

## Food Bulletin, August 1946

(Revised October, 1948)

### ALLOWANCES FOR EXPECTANT AND NURSING MOTHERS

The nutritional requirements of pregnant and nursing women are higher than those of normal women. To meet this increased requirement, certain priorities and extra rations are allowed.

#### *Extra rations and priorities for expectant mothers*

- 1 pint milk daily
- 1 extra shell egg on each allocation
- 8d. meat weekly
- 2 extra bread units per week
- 1 bottle (6 fl. oz.) orange juice per 9 days
- 1 bottle (6 fl. oz.) cod liver oil per 6 weeks
- or 1 box 45 Vitamin A & D capsules per 6 weeks.

#### *Extra rations and priorities for nursing mothers*

Immediately after the birth of the child, the infant's ration book should be registered. The following rations will then be available :—

- 8 oz. total fat
  - 8 oz. sugar
  - 1½ oz. cheese
  - 2 oz. bacon
  - ½ the adult meat ration
  - ½ lb. preserves monthly
  - 24 "points" monthly
  - 1 pint milk daily
  - 1 pkt. dried egg free of "points," per 8-weekly period
  - 1 bottle (6 fl. oz.) orange juice per 4 weeks for infants under 6 months
  - or 1 bottle (6 fl. oz.) orange juice per 2 weeks for infants over 6 months
  - 1 bottle (6 fl. oz.) cod liver oil per 6 weeks.
- } Up to the age of 5 years

It is essential, unless there is any medical reason to the contrary, that pregnant and nursing women should receive the extra food to which they are entitled and every opportunity should be taken of explaining to the patients the importance of the additional rations and allowances.

The table, given below, shows the difference between the daily requirements of normal, pregnant and nursing women, together with the nutrients available per day (given in heavy type) from the civilian ration, and from the civilian ration with priorities and extras :—

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[TABLE OVERLEAF

PERSONAL

	<i>Normal woman</i>	<i>Pregnant woman</i>	<i>Nursing woman</i>
<i>Protein requirements...</i>	60 gms.	85 gms.	100 gms.
<i>Protein available from rations</i> (excluding bread and points foods in each case)	<b>18.7 gms.</b>	<b>40.5 gms.</b>	<b>54.2 gms.</b>
<i>Calories—requirements</i>	2,100	2,500	3,000
<i>Calories available from rations</i> ... ..	<b>815</b>	<b>1,254</b>	<b>1,920</b>
<i>Calcium—requirements</i>	0.8 gms. (0.56 gms.)	1.5 gms.	2.0 gms.
<i>Calcium available from rations</i> ... ..	<b>0.36 gms.</b>	<b>1.29 gms.</b>	<b>1.75 gms.</b>
<i>Vitamin A requirements</i>	5,000 (3,500 I.U.)	6,000 I.U.	8,000 I.U.
<i>Vitamin A available from rations</i> ...	<b>1,110 I.U.</b>	<b>5,720 I.U.</b>	<b>6,900 I.U.</b>
<i>Vitamin C requirements</i>	70 (49) mgs.	100 mgs.	150 mgs.
<i>Vitamin C available from rations</i> ...	<b>Nil</b>	<b>40 mgs.</b>	<b>40 mgs.</b>
<i>Vitamin D requirements</i>	?	400-800 I.U.	400-800 I.U.
<i>Vitamin D available from rations</i> ...	<b>37 I.U.</b>	<b>842 I.U.</b>	<b>880 I.U.</b>

*Note.*—It must be remembered that rations are intended to provide a part only of the total nutrients required, the remainder being readily obtained from points foods, vegetables, fish, etc.

The requirement figures given are those recommended by the Food Nutrition Board of the National Research Council. They are recognised as liberal and are stated to be a “tentative goal towards which to aim in planning practical dietaries.”

Experience in the United Kingdom has shown that lower intakes of mineral salts and vitamins are compatible with the good general health of normal adults and figures for these lower intakes or “average restricted intakes” are given in brackets.

## RECIPES

(All quantities for 100, unless otherwise stated)

### BREAKFAST DISHES

*Note.*—We are indebted to the Hampstead General Hospital for permission to print the first two recipes, and to the Ministry of Food for recipes marked \*.

