

# THERAPEUTIC DIETS IN HOSPITALS



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# THERAPEUTIC DIETS IN HOSPITALS

A simple nutritional guide for hospital caterers showing modifications necessary to adapt normal menus to the more usual therapeutic diets

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Fund for London 1967

Price: Eight shillings and Sixpence

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## INTRODUCTION

Each patient in a hospital is an individual with particular nutritional needs and food preferences. It is the caterer's job to satisfy these needs and at the same time to keep within an agreed budget. This booklet aims to give the hospital caterer a simple nutritional guide to menu planning and to show modifications necessary for the more usual therapeutic diets.

As a Nation we are well fed\*. The Annual Report of the National Food Survey Committee shows that, with few exceptions, we are getting as much or more than the recommended allowances of all nutrients. If the dietary pattern in hospitals follows that of the average householder, it would be easy to conclude that all hospital patients are necessarily well fed. Indeed the Report by Professor Platt and his colleagues\*\*, shows little to complain of nutritionally, apart from some evidence that long stay, chronically ill patients might be deficient in iron or that the value of protein might be limited through shortage of total calories. But among "averages" there lurks the individual who for various reasons may not be so well fed.

Intake of food is dependent on appetite which is adversely affected by worry, pain, drugs and by other medical or surgical procedures. Patients' illnesses may affect the absorption of nutrients (as in cases of prolonged diarrhoea) or there may be a metabolic block somewhere along the line as in diabetes. Some illnesses may give rise to an increased need for specific nutrients e.g. it is thought that after surgery, accident or extensive burns additional first quality protein is required and it is known that healing of bed sores is delayed if the protein content of the diet is inadequate. Other patients may be seriously under weight when they enter hospital and still others may be restricted in their food intakes because of religious beliefs or alien food habits. Yet the needs and preferences of most patients can be catered for if a varied menu, offering a choice of dishes, is provided. This selective menu, which is now used by many hospitals, should be the key or master menu from which almost all therapeutic diets are derived by modification. These matters are discussed in greater detail in later paragraphs.

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\* *Domestic Food Consumption and Expenditure—1963.*

\*\* *Food in Hospitals—Platt, Eddy & Pellett.*

## TYPES OF DIET PRESCRIBED FOR HOSPITAL PATIENTS

Full  
Light  
Soft  
Therapeutic

### **Full or Normal Diet**

At this stage of the patient's recovery he can eat any kind of food cooked in any way.

### **Light Diet**

This diet is prescribed for patients who have been very ill but who are just beginning to take solid food. Meals should be small, the dishes 'light' i.e. easily eaten and swallowed. Heavy suet puddings, greasy stews, fat meat, fried and highly seasoned food should be avoided as also should meat or fish containing small bones. It is unnecessary to sieve or purée vegetables or fruits and many patients on this type of diet appreciate small amounts of raw tomato and/or lettuce.

General anaesthesia may temporarily dry the salivary glands causing dry furry mouths after operation. Jellies, cool junkets, soft but well flavoured dishes of all kinds are than acceptable.

At least one dish for both breakfast and supper meals in a selective menu should be suitable for a light diet, some hospitals offer two dishes for such diets at midday in addition to a choice for a full diet.

### **Soft Diet**

This is prescribed for patients who cannot chew or swallow easily. Soft diets need not be "light" and many patients can eat ordinary food if it is mashed or minced. It is well to remember that water—as gravy or juice—added to food dilutes the nutritional value. 1 oz. cooked meat contains about 7g. protein but 1 oz. minced meat which is  $\frac{1}{2}$  oz meat plus  $\frac{1}{2}$  oz gravy contains only 3½g. protein. Mince should be freshly prepared, as meat, which is cooked and kept for a day or two, minced and then rewarmed in gravy is an ideal medium for bacterial growth and can be a cause of food poisoning. There is also the tendency for minced meat, be it beef, chicken or lamb, to look the same and taste the same unless it is well flavoured and seasoned.



## Therapeutic Diets

“Therapeutic Diet” may be a cumbersome term but it is preferable to “special diet” which gives the impression of something special or set apart. Therapeutic diets are diets adapted from the normal, and are used to treat either set of symptoms or a disease.

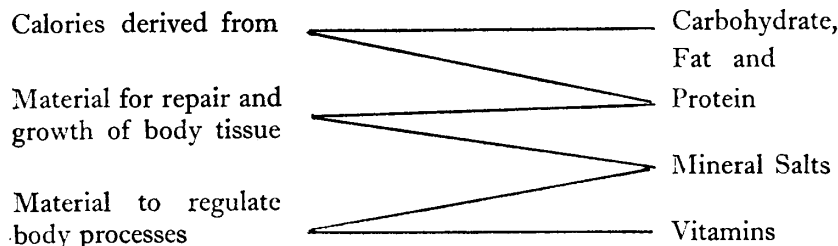
They must contain all the nutrients required for a balanced diet unless the patient’s condition is such that he cannot tolerate or is not allowed certain nutrients e.g. if a patient is on a reducing diet he is allowed fewer calories than he needs in order to burn up his own fat. Or a patient with kidney failure may be put on a very low protein diet, but these prescriptions are decided by the Doctor.

Guidance on some of the more common diets is given in the following sections but none may be used without the doctor’s permission. Pages 16 to 43 give examples of the way in which therapeutic diets may be derived from a selective menu.

### PLANNING A NUTRITIONALLY BALANCED DIET

The selective menu, from which most diets, including therapeutic are to be derived must be planned to ensure nutritional balance. In this context a balanced diet is defined as one which supplies all the nutrients needed by a patient to support life to aid recovery.

The diet must contain:—



Also roughage to assist bowel action and water necessary for all body processes.

### CALORIES

Calorie is the unit of measurement in which the energy value of foods and dietaries is expressed. The calorie value of a food depends on the amount and kind of combustible material present viz:—

Carbohydrate and protein yield 4 cal/g. whereas: fat yields 9 cal./g.

Some foods contain much combustible material and are therefore rich in calories whereas others are mainly water and non-digestible roughage and hence are low in calories.

Foods may be roughly classified as:

a) **High Calorie**

Packaged fats : butter, margarine, lard, dripping  
Oils : olive oil, teaseed oil, corn oil, mayonnaise  
Dairy Products : cream, cream cheese and other soft cheeses  
Fat Meat : pork, duck, ham, bacon  
Confectionary : cream cakes, buns, biscuits  
Suet and sponge puddings  
Fried foods  
Chocolates

b) **Medium Calorie**

Sugar and Sorbitol  
Preserves, sweetened drinks, canned fruit in syrup  
Bread, other cereals, milk puddings  
Plain scones and biscuits  
Lean meat, poultry, offal, milk, eggs  
Dried fruits  
Potatoes  
Pulses

c) **Low Calorie**

Clear Soups  
Fresh raw fruits and those cooked without sugar  
Root vegetables except potatoes  
Green vegetables, salads, tomatoes

When a patient's appetite is limited calories may be added to the diet, without materially increasing bulk, by using fat and concentrated carbohydrate foods. Fat is acceptable usually only as butter, cream, cream cheese, roux sauces, fried foods, pastry or light sponge mixtures but **not** as greasy stews or fat meat. Concentrated carbohydrate can be introduced as sugar in various forms (sweetened fruit and fruit drinks, preserves, sweet biscuits), but sweet foods can be cloying and it may be preferable to use glucose which is less sweet than cane sugar (sucrose). The tang of acid fruit and marmalade is also useful as an antidote to sweetness.

At the opposite end of the scale calories must be cut drastically for obese patients, yet some attempt to satisfy appetite must be made by using low calorie foods as "fillers". The problem is dealt with in more detail under the heading "Reducing Diet".

Patients' need for calories is influenced by many factors including:—

size: the larger the body, in general, the more calories

- age: children need more, size for size—than adults, because growth needs building material **and** energy. Calorie needs lessen with age, decreasing by as much as 30% from the early twenties to the seventies and over.
- sex: women, except during the later stages of pregnancy and in lactation, need less than men of the same age and weight
- activity: greater physical activity calls for more calories
- individual variation: there are very great differences in calorie intakes between individuals of like age, sex and size and scientists do not yet fully understand the reasons for these differences.

Patients who lie snug and warm in bed, taking little physical exercise may yet have a comparatively high calorie need because energy as well as protein is needed to rebuild lost tissue. Platt, in *Food in Hospitals*, distinguishes between calories for a maintenance diet, for the chronically ill, and for a recuperative diet, for those patients who are expected to recover fully. For example, a recuperative diet for a man of medium height weighing  $10\frac{1}{2}$  st. aged 60-69 is said to be 2600 calories a day whereas for a man of the same age, height and weight, a maintenance diet is 2100 calories. It is not, however, seriously suggested that the caterer should plan an individuals' meals to cover theoretical "requirements". In health and during convalescence, appetite is a guide to calorie needs and it is the caterers' prime task to provide appetising and palatable food to stimulate and satisfy appetite.

However, appetite is not always a reliable guide and, especially when calorie needs are low, it is easy to overeat sweet carbohydrate foods. Some hospitals now offer only a drink for the midmorning break and have dispensed with an afternoon tea of bread, butter, jam and cake between the midday and evening meals. For patients whose calorie needs are low, such a change will help to prevent obesity, whilst ensuring an adequate amount of protein and other essential nutrients in three main meals. For those with high calorie needs and small appetites, it may be necessary to offer three small meals and two or three between meal snacks.

## PROTEIN

Protein is needed for bodily growth and repair. Foods rich in protein are:—

- Meat, offal, poultry, canned meats
- Fish of all kinds including canned

Milk and especially dried milk (whole or skimmed)

Eggs

Cheese and especially the hard varieties (as opposed to cream cheeses)

Vegetable foods: viz cereals, bread and other flour products; nuts and pulses also contain valuable amounts of protein although, on the whole, the protein is of a lower quality than that from animal foods. Furthermore, animal foods containing protein are tastier and more acceptable to most people and hence more will be eaten.

Meals for hospital patients should aim at being richer in protein than normal. As a Nation we get about 11% of our calories from protein but in a hospital diet at least 14%-15% of the calories should come from this source. Or, expressed differently, it is recommended that for healthy adults the diet should provide  $\frac{1}{2}$  g. protein per lb. body weight, whereas under certain conditions the need for protein may increase by 2 or 3 times. To quote from "Requirements of Man for Protein"\* after serious disease and injury the demand for extra protein may be three-fold.

- "(a) for the re-generation as far as may be, of tissue lost and to heal wounds.
- (b) to replace protein in body fluids lost either immediately or later e.g. through haemorrhage (strictly speaking tissue loss) and exudate.
- (c) to make good protein lost as a result of the catabolic breakdown response to infection and to injury".

After serious injury, for example extensive burns, recovery appears to be helped by flooding the body with protein, some authorities have suggested as much as 200 g. daily and this amount is not easily included in the dietary of an ill person. (High protein diets are discussed in detail in a later section see page 52). There is some difference of opinion about the value of very high protein diets. Some evidence shows that when protein reaches a level above 18-20% of the total calories, it is not fully utilised for repair of tissue but is "burned" to produce energy. Calories can be supplied much more cheaply in the form of carbohydrate, which will spare protein for its proper building purposes. There is also evidence that very high protein diets, over a period during illness, can be of harm to the kidneys, but the caterer must supply the diet prescribed by the doctor, who knows the medical as well as the dietary needs of the patient.

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\* *Requirements of Man for Protein.* Ministry of Health. Reports on Public Health & Medical Subjects No. 111, H.M.S.O.

The usual hospital diet contains between 70-80 g. protein, daily which represents 14-16% of total calories. The average contribution made by the various foods and meals is given below.

Milk 1½ pts. (½ pt. in cooking reminder to the ward)	.. .. .	27
<b>Breakfast</b>		
portion egg/bacon/sausage etc.	.. ..	5
<b>Dinner</b>		
portion meat/fish/offal etc.	.. ..	15 or more
<b>Supper</b>		
portion cheese/fish/meat etc.	.. ..	7 or more
Bread (average 4 oz)/flour and other cereals	.. .. .	14
Vegetables and fruit	.. .. .	10
Total:		78

Hospital Catering\* recommends similar quantities:—

Milk:	Acute, Sick and Geriatric 1½ pts daily (1 pt. to ward (½ pt. in cooking	
Meat:	meat products and offal 2 lb./head weekly (raw)	9-10 meals
Bacon and Ham:	6 oz boneless	3-4 meals
Fish:	12 oz	2 meals
Eggs:	4-5	3 meals + cooking
Cheese:	4 oz	2-3 meals

Total: equivalent to 3 meals per day

All these foods are expensive and the Ministry of Health wisely recommend that 50% of the budget should be spent on them. Milk is an expensive item but dried whole cream milk is equally good nutritionally, is half the price or less than fresh and should be used for cooking.

#### MINERAL SALTS AND VITAMINS

In a diet containing enough calories and sufficient protein derived from a mixture of foods it is almost impossible **not** to get enough of all the mineral salts, except possibly iron and all the vitamins except possibly vitamin C. Many foods contain iron but in small quantities

\* *Hospital Catering.* Ministry of Health, H.M.S.O.

and some of it cannot be absorbed by the body. The best sources of iron are liver, kidney and corned beef. One or more of these foods should be included in the diet at least once a fortnight.

Fresh fruits and vegetables are the richest sources of vitamin C:

Summer berry fruits have the highest content but the season is short, whereas citrus fruits and tomatoes, also quite rich sources, are available all the year round.

Among vegetables the green leafy ones are the richest, root vegetables, except swedes and new potatoes, are rather poor sources.

During storage, potatoes lose vitamin C, thus in the early spring after storing for 8-9 months the vitamin C content has dropped from 5-7 mg/oz in new potatoes to  $1\frac{1}{2}$ -2 mg/oz in old. These figures are for raw vegetables. Cooking losses vary but are usually between 70 and 80%. Preparation, cooking and subsequent keeping hot all destroy vitamin C especially in vegetables. The acid in fruit helps to protect the vitamin, also juice containing dissolved vitamin is eaten with cooked fruit whereas in the case of vegetables, cooking liquor is often thrown away.

Vitamin C is destroyed by:—

- enzymes
- heat
- oxygen
- alkalies

it also dissolves in water.

Each and all of these affect the amount of vitamin C retained in cooked food.

### **Enzymes**

Destruction of the vitamin begins as soon as the plant is gathered therefore long storage is harmful especially for leafy vegetables which wilt quickly. Vegetables must be delivered as required and used **fresh**.

Enzyme action is hastened by mechanical damage e.g. peeling by machines.

Enzymes are themselves destroyed by the temperature of near boiling water and thus all vegetables, root as well as leafy should be plunged into boiling water or very hot fat. Once the enzyme is destroyed, vitamin C has more chance of survival.

### **Heat**

Long cooking and keeping hot are destructive. Vegetables should be cooked quickly and served immediately.

### Oxygen

Oxygen from the air, introduced when potatoes are mashed or creamed causes further loss.

### Alkalies

Bicarbonate of soda, used to retain the green colour, destroys the vitamin. If green vegetables are plunged into boiling water, cooked quickly in a covered container, colour is well retained and bicarbonate of soda is **not necessary**.

### Solubility

The amount of vitamin which dissolves during cooking is proportional to the amount of water used. e.g. if the vegetable is only quarter covered 40% dissolves whereas if completely covered 80% dissolves.

In recent experiments it has been found that vegetables **can** lose, during preparation and cooking as much as 90% of their vitamin C content. Patients often receive a supplement of vitamin C in tablet form, so why worry about cooking losses? Two reasons: it is a waste of money to destroy vitamin C only to replace it in another form and secondly, badly cooked vegetables are much less appetising than those which are properly cooked.

### SUMMARY

To summarise, balanced menus should contain daily, foods from each of the following groups.

	At least
MILK (total) .. ..	1-1½ pints (2 pints for children, expectant mothers and some therapeutic diets).
MEAT OR FISH, EGGS, BACON OR OFFAL, POULTRY OR CHEESE .. ..	3 servings a day
CITRUS FRUIT (canned or fresh) or TOMATOES or LEAFY vegetables and POTATOES .. ..	1 serving a day
Other fruits and vegetables in season to give variety.	

### AND

Bread, cereals, cakes, biscuits, preserves, sugar, puddings and fats to satisfy appetite.

...the amount of vitamin which is lost in the process of cooking is not negligible. In fact, it is estimated that as much as 50 per cent of the vitamin content of some foods is destroyed by the heat of cooking. This is particularly true of the B vitamins, which are very sensitive to heat. For example, the B vitamins in green vegetables are destroyed by the heat of cooking, and the B vitamins in meat are destroyed by the heat of roasting or broiling. Therefore, it is important to use cooking methods which preserve as much of the vitamin content of the food as possible. This can be done by using steam cooking, which is a moist-heat method, and by avoiding high temperatures and long cooking times.

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To summarize, balanced meals should be planned to include a variety of foods from each of the following groups:

- 1. Milk (total)
- 2. Meat or fish, eggs, bacon
- 3. Fruit (canned or fresh)
- 4. Vegetables
- 5. Cereals
- 6. Breads and vegetables in season in winter

AND



## EXAMPLE OF A WEEK'S SELECTIVE MENU

(Adapted for therapeutic diets)

The menu, which follows, is more detailed than that normally circulated to the wards. Additional information has been included to show modifications which may be necessary at ward level—example skimmed milk to replace whole milk for low fat diets and gluten free products for a gluten free diet.

Costs are based on recipes and quantities as listed. Prices are those currently paid (Dec. 1966) by a large London Hospital. Overall, diets are unlikely to affect the total cost of catering although this depends on the type of food used; if grilling steak, asparagus tips and fresh peaches are provided for reducing diets, then the cost will be higher than for normal hospital catering. If plaice and sole replace cod and haddock then diets will cost more, but the caterer must be prepared to make a very good case that these foods are **necessary**—remembering that nutritive value rarely, if ever, varies directly with cost.

Cost of therapeutic diets has been blamed more than once for increasing total catering costs although there is little evidence that this is so. Experience shows that the proportion of therapeutic diets seldom rises to more than 12 per 100 beds (light, soft, "convalescent gastric" are not properly therapeutic diets and are therefore excluded). If the proportion is higher than twelve per 100 there is usually something wrong with the patients' food and Sister is ordering a "special diet" to get something different and better. Twelve per 100 beds is equivalent to 6% when staff catering is included and cost of diets would have to be very high indeed, to make an appreciable difference to total food costs.

The diets and menus which follow have been compiled with the help of three dietitians, senior and experienced in their profession, namely: Miss P. Carden, Chief Dietitian, King's College Hospital; Miss P. Torrens, Chief Dietitian, Westminster Hospital and Mrs. A. R. Nilson, Principal Lecturer in Nutrition in the Department of Home Economics, Dietetics and Catering, Northern Polytechnic. The menus and diets were planned for nutritive value, variety etc., and **then** costed i.e. there was no attempt to "economise". As will be seen some diets are more costly, others less and still others are about the same as normal. Overall, especially when it is remembered that the expensive tend to be the rare ones, total cost of therapeutic diets is likely to be about the same as for ordinary food.

It will be seen that few special foods are used as they are considered unnecessary except for gluten free diets; very restricted protein diets and occasionally, to give variety for low salt and diabetic diets.

# MENU ADAPTED FOR THERAPEUTIC DIETS

## SUNDAY

DIET	WEEKLY COST average	BREAKFAST	MID-MORNING
FULL CHOICE and LIGHT CHOICE }	35/8	1. Cereal OR 2. Fruit Juice 3. Bacon and Egg OR 4. Bacon and Tomato OR 5. Boiled Egg The following as allowed daily: Bread, butter/mar- garine, sugar, marmalade & tea.	Milk OR Other Beverage
HIGH PROTEIN (Light)	37/3	1. OR 2. AND 3. OR 5.	Enriched Milk Drink
LOW PROTEIN (Restricted Bread and Milk)	27/2	2. Preserves	Sweetened Fruit Juice Biscuit
DIABETIC (Measured Carbohy- drate)	30/10	1. AND 3. 4. OR 5.	Milk or other beverage
REDUCING	30/-	Grapefruit OR Orange AND 4. OR 5.	Marmite OR Tea

# MENU ADAPTED FOR THERAPEUTIC DIETS

## SUNDAY

MIDDAY	TEA	SUPPER
<p>(First Course)</p> <p>6. Roast Lamb and Redcurrant Jelly</p> <p>7. Grilled Cod Cutlet</p> <p>Potatoes:—roast &amp; mashed</p> <p>Choice of Second Vegetable in Season</p> <p>(Second Course)</p> <p>8. Apple Pie and Custard</p> <p>9. Trifle</p> <p>10. Fresh Fruit Salad</p> <p>Meringue</p>	Sponge Cake	<p>Julienne Soup</p> <p>11. Shepherd's Pie and Grilled Tomato</p> <p>12. Cold Ham and Salad</p> <p>Potatoes</p> <p>13. Creamed Rice with Plums</p> <p>14. Cheese and Biscuits</p> <p>15. Fresh Fruit—in season</p> <p>BEDTIME</p> <p>Milk OR Other Beverage</p>
<p>(First Course)</p> <p>6. OR 7. Vegetables*</p> <p>(Second Course)</p> <p>8, 9 OR 10</p> <p>MID AFTERNOON</p> <p>Enriched Milk Drink</p>	Egg/cheese OR meat sandwich	<p>11. OR 12. AND 13. OR 14.</p> <p>BEDTIME</p> <p>Enriched Milk Drink</p>
<p>(First Course)</p> <p><math>\frac{1}{2}</math> Portion 6. OR 7. Vegetables* (no pulses)</p> <p>(Second Course)</p> <p>8. no custard or 10 with Double Cream (no Meringue)</p>	Preserves	<p>SUPPER</p> <p>Soup</p> <p><math>\frac{1}{2}</math> portion 11. OR 12. Plums or other fruit in season</p> <p>BEDTIME</p> <p>Squash OR Sweetened Fruit Juice and Biscuit</p>
<p>(First Course)</p> <p>6. (no Jelly) OR 7. with Measured *Vegetables</p> <p>(Second Course)</p> <p>10 (no Meringue) OR Stewed Apple and Measured Custard</p>	Diabetic Preserve	<p>SUPPER</p> <p>11 measured Or 12 with Potato AND 14. OR 15.</p> <p>BEDTIME</p> <p>Milk Drink</p>
<p>(First Course)</p> <p>6. (no Jelly) OR 7. Two Vegetables</p> <p>(Second Course)</p> <p>10. (no Meringue)</p>	Tea Only	<p>SUPPER</p> <p>Soup</p> <p>12 AND 15.</p> <p>BEDTIME</p> <p>Tea OR Sugarless Squash</p>

\* Vegetables including potatoes

MENU ADAPTED FOR THERAPEUTIC DIETS  
**SUNDAY**—*continued*

DIET	WEEKLY COST average	BREAKFAST	MID-MORNING
LOW FAT	36/9	1. OR 2. Grilled Lean Bacon, tomato, restricted butter.	Skimmed Milk Drink
GASTRIC Convalescent  Light (see separate menu)	38/3  32/10	1. OR 2. AND 3. (grilled) OR 5.	Milk Drink
RESTRICTED SODIUM	35/2	Shredded Wheat OR 2. AND Fried Tomatoes on Toast OR 5.	Fruit Juice OR Squash
GLUTEN FREE	36/11	Rice Krispies OR 2. AND 3. 4. OR 5. Gluten free bread	Milk Drink

# MENU ADAPTED FOR THERAPEUTIC DIETS

## SUNDAY—continued

MIDDAY	TEA	SUPPER
<p>(First Course) 6. OR 7. *Vegetables</p> <p>(Second Course) 10. OR Stewed Apples and Skimmed Milk Custard</p>	Preserves	<p>SUPPER Soup 11. OR 12—lean Plums OR 14. L.F. Cheese OR 15.</p> <p>BEDTIME Skimmed Milk Drink L.F. Biscuit</p>
<p>(First Course) 6. OR 7. *Vegetables</p> <p>(Second Course) 8. 9. OR 10.</p> <p>MID-AFTERNOON Milk Drink</p>	As Menu	<p>SUPPER 11. OR 12. AND 13. 14. OR 15.</p> <p>BEDTIME Milk Drink</p>
<p>(First Course) 6. OR 7. S.F. *S.F. Vegetables</p> <p>(Second Course) Stewed Apples and Custard OR 10. + Cream.</p>	Preserves OR S.F. Sponge	<p>SUPPER 11. S.F. 13. OR 15.</p> <p>BEDTIME Edosol Milk Drink</p>
<p>(First Course) 6. OR 7. *Vegetables</p> <p>(Second Course) Stewed Apples and Gluten Free Custard OR 10.</p>	Gluten free Cake	<p>SUPPER Soup 11. OR 12. AND 13. OR 15. OR 14. AND Gluten free Biscuits</p> <p>BEDTIME Milk Drink</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## MONDAY

DIET	BREAKFAST	MID-MORNING
FULL CHOICE } and LIGHT CHOICE }	1. Cereal OR 2. Fruit Juice 3. Finnan Haddock OR 4. Scrambled Egg	Milk Drink OR tea OR Sugarless Squash OR Marmite
HIGH PROTEIN (Light)	1. AND 3. OR 4.	Enriched Milk Drink
LOW PROTEIN (Restricted Bread and Milk)	2. Preserves	Fruit Juice or Squash Biscuit
DIABETIC (Measured Carbohydrate)	1. AND 3. OR 4.	Tea and Biscuit
REDUCING	Stewed apple AND 3. OR 4. boiled	Sugarless Squash

# MENU ADAPTED FOR THERPEUTIC DIETS

## MONDAY

MIDDAY	TEA	SUPPER
<p>(First Course)</p> <p>5. Liver and Bacon Rolls</p> <p>6. Irish stew</p> <p>7. Steamed white fish Parsley Sauce</p> <p>Potatoes and Choice of Second Vegetable</p> <p>(Second Course)</p> <p>8. Bread and Butter Pudding</p> <p>9. Lemon Meringue Pie</p> <p>10. Milk Jelly and Prune Purée</p>	<p>Tomato Sandwich OR Preserves</p>	<p>Mixed Vegetable Soup</p> <p>11. Cauliflower Cheese</p> <p>12. Braised Lamb Cutlet Macedoine Vegetables Potatoes</p> <p>13. Peach Tartlets and Cream OR</p> <p>14. Cheese and Biscuits</p> <p>15. Melon</p> <p>BEDTIME</p> <p>Milk OR Other Beverage</p> <p>Biscuit OR Cake (as allowed)</p>
<p>(First Course)</p> <p>5. OR 7.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>8. 9. OR 10.</p> <p>MIDAFTERNOON</p> <p>Enriched Milk Drink</p>	<p>Egg/cheese or meat sandwich</p>	<p>SUPPER</p> <p>11. OR 12.</p> <p>Potato</p> <p>AND 13. OR 14.</p> <p>BEDTIME</p> <p>Enriched Milk Drink</p>
<p>(First Course)</p> <p>½ portion 5. 6. OR 7.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>Prunes with Syrup</p>	<p>As Menu</p>	<p>SUPPER</p> <p>Soup</p> <p>½ portion Cauliflower Cheese, Potato</p> <p>Peaches and Cream OR 15.</p> <p>BEDTIME</p> <p>Squash OR Tea</p> <p>Biscuit</p>
<p>(First Course)</p> <p>5. OR 6. OR 7. (no sauce) with measured Potato Vegetables</p> <p>(Second Course)</p> <p>8. Special OR Stewed Prunes</p>	<p>Tomato</p>	<p>SUPPER</p> <p>11. (no sauce) OR 12.</p> <p>Potatoes</p> <p>AND 14. OR 15.</p> <p>BEDTIME</p> <p>Milk Drink</p>
<p>(First Course)</p> <p>5. (no Bacon) OR 6.</p> <p>Two Vegetables</p> <p>(Second Course)</p> <p>Stewed Prunes</p>	<p>Tea Only</p>	<p>12. and Cauliflower AND 15.</p> <p>BEDTIME</p> <p>Tea</p>

\* Vegetables including potatoes

MENU ADAPTED FOR THERAPEUTIC DIETS  
**MONDAY**—*continued*

DIET	BREAKFAST	MID-MORNING
LOW FAT	1. with Skimmed Milk OR 2. AND 3. Restricted butter	Skimmed Milk Drink
GASTRIC Convalescent	1. OR 2. AND 3. OR 4.	Milk Drink
RESTRICTED SODIUM	Shredded Wheat+Milk AND 4. S.F.	Tea
GLUTEN FREE	Cornflakes OR 2. AND 3. OR 4. Gluten free bread	Milk Drink



# MENU ADAPTED FOR THERAPEUTIC DIETS

## MONDAY—continued

MIDDAY	TEA	SUPPER
<p>(First Course) 5. OR 7. *Vegetables</p> <p>(Second Course) 8.—low fat or 10.</p>	As Menu	<p>SUPPER Soup AND 12. Potato AND Peaches OR 15. OR Low Fat Cheese and Water Biscuits</p> <p>BEDTIME Skimmed Milk Drink L.F. Biscuit</p>
<p>(First Course) 5. OR 7. *Vegetables</p> <p>(Second Course) 8. 9. OR 10.</p> <p>MIDAFTERNOON Milk Drink</p>	As Menu	<p>SUPPER 11. OR 12. AND 13. 14. OR 15.</p> <p>BEDTIME Milk Drink</p>
<p>(First Course) 5.—(no bacon) 6. OR 7. (S.F.) *S.F. Vegetables</p> <p>(Second Course) 8.—low salt OR 10. no Prunes</p>	As Menu	<p>SUPPER 12. Cauliflower Potato AND 13. S.F. OR Peaches with Cream OR 15.</p> <p>BEDTIME Edosol Milk Drink</p>
<p>(First Course) 5. 6. OR 7.—gluten free *Vegetables</p> <p>(Second Course) 8.—Gluten Free OR 10.</p>	As Menu	<p>SUPPER 12. with Gluten free Sauce, Potatoes Special G.F. Tartlets OR Peaches with Cream OR 15.</p> <p>BEDTIME Milk Drink</p>

\*Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## TUESDAY

DIET	BREAKFAST	MID-MORNING
FULL CHOICE and LIGHT CHOICE	1. Cereal OR 2. Fruit Juice 3. Cold Ham OR 4. Boiled Egg	Milk OR Other Beverage
HIGH PROTEIN (Light)	1. AND 3. OR 4.	Enriched Milk Drink
LOW PROTEIN (Restricted Bread and Milk)	2. Preserves	Sweetened Fruit Juice Biscuit
DIABETIC (Measured Carbohydrate)	1. AND 3. OR 4.	Milk Drink OR Tea and Plain Biscuit
REDUCING	$\frac{1}{2}$ Grapefruit AND 3.—lean only OR 4.	Sugarless Squash

