



PRIVY COUNCIL

**MEDICAL RESEARCH COUNCIL**

SPECIAL REPORT SERIES No. 235

**THE  
CHEMICAL COMPOSITION  
OF FOODS**

*by*

**R. A. McCANCE AND E. M. WIDDOWSON**

*SECOND EDITION*

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**LONDON : HIS MAJESTY'S STATIONERY OFFICE  
1946**

**Price 6s. 0d. net**

**Universal Decimal Classification 613.2:543**

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## PREFACE

The nutritional and dietetic treatment of disease, as well as research into problems of human nutrition, demands an exact knowledge of the chemical composition of food. The pioneering investigations into food chemistry were made in Germany and the United States of America and until after the war of 1914-18 this country lagged far behind. The research on vitamins which began to make rapid progress soon after that war, and in which this country played a leading part, stimulated a demand for a wider knowledge about human foods. Accordingly, when Dr. McCance approached the Council in 1925 for support in order that he might determine, in the first instance, the amount of carbohydrate in foods used in the treatment of diabetes, it was recognised that the project was likely to have practical importance, and a grant was made for work along these lines at King's College-Hospital, London. Since that time the Council have continued to support similar and related studies by Dr. McCance and his colleagues, first at King's College Hospital and subsequently at the Department of Medicine, University of Cambridge; and during this period the investigators have gradually extended the scope of their inquiries. A system of analysis has been evolved by which they have determined all the important organic and mineral constituents of foods, with the exception of the vitamins, which have formed the subjects of extensive research by other workers and by different methods. Some idea of the amount of detailed analytical work involved in these chemical studies may be gathered from the statement that as many as twenty different constituents may require to be determined in a single foodstuff.

By 1939, when the first edition of these tables was published, this systematised analytical procedure had been applied by Dr. McCance and his colleagues to most of the foods commonly eaten in Great Britain. The method of approach had been somewhat different from that of previous workers in the same field; for the foods had been analysed, not only in the raw state, but also as prepared for the table, and studies had been made of the losses introduced by cooking. The investigators had also examined the question whether all the constituents of a food are really available for the body's use; whether they are decomposed in the alimentary canal, or fail to be absorbed. The greater part of this work was published by the Council in Reports in this Series (Nos. 135, 187 and 213). Some of the analytical data published in 1939 had already appeared in the earlier Reports, but many of them were new, and it was hoped that the first edition of these tables would contain all the quantitative data about the chemical composition of British foods likely to be required for practical work. It did not, however, in other respects supersede the three previous Reports, for the latter contained much information which was not reprinted.

The recent war and its attendant nutritional problems created a demand for analytical data, old and new, and experience and criticism led the authors to reconsider a few of the figures previously published by them, so that minor alterations and additions were made when the tables were reprinted for the third time in 1942. A new edition has now become necessary. The authors have made no change in the form of the main tables or text, but figures relating to a number of new foods and food materials have been added. These partly fill in gaps in the tables, partly replace older figures, but mostly supply information about the composition of foods which are characteristic of war-time and post-war circumstances. It was pointed out in the preface to the first edition of these tables that research of this nature is technically exacting and at the same time laborious. Almost every substance to be analysed brings up fresh problems,

and the solution of these problems may take weeks or even months. It is work which appeals to relatively few investigators, for the road is long and there is little prospect of making interesting discoveries by the way. Nevertheless, the steady demand for the first edition of this volume over the last six years has proved that Dr. McCance and Dr. Widdowson's contribution to knowledge has been widely appreciated, and the Council are glad to issue this new edition in the hope that it will continue to supply a want.

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*December, 1945.*



# THE CHEMICAL COMPOSITION OF FOODS

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## INTRODUCTION

A knowledge of the chemical composition of foods is the first essential in the dietary treatment of disease or in any quantitative study of human nutrition. Both of these have become increasingly important in recent years, and there has in consequence been a demand for better and more up-to-date information about the chemistry of food. In order to provide investigators, particularly in Great Britain, with the necessary data, analytical work has been carried out since 1925, first at King's College Hospital, London, and more recently at the Department of Medicine, Cambridge, and the present report is an attempt to set out the results in a simple and practical manner. Most of the data have already been published (McCance and Shipp, 1933; Widdowson and McCance, 1935; McCance and Widdowson, 1935; McCance, Widdowson and Shackleton, 1936; Shackleton and McCance, 1936; Abrahams and Widdowson, 1940), but some are now printed for the first time. Every care has been taken to render the information as true and reliable as possible. Every figure previously published has been traced to the original notebooks and scrutinised. Mistakes have inevitably been found, and these have been corrected. When there was any doubt about the validity of a figure, further samples of the food have been procured and analysed, and the most probable value given. Further, the completed tables have been compared with a number of other recent publications of a similar nature, and where the present results have shown a wide divergence from those of others, more samples have been obtained and subjected to analysis. Some notes on these discrepancies are given on pp. 8-9. Every calculation and figure has been checked by at least two persons. Nevertheless, the present report must not be taken entirely to supersede reports Nos. 135, 187 and 213, previously issued by the Council. These reports contained large sections dealing with analytical technique, the losses occasioned by cooking, and the value of hemi-celluloses and celluloses in human nutrition, which have not been reprinted. Each had an extensive bibliography, and information was also given about the scientific nomenclature of the foodstuffs. Reference should be made to these reports if such information is required. The present report is intended to be a practical handbook, and it replaces the previous ones only in so far as analytical data are concerned.

## CONSTRUCTION OF THE TABLES

### ARRANGEMENT, HEADINGS AND CONVENTIONS

The foods have been classified into the following groups:—cereals and cereal foods; dairy products; meat, poultry and game; fish; fruit; nuts; vegetables; sugar, preserves and sweetmeats; beverages; beers; condiments; vegetable fats; cakes and pastries; puddings; meat and fish dishes; egg and cheese dishes; sauces and soups; vegetable dishes. The classification has been made practical rather than scientific. Thus, the cereal group includes starchy foods such as arrowroot, sago, tapioca and soya products; the vegetable group includes tomatoes; and the fruit group, rhubarb. Bovril, Oxo, Marmite and Virol have been included among the beverages. Since any classification must necessarily be arbitrary, and difficulty may arise in locating particular foodstuffs, a full index

has been given. The figures for the "cooked dishes" (pp. 98, 141) were obtained not by direct analysis but by computation. The majority of these are included in the last five of the groups mentioned above, but there are a few in the earlier groups. The preparation of these dishes, and the method used for the calculation of their composition, are described on p. 9.

Pages 25 to 111 give the composition of the foods per 100 grammes and pages 113 to 147, the composition per ounce. A conversion factor of 28.4 g./oz. has been used.

Edible material only has been analysed, and the percentage and per-ounce composition of every item except that of beer is given on this basis. The composition of the latter has been calculated per 100 c.c. and per pint. For foods that are usually served with waste, for example, fish and stone fruits, figures have also been given for the amounts of the various edible constituents that would have been obtained from 100 g. and from 1 oz. of the food as served.

In meat and fish (Report No. 187), and in mushrooms (Report No. 213), *protein nitrogen* has been differentiated from non-protein nitrogen and the former multiplied by 6.25. Bovril, Oxo and Marmite have also been dealt with in this way. In cereals, the protein has been calculated by multiplying the total nitrogen by 5.7. For jelly the factor 5.55 has been used, and for all other foods 6.25. "Fat" in the meat and fish is true fat as determined by von Lieberman and Szekely's (1898) method. The fat in milk and milk products, and in comb honey has been determined by methods similar to those recommended by the Association of Official Agricultural Chemists (1930). The fats in other foods have sometimes been determined by ether extraction in a Soxhlet apparatus, sometimes by von Lieberman's method, and often by both. *Available carbohydrate* is the sum of the starch and dextrins (expressed as glucose) and sugar.

In the first printing of these tables the figures 4.1, 9.3 and 4.1 were used for calculating the calorie values of protein, fat and carbohydrate respectively. These are Rubner's figures and are the ones usually employed in this country for calculating the energy values of diets (Morey, 1936). It has been pointed out, however, that since most of the figures given for carbohydrate in these tables had been expressed as glucose or invert sugar, it would have been more correct to have employed the factor 3.75 for carbohydrate (Sherman, 1937). Accordingly, this has now been done, and, for the sake of consistency and simplicity, all the carbohydrate figures have now been expressed in the same terms, *i.e.* as monosaccharides. A special note has been inserted drawing attention to this fact where cane sugar and lactose are being considered. Hence, those who use these tables for the calculation of diets, and wish themselves to convert the sum of the daily or weekly nutrients into terms of calories, should use the figure 3.75 for carbohydrate and, as before, the figures 9.3, 4.1 and 7.0 for fat, protein and alcohol respectively.

In some food tables the factors 4, 9 and 4 have been used to convert protein, fat and carbohydrate figures to calories. These factors allow for losses of calorific material in the faeces but, since it is unusual to make such an allowance for any of the other food constituents, it seems inconsistent to do so in the case of calories, and the factors 4.1, 9.3 and 3.75 (or 4.2 if the carbohydrate is expressed as starch) are therefore to be preferred.

It might perhaps be as well to point out that the calorie values of foodstuffs, determined by means of factors, are necessarily approximations. For one reason, protein, fat, carbohydrate and alcohol are not the only organic nutrients in foods. There are, for example, organic acids in many fruits, and celluloses and hemicelluloses in all plants. All of these are a source of calories to anyone eating them, but it is customary to neglect them in working out the calorie

value of a diet. For another reason, as pointed out by Atwater and Bryant (see Morey, 1936), the calorie values of proteins, fats and carbohydrates from different sources are not exactly the same, and greater accuracy might be obtained, especially in the computation of unbalanced native diets, if each foodstuff were assigned characteristic factors. The average factors here employed were worked out for the calculation of mixed diets, and their use has been hallowed by convention. There does not seem to be enough evidence at present to justify abandoning them in favour of separate factors for different foodstuffs, so long as the limitations of average factors are appreciated.

Some of the figures for *sodium* (Na), *chlorine* (Cl), *calcium* (Ca) and *phosphorus* (P) are given in brackets. This has been done where salt or sodium bicarbonate was known to have been added in the preparation of the food, where the flour was known to have been enriched with calcium, or where acid calcium phosphate had been used as a raising agent. In these instances the amounts present represent the work of man and not the gift of nature. The figures, therefore, have a different significance and may be expected to vary according to different laws. All vegetables have been cooked in distilled water without added salt or alkali. The columns headed *potassium* (K), *magnesium* (Mg) and *iron* (Fe) require no comment. *Copper* (Cu) has not been determined in all the forms of meat and fish given in the tables. No figures for *sulphur* (S) were included in the two previous reports, but most of the foods which have been investigated since these were published have been analysed for sulphur (Masters and McCance, 1939). The mixed dried samples of fruits, vegetables and nuts, which had previously been used for the determination of nitrogen and phosphorus (Report No. 213), have now been analysed for sulphur. Fresh samples of onions, however, and of other vegetables which lose their volatile sulphur on being dried have had to be obtained. Since the nitrogen/sulphur ratio in meat and fish has been found to be very constant (Masters and McCance, 1939), the sulphur in most of these foods of animal origin has been calculated from the nitrogen found in the original mixed sample and an average nitrogen/sulphur ratio. For dietetic purposes this was deemed a justifiable thing to do.

The figures given for the *acid-base values* are expressed as c.c.  $\frac{N}{10}$  acid or alkali and have been calculated in the usual way. Sulphur and phosphorus have been taken to be divalent. No allowance has been made for the fact that certain fruits give rise to an excretion of hippuric acid (Sherman, 1937).

The first section of the Tables, giving the composition per 100 g., contains information which is not repeated in the second section. Thus it includes a description of each food, particulars of the method of cooking and the nature of the edible material. If the analytical data are being published for the first time, particulars are also given of the number of samples pooled for analysis and of their sources. Next follows a column headed "Edible matter, as eaten, expressed as a percentage of the weight as purchased." This gives essentially the same information as the column headed  $F_2$  in Report No. 187 and  $F$  in Report No. 213. For foods that were analysed and would have been eaten raw, it represents the percentage of edible material in the purchased food. For foods that were analysed cooked, the figure also allows for change of weight on cooking. The figure is usually less than 100, because both waste and loss of weight on cooking tend to reduce it. For a few foods however—e.g. some fish which have been fried with batter and crumbs, cooked dried pulses and stewed fruit—the figure is greater than 100, because the added batter and crumbs or the water outweigh the waste, if any, or the loss of weight on cooking.

The "100 g." section also contains figures for water, which were found by direct determination in all the analysed foods except meat and fish, where the

values were obtained "by difference." Carbohydrate has been differentiated into starch and sugar in the "100 g." section, the starch always being expressed as glucose. For the fruits and vegetables, figures for the unavailable carbohydrate are also given. This was determined as described in Report No. 213. It was found impracticable to make this determination in cereals and other starchy foods. Figures for total nitrogen are given throughout the "100 g." section, and figures for purine nitrogen for the meat and fish.

Throughout the tables, the minus sign (—) signifies that no estimation has been made; *Tr.* indicates that traces of the constituent in question are known to be present. An estimation may or may not have been carried out, but in any case the amount is of no quantitative dietetic significance.

The phytic acid phosphorus in a number of foodstuffs is given on p. 148. This is expressed as a percentage of the total amount of phosphorus present. The importance of phytic acid is twofold. Firstly, its calcium and magnesium salts are very insoluble, and if the food contains much phytic acid, these insoluble salts may be precipitated in the stomach and duodenum, thus preventing the absorption and utilisation of the greater part of the calcium in the food. Secondly, the stability of phytates to intestinal disintegration prevents the phosphorus in them from being absorbed as freely as the phosphorus in other organic and inorganic compounds. (McCance and Widdowson, 1935, 1942.)

In the first edition of this book a table was given showing the ionisable (inorganic) iron in a number of foodstuffs. It was at that time thought that only such iron was likely to be available for absorption, but since then, fresh work (Oldham, 1941, Black & Powell, 1942, McCance, Edgecombe and Widdowson, 1943) has called for a complete revision of our ideas on this subject, and the table has accordingly been omitted.

#### NOTES ON TECHNIQUE AND SOME INDIVIDUAL FINDINGS

The Soxhlet method of determining fat in malted foods gives results which are much too low, and certainly incorrect. It also gives much lower results than von Lieberman's (1898) method for many cereals. In all such instances the higher figures have been preferred. On the other hand, the Soxhlet method gives much higher results than von Lieberman's method for condiments containing volatile oils (see p. 97). Some representative figures for cereals and malted foods are given below.

Food.	Fat (g/100g).		Food.	Fat (g/100g).	
	By Soxhlet method.	By von Lieberman's method.		By Soxhlet method.	By von Lieberman's method.
All-Bran, Kellogg's	1.0	4.5	Force ..	0.9	1.9
Biscuits, digestive	13.3	20.5	Grapenuts ..	0.4	3.0
Biscuits, rusks	5.0	8.4	Malted milk (Horlick's)	1.2	8.6
Cornflakes, Kellogg's	0.1	0.8	Ryvita ..	0.5	2.1
Flour, white ..	0.5	0.9	Shredded Wheat	0.9	2.8
Flour, brown ..	0.6	2.1	Vita-Weat ..	6.0	10.3

The variation in the amounts of the elements present in different foodstuffs is enormous. The lowest concentrations are often outside the range of the analytical methods. The highest are often so remarkable that it is difficult not to comment upon them. Some of the meat and vegetable extracts are very rich in sodium chloride—even up to 25 per cent. Bovril contained more

potassium than any other food analysed (3.59 per cent.). Parmesan cheese had the highest concentration of calcium (1.22 per cent.) and Marmite of phosphorus (1.89 per cent.). Carrageen moss headed the list for magnesium (0.63 per cent.) and sulphur (5.46 per cent.). Curry powder contained more than three times as much iron as any other food (75 mg. per 100 g.), while liver contained most copper (5.8 mg. per 100 g.). Of all the foods analysed, Gruyère cheese contained most nitrogen (5.9 per cent.), corresponding to 36.8 per cent. of protein.

A few notes on individual findings given in the tables and not discussed in the previous reports are set out below. All have been confirmed by the analysis of at least two and generally three mixed samples:—

1. The sodium and chlorine in packet cheese are not present in the proportions usually found in cheese.
2. Fried fish tend to contain more calcium than the same fish after being steamed. This is because it is more difficult to separate the bones in the case of the fried fish and some small bones were almost inevitably included in the analysed (edible) material.
3. The unusually high figure for sulphur in dried apricots and dried peaches is probably to be attributed to the use of sulphur dioxide as a preservative (Leach and Winton, 1920, Monier-Williams, 1927).
4. The amount of iron in glacé cherries is much higher than would be expected from the analysis of the raw fruit. It is suggested that this is due to iron contamination during stoning.
5. The relative concentrations of sodium and chlorine in cocoa powder, Bournvita and wartime chocolate indicate that alkali has been added during manufacture. Sodium chloride has evidently been added to the wartime macaroni.
6. Golden syrup contains 7 times as much sodium as chlorine. In black treacle the ratio is reversed.
7. The amount of iron found in Ovaltine (3.5 mg./100 g.) is much lower than that given by the Imperial Bureau of Animal Nutrition, 1938 (12.0 mg./100 g.).
8. The present figure for the amount of calcium in Marmite (77 mg./100 g.) is nearly thirteen times lower than that given by the Imperial Bureau of Animal Nutrition (980 mg./100 g.).

The present findings for these last two foods are believed to be approximately correct.

#### THE CHEMICAL COMPOSITION OF COOKED DISHES CONTAINING SEVERAL INGREDIENTS, WITH THEIR RECIPES

By C. M. VERDON-ROE, B.A. and J. M. PARRY, B.Sc.

Dietary investigations by the individual method depend upon a knowledge of the composition of cooked foods. In the last few years some extensive surveys by this method have been made, and there has been a constant demand not only for the composition of single foods, but also for the composition of cakes, puddings, etc., which are made from a mixture of ingredients cooked in some special way. Since pooled samples of all these ingredients had been analysed, it was only necessary to know the loss or gain of water introduced in the cooking process, in order to calculate an average composition for the made dish. This loss or gain of water can be determined only by actual experiment. A series of dishes has accordingly been prepared and cooked from this point of view.

Several cookery books were studied and standard recipes for the dishes were chosen. These are given below, and any food whose composition has been

arrived at in this way is referred to its particular recipe. The numbering of the recipes corresponds with the numbering of the dishes in the tables. Scones and rock buns appeared to be made according to two standard recipes, one containing eggs and one not. In these cases the food has been prepared by both methods. Plain white flour was always used before the war, and hence it was necessary to use a baking powder for cakes and certain puddings. The ingredients of this baking powder were—flour, 2 parts; tartaric acid, 2 parts; sodium bicarbonate, 2½ parts. One level-teaspoon of baking powder was taken to weigh 3½ grammes (⅓ oz.). Salt has been added to all the savoury dishes, and one level teaspoon of salt has been taken to weigh 3½ grammes (⅓ oz.).

A study of the recipes used for the cakes will show that sometimes butter has been used, and sometimes margarine. This is because the recipe finally chosen advocated either the one or the other, and it has always been followed exactly. Apart from vitamins, the composition of any particular dish is not altered appreciably by replacing one fat by the other.

The recipes for the various dishes having been chosen, the ingredients were weighed and mixed together according to the directions. The mixture was weighed before it was cooked and again when it was ready for consumption. Any loss in weight was assumed to be due to evaporation of water. Then the composition of the cooked dish was calculated from the composition of the listed ingredients and the change in weight on cooking. In certain cases where frying was used in the preparation of the food a gain of fat complicated matters, and in these instances it was necessary to *analyse* the cooked material for fat and for water before making the calculations. For dishes that are usually eaten hot, the composition of the hot food was calculated; for cold dishes, computations were made on the basis of the cold weight. All the foods were cooked on at least two separate occasions, and the average of the results was taken. The amount of each ingredient given is the mean of the actual amounts used for the duplicate experiments. This explains why fractions rather than whole numbers sometimes appear in the recipes.

In making cakes and other dishes it is impossible to avoid leaving some of the raw material in the mixing bowl or on the utensils. In all such cases a correction was applied to allow for this loss.

