "sugarless" jams, squashes, chocolate, etc.

It is unnecessary to provide special foods for diabetics, the only exceptions to this may be diabetic jam for old people who cannot eat salads and who like "something with their bread" at tea time or diabetic fruit squashes. Diabetic foods cannot be eaten *ad lib* but are subject to the same limitations as ordinary foods and especially if patients are also on weight reducing diets.

**Foods Forbidden in Diabetic Diets** are normally :—

- Sugar, glucose and all drinks, milk powder drinks, fruit squashes, etc., sweetened with these
- Jam and all preserves
- Packet jellies and jelly crystals
- Sweet cakes, pastries, puddings
- Sweets and chocolates
- Gravy or soups thickened with flour, pea flour, cornflour
- Canned soups
- Sauces made with or containing flour, cornflour or other cereal
- Tinned meats to which cereals or potatoes have been added
- Sausages of any kind.

**SUGGESTIONS FOR MEALS**

**Foods allowed** subject to doctor's orders

NOTE.—Servings of bacon, meat, offal, poultry, fish and cheese should be larger than usual.

**BREAKFAST :**

Bacon with fried tomato or mushrooms, cold ham, bacon and egg, egg, kipper, haddock, golden fillets, fish roe.

These may be poached, fried or grilled but should *not* be served with fried bread, baked beans or fried potato.

#### DINNER:

Meat, poultry, offal, fish (see pages 19-20 for more detailed suggestions).  
Green vegetable, tomato, root vegetable or salad  
Vegetables (boiled, steamed or braised: served without sauce)  
Potatoes—usually boiled or mashed  
Fresh or stewed fruit  
Special pudding, if allowed.

#### TEA:

Egg, meat, cheese, fish—as ordered  
Green salad, tomato, cucumber or celery.

#### SUPPER:

Meat, cheese, fish, etc., as at mid-day  
Salad or vegetables  
Fruit, fresh or stewed, sweetened with saccharine.

### DIABETIC DISHES

These suggestions for main dishes may be used only with the doctor's permission and weights or portions must be according to prescription.

NOTE.—Recommended accompaniments can usually be served as “extras” as their carbohydrate value is negligible.

PORK	<i>Roast</i> : serve with boiled onions, chopped with dried sage and small portion apple sauce sweetened with saccharine.
LAMB	<i>Roast</i> : serve with mint sauce—use saccharine in place of sugar in sauce, or serve cold with salad. NO STUFFING OR THICKENED GRAVY. <i>Boiled</i> : leg served with boiled onions. <i>Grilled</i> : chops or cutlets served with grilled tomatoes. <i>Braised</i> : chops or cutlets—cook with mushrooms or a very small quantity of carrots and onions. NO FLOUR IN GRAVY.
BEEF	<i>Roast</i> : served with horseradish sauce or serve cold with salad. <i>Stewed</i> : with kidney, flavoured with mushrooms or onion and small quantity of carrots. NO THICKENING IN GRAVY. <i>Braised</i> : flavoured with onions, bouquet garni, tomatoes, leeks and/or celery. NO THICKENING. <i>Boiled silverside</i> : flavoured with $\frac{1}{2}$ small carrot, onion and serve with thin gravy.
VEAL	<i>Stewed</i> : flavoured with chopped bacon and/or bacon rinds or chopped parsley. NO THICKENING.
LIVER	<i>Fried, grilled or braised</i> : serve with fried onions and bacon rolls and unthickened gravy. Liver should <i>not</i> be coated in seasoned flour before frying.

HEART	<i>Roast or braised</i> : NO STUFFING OR THICKENED GRAVY.
CHICKEN	<i>Roast or boiled</i> : serve with thin gravy and NO STUFFING OR BREAD SAUCE.
HAM	<i>Boiled</i> : serve with clear gravy and flavour with onion and small quantity carrot and celery. <i>Cold</i> : with salad. <i>Grilled</i> rashers served with egg or tomato.
BACON	<i>Boiled</i> : serve hot, flavour with small quantity of carrot and onion and serve with thin gravy. <i>Fried</i> : serve with egg or mushrooms or tomato or kidney or calves' or pigs' liver.
CANNED MEAT	<i>Corned beef or mutton</i> only are suitable: serve cold with salad or as curry. Corned beef or freshly cooked mince served in curry sauce. Curry sauce for 2: chop 1 small onion, $\frac{1}{2}$ carrot, $\frac{1}{2}$ apple and fry lightly in dripping. Add curry powder, pulp of small tomato, salt and pepper and lemon juice. Add stock and finally meat (cooked or canned). Reheat.
FISH	White fish grilled, fried or baked but NOT coated with crumbs, batter or flour. N.B.—Crushed Energen rolls may be used for coating. Serve with lemon or lemon and parsley butter.
HERRING	Grilled or steamed. Pickled herring (rolled and cooked in vinegar and water with spices). Serve cold with salad.
SMOKED	Haddock: poached and serve with poached egg.
FISH	Golden fillets: poached. Kipper: fried, grilled or poached.
CANNED FISH	Sardines, salmon or pilchards canned in oil or water: serve cold with salad.
CHEESE	Serve with cauliflower, onion or tomato. Place portions of cooked vegetable in fireproof dishes. Sprinkle with 2-3 tbsp. grated cheese, add seasoning and grill until lightly browned. Serve in dish in which food was cooked. Cheese with salad.
EGGS	Hard boiled: serve with salad. Scrambled: flavoured with cooked ham, bacon, chives, tomato, parsley or cheese. (Allow at least 2 eggs per portion) or serve as suitably flavoured omelettes.

## DIABETIC PUDDINGS

- Notes: 1. Each portion of pudding is equivalent to 2 black lines (Lawrence Line) or 20 gms. carbohydrate.  
2. Dissolved saccharine is used: 50 tablets to  $\frac{1}{4}$  pt. water.

### CORNFLOUR MOULD

$\frac{1}{2}$  oz. cornflour  
 $\frac{7}{8}$  ozs. milk  
1 tsp. saccharine  
Flavouring (coffee, vanilla, raspberry, etc.)  
 $\frac{1}{4}$  oz. margarine

*Note to kitchen:*  
Cornflour and flavourings to be used,  
not blancmange powders.

#### Method:

Make as usual but thin with a little water if necessary.

### SEMOLINA PUDDING (or Ground Rice)

$\frac{1}{2}$  oz. semolina or ground rice  
 $\frac{7}{8}$  ozs. milk  
1 tsp. saccharine  
 $\frac{1}{4}$  oz. margarine  
Lemon peel, vanilla or  $\frac{1}{4}$  tsp. cocoa for flavouring. This may be served as a hot pudding or cold as a mould.

### RICE PUDDING (or Tapioca or Sago)

$\frac{1}{2}$  oz. rice or tapioca or sago  
 $\frac{7}{8}$  ozs. milk  
1 tsp. saccharine  
 $\frac{1}{4}$  oz. margarine

#### Method:

Weigh grain into individual dishes, wash and then cover with water. Cook in the oven until the water is absorbed. Then add milk, saccharine, margarine and stir. Continue cooking in a slow oven.

### CUSTARD AND FRUIT (Custard C10 + Fruit C10)

$\frac{1}{4}$  oz. custard powder  
 $3\frac{1}{2}$  ozs. milk  
1 tsp. saccharine

#### Method:

Make custard in the usual way, using a little water to thin to the correct consistency. Serve this with *one* of the following fruits: C10, kitchen to supply and ward to weigh.

	Raw banana	2 ozs. (weighed without skin)
or	Stewed prunes	3 ozs.
		(Stew with orange peel for flavouring)
or	Stewed apples	8 ozs.
or	Stewed fresh apricots	8 ozs. (weighed with stones)
or	Stewed dried apricots	2 ozs.
or	Stewed cherries	8 ozs. (weighed with stones)
or	Stewed greengages	5 ozs.
or	Fresh orange	4 ozs. (without skin)
or	Stewed pears	6 ozs. (Stew with lemon peel or nutmeg for flavouring)
or	Stewed plums	6 ozs.

*Note.*—Cooked fruit must be stewed *without sugar* and saccharine used for all sweetening.

#### BAKED EGG CUSTARD (C10) AND FRUIT (C10)

1 egg  
7 ozs. milk  
1 tsp. saccharine to sweeten  
Nutmeg

##### *Method :*

Beat egg and milk, add saccharine. Pour into pie dish—add grated nutmeg. Place in tray of water and bake in slow oven. Serve with fruit as shown under boiled custard.

#### APPLE CHARLOTTE

4 ozs. stewed apple (saccharine to sweeten)  
1 oz. breadcrumbs  
Knob margarine  
Nutmeg or cinnamon

##### *Method :*

Stew apples with saccharine and cool. Crumb bread and sprinkle over apple in dish. Brush with melted margarine and sprinkle with nutmeg or cinnamon. Bake in quick oven to brown.

#### BREAD AND BUTTER PUDDING

$\frac{2}{3}$  oz. bread  
Knob butter or margarine  
 $\frac{1}{4}$  oz. sultanas  
Cinnamon or nutmeg  
 $3\frac{1}{2}$  ozs. milk made up to 7 ozs. with water  
 $\frac{1}{2}$  egg  
1 tsp. saccharine



*Method :*

Spread butter on bread. Clean fruit and chop. Cut bread into strips and add fruit. Pour over egg beaten with milk, water and dissolved saccharine. Sprinkle with cinnamon or nutmeg and bake until browned.