# MENU ADAPTED FOR THERAPEUTIC DIETS

## TUESDAY

MIDDAY	TEA	SUPPER
<p>(First Course)</p> <p>5. Steak and Kidney Pie</p> <p>6. Pork Sausage and Onion Sauce</p> <p>7. Creamed Chicken Potatoes and Choice of Second Vegetable in Season</p> <p>(Second Course)</p> <p>8. Fruit Flan</p> <p>9. Apple Crumble and Custard</p> <p>10. Semolina Pudding and Jam Sauce</p>	Iced Bun	<p>Scotch Broth</p> <p>11. Grilled Kidney, Bacon and Tomato</p> <p>12. Fish Pie Potatoes</p> <p>13. Egg Jelly</p> <p>14. Cheese and Biscuits</p> <p>15. Orange</p> <p>BEDTIME</p> <p>Milk OR Other Beverage</p> <p>Biscuit—if allowed</p>
<p>(First Course)</p> <p>5. OR 7.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>8. 9. OR 10.</p> <p>MIDAFTERNOON</p> <p>Enriched Milk Drink</p>	Egg/meat or cheese sandwich	<p>SUPPER</p> <p>11. OR 12.</p> <p>Potato</p> <p>AND 13. OR 14.</p> <p>BEDTIME</p> <p>Enriched Milk Drink</p>
<p>(First Course)</p> <p><math>\frac{1}{2}</math> portion 5. 6. OR 7.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>8. OR 9. + Jam</p> <p>Sauce (no Custard)</p>	Preserves	<p>SUPPER</p> <p>Scotch Broth</p> <p><math>\frac{1}{2}</math> portion 12.</p> <p>Potato: Grilled Tomato</p> <p>Sliced Orange with Sugar</p> <p>BEDTIME</p> <p>Squash OR</p> <p>Tea and Biscuit</p>
<p>(First Course)</p> <p>Stewed Steak and Kidney OR Braised Chicken</p> <p>*Measured Vegetables</p> <p>(Second Course)</p> <p>Measured 9. (no Custard) OR 10. (no sauce)</p>	Diabetic Preserve	<p>SUPPER</p> <p>11. Potato AND</p> <p>14. OR 15.</p> <p>BEDTIME</p> <p>Milk Drink</p>
<p>(First Course)</p> <p>Stewed Steak OR Braised Chicken</p> <p>Two Vegetables</p> <p>(Second Course)</p> <p>Stewed Apples</p>	Tea Only	<p>11. AND 15.</p> <p>BEDTIME</p> <p>Tea OR</p> <p>Sugarless Squash</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## TUESDAY—*continued*

DIET	BREAKFAST	MID-MORNING
LOW FAT	1. OR 2. AND 3.—lean only Restricted Butter	Skimmed Milk Drink
GASTRIC Convalescent	1. OR 2. AND 3. OR 4.	Milk Drink
RESTRICTED SODIUM	Shredded Wheat OR 2. AND 4.	Tea or Coffee with milk
GLUTEN FREE	Rice Krispies OR 2. AND 3. OR 4. Gluten Free Bread	Milk Drink

# MENU ADAPTED FOR THERAPEUTIC DIETS

## TUESDAY—continued

MIDDAY	TEA	SUPPER
<p>(First Course) Stewed Steak and Kidney OR Braised Chicken *Vegetables</p> <p>(Second Course) 10. Skimmed Milk</p>	Preserves	<p>SUPPER Broth 11. (no bacon) with Potato OR 12 AND 14. (Low Fat Cheese) OR 15.</p> <p>BEDTIME Skimmed Milk Drink Rusk or plain biscuit</p>
<p>(First Course) 5. OR 7. *Vegetables</p> <p>(Second Course) 8. 9. OR 10.</p> <p>MIDAFTERNOON Milk Drink</p>	As Menu	<p>SUPPER 11. OR 12. Potato AND 13. OR 14.</p> <p>BEDTIME Milk Drink</p>
<p>(First Course) S.F. Stewed Steak OR 7. *S.F. Vegetables</p> <p>(Second Course) 9. S.F. OR 10.</p>	Preserves OR S.F. Cake	<p>SUPPER 12 with S.F. Potato AND Orange Sliced with Sugar OR 13.</p> <p>BEDTIME Edosol Milk Drink</p>
<p>(First Course) Stewed Steak and Kidney OR Braised Chicken *Vegetables</p> <p>(Second Course) Stewed Apples Gluten Free Custard</p>	Gluten Free Cake	<p>SUPPER 11. OR 12. no flour in sauce Potato 13. OR 14. with Gluten Free Biscuit OR 15.</p> <p>BEDTIME Milk Drink</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## WEDNESDAY

DIET	BREAKFAST	MID-MORNING
FULL CHOICE and LIGHT CHOICE	1. Cornflakes OR 2. Grapefruit 3. Fried Bacon and Baked Beans OR 4. Scrambled Egg	Milk OR Other Beverage
HIGH PROTEIN (Light)	1. AND 4.	Enriched Milk Drink
LOW PROTEIN (Restricted Bread and Milk)	2. Preserves	Sweetened Fruit Juice Biscuit
DIABETIC (Measured Carbohydrate)	1. AND 3. (no beans) OR 4.	Tea, Biscuit OR Milk Drink
REDUCING	2. fresh AND 3. (lean and no beans)	Tea

# MENU ADAPTED FOR THERAPEUTIC DIETS

## WEDNESDAY

MIDDAY	TEA	SUPPER
<p>(First Course)</p> <p>5. Roast Pork and Apple Sauce</p> <p>6. Cold Meat and Salad</p> <p>7. Veal Fricassée</p> <p>Roast or Mashed Potato</p> <p>AND Choice of second Vegetable</p> <p>(Second Course)</p> <p>8. Steamed Chocolate Pudding Vanilla Sauce</p> <p>9. Fruit Jelly</p> <p>10. Rice Pudding and Ribena Sauce</p>	Madeira Cake	<p>Pea Soup</p> <p>11. Chicken Casserole with mushrooms</p> <p>12. Cheese Salad</p> <p>Potatoes</p> <p>13. Fruit Mousse</p> <p>14. Cheese and Biscuits</p> <p>15. Dessert Pear</p> <p>BEDTIME</p> <p>Milk Drink OR Other Beverage</p>
<p>(First Course)</p> <p>6. OR 7.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>8. OR 10.</p> <p>MIDAFTERNOON</p> <p>Enriched Milk Drink</p>	Egg/Meat or Cheese Sandwich	<p>SUPPER</p> <p>Soup</p> <p>11. OR 12. AND 13. OR 14.</p> <p>BEDTIME</p> <p>Enriched Milk Drink</p>
<p>(First Course)</p> <p><math>\frac{1}{2}</math> portion 5. 6. OR 7.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>Stewed Pears in Syrup with Double Cream</p>	Scone Honey	<p>SUPPER</p> <p><math>\frac{1}{2}</math> 11. OR 12. (cheese) AND 13. OR 15.</p> <p>BEDTIME</p> <p>Fruit Squash or juice</p> <p>Biscuits</p>
<p>(First Course)</p> <p>5. OR 6.</p> <p>*Measured Vegetables</p> <p>(Second Course)</p> <p>Orange or Stewed Pears with Cream OR 10 Special</p>	Diabetic Jam	<p>SUPPER</p> <p>11. OR 12. AND 14. OR 15.</p> <p>BEDTIME</p> <p>Milk Drink</p>
<p>(First Course)</p> <p>6.</p> <p>Two Vegetables</p> <p>(Second Course)</p> <p>Stewed Pears or Pears in Sugarless Jelly</p>	Tea Only	<p>SUPPER</p> <p>12. AND 15.</p> <p>BEDTIME</p> <p>Sugarless Squash OR Marmite</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## WEDNESDAY—*continued*

DIET	BREAKFAST	MID-MORNING
LOW FAT	1. OR 2. Restricted Butter	Skimmed Milk Drink
GASTRIC Convalescent	1. AND 3. (no beans) OR 4.	Milk Drink
RESTRICTED SODIUM	2. OR 4. S.F. Preserves	Tea OR Fruit Juice OR S.F. Marmite
GLUTEN FREE	1. OR 2. AND 3. (no beans) OR 4. Gluten Free Bread	Milk Drink



# MENU ADAPTED FOR THERAPEUTIC DIETS

## WEDNESDAY—continued

MIDDAY	TEA	SUPPER
<p>(First Course) 6. OR 7. *Vegetables</p> <p>(Second Course) 9. OR 10. (Skimmed milk)</p>	Scone and Honey	<p>SUPPER Soup 11. AND 13. OR 15.</p> <p>BEDTIME Skimmed Milk Drink Plain Biscuit</p>
<p>(First Course) 6. OR 7. *Vegetables</p> <p>(Second Course) 8. 9. OR 10.</p> <p>MIDAFTERNOON Milk Drink</p>	As Menu	<p>SUPPER Soup 11. OR 12. AND 13. 14. OR 15.</p> <p>BEDTIME Milk Drink</p>
<p>(First Course) 5. 6. OR 7. (S.F.) *Vegetables S.F.</p> <p>(Second Course) 9. OR 10.</p>	S.F. Scone Butter and Honey	<p>SUPPER 11. S.F. S.F. Vegetables 13. with S.F. Shortbread OR 15.</p> <p>BEDTIME Coffee flavoured Edosol Milk Drink</p>
<p>(First Course) 5. OR 6. *Vegetables</p> <p>(Second Course) 9. OR 10.</p>	Gluten Free Sponge	<p>SUPPER 11. (gluten free) OR 12. AND 13. (gluten free) OR 15.</p> <p>BEDTIME Milk Drink</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## THURSDAY

DIET	BREAKFAST	MIDMORNING
FULL CHOICE and LIGHT CHOICE	1. Porridge or Cereal with Milk and Sugar OR 2. Pineapple Juice 3. Fish Cakes and Tomato Sauce OR 4. Poached Egg	Tea OR Milk Beverage OR Marmite
HIGH PROTEIN (Light)	1. AND 3. OR 4.	Enriched Milk Drink
LOW PROTEIN (Restricted Bread and Milk)	2. Preserves	Sweetened Fruit Juice Biscuit
DIABETIC (Measured Carbohydrate)	1. AND 4.	Milk Drink
REDUCING	Stewed prunes AND 4.	Sugarless Squash OR Marmite

# MENU ADAPTED FOR THERAPEUTIC DIETS

## THURSDAY

MIDDAY	TEA	SUPPER
<p>(First Course)</p> <p>6. Navarin of Lamb</p> <p>7. Cornish Pasty and Brown Sauce</p> <p>8. Kidney Ragoût</p> <p>Potatoes and Choice of Second Vegetable in Season</p> <p>(Second Course)</p> <p>9. Baked Date Pudding—Custard sauce</p> <p>10. Baked Apple</p> <p>11. Vanilla Ice Cream with Apricot Sauce</p>	<p>Bread and Butter</p> <p>Meat or Fish Paste</p>	<p>SUPPER</p> <p>Potato Soup</p> <p>12. Beef Mould: shredded lettuce</p> <p>13. Beef Casserole with carrots</p> <p>14. Poached Egg Florentine</p> <p>Potatoes</p> <p>15. Fruit Condé</p> <p>16. Cheese and Biscuits</p> <p>17. Orange</p> <p>BEDTIME</p> <p>Milk Beverage, suitable biscuit OR Tea OR Sugarless Squash</p>
<p>(First Course)</p> <p>6. OR 8.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>9. OR 11.</p> <p>MIDAFTERNOON</p> <p>Enriched Milk Drink</p>	<p>Egg/cheese or meat sandwich</p>	<p>SUPPER</p> <p>12. OR 13. OR 14.</p> <p>Potato</p> <p>AND 15. OR 16.</p> <p>BEDTIME</p> <p>Enriched Milk Drink</p>
<p>(First Course)</p> <p><math>\frac{1}{2}</math> portion 6. OR 7.</p> <p>*Vegetables—no pulses</p> <p>(Second Course)</p> <p>10. with Apricot Sauce</p>	<p>Preserves</p>	<p>SUPPER</p> <p>Soup:</p> <p><math>\frac{1}{2}</math> portion 12. OR 13.</p> <p>Potato AND 17.</p> <p>BEDTIME</p> <p>Sweetened Fruit Drink or Tea</p> <p>Biscuit</p>
<p>(First Course)</p> <p>6. OR 8.</p> <p>with *Measured Vegetables</p> <p>(Second Course)</p> <p>10. OR 11. without Sauce</p>	<p>As Menu</p>	<p>SUPPER</p> <p>13. AND 16. OR 17.</p> <p>BEDTIME</p> <p>Milk Drink</p>
<p>(First Course)</p> <p>6. OR 8.</p> <p>Two Vegetables</p> <p>(Second Course)</p> <p>10.</p>	<p>Tea Only</p>	<p>SUPPER</p> <p>13. (no sauce)</p> <p>carrots</p> <p>AND 17.</p> <p>BEDTIME</p> <p>Tea OR</p> <p>Sugarless Squash</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## THURSDAY—*continued*

DIET	BREAKFAST	MIDMORNING
LOW FAT	2. AND 3. (baked) Restricted butter	Skimmed Milk Drink
GASTRIC Convalescent	1. OR 2. AND 3. (baked) OR 4.	Milk Drink
RESTRICTED SODIUM	S.F. 1. OR 2. S.F. 3. OR 4.	Tea
GLUTEN FREE	Cornflakes OR 2. 3. Gluten free Sauce OR 4. Gluten Free Bread	Milk Drink

# MENU ADAPTED FOR THERAPEUTIC DIETS

## THURSDAY—continued

MIDDAY	TEA	SUPPER
<p>(First Course) 6. OR 8. *Vegetables</p> <p>(Second Course) 10. OR 11. with Apricot sauce</p>	As Menu or Preserve	<p>SUPPER Soup 12. OR 13. AND 15. OR 17.</p> <p>BEDTIME Skimmed Milk Drink with Rusk or plain biscuit</p>
<p>(First Course) 6. OR 8. *Vegetables</p> <p>(Second Course) 9. 10. OR 11.</p> <p>MID-AFTERNOON Milk Drink</p>	As Menu or Preserve	<p>SUPPER 12. 13. OR 14. AND 15. OR 16.</p> <p>BEDTIME Milk Drink</p>
<p>(First Course) S.F. 6. OR 7. *S.F. Vegetables</p> <p>(Second Course) 10 OR 11.—(no sauce)</p>	Preserve	<p>SUPPER 12. S.F. OR 13. S.F. AND 15. OR 17.</p> <p>BEDTIME Edosol Milk Drink</p>
<p>(First Course) 6. OR 8. Gluten Free *Vegetables</p> <p>(Second Course) 10. with Apricot Sauce (Gluten Free) OR 11—Gluten Free</p>	Gluten Free Bread Preserve OR Marmite	<p>SUPPER Soup 13. Gluten Free AND 15. OR 17.</p> <p>BEDTIME Milk Drink</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## FRIDAY

DIET	BREAKFAST	MID-MORNING
FULL CHOICE and LIGHT CHOICE	1. Porridge OR Cereal OR 2. Grapefruit 3. Bacon and Sauté Potato OR 4. Creamed Soft Roes on Toast	Milk Drink OR Tea OR Coffee
HIGH PROTEIN (Light)	1. AND 3. OR 4.	Enriched Milk Drink
LOW PROTEIN (Restricted Bread and Milk)	2. Preserves	Sweetened Fruit Juice Biscuit
DIABETIC (Measured Carbohydrate)	1. AND 3. (no Potato)	Milk Drink OR Tea and Biscuit
REDUCING	Grapefruit AND 3. (no Potato)	Marmite

# MENU ADAPTED FOR THERAPEUTIC DIETS

## FRIDAY

MIDDAY	TEA	SUPPER
<p>(First Course)</p> <p>5. Boiled Gammon and Parsley Sauce</p> <p>6. Fried Haddock</p> <p>7. Grilled Cod and Parsley Butter</p> <p>Potatoes chips or boiled</p> <p>Vegetables in Season</p> <p>(Second Course)</p> <p>8. Baked egg custard</p> <p>9. Jam Tart and custard</p> <p>10. Steamed Sponge and and Syrup Sauce</p>	<p>Lemon Curd Tarts</p> <p>OR Preserves</p>	<p>Clear Soup</p> <p>11. Stuffed Marrow</p> <p>12. Poached White Fish, Dutch Sauce</p> <p>Potatoes</p> <p>13. Coffee Spanish Cream</p> <p>14. Cheese and Biscuits</p> <p>15. Dessert Apple</p> <p>BEDTIME</p> <p>Milk OR Other Drink</p> <p>Biscuits OR</p> <p>Bread and Butter</p> <p>(if allowed)</p>
<p>(First Course)</p> <p>5. 6. OR 7.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>8. OR 10.</p> <p>MIDAFTERNOON</p> <p>Enriched Milk Drink</p>	<p>Egg/meat or cheese sandwich</p>	<p>SUPPER</p> <p>11. OR 12.</p> <p>Potatoes</p> <p>AND 13 OR 14.</p> <p>BEDTIME</p> <p>Enriched Milk Drink</p>
<p>(First Course)</p> <p><math>\frac{1}{2}</math> portion 5. (no sauce)</p> <p>OR <math>\frac{1}{2}</math> 6. OR 7.</p> <p>*Vegetables—(no pulses)</p> <p>(Second Course)</p> <p>9. No Custard</p>	<p>Preserves</p>	<p>SUPPER</p> <p><math>\frac{1}{2}</math> portion 11. OR 12.</p> <p>Potato</p> <p>AND 13 OR 14.</p> <p>BEDTIME</p> <p>Tea OR Squash</p> <p>Biscuit</p>
<p>(First Course)</p> <p>5. (no sauce) OR 7.</p> <p>*Measured Vegetables</p> <p>(Second Course)</p> <p>8. (measured)</p>	<p>Diabetic Preserve</p>	<p>SUPPER</p> <p>11. OR 12.—(no sauce)</p> <p>Potato</p> <p>AND 14. OR 15.</p> <p>BEDTIME</p> <p>Milk Drink</p>
<p>(First Course)</p> <p>Small 5.—lean OR</p> <p>7.—no butter</p> <p>Two Vegetables</p> <p>(Second Course)</p> <p>8.</p>	<p>Tea Only</p>	<p>Clear Soup</p> <p>11. OR 12.—(no sauce)</p> <p>AND 15.</p> <p>BEDTIME</p> <p>Tea</p>

\* Vegetables including potatoes

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# MENU ADAPTED FOR THERAPEUTIC DIETS

## FRIDAY—*continued*

DIET	BREAKFAST	MID-MORNING
LOW FAT	1. OR 2. AND Grilled Roes on Toast Restricted butter	Skimmed Milk Drink
GASTRIC Convalescent	1. AND 3. (no Potato) OR 4.	Milk Drink
RESTRICTED SODIUM	Shredded Wheat OR 2. AND 4. S.F.	Edosol Milk Drink
GLUTEN FREE	Rice Krispies OR 2. AND 3. Gluten Free Bread	Milk Drink



# MENU ADAPTED FOR THERAPEUTIC DIETS

## FRIDAY—continued

MIDDAY	TEA	SUPPER
<p>(First Course) 5. (lean, low fat sauce) OR 7. (no butter) *Vegetables</p> <p>(Second Course) Stewed Fruit with Syrup or Jam Sauce</p>	Preserves	<p>SUPPER Soup 11. OR 12.—low fat sauce Potato AND 14—low fat cheese OR 15.</p> <p>BEDTIME Skimmed Milk Drink L.F. Bun</p>
<p>(First Course) 5. OR 7. *Vegetables</p> <p>(Second Course) 8. 9. OR 10.</p> <p>MIDAFTERNOON Milk Drink</p>	As Menu	<p>SUPPER 11. OR 12. AND 13. 14. OR 15.</p> <p>BEDTIME Milk Drink</p>
<p>(First Course) 6. OR 7. (S.F.) *Vegetables (S.F.)</p> <p>(Second Course) 9. OR 10. S.F. OR Stewed Fruit with Syrup or Jam Sauce</p>	Preserves	<p>SUPPER 11. OR 12. S.F. AND 13. OR 15.</p> <p>BEDTIME Edosol Milk Drink OR Tea OR Fruit Juice</p>
<p>(First Course) 5. (Gluten Free Sauce) OR 7. *Vegetables</p> <p>(Second Course) 8. OR stewed fruit with gluten free Syrup or Jam Sauce</p>	Preserves	<p>SUPPER Clear Soup AND 11. Gluten Free OR 12. with Gluten Free Sauce AND 13. OR 15.</p> <p>BEDTIME Milk Drink</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## SATURDAY

DIET	BREAKFAST	MID-MORNING
FULL CHOICE and LIGHT CHOICE	1. Porridge OR Cereal OR 2. Fruit Juice 3. Kipper OR 4. Boiled Egg	Milk Drink OR Other Beverage
HIGH PROTEIN (Light)	1. AND 3. OR 4.	Enriched Milk Drink
LOW PROTEIN (Restricted Bread and Milk)	2. Preserves	Sweetened Fruit Juice Biscuit
DIABETIC (Measured Carbohydrate)	1. AND 3. OR 4.	Milk Drink
REDUCING	Stewed figs or apple 3. OR 4.	Tea

# MENU ADAPTED FOR THERAPEUTIC DIETS

## SATURDAY

MIDDAY	TEA	SUPPER
<p>(First Course)</p> <p>5. Sausage Roll &amp; Salad</p> <p>6. Boiled Chicken and white sauce</p> <p>7. Creamed Ham</p> <p>Potatoes</p> <p>AND Choice of Second Vegetable in Season</p> <p>(Second Course)</p> <p>8. Neapolitan Ice Cream, apricots</p> <p>9. Eve's Pudding and custard sauce</p> <p>10. Chocolate or Plain Ground Rice pudding</p>	Yeast Bun	<p>Onion Broth</p> <p>11. Fricassée of Eggs</p> <p>12. Corned Beef Salad</p> <p>Potatoes</p> <p>13. Fruit fool and Sponge Fingers.</p> <p>14. Cheese and Biscuits</p> <p>15. Banana</p> <p>BEDTIME</p> <p>Milk Drink OR</p> <p>Other Beverage</p>
<p>(First Course)</p> <p>6. OR 7.</p> <p>*Vegetables</p> <p>(Second Course)</p> <p>8. 9. OR 10.</p> <p>MIDAFTERNOON</p> <p>Enriched Milk Drink</p>	Egg/meat or cheese sandwich	<p>SUPPER</p> <p>11. OR 12.</p> <p>AND 13. OR 14.</p> <p>BEDTIME</p> <p>Enriched Milk Drink</p>
<p>(First Course)</p> <p><math>\frac{1}{2}</math> Portion 6. OR 7.</p> <p>*Vegetables (no pulses)</p> <p>(Second Course)</p> <p>8.</p>	Marmite OR Lettuce Sandwich	<p>SUPPER</p> <p>Broth</p> <p>Boiled Rice and Sauce</p> <p>OR <math>\frac{1}{2}</math> portion of beef with salad</p> <p>Potatoes</p> <p>13.—(no sponge fingers)</p> <p>OR 15.</p> <p>BEDTIME</p> <p>Tea</p> <p>Bread and Butter with Preserve OR Biscuits</p>
<p>(First Course)</p> <p>6.—(no sauce)</p> <p>*Measured Vegetables</p> <p>(Second Course)</p> <p>8. (measured)</p> <p>OR 10. special</p>	Lettuce	<p>SUPPER</p> <p>12. Potato</p> <p>AND 14. OR 15.</p> <p>BEDTIME</p> <p>Milk Drink</p>
<p>(First Course)</p> <p>6.—(no sauce)</p> <p>Two Vegetables</p> <p>(Second Course)</p> <p>Stewed Fruit</p>	Tea only	<p>SUPPER</p> <p>12 AND 15.</p> <p>BEDTIME</p> <p>Sugarless Squash</p>

\* Vegetables including potatoes

# MENU ADAPTED FOR THERAPEUTIC DIETS

## SATURDAY—*continued*

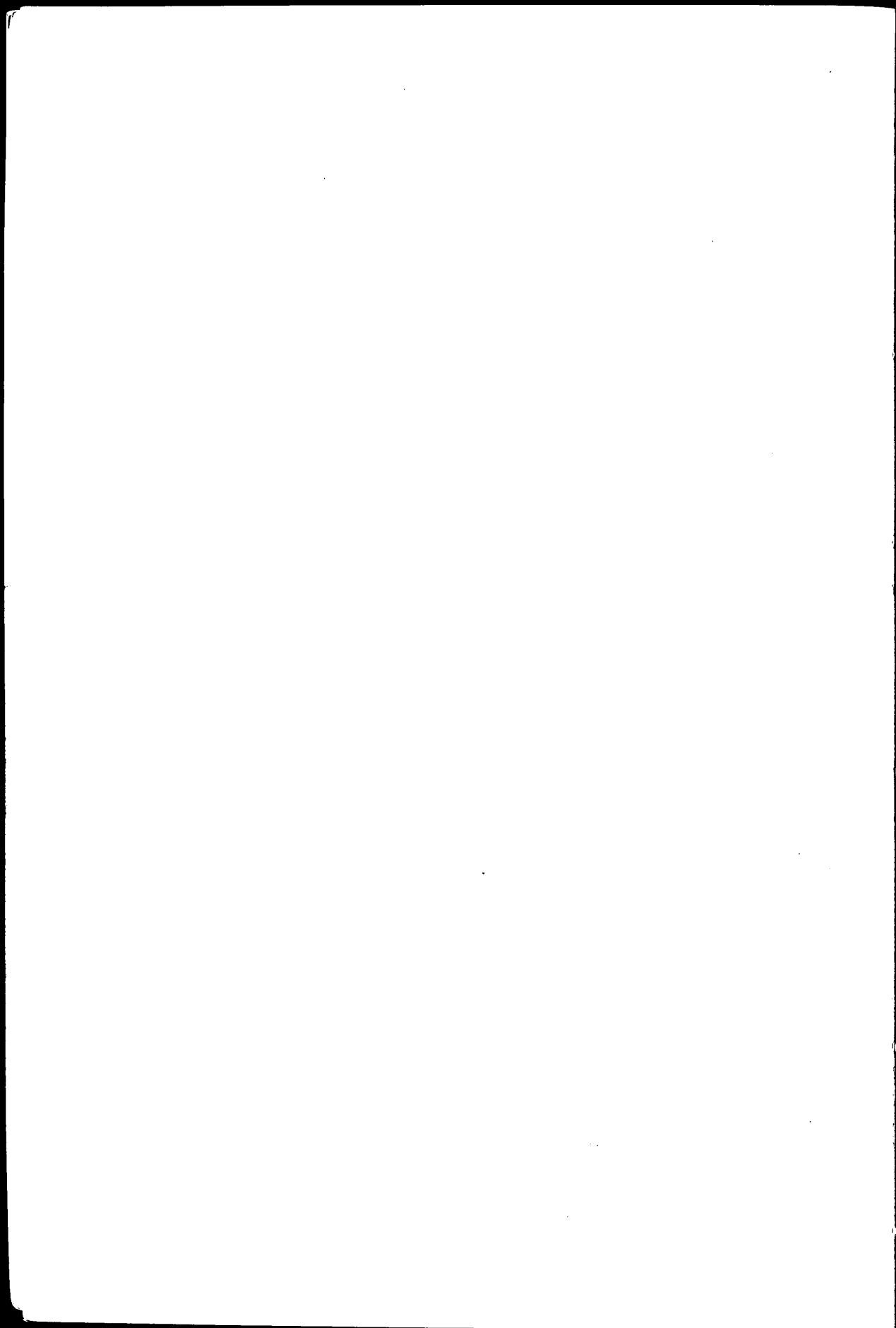
DIET	BREAKFAST	MID-MORNING
LOW FAT	2. Preserves Restricted butter	Skimmed Milk Drink
GASTRIC (Convalescent)	1. OR 2. AND 4.	Milk Drink
RESTRICTED SODIUM	1. S.F. OR 2. AND 4.	Tea OR Fruit Juice
GLUTEN FREE	Porridge (if allowed) OR 2. 3. OR 4. Gluten Free Bread	Milk Drink

# MENU ADAPTED FOR THERAPEUTIC DIETS

## SATURDAY—continued

MIDDAY	TEA	SUPPER
<p>(First Course)</p> <p>6. low fat sauce *Vegetables</p> <p>(Second Course)</p> <p>8. OR 10. low fat</p>	As Menu	<p>SUPPER</p> <p>Broth Lean Meat Salad Potatoes AND 13. OR 15.</p> <p>BEDTIME</p> <p>Skimmed Milk Drink Toast or low fat biscuit</p>
<p>(First Course)</p> <p>6. OR 7. *Vegetables</p> <p>(Second Course)</p> <p>8. 9. OR 10.</p> <p>MIDAFTERNOON</p> <p>Milk Drink</p>	As Menu	<p>SUPPER</p> <p>11. Potato AND 13. 14. OR 15.</p> <p>BEDTIME</p> <p>Milk Drink</p>
<p>(First Course)</p> <p>6. S.F. *S.F. Vegetables</p> <p>(Second Course)</p> <p>8. OR 10.</p>	Yeast Bun S.F.	<p>SUPPER</p> <p>Fresh Meat: Salad AND 13. S.F. sponge fingers. OR 15.</p> <p>BEDTIME</p> <p>Edosol Milk Drink</p>
<p>(First Course)</p> <p>6. OR 7. Gluten Free *Vegetables</p> <p>(Second Course)</p> <p>8. OR 10. Gluten Free</p>	Gluten Free Sponge	<p>SUPPER</p> <p>11. Gluten Free OR 12. AND 13. Gluten Free—no Sponge fingers OR 15.</p> <p>BEDTIME</p> <p>Milk Drink</p>

\* Vegetables including potatoes



The quantities of food shown in Tables "Amounts of Food Used in Therapeutic Diets" have been used :—

- (a) as the basis for calculation of nutritive values of each of the diet menus and
- (b) as the basis for cost calculation of the Menu adapted for therapeutic diets.

In no way must these quantities be taken as a scale or ration. They are based on usual practice in general hospitals—see also "Studies of the Cost of Food in Acute Hospitals Catering for More Than 275 People." (Dec. 1964) Ministry of Health.

