

CONTENTS

Explanation of the tables	3
Table 1.-Nutritive values of the edible	
Part of foods:	
Milk, cream, cheese; related products (milk beverages, custard, ice cream, pudding, yoghurt)	5
Eggs	6
Meat, poultry, fish, shellfish; related products (stews, potpies, chile con carne)	7
Mature dry beans and peas, nuts, peanuts; related products (pork and beans, peanut butter)	10
Vegetables and vegetable products	11
Fruits and fruit products	16
Grain products (cereals, breads, cakes, crackers, macaroni, spaghetti, noodles, pies, pizza)	24
Fats, oils (butter, margarine, salad dressings, shortenings)	31
Sugars, sweets (candy, sirups, preserves)	32
Miscellaneous items (carbonated beverages, condiments, gelatins, relishes, soups, sherbet, Starch, tapioca, yeast, vinegar)	33
Table 2.-Yield of cooked meat per pound of raw meat	35
Table 3.-Recommended Daily Dietary Allowances	36