**QUEEN OF PUDDINGS**

$\frac{2}{3}$  oz. bread  
7 ozs. milk  
1 tsp. saccharine  
Strip lemon peel  
Knob butter or margarine  
1 egg  
Sugarless jam

*Method :*

Heat together milk, saccharine, butter and lemon peel. Divide yolk from white of egg. Beat milk mixture, from which peel has been removed, with egg yolk and pour over crumbed bread. Stand for 20 minutes then bake in slow oven in bain marie until set. Spread with sugarless jam and top with beaten white of egg. Return to oven to brown.

**FRUIT "PIE" (2 portions)**

Pastry:  $1\frac{1}{2}$  oz. flour  
 $\frac{3}{4}$  oz. margarine  
Water to mix

Filling: 5 oz. greengages  
or 6 oz. stewed plums  
or 8 oz. stewed apple

*Method :*

Make pastry in the usual way. Bake blind. Serve with stewed fruit sweetened with saccharine.

**BAKED APPLE**

Raw apple 4 ozs.  
Dates  $\frac{1}{2}$  oz. (weighed without stones)

*Method :*

Wash and core apples, score round centre. Stuff with dates and add a little dissolved saccharine. Cover with greased paper and bake until soft.

**DIETAIDE CHOCOLATE OR OTHER FLAVOURED MOULD**

Allow 1 packet to 1 pint milk, this makes 4 portions each portion is equivalent to 6 gms. carbohydrate.

To provide a sweet of C20 value: to *each* portion of mould add:

Portion fruit listed under C10

*and* 1 oz. i.e. 1 tbsp. unsweetened evaporated milk

**FLOATING ISLAND AND FRUIT (Custard C10 + Fruit C10)**

1 egg

7 ozs. milk

1 tsp. saccharine

Grated orange peel

**Method:**

Divide white from yolk of egg. Beat yolk with milk, saccharine and small amount finely grated orange peel. Bake in moderate oven in tray of water. When almost set, beat white stiffly and float on the custard. Return to the oven and brown. Serve with 4 ozs. sliced raw orange or 3 ozs. stewed prunes or other fruit as listed.

## 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 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 should be lost by consuming fatty or adipose tissue and *not* protein or muscular tissue. Hence a reducing diet should contain the normal, or even more than the normal, amount of protein.

In respect of every requirement other than total calories, a reducing diet must completely satisfy the body's 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 average amounts of butter or other fats. Calories, as a rule, can be sufficiently lessened by cutting down the consumption of bread, cakes, pastries and sweets.

Many people afflicted with 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 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:—

### FORBIDDEN FOODS

*Biscuits and Buns* : All.

*Cakes* : All.

*Cereals* : Breakfast cereals, macaroni, vermicelli, pastas, porridge, rice, semolina, etc.

*Cream* : Cream, mock cream and ice cream.

*Drinks* : Beers, wines, cider, ginger ale and fruit squashes.

*Fried Foods* : All.

*Fruits* : Bananas, canned fruit in syrup or Sorbitol.

### FOODS ALLOWED

*Bread* : In restricted amounts.

*Butter and margarine* : In restricted amounts.

*Cheese* : All except cream.

*Fish* : All white fish but not fried.  
Herring and kipper, finnan haddock.

*Offal* : All but not fried.

*Meat* : All types of lean.

*Fruit* : All with exceptions given in opposite column.

*Poultry* : Chicken.

*Meat* : Pork, duck and all fat of meat. Sausage and all canned meats containing cereal fillers.

*Milk* : Sweetened and evaporated canned milk and milk powder drinks.

*Nuts* : All.

*Puddings and Pastries* : All.

*Sugar* : All sugar - containing foods such as sweets, preserves, crystallised fruits, fruit drinks and squashes, treacle or syrup.

*Thickened Foods* : Gravies, sauces, soups.

*Vegetables* : Baked beans, haricot beans, dried peas.

*Milk* : In restricted amounts.

*Soups* : If clear.

*Salad* : All except potatoes but *not* served with an oily dressing.

*Vegetables* : All with the exceptions given opposite. Potatoes usually in restricted amounts but must not be fried.

## MEALS SUITABLE FOR A REDUCING DIET

### BREAKFAST

Normal serving of fruit, fresh or stewed with saccharine to sweeten.

### AND portion of:

Bacon with minimum fat served with tomatoes or mushrooms (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—See also pages 19 and 20 for main courses suitable for diabetic diets but omit pork and all fried foods and fish canned in oil.

Serving of lean meat (cooked in any way but *not* fried or served with thick gravy).

White fish (not fried) served with lemon or vinegar.

Liver, or sweetbread or chicken or rabbit.

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

Large portion of any green vegetable or salad, marrow, cauliflower, swede, carrots, onions, leeks, celery, fresh peas, green beans, tomatoes, etc.

NOT DRIED PULSES.

AND Junket without sugar.

or Egg custard without sugar or Dietaide or similar sweet.

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

Canned fruits *in water* are useful to give variety.

NO STARCHY PUDDINGS OR PASTRY.

#### TEA

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

or Orange or apple.

Fish, cheese, egg or meat as ordered.

#### SUPPER

Clear soup (no thickening of any kind).

Serving of lean meat, kipper, herring or cheese.

or Egg (not fried or scrambled).

Salad or vegetable as at midday.

AND Fresh or stewed fruit sweetened with saccharine if desired.

FRUIT MUST NOT BE SWEETENED WITH SUGAR,  
GOLDEN SYRUP OR SORBITOL.

## DIETS FOR "GASTRICS"

In the catering department the term "gastric" includes many 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 diet as there are doctors specialising in the treatment of disorders of the stomach and duodenum 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

*Soups*: meat, soups and highly seasoned soups.

*Meat*: fat meat especially pork, duck, also "high game," sausages and other highly seasoned meats. Some doctors also forbid beef.

*Fish*: only fish such as mackerel, herring, kipper, pilchard, sardines (canned salmon is usually well tolerated).

*Vegetables*: raw or tough stringy vegetables, e.g., celery, peas, beans (especially dried), radish, turnip, swedes. Usually leeks and onions also.

*Sauces*: all highly spiced seasoned or fatty varieties.

*Puddings and Cakes*: heavy suet puddings, pastry, pancakes, fruit and other rich cakes or puddings.

*Fruit*: raw or "pippy" fruit and rhubarb, dried fruit including currants and raisins.

\*Some firms specialising in dehydrated foods now make vegetable powders which reconstitute easily to give vegetable purees.

### ALLOWED

*Soups*: milk, vegetable.

*Meat*: lean lamb, veal and sometimes beef; chicken, minced liver, lean ham or bacon, tripe, sweetbreads.

*Fish*: All white fish, golden fillets, haddock, fish roes, canned salmon: serve with white or other suitable sauce.

*Eggs*: except fried.

*Cheese*: cream, curd or grated.

*Vegetables\**: potatoes — riced, duchesse, boiled or mashed. Green vegetables puree or minced. Carrots or peas or green beans—puree or minced. Tomato puree. Marrow — whole. Cauliflower (flower only—whole).

*Sauces*: white, egg, lemon, parsley—very finely chopped — anchovy and cheese.

*Puddings and Cakes*: all milk, both hot and cold. Steamed or baked sponge. Simple trifle.

*Miscellaneous*: all fried foods,  
new bread, pickles, bottled  
sauces and nuts.

Egg custard, junket, ice cream.  
Queen of puddings, Madiera,  
sponge (see page 66 for recipes)

*Fruit*: stewed apples, pears,  
apricots (dried or fresh), prunes  
(all sieved if necessary). Black-  
currant puree.

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

- (i) Gastric diets are often expected to conform to a specific "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 and 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 a blackcurrant puree, rosehip syrup, guava or citrus fruit juice.
- (iii) Gastric diets, especially when the patient's appetite is small, may well be deficient in protein. It is therefore essential to allow two or more pints of milk for each "gastric" patient. For those on milk drips, 6 or more pints may be needed.

### MEALS SUITABLE FOR "GASTRIC" DIETS

For recipes see page 66.

#### BREAKFAST

Porridge (sieved if made with coarse oatmeal), preferably made with milk or dried milk added in the proportion of 1 oz. milk powder per pint liquid.

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—scrambled, boiled or poached
- or Soft roes.

#### DINNER

- Chicken, rabbit, fish, minced liver, brains, sweetbreads, soft roes, tripe (no onions), served with suitable sauce
- or Tender lamb or veal (beef, if allowed)—minced if necessary.  
These foods may be boiled, stewed or steamed, *never* fried. It may be necessary to mince or pound chicken, rabbit, fish and meat.
- and Mashed, creamed, riced or duchesse potatoes
- and Sieved cabbage, spinach, kale, carrots, fresh peas
- or whole marrow or cauliflower (flower only)
- and Milk or light steamed or baked pudding.

#### SUPPER

- Milk soup
- or Light main dish
- and Light sweet.

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



## LOW SALT DIETS

In many cases of heart, kidney and other disease there is an accumulation of unwanted water—oedema—in the body. The oedema contains salts, mostly sodium chloride, which are a cause of the water accumulating. One important step in ridding the body of unwanted water is to get rid of the excess sodium chloride or common salt. A patient obtains sodium in his food and one way of preventing his getting too much is to limit the amount in his diet.

The degree of sodium or salt restriction in a diet depends on the severity of the disease and, roughly speaking, there are two degrees of severity: the milder illness which can be dealt with by a “no added salt” diet and the more severe illness for which a “low salt” diet or what is commonly called a “salt free” diet is required. For the former it is usually only necessary to cook food without salt and to see that it is not added to the plate at table. For the latter diets, all salty foods must be rigorously avoided and special low salt bread, butter, margarine and plain flour must be provided (for details see later). Salt substitutes should not be used in cooking as they impart a bitter flavour and should not be added to cooked food unless allowed by the doctor.