The composition of cooked dishes altered during the war, partly because of the introduction of 85 per cent. extraction flour, dried eggs and dried skimmed milk, and also because rationing led to the adoption of plainer recipes. It should be pointed out, however, that this did not necessarily lead to a less nutritious product, and the case of jam tarts may be cited as an example.

A series of "economical" dishes has been cooked, using recipes advocated by the Ministry of Food, or modified pre-war ones, with dried eggs and "Household" milk instead of the fresh materials, with less fat and sugar and with 85 per cent. flour. Dried eggs and milk have been reconstituted according to the instructions of the Ministry of Food. The baking powder consisted of: flour, 3 parts; acid calcium phosphate, 2 parts; sodium bicarbonate, 1 part.

## RECIPES

### Preserves and Sweetmeats

#### 440. CHUTNEY, APPLE

16 oz. cooking apples, peeled and cored  
15 oz. onions, peeled  
3½ oz. raisins  
¼ pint vinegar  
1 lb. sugar

¼ teaspoon mustard  
¼ teaspoon pepper  
¼ teaspoon ground ginger  
2 teaspoons curry powder  
1 teaspoon salt

Chop the apples and onions into small pieces. Mix all the ingredients, except the sugar, and boil gently till soft. Add the sugar and boil for a further ½ hour. Pour into jars and tie down.

## 441. CHUTNEY, TOMATO

2 lb. tomatoes  
 4½ oz. cooking apples, peeled and cored  
 16 oz. onions, peeled  
 3½ oz. sultanas  
 ½ pint vinegar

1 lb. sugar  
 ½ teaspoon mustard  
 ½ teaspoon pepper  
 2 teaspoons curry powder  
 1 teaspoon salt

Peel the tomatoes and proceed as for apple chutney.

## 418. LEMON CURD

8 oz. sugar  
 2½ oz. butter

3 eggs  
 Juice of 3 lemons (4½ oz.)

Place the butter, sugar and lemon juice in a double pan and stir till melted. Add the eggs one by one and cook slowly, stirring all the time until the mixture coats the back of a wooden spoon.

## 454. TOFFEE

8 oz. sugar  
 1 oz. butter  
 1 teaspoon vinegar

5 oz. golden syrup  
 1 tablespoon water

Place all the ingredients in a saucepan and heat gently till melted. Boil rapidly for 10 minutes or until a small portion, dropped into cold water, becomes brittle. Pour into buttered tins and mark into squares while still warm.

## Beverages

## 464. LEMONADE

Juice of one lemon (1½  
 1½ oz. sugar

½ pint water

Dissolve the sugar in a little hot water. Allow to cool and add to the lemon juice and remainder of the water.

## Cakes and Pastries

## 489. CHERRY CAKE

8 oz. flour  
 8 oz. butter  
 8 oz. sugar

3 eggs  
 6 oz. glacé cherries  
 1 teaspoon baking powder

Beat the butter and sugar to a cream. Add each egg separately and beat well. Stir in the flour and baking powder and add the cherries cut into pieces. Bake in a moderate oven for 1½-2 hours.

## 490. CHOCOLATE CAKES

4 oz. flour  
 3 oz. margarine  
 4 oz. sugar

2 eggs  
 ½ oz. cocoa  
 1 teaspoon baking powder

Cream the fat and sugar and add the well beaten eggs. Sift in the flour, cocoa and baking powder. Beat well. Half fill small cake tins and bake in a moderate oven for 20-30 minutes.

## 491. COCONUT CAKES

8 oz. flour  
 3 oz. margarine  
 2½ oz. sugar  
 1 egg

2½ oz. milk  
 1½ oz. desiccated coconut  
 1 teaspoon baking powder

Mix the flour, baking powder and sugar and rub in the fat. Add the coconut. Mix to a stiff consistency with the egg and milk. Half fill small cake tins and bake in a hot oven for 15-30 minutes.

## 493. CURRANT CAKE

8 oz. flour  
 4 oz. margarine  
 4 oz. sugar

2 eggs  
 4 oz. currants  
 1 teaspoon baking powder

Cream the sugar and margarine and beat in the eggs. Add the flour and baking powder and then the fruit. Bake in a moderate oven for 1½-2 hours.

## 497. ECCLES CAKES

8 oz. flour	} Flaky pastry	2½ oz. currants
6 oz. margarine		1 oz. sugar
3¼ oz. water		

Make the pastry, roll out, and cut into 3-inch squares. Place some currants in the middle of each square and sprinkle over half a teaspoonful of sugar. Fold in the edges, turn over and roll out. Bake in a hot oven for about 20 minutes.

## 498. GINGER BISCUITS

8 oz. flour	3½ oz. golden syrup
3 oz. margarine	¼ oz. ground ginger
3 oz. sugar	1 teaspoon sodium bicarbonate
1 egg	

Mix the dry ingredients. Add the previously melted fat and syrup and finally the beaten egg. Form into small balls. Bake in a moderate oven for 15-30 minutes.

## 499. GINGERBREAD

6 oz. flour	1 egg
2 oz. butter	1¼ oz. milk
2 oz. sugar	¼ oz. ground ginger
4 oz. golden syrup	1 teaspoon sodium bicarbonate

Put the butter, sugar and syrup into a saucepan and heat gently till melted. Beat the egg well. Mix all the ingredients together and bake in a moderate oven for about 1½ hours.

## 501 and 502. JAM TARTS

6 oz. raw pastry (flaky or short)	6 oz. jam
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## 503. JAM TARTS (economical)

5 oz. raw short pastry (economical)	2 oz. jam
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Make the pastry in the usual way, roll out and cut into rounds to fit the tart tins. Fill each tart with jam and bake in a hot oven for about 15 minutes.

## 504. LEMON CURD TARTS

7 oz. raw short pastry	4½ oz. lemon curd (Recipe No. 448)
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Make the tarts in the same way as the jam tarts.

## 505. MINCE PIES

10 oz. raw short pastry	5 oz. mincemeat
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Roll out the pastry and cut into rounds. Place half the rounds in tart tins. Fill up with mincemeat and cover with the remaining rounds. Bake in a moderate oven for about 20 minutes.

## 506. OATMEAL BISCUITS

5 oz. flour	1 egg
4 oz. butter	1¼ oz. water
2 oz. sugar	1 teaspoon sodium bicarbonate
7 oz. oatmeal	

Rub the fat into the flour and sodium bicarbonate. Add the oatmeal and sugar. Mix the egg with a little water and add to the flour to make a stiff dough. Roll out thinly and cut into squares. Bake in a moderate oven for 15-20 minutes.

## 507. OATMEAL BISCUITS (economical)

6 oz. flour	1½ oz. reconstituted "Household" milk
2 oz. cooking fat	¼ teaspoon salt
1 oz. sugar	
6 oz. oatmeal	

Rub the cooking fat into the flour. Add the salt, sugar and oatmeal. Mix to a stiff dough with the reconstituted milk. Roll out thinly and cut into squares. Bake in a moderate oven for 20 minutes.



508. ORANGE CAKE

5 oz. flour	2 eggs
4 oz. margarine	1 oz. orange juice
4 oz. sugar	1 teaspoon baking powder

Cream the fat and sugar. Add the eggs slowly, beating well. Sift in the flour and baking powder, and finally mix in the orange juice. Bake in a moderate oven for 1-1½ hours.

509 and 510. PASTRY, FLAKY

8 oz. flour	3¼ oz. water
6 oz. margarine	

Make the pastry according to the standard method described in all cookery books.

511 and 512. PASTRY, SHORT

8 oz. flour	3½ oz. water
4 oz. margarine	

Make the pastry according to the standard method described in all cookery books.

513 and 514. PASTRY, SHORT (economical)

8 oz. flour	1 teaspoon baking powder
3 oz. cooking fat	¼ teaspoon salt
1½ oz. water	

Mix together the flour, salt and baking powder. Rub in the cooking fat and mix to a stiff dough with water. Roll out and bake in a hot oven for 10-15 minutes.

515 and 516. PASTRY, POTATO

8 oz. flour	½ oz. water
4 oz. cooked potato	1 teaspoon salt
2 oz. cooking fat	

Cream the cooking fat and potato. Add the flour and salt and mix to a stiff dough with the water. Roll out and bake in a moderate oven for 15 minutes.

517. PLAIN BISCUITS (economical)

6 oz. flour	¼ oz. dried egg powder
2 oz. margarine	1 oz. water
2 oz. sugar	1 teaspoon baking powder

Rub the margarine into the flour. Add the sugar and baking powder. Mix to a stiff dough with the dried egg powder and water. Roll out and cut into shapes. Bake in a moderate oven for 20 minutes.

518. PLAIN CAKE (economical)

4 oz. flour	1½ oz. reconstituted
2 oz. sugar	“ Household ” milk
2 oz. margarine	1 oz. water (for reconstituting
½ oz. dried egg powder	egg)
	1 teaspoon baking powder

Cream the margarine and sugar. Beat in the reconstituted egg. Add the flour and baking powder and mix to a soft consistency with the reconstituted milk. Bake in a moderate oven for 30 minutes.

519. QUEEN CAKES

6 oz. flour	1 oz. sultanas
4 oz. butter	1 oz. currants
4 oz. sugar	1 teaspoon baking powder
2 eggs	

Cream the butter and sugar. Add the eggs one at a time and beat well. Stir in the flour and baking powder and add the fruit. Half fill small cake tins and bake in a moderate oven for 20 minutes.

520. ROCK BUNS

8 oz. flour	2 oz. currants
3 oz. margarine	4 oz. milk
3 oz. sugar	1 teaspoon baking powder

Rub the fat into the flour. Add the dry ingredients. Mix to a stiff dough with the milk. Place in heaps on a greased tin. Bake in a hot oven for 15-20 minutes.

## 521. ROCK CAKES

8 oz. flour	4 oz. currants
3 oz. margarine	1½ oz. milk
3 oz. sugar	1 teaspoon baking powder
1 egg	

Rub the fat, flour, baking powder and sugar well together. Mix in the beaten egg and milk. Add the currants. Drop the mixture in small portions on to a baking sheet. Bake in a hot oven for about 15 minutes.

## 522. ROCK CAKES (economical)

8 oz. flour	2 oz. reconstituted
2 oz. margarine	“Household” milk
2 oz. sugar	1 oz. water (for reconstituting egg)
3 oz. sultanas	
½ oz. dried egg powder	1 teaspoon baking powder

Rub the margarine into the flour. Mix in the sugar, baking powder and sultanas. Mix to a stiff consistency with the reconstituted egg and milk. Drop the mixture in small portions on to a baking sheet. Bake in a hot oven for 20-30 minutes.

## 523. SCONES (WITH EGG)

8 oz. flour	1 egg
1 oz. butter	4 oz. milk
1 oz. sugar	1 teaspoon baking powder

Rub the butter into the flour and baking powder. Add the sugar, egg and enough milk to make a soft dough. Roll out ½ inch thick and cut into rounds. Bake in a hot oven for 10-15 minutes.

## 524. SCONES (WITHOUT EGG)

8 oz. flour	5 oz. milk
1½ oz. butter	1 teaspoon baking powder
½ oz. sugar	

Rub the fat into the flour, baking powder and sugar. Mix in the milk. Roll out and cut into rounds. Bake in a hot oven for 15-30 minutes.

## 525. SHORTBREAD

8 oz. flour	2 oz. castor sugar
4 oz. butter	

Beat the butter and sugar to a cream. Mix in the flour and knead till smooth. Press into a flat tin to about ½ inch in thickness. Bake in a moderate oven for 45-60 minutes.

## 526. SPONGE CAKE

2 oz. flour	2 eggs
2 oz. sugar	

Whisk the sugar and eggs together in a basin over hot water till stiff. Fold in the flour. Bake in a moderate oven for 20-30 minutes.

## 528. WELSH CHEESE CAKES

6 oz. flour	} Short pastry	2 oz. butter
3 oz. margarine		2 oz. sugar
2½ oz. water		1 egg
8 oz. jam		1 teaspoon baking powder
3 oz. flour		

Make the pastry in the usual way. Line some tins with pastry and put a little jam in the bottom of each. Cream the butter and sugar, and add the egg, beating well. Sift in the flour and baking powder and mix. Spread the mixture on top of the jam. Bake in a moderate oven for about half an hour.

*Puddings.*

## 529. APPLE CHARLOTTE

13½ oz. apples, peeled and cored	2½ oz. sugar
3 oz. fresh breadcrumbs	1 oz. jam
3 oz. suet	½ oz. margarine

Grease a pie dish and line with breadcrumbs. Fill the dish with alternate layers of apple, suet, sugar, jam and breadcrumbs. Cover the top with crumbs and place dabs of margarine on the surface. Bake in a moderate oven till golden brown.

## 530. APPLE DUMPLING

6 oz. flour  
3 oz. butter  
2½ oz. water } Short pastry

3 apples (18½ oz. peeled and cored)  
1½ oz. sugar

Make the pastry. Divide into threes and roll out. Peel and core the apples. Place one on each piece of pastry. Fill the centre of the apple with sugar. Work the pastry round the apple until it is well covered. Bake for 30-40 minutes in a moderate oven.

## 531. APPLE PUDDING

8 oz. flour  
4 oz. suet  
4½ oz. water  
1 teaspoon baking powder } Suet crust

10 oz. apples, peeled and cored  
3 oz. sugar  
1 oz. water

Make the suet crust. Roll out and line a basin. Trim off the uneven edges. Fill with peeled apples and a little water and sugar. Roll out the trimmings to cover the basin. Steam for 1½-2 hours.

## 532. APPLE TART

6 oz. raw short pastry  
8 oz. apples, peeled and cored

2 oz. sugar  
1 oz. water

Place the prepared apples, sugar and water in a pie dish. Roll out the pastry and place over the dish. Bake in a moderate oven for 30-40 minutes.

## 533. BANANA CUSTARD

1 pint milk  
1 oz. custard powder  
1½ oz. sugar } Custard

6 bananas

Make the custard (Recipe No. 545) and slice the bananas into it. Serve when cold.

## 534. BLANCMANGE

1 pint milk  
1½ oz. cornflour

1½ oz. sugar

Mix the cornflour to a smooth paste with a little of the milk. Heat the remainder of the milk and sugar together. When hot stir into the paste and then transfer the whole to the saucepan. Cook gently with stirring for about 5 minutes. Turn into a mould and allow to set.

## 535. BREAD PUDDING (economical)

8 oz. stale bread  
2 oz. flour  
1 oz. sugar  
2 oz. cooking fat  
3 oz. sultanas  
1 oz. dried egg powder  
1 oz. reconstituted "Household" milk

8 oz. water for reconstituting egg and for soaking bread  
1 teaspoon ground ginger  
½ teaspoon baking powder  
½ teaspoon sodium bicarbonate

Soak the bread in water for 5-10 minutes. Drain and break up with a fork. Mix in the flour, sugar, sultanas, ginger and baking powder. Mix to a soft consistency with melted cooking fat and reconstituted egg. Dissolve the bicarbonate in the reconstituted milk and add last. Bake in a moderate oven for about 45 minutes.

## 536. BREAD AND BUTTER PUDDING

1 pint milk  
1 oz. sugar  
2 eggs

1 oz. currants  
2½ oz. bread  
¼ oz. butter

Cut the bread very thinly and spread with butter. Beat the eggs with the sugar and add the milk. Place the bread and the currants in a pie dish in alternate layers. Pour the egg and the milk over the bread and bake in a moderate oven for about 30 minutes.

## 537. CABINET PUDDING

½ pint milk  
1½ oz. sugar  
2 eggs

2 oz. raisins  
3 oz. bread  
½ oz. butter

Spread the bread with butter and cut into dice. Mix the egg, sugar and milk and pour over the bread and raisins. Soak for about half an hour. Pour into a greased basin, cover with greased paper and steam slowly till set.

## 538. CANARY PUDDING

6 oz. flour  
4 oz. butter  
4 oz. sugar

2 eggs  
 $\frac{1}{2}$  oz. milk  
1 teaspoon baking powder

Cream the butter and sugar together and beat in the eggs. Stir in the flour, baking powder and milk. Bake in a moderate oven for 30-45 minutes.

## 539 and 540. CASTLE PUDDING (BAKED OR STEAMED)

3 oz. flour  
2 oz. butter  
1 egg

2 oz. sugar  
 $\frac{1}{2}$  teaspoon baking powder

Cream the butter and sugar together and beat in the egg. Add the flour and baking powder. Put in greased dariole tins and bake in a moderate oven for about 20 minutes or steam for one hour.

## 541. CHOCOLATE MOULD

1 pint milk  
2 oz. sugar

$1\frac{1}{2}$  oz. cornflour  
 $\frac{1}{2}$  oz. cocoa

Mix the cornflour and cocoa to a smooth paste with a little of the milk. Heat the rest of the milk and the sugar. Pour the hot liquid on to the paste. Return to the pan and boil for 5 minutes, stirring all the time. Pour into a mould and allow to set.

## 542. COLLEGE PUDDING

2 oz. breadcrumbs  
2 oz. suet  
2 oz. sugar  
1 oz. currants

1 oz. sultanas  
1 egg  
1 teaspoon baking powder

Mix all the dry ingredients together. Add the egg, previously well beaten, and stir till thoroughly mixed. Put the mixture into greased dariole tins and bake for 25 minutes.

## 543. CUSTARD, EGG (BAKED)

1 pint milk  
2 eggs

1 oz. sugar

Beat the eggs and sugar together. Add the milk and place in a greased pie dish. Stand in a pan of water and bake in a moderate oven until set. (About 40 minutes.)

## 544. CUSTARD, EGG (BOILED)

1 pint milk  
2 eggs

2 oz. sugar

Beat the eggs and sugar together. Boil the milk and pour over the mixture, stirring all the time. Return to the pan. Stir for a few minutes until the mixture thickens and coats the back of a spoon. Remove from the fire immediately. Allow to cool.

## 545. CUSTARD, POWDER

1 pint milk  
 $\frac{1}{2}$  oz. custard powder

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

Blend the custard powder with a little of the milk. Add the sugar to the remainder of the milk, bring to the boil and pour immediately over the paste, stirring all the time. Allow to cool.

## 546. CUSTARD TART

8 oz. flour  
4 oz. margarine } Short pastry  
3 $\frac{1}{2}$  oz. water

$\frac{1}{2}$  pint milk  
1 egg  
1 oz. sugar

Make the pastry and line a shallow tin. Make the custard (Recipe No. 543) and use as filling. Bake in a moderate oven till set.

## 547. DUMPLING

4 oz. flour  
 $1\frac{1}{2}$  oz. suet

3 $\frac{1}{2}$  oz. water  
1 teaspoon baking powder

Mix all the ingredients together with cold water to form a soft dough. Divide into twelve balls. Flour each one and place in boiling water. Boil for half an hour.

548. GOOSEBERRY TART

6 oz. raw short pastry  
8 oz. gooseberries

2 oz. sugar  
1 oz. water

Place the prepared gooseberries, sugar and water in a pie dish. Roll out the pastry and place over the dish. Bake in a moderate oven for 30-40 minutes.

549. GOOSEBERRY TART WITH POTATO PASTRY (economical)

10 oz. raw potato pastry  
12 oz. gooseberries

2 oz. water  
Saccharin to sweeten

Place the gooseberries, saccharin and water in a pie dish. Make the pastry, roll out and place over the dish. Bake in a moderate oven for 45-60 minutes.

550. JAM OMELETTE

2 eggs  
 $\frac{1}{2}$  oz. butter

1 oz. jam  
 $\frac{1}{2}$  oz. sugar

Beat the yolks and sugar together. Whisk the whites stiffly and fold into the yolks. Pour the mixture into an omelette pan and cook until well risen. Brown slightly under the grill. Spread with jam and fold into two.

551. JAM ROLL, BAKED

8 oz. flour  
4 oz. margarine } Short pastry  
 $3\frac{1}{2}$  oz. water

6 oz. jam

Make the pastry. Roll out and spread with jam. Damp the edges and roll up. Bake in a moderate oven for 40-50 minutes.

552. JELLY

$6\frac{1}{2}$  oz. jelly cubes

Water

Dissolve the jelly cubes in hot water. Make up to a pint with water. Pour into a mould and allow to set.

