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"GENERAL HOSPITAL DIETS"**

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## 1955 SUPPLEMENT TO "GENERAL HOSPITAL DIETS"

*A Guide to the Cost of Feeding Patients*

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### INTRODUCTION

The circular entitled "General Hospital Diets" published by the King's Fund in July 1954, indicated the costs of three grades of dietary for patients in general hospitals, based on prices prevailing in 1953. The following year witnessed many changes in food marketing, the most notable being the end of all rationing on July 3rd 1954. As a result of these changes it has been found necessary to revise the costs contained in the circular, and to bring them in line with the average prices for 1954.

The same recipes and menus have been used as in the original circular, and in addition, information concerning the extra cost of feeding Maternity patients has been included. It is proposed to revise these costs regularly, and in subsequent supplements to include information regarding Light and Soft Diets and Diets for Tuberculosis patients.

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### MARKET PRICES

All rationing ended in July 1954. With the return of trading to the free market, the demand for an increasing variety of foodstuffs depended to a greater extent on the consumer, and prices fluctuated accordingly. Some idea of this trend may be gained from the following review of commodity prices for 1954. It is pointed out that for the purposes of re-costing the 36 menus in the original circular, the average was taken of all prices during 1954, so that the extent to which certain commodities rose in price during the latter half of the year was tempered by market conditions in the first six months.

#### **Fruit and Vegetables**

Several factors at home and abroad affected market prices during 1954. There was severe damage to the Spanish orange crop, while imports of grapefruit into the U.K. were less and lemons were in short supply throughout the year. The re-export of citrus fruits and Australian apples, and the failure of the homegrown soft fruit crop, including plums and cherries, owing to heavy rain, all caused prices of imported fruits to rise beyond the level anticipated. Despite bad weather conditions and bad supplies, homegrown fruit did not increase in price to any great extent.

Wet weather at home was favourable for vegetables, and there were no serious shortages during the year. Consequently there was enough to meet demand and prices increased only slightly, with the exception of tomatoes which went up by about 3d. per pound over 1953. Imported tomatoes varied in price depending on condition, but other imported vegetables were in plentiful supply, which kept prices at a reasonable level.

With the exception of citrus fruit and tomatoes, there were no marked increases in the average price of common fruit and vegetables in 1954.

#### **Fish**

The derationing of meat and the increase in variety of meat products, had an undoubted effect on the price of fish. There was only a slight fall in the quantity of fish landed which might conceivably have produced higher prices, but demand was low and prices increased only slightly.

#### **Meat**

Although there were what might be described as near glut conditions after decontrol, this affected neither the demand nor the price. (The market still remains unsettled and it is generally considered that prices have not yet reached their proper level). However, frozen beef went down by about 1½d. a pound, chilled beef rose by about approximately the same amount, English beef and lamb went up by about 8d. to 9d. a pound, and frozen lamb up some 3d. to 4d. a pound. The effect of these price increases however is not fully reflected in the costs for 1954, because controlled prices prevailed until the end of June.

#### **Groceries and Provisions**

This covers a very wide field of foodstuffs, the variety and quality of which underwent considerable changes during 1954. Since the end of rationing a greater selection of fats and margarine has become available, and the quality of some brands of margarine is now such that, on grounds of both economy and nutritive value, they take precedence over butter. The quality of fats and margarine must also be taken into account, since in some cases higher prices may be offset by the use of smaller quantities. Butter and cheese prices went up even before decontrol, but by the end of 1954 were already beginning to fall. The market for bacon was by no means stable during the latter half of the year, but a more varied and selective supply helped the buyer to purchase bacon at prices not far beyond rationing level; the prices of some cuts were cheaper and others dearer.

The variety of prepared, canned and dried produce increased considerably and in several cases the prices even went down. Milk, sugar, bread and egg prices remained stable, but the notable exception to all grocery and provision prices was tea. It is pointed out once more, that prices taken for the revised costs were averaged over the whole of 1954, so that the cost of tea over the year as with other commodities did not rise to the extent that more recent prices indicate.

In general, and it is stressed that this assessment is only a guide, prices for foodstuffs other than perishables rose by some 5% during 1954.