Whenever a low salt or “salt free” diet is ordered the caterer *must find out from the ward sister or doctor the degree of salt restriction required* and hence the kinds of food allowed. Also whether special low salt bread, etc., is required. On page 32 a list of foods rich in salt is given.

Low salt diets must be among the most dreary and unappetising a patient has to suffer and there is little wonder that his appetite flags. Strong flavourings added to dishes help to offset, in some small measure, the lack of salt and the following suggestions will be useful. Add:—

- (a) strong flavoured vegetables, e.g., onion, chives, mushroom, garlic, celery, although not too much celery as this has a fairly high sodium content
- (b) herbs, e.g., mint, thyme, parsley, sage, bay leaves, etc.
- (c) lemon, curry, mustard, pepper, nutmeg, cinnamon or vinegar. (Care must be taken when using these ingredients that salt has not been added in their manufacture.)

Patients with heart disease are often very ill and many salt restricted diets should also be light and easily digested. Frequently salt restriction is coupled with restriction of fluids, in which case “sloppy” foods with much added gravy and soups must be avoided.

“Salt free” diets are sometimes also required to be “high protein”. Most animal protein foods are fairly rich in salt, and by increasing them in the diet, salt is inevitably increased too. For high protein diets, which must also be low in salt, the usual salt restricted diet is suitable to which Casilan may be added. Casilan contains 26 gms. protein per oz. but less than 0.1% sodium. Edosol is another low salt, protein rich food:

the amount of protein in the powder is 7.8 gms. per oz., and 0.03% sodium. Comparable figures for dried milk are: protein 7.5 gms. per oz. and 400% sodium.

#### **Foods Rich in Salt which must be omitted**

<i>Soups</i>	Canned, dehydrated soup powders.
<i>Meats</i>	Canned unless "Dietaide" or similar specially prepared food guaranteed low in salt. Ready made sausages*, meat pies, jellied veal, brawn. Ham, bacon, pickled or other salted meats. Meat extracts and gravy powders.
<i>Fish</i>	Kippers, smoked haddock, golden fillets, canned fish, prepared fish cakes, fish fingers, etc. Shellfish.
<i>Cheese</i>	All except some special low salt cottage cheeses.
<i>Eggs</i>	These are usually limited to not more than one per day.
<i>Milk</i>	May be limited to $\frac{1}{2}$ -pint per day. Dried condensed and evaporated milk should be avoided so too, milk drink powders.
<i>Sauces</i>	All manufactured sauces except "Dietaide" or a similar special sauce. Also pickles, salted nuts, olives.
<i>Vegetables</i>	All canned, some frozen and dehydrated.
<i>Cereals</i>	All breakfast cereals except Shredded Wheat, Puffed Wheat and Energen Flakes. For some patients, ordinary bread, cakes, biscuits, buns, pastries and puddings should be avoided.
<i>Miscellaneous</i>	Lemon curd and syrup, treacle, chocolate and cocoa. Baking powder, bicarbonate of soda. Self-raising flour. Salted butter and margarine.

NOTE.—If ordinary bread and butter or margarine are forbidden, special low salt bread, etc., must be obtained. Low salt cakes may be home-made, using plain flour and yeast or "saltless baking powder". For recipes see page 36.

#### **Foods Low in Sodium (which may be used freely)**

Plain flour.	All fresh vegetables except
"Salt free" bread.	spinach, beetroot and celery.
"Salt free" Ryvita.	(Although a little celery for
Matzo biscuits.	flavouring is usually allowed.)

\*Some local manufacturers will make low salt sausages.

"Salt free" biscuits and cakes  
(home-made).

Shredded Wheat.

Puffed Wheat.

Energen Flakes.

Oatmeal Porridge—no salt added  
during cooking.

Home-made cottage cheese.

Fresh cream.

Unsalted butter.

Kosher margarine.

Lard.

Olive Oil.

Kosher margarine and "Saltless" butter may be obtained from most  
suppliers.

All fresh meat (no salt pork,  
pickled tongue, salt beef or  
canned meat).

All fresh and canned fruits except  
dried apricots, figs, prunes,  
raisins, currants and sultanas.

All fresh fish except shellfish.

Curry powder, paprika and black  
pepper, mustard and vinegar.

Jam, honey, marmalade.

Sugar and glucose.

### MEALS SUITABLE FOR LOW SALT DIETS

NOTE.—If salt is severely restricted eggs should not exceed one daily  
and milk not more than  $\frac{1}{2}$ -pint for all purposes.

#### BREAKFAST

Shredded wheat, puffed wheat or Energen flakes, or low salt porridge  
with milk and sugar.

Egg—boiled, scrambled, poached or fried in low salt margarine  
or olive oil.

Grilled white fish or fresh herring with grilled tomatoes.

Mushrooms on toast.

Fish cakes or kedgerie—usual recipes suitable but omit salt.

Grilled or poached herring roe on toast (use olive oil or "salt free"  
butter for grilling).

Dietaid beans on toast.

"Salt free" bread and butter, marmalade.

Tea or coffee.

#### DINNER (See also recipes, page 36).

Any fresh meat—braised, stewed, roast or grilled—no salt added  
or gravy browning used.

Serve apple sauce with pork, onion sauce or redcurrant jelly with  
mutton, mint sauce with lamb, home-made horseradish sauce with  
beef, fried apples and onions with liver

- or White fish—fried coated in low salt breadcrumbs or poached, grilled or baked. Serve with lemon and parsley butter or home-made parsley, tomato or lemon sauce
- or Curry and boiled rice
- or Braised fresh tongue
- or Cornish pasty, meat pie or pudding (use plain flour)
- or Stewed sweetbreads flavoured with lemon rind
- or Roast or stewed veal flavoured with lemon, herbs or parsley
- or Roast or boiled chicken with white sauce or “salt free” bread sauce

#### AND

Fresh vegetables and potatoes cooked without salt, or salad dressed with oil, lemon juice and nutmeg.

SWEET OR PUDDING (See also recipes, page 43).

Small portion milk pudding and fruit

- or Fruit pie (plain flour)
- or Queen of Puddings or bread and butter pudding made with “salt free” bread and butter but do not use *dried fruit* except dates
- or Apple or other fruit charlotte made with “salt free” bread and butter
- or Banana custard, apple or banana fritters (plain flour)
- or Fruit crumble (plain flour and “salt free” margarine)
- or Jam tart (plain flour and “salt free” margarine and lard)
- or Baked apples stuffed with dates or marmalade
- or Fruit flan (plain flour and “salt free” margarine for pastry; use cornflour or arrowroot for glaze).

#### TEA

Tea with milk and sugar

“Salt free” bread and butter

Jam, honey, lettuce or tomatoes

Low salt biscuits, cake or yeast buns (home-made)

Usual recipes for plain Madeira cakes or sponge cake or yeast buns are suitable but use plain flour, “salt free” fats and saltless baking powder or yeast (see recipes).

#### SUPPER

Meat, fish or low salt cheese (home-made cottage cheese) salad with “salt free” bread and butter

- or Scotch eggs or curried eggs (see recipes).

or Egg and tomato pie, or cornish pasty with saltless vegetables or salad

or Fried fish with mashed or chipped potatoes (no salt) or other meat or fish dish as at midday.

AND

“Salt free” bread and butter or vegetables cooked without salt

AND

Fresh or stewed fruit or simple sweet as at midday.

### **Special foods**

Among others, “salt free” bread may be obtained from:

Co-operative Bakeries  
Snow's Bakeries and  
Harrods of Knightsbridge, London.

Low salt canned goods including low salt meat, vegetables, etc., may be obtained among others from:

Dietaide Foods,  
Hanworth Food Products Ltd.,  
Colnbrook, Buckinghamshire.

“Salt Free” Marmite may be obtained from:

Marmite Ltd.,  
35 Seething Lane,  
London, E.C.3.

Edosol, low salt milk from:

Trufood Ltd.,  
113 Newington Causeway,  
London, S.E.1.

Casilan—protein concentrate also low in salt from:

Glaxo Ltd.,  
Greenford, Middlesex.

Energen Flakes may be obtained from:

Energen Ltd.,  
65 Pound Lane,  
London, N.W.10.

## RECIPES FOR LOW SALT DIETS

(for 10 portions unless stated otherwise)

### 1. SAUSAGE ROLLS

#### *Filling :*

8-10 oz. stewing steak  
1 medium onion  
Piece carrot  
1 tsp. chopped parsley  
Pinch dried sage  
Pepper  
1 tbsp. plain flour

#### *Pastry :*

$\frac{3}{4}$  lb. plain flour  
6 ozs. saltless margarine  
Water to mix

#### *Method :*

Finely mince meat, carrot and onion together. Fry in hot dripping with flour. Add chopped parsley, dried sage and pepper. Stew in a little water until cooked. Drain off liquor and cool. Make Pastry in the usual way. Roll out, place filling on pastry, cut and fold into rolls. Brush with beaten egg and bake. Serve hot with gravy and vegetables or cold with salad.

The same mince mixture may be used in meat patties, shepherd's pie or as a filling for marrow rings and/or rings of duchesse or mashed potato. Use 1 lb. meat, mince and cook as before with onion and carrot. Use meat liquor for gravy.

### 2. BRAISED BEEF AND DUMPLINGS

#### *Braised beef :*

2 lbs. brisket beef  
1 large carrot  
1 onion  
UNSALTED stock  
Faggot  
2 skinned tomatoes  
1 tsp. chopped parsley  
Pepper  
Knob dripping  
1 tbsp. flour

#### *Method :*

Prepare and cut meat into thick portions of equal size, roll in flour and colour in hot dripping. Lightly fry sliced onions. Put meat and all vegetables in strong stew pan, add faggot, tomatoes, chopped parsley and stock. Simmer for  $1\frac{1}{2}$  hours or until tender. Serve with dumplings if liked.