553. JELLY (MILK)

$6\frac{1}{2}$  oz. jelly cubes  
 $\frac{1}{2}$  pint milk

Water

Dissolve the jelly cubes in as little hot water as possible. Allow to cool. Add half a pint of milk slowly, stirring all the time. Make up to a pint of mixture with water. Leave to set in a mould.

554. PANCAKES

4 oz. flour  
 $\frac{1}{2}$  pint milk  
1 egg

2 oz. sugar  
 $1\frac{1}{2}$  oz. margarine

Break the egg into the flour, add a little milk and stir till smooth. Add the rest of the milk by degrees, beating all the time. Allow to stand for an hour. Heat a little margarine in a frying pan. Pour into the pan enough batter just to cover the bottom thinly. Cook both sides and then turn on to sugared paper. Repeat till all the batter is used up. (Sufficient for about 12 small pancakes.)

555. PLUM TART

6 oz. raw short pastry  
8 oz. plums (weighed with stones)

2 oz. sugar  
1 oz. water

Place the plums, sugar and water in a pie dish. Roll out the pastry and cover the dish. Bake in a moderate oven for about 30-40 minutes.

556. QUEEN OF PUDDINGS

$\frac{1}{2}$  pint milk  
2 oz. breadcrumbs  
2 eggs

1 oz. butter  
1 oz. sugar  
2 oz. jam

Pour the heated milk and butter over the breadcrumbs and sugar. Allow to stand for a few minutes. Add the beaten yolks and pour into a greased pie dish. Bake in a moderate oven till set (20 minutes). Remove from the oven and spread with jam. Whisk the whites stiffly and pile on top. Return to a slow oven and bake till golden brown.

## 557. RHUBARB TART

6 oz. raw short pastry  
8 oz. rhubarb

2 oz. sugar  
1 oz. water

Place the prepared rhubarb, sugar and water in a pie dish. Roll out the pastry and cover the dish. Bake in a moderate oven for about 30-40 minutes.

## 558. RICE PUDDING

1 pint milk  
2 oz. rice

1 oz. sugar  
1 oz. butter

Place the rice, milk, butter and sugar in a pie dish. Bake in a slow oven for about 2 hours.

## 559. RICE PUDDING (economical)

2 oz. "Household" milk powder  
1 pint water  
2 oz. rice

$\frac{1}{2}$  oz. sugar  
 $\frac{1}{2}$  oz. margarine

Place the rice, sugar, margarine and reconstituted milk in a pie dish. Bake in a slow oven for 3 hours, stirring occasionally during cooking.

## 560. SAGO PUDDING

1 pint milk  
2 oz. sago

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

Soak the sago in the milk for 20 minutes. Add the sugar and bake in a slow oven for 30 minutes.

## 561. SEMOLINA PUDDING

1 pint milk  
2 oz. semolina

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

Heat the milk and sprinkle in the semolina. Bring slowly to the boil and simmer till the grain is soft. Add the sugar and pour into a pie dish. Bake in a moderate oven for about 20 minutes.

## 562. SUET PUDDING, PLAIN

2 oz. flour  
2 oz. breadcrumbs  
2 oz. suet

1 $\frac{1}{2}$  oz. sugar  
3 $\frac{1}{2}$  oz. milk  
1 teaspoon baking powder

Place all the dry ingredients together in a basin. Mix to a soft paste with the milk. Pour into a greased basin. - Steam for 2 $\frac{1}{2}$  hours.

## 563. SUET PUDDING WITH RAISINS

2 oz. flour  
2 oz. breadcrumbs  
2 oz. suet  
2 oz. raisins

1 $\frac{1}{2}$  oz. sugar  
3 $\frac{1}{2}$  oz. milk  
1 teaspoon baking powder

Place the flour, breadcrumbs, suet, sugar and baking powder in a basin and mix to a soft paste with the milk. Add the raisins and mix well. Pour into a greased basin. Steam for 2 $\frac{1}{2}$  hours.

## 564. SUET PUDDING WITH SULTANAS (economical)

6 oz. flour  
2 oz. suet  
2 oz. sugar  
3 oz. sultanas

5 oz. reconstituted  
"Household" milk  
1 teaspoon baking powder

Mix together flour, suet, sugar and baking powder. Make to a soft dropping consistency with reconstituted milk. Pour into a greased basin and steam for 3 hours.

## 565. SYRUP SPONGE PUDDING (economical)

4 oz. flour  
2 oz. sugar  
2 oz. margarine  
2 $\frac{1}{2}$  oz. golden syrup  
 $\frac{1}{2}$  oz. dried egg powder

1 oz. reconstituted  
"Household" milk  
1 oz. water for reconstituting  
egg  
 $\frac{1}{2}$  teaspoon baking powder

Cream the margarine and sugar together and add the beaten reconstituted egg. Add the flour and baking powder and mix to a stiff dropping consistency with milk. Cover the sides and bottom of a basin with the syrup, put in the mixture and steam for 3 hours.

566. TAPIOCA PUDDING

- 1 pint milk
- 2 oz. tapioca
- 1½ oz. sugar

Pour the milk over the tapioca and allow to stand for half an hour. Add the sugar. Bake in a slow oven for 20 minutes.

567. TREACLE TART

- 12 oz. raw short pastry
- 10 oz. golden syrup
- 1½ oz. fresh breadcrumbs

Line shallow tins with pastry. Pour in the golden syrup. Sprinkle with breadcrumbs. Bake in a hot oven for about 30 minutes.

568. TRIFLE

- 3½ oz. sponge cake
- 2½ oz. jam
- 1 pint powder custard (Recipe No. 545).

Pour the custard over the sponge cakes, which have been previously cut into slices and spread with jam. Allow to cool.

569. YORKSHIRE PUDDING

- ½ pint milk
- 4 oz. flour
- 1 egg
- ¾ oz. dripping
- 1 level teaspoon salt

Salt the flour and break the egg into it. Beat till smooth, gradually adding about half the milk. Add the remainder of the milk and allow to stand for at least half an hour. Pour into a tin containing very hot dripping. Bake in a hot oven for 30 minutes.

570. YORKSHIRE PUDDING (economical)

- 4 oz. flour
- 1 oz. cooking fat
- ½ oz. dried egg powder
- 11 oz. water
- 1 teaspoon baking powder
- 1 teaspoon salt

Mix together the flour, salt, baking powder and dried egg powder. Add the water and beat well. Allow to stand for 1 hour. Pour into a tin containing the hot cooking fat. Bake in a hot oven for 30 minutes.

Meat and Fish Dishes

571. BEEF STEAK PUDDING

- |                          |              |                        |
|--------------------------|--------------|------------------------|
| 6 oz. flour              | } Suet crust | 8 oz. raw steak        |
| 2 oz. suet               |              | ¾ oz. flour            |
| 4 oz. water              |              | 1 oz. water            |
| 1 teaspoon baking powder |              | 2 level teaspoons salt |
| ½ teaspoon salt          |              |                        |

Make the suet crust pastry and line a pudding basin, leaving sufficient for a lid. Cut the meat into slices and roll in the salted flour. Put into the basin. Add a little water and cover with the remainder of the pastry. Steam for about 2 hours.

572. BEEF STEW

- 8 oz. raw steak
- 1 carrot, scraped (2 oz.)
- 1 onion, peeled (2 oz.)
- 8 oz. water
- ¾ oz. flour
- 2 level teaspoons salt

Cut the meat into pieces and roll in the seasoned flour. Place in a casserole with sliced vegetables and water. Cover and bake in a moderate oven for 2 hours.

573. CURRIED MEAT

- 9½ oz. cooked meat
- 2½ oz. dripping
- 3 onions, peeled (12½ oz.)
- 1 apple, peeled and cored (2½ oz.)
- 2 oz. sultanas
- ½ oz. desiccated coconut
- 1 oz. flour
- 1 oz. curry powder
- 1 pint water
- 2 level teaspoons salt

Chop the onions and fry in the dripping. Add the chopped apple, sultanas and coconut, then the flour and curry powder, and fry a minute or two. Add the water and bring to the boil. Simmer for 5 minutes. Add the cooked meat, which has been cut into pieces, and reheat.

## 574. FISH CAKES

8 oz. steamed cod	$\frac{1}{2}$ oz. margarine
4 oz. mashed potato	1 oz. dried breadcrumbs
1 egg	1 level teaspoon salt
$\frac{1}{2}$ oz. flour	

Heat the fat in a pan and add the coarsely chopped fish, potato and half the beaten egg. Mix well and allow to cool. Shape into six flat round cakes. Coat with flour, then with the other half of the egg and finally with breadcrumbs. Fry in very hot deep fat for 2 minutes.

## 575. FISH CAKES (economical)

8 oz. steamed cod	1 teaspoon vinegar
8 oz. mashed potato	1 oz. browned breadcrumbs
$\frac{1}{2}$ oz. dried egg powder	1 oz. water for reconstituting
1 oz. raw onion	egg
$\frac{1}{2}$ oz. parsley	1 teaspoon salt

Flake the fish and mix with the mashed potato, chopped parsley and onion, salt and vinegar. Shape into cakes and dip in the reconstituted egg and cover with breadcrumbs. Bake in a moderate oven for 30 minutes.

## 576. FISH PIE

8 oz. steamed cod	7 oz. milk
4 oz. mashed potato	$\frac{1}{2}$ oz. margarine
2 oz. suet	$\frac{1}{2}$ oz. breadcrumbs
1 egg	2 level teaspoons salt

Chop the fish coarsely, and add the suet, potato, half the breadcrumbs and the seasoning. Stir in the beaten egg and the milk. Place in a greased pie dish. Cover the surface with breadcrumbs and dabs of margarine. Bake in a moderate oven for about half an hour.

## 577. HOT POT

8 oz. raw steak	8 oz. raw potato; peeled
2 onions, peeled (5 oz.)	4 oz. water
2 carrots, scraped (3 oz.)	2 level teaspoons salt

Cut the steak into small pieces and arrange in layers with slices of carrot and onion. Add a little water and seasoning. Slice the potatoes and place on top. Bake in a moderate oven for about  $1\frac{1}{2}$  hours.

## 578. IRISH STEW

8 oz. neck of mutton (weighed with bone)	12 oz. water
8 oz. potato, peeled	$\frac{1}{2}$ oz. pearl barley
4 oz. onion, peeled	$\frac{1}{2}$ teaspoon salt

Cut up the meat, potato and onion and put into a saucepan. Add the water and barley and bring to the boil. Skim well and allow to simmer slowly for  $1\frac{1}{2}$  hours.

## 579. KEDGEREE

8 oz. smoked fillet, steamed	2 eggs (one hard boiled)
2 oz. rice	$\frac{1}{2}$ teaspoon salt
1 oz. margarine	

Boil the rice. Melt the margarine and add the boiled rice, flaked fish, beaten egg and seasoning. Mix well and stir in the chopped hard boiled egg. Put in a pie dish and cook in a moderate oven for 20 minutes.

## 580 and 581. SAUSAGE ROLL

5 $\frac{1}{2}$ oz. raw flaky pastry	} or {	7 $\frac{1}{2}$ oz. raw short pastry
2 oz. raw sausage meat		3 $\frac{1}{2}$ oz. raw sausage meat

Make the pastry, roll out and cut into squares of 4 inches. Place some sausage in the middle of each. Fold over, and bake in a hot oven for 20-30 minutes.

## 582 and 583. SAUSAGE ROLL (economical)

10 oz. raw short pastry (economical)	} or {	10 oz. raw potato pastry
5 oz. raw sausage meat		5 oz. raw sausage meat
$\frac{1}{2}$ oz. flour		$\frac{1}{2}$ oz. flour

Make the pastry, roll out and cut into squares of 4 inches. Place a piece of sausage meat rolled in flour in the middle of each. Fold over the pastry, and bake in a hot oven for 30 minutes.



584. SHEPHERD'S PIE

- |                        |                        |
|------------------------|------------------------|
| 6½ oz. beef, cooked    | ¼ oz. margarine        |
| 3½ oz. onion, boiled   | 6 oz. water            |
| 18½ oz. potato, boiled | 2 level teaspoons salt |
| 2 oz. milk             |                        |

Mince the meat and chop up the onion. Moisten with water and add the seasoning. Mash the potatoes with the milk and margarine. Place the mince and onion in a pie dish. Pile the potato on top. Bake in a hot oven till brown.

585. STEAK AND KIDNEY PIE

- |                        |                        |
|------------------------|------------------------|
| 7 oz. raw flaky pastry | 2 oz. water            |
| 7½ oz. raw beef steak  | 2 level teaspoons salt |
| 3½ oz. raw kidney      | ¼ oz. flour            |

Make the pastry. Cut the steak and kidney into pieces and roll in flour. Place with water and seasoning in the pie dish. Cover with pastry. Bake in a hot oven for 20 minutes, then reduce the heat and continue cooking slowly for 2-2½ hours.

586. TOAD-IN-THE-HOLE

- |             |          |                        |
|-------------|----------|------------------------|
| ½ pint milk | } Batter | 8 oz. raw sausage      |
| 4 oz. flour |          | 2 oz. dripping         |
| 2 eggs      |          | 2 level teaspoons salt |

Make the batter and pour into a pie dish containing hot dripping. Skin the sausages and place them in the batter. Add the salt. Bake in a hot oven for about 40 minutes.

Egg and Cheese Dishes

587. BUCK RAREBIT

- |              |                       |
|--------------|-----------------------|
| 3 oz. cheese | 2 oz. white toast     |
| 1 oz. butter | ¼ oz. butter on toast |
| ¼ oz. milk   | 1 egg                 |

Grate the cheese and make the toast. Mix together the cheese, butter and milk, and spread evenly on the buttered toast. Place under the grill, and cook until a light brown. Poach the egg, and place on top of the toasted cheese.

588. CHEESE OMELETTE

- |               |                       |
|---------------|-----------------------|
| 2 eggs        | ¼ oz. butter          |
| 1½ oz. cheese | 1 level teaspoon salt |

Beat the eggs with the seasoning and add the grated cheese. Heat the butter in an omelette pan, pour in the mixture and stir till it begins to thicken evenly. While still creamy, fold the omelette in two and brown lightly.

589. CHEESE PUDDING (economical)

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1 oz. "Household" milk powder | 11 oz. water for reconstituting |
| 2 oz. dried egg powder        | egg and milk                    |
| 2 oz. cheese                  | 1 teaspoon salt                 |
| 2 oz. breadcrumbs             | ½ teaspoon mustard              |

Heat the reconstituted milk to boiling. Add the breadcrumbs, grated cheese, salt and mustard, and stir. Remove from the stove and add the reconstituted beaten eggs. Place in a dish, and brown under the grill for 10 minutes.

590. CHEESE STRAWS

- |              |                 |
|--------------|-----------------|
| 2 oz. flour  | ½ an egg yolk   |
| 2 oz. butter | ¼ oz. water     |
| 3 oz. cheese | ½ teaspoon salt |

Rub the butter into the flour. Add the grated cheese and seasoning. Bind to a stiff paste with the yolk and water. Roll out thinly and cut into narrow strips. Bake in a hot oven for about 10 minutes.

591. MACARONI CHEESE

- |                 |                        |
|-----------------|------------------------|
| ½ pint milk     | 2 oz. macaroni         |
| 1 oz. margarine | 3 oz. cheese           |
| 1 oz. flour     | 2 level teaspoons salt |

Break the macaroni into small pieces and boil; drain well. Make a sauce of the milk flour and margarine. Stir in three quarters of the grated cheese. Add the boiled macaroni. Put the mixture in a pie dish and sprinkle the remainder of the cheese on top. Brown under the grill.

## 592. MACARONI CHEESE (economical)

3 oz. macaroni  
3 oz. cheese  
1 oz. flour  
 $\frac{1}{2}$  oz. margarine

$1\frac{1}{2}$  oz. "Household" milk powder  
15 oz. water for reconstituting milk  
 $\frac{1}{2}$  teaspoon salt

Boil the macaroni in water until soft, and drain well. Melt the margarine in a saucepan, and stir in the flour and salt. Remove from the stove and add the reconstituted milk slowly. Add the cooked macaroni and about three-quarters of the grated cheese. Pour into a greased dish, and sprinkle the remainder of the cheese on top. Brown under the grill for about 10 minutes.

## 593. OMELETTE

2 eggs  
 $1\frac{1}{2}$  oz. butter

$\frac{1}{2}$  oz. water  
1 level teaspoon salt

Beat the eggs with the salt and add the water. Heat the butter in an omelette pan, pour in the mixture and stir till it begins to thicken evenly. While still creamy, fold the omelette in two and brown lightly.

## 594. SCOTCH EGG

3 eggs  
8 oz. raw sausage  
 $\frac{1}{2}$  oz. breadcrumbs

$\frac{1}{2}$  oz. flour  
 $\frac{1}{2}$  oz. beaten egg

Hard boil the eggs, cool and remove shells. Skin the sausages and flatten each on a floured board. Dip each egg in flour and cover with the sausage meat. Brush with beaten egg and coat with crumbs. Fry in very hot deep fat for about 3 minutes.

## 595. SCRAMBLED EGGS

2 eggs  
 $\frac{1}{2}$  oz. butter

$\frac{1}{2}$  oz. milk  
1 level teaspoon salt

Beat the eggs with the seasoning and add the milk. Heat the butter in a pan and add the beaten eggs and milk. Stir over a gentle heat until the mixture thickens.

## 596. SCRAMBLED EGGS (WITH DRIED EGGS)

$\frac{1}{2}$  oz. dried egg powder  
 $\frac{1}{2}$  oz. margarine

1 oz. water for reconstituting the egg  
 $\frac{1}{2}$  level teaspoon salt

Melt the margarine in a saucepan and add the beaten reconstituted egg and salt. Stir over a gentle heat until the mixture thickens.

## 597. WELSH RAREBIT

3 oz. cheese  
1 oz. butter  
 $\frac{1}{2}$  oz. milk

2 oz. white toast  
 $\frac{1}{2}$  oz. butter on toast

Make as for Buck Rarebit, omitting the egg.

## Sauces and Soups

## 598. BREAD SAUCE

$\frac{1}{2}$  pint milk  
2 oz. fresh breadcrumbs  
 $\frac{1}{2}$  oz. butter

1 small onion  
 $\frac{1}{2}$  teaspoon salt

Put the milk and onion in a saucepan and bring to the boil. Add the breadcrumbs, and simmer gently for about 20 minutes. Remove the onion and add the seasoning, stir in the butter and serve.

## 601. CHEESE SAUCE

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  oz. flour  
 $\frac{1}{2}$  oz. margarine } White sauce

$1\frac{1}{2}$  oz. cheese  
1 level teaspoon salt

Melt the fat in a pan. Add the flour, and cook gently for a few minutes, stirring all the time. Add the milk, and cook until the mixture thickens, stirring continually. Add the grated cheese and seasoning. Cook for a few minutes.

602. EGG SAUCE

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  oz. flour  
 $\frac{1}{2}$  oz. margarine } White sauce

1 hard-boiled egg  
 1 level teaspoon salt

Make the sauce and add the chopped egg and seasoning.

603. ONION SAUCE

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  oz. flour  
 $\frac{1}{2}$  oz. margarine } White sauce

8 oz. onion, boiled  
 1 level teaspoon salt

Make the sauce and add the chopped onion and seasoning.

604. POTATO SOUP

$13\frac{1}{2}$  oz. potatoes, peeled  
 1 onion, peeled ( $4\frac{1}{2}$  oz.)  
 1 oz. dripping

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  pint water  
 2 level teaspoons salt

Melt the fat in a pan. Slice the vegetables and fry in the fat. Add the water and seasoning. Bring to the boil, cover and simmer for an hour. Rub through a sieve, add the milk and reheat.

606. WHITE SAUCE, SAVOURY

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  oz. flour

$\frac{1}{2}$  oz. margarine  
 1 level teaspoon salt

Melt the fat in a pan. Add the flour, and cook for a few minutes, stirring all the time. Add the milk and seasoning, and cook gently until the mixture thickens, stirring continually.