## COSTS

### General Hospital Diets

The foregoing is an attempt to review market trends during 1954, as compared with 1953. The effect of this trend is shown in the accompanying summaries, which show the costs of A, B and C menus with the relative increases over the previous year. As was expected these differences were principally in the breakfast, dinner and supper meals, where the increased prices of bacon, meat, fruit and vegetables and tea have the most effect. The cost of the "A" menu increased approximately  $1/4\frac{1}{2}$  on wholesale prices or  $2/0\frac{1}{4}$  on retail prices per head weekly, the "B" menu  $1/2\frac{3}{4}$  and  $1/9\frac{1}{2}$  respectively, and the "C" menu  $1/1\frac{1}{4}$  to  $1/7\frac{3}{4}$ , thus showing an average increase of  $5\frac{3}{4}$  per cent. to 6 per cent.

### Maternity Diets

Expectant and nursing mothers have an increased need for best quality protein. To meet this requirement, their dietary should contain at least two pints of milk daily used in beverages and cooking, and larger than average servings of meat, cheese, bacon, fish etc. at the three main meals of the day.

A cost for Maternity diets has been calculated by adding an extra pint of milk per head daily, and increasing portions of meat, offal, poultry and rabbits, bacon and ham, fish, eggs and cheese, by 25%. The extra milk has been allowed to provide protein, calcium and vitamins. These extra foods also increase the calorie value, but a further 4 oz. of margarine weekly might also be added.

It will be seen from the summary below that the extra cost of feeding Maternity patients, by comparison with the "B" menu is approximately  $3/6$  per head weekly, although it should be noted that in calculating these costs advantage has been taken of the reduced price of extra milk for these patients.

## SUMMARY

Following are the relative weekly costs of general and maternity diets for 1953 and 1954:—

Diet	Menu	WEEKLY COSTS							
		1953		1954		Increase		Approx. Average Increase	
		W	R	W	R	W	R		
General	A.	26/10·14	32/11·57	28/ 2·66	34/11·93	1/4·52	2/0·36	1/8½	
”	B.	23/ 8·55	28/11·90	24/11·32	30/ 9·39	1/2·77	1/9·49	1/6d	
Maternity	B.	—	—	28/ 0·14	34/ 7·40	—	—	—	
General	C.	21/ 6·58	26/ 3·28	22/ 7·81	27/11·16	1/1·23	1/7·88	1/4½	

# SUMMARY OF AVERAGE DAILY COSTS

PER HEAD (IN PENCE) FOR 1954

MONTH	Breakfasts		Morning Drink		Dinner	
	W	R	W	R	W	R
January .. ..	8·62	10·68	1·89	2·36	15·45	19·52
February .. ..	8·30	10·18	1·91	2·40	15·08	18·55
March .. ..	8·57	10·58	1·97	2·45	16·72	20·77
April .. ..	8·65	10·71	1·95	2·45	14·67	18·25
May .. ..	8·32	10·30	2·11	2·65	14·62	18·31
June .. ..	9·25	11·49	1·87	2·33	15·76	19·42
July .. ..	9·74	12·00	2·01	2·51	15·97	20·14
August .. ..	8·64	10·64	2·09	2·61	14·71	18·31
September .. ..	7·95	9·83	2·11	2·65	16·06	20·00
October .. ..	9·80	12·19	1·80	2·27	16·86	21·08
November .. ..	9·09	11·19	2·13	2·67	14·56	18·59
December .. ..	9·36	11·53	1·74	2·18	18·07	22·29
Total .. ..	106·29	131·32	23·58	29·53	188·53	235·23
Mean Average ..	8·86	10·94	1·97	2·46	15·71	19·60
Mean Average 1953	8·29	10·12	1·94	2·43	14·93	18·24

Tea		Supper		Evening Drink		TOTAL	
W	R	W	R	W	R	W	R
4·35	5·34	12·53	15·49	1·82	2·30	44·66	55·69
4·19	5·15	17·02	21·25	2·09	2·61	48·59	60·14
4·42	5·43	10·67	13·63	2·24	2·83	44·59	55·69
4·50	5·48	11·60	14·46	1·86	2·31	43·23	53·66
4·08	4·99	13·98	17·42	1·88	2·38	44·99	56·05
4·08	4·96	15·78	19·87	1·82	2·30	48·56	60·37
4·30	5·24	12·01	15·01	1·76	2·20	45·79	57·10
4·34	5·29	15·66	19·52	1·76	2·22	47·20	58·59
4·26	5·19	11·70	14·79	2·13	2·65	44·21	55·11
4·59	5·60	12·28	15·63	2·23	2·79	47·56	59·56
4·52	5·53	13·59	16·78	1·99	2·47	45·88	57·23
4·27	5·25	11·85	15·02	1·78	2·22	47·07	58·49
51·90	63·45	158·67	198·87	23·36	29·28	552·33	687·68
4·32	5·29	13·22	16·57	1·95	2·44	46·03	57·30
* Add cost of personal issues .. ..						2·35	2·69
TOTAL COST 1954 .. ..						48·38	59·99
4·08	5·16	12·88	15·92	1·92	2·39	44·04	54·26
* Add cost of personal issues .. ..						1·98	2·25
TOTAL COST 1953 .. ..						46·02	56·51