**Dumplings :**

6 ozs. plain flour  
1½ oz. suet  
¼ tsp. "saltless" baking powder  
1 tsp. chopped parsley or chives or mixed herbs  
Water to mix to soft dough

**Method :**

Cook with meat or steam separately if preferred.

**3. STUFFED TOMATOES**

1 large tomato per portion  
1 lb. chuck steak  
2 tbsp. low salt bread crumbs  
Pepper  
Chopped parsley  
1 onion

**Method :**

Stew steak with pepper, chopped parsley and onion, until tender. Drain off liquor, mince meat and add breadcrumbs. Halve tomatoes, remove insides, add strained tomato to mince mixture. Place the mixture in tomato cases and bake in moderate oven to reheat and cook tomatoes.

**4. BRAISED LAMB CUTLETS**

10 lamb cutlets  
1 carrot  
1 onion  
1 stalk celery  
Pepper  
Chopped mint  
Dripping  
Plain flour  
Saltless stock or water

**Method :**

Wipe cutlets, trim off excess fat. Place in baking tins and colour in hot fat. Also colour sliced vegetables in the same way. Add flour and brown. Add stock, stir well, and add chopped parsley and pepper. Cover with lids or greased paper and finish cooking in the oven.

**5. STEWED NECK OF MUTTON**

4 lbs. best end neck  
2 carrots  
2 leeks

1 stem celery  
Pepper  
1 cup peas (shelled)  
Sprig mint  
Saltless stock or water  
Dripping  
2 tbsp. plain flour

*Method :*

Prepare meat, trim off excess fat and gristle. Prepare and slice carrots, leeks and celery and fry lightly with meat in dripping, then pour off excess fat. Add flour and brown. Add peas, mint and pepper. Cover with stock and simmer for 2 hours or until tender.

6. *MUTTON PIES*

Use  $\frac{3}{4}$  of the above quantities and cook as in previous recipe. When tender remove meat from bones, chop and use with vegetables as filling for pies or cornish pasties. Use liquor in which meat was cooked for gravy.

7. *VEAL PIE*

*Filling :*

2 lbs. boneless veal (stewing or "pie")  
1 onion  
Mushroom stalks  
Peel of  $\frac{1}{4}$  lemon, grated finely  
Pepper  
2 tbsp. plain flour  
Saltless stock or water

*Pastry :*

$\frac{1}{2}$  lb. plain flour  
4 ozs. saltless margarine  
Water to mix

*Method :*

Prepare and cut meat into 1 inch cubes. Roll in flour. Add chopped onion, mushroom stalks, grated lemon rind and pepper. Cover with stock or water and stew for  $1\frac{1}{2}$  hours. Place in pie dishes, when cool, cover with pastry, brush with beaten egg and bake.

8. *KEDGEREE*

$1\frac{1}{2}$ -2 lbs. fillet fresh haddock (*not smoked*)  
8 ozs. rice  
4 eggs  
2 ozs. saltless margarine  
Juice of  $\frac{1}{2}$  lemon  
1 tsp. finely chopped parsley  
Pepper



*Method :*

Remove the skin and bone from cooked fish and flake with lemon juice, pepper and parsley. Cook rice for 10 minutes in boiling water *without salt*. Refresh and drain. Toss and reheat fish, rice and chopped hard boiled eggs in melted margarine.

9. *FISH PIE*

2 lbs. cooked white fish  
2½ lbs. cooked saltless potatoes  
¼ pt. parsley sauce  
Pepper  
2-3 ozs. saltless margarine  
Saltless breadcrumbs

*Method :*

Remove skin and bone from cooked fish and flake with parsley sauce and pepper. Place mixture in pie dishes and top with potatoes, mashed with margarine. Sprinkle with crumbs. Reheat and brown in the oven.

Cooked skinned tomatoes or mushrooms may be added to the flaked fish if liked.

10. *CREAMED FISH*

2 lbs. fillet cod  
¼ pint sauce

*Method :*

Cook cod in very little milk with bay leaf and sprinkle with nutmeg. Flake into parsley or lemon sauce. Serve on toast or in rounds of mashed potato.

11. *BLANQUETTE VEAL*

2 lbs. boneless veal  
1 oz. saltless margarine  
1 oz. plain flour }      roux  
2 leeks  
1 carrot  
¼ pt. milk  
Faggot and 2 small strips lemon peel  
Parsley  
Pepper

*Method :*

Wash veal and trim. Cover with water or saltless stock, add vegetables and flavourings. Simmer until tender. Chop or dice meat, strain stock and use with plain flour, margarine and milk to make sauce. Stir in meat, reheat and serve.

## 12. SAVOURY EGG BAKE

15 eggs  
1/3rd pint milk  
Pepper  
1 tsp. chopped parsley  
4 thinly sliced peeled tomatoes  
Mixed dried herbs  
Dripping

### Method :

Break eggs and beat with milk, chopped parsley, pepper and herbs. Melt dripping in tins and pour in egg mixture to depth of  $\frac{1}{2}$ - $\frac{3}{4}$  inch. Place thinly sliced tomatoes on top and bake in slow oven until just set.

## 13. EGG AND TOMATO FLAN (8 portions)

### Filling :

$\frac{3}{4}$  pint milk  
2 eggs  
3-4 tomatoes (peeled)  
1 tbsp. finely chopped chives  
2-3 mushrooms or 2 tbsp. cooked peas  
Pepper

### Pastry :

$\frac{1}{2}$  lb. plain flour  
4 ozs. saltless margarine  
Water to mix

### Method :

Line flan tins with short crust pastry. Beat eggs with milk, pepper and chives. Slice tomatoes and mushrooms and place on pastry. Pour over egg mixture and bake in moderate oven until set.

## 14. FISH CAKES (serve with tomato or mushroom sauce)

$1\frac{1}{2}$  lbs. white fish (cooked)  
 $1\frac{1}{2}$  lb. saltless cooked potato  
2 tsp. chopped parsley  
Pepper  
Curry powder or lemon juice and grated rind  
4 tbsp. white sauce  
Egg and saltless breadcrumbs

### Method :

Flake white fish from bone and skin. Mix well with mashed potato and white sauce. Add parsley, pepper and curry powder—the latter if liked. Shape, coat with egg and breadcrumbs and fry in oil.

### 15. *CASSEROLE OF FISH*

2½ lbs. fillet haddock (fresh)  
Pepper  
Bayleaf  
½ pint milk  
3-4 tomatoes  
1 onion  
Mushroom stalks  
2 tsp. parsley  
1 oz. saltless margarine }  
1 oz. plain flour }roux

#### *Method :*

Wash fish and cut into portions. Prepare vegetables and slice. Place onions in bottom of dishes, then fish fillets and cover with sliced tomatoes and mushrooms. Sprinkle with pepper and chopped parsley. Add milk and bay leaves, cover with greased paper and cook in the oven. Strain off liquor and use with white roux to make sauce.

### 16. *SCOTCH EGGS* (8 portions)

4 eggs  
1 large tomato, skinned and pulped  
4 ozs. raw lean beef  
2 ozs. low salt bread  
Sprig parsley  
Pinch dried herbs  
Pepper  
Curry powder  
½ raw egg to bind

#### *Method :*

Hard boil the eggs and shell. Mince beef and bread very finely (put through mincer twice). Mix in remaining ingredients. Place meat round eggs, roll in egg and breadcrumbs and fry in deep fat. Serve cold with salad. **SAUSAGE MEAT MUST NOT BE USED.**

### 17. *EGG IN TOMATO JELLY* (15 portions)

8 eggs  
1 pint fresh tomato juice  
1 pint saltless white stock  
1 sprig mint  
1 tbsp. saltless vinegar  
½ tbsp. sugar  
1 oz. gelatine or according to instructions on packet

*Method :*

Hard boil the eggs and refresh in cold running water. Shell and cut in halves. Heat tomato juice, stock, mint, vinegar and sugar and dissolve gelatine in this. Place  $\frac{1}{2}$  egg in small moulds, cover with jelly mixture, after removing mint and leave to set.

18. *COTTAGE CHEESE*

Make from sour milk, strain through muslin and squeeze curd gently. To flavour curd, add finely chopped chives, parsley, mint or thyme.

19. *SOUSED HERRINGS*

- 10 herrings
- 1 pint water and saltless vinegar
- 1 large onion
- Bay leaves
- Peppercorns
- Cloves

*Method :*

Remove fish heads, tails, backbone and fins, wash and roll up. Arrange in fireproof glazed dishes. Add sliced onions, bay leaves, peppercorns and cloves. Pour over vinegar and water. Cover with greaseproof paper and bake in slow oven for  $\frac{1}{2}$ -1 hour. Serve hot with savoury sauce or cold with salad.

20. *PARSLEY SAUCE*

- 1 pint milk
  - 1 oz. flour
  - 1 oz. saltless margarine
  - 1 oz. chopped parsley
  - Pepper
  - Faggot
- } roux

*Method :*

Heat milk with faggot and pepper. Make roux, add milk after removing faggot, stir and cook. Finally, add parsley.

*Variations :*

In place of parsley use chopped mushrooms or 1-2 chopped hard boiled eggs and grated rind of lemon, or 2-3 ozs. grated horseradish and 1 tbsp. lemon juice.

21. *JUPP SAUCE*

Equal quantities, approximately 4 ozs. each of apples and tomatoes, cooked together with a little water to produce  $\frac{1}{4}$  pint puree. Add  $\frac{1}{2}$  oz. finely chopped onion lightly fried but not browned, cook for a few minutes. Add 1 teaspoonful sugar. Stir well and serve cold.