607. WHITE SAUCE, SWEET

$\frac{1}{2}$  pint milk  
 $\frac{1}{2}$  oz. flour

$\frac{1}{2}$  oz. margarine  
 1 oz. sugar

Make the sauce in the same way as the savoury sauce, adding the sugar instead of salt.

Vegetable Dishes

608. POTATO CAKES (economical)

8 oz. mashed potato  
 $1\frac{1}{2}$  oz. flour

1 level teaspoon salt

Mix the flour and salt with the mashed potato. Roll out, cut into cakes and cook slowly on a hot plate or girdle.

609. VEGETABLE PIE WITH POTATO PASTRY (economical)

$12\frac{1}{2}$  oz. raw potato  
 $5\frac{1}{2}$  oz. raw turnip  
 $4\frac{1}{2}$  oz. raw carrot  
 $1\frac{1}{2}$  oz. raw onion

$7\frac{1}{2}$  oz. raw potato pastry  
 $3\frac{1}{2}$  oz. water  
 1 teaspoon salt

Slice the vegetables and place in a pie dish. Add the salt and water, and cover with the pastry. Bake in a moderate oven for 1 hour.

**COMPOSITION  
OF  
FOODS  
PER 100 GRAMMES**

## Cereals and Cereal Foods

No.	Food.	Description and number of samples.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.
1	All-Bran, Kellogg's .. .. .	2 packets from different shops .. .. .	8.0	18.2	39.8	2.20
2	Arrowroot .. .. .	2 samples from different shops .. .. .	12.2	Tr.	94.0	0.07
3	Barley, pearl, raw .. .. .	2 samples from different shops .. .. .	10.6	Tr.	83.6	1.35
4	Barley, pearl, boiled .. .. .	2 samples from different shops (boiled in water) .. .. .	69.6	Tr.	27.6	0.46
5	Biscuits, cream crackers .. .. .	2 varieties .. .. .	3.5	Tr.	57.5	1.49
6	Biscuits, digestive (1935) .. .. .	3 varieties .. .. .	4.5	16.4	49.6	1.68
7	Biscuits, digestive (1944) .. .. .	Same 3 varieties .. .. .	5.2	16.3	50.3	1.30
8	Biscuits, plain mixed (1936) .. .. .	Marie (3 varieties), Osborne (3 varieties) .. .. .	5.2	15.8	59.5	1.29
9	Biscuits, plain mixed (1944) .. .. .	Marie (1 variety), Osborne (2 varieties), Petit Beurre (1 variety) .. .. .	5.1	19.9	54.5	1.23
10	Biscuits, rusks .. .. .	2 varieties .. .. .	6.4	11.8	69.8	1.06
11	Biscuits, sweet mixed .. .. .	3 varieties .. .. .	0.7	25.0	41.5	0.97
12	Biscuits, water .. .. .	3 varieties .. .. .	4.5	2.3	73.5	1.89
13	Bread, currant (1936) .. .. .	4 samples from different shops .. .. .	37.7	13.0	38.8	1.12
14	Bread, Hovis (1936) .. .. .	4 samples from different shops .. .. .	39.0	Tr.	46.7	1.83
15	Bread, malt (1936) .. .. .	3 varieties .. .. .	39.0	18.6	30.8	1.46
16	Bread, brown (90%) .. .. .	Baked from flours Nos. 37-40. (See p. 28.)	39.0	Tr.	53.3	1.46
17	Bread, National Wheatmeal (85%) .. .. .		38.0	Tr.	55.5	1.48
18	Bread (80%) .. .. .		37.0	Tr.	57.5	1.46
19	Bread, white (70%) .. .. .		36.0	Tr.	59.3	1.43
20	Bread, white, toasted .. .. .		24.0	Tr.	70.5	1.70
21	Bread, white, fried in lard .. .. .		4.0	Tr.	52.5	1.27
22	Cornflakes, Kellogg's .. .. .	2 packets from different shops .. .. .	8.0	10.4	77.8	1.16
23	Cornflour .. .. .	3 samples from different shops .. .. .	12.5	Tr.	92.0	0.09
24	Custard powder .. .. .	Take as cornflour .. .. .				

Cereals and Cereal Foods—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.								Acid-base balance, c.c. per 100 g.		
		Protein (N × 5.7).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
1	All-Bran, Kellogg's ..	12.6	4.5	58.0	311	(1210)	955	82.1	420.1	10.80	0.46	815	182.0	(2020)	43	
2	Arrowroot ..	0.4	0.1	94.0	355		4.8	18	7.0	7.8	1.95	0.22	27	1.6	7.1	4
3	Barley, pearl, raw ..	7.7	1.7	83.6	360		2.6	123	9.7	20.2	0.67	0.12	206	107.0	105.0	175
4	Barley, pearl, boiled ..	2.6	0.6	27.6	120		0.8	40	3.4	6.8	0.23	0.04	70	36.5	35.8	60
5	Biscuits, cream crackers ..	8.5	33.0	57.5	557		(438)	128	17.9	19.0	0.96	0.15	82	77.8	(705)	53
6	Biscuits, digestive (1935) ..	9.6	20.5	66.0	481		(435)	156	43.6	32.0	1.57	0.23	134	72.0	(432)	
7	Biscuits, digestive (1944) ..	7.4	22.6	66.6	489		(432)	180	35.6	40.2	2.00	0.30	148	—	(375)	24
8	Biscuits, plain mixed (1936) ..	7.4	13.2	75.3	435		(244)	170	45.4	14.3	1.24	0.08	41	83.4	(260)	—
9	Biscuits, plain mixed (1944) ..	7.0	15.5	74.4	451		(441)	185	53.6	41.4	1.81	0.27	183	—	(335)	—
10	Biscuits, rusks ..	6.0	8.4	81.6	409		(206)	140	86.6	27.3	2.66	0.21	81	107.0	(174)	—
11	Biscuits, sweet mixed ..	5.5	30.7	66.5	556		(216)	136	27.2	14.0	0.83	0.12	66	31.8	(371)	13
12	Biscuits, water ..	10.7	12.5	75.8	444		(472)	142	22.1	18.9	0.94	0.08	87	100.0	(678)	40
13	Bread, currant (1936) ..	6.4	3.4	51.8	252		(164)	250	37.6	24.7	2.35	0.09	121	59.4	(284)	20
14	Bread, Hovis (1936) ..	10.4	3.7	46.7	252		(455)	243	27.5	78.8	2.95	0.09	257	77.3	(640)	55
15	Bread, malt (1936) ..	8.3	3.3	49.4	250		(275)	381	53.0	77.8	3.21	0.06	253	114.5	(526)	74
16	Bread, brown (90%) ..	8.3	1.4	53.3	246		(393)	147	17.2	52.3	2.01	0.32	160	—	(607)	—
17	Bread, National Wheat-meal (85%) ..	8.5	1.2	55.5	254		(393)	116	15.3	37.4	1.83	0.26	127	—	(607)	—
18	Bread (80%) ..	8.3	1.0	57.5	259		(393)	94	13.2	26.9	1.59	0.20	98	—	(607)	—
19	Bread, white (70%) ..	8.1	0.8	59.3	264		(393)	70	11.4	16.4	1.43	0.15	69	—	(607)	—
20	Bread, white, toasted ..	9.6	1.0	70.5	314		(467)	83	13.5	19.5	1.70	0.18	82	—	(720)	—
21	Bread, white, fried ..	7.2	37.2	52.5	578		(348)	62	10.1	14.5	1.27	0.13	61	—	(537)	—
22	Cornflakes, Kellogg's ..	6.6	0.8	88.2	367		(1050)	114	7.4	16.5	2.80	0.09	58	92.5	(1520)	20
23	Cornflour ..	0.5	0.7	92.0	354		51.6	61	15.3	7.2	1.43	0.13	39	1.1	71.0	6
24	Custard powder ..															

Take as Cornflour.

Note.—If flour is fortified with CaCO<sub>3</sub>, add 46 mg. Ca per 100 g. bread.

COMPOSITION PER 100 GRAMMES

## Cereals and Cereal Foods—continued

No.	Food.	Description and number of samples.	g. per 100 g.				
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.	
25	Flour, English (100% whole wheat)	Composite sample of 19 varieties, weighted for popularity. (See <i>Biochem. J.</i> , 1945. 39, 213.)	15.0	Tr.	73.4	1.56	
26	Flour, English (85%) ..		15.0	Tr.	79.1	1.50	
27	Flour, English (80%) ..		15.0	Tr.	80.8	1.44	
28	Flour, English (75%) ..		15.0	Tr.	81.5	1.40	
29	Flour, English (70%) ..		15.0	Tr.	81.9	1.39	
30	Flour, English (Patent) ..		15.0	Tr.	83.2	1.34	
31	Flour, Manitoba (100% whole wheat)	Composite sample from 24 shiploads (12 No. 1 Manitoba and 12 No. 2 Manitoba). (See <i>Biochem. J.</i> , 1945. 39, 213.)	15.0	Tr.	69.1	2.39	
32	Flour, Manitoba (85%) ..		15.0	Tr.	75.0	2.38	
33	Flour, Manitoba (80%) ..		15.0	Tr.	75.5	2.32	
34	Flour, Manitoba (75%) ..		15.0	Tr.	76.3	2.29	
35	Flour, Manitoba (70%) ..		15.0	Tr.	76.9	2.24	
36	Flour, Manitoba (Patent) ..		15.0	Tr.	78.2	2.07	
37	Flour, mixed grist, brown (90%)	Milled from a mixed grist consisting of 60 parts Manitoba wheat : 40 parts English wheat from the composite samples shown above.	15.0	Tr.	74.2	2.03	
38	Flour, mixed grist, National Wheatmeal (85%)		15.0	Tr.	76.0	2.03	
39	Flour, mixed grist (80%) ..		15.0	Tr.	77.6	1.97	
40	Flour, mixed grist, white (70%)		15.0	Tr.	78.9	1.90	
41	Force .. .. .		2 packets from different shops .. .. .	8.5	7.0	76.7	1.63
42	Grapenuts .. .. .		2 packets from different shops .. .. .	8.0	11.9	63.3	2.05
43	Macaroni (1936), raw .. .. .	2 samples from different shops .. .. .	12.4	Tr.	79.2	1.87	
44	Macaroni (1936), boiled .. .. .	2 samples from different shops (boiled in water) .. .. .	72.2	Tr.	25.2	0.58	
45	Macaroni (1943), raw .. .. .	6 samples from different shops .. .. .	12.6	Tr.	77.8	2.06	

Cereals and Cereal Foods—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.								Acid-base balance, c.c. per 100 g.		
		Protein (N × 5.7).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
25	Flour, English (100%) ..	8.9	2.2	73.4	333	3.4	361	35.5	106.0	3.05	0.65	340	—	35.5	—	—
26	Flour, English (85%) ..	8.6	1.5	79.1	346	2.9	179	24.5	35.0	2.22	0.36	153	—	42.2	—	—
27	Flour, English (80%) ..	8.2	1.3	80.8	348	2.1	151	21.5	24.0	1.65	0.27	118	—	44.4	—	—
28	Flour, English (75%) ..	8.0	1.1	81.5	349	2.2	118	19.2	16.8	1.35	0.22	93	—	44.9	—	—
29	Flour, English (70%) ..	7.9	1.0	81.9	349	2.1	111	18.9	13.9	1.40	0.22	84	—	45.0	—	—
30	Flour, English (Patent)	7.6	0.8	83.2	352	—	99	15.2	8.7	0.95	0.20	68	—	41.5	—	—
31	Flour, Manitoba (100%)	13.6	2.5	69.1	339	3.2	312	27.6	141.0	3.81	0.60	350	—	38.5	—	—
32	Flour, Manitoba (85%)	13.6	1.7	74.0	350	4.1	146	18.5	61.8	2.70	0.34	188	—	44.5	—	—
33	Flour, Manitoba (80%)	13.2	1.4	75.5	350	2.9	112	15.4	44.6	2.47	0.27	139	—	48.5	—	—
34	Flour, Manitoba (75%)	13.1	1.3	76.3	353	—	87	13.1	30.4	2.27	0.22	109	—	48.0	—	—
35	Flour, Manitoba (70%)	12.8	1.2	76.9	352	2.2	82	12.8	26.9	2.23	0.18	97	—	47.8	—	—
36	Flour, Manitoba (Patent)	11.8	0.9	78.2	351	1.8	71	11.1	21.5	2.08	0.15	82	—	45.0	—	—
37	Flour, mixed grist, brown (90%)	11.6	1.9	74.2	343	3.5	205	24.0	73.0	2.80	0.44	223	—	41.0	—	—
38	Flour, mixed grist, National Wheatmeal (85%)	11.6	1.6	76.0	348	3.6	159	20.9	51.1	2.50	0.35	174	—	43.6	—	—
39	Flour, mixed grist (80%)	11.2	1.4	77.6	350	2.6	127	17.8	36.4	2.15	0.27	132	—	46.9	—	—
40	Flour, mixed grist, white (70%)	10.8	1.1	78.9	350	2.1	93	15.2	21.7	1.90	0.20	92	—	46.7	—	—
41	Force .. .. .	9.3	1.9	83.7	370	(692)	405	66.3	148.0	3.98	0.36	339	104.0	(1120)	38	—
42	Grapenuts .. .. .	11.7	3.0	75.2	358	(658)	423	47.8	153.0	5.64	0.19	333	144.0	(905)	14	—
43	Macaroni (1936), raw ..	10.7	2.0	97.2	360	25.6	217	26.3	57.3	1.43	0.07	152	95.0	31.4	38	—
44	Macaroni (1936), boiled	3.4	0.6	25.2	114	7.9	67	8.1	17.6	0.45	0.02	47	29.4	9.7	12	—
45	Macaroni (1943), raw ..	11.7	1.3	77.8	352	(160)	139	20.3	41.7	1.30	0.30	141	—	(153)	—	—

COMPOSITION PER 100 GRAMMES

Note.—If flour is fortified with CaCO<sub>3</sub>, add 63 mg. Ca per 100 g. flour.



## Cereals and Cereal Foods—continued

No.	Food.	Description and number of samples.	g. per 100 g.			
			Water.	Sugar (as invert sugar):	Starch and dextrins (as glucose).	Total nitrogen.
46	Oatmeal, raw	Coarse, medium and fine. Two samples of each from different shops.	8.9	Tr.	72.8	2.12
47	Oatmeal porridge	2½ oz. mixed sample and 2 level teaspoons salt per pint of water.	89.1	Tr.	8.2	0.24
48	Post Toasties	2 packets from different shops	8.0	10.2	78.8	1.16
49	Rice, polished, raw	5 samples from different shops	11.7	Tr.	86.8	1.09
50	Rice, polished, boiled	5 samples from different shops (boiled in water)	69.9	Tr.	29.6	0.37
51	Rye (100%)	Commercial grist of all-English rye.	15.0	Tr.	75.9	1.40
52	Rye (85%)		15.0	Tr.	80.2	1.28
53	Rye (75%)		15.0	Tr.	82.5	1.17
54	Rye (60%)		15.0	Tr.	85.8	0.99
55	Ryvita		12 packets from different shops	5.9	Tr.	86.8
56	Sago	2 samples from different shops	12.6	Tr.	94.0	0.04
57	Semolina	2 samples from different shops (coarse and fine)	14.0	Tr.	77.5	1.87
58	Shredded Wheat	2 packets from different shops	8.0	Tr.	79.0	1.69
59	Soya. Full fat flour	Mixed sample, supplied by the Cereals Research Station.	7.0	Tr.	13.3	6.45
60	Soya. Low fat flour or grits		7.0	Tr.	17.2	7.94
61	Tapioca	4 varieties (medium pearl, seed pearl, coarse and flake)	12.2	Tr.	95.0	0.07
62	Vita-Weat	12 packets from different shops	4.9	Tr.	77.8	1.50

Cereals and Cereal Foods—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein (N×5.7).	Fat.	Available carbohydrate (as mono-saccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
46	Oatmeal, raw .. ..	12.1	8.7	72.8	404	33.4	368	55.3	113.0	4.12	0.23	380	155.0	73.0	132	
47	Oatmeal porridge .. ..	1.4	0.9	8.2	45	(578)	42	6.3	12.7	0.47	0.03	43	17.7	(89.0)	15	
48	Post Toasties .. ..	6.6	0.6	89.0	367	(810)	120	4.7	16.7	1.67	0.15	54	83.0	(1210)	29	
49	Rice, polished, raw .. ..	6.2	1.0	86.8	361	6.3	113	3.7	13.1	0.45	0.06	99	78.5	27.0	76	
50	Rice, polished, boiled .. ..	2.1	0.3	29.6	122	2.2	38	1.3	4.4	0.16	0.02	34	26.8	9.2	26	
51	Rye (100%) .. ..	8.0	2.0	75.9	335	—	412	31.5	92.0	2.70	—	359	—	—	—	—
52	Rye (85%) .. ..	7.3	1.6	80.2	347	—	203	26.1	45.0	1.97	—	193	—	—	—	—
53	Rye (75%) .. ..	6.7	1.3	82.5	350	—	172	19.5	26.0	1.72	—	129	—	—	—	—
54	Rye (60%) .. ..	5.6	1.0	85.8	354	—	140	15.3	16.0	1.32	—	78	—	—	—	—
55	Ryvita .. ..	6.8	2.1	86.8	373	(615)	469	40.5	90.7	3.73	0.15	295	87.0	(935)	25	
56	Sago .. ..	0.2	0.2	94.0	355	3.4	5	9.8	2.5	1.18	0.03	29	0.5	12.8	13	
57	Semolina .. ..	10.7	1.8	77.5	352	11.8	166	18.2	32.0	1.04	0.15	114	91.8	71.0	67	
58	Shredded Wheat .. ..	9.7	2.8	79.0	362	16.5	303	34.8	120.0	4.48	0.45	287	86.5	71.0	57	
59	Soya. Full fat flour .. ..	40.3*	23.5	13.3†	433	—	1660	208.0	235.0	6.93	—	597	—	—	—	—
60	Soya. Low fat flour or grits. .. ..	49.6*	7.2	17.2†	335	—	2025	241.0	236.0	9.14	—	643	—	—	—	—
61	Tapioca .. ..	0.4	0.1	95.0	359	4.2	20	8.2	2.0	0.32	0.07	30	3.5	13.1	12	
62	Vita-Weat .. ..	8.6	10.3	77.8	423	(605)	430	44.0	118.0	3.40	0.19	372	93.2	(845)	43	

\* Total N×6.25. † 75 per cent. total carbohydrate taken to be available.