# AMOUNTS OF FOOD USED

FOOD	HIGH PROTEIN Light	LOW PROTEIN	DIABETIC	REDUCING
Bread (daily) 1 slice = 1½ oz	2 slices	2-3 slices	> 2 slices	1-2 slices
Preserves oz/portion	1	1½	1 sugarless	—
Breakfast Cereals oz/portion	½	—	½	—
Biscuit	—	½	½	—
VEGETABLES*	<i>Cooked Weight oz</i>	<i>Cooked Weight oz</i>	<i>Cooked Weight oz</i>	<i>Cooked Weight oz</i>
Potatoes	(3) 3	(2½) 4	(2½) > 4	(0-5) > 2
'Greens'	(5) 2	(4) 3	(3) 4	(3) 4
Cauliflower (portions per flower)	5-6	5-6	3-4	3-4
Tomatoes	(8)	(8)	(4-6)	(4-6)
Lettuce (portions per lettuce)	6	4-6	4-6	4
Watercress (portions per bundle)	8	6	6	3
Beetroot (salad)	(16)	(16)	(16)	(16)
Root Vegetables	(4-5)	(4-5)	(3-4)	(3-4)
Mushrooms	(16)	(12)	(8-16)	(12)
Canned or Frozen Vegetable oz. portion	1½	2 (not pulses)	3 peas 2	3 peas 2
FRUIT*				
Fruit Juice oz. portion	3	3	—	—
Tomato Juice oz. portion	3	3	3	—
Apple	(4)	(4)	(2½)	(2½)
Pear	(3)	(3)	(2½)	(2½)
Banana	(4)	(4)	(4)	—
Melon	4	6	6	6
Orange	4	4	5	4
Grapefruit	½ whole fruit	½ whole fruit	½ whole fruit	½ whole fruit
Canned G. fruit	2	3	—	—
Canned Fruit	2	3-4	sugarless 4	sugar free 4

\*Figures given in parentheses ( ) refer to number of portions: lb. raw weight as purchased.



# IN THERAPEUTIC DIETS

LOW FAT	GASTRIC		RESTRICTED SODIUM	GLUTEN FREE
	Convalescent	Light		
2-3 slices	3-4 slices	2 slices	>3 slices	3-4 slices
1½	1	1	1½	1
½-¾	½	½	½	¾
½ (plain)	½	½	—	—
<i>Cooked Weight oz</i>	<i>Cooked Weight oz</i>	<i>Cooked Weight oz</i>	<i>Cooked Weight oz</i>	<i>Cooked Weight oz</i>
(2½) 4	(2½) 4	(3) 3	(2½) 4	(2½) 4
(4) 3	(4) 3	—	(4) 3	(4) 3
4-5	3-4	5-6	4-5	4-5
(4-6)	(8)	—	(8)	(8)
4-6	6	—	4-6	6
6	8	—	8	6
(16)	(16)	—	(16)	(16)
(4)	(4)	—	(4)	(4)
(12)	(16)	—	(12)	(12)
2	3	—	2	2
3	2	—	3	3
3	3	—	(unless salt added) 3	3
(4)	(4)	—	(4)	(4)
(3)	(3)	—	(3)	(3)
(4)	(4)	—	(4)	(4)
6	6	6	6	6
4	—	—	4	4
½ whole fruit	—	—	½ whole fruit	½ whole fruit
3	2	—	3	3
3-4	3	—	3-4	3

# AMOUNTS OF FOOD USED

FOOD	HIGH PROTEIN Light	LOW PROTEIN (40 g.) (20 g. see diet)	DIABETIC	REDUCING
MEAT, FISH, CHEESE	Portions : lb.	Portions : lb.	Portions : lb.	Portions : lb.
Stewing Beef	4	8	3-4	4
Lamb	4	6	3	—
Mince (raw)	4-5	8	4	5
Roast Leg Lamb	4	8	3-4	4
Topside Beef	4	8	3-4	4
Roast Leg Pork	3-4	8	3	4
Lamb Chops	4	—	4	4
Liver	5	8	4-5	5
Kidney in stew	16	32	16	16
Kidney as Main Dish	5	—	5	5
Chicken	2-3	4	2	2
Gammon (boiled- hot)	3	6	3	3
Cold boiled Ham	8	16	8	8
Bacon	10	—	10	10
with Eggs	16	—	16	—
Bacon garnish	16	—	16	—
Sausage (m. meal)	—	8	—	—
Breakfast Sausage	8	—	—	—
Chipolata Sausage	8	—	—	—
White Fish	3-4	6	3	3
Plaice	4	8	4	—
Breakfast Fish	4	—	4	4
Kipper	4	—	4	4
Sardines/pilchards	—	—	2 oz portion	—
Cheese—main dish	8	32	8	10
Cheese with biscuits	16	—	16	—
Cream as garnish or cream with fruit	20 : 1 pint	20 : 1 pint	20 : 1 pint	—
WARD ISSUES (daily)				
Milk	1½ pints	½ pint	¾ pint	½ pint
Sugar	1½ oz	1½ oz	—	—
Butter/margarine	½ oz	1½ oz	1 oz	¼-½ oz.
Dried Milk	1 oz	—	—	—
Ovaltine/Horlicks etc. portion	¼ oz	—	½ oz	—

# D IN THERAPEUTIC DIETS

LOW FAT	GASTRIC		RESTRICTED SODIUM	GLUTEN FREE
	Convalescent	Light		
<i>Portions : lb.</i>	<i>Portions : lb.</i>	<i>Portions : lb.</i>	<i>Portions : lb.</i>	<i>Portions : lb.</i>
4	—	—	5	4
—	4	—	4	4
4	4	—	5	4
3½	4	—	4	4
4	—	—	4	4
—	3	—	—	3
3	4	—	4	4
5	5	—	5	5
16	16	—	16	16
5	5	—	5	5
2	2	3	3	2
2½	3	4	—	3
6†	8	—	—	8
—	10	—	—	10
—	16	—	—	16
—	16	—	—	16
—	—	—	—	—
—	—	—	—	—
—	—	—	—	—
3	3	4	3-4	3
4	4	4	4	4
4	4	—	—	4
—	—	—	—	4
—	—	—	—	2 oz portion
—	8-10	8-10	—	8
—	16	—	—	16
—	20 : 1 pint	20 : 1 pint	20 : 1 pint	20 : 1 pint
1½ pints (skimmed)	1½ pints	2 pints	½ pint	1 pint
2 oz	1½ oz	1½ oz	2 oz	1½ oz
¼ oz	1 oz	1 oz	1-1½ oz	1 oz
—	—	—	—	—
—	¼ oz	¼ oz	—	—

† Fewer portions as lean only may be used.

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**THERAPEUTIC DIETS**  
(Diets, Menus and Recipes)

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Food	Number of Portions per lb. Raw Weight
Meat .. .. .	4
Cooked or canned meat .. .. .	8
Chicken .. .. .	2
Liver .. .. .	5
Minced Meat (supper dish) .. .. .	5
Lean ham—raw .. .. .	3
cooked (supper or breakfast) .. .. .	8
Bacon .. .. .	10
Cheese—main meal .. .. .	8
tea .. .. .	16
Fish—main meal .. .. .	3
smoked: breakfast .. .. .	4
	<i>Cooked Weight per Portion</i>
Breakfast cereal .. .. .	$\frac{1}{2}$ oz
Bread daily .. .. .	2 $\frac{1}{2}$ -3 oz
Butter „ .. .. .	$\frac{1}{2}$ -1 oz
Sugar „ .. .. .	1-1 $\frac{1}{2}$ oz
Milk „ .. .. .	1 $\frac{1}{2}$ pts. enriched
Dried Milk „ .. .. .	1-2 oz milk

**Puddings**—see individual recipes

**Vegetables (cooked weight)**

Potatoes	..	..	..	..	..	2-3 oz
Greens	}	..	..	..	..	1½-2 oz
Cauliflower						
Tomatoes						
Frozen Vegetables						
Carrots						
Swedes	}	..	..	..	..	1 oz
Lettuce (raw)						

Average daily nutrient values calculated from food tables

Protein 114 g.

Calories 2600

Protein % calories 17 $\frac{1}{2}$

Vitamin C 43 mg. (allowing 80% cooking losses for  
vegetables)

HIGH PROTEIN DIET

DAY 1

**Breakfast**

Cornflakes with milk and sugar\*  
Boiled egg  
Bread or toast/butter\* and Marmalade  
Tea with milk and sugar daily

**Midmorning**

Enriched milk\*  
Ovaltine

**Midday**

Roast chicken or other meat  
Stuffing (small)  
Roast or mashed potato  
Green vegetable in season  
Queen of Puddings  
(see recipe)

**Midafternoon**

Enriched milk

**Tea**

Bread and butter  
Cheese  
Tea with milk\* and sugar daily

**Supper**

Cold meat (corned beef)  
Salad of Lettuce  
Tomato  
Beetroot  
Potato salad  
Mayonnaise (see recipe)  
Blancmange (see recipe)

**Bedtime**

Enriched milk\* with coffee or other flavouring daily

DAY 2

**Breakfast**

Rice Krispies with milk and Sugar\*  
Bacon  
1 slice bread  
Tea as day 1

**Midmorning**

Enriched milk\* flavoured with coffee

**Midday**

Lamb chop—grilled  
Mashed potato  
Diced carrot  
Semolina Pudding  
(see recipe)  
Jam Sauce

**Midafternoon**

Enriched milk\*

**Tea**

1 slice bread and butter\*  
Cooked ham (sandwich)  
Tea as day 1

**Supper**

Minced beef  
Spaghetti  
Tomato sauce  
French beans (frozen)  
Caramel Custard  
(see recipe)

**Bedtime**

\*Enriched milk flavoured

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\* From daily allowance

### HIGH PROTEIN DIET

It has been found that tissues, damaged by accidents, burns, surgical procedures or bed sores, heal more quickly if the diet is rich in protein. There is also some evidence that patients with cancer respond to treatment better if their diets are comparatively rich in this nutrient. Some types of kidney disease are also treated with high protein diets.

To prescribe a diet high in protein is one thing but to get sick patients to eat it is quite another. Patients who need more protein than normal may be too ill to eat ordinary food and there is little point in providing a pork chop with all the trimmings for patients who can barely tolerate fluids. Nor is it sensible to increase the protein content of the diet unless the patient is getting enough calories. Protein without adequate calorie cover is "burnt" to obtain the fuel necessary for body processes. Platt and his colleagues recommend protein in "high protein diets" at a level not above 18% of total calories i.e. in diets containing between 2000 and 2500 calories protein should be between 90 and 110 g.

For patients with fair appetites a full diet in hospital provides between 70 and 80 g. protein. Hence between 20-30 g. extra protein daily is needed. For most patients it is useless (and wasteful) to give larger portions of meat or fish and this is especially true of really ill patients. To increase protein add to a full diet:

	Protein g.
1 pint milk .. .. .	18
1 oz dried skimmed milk .. ..	9.8
1 egg or 1 oz meat or cheese at tea time— say .. .. .	7.0
Total .. .. .	34.8

One pint of enriched milk is usually all patients can drink in addition to their normal meals. They should be encouraged to drink more but **not** at the expense of main meals.

Some patients cannot eat enough ordinary food to meet their bodily need for protein and for them, recourse must be made to concentrates. In the first stages of illness all food may need to be taken as fluids and the caterer should supply liquid and/or dried milk, eggs and sugar which, together with Complan, Casilan or other concentrates, may be made up into fluid feeds by the nursing staff, as required. The comparative costs and protein values of these concentrates is of practical importance.



Protein Concentrate	Protein g/oz	Cost per 10 g. Protein
Complan .. ..	8.8	3.4d.
Casilan .. ..	26.0	2.5d.
Dried Full Cream Milk .. ..	7.7	2.4d.
Dried Skimmed Milk	9.8	1.2d.

Complan, as the brand name implies, is a complete food and if made up according to the directions on the packet can substitute for normal meals. Casilan is useful for patients needing a high protein diet which is also low in salt (see section on low salt diets).

Other fluid feeds are:—(to be given throughout the day)

4 pints milk	}	Protein 123 g.
3 eggs		Calories 3068
4 oz dried full cream milk		Protein % calories 16
6 oz sugar or glucose		

If dried skimmed milk replaces full cream then:

Protein 131.6 g.

Calories 2840

Protein % calories  $18\frac{1}{2}$

Cost: in each case 3/6d. (approx)

The doctor may prescribe vitamin concentrates to add to these mixtures.

When the patient is beginning to take normal meals it still may be necessary for a part of his diet to be in the form of enriched milk drinks and it is useful to remember that a cup of milk (7 oz), enriched at the rate of 1 oz dried milk or Complan per pint yields approximately 9 g. protein; roughly equivalent to  $1\frac{1}{2}$  eggs or a small serving of meat or fish or cheese.

An egg beaten in a cup of milk yields 13 g. protein, roughly equivalent to 2 eggs or an average portion of meat, fish or cheese.

#### MENU FOR HIGH PROTEIN DIET (Light)

##### NOTE:

Calculations of nutrients are based on quantities listed below. Amounts of fish, meat milk etc., are average or a little above whereas quantities of bread/butter/preserves/sugar/cereals and vegetables are on the low side of normal. This is because a patient for whom a high protein light diet is ordered is likely to have a small appetite, which must not be sated by foods relatively poor in protein.

HIGH PROTEIN DIET

DAY 3.

**Breakfast**

$\frac{1}{2}$  Grapefruit and sugar\*  
Bacon } fried  
Egg }  
1 slice bread  
Tea as day 1

**Midmorning**

Enriched milk flavoured  
cocoa

**Midday**

Boiled ham (lean)  
Parsley sauce  
Boiled potatoes  
Cauliflower  
Lemon Meringue Rice  
(see recipe)

**Mid-afternoon**

Enriched milk\*

**Tea**

1 slice bread and butter\*  
Egg (sandwich)  
Tea as day 1

**Supper**

Cold chicken and salad of:  
Lettuce  
Tomato etc.  
Potato mayonnaise  
Junket—see recipe  
or Yoghurt (plain)

**Bedtime**

Enriched milk\*

DAY 4

**Breakfast**

Cornflakes with milk and  
sugar\*  
1 egg boiled  
1 slice bread and butter\*  
Marmalade  
Tea as day 1

**Midmorning**

Enriched milk\* flavoured  
coffee

**Midday**

Veal creamed—see recipe  
Potatoes—riced  
Spinach frozen  
Apple Snow—see recipe  
Sauce

**Midafternoon**

Enriched milk\*

**Tea**

1 slice bread and butter\*  
Cold lean meat (sandwich)  
Tea as day 1

**Supper**

Plaice—grilled  
Potato chipped or mashed  
Tomato grilled  
Fruit Fool  
(see recipe)

**Bedtime**

Enriched milk\*

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\* From daily allowance

HIGH PROTEIN DIET

DAY 5

**Breakfast**

$\frac{1}{2}$  Grapefruit with sugar\*  
Kipper or (cold ham)  
1 slice bread and butter\*  
Tea as day 1

**Midmorning**

Enriched milk\* Horlicks

**Midday**

Roast lamb  
Redcurrent jelly  
Potatoes—boiled or mashed  
Sprouts or green vegetable in season  
Banana Custard  
(see recipe)

**Midafternoon**

Enriched milk\*

**Tea**

1 slice bread and butter\*  
1 egg  
Tea as day 1

**Supper**

Cauliflower Cheese  
(see recipe)  
Bread  $\frac{1}{2}$  slice, butter\*  
Baked apple stuffed with marmalade and brown sugar  
Custard—see recipe

**Bedtime**

Enriched milk\*

DAY 6

**Breakfast**

Puffed Wheat with milk and sugar\*  
Bacon—grilled  
1 slice bread  
Tea as day 1

**Midmorning**

Enriched milk flavoured  
Ovaltine

**Midday**

Grilled haddock  
Parsley butter  
Potato—chipped or mashed  
Peas (frozen)  
Bread and Butter Pudding  
(see recipe)

**Midafternoon**

Enriched milk\*

**Tea**

1 slice bread and butter\*  
Cold chicken (sandwich)  
Tea as day 1

**Supper**

Braised kidneys  
Rice pilaff:  
Sliced orange salad dressed with dried full cream milk  
Sugar  
Dessicated coconut

**Bedtime**

Enriched milk\*

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\* From daily allowance

HIGH PROTEIN DIET

DAY 7

**Breakfast**

Shredded Wheat  
Milk and sugar\*  
Sausage or bacon  
Baked beans (small)  
1 slice bread  
Tea as day 1

**Midmorning**

Enriched milk\* flavoured  
coffee

**Midday**

Roast beef  
Yorkshire pudding  
Potato—boiled or roast  
Leeks or second vegetable in  
season  
Fruit pie  
Custard

**Midafternoon**

Enriched milk\*

**Tea**

1 slice bread and butter\*  
Cheese  
Tea as day 1

**Supper**

Fricassé of eggs  
(see recipe)  
Grilled tomato  
Bread  $\frac{1}{2}$  slice—if wanted  
Coffee Creams—see recipe

**Bedtime**

Enriched milk\*

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\* From daily allowance

## LOW PROTEIN DIETS

Low protein diets are usually ordered for patients with diseases of the liver or kidneys. It makes things very confusing for the caterer because high protein diets also may be ordered for diseases of these two organs (see page 52).

When liver cells are damaged in such a way that blood flow from the intestine through the organ is impeded, the blood tries to find an alternative route. This blood is loaded with end products of digestion, including amino acids from protein breakdown, which the liver normally removes before blood goes into general circulation. Patients with this type of liver disease suffer unpleasant symptoms, including mental confusion and may die unless their disease is controlled. The doctor wishes to cut down the amount of protein, which in turn cuts the amino acids finding their way into the blood stream.

Kidneys are the organs which eliminate end products of protein metabolism, i.e. urea and uric acid. They also excrete unwanted salts and water. In a sense they cleanse the blood of waste materials. Some diseases so damage kidney cells that they can no longer remove waste products from the blood, urea accumulates and unless function is restored the patient becomes more and more drowsy, will pass into a coma and die. Some kidney diseases are acute and for a comparatively short time kidney function is lost. In this phase the patient feels very ill and has appetite for little else than fruit juices and fruit (both of which are low in protein). The disease either clears up, the kidney works again, urea disappears, the patient feels better and begins to eat normally **or** the disease passes into a chronic stage in which the kidney has suffered permanent damage and can never again get rid of urea normally.

Low protein diets can be either moderately restricted or *very* restricted. In the first case the doctor requires about 40 g. total protein. These are fairly easy to arrange. Ordinary hospital diets contain between 70-80 g. protein and by limiting milk to  $\frac{1}{4}$  pt. daily, giving half portions of meat, fish or cheese at **two** main meals (i.e. 1 oz cooked meat, 2 oz cooked fish,  $\frac{1}{2}$  oz cheese etc., at midday and supper meals) the total protein is cut to 40 g. or less.

Very restricted diets are used in an attempt to prolong the useful life of patients with chronic renal disease. Two Italian doctors have recently tried out a diet containing 20 g. protein daily, or less. The diet is known variously in this country as the Giovannetti diet, the Italian diet or the Manchester diet. Whatever the name its aims are:—

1. to control blood urea by cutting total protein to 20 g. or below.
2. to provide a diet adequate in all respects including calories.

As the protein is so greatly restricted only that of the highest biological value may be used i.e. protein containing essential amino acids in amounts similar to human tissues —namely the proteins of milk and eggs.

In brief, a Giovannetti diet for an adult should contain 18-20 g. protein.

2000-3000 calories

Iron, calcium and vitamins within normal limits.

It may also be necessary to restrict salt and potassium. (In so restricted a diet some mineral salts, amino acids and vitamins may need to be given as concentrates but this will be for the doctor to decide.)

Foods allowed:

1 egg

5 oz milk (200 ml.)

CALORIES must come from:—

#### **CARBOHYDRATE**

Wheat starch flour (i.e. protein free)

(N.B. Many of the ready mixed, gluten free preparations are not suitable because they contain dried milk or other sources of protein).

Cornflour, rice, tapioca, sago

Protein free biscuits and pasta\*

Sugar, jam marmalade, honey, syrup

Fruit drinks and squashes

Fruit and fruit canned in syrup

#### **FAT**

Tomor margarine (protein free and "salt free" for sodium restricted diets) or butter

Lard or white fat

Olive or other vegetable oil

A limited amount of double cream—not more than twice a week

For variety and "filling"—fresh fruits, leafy vegetables tomatoes, marrow etc.—see list.

#### **AVOID**

Meat, cheese, eggs†, milk†, fish

Broths, meat soups and extracts

All ordinary bread, buns, cakes, biscuits, puddings, pastas

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\*Suppliers—Carlo Erba (U.K.) Ltd.

† Except as allowed.

Breakfast and other cereals  
Pulses, including fresh, canned, frozen, dried or soups  
Potatoes—except as allowed  
Nuts of all kinds  
Milk drinks

### MEALS FOR LOW PROTEIN DIET

There is little point in setting out a week's menu for a diet which is as greatly restricted as this, but a typical day's meals are given below. Some suitable recipes are also given. By choosing a wide variety of fruits and vegetables and substituting meat, fish or cheese occasionally, for egg a little variety can be achieved. It must be remembered, however, that these substitutes contain proteins of lower biological value than eggs and consequently should not be used too often.

Allowance: 5 oz milk for use in beverages

AND

1 egg or equivalent

#### Protein equivalents

1 egg contains	..	..	..	..	..	6.8 g. protein
and may be substituted by:						
*1 oz cheddar cheese	..	..	..	..	..	7.2
*1 oz cooked bacon	..	..	..	..	..	7.0
7/8 oz roast lean beef	..	..	..	..	..	6.7
3/4 oz stewed beef	..	..	..	..	..	6.5
3/4 oz roast chicken	..	..	..	..	..	6.3
1 oz roast lamb	..	..	..	..	..	7.1
1 1/4 oz raw pig's liver	..	..	..	..	..	7.0
1 1/4 oz white fish—cooked	..	..	..	..	..	6.9

\* Not if the diet is also salt restricted.

### MENU for ONE DAY

Note: if the diet is "salt free.", omit cheese and cook all food including bread without salt: use S.F. butter,

	oz.	Pr. g.	Calories
<b>Breakfast</b>			
Orange juice .. .. .	4	0.8	44
Glucose .. .. .	$\frac{1}{2}$		
or			
Grapefruit .. .. .	$\frac{1}{2}$		
Sugar .. .. .	$\frac{1}{2}$		
or			
Stewed prunes .. .. .	$\frac{3}{4}$		
Sugar .. .. .	$\frac{1}{2}$		
"Protein free" bread—see recipe			
toasted .. .. .	1		76
Tomato fried in bacon fat .. .. .	2	0.6	40
or			
Mushrooms fried .. .. .	2	0.01	152
"Protein free" bread .. .. .			
Butter* .. .. .			
Marmalade .. .. .	1		74
Tea with milk*			
<b>Midmorning</b>			
Fruit squash .. .. .	1	—	36
1 "Protein free" biscuit .. .. .		0.08	180
<b>Midday</b>			
Protein free pasta in tomato sauce—see recipe .. .. .		1.21	480
Grated cheese .. .. .	$\frac{1}{2}$	3.6	60
Fried onion .. .. .	1	0.5	101
Boiled cabbage .. .. .	3	1.2	9
Swedish Apple Cake—see recipe .. .. .		1.08	294
<b>Tea</b>			
"Protein Free" bread .. .. .	2	0.01	152
Butter* .. .. .			
Jam .. .. .	1	0.2	74
"Protein Free" Shortbread—see recipe .. .. .		0.8	180
Tea with milk* sugar*			
<b>Supper</b>			
Clear soup—portion .. .. .	1		162
Croûtons made with "protein free" bread .. .. .	1	3.4	46
$\frac{1}{2}$ egg—hard boiled .. .. .	1	0.8	4
Watercress .. .. .	2	0.6	6
Lettuce .. .. .			
Oil/lemon juice and sugar dressing .. .. .			33
"Protein free" bread .. .. .	2	0.01	152
Butter* .. .. .			
Dessert apple or other fruit .. .. .	5	0.5	65
Fresh lemon diluted with water .. .. .	2	0.2	4
Sugar .. .. .	$\frac{1}{2}$		56
<b>Bedtime</b>			
"Protein free" biscuit or bread and butter*		0.08	180
<b>*Daily Allowance</b>			
Milk .. .. .	5	4.5	95
Butter (at least) .. .. .	$1\frac{1}{2}$	0.1	226
Sugar (at least) .. .. .	$1\frac{1}{2}$	—	112
		19.56	3149



### SPECIAL FOODS

Protein Rite Diet—protein free bread and flour (salted and unsalted) may be obtained from:—

Welfare Foods (Stockport) Ltd.,  
Swallow Street,  
Stockport, Cheshire.

Protein free pasta of two kinds and biscuits may be obtained from:—

Carlo Erba (U.K.) Ltd.,  
Halco House,  
28-30 Gt. Peter Street, London, S.W.1.

A high calorie low salt, fruit flavoured drink (Hycal) can be obtained from:—

Beechams Foods Ltd.,  
Beecham House,  
Great West Road,  
Brentford, Middlesex.

The first and last are prescribable on EC10 forms.

### PROTEIN VALUE OF SOME USUAL FRUITS

Fruit	Per oz	Per Serving
Apples—eating raw .. .. .	0.1	per 4 oz 0.1
Apples—stewed .. .. .	0.1	0.4
Apricots—stewed weighed with stones ..	0.2	0.8
Apricots canned in syrup .. .. .	0.1	0.4
Bananas (weighed with skin) .. .. .	0.2	0.8
Cherries—eating raw (with stones) .. ..	0.1	0.4
Damsons—stewed with stones .. .. .	0.1	0.4
Dates .. .. .	0.6	per 2 oz 1.2
Fruit salad—canned in syrup .. .. .	0.1	0.4
Gooseberries—stewed .. .. .	0.3	1.2
Grapes—white or black .. .. .	0.2	0.8
Grapefruit—fruit only .. .. .	0.2	0.8
Mandarins—canned .. .. .	0.1	0.4
Melons—weighed with skin .. .. .	0.2	0.8
Oranges—weighed whole .. .. .	0.2	0.8
Orange juice .. .. .	0.2	0.8
Peaches—raw with stones .. .. .	0.2	per 3 oz 0.6
Peaches canned in syrup .. .. .	0.1	per 4 oz 0.4
Pears—eating raw—with peel .. .. .	0.1	0.4
Pears canned in syrup .. .. .	0.1	0.4
Pineapple canned in syrup .. .. .	0.1	0.4
Plums—dessert weighed with stones ..	0.2	0.8
Plums—stewed .. .. .	0.1	0.4
Prunes—stewed .. .. .	0.3	per 3 oz 0.9
Raisins—dried .. .. .	0.3	0.3
Raspberries—raw .. .. .	0.3	per 3 oz 0.9
Rhubarb—stewed .. .. .	0.1	0.3
Sultanas .. .. .	0.5	

### PROTEIN VALUE OF SOME USUAL VEGETABLES

Pulse vegetables except French and runner beans contain too much protein to be used in this diet. Potatoes also contain a fair amount and should be used sparingly if at all. Protein value per oz and per normal serving of some common vegetables :—

Vegetable	Per oz	Per serving
Asparagus—boiled .. .. .	1.0	per 3 oz 3.0
Runner beans—boiled .. .. .	0.2	0.6
Beetroot boiled .. .. .	0.5	per 2 oz 1.0
Broccoli tops boiled .. .. .	0.9	per 3 oz 2.7
Brussels Sprouts .. .. .	0.7	2.1
Cabage—savoy boiled .. .. .	0.4	1.2
spring boiled .. .. .	0.3	0.9
Carrots—boiled .. .. .	0.2	0.6
Cauliflower .. .. .	0.4	1.2
Celery—raw .. .. .	0.3	0.9
Cucumber—raw .. .. .	0.2	0.6
Leeks—boiled .. .. .	0.5	1.5
Lettuce—raw .. .. .	0.3	per 2 oz 0.6
Marrow boiled .. .. .	0.1	per 4 oz 0.4
Mushroom raw .. .. .	0.5	per 2 oz 1.0
*Mushroom fried .. .. .	0.6	1.2
Onions boiled .. .. .	0.3	per 3 oz 0.9
Onions fried .. .. .	0.5	per 2 oz 1.0
Potatoes—old boiled .. .. .	0.4	0.8
Potatoes—old roast .. .. .	0.8	1.6
Swedes—boiled .. .. .	0.3	per 4 oz 1.2
Tomatoes raw .. .. .	0.3	per 2 oz 0.6
Tomatoes fried .. .. .	0.3	0.6
Watercress raw .. .. .	0.8	per 1 oz 0.8

\* Not suitable when potassium is restricted

## RECIPES

(use "salt free" margarine and other fat, also baking powder and omit salt from all recipes for low salt diets)

**PROTEIN FREE BREAD** makes 2 loaves (8" × 3½" × 3" tins)

(also gluten free)

12 oz wheat starch

½ oz yeast

1 tsp sugar

1 tsp salt

3tsp methyl cellulose

16 oz water (tepid)

### *Method*

Cream yeast and sugar and add tepid water. Mix remaining dry ingredients—make well in centre. Add yeast mixture stirring until all is added. Beat **well**. Pour into greased tins and prove to the top of the tin.

Bake at Reg. 7

(As used at the London Hospital)

*OR*

16 oz P.K.N. Protein Free flour (Welfare Foods (Stockport) Ltd).

10½ oz tepid water

½ oz dried yeast

¾ oz sugar

¾ oz margarine or ½ oz vegetable oil

### *Method*

Mix dried yeast with 8 oz water, add sugar and allow to stand for 15 minutes, stirring occasionally. (If using fresh yeast, which is preferable use 1 oz: 1 lb. flour). Add flour and mix to a smooth thick cream with the remaining water—a little more water may be required. Add fat and beat thoroughly. Pour 12 oz of the batter into each of two well greased 1 lb. loaf tins. Stand tins in warm draught free place—allow dough to rise to top of tin (about 1 hour). Cover tins at first to prevent skin forming. Bake at 500°F for 25-30 minutes. Remove from tins soon after baking and cool on a tray. Wrap cooled loaves in a clean cloth and store in a cool dry place. (Taken from instructions for making bread Welfare Foods (Stockport) Ltd).

### **Shortbread Biscuits (12)**

6 oz wheat starch

3 oz margarine

3 oz sugar

Few drops vanilla essence

### *Method*

Mix starch and sugar—rub and then knead in margarine. When thoroughly mixed and soft—cut into two. Roll out each into a round on a floured board (use wheat starch). Place each round on a greased baking tray. Mark into 6—prick well all over. Bake in a moderate oven until browned. Cool—cut carefully into pieces—store in an airtight tin.