Average Daily Costs 1953 =  
Average Daily Costs 1954 =

Increased Daily Cost =

Weekly Increase =

or

W R

46·02 56·51  
48·38 59·99

2·36 3·48

16·52 24·36

1/4½ to 2/0½ i.e. approximately 1/8½

MONTH	Breakfasts		Morning Drink		Dinner			Tea		Supper		Evening Drink		TOTAL	
	W	R	W	R	W	R		W	R	W	R	W	R	W	R
January .. ..	8·94	11·06	1·99	2·51	11·21	13·91		4·37	5·30	10·13	12·69	1·99	2·51	38·63	47·98
February .. ..	8·56	10·61	2·02	2·53	13·28	16·15		4·24	5·17	10·35	12·97	1·59	2·02	40·04	49·45
March .. ..	8·89	11·11	2·10	2·63	12·60	15·32		4·46	5·46	10·40	13·22	1·44	1·83	39·89	49·57
April .. ..	8·33	10·27	1·54	1·95	13·33	16·93		4·27	5·21	13·58	17·04	1·85	2·31	42·90	53·71
May .. ..	8·48	10·48	1·99	2·51	13·82	16·96		4·47	5·47	10·99	13·96	1·62	2·04	41·37	51·42
June .. ..	8·62	10·65	1·79	2·26	13·38	16·34		4·29	5·20	11·47	14·33	1·93	2·40	41·48	51·18
July .. ..	8·04	9·95	1·60	2·01	13·46	16·55		4·29	5·23	11·58	14·58	2·14	2·70	41·11	51·02
August .. ..	8·60	10·70	1·88	2·33	13·01	15·91		4·45	5·45	10·20	12·58	1·84	2·33	39·98	49·30
September ..	8·67	10·68	1·87	2·35	14·00	17·17		4·22	5·15	9·74	12·03	1·77	2·22	40·27	49·60
October .. ..	8·16	10·10	1·87	2·35	11·51	14·20		4·44	5·43	11·55	14·54	1·77	2·22	39·30	48·84
November ..	8·14	10·03	1·67	2·10	11·83	14·52		4·22	5·15	10·88	13·55	1·87	2·35	38·61	47·70
December ..	8·34	10·23	2·03	2·53	14·89	18·44		4·20	5·13	10·24	12·81	1·62	2·04	41·32	51·18
Total .. ..	101·77	125·87	22·35	28·06	156·32	192·40		51·92	63·35	131·11	164·30	21·43	26·97	484·90	600·95
Mean Average ..	8·48	10·49	1·86	2·34	13·03	16·03		4·33	5·28	10·92	13·69	1·79	2·25	40·41	50·08
								* Add cost of personal issues .. .. .							
								TOTAL COST 1954 .. .. .							
Mean Average 1953	7·89	9·72	1·84	2·29	12·38	14·77		4·12	5·19	10·66	13·27	1·78	2·21	38·67	47·45
								*Add cost of personal issues .. .. .							
								TOTAL COST 1953 .. .. .							

	W	R
Average Daily Costs 1953 =	40·65	49·70
Average Daily Costs 1954 =	42·76	52·77
Increased Daily Cost =	2·11	3·07
Weekly Increase =	14·77	21·49

or  $1\frac{2}{4}$  to  $1\frac{1}{2}$  i.e. approximately  $\frac{1}{6}$

W = Wholesale

R = Retail

\* These include Butter 4 ozs., Margarine 3 ozs., and Sugar 8 ozs.