COMPOSITION PER 100 GRAMMES

## Dairy Products

No.	Food.	Description and number of samples.	g. per 100 g.	
			Water.	Total nitrogen.
63	Butter, fresh .. .. .	6 samples from different shops (Foreign, Empire and English) .. .. .	13.9	0.07
64	Cheese, Cheddar .. .. .	6 samples from different shops .. .. .	37.9	3.98
65	Cheese, cream (home-made) .. .. .	1 sample only .. .. .	10.0	0.51
66	Cheese, Dutch .. .. .	5 samples from different shops .. .. .	46.3	4.51
67	Cheese, Gorgonzola .. .. .	4 samples from different shops .. .. .	41.0	3.97
68	Cheese, Gruyère .. .. .	4 samples from different shops .. .. .	21.9	5.90
69	Cheese, packet .. .. .	6 varieties .. .. .	43.0	3.60
70	Cheese, Parmesan .. .. .	3 samples from different shops .. .. .	28.0	5.50
71	Cheese, St. Ivel .. .. .	8 samples from different shops .. .. .	45.7	3.70
72	Cheese, Stilton .. .. .	3 samples from different shops .. .. .	28.2	4.02
73	Cream .. .. .	Various .. .. .	53.0	0.28
74	Egg white .. .. .	34 eggs, English and Danish, from different shops .. .. .	88.3	1.44
75	Egg yolk .. .. .	34 eggs, English and Danish, from different shops .. .. .	51.0	2.58
76	Eggs, raw or boiled .. .. .	34 eggs, English and Danish, from different shops .. .. .	73.4	1.90
77	Eggs, dried .. .. .	Packets from 6 different shops .. .. .	7.0	6.97
78	Eggs, fried .. .. .	6 eggs from different shops .. .. .	63.3	2.26
79	Eggs, poached .. .. .	6 eggs from different shops .. .. .	74.7	1.99
80	Milk, fresh, whole .. .. .	8 samples from different dairies .. .. .	87.0	0.53
81	Milk, fresh, skimmed .. .. .	Calculated on the assumption that skimmed milk contains 0.2 per cent. of fat .. .. .	90.2	0.55
82	Milk, condensed, whole, sweetened .. .. .	3 varieties .. .. .	20.3	1.28
83	Milk, condensed, whole, unsweetened .. .. .	3 varieties .. .. .	68.3	1.22
84	Milk, condensed, skimmed, sweetened .. .. .	2 varieties .. .. .	27.0	1.55
85	Milk, dried, skimmed (" Household ") .. .. .	Tins from 5 different shops .. .. .	5.0	5.46
86	Milk, dried, whole .. .. .	Calculated on the assumption that dried milk is 8 times-as concentrated as fresh milk. The figures for iron and copper may vary with the method of manufacture. .. .. .	1.3	4.24

Dairy Products—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.								Acid-base balance, c.c. per 100 g.				
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
63	Butter, fresh ..	0.4	85.1	Tr.	793	(223)	15	14.8	2.4	0.16	0.03	24	9	(332)	4			
64	Cheese, Cheddar ..	24.9	34.5	Tr.	423	(612)	116	810.0	46.9	0.57	0.03	545	230	(1060)	54			
65	Cheese, cream ..	3.2	86.0	Tr.	813	(110)	47	29.6	5.2	0.14	0.04	44	64	(151)	34			
66	Cheese, Dutch ..	28.1	16.8	Tr.	271	(1250)	96	900.0	52.6	0.78	0.05	478	187	(2050)		59		
67	Cheese, Gorgonzola ..	24.8	31.1	Tr.	392	(1220)	172	540.0	37.8	0.50	0.15	375	177	(1800)	3			
68	Cheese, Gruyère..	36.8	33.4	Tr.	461	(542)	128	1080.0	45.0	0.26	0.27	698	206	(825)		36		
69	Cheese, packet ..	22.5	30.1	Tr.	372	(918)	86	724.0	47.6	0.57	0.03	480	321	(1080)		5		
70	Cheese, Parmesan ..	34.4	29.7	Tr.	417	(755)	153	1220.0	49.6	0.37	0.36	772	251	(1110)		51		
71	Cheese, St. Ivel ..	23.1	30.5	Tr.	379	(567)	68	483.0	23.2	0.72	0.02	375	186	(910)	89			
72	Cheese, Stilton ..	25.1	40.0	Tr.	475	(1150)	161	362.0	27.2	0.46	0.03	304	228	(1720)	78			
73	Cream ..	1.8	42.0	2.4	406	31.5	93	59.2	4.5	0.23	0.15	25	33	54.0		19		
74	Egg white ..	9.0	Tr.	0.0	37	192.0	148	5.2	10.7	0.10	0.03	33	183	170.0	50			
75	Egg yolk ..	16.2	30.5	0.0	350	50.0	123	131.5	14.9	6.13	0.02	495	165	142.0	332			
76	Eggs, raw or boiled ..	11.9	12.3	0.0	163	135.0	138	56.0	12.3	2.53	0.03	218	173	159.0	162			
77	Eggs, dried ..	43.4	43.3	0.0	580	519.0	483	190.0	41.4	7.85	0.18	799	630	592.0	598			
78	Eggs, fried ..	14.1	19.5	0.0	239	220.0	176	64.2	13.9	2.53	0.05	256	206	199.0	165			
79	Eggs, poached ..	12.4	11.7	0.0	160	111.0	118	51.8	11.2	2.30	0.03	239	181	155.0	197			
80	Milk, fresh whole ..	3.3	3.7	*4.8	66	50.0	160	120.0	14.0	0.08	0.02	95	29	98.0		27		
81	Milk, fresh skimmed ..	3.4	0.2	*5.1	35	52.0	166	124.0	14.5	0.08	0.02	98	30	102.0		29		
82	Milk, condensed, whole, sweetened	8.0	12.0	56.0	354	143.0	408	344.0	36.0	0.17	0.08	238	83	284.0		84		
83	Milk, condensed, whole, unsweetened	7.6	8.4	*12.3	155	161.0	502	290.0	34.8	0.18	0.11	254	75	277.0		84		
84	Milk, condensed, skimmed, sweetened	9.7	0.3	60.0	267	180.0	498	384.0	37.7	0.29	0.03	270	94	310.0		109		
85	Milk, dried, skimmed ("Household")	34.0	0.3	*49.2	326	600.0	1335	1265.0	111.0	0.52	1.39†	1050	300	1130.0		145		
86	Milk, dried whole ..	26.4	29.7	*38.8	530	400.0	1280	960.0	112.0	0.64	0.16	760	234	784.0		216		

\* See p. 6.

† Most of this copper was probably derived from the manufacturing machinery. See p. 9.

COMPOSITION PER 100 GRAMMES

## Meat, Poultry and Game

No.	Food.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
					Water.	Total nitrogen.	Purine nitrogen.
87	*Bacon, Danish Wilts., tank cured	Raw.. .. .	Average of 6 medium lean sides (rind and bone excluded)	—	46.9	2.23	0.037
88	*Bacon, Danish Wilts., tank cured	Raw.. .. .	Fore ends of above sides (26.6 per cent. of total) (rind and bone excluded)	—	51.2	2.35	0.039
89	*Bacon, Danish Wilts., tank cured	Raw.. .. .	Middle of above sides (50.6 per cent. of total) (rind and bone excluded)	—	40.9	2.07	0.035
90	*Bacon, Danish Wilts., tank cured	Raw.. .. .	Gammon of above sides (22.8 per cent. of total) (rind and bone excluded)	—	55.4	2.45	0.041
91	*Bacon, English Wilts., dry cured	Raw.. .. .	Average of 3 sides (rind and bone excluded)	—	36.3	2.00	0.034
92	*Bacon, English Midland, dry cured	Raw.. .. .	Average of 3 sides (rind and bone excluded)	—	25.3	1.67	0.028
93	Bacon, back .. ..	Rashers fried .. ..	Fat and lean .. ..	48	12.7	4.12	0.069
94	Bacon, collar .. ..	Rashers fried .. ..	Fat and lean .. ..	50	27.3	4.58	0.080
95	Bacon, gammon .. ..	Rashers fried .. ..	Fat and lean .. ..	58	24.9	5.28	0.086
96	Bacon, streaky .. ..	Rashers fried .. ..	Fat and lean .. ..	41	20.0	3.99	0.068
97	Beef, corned .. ..	Tinned .. ..	All .. ..	100	58.5	3.60	0.036
98	Beef, frozen (Argentine, N.Z., Australia, S. Africa)	Raw.. .. .	All .. ..	—	70.3	3.40	0.050
99	Beef, silverside .. ..	Boiled .. ..	All .. ..	74	46.2	4.62	0.055
100	Beef, sirloin .. ..	Roast (underdone in centre)	Lean only .. ..	44	58.4	4.47	0.060
101	Beef, sirloin .. ..	Roast (underdone in centre)	All except bone .. ..	60	45.2	3.54	0.046

\* These bacons were green, *i.e.*, unsmoked. About 5 per cent. of the total weight is lost on smoking.

## Meat, Poultry and Game—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
87	Bacon, raw															
87	Danish Wilts., average	14.0	37.4	0.0	405	(1220)	250	13.5	14.5	1.3	0.19	122	162	(1870)	75	
88	Danish Wilts., fore end	14.7	31.7	0.0	355	(1350)	265	14.4	15.5	1.1	0.20	138	170	(2070)	107	
89	Danish Wilts., middle..	13.0	44.6	0.0	468	(1160)	227	13.5	13.8	1.3	0.19	119	150	(1760)	48	
90	Danish Wilts., gammon	15.3	28.2	0.0	325	(1200)	285	12.6	14.8	1.7	0.17	111	178	(1880)	98	
91	English Wilts. ..	12.5	49.3	0.0	509	(975)	268	13.5	12.3	0.9	0.27	94	145	(1510)	67	
92	English Midland ..	10.4	61.1	0.0	612	(830)	281	7.2	10.4	1.0	0.26	92	121	(1300)	58	
93	Bacon, back, fried ..	24.6	53.4	0.0	597	(2790)	517	11.5	25.7	2.8	—	229	298	(4150)	129	
94	Bacon, collar, fried ..	27.4	35.0	0.0	438	(3050)	492	23.2	25.8	3.9	—	236	332	(4790)	226	
95	Bacon, gammon, fried ..	31.3	33.9	0.0	444	(2330)	638	24.9	32.7	2.8	—	303	383	(4210)	408	
96	Bacon, streaky, fried ..	24.0	46.0	0.0	526	(3090)	462	52.3	25.1	3.2	—	238	299	(4750)	170	
97	Beef, corned ..	22.3	15.0	0.0	231	(1380)	117	12.8	29.0	9.8	—	119	212	(2080)	137	
98	Beef, frozen raw ..	20.3	7.3	0.0	151	74	350	8.0	25.0	3.7	0.16	200	215	74	137	
99	Beef, silverside, boiled ..	28.0	20.0	0.0	301	(1470)	288	23.3	20.0	3.7	0.19	243	292	(2320)	252	
100	Beef, sirloin, roast, lean only.	26.8	12.3	0.0	224	70	357	6.5	25.0	5.3	0.19	284	283	74	235	
101	Beef, sirloin, roast, lean and fat.	21.3	32.1	0.0	385	62	290	5.8	19.9	4.6	0.17	237	224	64	190	

COMPOSITION PER 100 GRAMMES

## Meat, Poultry and Game—continued

No.	Food.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
					Water.	Total nitrogen.	Purine nitrogen.
102	Beef, steak .. .. .	Raw .. .. .	Lean only .. .. .	—	68.3	3.19	0.058
103	Beef, steak .. .. .	Fried (lightly cooked) ..	Lean with some fat .. ..	81	56.9	3.42	0.061
104	Beef, steak .. .. .	Grilled .. .. .	All .. .. .	73	50.5	4.24	0.085
105	Beef, steak .. .. .	Stewed 4 hours .. .. .	Lean only .. .. .	57	58.1	5.19	0.061
106	Beef, topside .. .. .	Boiled .. .. .	Lean only .. .. .	59	56.6	5.44	0.072
107	Beef, topside .. .. .	Roast .. .. .	Lean only .. .. .	79	56.2	4.40	0.073
108	Beef, topside .. .. .	Roast .. .. .	All .. .. .	89	50.0	3.99	0.066
109	Brain, calf .. .. .	Boiled 10-15 min. .. ..	All .. .. .	90	80.2	1.96	0.040
110	Brain, sheep .. .. .	Boiled .. .. .	All .. .. .	95	79.7	1.92	0.031
111	Chicken .. .. .	Boiled .. .. .	Flesh only .. .. .	48	61.0	4.37	0.061
111a	Chicken (weighed with bone)	Boiled .. .. .	Flesh only .. .. .	48	39.6	2.85	0.040
112	Chicken .. .. .	Roast (with basting) .. ..	Flesh only .. .. .	40	61.1	4.84	0.072
112a	Chicken (weighed with bone)	Roast (with basting) .. ..	Flesh only .. .. .	40	33.0	2.61	0.039
113	Dripping, beef .. .. .	Analysed as purchased .. ..	All .. .. .	100	1.0	Tr.	—
114	Duck .. .. .	Roast (with basting) .. ..	Flesh only .. .. .	42	52.0	3.67	0.064
114a	Duck (weighed with bone)..	Roast (with basting) .. ..	Flesh only .. .. .	42	28.1	1.98	0.035
115	Goose .. .. .	Roast (with basting) .. ..	Flesh only .. .. .	39	46.7	4.69	0.100
115a	Goose (weighed with bone)	Roast (with basting) .. ..	Flesh only .. .. .	39	27.1	2.72	0.058
116	Grouse .. .. .	Roast (with basting) .. ..	Flesh only .. .. .	51	61.6	5.00	0.098
116a	Grouse (weighed with bone)	Roast (with basting) .. ..	Flesh only .. .. .	51	40.6	3.30	0.065

Meat, Poultry and Game—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$	$\frac{N}{10}$
															Acid.	Alkali.
102	Beef steak, raw .. ..	19.3	10.5	0.0	177	69	334	5.4	24.5	4.3	—	276	202	70	185	
103	Beef steak, fried .. ..	20.4	20.4	0.0	273	80	371	5.2	24.8	6.0	—	257	216	90	173	
104	Beef steak, grilled .. ..	25.2	21.6	0.0	304	67	368	9.2	25.2	5.2	—	303	268	64	232	
105	Beef steak, stewed .. ..	30.8	8.6	0.0	206	38	153	3.0	21.1	5.1	—	229	328	39	289	
106	Beef, topside, boiled .. ..	33.3	8.2	0.0	213	46	220	3.6	25.9	8.3	—	247	345	49	289	
107	Beef, topside, roast, lean only	26.7	15.0	0.0	249	76	370	6.2	28.1	4.7	0.25	286	279	62	222	
108	Beef, topside, roast, lean and fat	24.2	23.8	0.0	321	72	337	5.9	25.4	4.4	0.23	264	252	59	204	
109	Brain, calf, boiled .. ..	12.0	5.8	0.0	103	147	270	16.0	13.8	2.0	—	355	132	167	207	
110	Brain, sheep, boiled .. ..	11.7	6.7	0.0	110	170	268	10.8	17.8	2.2	—	339	129	144	177	
111	Chicken, boiled .. ..	26.2	10.3	0.0	203	98	381	10.7	26.4	2.1	—	270	293	62	207	
111a	Chicken, boiled (weighed with bone)	17.0	6.7	0.0	132	64	248	7.0	17.2	1.4	—	175	190	40	135	
112	Chicken, roast .. ..	29.6	7.3	0.0	189	80	355	14.5	23.0	2.6	—	271	324	100	254	
112a	Chicken, roast (weighed with bone)	16.0	3.9	0.0	102	43	192	7.8	12.4	1.4	—	146	175	54	137	
113	Dripping, beef .. ..	Tr.	99.0	0.0	921	5	4	0.8	Tr.	0.2	—	13	9	2	11	
114	Duck, roast .. ..	22.8	23.6	0.0	313	195	319	19.0	23.9	5.8	—	231	395	158	244	
114a	Duck, roast (weighed with bone)	12.3	12.8	0.0	169	105	172	10.2	12.9	3.1	—	125	213	85	132	
115	Goose, roast .. ..	28.0	22.4	0.0	323	145	406	10.4	30.8	4.6	—	267	319	159	218	
115a	Goose, roast (weighed with bone)	16.2	13.0	0.0	187	84	236	6.0	17.8	2.7	—	155	185	92	127	
116	Grouse, roast .. ..	30.1	5.3	0.0	173	96	466	29.8	40.6	7.6	—	338	340	134	258	
116a	Grouse, roast (weighed with bone)	20.0	3.5	0.0	114	63	308	19.6	26.8	5.0	—	223	224	88	170	

COMPOSITION PER 100 GRAMMES



## Meat, Poultry and Game—continued

No.	Food.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
					Water.	Total nitrogen.	Purine nitrogen.
117	Guinea-fowl .. .. .	Roast (with basting) ..	Flesh only .. .. .	41	56.9	5.32	0.142
117a	Guinea-fowl (weighed with bone)	Roast (with basting) ..	Flesh only .. .. .	41	30.1	2.83	0.075
118	Ham, York .. .. .	Raw .. .. .	Average of 3 hams (all except bone)	—	31.0	2.40	—
119	Ham .. .. .	Boiled (purchased cooked and sliced)	Lean only .. .. .	67	55.8	3.86	0.064
120	Ham .. .. .	Boiled (purchased cooked and sliced)	As purchased, lean and fat ..	100	48.6	2.72	0.045
121	Ham or Pork, chopped ..	Tinned, as purchased ..	Six varieties .. .. .	100	53.6	2.43	—
122	Hare .. .. .	Roast (with basting) ..	Flesh only .. .. .	38	59.0	5.18	0.099
122a	Hare (weighed with bone) ..	Roast (with basting) ..	Flesh only .. .. .	38	40.1	3.52	0.067
123	Hare .. .. .	Stewed .. .. .	Flesh only .. .. .	44	60.7	4.78	0.060
123a	Hare (weighed with bone) ..	Stewed .. .. .	Flesh only .. .. .	44	44.3	3.48	0.044
124	Heart, sheep .. .. .	Roast .. .. .	Ventricles only .. .. .	53	57.3	4.18	0.174
125	Kidney, ox .. .. .	Raw .. .. .	All .. .. .	—	75.5	2.82	0.094
126	Kidney, ox .. .. .	Stewed .. .. .	All .. .. .	54	66.0	4.24	0.147
127	Kidney, sheep .. .. .	Raw .. .. .	Pelvis and capsule removed	—	77.4	2.86	0.103
128	Kidney, sheep .. .. .	Fried .. .. .	Pelvis and capsule removed	53	59.3	4.71	0.137
129	Lard .. .. .	Analysed as purchased ..	All .. .. .	100	1.0	Tr.	0.0
130	Liver, mixed sample .. .. .	Raw .. .. .	All .. .. .	—	73.3	2.73	0.081
131	Liver, calf .. .. .	Sliced and fried after rolling in flour	All .. .. .	64	50.8	4.78	0.143
132	Liver, ox .. .. .	Sliced and fried after rolling in flour	All .. .. .	67	47.7	4.84	0.143
133	Meat paste .. .. .	Analysed as purchased ..	Chicken and ham, 3 varieties; ham and tongue, 2 varieties	100	60.5	3.15	—

Meat, Poultry and Game—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.										Acid-base balance c.c. per 100 g.	
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10 Acid.	N 10 Alkali.	
117	Guinea-fowl, roast ..	32.5	8.2	0.0	210	136	430	19.2	28.7	9.3	—	292	363	179	263		
117a	Guinea-fowl, roast (weighed with bone)	17.2	4.3	0.0	112	72	228	10.2	15.2	4.9	—	155	192	95	139		
118	Ham, York, raw ..	15.0	49.0	0.0	517	(1120)	345	14.2	15.6	1.2	—	104	174	(1770)	76		
119	Ham, boiled, lean only..	23.1	13.4	0.0	219	(2100)	454	17.0	23.5	2.6	—	244	280	(3350)	223		
120	Ham, boiled, lean and fat	16.3	39.6	0.0	435	(1490)	322	12.7	17.4	2.5	—	192	198	(2350)	162		
121	Ham or Pork, chopped..	15.2	29.9	Tr.	340	(1540)	223	11.8	16.6	1.5	0.09	136	—	(2120)	—		
122	Hare, roast ..	31.2	7.0	0.0	193	53	403	28.2	30.0	9.8	0.24	337	347	108	300		
122a	Hare, roast (weighed with bone)	21.3	4.8	0.0	131	36	274	19.2	20.4	6.7	0.16	229	236	74	204		
123	Hare, stewed ..	29.2	8.0	0.0	194	40	211	20.7	22.2	10.8	—	248	320	74	281		
123a	Hare, stewed (weighed with bone)	21.3	5.8	0.0	142	29	154	15.1	16.2	7.9	—	181	234	54	205		
124	Heart, sheep, roast ..	25.0	14.7	0.0	239	153	370	9.5	34.9	8.1	—	389	296	125	276		
125	Kidney, ox, raw ..	17.0	5.3	0.0	119	245	231	14.2	18.3	15.0	—	262	161	256	153		
126	Kidney, ox, stewed ..	25.7	5.8	0.0	159	164	164	20.8	22.4	7.1	—	392	242	144	303		
127	Kidney, sheep, raw ..	16.8	3.1	0.0	98	250	254	13.3	15.8	11.7	0.31	254	166	295	157		
128	Kidney, sheep, fried ..	28.0	9.1	0.0	199	261	304	16.6	26.7	14.5	0.30	433	274	288	310		
129	Lard ..	Tr.	99.0	0.0	921	2	1	0.8	1.3	0.1	0.02	3	25	4	16		
130	Liver, raw ..	16.5	8.1	0.0	143	86	325	8.4	20.8	13.9	5.80	313	239	100	236		
131	Liver, calf, fried ..	29.0	14.5	2.4	262	122	407	8.8	23.8	21.7	—	576	431	120	495		
132	Liver, ox, fried ..	29.5	15.9	4.0	284	92	386	8.6	26.5	20.7	—	550	410	82	469		
133	Meat paste ..	19.7	12.7	4.2	215	(940)	206	26.5	21.7	3.7	0.09	132	131	(1500)	96		