Value per biscuit: Protein 0.05 g. Calories 134

### SHORT CRUST PASTRY (2 portions)

2 oz wheat starch  
1 oz margarine  
 $\frac{1}{2}$  oz water (or as required)  
 $\frac{1}{4}$  oz caster sugar  
Pinch baking powder

### *Method*

Rub fat into “flour” and baking powder. Add sugar and mix with water to a smooth paste. Roll out—using wheat starch on board and rolling pin. Use for jam tarts or other tarts. Not suitable for pies (the pastry breaks easily) but bake blind and use with stewed fruit.

Per portion: Protein 0.1 g. Calories 213

### STEAMED PUDDING (3 portions)

4 oz wheat starch  
1 tsp. baking powder  
2 oz margarine  
 $1\frac{1}{2}$  oz caster sugar  
2 fl. oz milk  
Serve with jam or syrup

### *Method*

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

Per portion: Protein 0.7 g. Calories 320

### REFRIGERATED FLAN (2 portions)

Crush  $1\frac{1}{2}$  oz biscuits\* with rolling pin  
Cream (2 oz margarine  
(2 oz sugar

Add crushed biscuit. Press out onto a saucer or plate in shape of flan. Put in refrigerator for 24 hours. Remove, fill with 3 oz canned apricots. Serve at once.

Value per portion: Protein 0.28 g. Calories 460

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\* Aprotein biscuit—Carlo Erba (U.K.) Ltd.

### SWEDISH APPLE CAKE (2 portions)

12 oz raw apples } peeled, cored and cooked in a little water with  
1 oz sugar } sugar until pulped.  
2 oz \*Crushed biscuit (special low protein biscuit)  
 $\frac{1}{4}$  oz Tomor margarine  
1 oz sugar

#### *Method*

Melt margarine and add crushed biscuit and sugar. Toss until slightly browned. Put alternate layers of biscuit mixture and apple in greased, oven glass dish, starting and finishing with biscuit. Bake for 15 minutes. Cool, turn out and decorate with grated chocolate or serve hot in individual dishes. Serve with whipped cream as allowed. Value per portion: Protein 1.08 g. Calories 294

### SAVOURY DISHES

#### **Aprotein Pasta\***

Cook Pasta by boiling (10 parts water: 1 pasta) add to boiling water (with salt if allowed). Stir from time to time during cooking and do not boil longer than 8 minutes or pasta becomes a glutinous mass. Refresh in cold running water. Reheat and serve with melted butter, lemon juice and chopped parsley.

or curry sauce  
or tomato sauce  
or as a garnish with clear soup or broth.

#### **Curry Sauce: 1 serving**

1 oz onion  
1 oz carrot  
Rind  $\frac{1}{2}$  lemon grated finely  
1 oz tomato paste  
1 oz apple  
Curry powder—1 heaped teaspoon or to taste  
1 oz margarine  
 $\frac{1}{4}$  pt. water  
2 oz raw pasta  
Seasoning

#### *Method*

Prepare and slice onion, carrot and apple. Fry onion and apple in margarine. Add carrot, grated lemon rind and curry, tomato paste. Stir well. Simmer until thick and vegetables are soft. Taste—correct seasoning. Pour over hot cooked pasta and serve. Nutritive value per portion, cooked: Protein 1.86 g. Calories 464

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\* (Carlo Erba (U.K.) Ltd.)

**Tomato Sauce (1 portion)**

1 oz margarine }  
2 oz onion } fried  
Squeeze lemon juice  
2 oz tomato purée  
 $\frac{1}{4}$  oz cornflour

**Method**

Fry onion in margarine. Add purée, stock or water. Stir and bring to boil. Thicken with blended cornflour. Strain—reheat. Pour over hot cooked pasta.

Nutritive Value: Protein 1.21 g. Calories 480

**Lemon and Parsley (2 portions)**

Juice of 1 lemon }  
1 oz margarine } Add to cooked pasta. Reheat.  
1 teasp. chopped parsley }

More margarine may be added if liked.

Nutritive value per portion: Protein 0.43 g. Calories 308

**EGG AND SAVOURY RICE (1 portion)—not suitable for low salt diets)**

3 oz Patna rice, cooked weight\*

1 hard-boiled egg

1 teaspoon capers, chopped

$\frac{1}{2}$  bunch watercress chopped

Salt and pepper to taste

1 teaspoon salad cream

1 dessertspoon sultanas

1 teaspoon lemon juice

For garnish: 2 tomatoes

lettuce

black olives

**Method**

Mix cold rice with chopped hard-boiled egg and other ingredients.

Heap in shallow dish and garnish with tomato, lettuce and black olives.

**SAVOURY MIXTURE FOR USE WITH RICE AND 'APROTEIN' PASTA**

Fry onions and/or shallots in lard or oil—do not colour. Add green peppers and continue to heat. Add roughly cut tomatoes and mushrooms and cook. In season, marrow and/or cucumber may be used. Season as required. Serve with cooked rice or pasta.

### DEVILLED EGGS, SPANISH STYLE (6 portions)

6 hard boiled eggs	2 oz celery, finely chopped (opt).
A little water	1 oz wheat starch
Made mustard	1 teaspoon sugar
2 oz butter or margarine	Pepper—salt if allowed
1 small onion, chopped	1 lb tomatoes
Thyme	Breadcrumbs (protein free bread)

#### *Method*

Cut eggs in halves, lengthwise and remove yolks. Press yolks through a sieve. Moisten with a little water and flavour with mustard and pepper. Refill whites with this mixture. Melt butter over low heat, add onion and celery and cook until onion is transparent. Blend in wheat starch, sugar and seasonings. Heat skinned, roughly chopped tomatoes and gradually add these to the butter and "flour" mixture, stirring constantly. Cook until thickened. Pour mixture into a shallow baking dish. Arrange devilled eggs in the sauce, top with crumbs. Place in a hot oven until sauce is bubbly round the edge (10-15 mins). Serve with cooked rice, protein free pasta or noodles or on protein free buttered toast.

### RICE AND STUFFED PEPPERS

\*Rice from daily allowance

- 1 green pepper
- $\frac{1}{2}$  cooking apple
- 1 onion
- $\frac{1}{2}$  teaspoon sugar
- salt—if allowed
- 2 teaspoons lemon juice

#### *Method*

Cook rice and dry. Prepare green pepper and cook till soft but still keeping its shape (10 mins) in salted boiling water. Fry onion in oil or lard. Add apple and cook with lid on, till soft. Add sugar, salt and lemon juice to taste. Mix with rice and stuff into pepper.

N.B. Green pepper (Green capsicum):—

Prepare by cutting off base and taking out "core" and all seeds.

### RICE VEGETABLE CURRY

\*Use daily allowance of rice. Use vegetable mixture as above but fry with curry powder after frying onions and green pepper. Add sultanas and coconut and serve with sliced banana.

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\*Some diets specify the amount of rice to be used in a day and this must not be exceeded.

**Other Suggestions**

1. Salads with fruit, green peppers and other vegetables.
2. Vegetable and potato pies—use “protein free” flour.
3. Pastry made with “protein free” flour used for savoury and sweet flans.

Part of these recipes have been kindly supplied by Miss P. A. Moffatt, S.R.D., Dietitian at the Royal Northern Hospital.



## DIABETIC DIETS

Diabetes is a very common disease occurring in about two in every thousand of the population, hence it is not surprising that diabetic patients are found in every general and specialist hospital including psychiatric hospitals. Diet is an integral part of treatment, in fact in mild cases diet is the only treatment whereas in others it may be coupled with hypoglycaemic tablets or with insulin. Complications involving eyes, kidneys and vascular disorders are all more rare in well controlled diabetics. Hence the caterer has a real responsibility to co-operate with medical and nursing staffs to provide properly controlled diets for these patients.

Diabetes is characterised by an inability to utilise glucose. All food carbohydrate (except cellulose which is undigested) is broken down to glucose and absorbed as such into the blood stream. In normal people the pancreas responds by producing insulin to deal with the extra glucose. In diabetics the response is either limited and inadequate or non-existent with the result that the glucose level builds up in the blood until it spills over into the urine.

Diabetic patients are of two main types; the young thin diabetic who will die without insulin and the obese middle-aged or elderly diabetic who does not need insulin but who must reduce his weight and control his carbohydrate intake. The aim of the diabetic diet is to balance dietary carbohydrate either against the patient's own insulin or that which is injected.

The doctor prescribes total carbohydrate allowed and this amount must **not** vary from day to day. The way in which carbohydrate is divided throughout the day depends on whether insulin is taken and the type of insulin: but these are matters to be decided by the medical staff. In those receiving injected insulin a fixed amount must be taken at each **regular** meal time.

Hospital caterers, in the absence of a dietitian, should get from Doctors or Ward Sisters, standard diabetic diet sheets and a list of carbohydrate exchanges. These can be used to plan balanced and varied menus.

It should be remembered that:

- a) the diet must be based on the patient's own food patterns. e.g. it is pointless to base a diet on wheat and bread if the patient's staple is rice,
- b) it must fit in with his working life and recreation,
- c) the diet must be varied,

- d) it must be within the patient's power to purchase, and
- e) must be as "normal" as possible so that the patient can eat out and with his family, without being made to feel different or embarrassed.

If, for some reason the diabetic cannot eat his usual meals then the equivalent carbohydrate of the meal must be given in another form. This is the responsibility of the nursing staff although the caterer may be asked to supply fruit juices, glucose and extra milk.

In hospital, where there is no dietitian, responsibility for the diet is divided between the nursing staff, who normally look after bread, cereals, beverages and similar items at ward level and the catering staff who prepare and sometimes serve cooked dishes. It is of the utmost importance that nursing staff can rely on the caterer to provide a constant amount of carbohydrate in cooked food. There must be no "hidden carbohydrate" which cannot be accounted for in the form of cereal fillings, thickened gravies, coatings of breadcrumbs or batter. To help caterers plan and cooks to prepare and serve meals of constant carbohydrate value, lists of carbohydrate equivalent portions of food, known as carbohydrate exchanges\*, are essential. Examples of these, together with a suggested menu are given in the following pages but neither should be used without the doctor's sanction.

### SUGGESTIONS FOR MEALS

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

**Note:** Servings of bacon, meat, offal, poultry, fish and cheese should be the same or slightly larger than usual **except** for patients on restricted calories i.e. overweight patients.

**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 (unless allowed for in the diet).

**Midday** Meat, poultry, offal, fish (see pages 73 to 74 for more detailed suggestions)  
Green vegetable, tomato, root vegetable or salad. Vegetables may be boiled, steamed or braised but served without sauce.  
Potatoes—boiled, mashed, fried\*, sauté\*, roast\*  
Fresh or stewed fruit or  
Special pudding, if allowed  
(\***not** for overweight diabetics)

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\* These may be obtained from the Diabetic Association, 3 Alfred Place, London, W.C.1.

- Tea**      Egg, meat, cheese, fish—as ordered  
              Green salad, tomato, cucumber or celery.
- Supper**   Meat, cheese, fish etc., as at midday  
              Salad or vegetables.  
              Fruit, fresh or stewed, sweetened with saccharine.

### DIABETIC DISHES

Weights or portions of these foods must be according to prescription.

Note: The accompaniments or garnishes mentioned usually can be served as "extras" as their carbohydrate value is negligible.

- Pork:**    **Roast:** serve with boiled onions, chopped with dried sage and small portion apple sauce sweetened with saccharine.
- Lamb:**   **Roast:** serve with mint sauce—sweetened with saccharine, or serve cold with salad.  
              NO STUFFING OR THICKENED GRAVY.  
              **Boiled:** leg served with boiled onions.  
              **Braised:** chops or cutlets—cook with mushrooms or a very small quantity of carrots and onions.  
              NO FLOUR IN GRAVY.  
              **Grilled:** chops or cutlets—served with grilled tomatoes.
- Beef:**    **Roast:** served with horseradish sauce or serve cold with salad.  
              **Stewed:** with kidney, flavoured with mushrooms or onion or carrot in small quantity.  
              NO THICKENING IN GRAVY.  
              **Braised:** flavoured with onions, bouquet garni, tomatoes, leeks and/or celery. NO THICKENING.  
              **Boiled Silverside:** flavoured with small quantity carrot, onion and serve with thin gravy.
- Veal:**    **Stewed:** flavoured with chopped bacon and/or bacon rinds or chopped parsley. NO THICKENING.
- Liver:**   **Fried, Grilled or Braised:** serve with fried onions, bacon rolls and unthickened gravy.  
              Liver should **not** be coated in seasoned flour before frying.
- Heart:**   **Roast or Braised:** NO STUFFING OR THICKENED GRAVY
- Chicken:** **Roast or Boiled or Braised Joints:** serve with thin gravy.  
              or
- Turkey:** NO STUFFING OR BREAD SAUCE.

**Ham:** **Boiled:** serve with clear gravy and flavour with onion and small quantity carrot and celery.

**Cold:** with salad.

**Grilled:** rashers served with eggs or tomato.

**Bacon:** **Boiled:** serve hot, flavour with small quantity of carrot and onion and serve with thin gravy.

**Fried:** serve with egg or mushrooms or tomato or kidney or calves' or pigs' liver.

**Canned Corned Beef or Mutton or Tongue:** are suitable:  
**Meat:** serve cold with salad. (meat canned with cereal is unsuitable).

**Fish:** White fish grilled, fried or baked but NOT coated with crumbs, batter or flour. N.B. Crushed Energen rolls may be used with egg wash, for coating. Serve with lemon or lemon and parsley butter.

**Herring:** Grilled or steamed or fried.

Pickled herring (rolled and cooked in vinegar and water with spices). 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.

### CARBOHYDRATE EQUIVALENTS

Given weights of each of the listed foods contain 10 g. carbohydrate (approx.) Any one may be substituted for another in the diet.

For example:

$\frac{2}{3}$  oz bread = 10 g. carbohydrate = 1 black line

Substitutes are:	2 oz potatoes	} 10 g. cbo. each.
	or 7 oz milk	
	or 2 oz peeled	
	banana etc.	

**Cereals, including Bread****10 g. portion**  
(1 black line)

Rice, custard powder, semolina, sago, ground	
rice .. .. .	$\frac{1}{2}$ oz—bare
Breads and Allbran .. .. .	$\frac{2}{3}$ oz

<b>Plain</b> biscuit i.e. cream crackers, water	
biscuits, Ryvita and similar crispbreads	$\frac{1}{2}$ oz

**Sugars**

Sugar .. .. .	$\frac{1}{3}$ oz
Preserves .. .. .	$\frac{1}{2}$ oz

**Beverages**

Horlicks, Ovaltine, Bournvita, Cocoa powder,	
Ribena .. .. .	$\frac{1}{2}$ oz

**Milk**

Liquid Whole .. .. .	7
Evaporated <b>unsweetened</b> .. .. .	3
Dried whole cream powder .. .. .	1
Dried skimmed powder .. .. .	$\frac{2}{3}$

**Fruits (raw and stewed without sugar)**

Dates, figs, raisins, sultanas, currants. ..	$\frac{2}{3}$
Fresh pineapple, raw greengages, cherries ..	3
Raw apple, pears, plums, peeled orange,	
tangerine, grapefruit and orange juice	
(unsweetened) canned or fresh, peaches,	
stewed cherries .. .. .	4
Raw apricots and blackcurrants, stewed	
greengages .. .. .	5
Stewed damsons, pears and fresh apricots:	
raw strawberries and raspberries ..	6
Stewed apple, blackcurrants, plums ..	8
Stewed blackberries, loganberries, canned	
tomato juice; melon—weighed with skin ..	10

**Vegetables**

Baked beans—boiled butter beans, tinned	
peas, dried peas boiled ; boiled potatoes	2
Roast potatoes .. .. .	$1\frac{1}{2}$
Chipped or sauté potatoes .. .. .	1
Parsnips .. .. .	3
Fresh peas boiled, fried onion, raw spring	
onion, boiled beetroot .. .. .	4
Boiled broad beans .. .. .	5

**Vegetables—contd.****10 g. portion**  
(1 black line)

Boiled carrots and leeks	..	..	..	8
Boiled swedes	..	..	..	9
Boiled onion	..	..	..	12

Note: Some vegetables and fruit contain so little carbohydrate that **small** quantities for flavouring or garnishes may be used without counting.

e.g. onions and carrots in stews; tomato in salads or as garnish. Average servings of any of the following may also be included without counting the carbohydrate.

**Fruit**

Stewed gooseberries and rhubarb, grapefruit without sugar, lemon juice, olives.

**Vegetables**

Asparagus, cabbage and all green leafy vegetables, marrow, cauliflower, mushrooms, radish, cucumber.

**MENU****Example:**

Prescription: 150 g. carbohydrate or 15 black lines.

It is not usual to measure "red lines" i.e. protein and fat: normal or slightly larger than normal portions of animal protein foods are allowed and fats ad lib **unless** the patient is also on a reducing diet, when fats are restricted and fried foods forbidden.

In this example, distribution of carbohydrate is arranged for soluble insulin B.D. (twice daily) but it is also suitable for diet alone or combined with oral hypoglycaemic agents. The doctor however, decides on dietary carbohydrate distribution and the nursing staff are responsible for controlling the diet.

Average daily nutritional values, calculated with food tables:

Cho 150 g.

Protein 92 g.

Calories 2030

Vitamin C 48 mg. (allowing 80% cooking loss for vegetables).

150 g CARBOHYDRATE DIET

DAY 1

	Amount oz.	Cbo. g.
<b>Breakfast</b>		
Porridge—oatmeal	$\frac{1}{2}$	10
Milk	$3\frac{1}{2}$	5
Kipper (poached)		
Bread	$1\frac{2}{3}$	25
Butter		
Diabetic		
Marmalade		
Tea—milk to colour daily		
		<hr/> 40
<b>Midmorning</b>		
Bovril or Jardox		
Plain biscuit	$\frac{1}{2}$	10
		<hr/> 10
<b>Midday</b>		
Boiled ham (hot)		
Potato—boiled	4	20
Leeks		
Orange slices	4	10
		<hr/> 30
<b>Tea</b>		
Tea with milk		
Bread	$\frac{2}{3}$	10
Butter		
		<hr/> 10
<b>Supper</b>		
Braised steak: with onions and mushrooms		
Potato riced	4	20
Cauliflower		
Junket: Milk	7	10
Ribena	$\frac{1}{2}$	10
Rennet		
		<hr/> 40
<b>Bedtime</b>		
Milk	7	10
Plain biscuits	$\frac{1}{2}$	10
		<hr/> 20
<b>Total</b>		150

DAY 2

	Amount oz.	Cbo. g.
<b>Breakfast</b>		
Rice Krispies	$\frac{1}{2}$	10
Milk	$3\frac{1}{2}$	5
Fried bacon		
Bread	$1\frac{2}{3}$	25
Butter		
Tea—milk to colour		
		<hr/> 40
<b>Midmorning</b>		
Tea with milk		
Bread	$\frac{2}{3}$	10
Butter		
		<hr/> 10
<b>Midday</b>		
Lamb chop— grilled		
Potato boiled	4	20
Cabbage		
Dessert pear (raw)	4	10
		<hr/> 30
<b>Tea</b>		
Tea with milk		
Shortbread Biscuit (see recipe)		10
		<hr/> 10
<b>Supper</b>		
Lean beef } (minced) } Tomato } Duch Onion } Pie Rice } (raw) 1 French beans (frozen)		20
Queen of Puddings (see recipe)		20
		<hr/> 40
<b>Bedtime</b>		
Milk	7	10
Horlicks	$\frac{1}{2}$	10
		<hr/> 20
<b>Total</b>		150

150 g CARBOHYDRATE DIET

DAY 3

	Amount oz.	Cbo. g.
<b>Breakfast</b>		
Cornflakes	$\frac{1}{2}$	10
Milk	$3\frac{1}{2}$	5
Egg—poached or boiled		
Bread	$1\frac{2}{3}$	25
Butter		
Tea—milk to colour		
		<hr/> 40
<b>Midmorning</b>		
Bovril		
Cream cracker	$\frac{1}{2}$	10
Butter		
		<hr/> 10
<b>Midday</b>		
Cod steak grilled		
Potatoes—as chips	2	20
Tomato—grilled		
Dessert apple	4	10
		<hr/> 30
<b>Tea</b>		
Tea—milk		
Bread	$\frac{2}{3}$	10
Butter		
Marmite or Diabetic jam		
		<hr/> 10
<b>Supper</b>		
Chicken (boiled-cold)		
Potato as salad	4	20
Mayonnaise (see recipe)		
Lettuce/tomato (salad)		
Ground Rice		20
Pudding (see recipe)		
		<hr/> 40
<b>Bedtime</b>		
Milk	7	10
Plain biscuits	$\frac{1}{2}$	10
		<hr/> 20
<b>Total</b>		150

DAY 4

	Amount oz.	Cbo. g.
<b>Breakfast</b>		
Porridge—oatmeal	$\frac{1}{2}$	10
Milk	$3\frac{1}{2}$	5
Smoked haddock		
Bread	$1\frac{2}{3}$	25
Butter		
Tea—milk		
		<hr/> 40
<b>Midmorning</b>		
Milk	7	10
		<hr/> 10
<b>Midday</b>		
Silverside		
Carrots	4	5
Potato—boiled	3	15
Ice cream	2	10
Rhubarb—stewed without sugar		
		<hr/> 30
<b>Tea</b>		
Tea with milk		
Madeira cake (see recipe)		10
		<hr/> 10
<b>Supper</b>		
Veal stewed with Carrot, onion Spinach (frozen)		
Potato—boiled	4	20
Cream crackers	1	20
Cheese		
Butter		
		<hr/> 40
<b>Bedtime</b>		
Milk	7	10
Horlicks	$\frac{1}{2}$	10
		<hr/> 20
<b>Total</b>		150



150 g CARBOHYDRATE DIET

DAY 5

	Amount oz.	Cbo. g.
<b>Breakfast</b>		
Cornflakes	$\frac{1}{2}$	10
Milk	$3\frac{1}{2}$	5
Cold ham		
Bread	$1\frac{2}{3}$	25
Butter		
Tea with milk		
		<hr/> 40
<b>Midmorning</b>		
Tea with milk		
Plain biscuits	$\frac{1}{2}$	10
		<hr/> 10
<b>Midday</b>		
Roast lamb		
Potatoes—roast	3	20
Sprouts		
Stewed pear	6	10
Tea with milk		
		<hr/> 30
<b>Tea</b>		
Bread	$\frac{2}{3}$	10
Butter		
Diabetic jam or small tomato		
		<hr/> 10
<b>Supper</b>		
Haddock fillet— grilled		
Lemon and parsley butter		
Broccoli (frozen)		
Potatoes riced	4	20
Cherry Savarin (see recipe)		20
		<hr/> 40
<b>Bedtime</b>		
Milk	7	10
Ovaltine	$\frac{1}{2}$	10
		<hr/> 20
<b>Total</b>		150

DAY 6

	Amount oz.	Cbo. g.
<b>Breakfast</b>		
Shredded Wheat		20
1 biscuit		
Milk	$3\frac{1}{2}$	5
Bacon		
Mushrooms		
Bread	1	15
Butter		
Tea with milk		
		<hr/> 40
<b>Midmorning</b>		
Tea with milk		
Plain biscuits	$\frac{1}{2}$	10
		<hr/> 10
<b>Midday</b>		
Lean minced beef		
Herbs—pinch		
Seasoning		
Onion		
Carrot		
Cauliflower		
Potato—boiled	4	20
Raw apple (baked)	4	10
Single cream		
		<hr/> 30
<b>Tea</b>		
Tea with milk		
Bread	$\frac{2}{3}$	10
Butter		
Lettuce		
		<hr/> 10
<b>Supper</b>		
Liver pig's—fried		
Onion rings—fried		
Tomato—grilled		
Potatoes—sauté	2	20
Blancmange (see recipe)		20
		<hr/> 40
<b>Bedtime</b>		
Milk	7	10
Plain biscuits	$\frac{1}{2}$	10
		<hr/> 20
<b>Total</b>		150

150 g CARBOHYDRATE DIET

DAY 7

		Amount	Cbo.			Amount	Cbo.
		oz.	g.			oz.	g.
<b>Breakfast</b>				<b>Tea</b>			
Cornflakes		$\frac{1}{2}$	10	Tea with milk			
Milk		$3\frac{1}{2}$	5	Bread		$\frac{2}{3}$	10
Egg—boiled				Butter			
Bread		$1\frac{2}{3}$	25	Diabetic jam			
Butter							
Tea with milk							10
			40	<b>Supper</b>			
<b>Midmorning</b>				Cheddar cheese			
Bovril				Salad: lettuce/ tomato/watercress			
Cream crackers		$\frac{1}{2}$	10	Mayonnaise			
Butter				Baked potato—in jacket	4		20
			10	Floating Island (see recipe)			10
<b>Midday</b>				Orange slices	4		10
Roast beef							40
Potato—mashed or boiled	5		25	<b>Bedtime</b>			
Cabbage				Milk	7		10
Stewed plums or tinned in water	4		5	Ovaltine	$\frac{1}{2}$		10
			30				20
				Total			150

## RECIPES FOR USE WITH DIABETIC DIETS

(liquid saccharine used)

### **Cherry Savarin** 9 × 20 g. CHO portions

$\frac{1}{2}$  lb flour  
 $\frac{1}{2}$  oz fresh yeast  
 $\frac{3}{4}$  oz sugar  
1 egg  
2 oz margarine  
 $\frac{1}{8}$  pint warm water  
Pinch salt  
Cherries  $1\frac{3}{4}$  lb canned in water or fresh stewed

**Note:** Carbohydrate content of cherries negligible.

#### *Method*

Cream yeast with a little of the sugar, add  $\frac{1}{2}$  warm water. Sift together salt, flour and remaining sugar. Rub in fat. Make well in centre and pour in creamed yeast. Leave in a warm place for yeast to ferment. Beat egg, add remaining water and beat well—add more water if necessary to obtain a slack dough. Beat with hand until smooth and shiny. Turn into well greased ring allow to rise in a warm place until twice original size. Bake in fairly hot oven. Turn out—cool, cut into 9 evenly sized pieces. Serve with cherries. Whipped cream improves appearance and taste.

Per portion: Protein 4.1 g., Calories 160.

### **Shortbread** 6 × 10 g. CHO portions

2 oz plain flour  
1 oz margarine  
 $\frac{1}{2}$  oz caster sugar

#### *Method*

Sift flour into bowl add sugar and margarine. Squeeze together until warmth of hand melts margarine and binds the ingredients together. Press into round or oblong cake on greased baking sheet, mark into 6. Prick well to keep biscuit flat. Bake until golden brown. Cool, cut into portions along marks already made. Store in tin until required.

Per portion: Protein 1.0 g., Calories 80.

**Plum Crumble** 1×20 g. CHO.

3 oz plums—stewed  
 $\frac{1}{2}$  oz flour  
 $\frac{1}{4}$  oz sugar  
 $\frac{1}{4}$  oz margarine

*Method*

Rub margarine into flour and sugar. Place plums, stewed in water with saccharine or plums canned in water in a pie dish. Fruit should be cold then sprinkle flour mixture over. Bake in moderate oven until browned.

This recipe is more successful if 6 or more portions are made together and the mixture divided evenly between dishes.

Protein 2 g., Calories 156.

**Madeira Cake** 22×10 g. CHO portions

5 oz plain flour  
1 tsp. baking powder  
4 oz sugar  
4 oz margarine  
4 eggs  
Rind 1 lemon

*Method*

Line tin with greased paper. Cream margarine and sugar. Beat eggs and add gradually beating well between each addition. Sift and fold in flour and baking powder—mix to a dropping consistency. Place in tin, make hole in centre, place on strip of rind, bake in moderate oven. Turn out, cool and cut into 22 equal portions.

Per portion: Protein 2·0 g., Calories 100.

**Blancmange** 1×20 g. CHO

$\frac{1}{2}$  oz cornflour or unsweetened blancmange powder  
7 oz milk  
1 tsp saccharine  
Flavouring (coffee, vanilla, raspberry, etc. if liked)

*Method*

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

Per portion: Protein 6·3 g., Calories 180.

**Semolina Pudding** (Ground rice) 1×20 g. CHO

$\frac{1}{2}$  oz semolina or ground rice

7 oz 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.

Per portion: Protein 7.8 g., Calories 240.

**Rice Pudding** (or Tapioca or Sago) 1×20 g. CHO

$\frac{1}{2}$  oz rice or tapioca or sago

7 ozs milk

1 tsp. saccharine (liquid)

$\frac{1}{4}$  oz margarine

*Method*

Weigh rice 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. Other cereals: cook in double pan.

Per portion: Protein: 7.2 g., Calories 240

**Custard and Fruit** Custard 10 g. CHO + Fruit 10 g. CHO

$\frac{1}{4}$  oz custard powder

$3\frac{1}{2}$  ozs milk

1 tsp. saccharine

*Method*

Make custard several portions together, in the usual way using a little water to thin to the correct consistency. Serve this with one of the fruits containing 10 g. CHO see page 75.

Per portion: (Custard) Protein 3 g., Calories 90.

**Baked Egg Custard** 10 g. CHO and Fruit 10 g. CHO.

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.

Per portion: (Custard) Protein 13 g., Calories 225.

**Apple Charlotte** 1×20 g. CHO

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.  
Per portion: Protein 2.6 g., Calories 166.

**Bread and Butter Pudding** 1×20 g. CHO

$\frac{2}{3}$  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 brown.

Per portion: Protein 8 g., Calories 230.

**Queen of Puddings** 1×20 g. CHO

$\frac{2}{3}$  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 yolk, stir into warmed milk. Add to bread crumbs and stir well. Remove peel. Place in pie dish and 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.  
Per portion: Protein 14.6 g., Calories 400.

**Fruit 'Pie'** 2×20 g. CHO

Pastry:

1½ oz flour

¾ 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.

Per portion: Protein 3.0 g., Calories 180.

**Baked Apple** 1×20 g. CHO

4 oz raw apple

½ oz dates 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.

Per portion: Protein 0.8 g., Calories 75.

**Floating Island and Fruit** Custard 10 g. CHO + Fruit 10 g. CHO

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 2 ozs stewed prunes or other fruit as listed.

Per portion: (Custard) Protein 13 g., Calories 225.

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## 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 breaking down the patient's own store of fat. It is important that weight should be lost by consuming fatty or adipose tissue and **not** protein or muscular tissue. Hence calories should be reduced initially at the expense of foods containing mainly carbohydrates and fats. If the calorie content of the diet is very low (1,000 or less) then animal protein foods also must be reduced.

In respect of every requirement other than total calories, a reducing diet must satisfy completely 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  $\frac{1}{4}$ - $\frac{1}{2}$  oz of butter or margarine. 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. Unfortunately, some patients retain fluids and for them, even the solace of unlimited fluid is forbidden.