# SUMMARY OF AVERAGE DAILY COSTS

# PER HEAD (IN PENCE) FOR 1954

MONTH	Breakfasts		Morning Drink		Dinner	
	W	R	W	R	W	R
January .. ..	8·00	9·85	1·47	1·85	10·64	13·18
February .. ..	8·96	11·14	1·87	2·36	11·62	14·43
March .. ..	8·27	10·20	1·54	1·94	10·50	12·93
April .. ..	8·22	10·17	1·54	1·94	11·93	14·49
May .. ..	8·37	10·29	1·47	1·85	12·28	15·06
June .. ..	8·06	9·99	1·59	1·97	12·87	16·03
July .. ..	8·23	10·19	1·78	2·22	13·10	16·16
August .. ..	8·21	10·16	1·79	2·26	12·29	15·06
September ..	8·05	9·99	1·47	1·85	11·31	13·97
October .. ..	8·32	10·27	1·44	1·83	11·24	13·60
November ..	8·84	10·96	1·54	1·94	12·28	14·83
December ..	8·23	10·17	1·70	2·12	12·11	15·04
Total ..	99·76	123·38	19·20	24·13	142·17	174·78
Mean Average ..	8·31	10·28	1·60	2·01	11·85	14·57
Mean Average 1953	7·70	9·48	1·58	1·95	11·43	13·58

Tea		Supper		Evening Drink		TOTAL	
W	R	W	R	W	R	W	R
3·83	4·63	10·59	13·08	2·14	2·70	36·67	45·29
4·22	5·12	8·62	10·99	1·62	2·04	36·91	46·08
3·37	4·06	8·49	10·73	1·83	2·27	34·00	42·13
3·99	4·87	9·17	11·31	1·85	2·31	36·70	45·09
3·65	4·43	8·76	11·33	1·72	2·15	36·25	45·11
3·65	4·40	8·99	11·09	1·91	2·43	37·07	45·91
3·61	4·37	9·23	11·63	1·72	2·15	37·67	46·72
3·89	4·72	8·57	10·81	1·69	2·13	36·44	45·14
4·07	4·96	9·68	12·19	1·84	2·33	36·42	45·29
4·00	4·84	8·48	10·70	1·85	2·31	35·33	43·55
4·26	5·19	9·30	11·57	1·94	2·45	38·16	46·94
4·14	5·02	8·20	10·46	1·80	2·25	36·18	45·06
46·68	56·61	108·08	135·89	21·91	27·52	437·80	542·31
3·89	4·72	9·01	11·32	1·82	2·29	36·48	45·19
*Add cost of personal issues .. ..						2·35	2·69
TOTAL COST 1954 .. ..						38·83	47·88
3·66	4·63	8·78	10·91	1·81	2·24	34·96	42·79
*Add cost of personal issues .. ..						1·98	2·25
TOTAL COST 1953 .. ..						36·94	45·04

Average Daily Costs 1953 =  
Average Daily Costs 1954 =

Increased Daily Cost =

Weekly Increase =

or

W R

36·94 45·04  
38·83 47·88

1·89 2·84

13·23 19·88

1/1¼ to 1/7¼ i.e. approximately 1/4½

W = Wholesale



**MATERNITY**  
**SUMMARY OF AVERAGE COSTS**

**PATIENTS MENU—B**  
**INCLUDING EXTRAS (IN PENCE) FOR 1954**

Cost of General Diets—Menu B		ADDITIONAL								REQUIREMENTS AND COST				Total Cost Maternity Diet	
W	R	ITEM												W	R
		Milk .. .. .	..	..	..	..	..	..	..	..	..	..	..	10·50	14·00
		Fish .. .. .	..	..	..	..	..	..	..	..	..	..	..	2·94	3·93
		Fresh Meat and Offal	..	..	..	..	..	..	..	..	..	..	..	8·92	10·13
		Sausages and Sausagemeat	..	..	..	..	..	..	..	..	..	..	..	1·36	1·59
		Tinned Meats	..	..	..	..	..	..	..	..	..	..	..	1·88	2·17
		Bacon and Ham	..	..	..	..	..	..	..	..	..	..	..	4·23	5·22
299·32	369·39	Poultry..	..	..	..	..	..	..	..	..	..	..	..	3·05	3·72
		Rabbits	..	..	..	..	..	..	..	..	..	..	..	·77	1·35
		Eggs ..	..	..	..	..	..	..	..	..	..	..	..	2·54	3·17
		Cheese ..	..	..	..	..	..	..	..	..	..	..	..	·63	·73
														36·82	46·01
														336·14	415·40

Average Weekly Cost General Diets =

Average Weekly Cost Maternity Diets =

Extra Cost per week =

	W	R
Average Weekly Cost General Diets	299·32	369·39
Average Weekly Cost Maternity Diets	336·14	415·40
Extra Cost per week	36·82	46·01
or	3/0 $\frac{3}{4}$ to 3/10 i.e. approximately 3/6	

W = Wholesale  
R = Retail



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