COMPOSITION PER 100 GRAMMES

## Meat, Poultry and Game—continued

No.	Food.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
					Water.	Total nitrogen.	Purine nitrogen.
134	Mutton chop .. ..	Raw.. .. .	Lean only .. .. .	37	67.1	3.18	0.081
134a	Mutton chop (weighed with fat and bone)	Raw.. .. .	Lean only .. .. .	37	24.9	1.18	0.030
135	Mutton chop .. ..	Raw.. .. .	Lean and fat .. .. .	77	32.3	2.28	0.049
135a	Mutton chop (weighed with bone)	Raw.. .. .	Lean and fat .. .. .	77	24.8	1.76	0.038
136	Mutton chop .. ..	Grilled .. .. .	Lean only .. .. .	34	53.7	4.38	0.061
136a	Mutton chop (weighed with fat and bone)	Grilled .. .. .	Lean only .. .. .	34	25.2	2.06	0.029
137	Mutton chop .. ..	Grilled .. .. .	Lean and fat .. .. .	55	33.6	3.26	0.046
137a	Mutton chop (weighed with bone)	Grilled .. .. .	Lean and fat .. .. .	55	25.4	2.46	0.035
138	Mutton chop .. ..	Covered with egg and breadcrumbs and fried	Lean only .. .. .	36	44.2	3.82	0.063
138a	Mutton chop (weighed with fat and bone)	Covered with egg and breadcrumbs and fried	Lean only .. .. .	36	16.6	1.43	0.024
139	Mutton chop .. ..	Covered with egg and breadcrumbs and fried	Lean and fat .. .. .	78	20.6	2.54	0.040
139a	Mutton chop (weighed with bone)	Covered with egg and breadcrumbs and fried	Lean and fat .. .. .	78	16.8	2.07	0.033

Meat, Poultry and Game—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbohydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.	
134	Mutton chop, raw, lean only	18.8	11.8	0.0	187	91	350	12.6	27.2	1.7	0.16	195	208	84	121		
134a	Mutton chop, raw, lean only (weighed with fat and bone)	7.0	4.4	0.0	69	34	130	4.7	10.1	0.6	0.06	72	77	31	45		
135	Mutton chop, raw, lean and fat	13.7	52.5	0.0	544	75	246	12.6	18.7	1.0	0.16	173	149	70	107		
135a	Mutton chop, raw, lean and fat (weighed with bone)	10.6	40.5	0.0	419	58	190	9.7	14.4	0.8	0.12	133	115	54	83		
136	Mutton chop, grilled, lean only	26.5	17.5	0.0	271	127	400	20.9	30.0	2.5	0.18	239	286	110	170		
136a	Mutton chop, grilled, lean only (weighed with fat and bone)	12.4	8.2	0.0	127	60	188	9.8	14.1	1.2	0.09	112	134	52	80		
137	Mutton chop, grilled, lean and fat	19.9	45.0	0.0	500	102	305	17.8	22.8	2.4	0.18	206	213	90	141		
137a	Mutton chop, grilled, lean and fat (weighed with bone)	15.0	34.0	0.0	378	77	230	13.5	17.3	1.8	0.14	156	161	68	107		
138	Mutton chop, fried, lean only	22.8	25.2	5.7	341	116	349	15.4	26.1	3.1	0.13	222	250	134	166		
138a	Mutton chop, fried, lean only (weighed with fat and bone)	8.6	9.4	2.1	127	44	131	5.8	9.8	1.2	0.05	83	94	50	62		
139	Mutton chop, fried, lean and fat	15.4	60.1	2.6	629	86	241	14.0	17.9	2.6	0.12	184	166	92	126		
139a	Mutton chop, fried, lean and fat (weighed with bone)	12.6	49.0	2.1	512	70	196	11.4	14.6	2.1	0.10	150	135	75	103		

COMPOSITION PER 100 GRAMMES

## Meat, Poultry and Game—continued

No.	Food.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
					Water.	Total nitrogen.	Purine nitrogen.
140	Mutton, leg .. .. .	Boiled .. .. .	All except bone .. .. .	63	45.5	4.29	0.091
141	Mutton, leg .. .. .	Roast .. .. .	All except bone .. .. .	48	52.4	4.15	0.077
142	Mutton, scrag and neck ..	Stewed .. .. .	All except bone .. .. .	46	49.7	3.96	0.056
142a	Mutton, scrag and neck weighed with bone)	Stewed .. .. .	All except bone .. .. .	46	37.3	2.97	0.042
143	Partridge .. .. .	Roast with basting) ..	Flesh only .. .. .	39	54.5	5.87	0.145
143a	Partridge (weighed with bone)	Roast (with basting) ..	Flesh only .. .. .	39	32.7	3.52	0.087
144	Pheasant .. .. .	Roast (with basting) ..	Flesh only .. .. .	45	56.9	5.15	0.095
144a	Pheasant (weighed with bone)	Roast (with basting) ..	Flesh only .. .. .	45	35.8	3.24	0.060
145	Pigeon .. .. .	Boiled .. .. .	Flesh only .. .. .	36	62.1	3.57	0.083
145a	Pigeon (weighed with bone)	Boiled .. .. .	Flesh only .. .. .	36	27.4	1.57	0.036
146	Pigeon .. .. .	Roast (with basting) ..	Flesh only .. .. .	28	57.2	4.44	0.096
146a	Pigeon (weighed with bone)	Roast (with basting) ..	Flesh only .. .. .	28	25.2	1.95	0.043
147	Pork, leg .. .. .	Roast .. .. .	All except bone .. .. .	42	49.7	4.07	0.066
148	Pork, loin .. .. .	Roast .. .. .	Lean only .. .. .	39	54.2	3.92	0.064
149	Pork, loin .. .. .	Roast .. .. .	Lean and fat .. .. .	62	38.6	3.21	0.051
150	Pork, loin .. .. .	Salt smoked (purchased cooked)	Lean only .. .. .	100	54.0	3.90	0.050
151	Pork, loin chops .. .. .	Grilled .. .. .	Lean only .. .. .	31	48.9	4.20	0.068
151a	Pork, loin chops (weighed with bone)	Grilled .. .. .	Lean only .. .. .	31	20.0	1.72	0.028

Meat, Poultry and Game—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{10}{10}$ Acid.	$\frac{N}{10}$ Alkali.
140	Mutton, leg, boiled ..	25.8	16.6	0.0	260	64	273	3.6	27.3	5.1	0.24	238	280	67	225	
141	Mutton, leg, roast ..	25.0	20.4	0.0	292	71	346	4.3	26.4	4.3	—	242	271	62	199	
142	Mutton, scrag and neck, stewed	24.2	24.4	0.0	326	66	186	50.0	26.6	6.8	—	220	259	82	203	
142a	Mutton, scrag and neck, stewed (weighed with bones)	18.2	18.3	0.0	245	50	140	37.5	20.0	5.1	—	165	194	61	152	
143	Partridge, roast ..	35.2	7.2	0.0	211	100	407	45.8	36.0	7.7	—	313	399	99	279	
143a	Partridge, roast (weighed with bone)	21.1	4.3	0.0	127	60	244	27.5	21.6	4.6	—	188	239	59	167	
144	Pheasant, roast ..	30.8	9.3	0.0	213	104	411	49.3	35.0	8.4	—	308	306	108	216	
144a	Pheasant, roast (weighed with bone)	19.4	5.9	0.0	134	66	259	31.0	22.1	5.3	—	194	193	68	136	
145	Pigeon, boiled ..	21.7	13.9	0.0	218	74	299	17.6	31.2	9.8	—	352	243	75	257	
145a	Pigeon, boiled (weighed with bone)	9.6	6.1	0.0	96	33	131	7.8	13.7	4.3	—	155	107	33	113	
146	Pigeon, roast ..	26.8	13.2	0.0	233	105	410	16.3	33.8	19.4	—	404	302	99	291	
146a	Pigeon, roast (weighed with bone)	11.8	5.8	0.0	102	46	180	7.2	14.9	8.5	—	178	133	44	128	
147	Pork, leg, roast ..	24.6	23.2	0.0	317	66	308	5.2	22.6	1.7	—	363	253	83	286	
148	Pork, loin, roast, lean only	23.6	20.1	0.0	284	69	353	7.4	23.6	2.6	0.09	206	243	101	170	
149	Pork, loin, roast, lean and fat	19.5	40.4	0.0	455	60	287	7.5	18.0	2.3	0.09	185	199	77	146	
150	Pork, loin, salt, smoked, lean only	23.7	15.7	0.0	243	(1800)	300	27.3	24.1	2.3	—	219	242	(3100)	274	
151	Pork chops, grilled, lean only	25.3	23.7	0.0	325	76	347	9.2	20.7	2.9	0.09	211	261	113	187	
151a	Pork chops, grilled, lean only (weighed with bone)	10.4	9.7	0.0	133	31	142	3.8	8.5	1.2	0.04	86	107	46	77	

COMPOSITION PER 100 GRAMMES

Meat, Poultry and Game—continued

No.	Food.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
					Water.	Total nitrogen.	Purine nitrogen.
152	Pork, loin chops .. ..	Grilled .. ..	Lean and fat .. ..	60	29.6	3.06	0.049
152a	Pork, loin chops (weighed with bone)	Grilled .. ..	Lean and fat .. ..	60	24.6	2.54	0.041
153	Rabbit .. ..	Stewed .. ..	Flesh only .. ..	35	63.9	4.37	0.061
153a	Rabbit (weighed with bone)	Stewed .. ..	Flesh only .. ..	35	32.5	2.23	0.031
154	Sausage, beef .. ..	Fried .. ..	All .. ..	82	49.2	2.20	—
155	Sausage, pork .. ..	Raw.. ..	All .. ..	—	50.7	1.41	—
156	Sausage, pork .. ..	Fried .. ..	All .. ..	88	48.5	1.83	—
157	Sausage (1943) .. ..	Raw.. ..	7 samples, mixed beef and pork	—	54.0	1.70	—
158	Sausage (1943) .. ..	Grilled .. ..	7 samples, mixed beef and pork	75	39.2	2.30	—
159	Sausage, black .. ..	Analysed as purchased	All except skin .. ..	—	55.8	0.85	0.002
160	Sausage, breakfast .. ..	Analysed as purchased ..	All .. ..	100	52.2	1.40	—
161	Suet .. ..	Analysed as purchased ..	All except skin .. ..	100	Tr.	0.15	—
162	Sweetbreads .. ..	Stewed .. ..	All .. ..	59	65.6	3.70	0.426
163	Tongue, ox .. ..	Pickled in NaCl and sugar and boiled	Muscular portion only, fat at base of tongue and skin discarded	38	48.6	3.12	0.048
164	Tongue, sheep's .. ..	Stewed .. ..	Muscular portion only, fat at base of tongue and skin discarded	33	56.9	2.91	0.052
165	Tripe, dressed .. ..	Stewed (treated with lime before purchase)	All .. ..	54	77.6	3.00	0.022
166	Turkey .. ..	Roast (with basting) ..	Flesh only .. ..	46	59.0	5.07	0.079
166a	Turkey (weighed with bone)	Roast (with basting) ..	Flesh only .. ..	46	35.4	3.04	0.049
167	Veal, fillet .. ..	Raw.. ..	All .. ..	—	74.9	3.37	0.080
168	Veal, frozen (Uruguay and N.Z.)	Raw.. ..	All .. ..	—	75.2	3.19	0.050
169	Veal cutlet .. ..	Covered with egg and breadcrumbs and fried	All .. ..	74	54.6	5.02	0.106
170	Veal, fillet .. ..	Roast .. ..	All .. ..	75	55.1	5.06	0.089
171	Venison, haunch .. ..	Roast .. ..	Flesh only .. ..	58	56.8	5.60	0.097

Meat, Poultry and Game—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N	
															$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
152	Pork chops, grilled, lean and fat	18.6	50.3	0.0	544	59	258	8.3	14.9	2.4	0.09	178	190	72	142	
152a	Pork chops, grilled, lean and fat (weighed with bone)	15.4	41.9	0.0	451	49	214	6.9	12.4	2.0	0.07	148	158	60	118	
153	Rabbit, stewed .. ..	26.6	7.7	0.0	180	32	210	11.3	21.6	1.9	0.20	199	245	43	201	
153a	Rabbit, stewed (weighed with bone)	13.6	3.9	0.0	92	16	107	5.8	11.0	1.0	0.10	102	125	22	102	
154	Sausage, beef, fried ..	13.8	18.4	15.7	287	(1130)	255	21.2	16.6	4.1	0.17	168	163	(1770)	129	
155	Sausage, pork, raw ..	8.8	28.8	9.8	341	(770)	158	15.1	11.5	2.5	0.12	108	73	(1070)	25	
156	Sausage, pork, fried ..	11.5	24.8	12.7	326	(999)	205	19.7	14.9	3.3	0.15	141	95	(1390)	36	
157	Sausage (1943), raw ..	10.6	16.1	14.3	247	(720)	257	(62)	44.0	2.4	0.30	194	—	(975)	—	—
158	Sausage (1943), grilled ..	14.4	20.0	19.4	318	(980)	348	(84)	60.0	3.2	0.40	263	—	(1320)	—	—
159	Sausage, black .. ..	5.3	22.5	14.7	286	(900)	130	31.2	15.0	19.5	0.26	27	173	(1320)	44	
160	Sausage, breakfast ..	8.7	20.4	16.8	288	(880)	170	21.9	16.4	1.9	0.08	86	79	(1300)	20	
161	Suet .. ..	0.9	99.0	0.0	924	21	13	6.0	1.1	0.4	0.04	7	20	18	6	
162	Sweetbreads, stewed ..	22.7	9.1	0.0	178	69	231	14.3	15.4	1.6	—	596	185	74	117	
163	Tongue, ox, pickled ..	19.1	23.9	2.3	309	(1870)	152	30.9	16.2	3.0	—	229	200	(3000)	236	
164	Tongue, sheep's, stewed	18.0	24.0	0.0	297	79	109	11.1	13.2	3.4	—	196	187	80	187	
165	Tripe, stewed .. ..	18.0	3.0	0.0	102	72	9	(127)	7.9	1.6	—	132	145	30	81	
166	Turkey, roast .. ..	30.2	7.7	0.0	196	130	367	38.3	28.2	3.8	—	320	234	123	195	
166a	Turkey, roast (weighed with bone)	18.1	4.6	0.0	118	78	220	23.0	16.9	2.3	—	192	140	74	117	
167	Veal, fillet, raw .. ..	20.1	2.7	0.0	108	107	357	7.6	25.0	2.3	—	258	220	68	161	
168	Veal, frozen, raw ..	18.7	3.6	0.0	110	95	370	10.2	25.0	1.8	0.15	200	208	98	124	
169	Veal cutlet, fried ..	30.4	8.1	4.4	216	106	422	10.0	32.7	2.6	—	283	329	115	235	
170	Veal, fillet, roast ..	30.5	11.5	0.0	232	97	427	14.3	27.6	2.5	—	355	330	113	285	
171	Venison, roast .. ..	33.5	6.4	0.0	197	86	364	29.0	33.4	7.8	—	286	321	89	238	

COMPOSITION PER 100 GRAMMES



## Fish

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
172	Bass.. .. .	Whole fish, excluding guts	Steamed .. ..	Flesh and skin ..	47	73.3	3.26	0.073
172a	Bass (weighed with bones)	Whole fish, excluding guts	Steamed .. ..	Flesh and skin ..	47	38.9	1.73	0.039
173	Bloaters .. .. .	Body of fish without heads, roes or guts	Grilled .. ..	Flesh only .. ..	65	55.6	3.76	0.133
173a	Bloaters (weighed with bones and skin)	Body of fish without heads, roes or guts	Grilled .. ..	Flesh only .. ..	65	41.1	2.78	0.098
174	Bream, Red .. ..	Whole fish, excluding guts	Steamed .. ..	Flesh and skin ..	47	73.5	3.39	0.069
174a	Bream, Red (weighed with bones)	Whole fish, excluding guts	Steamed .. ..	Flesh and skin ..	47	38.2	1.76	0.036
175	Bream, Sea .. ..	Whole fish, excluding guts	Steamed .. ..	Flesh and skin ..	58	76.5	3.07	0.072
175a	Bream, Sea (weighed with bones)	Whole fish, excluding guts	Steamed .. ..	Flesh and skin ..	58	49.7	2.00	0.047
176	Brill .. .. .	Pieces from tail end	Steamed .. ..	Flesh only .. ..	63	74.2	3.39	0.061
176a	Brill (weighed with bones and skin)	Pieces from tail end	Steamed .. ..	Flesh only .. ..	63	50.5	2.30	0.042
177	Catfish .. .. .	Middle cuts, skinned	Steamed .. ..	All except bones ..	64	73.6	3.43	0.060
177a	Catfish (weighed with bones)	Middle cuts, skinned	Steamed .. ..	All except bones ..	64	62.5	2.92	0.051
178	Catfish .. .. .	Middle cuts, skinned	Covered with batter and crumbs, and fried	All except bones ..	90	61.9	3.17	0.065
178a	Catfish (weighed with bones)	Middle cuts, skinned	Covered with batter and crumbs and fried	All except bones ..	90	58.0	2.98	0.061

Fish—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.	
172	Bass, steamed .. ..	19.5	5.1	0.0	127	75	326	46.9	26.9	0.7	—	220	233	85	150		
172a	Bass, steamed (weighed with bones)	10.4	2.7	0.0	67	40	173	24.9	14.2	0.4	—	117	124	45	79		
173	Bloaters, grilled .. ..	22.6	17.4	0.0	255	(703)	446	123.0	44.7	2.2	—	355	308	(1130)	741		
173a	Bloaters, grilled (weighed with bones and skin)	16.7	12.9	0.0	189	(520)	330	91.0	33.1	1.6	—	263	228	(838)	550		
174	Bream, Red, steamed ..	19.7	4.0	0.0	118	119	345	27.9	29.9	0.4	—	213	242	138	148		
174a	Bream, Red, steamed (weighed with bones)	10.2	2.1	0.0	61	62	179	14.5	15.6	0.2	—	111	126	72	77		
175	Bream, Sea, steamed ..	17.8	3.0	0.0	101	113	281	35.0	26.7	0.6	—	238	219	122	164		
175a	Bream, Sea, steamed (weighed with bones)	11.6	2.0	0.0	66	73	182	22.7	17.4	0.4	—	155	142	79	106		
176	Brill, steamed .. ..	20.4	3.4	0.0	115	94	264	15.3	31.0	0.7	0.13	230	214	125	175		
176a	Brill, steamed (weighed with bones and skin)	13.9	2.3	0.0	78	64	180	10.4	21.1	0.5	0.09	157	146	85	119		
177	Catfish, steamed .. ..	20.4	3.7	0.0	118	108	317	13.9	26.6	0.6	—	212	215	108	145		
177a	Catfish, steamed (weighed with bones)	17.4	3.2	0.0	100	92	269	11.8	22.6	0.5	—	180	183	92	123		
178	Catfish, fried .. ..	18.8	10.5	6.5	200	120	323	19.1	25.7	2.3	—	228	199	150	148		
178a	Catfish, fried (weighed with bones)	17.7	9.9	6.1	188	113	304	18.0	24.2	2.2	—	215	187	141	139		