As with a diabetic diet, the actual weighing and arrangement of the diet, including serving the food, is mainly the responsibility of the nursing staff. The caterer, however, should supply suitable foods as indicated below:

### INCLUDE

#### **Freely:** Clear soups

Fresh raw fruit (except bananas, grapes or dried fruit) or fruit stewed without sugar

Green leafy vegetables both cooked and as salads

Tomatoes, swedes, green beans, onions

Marrow

### **In Limited or Specified Quantities**

Lean meat, chicken or turkey or offal  
Fish of all kinds but not fried  
Cheese (not cream cheese)  
Eggs  
Milk, yoghurt  
Bread or crispbread  
Potatoes, carrots, parsnips, beetroot, peas  
Butter and margarine

### **AVOID**

Thickened soups  
Sugar and all sugar containing foods including preserves, chocolates, sweets, sweetened drinks, fruit canned in syrup.  
Cereals, pastas, biscuits and all flour products except as bread allowed in limited quantities  
Cream, mock cream, oils, fat meat and all fats except as allowed.  
Dried, evaporated or sweetened condensed milk  
All fried foods  
Bananas and dried fruits  
Baked beans, haricot beans, dried peas  
Nuts

### **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 grilled 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  
**Midday** See also pages 72 and 74 for main courses suitable for diabetic diets but all fried foods and fish canned in oil must be omitted. Most doctors disallow pork.  
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, turkey or rabbit.  
Large portion of any green vegetable or salad, marrow, cauliflower, swede, onions, leeks, celery, green beans, tomatoes etc.

and either a small portion of boiled or riced potato or carrots or peas, parsnips or beetroot.

#### NO 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

Fruits canned **in water** are useful to give variety.

#### NO STARCHY PUDDINGS OR PASTRY

**Tea** Cup of Tea

**Supper** Clear soup (no thickening or pasta)  
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**

#### MENU FOR REDUCING DIET

Example: prescription 1,000 calories.

Average daily nutrient values, calculated with food tables.

Protein 65 g.

Calories 976

Vitamin C 91 mg. (allowing 80% cooking loss for vegetables).

# REDUCING DIET

## DAY 1

### Breakfast

$\frac{1}{2}$  Grapefruit  
 Kipper (poached)  
 1 slice bread and butter\*  
 Tea with milk\*

### Midmorning

Tea with milk\*

### Midday

Lean ham (boiled)  
 Leeks  
 Potato (1 small boiled)  
 Orange

### Tea

Tea with milk\*

### Supper

Braised steak  
 Ox kidney  
 Carrot  
 Onion  
 Cauliflower  
 Junket:  
 Milk\*  
 Saccharine  
 Rennet

### Bedtime

Milk\* in instant coffee

## DAY 2.

### Breakfast

Stewed apple  
 Lean bacon—1 rasher  
 Bread—1 slice  
 Tea—as day 1

### Midmorning

Jardox or Marmite

### Midday

Lamb chop—grilled  
 Cabbage  
 Potato 1 small—boiled  
 Dessert pear

### Tea

Tea with milk\*

### Supper

Dutch Pie:  
 Lean minced beef  
 Tomato  
 Onion  
 French beans (frozen)  
 Fresh fruit salad:  
 $\frac{1}{2}$  Apple  
 1 Slice melon  
 $\frac{1}{2}$  Orange  
 $\frac{1}{4}$  Banana

### Bedtime

Milk\* in tea or instant coffee

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\* From daily allowance—Milk 10 oz., Butter up to  $\frac{1}{2}$  oz.

REDUCING DIET

DAY 3

**Breakfast**

½ Grapefruit  
1 Egg—poached  
1 slice bread and butter\*  
Tea as day 1

**Midmorning**

Tea with milk\*

**Midday**

Steamed cod steak  
Lemon  
Mushrooms (grilled)  
Peas (frozen)  
Dessert apple

**Supper**

Chicken (cold)  
Salad: lettuce, tomato,  
beetroot, watercress  
1 slice bread and butter\*  
Melon

**Bedtime**

Milk\* in instant coffee

DAY 4

**Breakfast**

Stewed prunes  
Smoked haddock  
1 slice bread and butter\*  
Tea as day 1

**Midmorning**

Marmite or Bovril

**Midday**

Silverside  
Carrots  
Sprouts or other greens  
Orange

**Tea**

Tea with milk\*

**Supper**

Veal—boneless	} Stewed
Carrot	
Onion	
Spinach or cabbage	
Baked apple	

**Bedtime**

Milk\* in tea or instant coffee

---

\* From daily allowance

REDUCING DIET

DAY 5

**Breakfast**

Sliced orange  
Cold ham boiled lean  
1 slice bread and butter\*  
Tea as day 1

**Midmorning**

Tea with milk\*

**Midday**

Roast lamb lean  
Sprouts or celery hearts  
Potato—1 small boiled  
Stewed pear or  
(canned in water)

**Tea**

Tea with milk\*

**Supper**

Haddock fillet grilled  
Broccoli tops (frozen)  
Cherries in water (canned)

**Bedtime**

Milk\* in instant coffee

DAY 6

**Breakfast**

Stewed Figs  
Lean bacon—grilled 1 rasher  
1 slice bread  
Tea as day 1

**Midmorning**

Sugarless squash

**Midday**

Minced lean beef  
Swedes  
Cauliflower  
Mandarins canned in water

**Tea**

Tea with milk\*

**Supper**

Braised pig's liver  
Boiled onion rings  
Tomato  
Dessert pear

**Bedtime**

Milk\* in instant coffee or tea

---

\* From daily allowance

REDUCING DIET

DAY 7

**Breakfast**

Stewed apple  
1 egg boiled  
1 slice bread and butter\*  
Tea—as day 1

**Midmorning**

Tea with milk\*

**Midday**

Roast beef (lean)  
Cabbage  
Carrots  
Plums, stewed or canned in  
water

**Tea**

Tea with milk\*

**Supper**

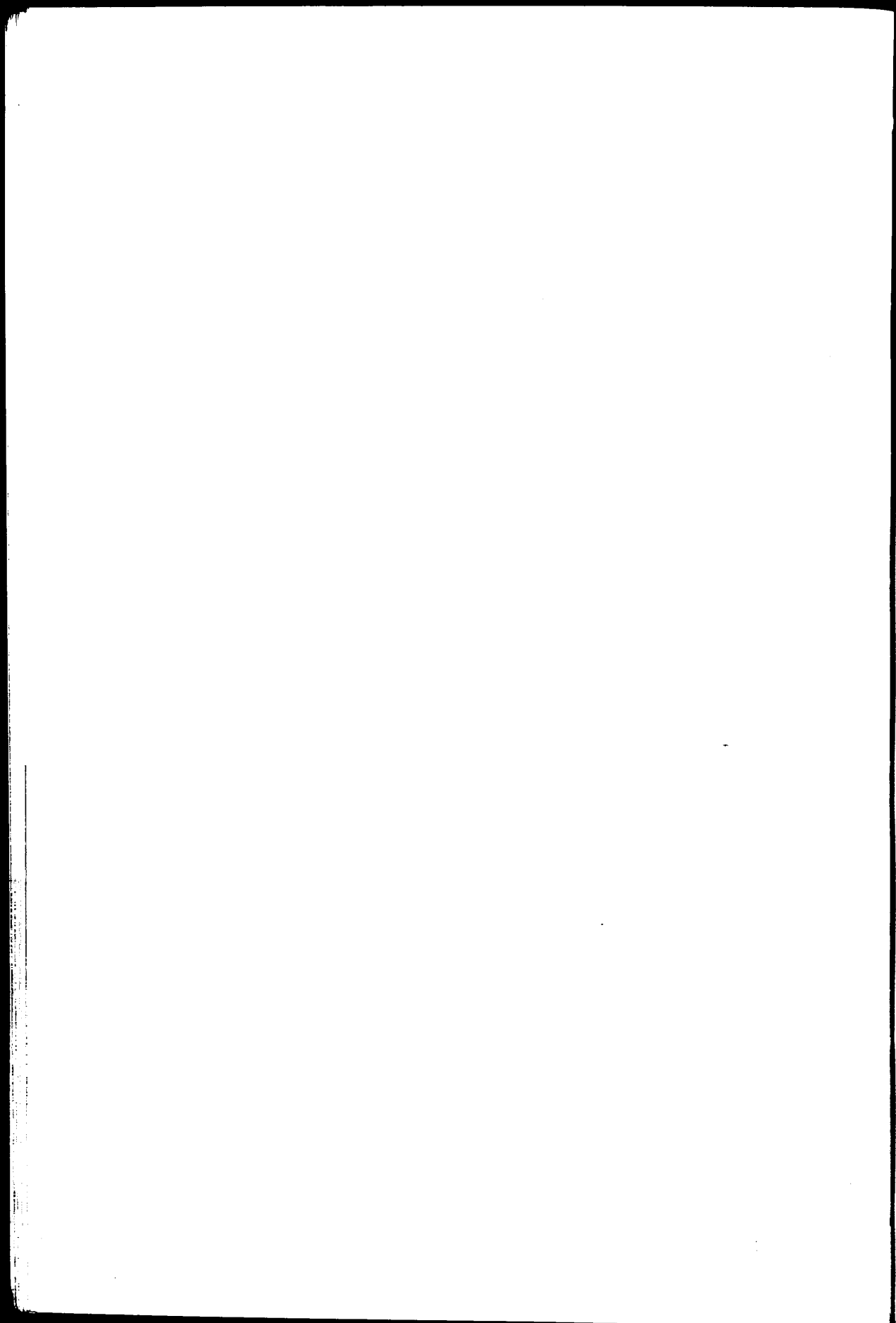
Cheddar cheese  
1 slice bread and butter\*  
Salad : lettuce, tomato, water-  
cress  
Orange Segments

**Bedtime**

Tea with milk\*

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\* From daily allowance





## LOW FAT DIETS

Digestion of fat in the small intestine stimulates the flow of bile from the gall bladder via its duct. If the gall bladder or duct is inflamed or diseased then production of bile causes pain. It seems logical to reduce the amount of fat in the diet in order to reduce stimulation of the diseased organ. In practice most patients with cholecystitis feel sick anyway and find fatty foods unacceptable. Patients with jaundice—a symptom accompanying many diseases of the liver—also feel nauseated and a diet low in fat may be prescribed for them too.

Some years ago doctors became interested in the type of dietary fat eaten as there was evidence that animal fat, including margarine, might influence the development of ischaemic heart disease. More recently interest has shifted to carbohydrate and especially cane sugar (sucrose) as a causative factor. There are now (1967) very few "low animal fat" diets prescribed but if the caterer should be asked for one he will need to know

- a) to what extent animal fat is limited because on this will depend the amount of butter, margarine, eggs, cheese and meat allowed and whether skimmed or filled milk must replace whole milk  
**and**
- b) whether vegetable fats may be used freely. If so food fried in vegetable oil may be used, also the diet may contain puddings, cakes, biscuits, pastry and mayonnaise made with vegetable oils.

Some dietary regimes include 90 g. (almost 3 oz) vegetable oil which is best taken medicinally in two or three doses during the day.

Restriction of fat profoundly affects the diet making it less palatable and much lower in calories. Weight for weight fat gives  $2\frac{1}{4}$  times the calories given by either carbohydrate or protein. Fatty foods also tend to be concentrated, hence a lessening of fat means a drastic cut in calories. For overweight patients or for those on short term low fat diets, a cut in calories may be all to the good in the first case and not too serious in the second. As a maintenance diet, however, calories lost as fat must be replaced by carbohydrate and protein. The most acceptable foods are:

**Carbohydrates:** sugar in fruit juices, fruits and preserves, low fat biscuits and cakes (meringue and yeast mixtures) barley sugars and other boiled sweets. Sugar and sweet foods are cloying but acid fruits and preserves (grapefruit, lemon juice, marmalade) help to stimulate appetite. Of the sugars, glucose is the least sweet and, because of this, can be used in larger amounts.

**Protein:** most foods containing animal protein also contain fat: among those which do not are:  
white fish or smoked white fish—poach, steam or grill (but do not fry)  
skimmed milk as powder or as condensed sweetened milk  
white of egg  
low fat cheese

#### FOODS for LOW FAT DIETS :

##### EAT FREELY

Soups: Clear and vegetable soups  
Lean meat: Beef, veal, lean ham, lamb, rabbit and chicken, turkey, tripe, sweetbread, liver, kidney: these may be stewed, baked and grilled, braised or boiled but NOT FRIED or served in CREAM OR ROUX SAUCES. Vegetables added to stews should NOT be fried.  
White Fish: Haddock, cod, coley, plaice etc., cooked in any way but **not fried**  
Cheese: Low fat  
Eggs: Some diets allow 1 per day—in others egg white only may be used.  
Milk: Skimmed as fresh, canned or dried  
Cereals: All kinds including bread, breakfast cereals, rice, corn-flour, sago, custard powder  
Confectionery: Plain biscuits, yeast buns or low fat sponge  
Fruit: All-fresh, canned or dried  
Vegetables: All but not fried or sauté or mashed with margarine or butter or served with mayonnaise  
Sugar: All and all types of preserves (except lemon cheese)  
Sweets: Boiled or jelly

##### ALLOWED IN RESTRICTED AMOUNTS

Butter, Margarine  
Whole Milk  
Eggs

##### AVOID

Rich soups:  
Fat of meat and pork, duck, goose, bacon (unless lean) sausages.  
Meat pies, made up meat dishes, corned beef or mutton.  
Fat fish—herring, mackerel, kippers, sardines, pilchards, salmon.  
Fried Foods: **ALL**  
Cheese: Unless made with skimmed milk  
Fats: Dripping, lard, olive and other oils—mayonnaise

Confectionery: All except **plain** cakes etc., as allowed

Nuts: **ALL**

Sweets: Chocolate, fudge, milk powder drinks

#### **MENU FOR LOW FAT DIETS**

Average daily nutrient values calculated with food tables:

Protein	100 g.
Fat	30 g.
Calories	2160
Protein% Calories	18
Vitamin C	57 mg.—80% cooking loss assumed in vegetables.

If dried skimmed milk replaces fresh liquid skimmed milk the diet is somewhat cheaper. Also dried skimmed milk, such as Marvel, made by Cadbury's, has the added advantage of keeping better than liquid milk, on the wards.

# LOW FAT DIET

## DAY 1

### Breakfast

$\frac{1}{2}$  Grapefruit  
 \*Sugar  
 Cornflakes  
 Whole or skimmed milk\*  
 (cereal and tea)  
 Bread toasted  
 Scrape butter\*  
 Marmalade  
 Tea with milk\* and sugar\*  
 daily

### Midmorning

Skimmed milk in coffee  
 Sugar\*

### Midday

Roast chicken  
 Bread sauce  
 Boiled potato  
 Green vegetable in season  
 Queen of Puddings  
 (low fat—see recipe)

### Tea

Bread  
 Jam  
 Scrape butter\*  
 Tea with milk\* sugar daily

### Supper

Lean meat (ham)  
 Lettuce, tomato etc. (salad)  
 Potato—boiled  
 Baked apple stuffed with  
 marmalade and brown sugar  
 Custard—see recipe

### Bedtime

Milk\*  
 Plain biscuit

## DAY 2

### Breakfast

Orange juice with \*sugar  
 Milk\*  
 Puffed Wheat  
 Bread toasted  
 Scrape butter\*  
 Marmalade

### Midmorning

Skimmed milk\* in coffee or  
 Cocoa  
 Sugar\*

### Midday

Lamb chop (lean)  
 Riced potato  
 Mashed carrot  
 Semolina Pudding (see recipe)  
 Jam Sauce (see recipe)

### Tea

Bread  
 Scrape butter\*  
 Jam

### Supper

Minced beef lean with onion  
 (not fried) or as curry  
 Rice boiled  
 French beans (frozen)  
 Fresh fruit salad: apple/  
 orange/banana  
 Meringue (see recipe)

### Bedtime

Skimmed milk, drink coffee  
 flavoured  
 Plain biscuit  
 Sugar\*

\* From daily allowance—Milk, skimmed  $1\frac{1}{2}$  pts.  
 Sugar at least  $1\frac{1}{2}$  oz., Butter not more than  $\frac{1}{4}$  oz

LOW FAT DIET

DAY 3

**Breakfast**

Stewed prunes  
Rice Krispies  
Skimmed milk\*  
Sugar\*  
(cereal and tea)  
Bread toasted  
Scrape butter\*  
Marmalade

**Midmorning**

Skimmed milk\* drink

**Midday**

Braised lean beef  
or steamed haddock and  
Parsley Sauce  
(see recipe L.F.)  
Riced potato  
Peas (frozen)  
Trifle (see recipe L.F.)

**Tea**

Yeast bun  
Jam

**Supper**

Cold roast chicken  
Tomato, beetroot, etc.  
(salad)  
Baked jacket potato  
Canned pineapple  
Custard (see recipe)

**Bedtime**

Skimmed milk drink\*  
Biscuit

DAY 4

**Breakfast**

$\frac{1}{2}$  Grapefruit with sugar\*  
Cornflakes  
Skimmed milk\* } Tea and  
Sugar\* } cereal  
Bread toasted  
Scrape butter\*  
Marmalade

**Midmorning**

Skimmed milk drink\*

**Midday**

Veal stewed with  
Carrot and onion  
Parsley  
Boiled potatoes  
Cabbage  
L.F. Apple Snow (see recipe)  
Custard (see recipe)

**Tea**

Scone  
Honey

**Supper**

Baked plaice fillet  
L.F. Sauce—(see recipe)  
Boiled potato  
Grilled tomato  
Swedish Apricot Charlotte  
(see recipe—no cream)

**Bedtime**

Skimmed milk drink\*  
Plain biscuit

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\* From daily allowance

LOW FAT DIET

DAY 5

**Breakfast**

Canned pineapple juice  
Puffed Wheat  
Milk\* sugar\* tea and cereal  
Bread  
Scrape butter\*  
Marmalade

**Midmorning**

Skimmed milk drink\*

**Midday**

Roast lamb—lean  
Redcurrent jelly  
Riced potato  
Sprouts—frozen  
L.F. Banana Custard  
(see recipe)

**Tea**

Bread  
Scrape butter\*  
Golden syrup or jam

**Supper**

Lean minced beef with  
onion and carrot in Potato  
Nest  
Grilled Mushroom or  
tomato  
Pear in Jelly:  
(canned pear)  
Custard  
(see recipe)

**Bedtime**

Skimmed milk\* drink  
Plain biscuit

DAY 6

**Breakfast**

$\frac{1}{2}$  Grapefruit fresh or canned  
Rice Krispies  
Bread as toast  
Scrape butter\*  
Marmalade  
Milk\* sugar\*—tea and cereal

**Midmorning**

Coffee  
Milk\* sugar\*

**Midday**

Fish Pie (L.F. see recipe)  
Carrot rings  
Peas frozen  
Fruit Condé (L.F. see recipe)

**Tea**

Iced yeast bun  
Jam

**Supper**

Braised kidneys  
Rice Pilaff:  $\left\{ \begin{array}{l} \text{Rice} \\ \text{Onion} \\ \text{Carrot} \end{array} \right.$   
Cauliflower  
Sliced orange and date salad  
with sugar

**Bedtime**

Milk\* drink  
Plain biscuit

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\* From daily allowance

LOW FAT DIET

DAY 7

**Breakfast**

Orange juice with sugar  
Cornflakes  
Bread as toast  
Marmalade  
Scrape butter\*  
Milk\* sugar—tea and cereal

**Midmorning**

Coffee with milk\* sugar\*

**Midday**

Lean roast beef  
Boiled potato  
Leeks  
L.F. White Sauce  
Apple Charlotte  
(L.F. see recipe)  
Apricot Sauce (see recipe)

**Tea**

Bread  
Scrape butter\*  
Honey or jam or Marmite

**Supper**

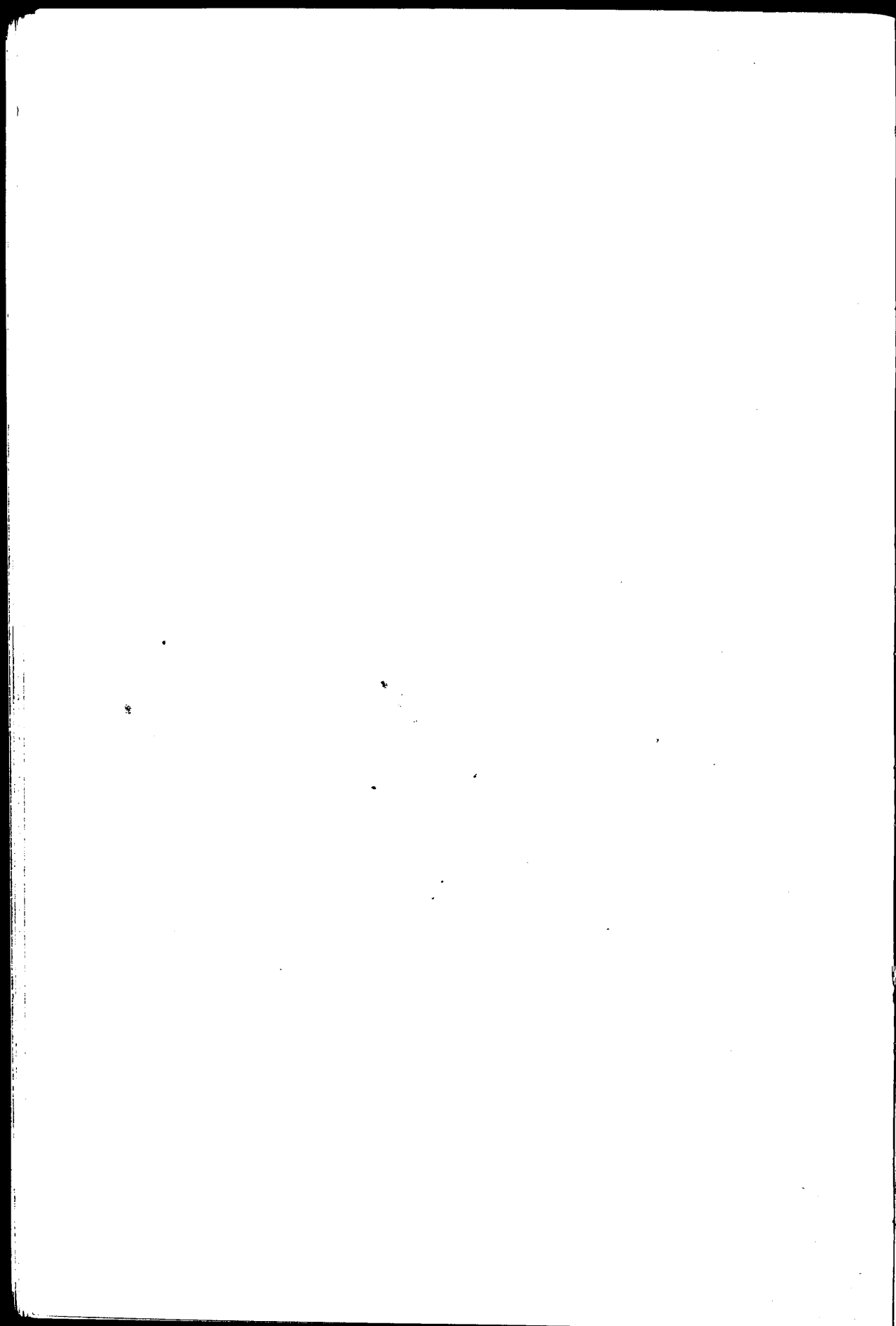
Clear soup with noodles  
Cottage cheese sandwich  
Shredded lettuce  
L.F. B'mange (see recipe)  
Stewed fruit in season

**Bedtime**

Milk\* drink  
Plain biscuit

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\* From daily allowance





## GASTRIC DIETS

Gastric diets are prescribed mainly for patients with peptic ulcers i.e. stomach or duodenal ulcers. The aims of the diet are to relieve pain, to assist in healing the ulcer and to maintain the patient in a good nutritional state. Formerly gastric diets were very restricted but recent research has shown that few foods cause pain whereas a liberal and varied diet offers a better chance of good nutrition and also hastens the healing rate of the ulcer. Food of almost any kind but particularly meat, fish, cheese, eggs and milk, neutralise stomach acids which are the cause of pain and probably prevent the ulcer from healing. Therefore modern treatment aims at giving ordinary food but in small frequent meals, as by such means acid is not allowed to accumulate. There should not be more than 2-2½ hours between each meal or snack. If the patient is awake at night it is also important for him to have milk or milk and biscuits by his bedside.

Foods which have been found to cause pain and are hence best avoided are:—

- Fried foods of all kinds
- New bread and yeast buns
- Spices, pickles and spiced bottled sauces
- Meat or vegetable extracts and meat soups or broths
- The pith of raw oranges or grapefruit

It is still usual to order, for a patient immediately following the acute phase of his illness, a light bland diet—as outlined on pages 104 to 108. As soon as possible thereafter the diet is stepped up to the convalescent stage as shown on pages 109 to 113. A quick return to normality is good both psychologically and nutritionally. A full diet including a variety of foods is much less likely than the older type gastric diets, to be deficient in any nutrient. The traditional gastric diet of sieved vegetable, white fish, milk and milk puddings is almost certain to have been deficient in vitamin C and possibly iron.

The caterer, however, must realise that doctors differ markedly in their methods of dietary treatment and that **the doctors' orders must be carried out exactly**. The two diets and menus, given in the following pages are intended as a first stage light gastric diet for patients who are just beginning to take solid food and the second is for a patient who has achieved the convalescent stage. The first stage is very restricted but seldom lasts long enough for the food to become monotonous. The convalescent gastric diet is such that it can be offered as an alternative choice on the ordinary patient's menu and does not require any special treatment.

## MENU FOR LIGHT GASTRIC DIET

### Suitable Foods

**Breakfast:** cereals or porridge made with fine oatmeal and milk  
egg cooked in any way but not fried  
smoked haddock or golden fillets or white fish or soft roes

**Midday:** White fish or chicken or veal or lean lamb, finely minced  
and served in a cream sauce  
Whole white fish, steamed or baked served with white  
sauce  
Cheese soufflé or pudding or baked cheese custard (do **not**  
brown cheese dishes under the grill)  
Tripe (no onion) or sweetbreads in cream sauce  
Mashed or riced potato

AND

Milk pudding of any kind or sponge trifle or milk jelly,  
junket or custard

**Supper:** As midday

**Note:** Meals should be small and, as in the suggested menu, meals  
or snacks should be at 2 or 2½ hourly intervals throughout  
the day

Average Daily Nutrient Values calculated from food tables:

Protein 92 g.

Calories 2520

Protein% calories 14

Vitamin C 32 mg.

(80% cooking loss in vegetables assumed)

# GASTRIC DIETS

## DAY 1

### **Breakfast**

Porridge: fine oatmeal or strained  
1 egg lightly boiled  
Bread and butter\*  
Milk\* and sugar for cereal and tea  
Weak tea—daily

### **Midmorning**

Milk\* 7 oz  
Plain biscuit

### **Midday**

Creamed soft roes  
see recipe, omit toast and parsley  
Potato creamed (small serving)  
Egg jelly, (see recipe)

### **2 p.m.**

Milk\* 7 oz

### **4 p.m.**

Tea with milk\* and sugar daily  
Bread and butter\*  
Honey  
Madeira cake

### **Supper**

Cream of Vegetable Soup  
(see recipe)  
Bread and butter\*  
Junket with Ribena  
(see recipe)

### **8 p.m.**

Milk\* 7 oz

### **10 p.m.**

Milk\* 7 oz  
Bournvita or Ovaltine

## DAY 2

### **Breakfast**

Rice Krispies  
Milk\* and sugar for cereal and tea  
Bread as toast with butter\*  
Jelly marmalade

### **Midmorning**

Milk\* 7 oz  
Plain biscuits

### **Midday**

Cheese Soufflé (see recipe)  
Potatoes mashed (small)  
Semolina Pudding (see recipe)  
Strained jam sauce

### **2 p.m.**

Milk\* 7 oz

### **4 p.m.**

Bread and butter\*  
Jelly jam  
Sponge cake

### **Supper**

Chicken minced in white sauce  
Potatoes creamed (small)  
Caramel Custard (see recipe)

### **8 p.m.**

Milk\*

### **10 p.m.**

Milk\*  
Bournvita

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\* From daily allowance—Milk 2 pts., Butter  $\frac{1}{2}$ -1 oz., Sugar  $1\frac{1}{2}$  oz

GASTRIC DIETS

DAY 3

**Breakfast**

Cornflakes  
Milk\* sugar\* cereal and tea  
Egg poached  
Bread  
Butter\*

**Midmorning**

Milk\*  
Plain biscuits

**Midday**

Plaice fillet steamed  
Mashed potato (small)  
Coffee Blancmage (see recipe)

**2 p.m.**

Milk\*

**4 p.m.**

Bread and butter\*  
Honey  
Shortbread  
(see recipe)

**Supper**

Cream of Veg. Soup  
(see recipe)  
Bread and butter\*  
Ground Rice Pudding  
(see recipe)  
with Ribena Sauce

**8 p.m.**

Milk\*

**10 p.m.**

Milk\*  
Bournvita or Ovaltine

DAY 4

**Breakfast**

Strained oatmeal porridge  
Milk\* sugar\* for cereal and  
tea  
Egg—boiled  
Bread and butter\*

**Midmorning**

Milk\*  
Plain biscuits

**Midday**

Cheese Pudding (see recipe)  
Riced potato (small)  
Ice cream  
Rose Hip Syrup

**2 p.m.**

Milk\*

**4 p.m.**

Tea with milk\*  
Bread and butter\*  
Madeira cake

**Supper**

Boiled chicken in white  
sauce  
Mashed potato (small)  
Apple Snow (see recipe)

**8 p.m.**

Milk\*

**10 p.m.**

Milk\*  
Horlicks

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\* From daily allowance

GASTRIC DIETS

DAY 5

**Breakfast**

Rice Krispies  
Milk\* sugar\* in cereal and tea  
Egg scrambled  
Bread and butter\*

**Midmorning**

Milk\*  
Plain biscuit

**Midday**

Tripe—no onion  
(see recipe)  
Potato, mashed (small)  
Apricot Fool (see recipe)

**2 p.m.**

Milk\*

**4 p.m.**

Bread and butter\*  
Jelly jam  
Sponge bun

**Supper**

Plaice fillet steamed with  
Tomato Sauce  
(see recipe)  
Bread and butter\*  
Egg Custard (see recipe)

**8 p.m.**

Milk...