#### SAVOURY OMELETTE (160 portions)

#### *Method*

4 lbs. or 14 pkts. }  
dried egg } reconsti-  
14 pints milk } tuted  
7 pints milk (fresh or dried)  
4 oz. chopped parsley  
1 tablespoon thyme  
2 lbs. scraps (ham, spam  
(minced) or sausage meat)  
Chopped tomato as available  
Seasoning

Place half the water in the mixing bowl, whisk in sieved dried egg, first by hand and then by machine, if preferred, until smooth but not frothy. Add remainder of water and other ingredients. Melt a little clarified fat in baking tins and immediately pour in egg mixture to a depth of  $\frac{1}{4}$  in. Cook in hot oven (or in a frying pan on top and under the grill to save turning) for 10 minutes. Cut into squares or triangles and serve on fried bread cut to the same shape. Decorate with sprigs of parsley.

#### POTATO CROQUETTES

20 lbs. cold mashed potato  
4 oz. chopped parsley  
1 tablespoonful thyme  
Minced ham, bacon scraps,  
spam or sausage meat  
Chopped tomato, when  
available  
Seasoning to taste

Mix all ingredients thoroughly. Form into croquettes. Coat in batter and crumbs. Fry in deep fat *or* bake on well-greased trays in a hot oven.

#### SCRAMBLED EGG

3 lbs. dried egg  
 $4\frac{1}{2}$  pints water  
 $\frac{3}{4}$  lb. flour  
 $\frac{3}{4}$  lb. fat  
3 pints milk (fresh  
or dried) } roux  
Seasoning  
Flavouring†  
†Suitable flavourings are :  
Tomato and coarsely chopped  
parsley  
Chopped chives, or spring  
onion tops and Marmite  
or Bovril  
Chopped bacon or ham  
trimmings and herbs  
Cheese and parsley  
Minced meat or sausage  
meat and thyme

Make a roux with flour, fat and milk and cool (if fat is short a very thick white sauce can be made with flour and milk). Reconstitute sieved dried egg with water and add to the roux, gradually, beating well. Add flavouring and seasoning. Cook slowly in a double pan, with the lid on, stirring very occasionally. Withdraw from the heat when just set.

*Note.*—The addition of a roux prevents the egg separating on standing.

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### HADDOCK SAVOURY\*

8 lbs. cooked haddock (left-over haddock is suitable)  
8 pints thick white sauce made with milk and fish liquor  
4 oz. chopped parsley  
Anchovy essence }  
Salt and pepper } to taste

### Method

Add flaked haddock, parsley, anchovy and seasoning to the white sauce. Mix well, reheat and serve hot on toast.

Left-over salmon, pilchards or white fish may be used in place of haddock.

### EGG CROQUETTES\*

2 lbs. dried egg  
3 pints water  
20 lbs. potatoes (mashed)  
6 oz. parsley  
Seasoning to taste  
Thin batter and browned bread crumbs

Reconstitute the sieved dried egg with water and season. Bake in a cool oven until set, then cut into dice. Add diced egg, parsley and seasoning to mashed potato. Mix thoroughly. Roll into croquettes, pass through batter and crumbs and fry or bake on a well-greased tin in an hot oven.

### BEAN AND BACON SAVOURY\*

3 lbs. haricot beans  
2-3 lbs. chopped bacon  
2 lbs. chopped onion  
*Sauce*  
7 pints stock (including water in which beans were cooked)  
1  $\frac{3}{4}$  lbs. flour  
4 tablespoonsful black treacle (optional)  
Seasoning to taste  
 $\frac{1}{2}$  oz. mustard

Soak and cook the beans. Fry bacon and onion until brown. Make thick white sauce with flour and stock, add all other ingredients. Stir well and reheat. Serve on fried bread or toast.

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### DEVILLED HERRINGS\*

100 herrings  
 $\frac{1}{2}$  oz. mustard made with vinegar  
8 oz. dripping or cooking fat  
3 lbs. minced onion  
Bay leaves  
1 oz. cloves  
5 pints water  
2 oz. sugar (optional)  
Seasoning

Gut and clean herrings, roll up and place in baking tins. Fry onion in fat and add all other ingredients, stir. Pour over fish and bake in a moderate oven. When cooked, serve with liquor.

### SAUSAGE FRITTERS

12 lbs. liver sausage  
Batter  
Chopped parsley

Slice liver sausage (one thick slice per portion) and dip in batter. Fry or bake on well-greased baking tins. Sprinkle with chopped parsley before serving.

As the next issue of the Food Bulletin will deal mainly with the feeding of children, it is hoped that any recipes which have been found particularly suitable will be forwarded to :—

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