COMPOSITION PER 100 GRAMMES

Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
179	Cockles .. .. .	Purchased cooked without shells	.. .. .	All .. .. .	100	78.9	1.80	0.051
180	Cod .. .. .	Middle cuts	Steamed .. .. .	Flesh only .. .. .	66	79.2	2.98	0.062
180a	Cod (weighed with bones and skin)	Middle cuts	Steamed .. .. .	Flesh only .. .. .	66	64.1	2.42	0.050
181	Cod .. .. .	Steaks .. .. .	Covered with batter and crumbs and fried	All except bones .. .. .	114	69.4	3.44	0.063
181a	Cod (weighed with bones)..	Steaks .. .. .	Covered with batter and crumbs and fried	All except bones .. .. .	114	63.1	3.13	0.057
182	Cod .. .. .	Steaks .. .. .	Grilled with added butter	Flesh only .. .. .	54	64.6	4.56	0.082
182a	Cod (weighed with bones and skin)	Steaks .. .. .	Grilled with added butter	Flesh only .. .. .	54	54.9	3.87	0.070
183	Cod roe .. .. .	Half a roe .. .. .	Parboiled, sliced and fried in crumbs	All .. .. .	93	62.0	3.35	0.112
184	Cod roe .. .. .	Half a roe .. .. .	Baked in vinegar .. .. .	All .. .. .	98	71.1	3.85	0.130
185	Conger .. .. .	Cut from behind head	Steamed .. .. .	Flesh only .. .. .	60	73.3	3.77	0.063
185a	Conger (weighed with bones and skin)	Cut from behind head	Steamed .. .. .	Flesh only .. .. .	60	55.0	2.83	0.047
186	Conger .. .. .	Steaks from behind head	Covered with batter and crumbs and fried	All except bones .. .. .	91	52.7	3.10	0.070
186a	Conger (weighed with bones)	Steaks from behind head	Covered with batter and crumbs and fried	All except bones .. .. .	91	46.3	2.73	0.062

Fish—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
179	Cockles .. .. .	11.0	0.3	Tr.	48	(3520)	43	127.0	51.0	26.0	—	204	322	(5220)	156	
180	Cod, steamed .. ..	18.0	0.9	0.0	82	100	360	14.6	20.6	0.5	0.10	242	212	120	162	
180a	Cod, steamed (weighed with bones and skin)	14.6	0.7	0.0	66	81	292	11.8	16.7	0.4	0.08	196	172	97	131	
181	Cod, fried .. .. .	20.7	4.7	2.9	140	161	342	49.6	26.8	1.0	0.10	261	243	145	156	
181a	Cod, fried (weighed with bones)	18.8	4.3	2.6	127	146	311	45.2	24.4	0.9	0.09	238	221	132	142	
182	Cod, grilled .. ..	27.0	5.3	0.0	160	110	407	31.0	36.0	1.0	—	274	323	130	218	
182a	Cod, grilled (weighed with bones and skin)	22.9	4.5	0.0	136	94	346	26.4	30.6	0.9	—	233	274	111	185	
183	Cod roe, fried .. ..	20.6	11.9	3.0	206	127	258	16.8	10.5	1.6	—	504	238	188	388	
184	Cod roe, baked in vinegar	24.0	3.2	0.0	128	73	132	13.0	8.0	2.3	—	402	272	173	400	
185	Conger steamed .. ..	22.8	1.8	0.0	110	99	347	29.8	28.4	0.5	—	220	269	82	163	
185a	Conger, steamed (weighed with bones and skin)	17.1	1.4	0.0	83	74	260	22.4	21.3	0.4	—	165	202	62	122	
186	Conger, fried .. ..	18.7	20.0	6.5	287	108	353	24.2	29.4	1.0	—	247	222	156	168	
186a	Conger, fried (weighed with bones)	16.4	17.6	5.7	252	95	310	21.3	25.8	0.9	—	217	195	137	148	

COMPOSITION PER 100 GRAMMES

## Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
187	Crab .. .. .	Alive .. .. .	Boiled in fresh water	Flesh only .. ..	16	72.5	3.21	0.061
187a	Crab (weighed with shell)..	Alive .. .. .	Boiled in fresh water	Flesh only .. ..	16	14.5	0.64	0.012
188	Dabs .. .. .	Whole fish, excluding guts	Covered with batter and crumbs and fried	All except bones ..	91	19.9	3.19	0.065
188a	Dabs (weighed with bones)	Whole fish, excluding guts	Covered with batter and crumbs and fried	All except bones ..	91	15.9	2.55	0.052
189	Dogfish .. .. .	Tail ends, skinned ..	Covered with batter and crumbs and fried	All except bones ..	90	44.4	3.66	0.050
189a	Dogfish (weighed with bone)	Tail ends, skinned ..	Covered with batter and crumbs and fried	All except bones ..	90	40.3	3.33	0.045
190	Eels, elvers .. .. .	Whole fish .. .. .	Raw.. .. .	All .. .. .	100	81.8	2.02	—
191	Eels, silver .. .. .	Live eels .. .. .	Raw.. .. .	Flesh only .. ..	66	57.1	2.31	—
191a	Eels, silver (weighed with bones and skin)	Live eels .. .. .	Raw.. .. .	Flesh only .. ..	66	37.8	1.52	—
192	Eels, silver .. .. .	Live eels .. .. .	Stewed in half their weight of water.	Flesh only .. ..	50	49.2	2.84	—
193	Eels, yellow .. .. .	Live eels .. .. .	Raw.. .. .	Flesh only .. ..	67	71.3	2.66	—
193a	Eels, yellow (weighed with bones and skin)	Live eels .. .. .	Raw.. .. .	Flesh only .. ..	67	47.8	1.78	—
194	Fillet, smoked .. .. .	Fillet as purchased	Steamed .. .. .	All .. .. .	67	75.2	3.25	0.048
195	Fish paste .. .. .	Analysed as purchased	.. .. .	Salmon and shrimp, 3 varieties; salmon and anchovy, 2 varieties; bloater, 3 varieties	100	64.5	2.38	—

## Fish—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbohydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.	
187	Crab, boiled .. ..	19.2	5.2	0.0	127	366	271	29.4	47.9	1.3	—	350	465	570	395		
187a	Crab, boiled (weighed with shell)	3.8	1.0	0.0	25	73	54	5.9	9.6	0.3	—	70	93	114	79		
188	Dabs, fried .. ..	19.2	14.3	9.8	249	127	284	130.0	29.1	1.0	0.07	250	259	245	175		
188a	Dabs, fried (weighed with bones)	15.4	11.4	7.8	199	102	227	104.0	23.3	0.8	0.06	200	207	196	140		
189	Dogfish, fried .. ..	17.9	25.2	6.0	330	163	245	12.5	20.0	1.3	—	269	210	203	205		
189a	Dogfish, fried weighed with bone)	16.3	22.9	5.5	300	148	223	11.4	18.2	1.2	—	244	191	184	186		
190	Eels, elvers, raw ..	12.6	2.2	0.0	72	67	230	515.0	31.0	4.0	Tr.	440	141	55	16		
191	Eels, silver, raw ..	14.4	27.8	0.0	318	77	215	12.6	14.3	0.8	0.03	192	162	69	138		
191a	Eels, silver, raw (weighed with bones and skin)	9.5	18.4	0.0	211	51	142	8.3	9.4	0.5	0.02	127	107	46	91		
192	Eels, silver, stewed ..	17.7	32.4	0.0	374	73	200	14.4	14.8	1.0	—	200	199	64	168		
193	Eels, yellow, raw ..	16.6	11.3	0.0	173	89	267	18.5	19.0	0.7	0.05	223	187	57	145		
193a	Eels, yellow, raw (weighed with bones and skin)	11.1	7.4	0.0	115	60	179	12.4	12.7	0.5	0.03	150	125	38	96		
194	Fillet, smoked, steamed	19.4	0.9	0.0	88	(1080)	268	19.6	43.9	1.0	—	222	248	(1550)	149		
195	Fish paste .. ..	14.9	9.5	6.5	174	(1480)	307	146.0	30.1	6.0	0.06	210	185	(2380)	103		

COMPOSITION PER 100 GRAMMES

## Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
196	Flounder .. .. .	Body of fish without head or guts	Steamed .. ..	Flesh only .. ..	45	76.6	3.24	0.086
196a	Flounder (weighed with bones and skin)	Body of fish without head or guts	Steamed .. ..	Flesh only .. ..	45	42.8	1.81	0.048
197	Flounder .. .. .	Body of fish without head or guts	Covered with batter and crumbs and fried	Flesh and skin ..	74	61.5	2.84	0.061
197a	Flounder (weighed with bones)	Body of fish without head or guts	Covered with batter and crumbs and fried	Flesh and skin ..	74	42.4	1.96	0.042
198	Gurnet, grey .. ..	Body of fish without head or guts	Steamed .. ..	Flesh only .. ..	61	72.0	3.46	0.085
198a	Gurnet, grey (weighed with bones and skin)	Body of fish without head or guts	Steamed .. ..	Flesh only .. ..	61	58.2	2.80	0.069
199	Gurnet, red .. .. .	Body of fish without head or guts	Steamed .. ..	Flesh only .. ..	57	71.6	3.54	0.079
199a	Gurnet, red (weighed with bones and skin)	Body of fish without head or guts	Steamed .. ..	Flesh only .. ..	57	50.9	2.51	0.056
200	Haddock, fresh .. ..	Fillets .. .. .	Raw .. .. .	Flesh only .. ..	—	81.3	2.68	0.067
201	Haddock, fresh .. ..	Middle cut .. ..	Steamed .. ..	Flesh only .. ..	59	75.1	3.65	0.072
201a	Haddock, fresh (weighed with bones and skin)	Middle cut .. ..	Steamed .. ..	Flesh only .. ..	59	57.1	2.77	0.055
202	Haddock, fresh .. ..	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones ..	115	65.1	3.42	0.083
202a	Haddock, fresh (weighed with bones)	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones ..	115	60.0	3.15	0.076

Fish—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
196	Flounder, steamed ..	19.4	1.7	0.0	95	115	318	55.1	25.0	1.3	—	296	231	148	197	
196a	Flounder, steamed (weighed with bones and skin)	10.9	1.0	0.0	53	64	178	30.9	14.0	0.7	—	166	129	83	110	
197	Flounder, fried ..	17.0	12.9	6.5	214	130	282	74.5	22.6	1.1	—	218	203	200	139	
197a	Flounder, fried (weighed with bones)	11.7	8.9	4.5	147	90	194	51.3	15.6	0.8	—	150	140	138	96	
198	Gurnet, grey, steamed ..	21.0	5.2	0.0	134	117	305	13.1	23.9	0.8	—	196	247	117	158	
198a	Gurnet, grey, steamed (weighed with bones and skin)	17.0	4.2	0.0	108	95	247	10.6	19.4	0.6	—	158	200	95	128	
199	Gurnet, red, steamed ...	21.3	4.7	0.0	131	186	350	20.9	30.9	0.7	—	241	253	141	146	
199a	Gurnet, red, steamed (weighed with bones and skin)	15.1	3.3	0.0	93	132	248	14.8	21.9	0.5	—	171	180	100	104	
200	Haddock, fillets, raw ..	15.9	0.6	0.0	71	125	302	31.7	22.5	1.0	—	216	223	156	156	
201	Haddock, fresh, steamed	22.0	0.8	0.0	97	121	323	54.6	27.8	0.7	0.13	234	304	78	177	
201a	Haddock, fresh, steamed (weighed with bones and skin)	16.7	0.6	0.0	74	92	245	41.4	21.2	0.5	0.10	178	231	59	134	
202	Haddock, fresh, fried ..	20.4	8.3	3.6	175	177	348	114.0	30.6	1.2	—	247	285	181	140	
202a	Haddock, fresh, fried (weighed with bones)	18.8	7.6	3.3	161	163	320	105.0	28.2	1.1	—	227	262	166	129	

COMPOSITION PER 100 GRAMMES



## Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
203	Haddock, smoked .. .. .	As purchased .. .. .	Steamed .. .. .	Flesh only .. .. .	55	71.6	3.73	0.065
203a	Haddock, smoked (weighed with bones and skin)	As purchased .. .. .	Steamed .. .. .	Flesh only .. .. .	55	46.5	2.42	0.042
204	Hake .. .. .	Middle cut .. .. .	Steamed .. .. .	Flesh only .. .. .	63	76.1	3.11	0.061
204a	Hake (weighed with bones and skin)	Middle cut .. .. .	Steamed .. .. .	Flesh only .. .. .	63	61.0	2.49	0.049
205	Hake .. .. .	Steaks .. .. .	Covered with batter and crumbs and fried	All except bones .. .. .	106	62.0	3.18	0.052
205a	Hake (weighed with bones)	Steaks .. .. .	Covered with batter and crumbs and fried	All except bones .. .. .	106	58.3	2.99	0.049
206	Halibut .. .. .	Middle cut .. .. .	Steamed .. .. .	Flesh only .. .. .	66	70.9	3.80	0.068
206a	Halibut (weighed with bones and skin)	Middle cut .. .. .	Steamed .. .. .	Flesh only .. .. .	66	53.8	2.88	0.052
207	Herring .. .. .	Fillets .. .. .	Raw .. .. .	All except bones .. .. .	—	63.5	2.70	0.119
208	Herring .. .. .	Body of fish without head or guts	Covered with oat-meal and fried	Flesh, skin and roes	77	58.7	3.69	0.172
208a	Herring (weighed with bones)	Body of fish without head or guts	Covered with oat-meal and fried	Flesh, skin and roes	77	51.6	3.24	0.151
209	Herring .. .. .	Body of fish without head or guts	Baked in vinegar .. .. .	Flesh, skin and roes	78	67.5	2.89	0.160
209a	Herring (weighed with bones)	Body of fish without head or guts	Baked in vinegar .. .. .	Flesh, skin and roes	78	62.0	2.65	0.147
210	Herring roe (soft) .. .. .	Whole roes .. .. .	Rolled in flour and fried	All .. .. .	80	52.3	3.85	0.484

Fish—continued

No.	Food.	g. per 100 g.			Calor- ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
203	Haddock, smoked, steamed	22.3	0.9	0.0	100	(1220)	293	57.5	25.4	1.0	—	248	253	(1900)	197	
203a	Haddock, smoked, steamed (weighed with bones and skin)	14.5	0.6	0.0	65	(793)	190	37.4	16.5	0.7	—	162	164	(1230)	128	
204	Hake, steamed	18.5	3.3	0.0	107	118	310	15.9	26.7	0.6	0.12	218	193	95	127	
204a	Hake, steamed (weighed with bones and skin)	14.8	2.6	0.0	86	95	248	12.7	21.4	0.5	0.10	175	154	76	102	
205	Hake, fried	19.3	11.4	5.3	205	153	297	25.8	29.0	0.9	0.17	259	197	134	148	
205a	Hake, fried (weighed with bones)	18.2	10.7	5.0	193	144	279	24.3	27.3	0.8	0.16	244	185	126	139	
206	Halibut, steamed	22.7	4.0	0.0	130	111	340	13.0	23.2	0.6	0.07	255	255	80	186	
206a	Halibut, steamed (weighed with bones and skin)	17.3	3.0	0.0	99	84	258	9.9	17.6	0.5	0.05	194	194	61	141	
207	Herring, raw	16.7	18.1	0.0	273	130	317	101.0	31.7	1.5	—	272	191	122	115	
208	Herring, fried	21.8	15.1	1.5	235	101	415	38.6	34.7	1.9	—	339	261	125	219	
208a	Herring, fried (weighed with bones)	19.2	13.3	1.3	208	89	365	34.0	30.5	1.7	—	298	230	110	193	
209	Herring, baked in vinegar	16.9	12.9	0.0	189	62	233	58.2	21.8	1.6	—	326	205	119	238	
209a	Herring, baked in vinegar (weighed with bones)	15.5	11.8	0.0	174	57	214	53.5	20.1	1.5	—	300	188	109	219	
210	Herring roe, fried	23.4	15.8	4.7	260	87	239	15.7	8.1	1.5	—	915	242	123	662	

COMPOSITION PER 100 GRAMMES

## Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen	Purine nitrogen.
211	John Dory .. .. .	Whole fish without head, guts or fins	Steamed .. ..	Flesh only .. ..	50	76.7	3.28	0.057
211a	John Dory (weighed with bones and skin)	Whole fish without head, guts or fins	Steamed .. ..	Flesh only .. ..	50	47.5	2.04	0.035
212	Kippers .. .. .	As purchased ..	Baked .. ..	Flesh only .. ..	45	58.7	4.08	0.091
212a	Kippers (weighed with bones and skin)	As purchased ..	Baked .. ..	Flesh only .. ..	45	31.6	2.20	0.049
213	Lemon sole .. .. .	Whole fish without head, guts or fins	Steamed .. ..	Flesh only .. ..	62	77.2	3.29	0.054
213a	Lemon sole (weighed with bones and skin)	Whole fish without head, guts or fins	Steamed .. ..	Flesh only .. ..	62	54.9	2.34	0.038
214	Lemon sole.. .. .	Whole fish without head, guts or fins	Covered with batter and crumbs and fried	All except bones ..	91	60.4	2.57	0.044
214a	Lemon sole (weighed with bones)	Whole fish without head, guts or fins	Covered with batter and crumbs and fried	All except bones ..	91	47.7	2.03	0.035
215	Ling.. .. .	Sections from body	Steamed .. ..	Flesh only .. ..	60	74.6	3.73	0.060
215a	Ling (weighed with bones and skin)	Sections from body	Steamed .. ..	Flesh only .. ..	60	55.9	2.79	0.045
216	Ling.. .. .	Steaks .. ..	Covered with batter and crumbs and fried	All except bones ..	100	62.1	2.85	0.056
216a	Ling (weighed with bones)	Steaks .. ..	Covered with batter and crumbs and fried	All except bones ..	100	55.2	2.54	0.050

Fish—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
211	John Dory, steamed ..	19.9	1.4	0.0	95	139	287	23.0	29.0	0.6	—	251	234	143	179	
211a	John Dory, steamed (weighed with bones and skin)	12.3	0.9	0.0	59	86	178	14.3	18.0	0.4	—	156	145	89	111	
212	Kippers, baked ..	23.2	11.4	0.0	201	(990)	520	64.8	47.5	1.4	—	426	280	(1520)	245	
212a	Kippers, baked (weighed with bones and skin)	12.5	6.2	0.0	108	(535)	281	35.0	25.7	0.8	—	230	151	(824)	132	
213	Lemon sole, steamed ..	19.9	0.9	0.0	90	115	279	20.6	20.0	0.6	0.12	247	241	117	194	
213a	Lemon sole, steamed (weighed with bones and skin)	14.1	0.6	0.0	64	82	198	14.6	14.2	0.4	0.09	175	171	83	138	
214	Lemon sole, fried ..	15.4	13.0	9.3	219	136	250	95.0	22.3	1.1	0.16	241	189	124	119	
214a	Lemonsole, fried (weighed with bones)	12.2	10.3	7.4	173	108	198	75.0	15.8	0.9	0.13	190	149	98	84	
215	Ling, steamed ..	22.4	0.8	0.0	99	120	370	17.6	36.9	0.5	—	221	266	99	149	
215a	Ling, steamed (weighed with bones and skin)	16.8	0.6	0.0	74	90	278	13.2	27.7	0.4	—	166	199	74	112	
216	Ling, fried ..	16.8	12.4	6.3	208	145	312	39.8	32.0	0.8	—	228	203	157	128	
216a	Ling, fried (weighed with bones)	15.0	11.0	5.6	185	129	278	35.4	28.5	0.7	—	203	181	140	114	

COMPOSITION PER 100 GRAMMES

## Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
217	Lobster .. .. .	Alive .. .. .	Boiled in fresh water	Flesh only .. ..	29	72.4	3.54	0.073
217a	Lobster (weighed with shell)	Alive .. .. .	Boiled in fresh water	Flesh only .. ..	29	26.1	1.27	0.026
218	Mackerel .. .. .	Body of fish without head or guts	Fried .. .. .	Flesh only .. ..	61	65.6	3.44	0.100
218a	Mackerel (weighed with bones and skin)	Body of fish without head or guts	Fried .. .. .	Flesh only .. ..	61	47.8	2.51	0.073
219	Megrim .. .. .	Fillets .. .. .	Raw .. .. .	All except bones ..	—	80.0	2.85	0.046
220	Megrim .. .. .	Whole fish without guts	Steamed .. .. .	Flesh only .. ..	54	75.9	3.45	0.057
220a	Megrim (weighed with bones and skin)	Whole fish without guts	Steamed .. .. .	Flesh only .. ..	54	50.8	2.32	0.038
221	Megrim .. .. .	Whole fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones ..	92	57.0	3.29	0.065
221a	Megrim (weighed with bones)	Whole fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones ..	92	48.5	2.80	0.055
222	Monkfish .. .. .	Tail ends skinned ..	Steamed .. .. .	All except bones ..	53	75.4	3.58	0.053
222a	Monkfish (weighed with bones)	Tail ends skinned ..	Steamed .. .. .	All except bones ..	53	61.1	2.90	0.043
223	Monkfish .. .. .	Tail ends skinned ..	Covered with batter and crumbs and fried	All except bones ..	78	66.3	2.88	0.066
223a	Monkfish (weighed with bones)	Tail ends skinned ..	Covered with batter and crumbs and fried	All except bones ..	78	57.0	2.48	0.057