**10 p.m.**

Milk\*  
Bournvita or Ovaltine

DAY 6

**Breakfast**

Puffed Wheat  
Milk\* sugar\* in cereal and tea  
Egg poached  
Bread and butter\*

**Midmorning**

Milk\*  
Plain biscuits

**Midday**

Tomato juice  
Chicken Cream, (see recipe)  
Potatoes riced (small)  
Chocolate Ground Rice  
(see recipe)

**2 p.m.**

Milk\*

**4 p.m.**

Bread and butter\*  
Honey  
Madeira cake

**Supper**

Cream of Vegetable Soup  
(see recipe)  
Bread and butter\*  
Rice Pudding (see recipe)

**8 p.m.**

Milk\*

**10 p.m.**

Milk\*  
Bournvita or Ovaltine

---

\* From daily allowance

GASTRIC DIETS

DAY 7

**Breakfast**

Cornflakes  
Milk\* sugar\* in cereal and tea  
Bread as toast  
Butter\*  
Jelly marmalade

**Midmorning**

Milk\*  
Plain biscuits

**Midday**

Calve's Sweetbreads  
(see recipe) or steamed  
fish  
Potatoes mashed (small)  
Trifle  
(see recipe)

**2 p.m.**

Milk\*

**4 p.m.**

Bread and butter\*  
Jelly jam  
Sponge cake

**Supper**

Orange juice  
Omelette with 2 eggs  
Potato—riced (small)  
Lemon Cream  
(see recipe) for coffee  
cream

**8 p.m.**

\* Milk\*

**10 p.m.**

Milk\*  
Horlicks

---

\* From daily allowance

### **MENU FOR GASTRIC DIET, CONVALESCENT STAGE**

For the purposes of dietary calculations it has been assumed that the quantities eaten are the same as for patients on a full diet. Some women and patients with small appetites will eat less, but all patients should be encouraged to eat foods which contribute animal protein to the diet and to drink their quota of milk.

Average daily nutrients calculated from food tables:

Protein	100 g.
Calories	2800
Calories% protein	14
Vitamin C	42 mg.
(assuming 80% loss in cooked vegetables)	

GASTRIC DIETS—CONVALESCENT STAGE

DAY 1

**Breakfast**

Oatmeal porridge  
Poached egg  
Bread and butter\*  
Marmalade  
Milk\* sugar for tea and  
cereal daily  
Tea daily

**Midmorning**

Milk\* 7 oz flavoured

**Midday**

Boiled ham  
Potatoes creamed  
Mashed swede  
Queen of Puddings  
(see recipe)

**Midafternoon**

Milk\* 7 oz

**Tea**

Tea with milk\* and sugar  
daily  
Bread and butter\*  
Honey

**Supper**

Cauliflower Cheese  
(see recipe)  
Tomato grilled  
Raspberry Junket (see recipe)

**Bedtime**

Milk\* 7 oz flavoured

DAY 2

**Breakfast**

Rice Krispies  
Grilled back bacon  
Bread and butter\*  
Marmalade

**Midmorning**

Milk\*

**Midday**

Grilled lamb chop  
Potatoes mashed  
Cabbage  
Semolina Pudding  
(see recipe)  
Jam Sauce

**Midafternoon**

Milk\* 7 oz

**Tea**

Victoria sandwich

**Supper**

Minced beef in gravy  
Rice boiled  
French beans (frozen)  
Caramel Custard  
(see recipe)

**Bedtime**

Milk\* flavoured

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\* From daily allowance

Milk 1½ pints

Butter or Margarine 1 oz

Sugar 1½ oz



GASTRIC DIETS—CONVALESCENT STAGE

DAY 3

**Breakfast**

Cornflakes  
Scrambled egg  
Bread and butter\*  
Marmalade

**Midmorning**

Milk\*

**Midday**

Haddock fillet steamed  
Parsley Sauce  
Frozen peas  
Potatoes mashed  
Steamed Jam Sponge  
(see recipe)  
Jam Sauce (see recipe)

**Midafternoon**

Milk 7 oz\*

**Tea**

Shortbread biscuit (see recipe)

**Supper**

Roast chicken cold  
Salad:  
    Beetroot grated  
    Lettuce  
    Tomato  
Potato salad in  
Mayonnaise (lemon juice)  
(see recipe)  
Ground Rice Pudding  
(see recipe)

**Bedtime**

Milk\* flavoured

DAY 4

**Breakfast**

Fruit juice  
Back bacon—grilled  
Bread and butter\*  
Marmalade

**Midmorning**

Milk\* flavoured

**Midday**

Veal creamed  
(see recipe)  
Potatoes boiled  
Frozen spinach  
Apple Crumble  
(see recipe)  
Custard  
(see recipe)

**Midafternoon**

Milk\* 7 oz

**Tea**

Sponge bun

**Supper**

Cheese Pudding  
(see recipe)  
Potatoes riced  
Carrots mashed  
Ice cream  
Apricot Sauce  
(see recipe)

**Bedtime**

Milk\*

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\* From daily allowance

GASTRIC DIETS—CONVALESCENT STAGE

DAY 5

**Breakfast**

Rice Krispies  
Bread and butter\*  
Cold lean ham  
Marmalade

**Midmorning**

Milk\* flavoured

**Midday**

Roast lamb  
Redcurrent jelly  
Potatoes—mashed  
Sprouts (frozen)  
Eve's Pudding  
(see recipe)  
Custard  
(see recipe)

**Midafternoon**

Milk\* 7 oz

**Tea**

Bread and butter\*  
Jam

**Supper**

Plaice fillet grilled  
Potato riced  
Tomato grilled  
or mashed carrot  
Egg Custard  
(see recipe)

**Bedtime**

Milk\* flavoured

DAY 6

**Breakfast**

Puffed Wheat  
Smoked haddock or golden  
fillets  
Bread and Butter\*  
Marmalade

**Midmorning**

Milk\*

**Midday**

Pig's or calves' liver  
Potato boiled  
Tomato—grilled  
Pear Condé  
(see recipe)

**Midafternoon**

Milk\* 7 oz

**Tea**

Cherry cake

**Supper**

Cottage Pie:  
Minced beef, onion, carrot  
Mashed potato  
Cauliflower  
White Sauce  
(see recipe)  
Tinned peaches or stewed  
fruit  
Double cream (whipped)

**Bedtime**

Milk\* flavoured

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\* From daily allowance

GASTRIC DIETS—CONVALESCENT STAGE

DAY 7

**Breakfast**

Cornflakes  
Egg—boiled  
Bread and butter\*  
Marmalade

**Midmorning**

Milk\* flavoured

**Midday**

Roast beef or lamb  
Yorkshire Pudding  
(see recipe)  
Cabbage—finely chopped  
Potatoes—riced  
Trifle  
(see recipe)

**Midafternoon**

Milk\* 7 oz

**Tea**

Madeira cake

**Supper**

Sandwich:  
cream cheese  
shredded lettuce  
Bread (thinly sliced)  
Butter\*  
Lemon Cream (see recipe)  
(as coffee cream but substitute  
lemon juice)

**Bedtime**

Milk\* flavoured

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\* From daily allowance

## LOW SODIUM DIETS

Low sodium diets which are often mistakenly called "salt free", are prescribed when oedema i.e. retention of water is present. Oedema may be an associated symptom of congestive heart failure, cirrhosis of the liver and certain kidney diseases. Sodium retains or holds on to water in the body, so that to get rid of water, sodium in the diet is restricted. Dietary sodium is mainly in the form of sodium chloride (common salt) although other salts notably sodium bicarbonate are also present in some foods e.g. baking powder.

Total sodium is prescribed by the doctor in one of three ways namely:—

NaCl : g	sodium chloride : g
Na : g	sodium : g
Na M. Eq.	mille-equivalents of sodium

The degree to which sodium is restricted also varies: it may be very low or merely none added in cooking or at table. The different levels and ways of expressing sodium restriction are shown in the following table:

### Sodium Expressed As:—

Diet	M Eq.	g Na	g NaCl
"Normal"	100-300	2.3-7	6-18
Restricted	40-80	1-2	2.5-4
Low Sodium (or "salt free")	11-22	0.25-0.5	0.75-1.25

It is well to remember that most of the patients for whom these diets are prescribed are quite ill and usually far from hungry. The diets therefore should be light and as appetising as lack of salt (sodium chloride) will allow. The caterer must also discover at what level sodium is allowed (see above) as the type and amounts of foods are dependent on this.

**Sodium restricted diets:** sodium 1-2 g.

#### EAT

Ordinary bread—up to 3 slices  
from a large loaf  
1 oz salted butter or margarine  
2 average—**not** large—helpings  
daily of fresh meat, fish, offal or  
poultry  
 $\frac{1}{2}$  pt. milk  
1 egg

} daily

#### EAT FREELY

Fresh vegetables and salads  
Fresh fruit—cooked, raw or  
canned  
Cereals including rice, tapioca,  
sago, semolina, shredded wheat,  
macaroni, spaghetti  
Sugars and jams

### AVOID

All canned and dehydrated soups and vegetables\*  
Sausage, bacon, ham, and all canned or salted meats\*  
Cheese, bottled sauces and pickles, salted, smoked and shell fish  
Breakfast cereals—other than those listed under "eat freely"  
Biscuits and cakes  
Dried fruits  
AND SALT USED IN COOKING.

**Low Sodium Diet—"salt free"—sodium 0.25—0.5g.**

#### EAT

As above but substitute "salt free" bread, butter or margarine

#### AVOID

In addition to the foregoing list:—

All ordinary bread, butter, margarine, cakes, biscuits, breakfast cereals except Shredded Wheat and Energen Wheat Flakes.  
Dried fruits of all kinds  
Celery

Some diets need to be "high protein" as well as restricted in salt. All animal protein foods contain a fair amount of sodium hence protein in a "saltless" form must be used. Two useful proprietary foods are Casilan—virtually salt free containing 26 g. protein and 0.03 mg. sodium per oz; and Edosol, a milk powder substitute containing protein 7.8 g. and 8.5 mg. sodium per oz. Comparable figures for dried milk powder are 7.7 g. protein and 113 mg. sodium per oz.

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) strongly 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.)

\*Unless specially made for low salt diets.

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.

The menu, given in the following pages, contains average amounts of protein and calories and less than 1 g. sodium—i.e. it is sodium restricted. Protein could be increased by nearly 30 g. by using one and a half pints of Edsol milk, in puddings and between meal drinks, but would not materially add to the sodium content.

#### MENU FOR RESTRICTED SODIUM DIET

(1-2 g. sodium or less)

Average daily nutritional values calculated from food tables

Protein	72 g.
Calories	2240
Protein% calories	13
Sodium	950 mg.

Ordinary bread and butter up to 3 slices from a large loaf used daily : above this, "salt free "bread and butter. No Salt ADDED in COOKING.

N.B. For **Low Sodium** diets use only **salt free** bread and butter or margarine. Make milk puddings with Edsol milk powder.

# RESTRICTED SODIUM DIET

## DAY 1

### Breakfast

½ Grapefruit with sugar\*  
Egg boiled or poached  
Bread 1 slice  
Butter\*  
Marmalade  
Tea with milk\* and sugar\*  
daily

### Midmorning

Coffee with milk\*

### Midday

Roast chicken  
or meat—usual portion  
Roast or boiled potato  
Green vegetable in season  
Queen of Puddings  
(see recipe "S.F.")

### Tea

Bread 1 slice  
Butter\*  
Jam  
Tea with milk\* and sugar\*  
daily

### Supper

Cold meat—lamb or beef  
usual portion  
Salad:  
Lettuce  
Tomato  
Beetroot  
L.S. Mayonnaise  
(see recipe)  
Potato salad  
Jam Tartlets S.F. (see recipe)

### Bedtime

Edosol milk drink

## DAY 2

### Breakfast

Puffed Wheat with milk\* and  
Sugar\*  
Bread—as toast 1½ slices  
Butter\*  
Marmalade

### Midmorning

Fruit squash

### Midday

Lamb chop grilled  
Riced potato  
Mashed carrot  
Semolina Pudding  
(see recipe)  
Jam Sauce

### Tea

Bread—1 slice  
Butter\*  
Honey

### Supper

Minced beef in thickened  
gravy (S.F.)  
Onion  
Carrot  
Rice—boiled  
French beans—frozen-if S.F.  
Caramel Custard  
(see recipe)

### Bedtime

Edosol milk drink

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\* From daily allowance

Milk ½ pt., Sugar 2 oz., Butter or Margarine 1-1½ oz.

# RESTRICTED SODIUM DIET

## DAY 3

### Breakfast

$\frac{1}{2}$  Grapefruit with sugar\*  
Bread—as toast 2 slices  
Butter\*  
Marmalade

### Midmorning

Coffee with milk\*

### Midday

Haddock fillet steamed  
Parsley Sauce (S.F.)  
Potatoes riced  
Peas (frozen—if S.F.)  
Steamed Jam Sponge  
see recipe using S.F. baking  
powder  
Jam Sauce  
(see recipe)

### Tea

Shortbread biscuits  
S.F.—see recipe

### Supper

Cold chicken  
Tomato/beetroot etc.  
(salad)  
Baked potato with S.F.  
butter\*  
Low salt mayonnaise  
(see recipe)  
Stewed or canned fruit  
(pineapple, pear, apple etc.)

### Bedtime

Edosol milk\* drink

## DAY 4

### Breakfast

Puffed Wheat with milk\* and  
sugar\*  
Fried or scrambled egg  
Bread—1 slice  
Butter\*  
Marmalade

### Midmorning

Fruit squash or juice

### Midday

Creamed veal (S.F.)  
(see recipe)  
Boiled potato  
Spinach frozen (S.F.) or  
cabbage  
Apple Snow—see recipe  
(no sauce)

### Tea

Bread—1 slice  
Butter\*  
Jam

### Supper

Grilled plaice & lemon  
S.F. parsley butter  
Chipped or boiled potato  
Grilled tomato  
Swedish Apricot Charlotte  
(see recipe)

### Bedtime

Edosol milk drink

---

\* From daily allowance



RESTRICTED SODIUM DIET

DAY 5

**Breakfast**

Shredded Wheat with milk\*  
sugar\*  
Bread as toast—2 slices  
Butter\*  
Marmalade

**Midmorning**

Coffee with milk\* sugar\*

**Midday**

Roast lamb  
Redcurrant jelly  
Roast or riced potato  
Brussels sprouts—frozen-if  
S.F.  
or green vegetable in season  
Banana Custard  
(see recipe)

**Tea**

Bread—1 slice  
Butter\*  
Tomato

**Supper**

Mince in potato nest:  
Minced meat, onion and  
Carrot  
Pepper and mustard  
Parsley  
Potato—mashed  
Grilled mushrooms  
Baked apple stuffed with  
marmalade and brown sugar

**Bedtime**

Tea or coffee—Edosol milk

DAY 6

**Breakfast**

$\frac{1}{2}$  Grapefruit with sugar\*  
Tomatoes grilled  
Bread as toast—1 slice  
Butter\*  
Bread—1 slice  
Marmalade

**Midmorning**

Fruit squash

**Midday**

Grilled cod cutlet  
Parsley butter (S.F.)  
Chips or riced potatoes  
Cauliflower  
Ice Cream  
Jam Sauce  
(see recipe)

**Tea**

Bread—1 slice  
Butter\*  
Honey

**Supper**

Braised kidneys  
Rice Pilaff: rice, onion sliced  
and fried, pepper  
Diced carrots  
Sliced orange with sugar

**Bedtime**

Coffee with Edosol milk

---

\* From daily allowance

RESTRICTED SODIUM DIET

DAY 7

**Breakfast**

Fruit juice  
Shredded Wheat (1 biscuit)  
with milk\* sugar\*  
Bread—1 slice  
Butter\*  
Marmalade

**Midmorning**

Coffee with milk\*

**Midday**

Roast beef (topside)  
Yorkshire Pudding  
(see recipe)  
Riced potato  
Leeks or second vegetable  
in season  
Fruit Pie (plain flour)  
(see recipe)  
Custard  
(see recipe)

**Tea**

Shortbread  
(see recipe)

**Supper**

Fricassé of Eggs  
(see recipe)  
NO SALT OR BACON  
Grilled tomatoes  
Bread—1 slice  
Butter\*  
Swedish Apple Cake  
(see recipe)  
Custard

**Bedtime**

Coffee with Edosol milk\*

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\* From daily allowances

## RECIPES FOR LOW SODIUM DIETS

(for 10 portions unless stated otherwise)

### SAUSAGE ROLLS

#### *Ingredients*

#### **Filling:**

16 oz stewing steak or 10 oz "salt free" sausage  
1 medium onion  
Piece carrot  
1 tsp. chopped parsley  
Pinch dried sage  
Pepper  
1 tbsp. plain flour

#### **Pastry:**

12 oz Plain flour  
6 oz 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.

For meat patties, shepherd's pie or as a filling for marrow rings and/or rings of duchesse or mashed potato; use 2 lb. meat, mince and cook as above with onion and carrot. Use meat liquor for gravy.

#### **Per Portion:**

Protein 12 g., Fat 18 g., Calories 313, Sodium 22.0 mg.

### BRAISED BEEF AND DUMPLINGS

#### *Ingredients*

#### Braised beef:

2 lb. 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 1½ hours or until tender. Serve with dumplings if liked.

*Dumplings:*

6 oz 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.

**Per Portion:** (including dumplings)

Protein 20 g., Fat 16.7 g., Calories 300, Sodium 76 mg.

**BRAISED LAMB CUTLETS**

*Ingredients :*

10 lamb cutlets  
1 carrot  
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.

**Per Portion:**

Protein 9.7 g., Fat 27 g., Calories 400, Sodium 73 mg.

## STEWED NECK OF MUTTON

### *Ingredients*

4 lb 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.

### **Per Portion:**

Protein 11.3 g., Fat 15 g., Calories 213, Sodium 39 mg.

## 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.

## VEAL PIE

### *Ingredients*

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

### **Per Portion:**

Protein 20 g., Fat 12.6 g., Calories 280, Sodium 99.7 mg.

## SAVOURY EGG BAKE

### *Ingredients*

15 eggs  
 $\frac{1}{3}$  pt. 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.

### **Per Portion:**

Protein 11 g., Fat 14 g., Calories 180, Sodium 149 mg.

## EGG AND TOMATO FLAN (8 portions)

### *Ingredients*

#### *Filling:*

$\frac{3}{4}$  pt. 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 oz 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 and the pastry cooked.

**Per Portion:**

Protein 7.0 g., Fat 16.3 g., Calories 276, Sodium 93 mg.

**SCOTCH EGGS (8 portions)**

*Ingredients*

4 eggs  
1 large tomato, skinned and pulped  
1 lb raw lean beef  
2 oz salt free bread  
Sprig parsley  
Pinch dried herbs  
Pepper  
Curry powder  
 $\frac{1}{2}$  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, unless known to be salt free.

**Per Portion:**

Protein 15 g., Fat 78 g., Calories 120, Sodium 63 mg.

**EGG IN TOMATO JELLY (8 portions)**

*Ingredients*

8 eggs  
 $\frac{1}{2}$  pt fresh tomato juice  
 $\frac{1}{2}$  pt. saltless white stock  
1 sprig mint  
1 tbsp. saltless vinegar  
 $\frac{1}{2}$  tbsp. sugar  
Gelatine 1 oz 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. Put 1 egg in each small mould, cover with jelly mixture, after removing mint and leave to set.

**Per Portion:**

Protein 7 g., Fat 7 g., Calories 100, Sodium 77 mg.

### COTTAGE CHEESE

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

### SOUSED HERRINGS

#### *Ingredients*

10 herrings  
1 pt. 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  $\frac{3}{4}$ -1 hour. Serve hot with savoury sauce or cold with salad.

### SALTLESS BAKING POWDER (obtain from hospital pharmacy)

#### *Ingredients*

28 g. ordinary starch  
38.8 g. potassium bicarbonate  
7.5 g. tartaric acid  
56.1 g. potassium bitartrate

#### *Method*

Mix well. Store in airtight container.

For other recipes see general section pages 145 to 173.



## GLUTEN FREE DIET

Gluten free diets are prescribed for the treatment of coeliac disease in children and for a similar condition characterised by a fatty diarrhoea (steatorrhoea) in adults. Coeliac disease develops in previously healthy children sometimes when they are weaned or when they are two or three years old. The child develops a fatty diarrhoea, ceases to thrive, becomes fractious and is obviously ill and unhappy. The disease is now known to be caused by gliadin, a fraction of the wheat protein, gluten. In susceptible people gluten causes changes in the wall of the small intestine, and, as it is here that digested food is absorbed, these changes cause malabsorption with resultant fatty diarrhoea. Not only is fat poorly absorbed but also vitamins, mineral salts, proteins and carbohydrates. Hence the child is actually suffering starvation despite food being taken by mouth. After a time such children look starved, they are undersized and sometimes have signs of vitamin deficiency diseases, including rickets. In adults the disease runs a similar course and is thought to be in some cases, a recurrence of a mild attack in childhood. That it can be a killing disease is shown by mortality figures: before the discovery of the effect of gluten: about  $\frac{1}{3}$  of the children died -  $\frac{1}{3}$  got better and  $\frac{1}{3}$  lingered on as semi-invalids.

Treatment is to cut out all sources of gluten from the diet and it must be **all**. Gluten contained in one slice of bread is sufficient to cause a relapse. It is a difficult diet to arrange because gluten, which occurs in wheat and rye is hidden in so many foods - for example some bottled sauces, canned soups, sausages and some processed meats. On the other hand it is comparatively simple to provide a varied, appetising and nutritious diet from foods which are free of gluten, notably fresh meats, fish, fruits and vegetables and cereals such as rice, tapioca, cornflour and wheat starch. i.e. wheat flour from which all gluten has been removed.

Fletcher and McCrick have compiled a list of foods which the manufacturers guarantee are gluten free and we are grateful for the authors' permission to publish this list in full: see pages 129 to 131.

Some individuals can tolerate oatmeal, whereas others cannot, and it is necessary to discover whether oatmeal and porridge must be added to the list of forbidden foods.

In the acute stage it may be necessary to begin feeding with skimmed milk, fruit juices and sugar and to introduce gradually meat, fish, eggs, cheese, rice, ground rice or cornflour puddings, puréed vegetables and fruits. Through this phase the caterer must be guided

by the ward sisters' daily orders. The diet, which is given in succeeding pages, is for the convalescent stage and is suitable for an adult or adolescent, or in smaller quantities for a younger child.

It is essential to exclude all wheat flour which means omitting all ordinary bread, buns, cakes, puddings, etc. Gluten free flour (wheat starch) can be used to make bread and cakes but it is more difficult to use than ordinary flour because it is gluten which gives strength to the dough and shape to the cake or loaf. There are various substances which may be added to gluten free flour to help "strengthen" it—namely dried milk, Casilan or Methyl Cellulose. The two former have the advantage of replacing protein lost when gluten is removed. Bread and flour are significant sources of protein in our National Diet, contributing approximately  $\frac{1}{3}$  of the recommended allowance so that removal of gluten seriously affects intake unless alternative sources are found.

Gluten free products may be obtained from:—

- \* Welfare Foods (Stockport) Ltd., Cheshire.  
(Tender Cake Dry Mix, rusks and sweet biscuits)  
Farleys Infant Foods, Torr Lane, Plymouth.  
(gluten free biscuit which is obtainable at most chemists)
- \* Energen Foods, Ltd., Ashford, Kent.  
Liga Food Products (U.K.) Ltd., 23 Saxby St, Leicester.  
(Liga gluten free biscuits)

Ready baked bread may be obtained from:—

Ogdens Brighton Ltd.,  
103, Edwards Street,  
Brighton 7.

NOTE: Protein enriched flour and bread are **unsuitable** for very low protein diets and phenylalanine restricted diets. For these, special protein free bread and flour may be obtained from the suppliers listed above and marked\*.

#### Other Gluten Free Products

This list of gluten free foods has been compiled by Dr. R. F. Fletcher, Consultant Physician and Miss C. Hood, Dietitian, both of Queen Elizabeth Hospital, Birmingham and is reprinted by their kind permission.

"The following manufacturers have assured us that the products listed below are gluten-free. Only a selection of firms have been

contacted, and doubtless others would be equally co-operative if approached.

Alfred Bird and Sons Ltd.: Blancmange. Custard Powder. Garni Sauces. Instant Whip. Rice Toasties.

Bovril Ltd.: Bovril.

Brands Ltd.: A.1. sauce. Brands Beef and Chicken essence. Calf's footjelly. Chicken soup. Salmon butter. Veal and Beef soup.

Brown & Polson Ltd.: Flavoured cornflour. Cornflour. Custard powder. Variety custards.

Cadbury's Ltd.: All sweets and chocolates except Skippy Bars and Bar Six.

Cerebos Ltd.: Bisto.

Chocolat Tobler Ltd.: All chocolate.

J. & D. Colman Ltd.: French mustard. Genuine mustard. Milk mustard. Mustard flour. Pure mustard.

Crosse & Blackwell Ltd.: Baked beans. Browning. Celery salt. Chef tomato ketchup. Cod Roes. Fulcream custard powder. Herrings in tomato. Kipper spread. Mayonnaise. Potato salad. Salad cream. Sandwich Spread. Sweet Mango chutney. Sweet mixed pickle. Tomato ketchup. Vegetable salad.

**Soups:** chicken, chicken & rice, consomme, Julienne, turtle.

Fray Bentos (Oxo) Ltd.: Brisket of beef. Crab. Fluid oxo. Lemco. Luncheon meat. Ox tongue. Pressed beef. Splendo.

**Soups:** chicken, mushroom, tomato.

Fry's Ltd.: All products except Picnic and Tiffin.

Greber's Ltd.: **Baby food strained:** apple & apricot, apple sauce, banana & pineapple, carrots, chocolate flavoured custard puddings, fruit dessert, orange pudding, pears & pineapple, peas, rice.

**Junior:** banana & pineapple, carrots, chocolate flavoured custard pudding, fruit dessert, peaches, pears, pears & pineapple, veg. & beef, veg. & chicken, veg. & lamb.

Glenville's Ltd.: Blancmange. Complete custard. Custard powder. Lemon spread.

H. J. Heinz Ltd.: Baked beans & pork flavoured sauce. Baked beans & tomato sauce. Beetroot. Celery salt. Curried beans. Dried horseradish. Gravy browning. Ideal sauce. Indian mango chutney. Mayonnaise. Piccalilli. Potato salad. Rice pudding. Royal mixed pickle. Stem ginger. Tomato chutney. Tomato juice. Tomato ketchup. Vegetable salad. Worcester sauce.

**Condensed:** beef broth, cream of tomato soup, French style onion soup, Scotch broth, tomato soup & rice.

**Junior foods:** apricot rice pudding, bean & ham, beef dinner, fruit dessert, orange & apricot dessert, pineapple & rice pudding, rice & chicken, veal dinner, veg. in chicken broth, veg., veal & rice.

**R.S.T.:** beef & broth, chicken & broth & rice, cream of green pea, cream of tomato soup, Scotch broth.

**Soups:** asparagus, celery, green pea, onion, spinach, tomato.

**Strained foods:** apricots & apples, apricots & custard, banana, beef dinner, chocolate pudding, cream cereal, dessert, peaches & apricots, pears.

H.P. Sauce Ltd.: Baked beans. Pickles. Salad cream. Tomato ketchup. Tomato soup.

Keen Robinson Ltd.: Ready cooked baby rice. Ready cooked groats. Robinson's Patent Barley. Robinson's Patent Groats. Three Bear Oats.

**Robsoup:** chicken bone & veg., chicken, peas & ham, mixed veg. & beef, mixed veg., & liver.

J. Keiller Ltd.: All chocolate and sweets.

Kellogg & Co. Ltd.: Coco Pops. Cornflakes. Rice Krispies. Sugar frosted flakes. Sugar ricicles.

Knorr Anglo-Swiss Ltd.: Beef cubes. Tomato soup. Tomato sauce.

Kraft Foods Ltd.: Mayonnaise. Miracle Whip. Philadelphia cream cheese. Processed cheese. Salad cream. Tomato chutney.

J. Lyons & Co. Ltd.: Citroze. Chocolates. Custard powder. Meringue. Mousse. Ready Brek. Strawberries in Melba sauce. All ice-cream except Wonder Cake.

J. Mackintosh & Sons Ltd.: All products except Crunchies.

Marmite Ltd.: Marmite.

Mars Ltd.: Bounty. Milky Way. Opal Fruits. Spangles. Treets. Tunes.

Midland Counties Dairies Ltd.: All ice-cream except Dream Gateau, Cassata & Roma.

Nestlé Co. Ltd.: Lactogen. Milo. Nesquik. All chocolate except Crackermilk, Crispetta biscuit, Ginger Crisp block, Turkish delight.

Pearce Duff Ltd.: Blancmange powder. Custard powder.

Plumrose Ltd.: Cocktail & Vienna sausages. Frankfurters.  
 Quaker Oats Ltd.: Oat Krunchies. Quaker 1 minute oats.  
 Rowntree & Co. Ltd.: Black Magic chocolates. Butterscotch.  
 Drinking chocolate. Fruit gums. Fruit pastilles. Polo mints  
 and fruits. Sunchoc.  
 J. Sainsbury Ltd.: Custard powder. Ham. Luncheon meat.  
 Potato crisps.  
 A. R. Scott Ltd.: Baby oats. M.O.F. Ready cooked groats.  
 Piper oatmeal. Scott's Porridge Oats.  
 Smith's Potato Crisp Ltd.: Potato crisps.  
 St. Ivel Co. Ltd.: Lactic cheese. Processed cheese.  
 Joseph Terry & Sons Ltd.: Bitter chocolate. Devon Milk chocolate.  
 Fruit pastilles. Oliver Twist chocolate.  
 Trufood Ltd.: **Junior foods (chopped)**: braised steak dinner,  
 fruit & rice with cherries, fruit & rice with honey sauce & vit. C,  
 lamb & green peas, orange delight & vit. C., oxtail and carrot,  
 pineapple delight, roast beef dinner, roast lamb dinner, roast  
 turkey dinner, roast veal dinner, sweet lime dessert & vit. C,  
**Spoonfoods (strained)**: apple-rosehip syrup, bacon & veg.,  
 beef & veg., broth, buttered carrots, gooseberry dessert, grape  
 jelly, liver & veg., mixed veg., orange delight & vit. C, oxtail &  
 veg., pineapple & rice, veg. & ham.  
 Walls Ltd.: Fruit Lollies. Raspberry splits. All ice-cream except  
 Gaycake.  
 Wander Ltd.: "Vimaltol."