22. **MUSTARD SAUCE** (serve with grilled herring or herring roes or white fish)  
1 pint milk  
1 oz. flour  
1 oz. saltless margarine or dripping  
Mustard to taste  
1 tbsp. vinegar  
1 tsp. sugar

*Method :*

Make white sauce in the usual way and add sugar and mustard blended with vinegar. Stir well and reheat.

23. **BREAD SAUCE**  
4 ozs. saltless breadcrumbs  
1 onion  
3 cloves  
1 pint milk and water  
1 oz. saltless margarine  
Pepper

*Method :*

Peel onion, leave whole and spike with cloves. Simmer in water and milk. Add crumbs, margarine and pepper. Keep covered in a cool oven for 30-40 minutes. Remove onion before serving.

24. **TOMATO SAUCE**  
1/3rd pint tomato puree made from fresh tomatoes  
2/3rd pint saltless white stock  
1 oz. cornflour  
1/2 oz. sugar  
Sprig mint  
Pepper

*Method :*

Heat tomato juice and stock with sugar, mint and pepper. Thicken with cornflour, remove mint before serving.

### **PUDDINGS**

1. **SALTLESS BAKING POWDER** (obtain from hospital pharmacy)  
28 grams ordinary starch  
38.8 grams potassium bicarbonate  
7.5 grams tartaric acid  
56.1 grams potassium bitartrate

## 2. *BANANA CUSTARD*

2½ pints milk  
2 ozs. sugar  
2 ozs. custard powder  
6 bananas  
1 oz. saltless margarine

### *Method :*

Make custard and beat in saltless margarine. Finely slice bananas and stir into the custard. Serve in individual dishes if possible and decorate with chopped coloured jelly.

## 3. *STUFFED APPLES*

10 apples  
½ lb. dates  
Sugar

### *Method :*

Wash and core apples, score round the circumference. Stone dates and chop. Mix with sugar and use this to stuff apples. Cover with greased paper and bake. Use marmalade in place of dates if preferred.

## 4. *PINEAPPLE DELIGHT* (15 portions)

1 x 2½ tin crushed pineapple  
1 tin evaporated milk  
1½ packets lemon jellies  
¾ pint water

### *Method :*

Dissolve jelly in some of the hot water, add the remainder. Stir and allow to cool, add pineapple. When almost set whisk in evaporated milk. Serve, preferably in individual dishes and decorate with small pieces glacé cherries and angelica.

## 5. *QUEEN OF PUDDINGS* (for 15 portions)

3½ pints milk  
4 ozs. margarine  
14 ozs. breadcrumbs (salt free)  
5 ozs. sugar  
4 eggs  
4 ozs. castor sugar  
Jam  
Rind and juice of 1 lemon

*Method :*

Heat milk with margarine, lemon rind and sugar. Remove rind and add breadcrumbs, beaten yolks of egg and lemon juice. Stir, allow to stand for half an hour. Place in pie dishes and bake in a moderate oven in bain marie until set. Spread top with jam. Make meringue with white of eggs and castor sugar. Place on top of pudding and bake in cool oven until coloured.

6. *EVE'S PUDDING*

- $\frac{1}{2}$  lb. plain flour
- 1 level tsp. special saltless baking powder
- 6 ozs. saltless margarine
- 5 ozs. sugar
- 3 eggs
- 6-8 apples
- Sugar to sweeten

*Method :*

Peel apples and arrange thin slices in pie dishes and add sugar. Cover with sponge mixture and bake. Dust with icing sugar.

7. *BASIC STEAMED SPONGE*

- 6 ozs. saltless margarine
  - 5 ozs. sugar
  - 3 eggs
  - 1 level tsp. special saltless baking powder
  - 8 ozs. plain flour
- } Creamed

*Method :*

Cream margarine and sugar, add beaten eggs. Sift together baking powder and flour and fold into mixture. Mix to a soft consistency with a little water if necessary. Steam or bake and serve with jam or marmalade (NOT SYRUP).

8. *FRUIT FOOL*

- 1 pint sweetened fruit puree (apple, gooseberry, fresh apricot, plum or damson)
- $1\frac{1}{2}$  pints thick sweetened custard

*Method :*

Beat together cold custard and puree. Serve chilled.

### 9. LEMON MERINGUE PIE

#### Filling:

$\frac{3}{4}$  pint water  
6 ozs. sugar  
 $1\frac{1}{2}$  ozs. cornflour  
3 eggs  
1 large or 2 small lemons

#### Pastry:

$\frac{1}{2}$  lb. plain flour  
4 ozs. saltless margarine  
Water to mix

#### Method:

Line flan tins and bake blind. Thicken water with cornflour. Stir in  $\frac{3}{4}$  of the sugar and when cool, egg yolks and lemon juice. Pour into cases. Whip egg whites with remaining sugar. Pile on top and bake in cool oven until meringue is coloured and egg mixture set.

### 10. FRUIT FLAN

$\frac{1}{2}$  lb. plain flour  
4 ozs. saltless margarine  
Water to mix

#### Filling:

Fill cold flan cases with cooked or canned fruit, e.g., apple strips, pears, fresh or canned apricots, peaches, plums or rhubarb. For glaze, thicken sweetened fruit juice with custard powder or cornflour and pour over fruit.

### 11. APPLE SNOW (4 portions)

1 lb. apples  
2 ozs. castor sugar  
Strip lemon rind  
2 tbsp. water  
2 egg whites

#### Custard:

2 egg yolks  
 $\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  oz. castor sugar  
Vanilla essence

#### Method:

Stew apples with lemon rind, sugar and a little water. Remove peel and finely sieve apples. Beat in stiffly whipped egg whites. Beat egg yolks, milk, sugar and vanilla, place in dishes. Bake in cool oven. When cold pile apple mixture on top.



## YEAST MIXTURES

### 1. *DATE BUNS* (15-18 buns according to size)

- 1 lb. plain flour
- $\frac{1}{2}$  oz. yeast
- 2 ozs. sugar
- 2 ozs. saltless margarine
- $\frac{1}{2}$  pt. warm milk and water
- 2 ozs. finely chopped dates

#### Bun wash:

- 2 ozs. sugar to  $\frac{1}{2}$  gill water

Boil for 2 minutes, then use to brush over buns whilst still hot from the oven.

#### Method:

Rub fat into flour. Use a little of the sugar with warm water to cream the yeast. Place in well in centre of the flour. Keep in a warm place until yeast ferments. Add rest of sugar, chopped dates and warm milk and water. Mix to a soft dough, beat well until dough leaves sides of basin. Keep covered in a warm place to rise. Shape dough into buns, place on greased baking sheet. Rise in warm place, bake and brush with bun wash.

### 2. *SWISS BUNS*

Bun dough as in previous recipe but omit dates. Roll dough into long buns and after baking finish with water icing.

### 3. *JAM SPLITS*

Bun dough as in first recipe but omit dates. Shape into round buns and when baked, cool, cut and fill with jam.

## LOW-FAT DIET

Diets in which fat is restricted are difficult 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 much fat is allowed in the diet because in some cases it is necessary to use skimmed milk, whereas in others whole milk is permitted. 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. Or, to put it in another way, for every ounce of pure fat removed from the diet  $2\frac{1}{4}$  oz. pure protein or carbohydrate must be added to maintain the calorie value. The richest sources of carbohydrate are sweet and cloying (sugar and preserves) and for this reason can be eaten only 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 thus can 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 both the calorie and protein value of the dietary.

More recently doctors have become interested in the amount and kind of fat in the diet because of its possible influence on some diseases of the heart and blood vessels. Modern research indicates that the amount of cholesterol and other fatty substances in the blood may affect the course of these diseases. A diet low in total fat appears to reduce the quantity of cholesterol in the blood. The same effect can be obtained with a diet of more normal fat content in which animal fats are replaced in varying degrees by certain vegetable fats or oils. The matter is made more complicated for the caterer because some physicians will allow fish oils and fats, for example, sardines and pilchards canned in oil, and also salmon. Furthermore, in the manufacture of most margarines and cooking fats derived from vegetable oils, the oils are hardened and become similar to fats found in butter, cheese and other animal fats. At the present time (June, 1960) there is no standard dietary treatment for arterial or heart diseases involving the limitation or change in the fat content of the diet, hence caterers should obtain guidance from the medical and nursing staffs of the hospital at which they are employed. The caterer will require to know whether skimmed milk should be used in cooking and whether margarine, lard, cooking fat, dripping, etc., must be replaced by corn or other special oil. Special margarine and cheese, in which animal fat is replaced by vegetable oils are obtainable from Alfonal (Alfonal Ltd., Shell-Mex House, Strand, London, W.C.2). Milk similarly treated is also obtainable from Alfonal and as "Corolac" or "Millac" from L. E. Prichitt and Co. Ltd., Uxbridge Road, Hatch End, Middlesex. These foods should *not* be used unless specified by the doctor.

## FOODS RICH IN FAT

(to be avoided)

Rich soups.

Fat meat, e.g., pork, duck, goose, fat bacon, ham, mutton, sausages, meat pies, corned beef or mutton.

Fat fish, e.g., mackerel, herring, kippers, sardines, pilchards, salmon.

All fried foods.

Cheese unless made from skimmed milk.

Butter, margarine (either or both may be allowed in small quantities).

Dripping, cooking fat, lard.

Olive oil, mayonnaise and all salad dressings containing oil and fat.

Rich cakes, pastries, biscuits and puddings.

Nuts, including desiccated coconut.

