

## CONTENTS

I CARBOHYDRATES, FATS AND PROTEINS	I
II. MINERALS	25
III. VITAMINS	35
IV. VITAMINS (CONTINUED)	53
V. CONDIMENTS, BEVERAGES AND "ROUGHAGE"	76
VI. ENERGY VALUE OF FOODS. STANDARD ALLOWANCES FOR PRESCRIBED DIETS	80
VII. DIETARY SURVEYS	94
VIII. ANALYSIS OF FOODSTUFFS	98
IX. PRESCRIBING DIETS	120
X. SURVEYS FOR NUTRITIONAL DEFECTS	125
XI. PUBLIC HEALTH ACTIVITIES IN RELATION TO TROPICAL NUTRITION	137
APPENDICES	
I. DETERMINATION OF VITAMIN A IN LIVERS	147
II. THE ESTIMATION OF VITAMIN B1	149
III. DETERMINATION OF VITAMIN C IN THE URINE	151
IV. INSTRUCTIONS FOR DIETARY INQUIRIES	152
V. SCHOOL INSPECTION FORM	155
VI. THE A.C.H. INDEX OF NUTRITION	156
INDEX	159