#### MENU FOR GLUTEN FREE DIET

(Quantities used are for an adult: children would eat less)

Average daily nutritional values, calculated from food tables.

Protein	92 g.
Calories	2560
Protein%	Calories 14
Vitamin C.	73 mg assuming 80% loss in cooking for vegetables.

# GLUTEN FREE DIET

## DAY 1

### **Breakfast**

Cornflakes  
Milk\* sugar\* for tea and  
cereal daily  
Gluten free bread—see recipe  
(2 slices or as required)  
Boiled egg  
Marmalade  
Tea daily

### **Midmorning**

Instant coffee with milk

### **Midday**

Roast pork and apple sauce  
Roast potato  
Spring greens  
Orange segments  
Dates

### **Tea**

Tea with milk\* sugar\* daily  
Gluten free bread  
Butter\*  
Honey

### **Supper**

Sardine and  
Egg (hard boiled)  
Salad of lettuce/watercress  
and beetroot  
Potato salad with mayon-  
naise (see recipe)  
Baked Apple (see recipe)  
Custard (G.F.) (see recipe)

### **Bedtime**

Cocoa with milk\* sugar\*

## DAY 2

### **Breakfast**

Porridge—oatmeal  
Milk\* sugar\*  
G.F. bread—2 slices or as  
required  
Bacon  
Fried tomato

### **Midmorning**

Cold or hot milk\*

### **Midday**

Boiled silverside  
Boiled onion  
Macedoine of vegetable  
(canned)  
Potatoes—mashed  
Lemon Meringue Rice  
(see recipe)

### **Tea**

Cucumber sandwich with  
gluten free bread and  
butter\*

### **Supper**

Eggs Florentine with Corn-  
flour sauce  
(see recipe)  
Gluten free bread  
Tomatoes grilled  
Fresh Fruit Salad:  
Orange/apple/banana  
Melon—etc. in season.  
Evaporated milk or cream

### **Bedtime**

Cocoa with milk\* sugar\*

\* From daily allowance

Milk 1 pt., Butter or Margarine 1 oz., Sugar 1½ oz.

GLUTEN FREE DIET

DAY 3

**Breakfast**

Cornflakes  
Milk\* sugar\*  
G.F. bread—2 slices or as  
required  
Butter\*  
Smoked haddock  
Marmalade

**Midmorning**

Canned orange juice

**Midday**

Spanish cutlet:  
Lamb chop with tomato and  
onion  
Streaky bacon  
Peas—frozen  
Potatoes—mashed  
Caramel Custard  
(see recipe)

**Tea**

G.F. bread and butter\*  
Cheese spread

**Supper**

Boiled chicken  
Parsley gravy made with  
cornflour  
Purple broccoli  
(frozen)  
Potato—boiled  
Dessert pear

**Bedtime**

Hot Bovril or Marmite

DAY 4

**Breakfast**

Rice Krispies  
Milk\* sugar\*  
G.F. bread  
Butter\*  
Grilled bacon  
Fried bread (G.F.) in bacon  
fat  
Marmalade

**Midmorning**

Instant coffee with milk\*

**Midday**

Boiled ham  
Boiled potato  
Carrots  
Queen of Puddings G.F.  
(see recipe)

**Tea**

Meringue—see recipe with  
double cream

**Supper**

Grilled cod  
Lemon and parsley butter  
Duchesse potato  
Swedish Apricot Charlotte  
(see recipe)  
USE CORNFLAKES

**Bedtime**

Cocoa with milk\* sugar\*

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\* From daily allowance

GLUTEN FREE DIET

DAY 5

**Breakfast**

Porridge—oatmeal  
Milk\* sugar\*  
Scrambled egg  
G.F. bread  
Butter\*  
Marmalade

**Midmorning**

Instant coffee with milk\*  
Sugar\*

**Midday**

Braised steak  
Onion and carrot  
Cauliflower  
Potato—boiled  
Banana Custard  
(see recipe)

**Tea**

Small cake (G.F.)  
(see recipe)

**Supper**

Cheddar cheese  
Salad of tomato/lettuce/  
watercress, etc.  
Jacket potato with margarine  
Junket  
(see recipe)  
Stewed fruit in season

**Bedtime**

Hot or cold milk\*

DAY 6

**Breakfast**

Cornflakes  
Milk\* sugar\*  
Bacon  
Mushrooms fried in bacon  
fat  
G.F. bread  
Butter\*  
Marmalade

**Midmorning**

Orange juice fresh or canned

**Midday**

Haddock (grilled)  
Lemon and parsley butter  
Chips  
Tinned pears  
G.F. chocolate sauce or  
custard

**Tea**

G.F. Bread  
Butter\*

**Supper**

Braised kidneys  
Pilaff rice  
French beans (frozen  
Ice Cream (G.F.)  
(see list)  
Jam Sauce  
(see recipe)

**Bedtime**

Cocoa with milk\* sugar\*

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\* From daily allowance



GLUTEN FREE DIET

DAY 7

**Breakfast**

½ Grapefruit with sugar\*  
Bacon  
1 Egg fried  
Butter\*  
G.F. bread  
Marmalade

**Midmorning**

Instant coffee with milk\*  
sugar\*

**Midday**

Roast leg lamb  
Redcurrant jelly  
Roast potato  
Leeks  
Coffee Cream  
(see recipe)

**Tea**

Chocolate crisp  
(see recipe)

**Supper**

Savoury minced beef with  
onion and carrot, parsley,  
pinch herbs  
Potato—riced  
Cauliflower  
Apple Amber  
(see recipe)

**Bedtime**

Cocoa with milk\* sugar\*

---

\* From daily allowance

### GLUTEN FREE RECIPES

Gluten free bread—see also “Protein free” bread—pages 63 and 65.

Other recipes suitable for gluten free diets are shown among the general recipes—see pages 145-173.

**GLUTEN FREE BREAD**—with protein (**not** suitable for very low protein diets or for phenylalanine restricted diets).

(Makes 2 loaves: tins  $8" \times 3\frac{1}{2}" \times 3"$ : approx. 12 slices/loaf)

12 oz wheat starch  
1 oz fresh yeast  
1 tsp. sugar  
1 tsp. salt  
12-16 oz tepid milk and water  
1 oz Casilan

#### *Method*

Cream yeast and sugar, add tepid liquid. Add to wheat starch and Casilan and mix to a smooth paste—mixture should be like a thick batter in consistency. Pour into warmed greased baking tins and prove for about 30 minutes, or until dough reaches the top of tin, in a warm draught free place. Bake at Reg. 7. Cover with greased paper—if necessary to prevent top getting too brown. (As used at the London Hospital)

Nutritive Value: per loaf: Protein 13 g. Calories 614

or

#### **Per 1 lb. loaf**

7 oz wheat starch  
1 oz Casilan or dried skimmed milk powder  
1 level tsp. salt  
 $\frac{1}{2}$  oz margarine  
 $\frac{1}{2}$  oz yeast  
 $\frac{1}{4}$  oz sugar  
9 oz tepid water

#### *Method*

Rub in fat. Sift together starch, salt and Casilan. Cream yeast and sugar and add tepid liquid. Add to dry ingredients and mix to a smooth batter. Pour into very well greased tin. Cover with a damp cloth and leave to rise in a warm draught free place. When dough reaches top of tin bake in a moderate oven for 8 minutes and a rather hotter oven for 20 minutes. Remove loaves from tin, turn

upside down on a wire cake rack and bake for a further 15 minutes in a hot oven or until brown.

Gluten free bread may be baked, and kept in a deep freeze until required.

Approx, value per oz: Protein 1.6 g. Calories 60

#### STEAMED PUDDING (4 portions)

4 oz wheat starch  
1 tsp. baking powder  
2 oz margarine  
2 oz caster sugar  
1 egg  
Milk

##### *Method*

Cream margarine and sugar. Sift baking powder and starch together. Add alternately beaten egg and starch, beating well between each addition. Add extra milk if necessary to give a soft consistency. Pour into well greased basin, cover with greased paper and steam for 1 hour. Serve with syrup or jam sauce.

The mixture may also be used for small cakes—bake in well greased tins. Ice if liked.

Nutritive value—pudding per portion Protein 1.7 g. Calories 292

#### Short Crust Pastry

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

##### *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).

#### Scones (12 scones)

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

### *Method*

Make as for ordinary scones, brush tops with milk and sugar mixture and bake for 30 minutes in a quick oven.

Per scone: Protein 0.4 g. Calories 144,

### **Wheat Starch Biscuits (12 biscuits)**

3 oz wheat starch  
4 oz sugar  
3 oz ground rice  
4 oz 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 baking tray and cook at 250°F for 15 minutes.

Per biscuit: Protein 1.0 g. Calories 180.

### **Small Cakes (6-8 portions)**

4 oz wheat starch  
1 oz margarine  
1 oz lard  
2 oz sugar  
1 egg  
1½ oz milk  
½ tsp. \*baking powder  
Pinch salt

Flavour with coconut, finely chopped dates or other dried fruit

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

### *Method*

Cream fat and sugar. Add beaten egg gradually, beating well. Sift together wheat starch, salt and baking powder. Stir into creamed mixture. Add milk, dried fruit or other flavouring and stir. Place into small greased tins or paper cups and bake in a moderate oven.

(These cakes keep well in an airtight tin)

Per cake: Protein 1 g., g., Calories 154.,

## LOW RESIDUE DIETS

There is some confusion as to the exact meaning of the term "low residue". It may or may not be the same as a "bland" or "low fibre" diet. Perhaps the best way of describing this type of diet is to consider its purpose. For patients with painful ulceration or inflammation of any part of the bowel or with persistent diarrhoea of whatever cause, the physician requires the patient to have food which is smooth and non-irritating. It is known that cellulose i.e. roughage or fibre, found in fruits, vegetables and whole grains, stimulates peristalsis, movement of the intestines, which may cause pain and/or delay the healing of an inflamed or ulcerated gut. Some foods, notably raw eggs, fibrous or tough meat and milk are said to leave comparatively large residues in the bowel and fried foods are thought to cause irritation. If the physician orders a **low residue** diet he will require these foods to be excluded or restricted as well as fruits, vegetables and cereals containing fibrous matter.

Some patients have difficulty in digesting lactose—milk sugar—and as lactose is a purgative, its presence in the bowel causes diarrhoea. Milk and cheese free, low fibre diets, are ordered for these patients.

In summary, a low residue diet may be:

- (1) normal except that all fruits and vegetables should be sieved or homogenised and wholemeal flour, coarse oatmeal, Ryvita and similar crispbreads should be omitted
- (2) as above but in addition, **omit** fried foods, tough meat, raw eggs, milk and cheese.

The high protein light diet on pages 55 to 58, will be suitable for (1) except that all fruits and vegetables must be sieved.

For **\*milk and cheese free**, low residue or bland diet, a meal pattern as follows is suitable:—

**NO MILK** in tea or other beverages

**Breakfast** Fruit juice and sugar or tomato juice.  
White bread, butter, jelly marmalade or honey.  
Lightly boiled egg or grilled bacon, cold lean ham or poached smoked haddock.  
Weak tea with lemon and sugar.

**Midmorning** Fruit juice  
Plain biscuit

<b>Midday</b>	<p>Stewed or roast lean meat or poached white fish (<b>not</b> in milk) or grilled fish Mashed or riced potato (no milk) Sieved green vegetable or carrot or tomato concasse (peas and beans are usually best avoided as the skins are particularly tough) Steamed or baked sponge pudding (no milk in the mixing) or sieved fruit alone or in jelly. Crisp short pastry with sieved fruit. <b>Avoid all custards, milk sauces and puddings</b></p>
<b>Tea</b>	<p>Weak tea with lemon White bread and butter, jelly jam or honey Plain scones, sponge cake or madeira cake</p>
<b>Supper</b>	<p>Purée vegetable soup or clear soup Meat or fish or chicken with vegetables as midday Sieved fruit or plain jelly, trifle (no custard or cream: decorate with grated plain chocolate) Sliced banana with strained jam sauce Sieved fruit with Ribena sauce.</p>
<b>Bedtime</b>	<p>Fruit juice or Marmite or Bovril Plain Biscuit</p>

Note: Diets low in fibre may be deficient in vitamin C. Vegetable purées have usually lost most of their vitamin C content and the amount of both fruit and vegetables eaten is small. To make good a deficiency, fruit juice, tomato juice, blackcurrant purée or juice should be served daily either as a drink or as sauce accompanying puddings.

\*A soya bean liquid milk, suitable for a milk free diet, is obtainable from Plamil, Plant Milk Ltd., Tithe Farm, High Street, Langley, Bucks.

## MIXED DIETS

Uncomplicated, single diets the caterer finds comparatively easy but "mixed diets" are more of a problem. How does he cope with a "gastric salt free" or a "diabetic gastric"?

The answer is—by attending to the principles of both diets. For example a diabetic diet must contain the same amount of carbohydrate at the same meals each day. If, added to this the diet must be low in salt, also, then "salty" foods must be restricted as detailed in Low Sodium Diets pages 114 to 120. Gastric diets are now, fortunately simpler than they were but if complicated by the need to be "reducing" or "low fat" at the same time then, applying the principles of both:—

Gastric Reducing diet	}	Meals should be little and often and contain fewer calories than the patient expends.
		Cut <b>out</b> sugar—cut <b>down</b> on bread, potatoes, cakes and puddings.
Gastric Low Fat diet	}	Meals should be little and often. Give skim milk, few if any eggs—no fat meat or cheese, restrict butter and other fats.
		No fatty biscuits, cakes or puddings

An example of a gastric diet, which must be diabetic also, is given below:—

**Light Gastric Diet** (arranged for Diabetic Patient 150 g. CHO  $\equiv$  15 black lines (Distribution as Diabetic Diet page 76).

Breakfast 40 g.				oz	cho. g.
Rice Krispies	..	..		$\frac{1}{2}$	10
Milk	..	..	..	7	
for tea and cereal		..			10
Bread	..	..	..	$1\frac{1}{3}$	20
Butter*	..	..	..		
Weak tea					
1 egg scrambled with butter					
					40
Midmorning					
1 egg beaten in	}	..		7	10
milk Flavoured					
					10

**Midday**

	oz.	cho. g.
Grilled fish or boiled chicken or lean lamb		
Potato—riced or mashed	2	10
Sieved or chopped green vegetables		
Cereal milk pudding:		
$\frac{1}{2}$ oz cereal/7 oz milk or ice cream 2 oz with sieved fruit C10 or other C20 pudding .. ..		20

---

30

**Tea**

Weak tea with milk		
Bread/butter .. ..	$\frac{2}{3}$	10
<b>or</b>		
Milk .. ..	7	

---

10

**Supper**

1. Chicken or fish or lean lamb as midday			
Potatoes mashed or riced and	2	10	} 20
Bread .. ..	$\frac{2}{3}$	10	
<b>or</b>			
Potatoes .. ..	4	20	
Sieved green vegetables			
<b>and</b>			
2. Cereal pudding as mid-day .. ..		20	
<b>or</b> as an alternative to pudding:			
Baked egg custard 10 g. CHO			} 20
<b>and</b>			
Sieved fruit 10 g. CHO (see list)			

---

Totals 1 and 2. .. 40



Bedtime				oz.	cho. g.
Milk	..	..	..	7	10
Bournvita or	Ovaltine	or			
Horlicks	..	..		$\frac{1}{2}$	10
				<hr/>	
				20	
or					
Milk	..	..	..	7	10
Plain Biscuit	..	..		$\frac{1}{2}$	10
				<hr/>	
				20	
Total				150	

### 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 and other red fruits or vegetables.

#### **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. White bread, butter, breakfast cereals, honey, marmalade, sugar, apple, pear, grapefruit, banana.

#### **NOTES:**

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. The patient should be reassured, before the test begins, that the diet, although necessarily monotonous, will last only for a few days.

## RECIPES

Note: Recipes marked B.N. are reprinted from Cooking for Special Diets by Bee Nilson, published by Penguin Books Ltd; by kind permission of the author and publishers.

### SOUPS

CREAM OF VEGETABLE SOUP (to serve 4) B.N. recipe

1 lb. Mixed vegetables

1 pt. Milk

Seasoning

#### *Method*

Prepare and cook vegetables in **very** little water with lid on pan  
—add a little margarine or oil. When soft put into goblet of electric

blender—add a little milk if necessary. Mix to a purée. Add remaining milk—heat but do not boil and season to taste.

**Per Portion:** Protein 6.2 g., Fat 5.5 g., Calories 140, Sodium 813 mg.

Low Sodium: omit salt—sodium 125 mg.

Also suitable for gluten free.

#### PEA SOUP (to serve 4)

##### *Ingredients*

1 pt. Stock or water  
Ham bone  
3 oz Dried peas  
4 oz Carrot  
4 oz Onion  
1 oz Dripping  
 $\frac{1}{2}$  oz Flour  
 $\frac{1}{2}$  oz Sugar  
Bouquet garni  
Seasoning

##### *Method*

Wash peas and soak overnight. Fry sliced onion and carrot in dripping. Add flour, stir well and brown. Pour over stock slowly—stirring well. Add ham bone, soaked peas, seasoning bouquet garni and sugar. Closely cover and simmer for one to two hours. Pass through a sieve—add more water or stock to make up to 1 pint—reheat—correct seasoning and serve.

**Per Portion:** Protein 5.5 g., Fat 7.0 g., Calories 160, Sodium 726.0 mg

Low Sodium Diets: omit salt, sodium 38.4 mg.

#### CREAM OF TOMATO SOUP (to serve 12)

##### *Ingredients*

$1\frac{1}{2}$  pts. Vegetable stock  
 $1\frac{1}{2}$  pts. Milk  
3 oz Flour  
6 oz Tomato purée  
or 4 lb. tomatoes and  $\frac{1}{2}$  pt. less stock  
 $\frac{1}{2}$  lb. Carrots  
2 oz Dripping  
1 oz Sugar  
Bacon bones to flavour  
Salt and pepper to taste  
Faggot

### *Method*

Melt the dripping and lightly fry the carrots, add flour and cook without browning. Add the tomato purée or sliced tomatoes, salt, faggot and stock; simmer for 1 hour. Remove faggot, pass soup through a fine sieve, add milk, correct seasoning and reheat—do not boil.

**Per Portion:** Protein 4 g., Fat 7.4 g., Calories 126, Sodium 516 mg.

### CREAM OF CHICKEN SOUP (to serve 12)

#### *Ingredients*

2 pts. Chicken stock  
 $\frac{1}{2}$  lb. Potatoes  
2 oz Flour  
1 oz Margarine  
1 pt. Milk  
Salt and pepper to taste  
4 oz Cooked chicken

#### *Method*

Boil the potatoes in the stock and sieve when cooked. Make roux with flour and margarine, add milk, sieved potatoes etc.; season. Add finely chopped chicken garnish and reheat.

**Per Portion:** Protein 4.9 g., Fat 4.8 g., Calories 100, Sodium 500 mg.

### CREAM OF CARROT (to serve 12)

#### *Ingredients*

2 pts. Stock  
 $1\frac{1}{2}$  lb. Carrots  
1 lb. Potatoes  
Stick of celery  
1 pt. Milk  
2 oz Cornflour  
Salt and pepper  
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.

**Per Portion:** Protein 3.4 g., Fat 1.9 g., Calories 100, Sodium 565 mg.

Also suitable for gluten free

## SAVOURIES

### CHEESE PUDDING (to serve 4)

#### *Ingredients*

3 oz Breadcrumbs  
 $\frac{3}{4}$  pt. Milk  
 $\frac{1}{2}$  oz Margarine  
4 oz Grated cheese  
2 Eggs  
1 tsp. Salt

#### *Method*

Warm the milk, whisk in beaten eggs, margarine, grated cheese and salt. Pour over breadcrumbs in pie dish or individual dishes. Bake in slow oven, serve at once.

**Per Portion:** Protein 14.5 g., Fat 16.3 g., Calories 500, Sodium 1056 mg.

### CAULIFLOWER CHEESE (to serve 12)

#### *Ingredients*

3 Cauliflowers whole  
2 pts. Milk  
3 oz Flour  
3 oz Margarine  
12 oz Cheese  
Salt

#### *Method*

Prepare the cauliflower, cut out stump and wash. Boil in salted water until just soft. Strain, portion and place in greased dishes or in a border of piped mashed potato. Make cheese sauce and pour over the cauliflower. For gluten free diets use a cornflour or gluten free flour sauce.

**Per Portion:** Protein 12.6 g., Fat 19.6 g., Calories 280, Sodium 715 mg.

### MACARONI OR SPAGHETTI CHEESE (to serve 12)

#### *Ingredients*

8 oz Macaroni or Spaghetti  
12 oz Grated cheese  
2 pts. Milk  
3 oz Margarine  
3 oz Flour  
Salt  
 $\frac{1}{4}$  tsp. Mustard

### *Method*

Boil macaroni in salted water until cooked. Make a cheese sauce with remainder of ingredients, mix in the macaroni and reheat. Serve in individual dishes.

**Per Portion:** Protein 13 g., Fat 20 g., Calories 330, Sodium 707 mg.

## CHEESE CUSTARD (to serve 12)

### *Ingredients*

3 pts. Milk  
9 Eggs  
8 oz Cheese  
Salt and pepper

### *Method*

Heat the milk slightly and stir into the beaten eggs. Add the grated cheese and seasoning. Pour into greased pie dishes and bake until set in a bain marie in a moderate oven (individual dishes are preferable)

Suitable for gluten free diet.

**Per Portion:** Protein 14.4 g., Fat 17.3 g., Calories 240, Sodium 703 mg.

## CHEESE SOUFFLÉ (to serve 4) B.N. recipe

### *Ingredients*

1 oz Margarine  
1 oz Plain flour  
 $\frac{1}{4}$  pt. Milk  
3 Eggs  
3 oz Cheese (finely grated)  
Salt—pinch

### *Method*

Melt margarine and add flour, cook to a sandy texture. Add milk gradually beating with a wooden spoon between each addition. Separate yolk from white of egg—beat yolks with 1 tbsp. cold water and stir into sauce with grated cheese and salt. Beat whites stiffly and fold in. Pour into greased dishes with collar of greased paper tied round. Bake in moderate oven until risen and brown. Serve at once.

**Per Portion:** Protein 12.4 g., Fat 20 g., Calories 260, Sodium 916 mg.

### EGGS FLORENTINE (to serve 4)

#### *Ingredients*

4 Poached eggs  
2 oz Grated cheese  
 $\frac{1}{2}$  pt. Bechamel sauce  
16 oz Frozen spinach

#### *Method*

Poach the eggs, make Bechamel sauce and add half grated cheese. Meantime cook and drain spinach. Divide between 4 dishes, place 1 poached egg on spinach in each dish. Pour over sauce. Sprinkle with grated cheese and grill. For gastric diets add **all** cheese to the sauce and do not brown under the grill.

**Per Portion:** Protein 19.3 g., Fat 20.8 g., Calories 310, Sodium 1660 mg.

### FRICASSE OF EGGS (to serve 12)

#### *Ingredients*

12 Hard boiled eggs  
12 Rashers streaky bacon  
4 tbps. Chopped parsley  
 $1\frac{1}{2}$  pts. Bechamel sauce

#### *Method*

Make Bechamel sauce see page 156. Cut hard boiled eggs in half. Remove bacon rinds, roll up rashers and fasten on skewers—grill until crisp. Put eggs into hot dishes (individual ones are preferable) pour over sauce. Garnish with bacon and parsley.

**Per Portion:** Protein 13.9 g., Fat 28.6 g., Calories 360, Sodium 1170 mg.

Low Sodium:—omit bacon and use salt free sauce.

### OMELETTE

#### *Ingredients*

2 Eggs  
1 tsp. Salt  
Cooking fat or oil

#### *Method*

Clean and season omelette pan. Melt in it a little cooking fat or oil and heat to a blue haze. Pour in beaten eggs, stir with a fork,



tilt pan, roll egg mixture over as omelette cooks. When cooked fold in garnish—cooked mushroom, tomato, ham etc.

**Per Portion:** (with 1 oz mushrooms) Protein 13.6 g., Fat 14 g., Calories 300, Sodium 1570 mg.

Suitable for gluten free diets.

## BEEF MOULD (to serve 12)

### *Ingredients*

2½ lb. Lean minced beef—raw  
½ lb. Minced bacon or ham “ends”  
½ lb. Fresh breadcrumbs  
¼ pt. Tomato purée  
Salt and pepper

### *Method*

Grease 12 individual basins. Mix all ingredients thoroughly and season well. Press mixture into the basins, cover with aluminium foil and steam for ½–¾ hour or bake. Serve hot with brown sauce or chill and serve cold with salad.

Note: The use of S.F. bread and omission of bacon/ham makes the dish suitable for low salt diets and use of gluten free bread, for gluten free diets.

**Per Portion:** Protein 22.4 g., Fat 18.7 g., Calories 300, Sodium 1300 mg.

Low Sodium: omit bacon, salt and use “S.F.” breadcrumbs.

Protein 20 g., Fat 10.2 g., Calories 220, Sodium 65 mg.

## BAKED FISH CAKES (12 cakes)

### *Ingredients*

1½ lb. Cooked white fish  
½ lb. Cooked mashed potato  
2 tbsp. Chopped parsley  
3 Eggs  
Juice of 1 lemon  
Salt and pepper  
Browned breadcrumbs

### *Method*

Remove all bones and skin from fish. Mix well with potatoes, lemon juice, parsley and seasoning. Bind with 2 of the eggs, beaten.

Shape into cakes. Beat the third egg, coat cakes in this and roll in crumbs. Firm well into the cakes. Bake on a greased tin or grill.

Note: Suitable for low fat diets. Use "salt free" breadcrumbs and omit salt for low sodium diets.

Or use gluten free crumbs for gluten free diets.

**Per Portion:** Protein 12.7 g., Fat 3.5 g., Calories 126, Sodium 608 mg.  
Low Sodium: Sodium 76.5 mg.

#### CREAMED SOFT ROES ON TOAST (to serve 4)

##### *Ingredients*

8 soft herring roes  
 $\frac{1}{2}$  pt. Milk  
 $\frac{1}{2}$  oz Plain flour  
 $\frac{1}{2}$  oz Margarine  
Lemon juice  
Salt and pepper  
Chopped parsley  
4 slices toast

##### *Method*

Wash roes and dust in salt and pepper. Stew, very gently in milk, for 10-15 minutes. Lift out and keep hot. Make white roux with flour and margarine, add milk in which roes were cooked gradually, beating well between each addition. Add lemon juice, and more seasoning if needed. Place roes on hot toast, pour over sauce and garnish with chopped parsley or place roes in collar of mashed potato, cover with sauce and garnish.

Note: For low sodium diets use "salt free" bread and margarine and omit salt. For gluten free diets use gluten free bread or mashed potato and make white sauce with cornflour, adding margarine to cooked sauce.

**Per Portion:** (with toast)

Protein 18.6 g., Fat 12.3 g., Calories 320, Sodium 955 mg.  
Low Sodium: Sodium 85 mg.

#### FISH PIE (to serve 12)

##### *Ingredients*

2 Hard boiled eggs  
3 lb. Filleted cod  
2 lb. Cooked creamed potatoes  
Salt  
1 pt. Thick white seasoned sauce  
Parsley, finely chopped

### *Method*

Remove skin and bone from cooked fish, and flake it into the white sauce. Add finely chopped parsley, seasoning and chopped hard boiled eggs. Place in a greased pie dish. Cover with creamed potato and brown in the oven.

Note: Omit salt for low sodium diets and use "salt free" margarine.  
For gluten free diets use cornflour to thicken sauce and add margarine to cooked sauce.

**Per Portion:** Protein 23 g., Fat 10.6 g., Calories 260, Sodium 875 mg.

Low Sodium: Sodium 157 mg.

### FISH KEDGEREE (to serve 12)

#### *Ingredients*

3 lb. Fillet of fish

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.

Note: Omit salt for low sodium diets and use "salt free" margarine.  
Suitable for gluten free diets.

**Per Portion:** Protein 19.0 g., Fat 5.0 g., Calories 170, Sodium 616 mg.

Low Sodium:—Sodium 143 mg.

### STEWED SWEETBREADS (to serve 12)

#### *Ingredients*

2½ lb. Sweetbreads

1 pt. Water

½ 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 velouté sauce with margarine, flour etc. and stock in which sweetbreads were cooked. Pass through

strainer and pour over cooked sweetbreads. Serve hot garnished with chopped parsley.

Note: For low sodium diets omit salt and use "salt free" margarine.

**Per Portion:** Protein 16.6 g., Fat 11.3 g., Calories 190, Sodium 532 mg.  
Without salt—sodium 59 mg.

#### TRIPE (to serve 12)

##### *Ingredients*

1 lb. Onions  
3 lb. Tripe  
1 pt. Milk  
1 pt. Water  
1 oz Dried milk reconstituted  
2 oz Flour  
2 oz Margarine  
Salt

##### *Method*

Cut tripe into pieces 1" square and slice onions. Place both in a saucepan and cover with milk and water, simmer gently with lid on pan until cooked. Make a velouté sauce with margarine, flour etc. and liquor in which tripe was cooked. Season well. Add tripe, onions and reheat.

Note: For low sodium diets omit salt and use "salt free" margarine.

**Per Portion:** Protein 14.3 g., Fat 8.6 g., Calories 170, Sodium 534 mg.  
Without salt—Sodium 60.7 mg.

#### CREAMED VEAL, HAM OR CHICKEN (to serve 4)

##### *Ingredients*

10 oz Freshly cooked meat diced  
or 1½ lb. raw chicken  
or 1¼ lb. raw veal  
¾ pt. Bechamel sauce  
1 tbsp. Chopped parsley for garnish

##### *Method*

Make Bechamel sauce—see page 156. Trim and dice cooked meat. Fold into sauce and reheat until really hot. Serve in collar of mashed potato, garnished with chopped parsley.

**Per Portion:** Protein 26.6 g., Fat 21.6 g., Calories 360, Sodium 860 mg.

Note: For low sodium diets use veal or chicken; omit salt and use "salt free" margarine. Sodium 244 mg.

## SAVOURY SAUCES

WHITE SAUCE (6-8 portions : 1 pt.)

*Ingredients*      *thick*      *pouring*

Milk              1 pt.      1 pt.

Margarine      1½ oz.      1 oz.

Plain flour      1½ oz.      1 oz.

Salt

Flavouring if required

### *Method*

Melt margarine in saucepan and add flour. Cook to a sandy texture. Add milk gradually, beating well over the heat between each addition. Add salt and other flavouring to taste.