Chocolate, fudge, cocoa and other milk powder drinks.

## FOODS NORMALLY

### ALLOWED

Clear soups.

Lean meat—all including liver, kidney, tripe, chicken, rabbit, turkey.

White fish—all but not fried.

Low fat cheese.

Eggs—usually restricted or white only may be allowed.

Milk—skimmed only may be allowed.

Cereals of all kinds, including bread, rolls and breakfast cereals.

Plain biscuits and buns.

Fruit—all.

Vegetables—all, but must not be fried, sauté or have fat added.

Sugar, jams or other preserves.

Boiled and jelly sweets.

## Meals Suitable for Diets Low in Total Fat

Dishes suggested in this menu should be used *only* with the doctor's permission.

### BREAKFAST

Tea with a little milk

Porridge or breakfast cereal with milk (skimmed if necessary) and sugar or syrup

or Stewed fruit with cereal or fresh grapefruit or orange with sugar

AND Grilled tomatoes or mushrooms on crustless toast (no butter)

or Grilled white fish

or Poached smoked haddock or golden fillets

or Poached soft roes on crustless toast (no butter)

or Grilled or poached mushrooms

or Lean ham or boiled egg (if allowed)

AND Bread with a scraping of butter (if allowed)

or Rusks or dry toast with honey, syrup, marmalade or other preserve

#### MID-MORNING

- Beverage with a little milk
- or Orange or other fruit squash or juice with glucose or sugar
- or Meat extract or vegetable extract in water

#### DINNER

- Clear soup or broth
- Lean lamb, veal, beef or offal cooked in any way but *not* fried.
- or Minced lean meat as cottage pie, mince in potato nests or as stuffed marrow
- or Chicken or rabbit, tripe or sweetbreads
- or White fish, grilled, poached or baked—serve with fatless sauce—see page 74 for recipes.
- AND Potatoes, boiled, riced or baked in jackets (not fried, roast or cooked in fat)
- AND Green, root or pulse vegetables or salad
- Vinegar or lemon juice dressing may be served with the salad but *no oil or mayonnaise*
- AND Any cereal pudding made with skimmed milk
- or Fruit, stewed or fresh with sugar or glucose
- or Baked apples stuffed with dates, etc.
- or Meringues with fruit
- or Plain trifle
- or Fruit fools—custard made with skimmed milk
- or Summer Pudding

#### TEA

- Tea with very little milk
- Sandwich fillings for use with bread or bread with thin scraping of butter:—
- Banana, preserves, chopped dates, syrup and ginger, grated apple and chopped dates, vegetable or meat extract, tomato, cucumber, lettuce, chopped watercress, mustard and cress, skimmed milk curd cheese
- Yeast buns or scones with preserves or vegetable or meat extract.

#### SUPPER

- Broth or clear soup
- AND White fish or very lean meat
- or Tomato, stuffed with lean meat, ham, skimmed milk cottage cheese or chicken

or White of eggs similarly stuffed  
or Savoury macaroni or boiled rice served with minced meat,  
chopped kidneys, etc.  
or Cold lean meat with salad  
AND Potatoes—not cooked in fat  
AND Second vegetable or salad as at midday  
AND Stewed or fresh fruit  
or Skimmed milk pudding as at midday.

## BLAND OR LOW RESIDUE DIET

Foods likely to irritate a sensitive or diseased bowel, because of the large quantities of roughage or cellulose which remain after their digestion, must be excluded from a bland or low residue diet. Also normally excluded are highly spiced or flavoured foods and fried foods. The diet is based on a light diet but all fruits and vegetables must be served as purees and it is usual to omit entirely the following:—

*Fruits* : rind or peel of all fruit, also those containing many pips and seeds, including currants, raisins and sultanas; jams such as black-currant, raspberry, etc., containing seeds, also nuts, including coconut.

*Whole cereals* : coarse oatmeal, all bran, wholemeal flour and bread, rye or similar coarse biscuits.

### Meals Suitable for a Low Residue Diet

#### BREAKFAST

- Porridge (sieved or made with fine oatmeal)
- or Puffed wheat or rice
- AND Egg cooked in any way but not fried
- or Lean cold ham
- or Lean grilled bacon
- or Scrambled egg with chopped bacon
- or White fish grilled or golden fillets or poached haddock
- or Kedgeriee
- AND White bread or toast with butter and jelly marmalade or honey.

#### MID-MORNING

- Milk drink
- Plain biscuit or Madeira or other plain cake.

#### DINNER

- Lean lamb, veal or beef, roast, braised or stewed (add whole vegetables to stewed meat to flavour, but remove before serving)
- or Offal, braised but not fried
- or Chicken
- or White fish, grilled, poached or baked—serve with egg, lemon or white sauce but *not* parsley
- AND Potato—mashed, creamed or riced
- AND Sieved green vegetables, carrot, tomato, beetroot or pea; or whole marrow or flower of cauliflower
- AND Milk pudding or junket or egg custard or milk jelly or ice cream or fruit fool or Queen of Puddings (strained jam), puree of fruit or light baked or steamed pudding with syrup or strained jam sauce.

#### TEA

White bread and butter  
Egg, cream cheese or minced meat sandwich  
or Jelly jam, honey or syrup  
Plain Madeira or sponge cake.

#### SUPPER

Small portion strained milk soup (optional)  
Cheese, egg, poultry, meat or fish dish as at midday  
Sieved vegetable and mashed potato as at midday  
or Bread and butter  
Light milk sweet.

The recipes given in the appendix, as suitable for "gastrics" are also suitable for this type of diet but omit chopped parsley.

Vitamin C intake is likely to be low in this type of diet, owing to restrictions on the intake of fruit and vegetables and the fact that all such foods need to be sieved or strained. It is therefore wise to include daily, fresh or canned strained orange, lemon, grapefruit or tomato juice. Patients' friends and relations could be encouraged to provide these foods rather than sweets, sweet biscuits or grapes.

It should be remembered that many bottled fruit squashes contain little vitamin C.

### 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. From three to six days prior to this test, the length of the 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 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 dishes containing any of the foregoing.  
Salmon, herring and other dark fish.  
All green vegetables, tomatoes and carrots, etc.

#### *Foods allowed (subject to doctor's orders):*

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

NOTE.—Some doctors will allow chicken and some will allow coloured vegetables, hence before starting the diet, it is always advisable to discuss its content with the ward sister.

## HIGH PROTEIN DIETS

Diets rich in protein are prescribed for many different conditions and it is well to remember that the patient may be too ill to eat a full diet. Always obtain information from Sister about the patient's condition as it is pointless to provide a pork chop with all the trimmings for a patient who can barely take fluids.

The amount of protein to be included in the diet is rarely specified but it can be assumed that between 100 and 120 gms. are needed. A satisfactory hospital diet should yield between 70-80 gms., hence an additional 30-50 gms. are required. Part of this may be obtained from larger helpings of meat, fish and other animal protein foods, but even the hungriest patient has a limited capacity. Perhaps the simplest way of providing the extra protein is by means of protein enriched milk drinks. There are various protein concentrates, sold under trade names, which can be whisked into milk and which yield as much as 44 gms. protein per pint. The concentrates have a distinctive flavour and some patients grow to dislike them after a time, but the flavour can be masked by adding sweetened fruit syrups to chilled milk, or to warmed milk, cocoa or similar beverages. Vegetable and meat extracts are also useful for flavouring but it must be remembered that alone, they add little protein to the diet.

Some high protein diets also must be restricted in sodium. For these, the caterer should follow the advice given under "low salt diets" but should increase portions of meat, fish, etc., suggested in the recipes. The use of protein concentrates low in sodium for high protein low salt diets is invaluable as it is well nigh impossible to use "natural" animal protein foods and at the same time to restrict sodium to any degree.

Milk drinks, reinforced with protein concentrates, should be made up as required in the wards and for this purpose the caterer should supply the necessary ingredients.

Patients with throat infections or obstruction which make swallowing difficult, may require a soft diet rich in protein. The foods suggested in the following diet are suitable in the main but should be minced or sieved.

### Meals Suitable for a High Protein Diet

#### BREAKFAST

Porridge or cereal with milk and sugar (porridge may be enriched by making it with milk or adding dried milk in the proportion of 1 oz. : 1 pint).

AND Egg—cooked in any way  
or Bacon—double portion  
or Bacon and egg  
or Sausage—double portion



or Smoked haddock or golden fillets and scrambled egg  
or Lean ham—double portion  
or Fish roe  
or Kippers  
AND Bread and butter with marmalade if required  
Tea with milk.

#### MID-MORNING

Protein enriched milk drink.

#### DINNER

Meat of any kind cooked in any way: large portion  
or Offal—large portion  
or Fish cooked in any way—large portion  
AND Potato—mashed, boiled, sauté, chip, roast, etc.  
AND Second vegetable or salad served with appropriate sauce or dressing  
AND Milk pudding of any kind or egg custard.

#### TEA

Portion of cheese, cold meat, sardines, pilchards, egg, etc., for sandwiches  
Tomato or small portion of salad if required.

#### SUPPER

Large portion meat, poultry, fish, offal, etc., as at midday  
AND Potatoes or bread and butter  
AND Second vegetable or salad  
AND Milk pudding  
or Ice cream and fruit  
or Fruit in jelly and evaporated milk  
or Other pudding as at midday  
AND Protein enriched milk drink.

#### BEDTIME

Protein enriched milk drink.

NOTE.—If patients require a light diet then the above should be modified—see page 6).

Bulky foods of low protein value should *not* be mixed with animal protein foods, e.g., potato with bacon in bacon and potato cakes or potato with meat in meat rissoles or shepherd's pie. Meat and fish, etc., should be served plain to give the patient maximum nourishment in small bulk.