**Per Portion:** (thick) Protein 2.9 g., Fat 7.3 g., Calories 110, Sodium 740 mg.

Note: For low sodium diets omit salt and use "salt free" margarine.  
Sodium 36 mg.

MAYONNAISE (to serve 6) B.N. recipe

*Ingredients*

1 Egg yolk

½ level tsp. Salt

1 tbsp. Lemon juice

¼ pt. Oil

¼ tsp. Mustard

### *Method*

Mix egg yolk, salt, pepper and mustard with half the lemon juice. Beat well. Add the oil ½ tbsp. at a time beating well between each addition. Finally add the remaining lemon juice and 1 tbsp. hot water to obtain the right consistency.

**Per Portion:** Protein 0.8 g., Fat 25 g., Calories 237, Sodium 232 mg.

Note: For low sodium diets omit salt from recipe.  
Sodium 2.4 mg.

Suitable for gluten free diets

DUTCH SAUCE (10 portions to 1 pt.)

Add to basic white sauce, 2 raw egg yolks well beaten to each pint and a squeeze of lemon juice. Reheat very carefully to cook eggs but to avoid curdling

**Per Portion:** Protein 3.2 g., Fat 7.6 g., Calories 110, Sodium 595 mg.

### TOMATO SAUCE (to serve 12)

#### *Ingredients*

1 lb. Tomatoes  
or 1 pt. canned tomatoes  
2 oz Dripping or bacon fat  
1 Onion—chopped  
2 oz Plain flour  
 $\frac{1}{4}$  pt. Stock  
Bayleaf  
Salt and pepper to taste  
Sugar 1 flat tbsp.

#### *Method*

Fry off onion with dripping and add flour and cook to brown colour. Add tomatoes, stock, bayleaf, sugar and seasoning. Cook gently until soft. Pass through strainer. Correct seasoning. Reheat and serve.

**Per Portion:** Protein 1.2 g., Fat 5.6 g., Calories 90, Sodium 553 mg.

**Note:** Omit salt for low sodium diets. Sodium 2.6 mg. Thicken with cornflour for gluten free diets.

### BECHAMEL SAUCE (8-10 portions per pint)

#### *Ingredients*

1 pt. Milk  
2 oz. (1 small) onion  
Small piece carrot  
Small piece celery  
Piece bayleaf  
10 peppercorns  
2 oz Margarine  
2 oz. Plain flour  
Salt and pepper

#### *Method*

Put milk, prepared vegetables and seasonings into a pan—bring to the boil. Remove to a warm place and infuse for 5 minutes. Strain. Make roux with fat and flour. Add milk gradually, beating between each addition. Stir over the heat until all milk is added. Correct seasoning and serve.

**Per Portion:** Protein 2.6 g., Fat 7 g., Calories 100, Sodium 610 mg.

**For use with Low Salt diets.**

#### **JUPP SAUCE**

Equal quantities, approximately 4 oz each of apples and tomatoes, cooked together with a little water to produce  $\frac{1}{4}$  pint purée. 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.

**MUSTARD SAUCE** (serve with grilled herring or herring roes or white fish)

##### *Ingredients*

1 pt. Milk  
1 oz. Plain 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.

#### **BREAD SAUCE**

##### *Ingredients*

4 oz. 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.

#### **Sweets and Puddings**

(Note: fresh or reconstituted dried milk used)

#### **MILK JELLY** (to serve 4)

##### *Ingredients*

Jelly crystals or cubes sufficient for 1 pt. liquid.  
5 oz. Evaporated milk

### *Method*

Dissolve jelly crystals or cubes in  $\frac{3}{4}$  pt. hot water—stir and cool. When cold beat in evaporated milk—set in individual dishes. If liked use heated fruit purée in place of water. Serve with custard, cream or evaporated milk.

Note: Also suitable for gluten free diets. Use skimmed milk for low fat diets (no cream or evaporated milk). Edosol milk for low sodium diets.

**Per Portion:** Protein 4.5 g., Fat 4 g., Calories 103, Sodium 65 mg.

### JUNKET (to serve 4)

#### *Ingredients*

1 pt. Milk (fresh)

$\frac{1}{4}$  tsp. Rennet

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

**Flavour:** Either use flavoured packet junkets or Ribena or synthetic flavourings or nutmeg.

**Per Portion:** Protein 4.5 g., Fat 5.5 g., Calories 140, Sodium 71 mg.

### CEREAL PUDDINGS (to serve 4) (rice, tapioca, semolina etc.)

#### *Ingredients*

1 pt. Milk

$1\frac{1}{2}$  oz. Semolina or other cereal

2 oz. Sugar

1 Yolk of egg

Flavouring: if liked, cocoa, lemon or orange juice and peel (latter removed before serving)

#### *Method*

Cree rice with a little water, add milk, sugar and egg yolk. Bake in pie dishes in slow oven until grain is soft. For ground grain: mix with a little milk, add sugar and the remaining milk. Bring to the boil and cook until mixture thickens. Cool, whisk in beaten egg yolk, place mixture in pie dishes. Complete cooking in slow oven.

**Per Portion:** Protein 5.6 g., Fat 8.7 g., Calories 220, Sodium 20 mg.

EGG CUSTARD (to serve 4) Suitable for gluten free diets: and if made with Edosol, for low sodium diets.

#### *Ingredients*

1 pt. Milk

3 Eggs

$1\frac{1}{2}$  oz Sugar

Nutmeg



### *Method*

Beat eggs with sugar, pour on cold milk and stir. Divide mixture between 4 individual dishes. Sprinkle with nutmeg. Bake in bain marie in moderate oven until just set.

**Per Portion:** Protein 9.6 g., Fat 10.7 g., Calories 206, Sodium 126 mg.

## QUEEN OF PUDDINGS (to serve 12)

### *Ingredients*

3 pts. Milk  
4 Eggs  
12 oz. Breadcrumbs—white  
5 oz. Sugar  
2 oz. Margarine  
4 oz. Caster Sugar  
4 oz. Jam  
Rind and juice of 1 lemon

### *Method*

Boil milk with 5 oz. sugar, margarine and lemon peel. Remove lemon peel. Add breadcrumbs and stir in beaten egg yolks and lemon juice. Place in individual pie dishes, bake in bain marie until set. Spread with jam. Make meringue with sugar and egg whites. Pile on top of puddings. Return to oven to cook meringue.

Note: Use "salt free" breadcrumbs and margarine for use with low sodium diets. Gluten free breadcrumbs for a gluten free diet. Skimmed milk and omit margarine for low fat diets.

**Per Portion:** Protein 9.0 g., Fat 7.6 g., Calories 330, Sodium 259 mg.

Low Fat: Protein 7.3 g., Fat 3.2 g., Calories 246.

Low Sodium: Sodium 98 mg.

## MERINGUE (8-10 halves)

### *Ingredients*

4 Egg whites  
4 oz. Caster sugar

### *Method*

Beat egg whites. Fold in  $\frac{3}{4}$  of sugar. Pipe onto oiled rice paper. Sift over remaining sugar. Dry out in **very** slow oven or hot cupboard until pale fawn in colour and crisp. Also suitable for low fat, gluten free and low sodium diets.

**Per Portion:** Protein 1.0 g., Fat —, Calories 50, Sodium 22 mg.

### FRUIT PIE (to serve 12)

#### *Ingredients*

12 oz. Plain flour  
3 oz. Margarine  
3 oz. Lard  
 $\frac{1}{4}$  tsp. Salt  
Water to mix  
3 lb. Apples—cooking  
6 oz. Golden syrup  
4 Cloves

#### *Method*

Peel, core and slice apples very thinly, soften in syrup and cool. Place in pie dishes—make pastry, roll out and cover fruit. Bake pies in fairly quick oven. For dumplings use whole peeled and cored apples. Put 1 tbsp. sugar in core hole. Cover with pastry and bake.

Note: Use "salt free" margarine and omit salt for low sodium diets.

**Per Portion:** Protein 3.7 g., Fat 13.0 g., Calories 300, Sodium 300 mg.

Low Sodium: Sodium 3.3 mg.

### BREAD AND BUTTER PUDDING (to serve 12)

#### *Ingredients*

12 Slices stale bread  
3 oz. Butter or margarine  
4 oz. Sugar  
4 Eggs  
3 pts. Milk  
Sultanas, currants, dates, raisins as available or mincemeat  
Cinnamon or nutmeg

#### *Method*

Spread butter on sliced bread. Arrange in layers in pie dishes with dried fruit (washed) between layers. Make custard with milk, sugar, eggs. Pour over bread—allow to soak. Sprinkle with nutmeg or cinnamon. Bake in moderate oven until set and browned. For gluten free diets use gluten free bread. For low fat diets omit butter—use extra dried fruit and skimmed milk.

**Per Portion:** Protein 9 g., Fat 14 g., Calories 330, Sodium 270 mg.

Low Sodium: 10 mg.

Low fat: Protein 9.5 g., Fat 3.3 g.

Calories 210, Sodium 270 mg.

### CARAMEL CUSTARD (to serve 4)

#### *Ingredients*

##### Caramel:

2 oz. Sugar

2 tbsp. Water

##### Custard:

3 Eggs

1 pt. Milk

2 oz. Sugar

#### *Method*

Grease 4 individual moulds. Dissolve sugar in water—boil until water evaporates and sugar turns light brown—pour into moulds. Beat eggs with sugar, add milk, pour into moulds. Cover with greased paper. Bake in bain marie until just set. Cool, chill in refrigerator, turn out and serve.

**Per Portion:** Protein 9.6 g., Fat 11.0 g., Calories 266, Sodium 129 mg.

Note: Also suitable for gluten free diets.

### COFFEE BLANCMANGE (to serve 4)

#### *Ingredients*

1 pt. Milk

1½ oz. Cornflour or coffee blancmange powder

2 oz. Sugar

1 tbsp. Instant coffee (use with cornflour)

#### *Method*

Pour hot milk over blended cornflour stirring to prevent lumping. Return to the pan, add sugar and bring to the boil stirring all the time. Rinse moulds in cold water. Pour in mixture and leave to set. Individual moulds are preferable. Turn out, decorate and serve.

**Per Portion:** Protein 4.5 g., Fat 5.5 g., Calories 190, Sodium 77 mg.

Note: For low sodium diets use Edosol: Sodium 5.5 mg.

Also suitable for gluten free diets. Use skimmed milk for low fat diets.

### FRUIT FOOL (to serve 4) B.N. recipe

#### *Ingredients*

½ pt. Thick fruit purée

(apple, plum, prune, apricot)

Sugar to taste

Juice of 1 lemon

¼ pt. thick custard

⅛ pt. double cream

### *Method*

Cook fruit with sugar and little water. Make purée. Add lemon juice and custard—beat well. Whip cream, fold in, divide into individual dishes chill and serve.

Note: Also suitable for gluten free diets if custard powder is gluten free. For low sodium diets use double cream and no custard, or make custard with Edosol.

**Per Portion:** Protein 2.0 g., Fat 12 g., Calories 260, Sodium 12 mg.

### BAKED APPLE

#### *Ingredients*

1 large apple per serving  
(5 oz. approximately)

#### *Method*

Wash and core apples—make shallow cut round circumference with sharp knife. Stuff with cooked prunes and sugar or mincemeat or dates or marmalade or sultanas and brown sugar. Cover with greased paper or foil: bake until soft. Serve with custard, apricot sauce, whipped cream or caramel sauce.

Note: Suitable for low sodium, low fat and gluten free diets: but avoid dried fruit fillings for low sodium diets.

**Per Portion:** Protein 0.8 g., Fat -, Calories 130, Sodium 10 mg.

### COFFEE CREAMS (to serve 12) B.N. recipe

#### *Ingredients*

6 Eggs  
3 oz. Sugar  
1½ pts. Milk  
¾ oz. Gelatine  
6 tbsp. Hot water  
Instant coffee or coffee essence to taste  
¾ pt. Evaporated milk

#### *Method*

Make custard with eggs, sugar and milk. Cook in bain marie. Dissolve gelatine in hot water and add to custard slowly, together with coffee to taste. Cool. Whip evaporated milk or cream and fold into the mixture. Pour into individual moulds and chill. Turn out when set and decorate with whipped cream.

**Per Portion:** Protein 8 g., Fat 9 g., Calories 175, Sodium 128 mg.

Note: Also suitable for gluten free diet.

### SWEDISH APRICOT CHARLOTTE (to serve 4)

#### *Ingredients*

1 lb. Apricots—fresh, poached or canned  
4 oz. Single cream  
2 oz. Sugar  
Shredded Wheat—4 biscuits

#### *Method*

Remove stones and halve apricots. Poach in syrup. When soft place in individual dishes. Crumble shredded wheat on top with a little sugar. Serve with whipped cream or pouring cream.

**Per Portion:** Protein 4.3 g., Fat 6.8 g., Calories 250, Sodium 17 mg.

Note: Also suitable for low sodium diets using fresh apricots.

Use cornflakes for gluten free diet **not** shredded wheat.

### BANANA CUSTARD (to serve 4)

#### *Ingredients*

1 pt. Milk  
1½ oz. Custard powder  
1½ oz. Sugar  
Bananas—2 large peeled  
Juice of ½ lemon

#### *Method*

Blend custard powder with a little milk and boil the remainder. Pour hot milk over blended custard powder stirring all the time. Return to the pan, add sugar and bring to the boil, stirring well to prevent mixture sticking. Peel bananas, slice fruit **thinly**. Toss in lemon juice to prevent browning. Stir into custard. Divide between individual dishes, chill and serve decorated with whipped cream, grated chocolate or glacé cherries etc.

Note: Suitable for gluten free diets if custard powder is free of gluten.

Use skimmed milk for low fat diets and Edosol milk for low sodium diets.

**Per Portion:** Protein 5.4 g., Fat 5.5 g., Calories 230, Sodium 78 mg.

### TRIFLE (to serve 4)

#### *Ingredients*

3 oz. Sponge cake  
¼ pt. Fruit juice (pineapple, peach, apricot etc.)  
1 tbsp. Sherry  
1 oz. Seedless red jam  
¾ pt. Custard  
Cream single

*Method*

Cut sponge cakes, spread with jam and arrange in dishes. Pour over fruit juice and sherry, leave to soak. Pour over custard—decorate with whipped cream, glacé cherries, etc.

Note: Use skimmed milk for custard and omit cream for low fat diet.

**Per Portion:** Protein 2.5 g., Fat 8 g., Calories 176, Sodium 24 mg.

**APPLE SNOW** (to serve 4) B.N. recipe

*Ingredients*

1 lb. Cooking apples

2 oz. Sugar

Juice of 1 lemon

2 Eggs (whites only)

**Sauce**

2 Egg yolks

$\frac{1}{2}$  pt. Milk

1 oz. Sugar

Vanilla essence to taste

*Method*

Wash apples and bake until tender or core and cut up (with peel) and stew in just enough water to prevent burning. The pulp must be very thick. Sieve and keep hot. Add sugar and lemon juice. Beat egg white stiffly. Put sieved apples in basin over pan of boiling water—add egg whites and whisk 4-5 minutes to cook egg. Cool first, then chill. Serve with custard sauce made with egg yolks, milk and sugar, cooked in a bain marie.

Note: Also suitable for gluten free diets.

**Without sauce** for low fat, low protein and low sodium diets.

**Per Portion:** Protein 6 g., Fat 6 g., Calories 215, Sodium 75 mg.

**Served without sauce per portion:**

Protein 1.7 g., Fat -, Calories 71, Sodium 28 mg.

**APPLE AMBER** (to serve 4)

*Ingredients*

1 lb. Cooking apples

2 oz. Sugar

2 Eggs

Juice of 1 lemon

2 oz. Caster sugar

*Method*

Peel, core and slice apples, cook in syrup. Add lemon juice and stir well. Separate yolks from whites, whisk yolks and stir into cooled

apples. Place in pie dishes. Beat whites stiffly. Fold in sugar. Pile meringue on apple mixture and replace in oven to colour meringue.

Note: Omit yolks of eggs for low fat diets: fat content then nil, calories 170.

Also suitable for gluten free diet.

**Per Portion:** Protein 3·8 g., Fat 3·5 g., Calories 250, Sodium 41 mg.

#### APPLE CRUMBLE (to serve 4)

##### *Ingredients*

1 lb. Cooking apples

2 oz. Sugar

Pinch Cinnamon

##### **Crumble :**

3 oz. Plain flour

2 oz. Sugar

2 oz. Margarine

##### *Method*

Peel core and stew fruit with very little water. Put in pie dishes—cool. Rub fat into flour and sugar mixed. Sprinkle over cooked apple and bake until well browned. Serve with custard or whipped cream.

Note: Use "salt free" margarine for low sodium diets and gluten free flour for gluten free diets.

**Per Portion:** Protein 2·8 g., Fat 12·4 g., Calories 340, Sodium 94 mg.

#### EGG JELLY (to serve 12)

##### *Ingredients*

3 Lemon jellies or jelly crystals for 3 pts. water

Juice of 1 lemon

9 Eggs

1 tbsp. Sherry (opt.)

##### *Method*

Prepare lemon juice—beat eggs with lemon juice—add cooled jelly stirring well. Return to pan and heat gently in bain marie until egg mixture begins to thicken. Add sherry—divide mixture equally between 12 moulds. Cool and chill. Serve alone or with whipped cream, evaporated milk or stewed fruit.

Note: Also suitable for gluten free and low sodium diets.

**Per Portion:** Protein 5 g., Fat 5 g., Calories 180, Sodium 59 mg.

### EVE'S PUDDING (to serve 8)

#### *Ingredients*

6 oz. Margarine  
6 oz. Sugar  
8 oz. Flour  
1 tsp. Baking powder  
1 oz. Dried milk (full cream)  
2 Eggs  
2 lb. Cooking apples  
4 oz. Sugar

#### *Method*

Cook the apples with sugar and very little water. Allow to cool, place in greased pie dishes. Cream margarine and sugar, add beaten egg gradually, fold in sifted flour, dried milk and baking powder. Spread the sponge mixture evenly over the apple. Bake in a moderate oven. Serve with custard.

Note: Use "salt free" baking powder and margarine, recipe then suitable for low sodium diets.

**Per Portion:** Protein 6.3 g., Fat 21 g., Calories 490, Sodium 448 mg.  
Low Sodium: Sodium 5 mg.

### ORANGE CREAMS (to serve 12)

#### *Ingredients*

3 pts. Thick sweetened custard  
1 gill Evaporated milk  
Flavour with juice of 3 oranges or concentrated orange juice.

#### *Method*

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

This cream may be varied by using:—

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

Note: For low fat diets use skimmed milk.  
Suitable also for gluten free diets if **cornflour** custard powder is used.

**Per Portion:** Protein 5.7 g., Fat 6.5 g., Calories 210, Sodium 96 mg.



### LEMON MERINGUE RICE (to serve 12)

#### *Ingredients*

5 oz. Rice  
4 oz. Sugar  
4 pts. Milk  
4 oz. Seedless jam  
2 oz. Caster 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. Cool. Add beaten egg yolks and lemon juice. Place in greased pie dishes, spread with jam, top with meringue made with egg whites and caster sugar. Replace in oven until meringue is coloured.

**Per Portion:** Protein 8.0 g., Fat 8.6 g., Calories 260, Sodium 110 mg.

Also suitable for gluten free diets.

### FRUIT FLAN (to serve 12)

#### *Ingredients*

Pastry:—

$\frac{3}{4}$  lb. Flour (plain)  
6 oz. Margarine  
1 oz. Sugar  
1 Egg

Filling:—

2 lb. Fresh stewed fruit or  $2\frac{1}{2}$  can.

#### *Method*

Make pastry and line tins or flan ring. Bake blind with paper and lentils, to stop pastry rising. Remove filling when almost cooked. Return to oven to finish cooking. Cool and remove flan ring. Spread with a little thick cold custard or pastry cream. Arrange slices of suitable fruit (canned peaches, pears, apricots, cooked apple, pineapple etc.) on top. Cover with glaze i.e. fruit syrup thickened slightly with cornflour.

**Per Portion:** Protein 4 g., Fat 13 g., Calories 266, Sodium 54 mg.

Note: Use "salt free" margarine for low sodium diets.

### JAM TARTLETS (to serve 4)

#### *Ingredients*

4 oz. Plain flour  
1 oz. Margarine  
1 oz. Lard  
Pinch Salt  
Water to mix

#### Filling:—

4 oz. Jam

**or**

4-6 oz. Fruit slices

Glaze—fruit juice thickened with cornflour

#### *Method*

Make pastry—line fairly deep patty tins—prick well. Add partly cooked jam, **slightly** thinned with water.

**or**

Bake blind and when cold, fill with prepared fruit and glaze.

Note: Suitable for low sodium diets if salt omitted and “salt free” margarine used. Use gluten free flour for gluten free diets.

**Per Portion:** Protein 3·4 g., Fat 13·5 g., Calories 300, Sodium 385 mg.  
Low Sodium: Sodium 6·3 mg.

### LEMON MERINGUE PIE (to serve 12)

#### *Ingredients*

##### Pastry:—

12 oz. Plain flour  
3 oz. Margarine  
3 oz. Lard  
 $\frac{1}{4}$  tsp. Salt  
Water to mix

##### Filling:—

5 Egg yolks  
 $1\frac{1}{2}$  pts. Milk  
 $1\frac{1}{2}$  oz. Cornflour  
4 oz. Sugar  
Juice of 3 lemons  
Rind of 1 lemon

##### Meringue:—

5 Egg whites  
4 oz. Caster sugar

### *Method*

Make pastry and bake blind (i.e. line flan ring with paste—cover with paper greased on both sides. Fill with dried lentils or split peas and bake with this filling to keep pastry flat). When paste is half cooked, remove filling. Separate white from yolks of eggs. Blend cornflour with a little milk, boil the remainder with lemon peel. Pour milk over blended cornflour stirring to prevent lumping. Return to pan, add sugar, bring to the boil. Remove peel. Cool a little then add lemon juice and stir well. Add beaten egg yolks and stir. Place mixture in flan cases. Return to oven and cook. Beat whites stiffly and fold in sugar. Pile on pies and cook until meringue is slightly browned.

**Per Portion:** Protein 8.4 g., Fat 19 g., Calories 400, Sodium 212 mg.

**BOILED CUSTARD** (4 portions: 1 pint with fruit)  
(8 portions: 1 pint with pudding or pie)

### *Ingredients*

1 pt. Milk  
1 oz. Custard powder  
1 oz. Sugar

### *Method*

Blend custard powder with a little milk. Boil remainder, pour boiling milk over blended custard powder—stirring all the time to prevent lumping. Return to pan, add sugar. Stir, bring to the boil.

**Per Portion:** (8: 1 pt.) Protein 2.4 g., Fat 3 g., Calories 92,  
Sodium 39 mg.

**FRUIT CONDÉ** (to serve 12)

### *Ingredients*

3 pts. Milk  
4½ oz. Rice  
4 oz. Sugar  
½ pt. Red jelly  
12 × ½ pieces apricot, pear or peach

### *Method*

Boil milk in double pan. Rinse in washed rice, stirring all the time. Add sugar. Cook until thick and creamy. Place in individual dishes, place fruit on top, glaze with jelly dissolved in water or fruit juice. Cool, then place in refrigerator to set jelly: serve cold.

**Per Portion:** Protein 5.8 g., Fat 5.8 g., Calories 200, Sodium 80 mg.

Also suitable for gluten free or low sodium diets and for low fat if made with skimmed milk.

BASIC RECIPE FOR BAKED OR STEAMED SPONGE  
PUDDING (to serve 12)

*Ingredients*

12 oz. Flour  
8 oz. Margarine  
8 oz. Caster sugar  
3 Eggs  
1 tsp. Salt  
1½ tsp. Baking powder  
Milk to correct consistency  
Flavouring (chocolate, ginger, orange etc., as required) or serve with orange, syrup, jam or other sauce.

*Method*

Cream fat and sugar together until light and soft in texture. Beat eggs. Add gradually to the cream beating between each addition. Fold in flour, baking powder and salt which have been sifted together. Mix (do not beat at this stage) to a dropping consistency with milk if necessary. Place in greased basins, cover with greased paper and steam or bake in greased moulds. Turn out and serve hot with appropriate sauce.

Note: For low sodium diets use "salt free" baking powder, and margarine.

**Per Portion:** Protein 4.9 g., Calories 350, Sodium 380 mg.

Low Sodium: Protein 4.9 g., Calories 350, Sodium 20 mg.

SWEDISH APPLE CAKE (to serve 4) B.N. recipe

*Ingredients*

1½ lb. Cooking apples  
4 oz. Sugar  
4 oz. White breadcrumbs  
2 oz. Margarine or butter  
½ oz. Grated chocolate  
2 oz. Custard sauce or single cream

*Method*

Peel, core and slice the apples thinly—add sugar and stew covered, over a very low gas and without water, until pulped. Heat margarine in frying pan, add breadcrumbs and remaining sugar, toss in hot fat until golden brown—stir well. Grease a shallow 7" cake tin and fill with layers of crumbs and stewed apple, starting and finishing with

crumbs. Bake for  $\frac{1}{2}$  hour and cool. Turn out. Decorate with grated chocolate. Cut in wedges and serve with cream or custard sauce.

Note: For low sodium diet use "salt free" bread and margarine.

**Per Portion:** Protein 3.5 g., Fat 16 g., Calories 320, Sodium 177 mg.

Low Sodium: Protein 3.5 g., Fat 16 g., Calories 320, Sodium 2 mg.

### SWEET SAUCES

#### JAM OR MARMALADE SAUCE (6-8 portions)

##### *Ingredients*

$\frac{3}{4}$  pt. Water  
 $\frac{3}{4}$  oz. Cornflour  
4 oz. Jam  
2 oz. Sugar  
Juice of 1 lemon

##### *Method*

Mix cornflour to a smooth paste with some of the water. Dissolve preserve and sugar in the remainder. Add lemon juice—stir well and boil. Pour over blended cornflour stirring to prevent lumping. Bring to the boil stirring all the time. Serve.

**Per Portion:** Protein and Fat negligible, Calories 80, Sodium 4.9 mg.

Suitable for gluten free, low fat or protein diets.

#### CHOCOLATE SAUCE (6-8 portions)

##### *Ingredients*

$\frac{1}{2}$  oz. Cornflour  
2 level tbsp. Cocoa  
2 oz. Sugar  
1 pt. Milk  
Vanilla essence

##### *Method*

Blend dry ingredients with a little milk. Bring remaining milk to the boil. Pour over blended mixture, return to the pan and bring to the boil stirring all the time. Add essence, stir and serve.

**Per Portion:** Protein 2.6 g., Fat 3.2 g., Calories 90, Sodium 48 mg.

Suitable for gluten free diet.

#### APRICOT SAUCE B.N. recipe

Soak 4 oz dried apricots overnight and then cook with 1 oz. sugar. Sieve or pulp in electric blender. Add lemon juice to taste.

Suitable for gluten free diets, low fat and protein.

**Per Portion:** Protein 1.4 g., Fat -, Calories 80, Sodium 16 mg.

#### CHOCOLATE CRISPS (gluten free—12-18 biscuits)

##### *Ingredients*

4 oz. Milk or bitter chocolate

4 oz. (approx) Rice Krispies

##### *Method*

Break chocolate in pieces and melt in a basin over hot (not boiling) water. Stir in Rice Krispies, until they are generously coated in chocolate. Place in small heaps on a greased tray and allow to set. Stored in an air tight tin they will keep for some time.

**Per Portion:** Protein 1.1 g., Fat 3.0 g., Calories 70, Sodium 80 mg.

Note: Use puffed wheat for low sodium diets—sodium 2.0 mg.

#### OATMEAL PORRIDGE (4 portions)

##### *Ingredients*

1 pt. Water

2 oz. Dried milk (skimmed or full cream)

2 oz. Fine oatmeal or porridge oats

$\frac{1}{2}$  tsp. Salt

##### *Method*

Cook the meal in reconstituted milk, to which salt is added, in a double pan. Stir regularly to prevent lumping.

**Per Portion:** Protein 5.5 g., Fat 5.5 g., (full cream milk), Calories 130, Sodium 749 mg.

Without salt—Sodium 60 mg.

#### SHORTBREAD BISCUITS (12 small biscuits)

##### *Ingredients*

6 oz. Plain flour

4 oz. Margarine

3 oz. Sugar

##### *Method*

Slightly warm margarine (do **not** oil) and work thoroughly into the other ingredients. Knead well. Roll out and cut into oblongs or

rounds. Mark into biscuits. Put onto greased tin, prick well and bake in moderate oven until just coloured. Cool, store in airtight tins. Use "salt free" margarine for low sodium diets.

**Per Portion:** Protein 1.6 g., Fat 8.2 g., Calories 150, Sodium 30 mg.

With "salt free" margarine—Sodium 8 mg.

#### YORKSHIRE PUDDING (10 portions)

##### *Ingredients*

$\frac{1}{2}$  pt. Milk  
4 oz. Flour  
1 Egg (2 oz.)  
 $\frac{1}{4}$  oz Salt  
 $\frac{3}{4}$  oz. Dripping

##### *Method*

Beat egg and milk together. Sift flour and salt—make well in centre. Add a little of the egg and milk. Stir well, add more egg and milk gradually, beating between each addition until half has been added. Beat until smooth and shiny. Add rest of egg and milk beating between each addition—batter should be runny. Stand for at least half hour. Make fat smoking hot in oven. Pour in batter and bake in hot oven until brown and crisp.

**Per Portion:** Protein 2.8 g., Fat 4.0 g., Calories 88, Sodium 297 mg.

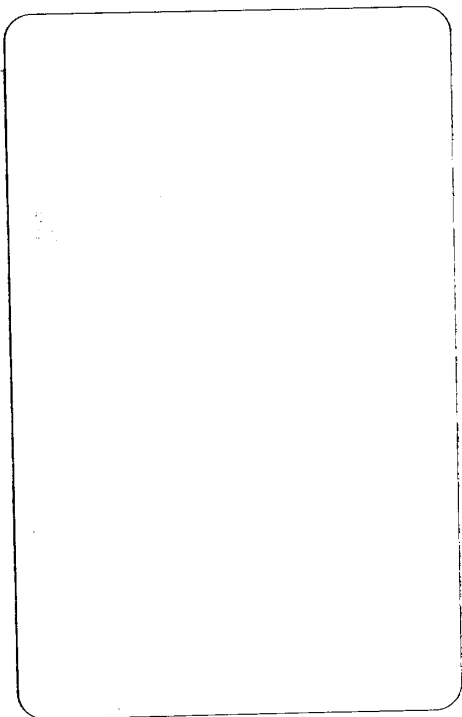
Note: For low sodium diets—omit salt: Sodium 22.3 mg.

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