Soups may stimulate appetite but it must be remembered that they are poor in protein value. "Empty calories" in the form of sweet biscuits, squashes, sweets and chocolates, should be avoided, especially between meals as they rob the patient of his appetite.

## LOW PROTEIN DIET

It is usual to aim at between 40-50 gms. total protein and the dietary suggested below contains about 40 gms. Doctors may wish to restrict protein even more and for such diets it is necessary to restrict bread, cereals and pulses, but the management of the diet, including weighing bread, etc., is the concern of the ward sister.

Foods rich in protein which may be used only to a limited extent are:—

Milk—fresh, dried and canned

Cheese

Eggs

Meat, including bacon, offal and poultry

Fish—fresh, canned and frozen

AND Protein-containing vegetable foods:

Pulses—dried and fresh

Cereals, including flour, breakfast cereals, bread, biscuits, cakes and puddings

Nuts and soya flour.

### Meals suitable for a Low Protein Diet

(subject to agreement by the doctor)

#### BREAKFAST

Cereal with fruit

or Grapefruit or orange—fresh or canned

or Mushrooms on buttered toast

or Tomato on buttered toast (no baked beans)

AND Bread or toast with butter and preserves

Tea with a little milk

#### MID-MORNING

Fruit squash or fruit juice

#### DINNER

Small serving meat, fish, rabbit, offal or poultry

or Small serving meat pie or pudding or other savoury “made-up” dish\*

AND Potatoes—cooked in any way

AND Second vegetable *except pulses*

AND Stewed fruit with *small* portion of custard

- or Stuffed baked apple\*
- or Summer Pudding
- or Small portion ice cream with fruit
- or Fruit in jelly
- or Fruit pie\*
- or Fruit crumble\*
- or Jam or syrup tart\*
- or Apple charlotte\*

#### TEA

Small salad or preserves with bread and butter

#### SUPPER

- Soup or broth
- Small serving of savoury dish such as macaroni or spaghetti and cheese
- or Cauliflower with small portion cheese sauce
- or Shepherd's pie
- or Cornish pasty\*
- or Meat minced with vegetable in pastry,\* marrow or potato cases
- or Small serving meat pie and salad\*
- or Small serving meat or fish with salad\*
- or One sausage with vegetables\*
- or Small portion curry\*

AND Vegetables

AND Stewed or fresh fruit

Tea with milk.

#### BEDTIME

Fruit squash or tea with milk.

NOTE.—The diet should contain not more than one small serving of milk pudding daily and two servings of meat, fish, cheese or eggs.

\* Dishes would not be suitable for a patient who requires a light diet, low in protein.

## GLUTEN FREE DIET

A gluten free diet is used in the treatment of coeliac disease which attacks very young children and often in the treatment of adult sprue and steatorrhoea. A persistent diarrhoea is a common symptom in all these diseases and is now thought to be due to hypersensitivity to gluten, the protein constituent of wheat. By excluding gluten from the diet it is possible to control the disease, hence the prescription of "gluten free" diets.

These diets are especially difficult to arrange because wheat flour, in one form or another, is found in so many foods, and even the amounts of gluten contained in one slice of bread is enough to restart symptoms and delay a patient's recovery. When flour and bread are excluded from the diet valuable sources of protein, iron and vitamin B<sub>1</sub> are lost and these must be replaced by including plenty of animal protein foods.

In gluten free diets *no wheat flour may be used* and special gluten free flour, obtainable from Energen Foods Ltd., Pound Lane, Willesden, N.W.10, must be used for making bread, biscuits, etc. (for recipes see page 61). Local bakeries will sometimes supply gluten free loaves if the demand is sufficient and constant. Supplies of gluten free bread, made with the special flour and yeast may also be obtained from Birket and Bostock Ltd., Department T.R.D., Coronation Bakery, Stockport, Cheshire. The cost is 1/3d. per 12 oz. loaf, plus postage. Other gluten free products made by this firm are: Gluten free rusks, sweet biscuits and shortcake and "Tendercake Dry Mix" at 1/6d. per lb, which merely needs the addition of water to produce gluten free "bread" (instructions are sent with the mix).

Some confusion is known to exist about the terms "wheat starch," "gluten free" and "gluten rolls". Wheat starch is flour from which gluten has been removed. Gluten rolls are made from the gluten removed from flour in the production of wheat starch. Hence wheat starch can be used in gluten free diets but gluten rolls *cannot*.

### FOODS TO BE AVOIDED (containing gluten):

Ordinary flour and all foods containing it, such as:—  
Bread, "slimming" bread or rolls  
Biscuits, including rusks, Ryvita and Vitawheat, etc.  
Buns  
Cakes  
Puddings  
Also breakfast cereals—exceptions given in the diet  
Cereals—semolina, macaroni, spaghetti, pastas, noodles  
Packet pudding and cake mixes

Ice cream\*, also ice cream cones and wafers  
 Tinned meats\* and fish\*, soups or vegetables  
 Packet soups  
 Sausages  
 Meat pies, puddings or meat or fish paste  
 Gravy thickened with ordinary flour  
 Sauces containing ordinary flour  
 Packet or bottled gravies  
 Bottled mayonnaise\*, pickles\*, sauces, curry powder\*  
 Artificial cream  
 Lemon curd  
 Some baking powders\*  
 Coffee essence, milk powder drinks, chocolate powders.

\* Some varieties are prepared without wheatflour and are thereby allowed.

#### FOODS ALLOWED:

Eggs  
 Milk—fresh, dried or canned  
 Cheese  
 Meat—fresh or salted of all kinds including bacon, offal and poultry  
 Fish—fresh or smoked  
 All fresh vegetables also dried pulses  
 All fresh fruits also dried, e.g., prunes, apricots  
 Nuts  
 Fruit squashes  
 Tea, ground coffee and cocoa  
 Table jellies, gelatine, salt, pepper, herbs  
 Cornflakes, Puffed Rice or Rice Crispies  
 Oatmeal  
 Rice, ground rice, sago, tapioca, cornflour, arrowroot  
 Sugar, jam, marmalade, honey, syrup  
 Gluten free bread, biscuits, etc.

#### Meals Suitable for a Gluten Free Diet

These are suitable for patients who have reached the convalescent stage of their illness. Sister will order specially for very sick patients.

#### BREAKFAST

Oatmeal porridge or Puffed Rice or Rice Crispies with milk and sugar

(Other breakfast cereals are likely to contain wheat flour)

AND Egg—poached, boiled or scrambled

or Bacon or fish or ham

Gluten free bread or toast and butter

Marmalade or jam.

#### MID-MORNING

Milk with tea or coffee or cocoa if preferred

(Milk powder drinks may contain wheat flour and hence should be avoided)

Gluten free biscuits.

#### DINNER

Lamb, beef, veal—cooked in any way but *no wheat flour must be used in the cooking*

or Poultry

or Fish—no batter or wheat flour used in cooking, preferable to poach, bake or steam fish

or Offal—no flour must be used in preparation or cooking, e.g., thickened gravy

AND Potatoes cooked in any way but not fried

Second vegetable or salad

Salads may be dressed with oil, vinegar or lemon juice but not bottled mayonnaise as this may contain wheat flour

AND Milk pudding made with sago, tapioca or rice or cornflour

or Stewed fruit with custard

or Fruit Fool—made with cornflour

or Baked egg custard

or Baked apples

or Junket or milk jelly

Puddings containing ordinary flour, bread or cakes *must be avoided*.

Ice cream should not be served unless it is known to be gluten free.

#### TEA

Gluten free bread and butter

Salad—if ordered

Egg, cheese, meat, etc., for sandwiches

Preserves.

#### SUPPER

Clear soup or broth which must *not* contain soup powders, canned soups or wheat flour

AND Meat, fish or eggs as at midday

AND Potatoes or gluten free bread

AND Second vegetable or salad

AND Fruit or pudding as at dinner.

## **Recipes using Gluten Free Flour**

### **YEAST LOAF**

#### *Ingredients :*

12 oz. wheat starch  
 $\frac{1}{2}$  oz. cooking fat  
1 oz. yeast started with 1 tsp. sugar  
1 tsp. 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 ozs. wheat starch  
1 tsp. baking powder  
2 ozs. margarine  
 $1\frac{1}{2}$  ozs. castor sugar  
2 fl. ozs. 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 ozs. wheat starch  
2 ozs. margarine  
2 ozs. 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 ozs. wheat starch  
1 oz. margarine  
1 oz. lard  
1 egg  
1½ oz. milk  
½ tsp. baking powder\*  
Pinch salt  
2 ozs. sugar  
Flavour with coconut or chopped dates if liked.

\* Use special gluten free baking powder: 3 ozs. cornflour, 3½ ozs. bicarbonate of soda, 2 ozs. cream tartar, 2 ozs. tartaric acid.

#### *Method :*

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

### SCONES

#### *Ingredients:*

8 ozs. wheat starch  
2 ozs. margarine or lard  
4 ozs. milk  
3 ozs. sugar  
3 tsp. baking powder  
½ tsp. salt

#### *Method:*

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

### WHEAT STARCH BISCUITS

#### *Ingredients:*

3 ozs. wheat starch  
4 ozs. sugar  
3 ozs. ground rice  
4 ozs. margarine  
1 egg  
Orange or lemon rind to flavour—or vanilla essence.

#### *Method:*

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



### **SPECIAL FOODS**

The names and addresses of some firms which supply special foods are given in the foregoing pages but these are not necessarily the only ones.

# 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.  
 Cheese and vegetable flan  
 Green salad.  
 Chocolate blancmange.  
 Stewed plums.

**MENU : LIGHT DIET**

**Breakfast :** Porridge or cornflakes.  
Boiled egg.

**Dinner :** Baked fish.  
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 .		*			*	*				*
<b>TEA :</b>										
Chelsea Bun ...	*		Watercress	Watercress			*	Egg	*	Honey
Madeira Cake ...		*					*			
<b>SUPPER :</b>										
Tomato Soup ...	*	*		Clear Soup		*	*		*	
Cheese and Vegetable Flan ...	*		Ham	Lean Ham			Chicken Salad	Ham Salad	*	Chicken Salad
Green Salad ...	*		*	*					*	
Chicken and Ham Cream ...		*			*	*			*	
Mashed Potato ...		*			*	*	*		*	*No Salt
Ice-cream & Black-currant Sauce ...		*			*	*				
Chocolate Blanc-mange ...	*							*Dried Milk		
Stewed Plums ...	*		*No Sugar	*No Sugar			*Glucose	*Glucose	*Glucose	*

**NOTES :—**

1. The heading of each column indicates the type of diet, i.e., "light," "gastric," "diabetic".
2. \* in a column indicates that the dish, opposite which it occurs, is suitable for the particular diet shown at the head of the column.
3. (i) \* may be modified, as for example: (a) "\* no sugar" refers to baked apples for diabetic 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 low salt 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)
- 1½ pts. stock
- 1 dessertspoonful tomato purée
- Salt
- 2 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 :*

- 3-4 lbs. rabbit or chicken (raw weight)
- 2 oz. margarine
- 2 oz. flour
- ½ pt. white stock
- 1 pt. milk
- Juice of half a lemon
- Salt

###### *Method :*

Cook the chicken or rabbit and when tender remove meat from bones 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
- Salted flour for coating
- Margarine

###### *Method :*

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

## **FISH PIE**

### *Ingredients :*

2 lbs. filleted cod  
2 lbs. cooked potatoes  
Salt  
 $\frac{1}{4}$  pint white sauce  
Parsley—finely chopped

### *Method :*

Remove skin and bone from cooked fish, flake it into the white sauce, finely chopped parsley and seasoning. Place in a greased pie dish. Cover with creamed potatoes and reheat.

## **SALMON MOULD**

### *Ingredients :*

2 lbs. salmon (tinned)  
8 oz. white breadcrumbs  
3 eggs  
 $\frac{3}{4}$  pt. milk  
Salt

### *Method :*

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

## **FISH KEDGEREE**

### *Ingredients :*

2 lbs. fillet of fish or smoked haddock  
6 oz. rice  
2 oz. margarine  
Salt  
Parsley—finely chopped

### *Method :*

Remove skin and bones from cooked fish, and flake. Boil the rice in salted water and refresh. Toss and reheat the fish and rice in the melted margarine and season. Garnish with finely chopped parsley.

## **OFFAL**

### **STEWED SWEETBREADS**

### *Ingredients :*

$2\frac{1}{2}$  lbs. sweetbreads  
1 pt. water  
 $\frac{1}{2}$  pt. milk  
2 oz. margarine  
2 oz. flour  
Salt

*Method :*

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

**TRIPE**

*Ingredients :*

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

*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 well. Add tripe and reheat.

**MINCED LIVER**

*Ingredients :*

2 lbs. liver (calves', sheep's or pigs')  
1 pt. milk  
 $\frac{1}{2}$  pt. water  
 $\frac{1}{2}$  oz. cornflour  
Salt

*Method :*

Cut the liver in slices, add salt, 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.

This can be served attractively in nests of piped potatoes or on toast.

**CHEESE**

**CHEESE PUDDING**

*Ingredients :*

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

*Method :*

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

**CAULIFLOWER CHEESE**

*Ingredients :*

6 lbs. unprepared cauliflower  
2 pts. milk  
3 oz. flour  
3 oz. margarine  
8 oz. cheese  
Salt

*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  
3 oz. margarine  
3 oz. flour  
Salt

*Method :*

Boil macaroni in salted water until cooked. Make a cheese sauce with remainder of ingredients, mix in the macaroni and reheat. Serve with puree tomatoes or carrots.

**SEMOLINA CHEESE**

*Ingredients :*

3 pts. milk  
6 oz. semolina  
8 oz. cheese  
Salt

*Method :*

Heat the milk and sprinkle in the semolina. Simmer until thick, add the grated cheese and seasoning. Pour into greased pie dishes and reheat.

## *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 CUSTARD*

### *Ingredients :*

3 pts. milk  
6 eggs  
8 oz. cheese  
Salt

### *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 bain marie in a moderate oven (individual dishes are preferable).

## **SOUPS**

### *CREAM OF TOMATO*

### *Ingredients :*

1½ pts. stock  
1½ pts. milk  
3 oz. flour  
4 oz. tomato puree, or 6 lbs. tomatoes  
½ lb. carrots  
2 oz. dripping  
1 oz. sugar  
Bacon bones to flavour  
Salt  
Faggot

### *Method :*

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

### *Method :*

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

## CREAM OF CARROT

### *Ingredients :*

2 pts. stock  
 $1\frac{1}{2}$  lbs. carrots  
1 lb. potatoes  
Stick of celery  
1 pt. milk  
2 ozs. cornflour  
Salt  
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 :*

6 oz. margarine  
5 oz. sugar  
3 eggs  
8 oz. flour  
1 oz. dried milk  
1 tsp. baking powder  
Milk to mix

### *Method :*

Cream the margarine and sugar. Add the beaten eggs gradually. Sift and fold in the dry ingredients until a soft consistency is obtained.

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

*Suitable sauces :* Lemon, orange or coffee, golden syrup or strained jam or marmalade.

### *EVE'S PUDDING*

#### *Ingredients :*

6 oz. margarine  
6 oz. sugar  
8 oz. flour  
1 tsp. baking powder  
1 oz. dried milk  
2 eggs  
2 lbs. apples  
4 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 sifted flour and baking powder. Spread the sponge mixture evenly over the sieved apple. Bake in a moderate oven.

### *FRUIT FOOLS*

#### *Ingredients :*

1½ pts. thick custard  
1 pt. sweetened fruit puree  
Juice of 1 lemon

#### *Method :*

When custard is cold, beat in the fruit puree, 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 CONDE'*

### *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 :*

2 pts. milk  
3 oz. sugar  
4 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 in bain marie.

## *QUEEN OF PUDDINGS*

### *Ingredients :*

3 pts. milk  
4 oz. margarine  
¾ lb. breadcrumbs  
4 oz. sugar  
3 eggs  
Castor sugar  
Seedless jam  
Juice of 1 lemon

### *Method :*

Place breadcrumbs, margarine and sugar in a basin, cover with warm milk. Allow to stand for 10 minutes, add lemon juice and egg yolks. Mix well, pour into greased pie dishes. Bake in a moderate oven in bain marie until set. Spread with jam and pile meringue on top. Bake until meringue is 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 juice of 3 lemons.  
Chocolate—1½ oz. cocoa and vanilla essence.  
Coffee—1 gill strong coffee or coffee essence to taste.

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## SAUCES FOR “FAT FREE” DIETS

### WHITE SAUCE

#### *Ingredients :*

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

#### *Method :*

Blend the thickening with a little of the milk, add the remainder, boil until mixture thickens.

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 :*

¾ pt. white stock (skimmed)  
¼ pt. fresh tomato puree  
1½ oz. cornflour  
Seasoning  
1 tsp. sugar

#### *Method :*

Blend the cornflour with a little of the liquid. Boil the remainder of the liquid, add thickening, season to taste and add colouring if necessary. Cook for 1-2 minutes.

## **BROWN SAUCE**

### ***Ingredients :***

1 pt. skimmed stock  
1 oz. cornflour

Seasoning  
Browning

### ***Method :***

As previous recipe.

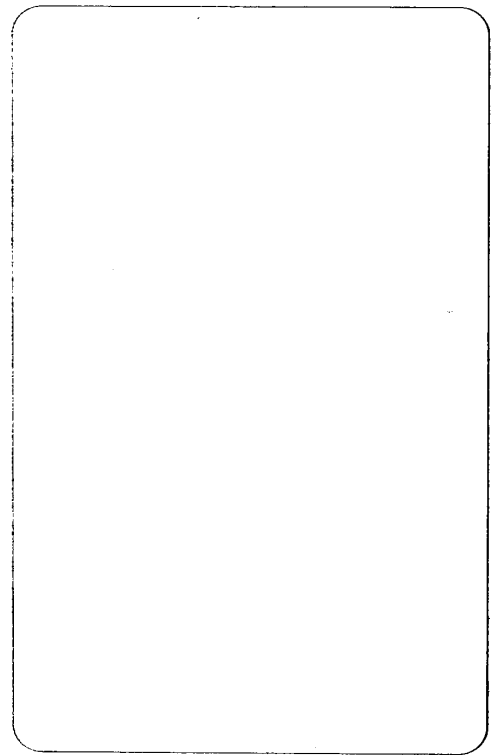
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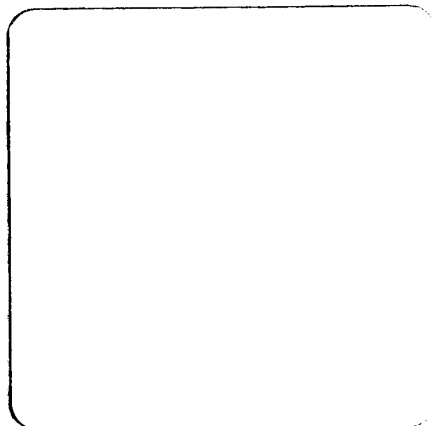


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