Fish—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.	
217	Lobster, boiled .. ..	21.2	3.4	0.0	119	325	258	61.9	34.3	0.8	—	283	514	525	384		
217a	Lobster, boiled (weighed with shell)	7.6	1.2	0.0	43	117	93	22.2	12.3	0.3	—	102	185	189	138		
218	Mackerel, fried .. ..	20.0	11.3	0.0	187	153	418	28.4	34.8	1.2	0.20	280	210	114	127		
218a	Mackerel, fried (weighed with bones and skin)	14.6	8.3	0.0	136	112	305	20.7	25.4	0.9	0.15	204	153	83	93.		
219	Megrim, raw .. ..	17.1	1.0	0.0	79	121	269	61.8	29.4	1.2	—	187	204	122	105		
220	Megrim, steamed .. ..	20.7	1.3	0.0	97	96	214	76.0	27.7	0.9	—	218	246	119	171		
220a	Megrim, steamed (weighed with bones and skin)	13.9	0.9	0.0	65	64	144	50.9	18.6	0.6	—	146	165	80	115		
221	Megrim, fried .. ..	19.5	11.6	9.5	224	177	251	62.8	31.0	0.6	—	219	235	183	141		
221a	Megrim, fried (weighed with bones)	16.6	9.9	8.1	190	150	214	53.4	26.4	0.5	—	186	200	156	120		
222	Monkfish, steamed .. ..	21.8	0.9	0.0	98	135	356	10.4	29.6	0.5	—	215	256	136	157		
222a	Monkfish, steamed (weighed with bones)	17.7	0.7	0.0	79	109	288	8.4	24.0	0.4	—	174	207	110	127		
223	Monkfish, fried .. ..	17.0	8.2	6.1	169	164	400	11.3	31.7	1.2	—	206	206	197	111		
223a	Monkfish, fried (weighed with bones)	14.6	7.1	5.3	145	141	344	9.7	27.2	1.0	—	177	177	169	96		

COMPOSITION PER 100 GRAMMES

Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
224	Mullet, grey .. ..	Whole fish without guts	Steamed .. ..	Flesh only .. ..	55	72.7	3.52	0.073
224a	Mullet, grey (weighed with bones and skin)	Whole fish without guts	Steamed .. ..	Flesh only .. ..	55	46.5	2.25	0.047
225	Mullet, red .. ..	Whole fish without guts	Steamed .. ..	Flesh and skin .. ..	53	71.6	3.62	0.081
225a	Mullet, red (weighed with bones)	Whole fish without guts	Steamed .. ..	Flesh and skin .. ..	53	47.3	2.38	0.054
226	Mussels .. ..	Alive in shells ..	Raw .. ..	Flesh only .. ..	32	84.1	1.93	0.199
227	Mussels .. ..	Alive in shells ..	Boiled in fresh water	Flesh only .. ..	20	79.0	2.75	0.154
227a	Mussels (weighed with shells)	Alive in shells ..	Boiled in fresh water	Flesh only .. ..	20	23.7	0.83	0.046
228	Oysters .. ..	Alive in shells ..	Raw .. ..	Flesh only .. ..	12	85.7	1.72	0.044
228a	Oysters (weighed with shell)	Alive in shells ..	Raw .. ..	Flesh only .. ..	12	10.3	0.21	0.005
229	Pilchards .. ..	Tinned, with added water and salt	.. ..	Fish, except backbone	79	65.5	3.50	—
230	Pilchards .. ..	Tinned, with added water and salt	.. ..	Everything in tin except backbone	97	64.0	3.02	—
231	Plaice .. ..	Fillets .. ..	Raw .. ..	All except bones ..	—	80.8	2.59	0.065
232	Plaice .. ..	Body of fish without head, fins or guts	Steamed .. ..	Flesh only .. ..	49	78.0	3.02	0.053
232a	Plaice (weighed with bones and skin)	Body of fish without head, fins or guts	Steamed .. ..	Flesh only .. ..	49	42.1	1.63	0.029
233	Plaice .. ..	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones ..	61	58.5	3.02	0.047
233a	Plaice (weighed with bones)	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones ..	61	35.6	1.84	0.029
234	Pollack .. ..	Middle cut .. ..	Steamed .. ..	Flesh only .. ..	68	20.7	3.33	0.071
234a	Pollack (weighed with bones and skin)	Middle cut .. ..	Steamed .. ..	Flesh only .. ..	68	17.8	2.86	0.061

Fish—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.			
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
224	Mullet, grey, steamed ..	21.6	4.0	0.0	126	94	275	14.2	30.0	2.0	—	256	252	77	201			
224a	Mullet, grey, steamed (weighed with bones and skin)	13.8	2.6	0.0	81	60	176	9.1	19.2	1.3	—	164	161	49	128			
225	Mullet, red, steamed ..	21.4	4.3	0.0	128	118	364	29.2	32.8	0.9	—	282	258	101	185			
225a	Mullet, red, steamed (weighed with bones)	14.1	2.8	0.0	85	78	240	19.3	21.7	0.6	—	186	171	67	122			
226	Mussels, raw ..	11.7	1.9	Tr.	66	289	315	88.0	22.7	5.8	—	236	367	463	244			
227	Mussels, boiled ..	16.8	2.0	Tr.	87	210	92	197.0	25.0	13.5	—	331	348	315	287			
227a	Mussels, boiled (weighed with shells)	5.0	0.6	Tr.	26	63	28	59.0	7.5	4.1	—	99	104	95	86			
228	Oysters, raw ..	10.2	0.9	Tr.	50	505	258	186.0	41.8	6.0	—	267	249	815	144			
228a	Oysters, raw (weighed with shells)	1.2	0.1	Tr.	6	61	31	22.3	5.0	0.7	—	32	30	98	17			
229	Pilchards, tinned (fish only).	21.9	10.8	0.0	191	(595)	305	231.0	41.6	3.1	0.21	296	245	(905)	124			
230	Pilchards, tinned (whole contents of tin)	18.9	15.4	0.0	221	(573)	290	190.0	38.0	2.6	0.19	269	212	(866)	99			
231	Plaice, raw ..	15.3	1.8	0.0	79	96	353	16.6	22.0	0.8	—	218	214	83	140			
232	Plaice, steamed ..	18.1	1.9	0.0	92	120	278	37.7	23.9	0.6	—	246	249	112	184			
232a	Plaice, steamed (weighed with bones and skin)	9.8	1.0	0.0	50	65	150	20.4	12.9	0.3	—	133	134	61	99			
233	Plaice, fried ..	18.0	14.4	7.0	234	124	219	44.9	24.4	0.8	0.15	251	249	174	214			
233a	Plaice, fried (weighed with bones)	11.0	8.8	4.3	142	76	134	27.4	14.9	0.5	0.09	153	152	106	131			
234	Pollack, steamed ..	19.5	0.8	0.0	87	95	438	12.8	32.7	0.5	—	202	238	114	124			
234a	Pollack, steamed (weighed with bones and skin)	16.8	0.7	0.0	75	82	376	11.0	28.1	0.4	—	174	205	98	107			

COMPOSITION PER 100 GRAMMES



## Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
235	Pollack .. .. .	Steaks .. . . .	Covered with batter and crumbs and fried	All except bones ..	100	67.5	2.77	0.075
235a	Pollack (weighed with bones)	Steaks .. . . .	Covered with batter and crumbs and fried	All except bones ..	100	62.0	2.55	0.069
236	Pollan .. . . .	Whole fish without guts	Steamed .. . . .	Flesh only .. . . .	59	77.1	3.09	0.082
236a	Pollan (weighed with bones and skin)	Whole fish without guts	Steamed .. . . .	Flesh only .. . . .	59	47.0	1.88	0.050
237	Pollan .. . . .	Whole fish without guts	Covered with oat-meal and fried	Flesh and skin ..	65	64.3	3.19	0.096
237a	Pollan (weighed with bones)	Whole fish without guts	Covered with oat-meal and fried	Flesh and skin ..	65	46.4	2.29	0.069
238	Prawns .. . . .	Purchased cooked	.. . . .	Flesh only .. . . .	38	70.0	3.62	0.070
238a	Prawns (weighed with shells)	Purchased cooked	.. . . .	Flesh only .. . . .	38	26.6	1.38	0.027
239	Saithe .. . . .	Pieces from tail end	Steamed .. . . .	Flesh only .. . . .	65	74.8	3.73	0.078
239a	Saithe (weighed with bones and skin)	Pieces from tail end	Steamed .. . . .	Flesh only .. . . .	65	63.5	3.17	0.066
240	Salmon, fresh .. . . .	Shoulder cut ..	Steamed .. . . .	Flesh only .. . . .	73	65.4	3.21	0.078
240a	Salmon, fresh (weighed with bones and skin)	Shoulder cut ..	Steamed .. . . .	Flesh only .. . . .	73	53.0	2.60	0.063
241	Salmon .. . . .	Tinned, as purchased	.. . . .	All except backbone	98	69.9	3.43	0.101
242	Sardines .. . . .	Tinned, as purchased	.. . . .	All, after draining off oil	100	50.7	3.49	0.234
243	Scallops .. . . .	Flesh only. No shells	Steamed .. . . .	All .. . . .	56	73.1	3.71	0.117

Fish—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.		
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
235	Pollack, fried .. ..	16.5	6.9	6.6	157	162	333	128.0	45.4	2.8	—	241	198	275	99			
235a	Pollack, fried (weighed with bones)	15.2	6.4	6.1	145	149	306	118.0	41.7	2.6	—	222	182	253	91			
236	Pollan, steamed .. ..	18.1	2.1	0.0	95	69	373	82.0	23.0	0.9	—	287	220	71	157			
236a	Pollan, steamed (weighed with bones and skin)	11.0	1.3	0.0	58	42	227	50.0	14.0	0.5	—	175	134	43	96			
237	Pollan, fried .. ..	18.7	12.2	1.7	196	64	390	200.0	25.9	1.2	—	367	228	64	148			
237a	Pollan, fried (weighed with bones)	13.5	8.8	1.2	142	46	281	144.0	18.6	0.9	—	264	164	46	106			
238	Prawns .. ..	21.2	1.8	0.0	104	(1590)	260	145.0	42.0	1.1	—	349	366	(2550)	307			
238a	Prawns (weighed with shells)	8.1	0.7	0.0	40	(605)	99	55.0	16.0	0.4	—	132	139	(970)	117			
239	Saithe, steamed .. ..	22.6	0.6	0.0	98	97	348	18.6	30.8	0.6	—	250	266	83	184			
239a	Saithe, steamed (weighed with bones and skin)	19.2	0.5	0.0	83	83	296	15.8	26.2	0.5	—	213	226	71	156			
240	Salmon, fresh, steamed	19.1	13.0	0.0	199	107	333	28.9	28.7	0.8	—	302	190	64	162			
240a	Salmon, fresh, steamed (weighed with bones and skin)	15.5	10.5	0.0	161	87	269	23.4	23.2	0.6	—	245	154	52	131			
241	Salmon, tinned .. ..	19.7	6.0	0.0	137	(538)	320	66.4	29.8	1.3	0.05	285	235	(865)	201			
242	Sardines, tinned .. ..	20.4	22.6	0.0	294	(785)	433	409.0	41.3	4.0	0.04	683	283	(1200)	265			
243	Scallops, steamed .. ..	22.4	1.4	Tr.	105	265	476	115.0	38.3	3.0	—	338	570	410	362			

COMPOSITION PER 100 GRAMMES

Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
244	Shrimps .. .. .	Purchased cooked ..	.. .. .	Flesh only .. ..	33	62.5	3.80	0.072
244a	Shrimps (weighed with shells)	Purchased cooked ..	.. .. .	Flesh only .. ..	33	20.6	1.26	0.024
245	Skate .. .. .	"Wings" skinned..	Covered with batter and crumbs and fried	All except bones ..	95	55.4	3.09	0.041
245a	Skate (weighed with bones)	"Wings" skinned..	Covered with batter and crumbs and fried	All except bones ..	95	46.0	2.56	0.034
246	Smelts .. .. .	Whole fish without guts	Rolled in flour and fried	All except heads ..	48	34.3	4.29	0.168
246a	Smelts (weighed with heads)	Whole fish without guts	Rolled in flour and fried	All except heads ..	48	29.2	3.64	0.143
247	Sole .. .. .	Body of fish without head or guts	Steamed .. ..	Flesh only .. ..	57	78.9	2.94	0.053
247a	Sole (weighed with bones and skin)	Body of fish without head or guts	Steamed .. ..	Flesh only .. ..	57	47.3	1.76	0.032
248	Sole .. .. .	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones ..	110	53.8	3.32	0.052
248a	Sole (weighed with bones)	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones ..	110	47.3	2.92	0.046
249	Sprats, fresh .. ..	Whole fish .. ..	Fried in deep fat ..	All except heads ..	59	33.7	3.98	0.125
249a	Sprats, fresh (weighed with heads)	Whole fish .. ..	Fried in deep fat ..	All except heads ..	59	29.6	3.50	0.110
250	Sprats, smoked .. ..	Whole fish .. ..	Grilled .. ..	Flesh and skin ..	89	45.8	4.18	0.250
250a	Sprats, smoked (weighed with heads)	Whole fish .. ..	Grilled .. ..	Flesh and skin ..	89	40.7	3.72	0.223

## Fish—continued

No.	Food.	g. per 100 g.			Calor- ies per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.	
244	Shrimps .. .. .	22.3	2.4	0.0	114	(3840)	404	320.0	105.0	1.8	0.80	270	340	(5850)	16		
244a	Shrimps (weighed with shells)	7.4	0.8	0.0	38	(1260)	133	105.5	34.6	0.6	0.26	89	112	(1930)	5		
245	Skate, fried .. .. .	15.0	16.4	7.5	242	182	236	19.4	23.2	1.2	—	238	213	266	193		
245a	Skate, fried (weighed with bones)	12.4	13.6	6.2	201	151	196	16.1	19.2	1.0	—	198	177	221	160		
246	Smelts, fried .. .. .	25.0	30.8	5.0	408	148	517	686.0	58.8	3.3	—	535	302	138		39	
246a	Smelts, fried (weighed with heads)	21.3	26.2	4.3	346	126	438	582.0	50.0	2.8	—	455	257	118		33	
247	Sole, steamed .. .. .	17.6	1.3	0.0	84	110	240	113.0	28.2	0.7	—	270	235	132	169		
247a	Sole, steamed (weighed with bones and skin)	10.6	0.8	0.0	50	66	144.	68.0	16.9	0.4	—	162	141	79	102		
248	Sole, fried .. .. .	20.1	18.4	5.4	274	192	236	131.3	27.9	1.4	—	260	265	193	155		
248a	Sole, fried (weighed with bones)	17.7	16.2	4.8	241	169	208	115.5	24.5	1.2	—	228	233	170	136		
249	Sprats, fresh, fried .. .	22.3	37.9	0.0	444	132	409	707.0	45.8	4.5	—	635	284	182	85		
249a	Sprats, fresh, fried (weighed with heads)	19.6	33.4	0.0	390	116	360	620.0	40.3	4.0	—	559	250	160	75		
250	Sprats, smoked, grilled..	25.1	23.2	0.0	319	(845)	483	436.0	40.0	5.7	—	565	275	(1330)	169		
250a	Sprats, smoked, grilled (weighed with heads)	22.3	20.6	0.0	284	(751)	430	388.0	35.6	5.1	—	502	245	(1180)	150		

COMPOSITION PER 100 GRAMMES

## Fish—continued

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No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
251	Stockfish (dried salt cod)	As purchased ..	Soaked in water 24 hours, then boiled	Flesh only .. ..	99	64.9	5.20	0.113
251a	Stockfish (weighed with bones and skin)	As purchased ..	Soaked in water 24 hours, then boiled	Flesh only .. ..	99	53.8	4.32	0.094
252	Sturgeon .. .. .	Sections from middle of fish, skinned	Steamed .. ..	All except bone ..	43	67.5	4.07	0.050
252a	Sturgeon (weighed with bones)	Sections from middle of fish, skinned	Steamed .. ..	All except bone ..	43	45.8	2.77	0.034
253	Torsk .. .. .	Middle cut .. ..	Steamed .. ..	Flesh only .. ..	48	74.3	3.75	0.065
253a	Torsk (weighed with bones and skin)	Middle cut .. ..	Steamed .. ..	Flesh only .. ..	48	43.9	2.21	0.038
254	Torsk .. .. .	Slices from middle of fish	Covered with batter and crumbs and fried	Flesh only .. ..	70	65.8	3.27	0.064
254a	Torsk (weighed with bones and skin)	Slices from middle of fish	Covered with batter and crumbs and fried	Flesh only .. ..	70	46.6	2.32	0.045
255	Trout .. .. .	Whole fish, without guts	Steamed .. ..	Flesh only .. ..	54	70.6	3.76	0.092
255a	Trout (weighed with bones and skin)	Whole fish, without guts	Steamed .. ..	Flesh only .. ..	54	46.5	2.48	0.061
256	Trout, Sea .. .. .	Middle cut .. ..	Steamed .. ..	Flesh only .. ..	68	70.9	3.62	0.095
256a	Trout, Sea (weighed with bones and skin)	Middle cut .. ..	Steamed .. ..	Flesh only .. ..	68	55.9	2.86	0.075
257	Turbot .. .. .	Sections from middle of fish	Steamed .. ..	Flesh only .. ..	56	75.6	3.48	0.064
257a	Turbot (weighed with bones and skin)	Sections from middle of fish	Steamed .. ..	Flesh only .. ..	56	49.8	2.30	0.042
258	Whelks .. .. .	Purchased cooked ..	.. .. .	All except shells ..	15	77.5	2.96	0.065
258a	Whelks (weighed with shells)	Purchased cooked ..	.. .. .	All except shells ..	15	11.6	0.44	0.010

## Fish—continued

No.	Food.	g. per 100 g.			Calor- ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
251	Stockfish, boiled ..	32.0	0.9	0.0	140	(396)	31	22.4	35.0	1.8	—	163	372	(670)	307	
251a	Stockfish, boiled (weighed with bones and skin)	26.6	0.8	0.0	116	(329)	26	18.6	29.0	1.5	—	135	309	(556)	255	
252	Sturgeon, steamed ..	24.7	5.7	0.0	154	108	235	15.2	18.5	2.0	—	263	291	138	261	
252a	Sturgeon, steamed (weighed with bones)	16.8	3.9	0.0	105	74	160	10.4	12.6	1.4	—	179	198	94	178	
253	Torsk, steamed ..	22.4	0.7	0.0	99	74	386	27.0	26.4	1.0	—	283	278	101	218	
253a	Torsk, steamed (weighed with bones and skin)	13.2	0.4	0.0	58	44	228	15.9	15.6	0.6	—	167	164	60	129	
254	Torsk, fried ..	19.3	4.3	7.8	148	93	372	64.8	24.9	0.6	—	298	234	153	193	
254a	Torsk, fried (weighed with bones and skin)	13.7	3.1	5.5	105	66	264	45.9	17.7	0.4	—	212	166	109	137	
255	Trout, steamed ..	22.3	4.5	0.0	133	88	374	35.8	30.9	1.0	—	270	218	70	152	
255a	Trout, steamed (weighed with bones and skin)	14.7	3.0	0.0	88	58	246	23.6	20.4	0.7	—	178	144	46	100	
256	Trout, Sea, steamed ..	21.1	4.8	0.0	131	207	314	12.4	30.1	1.0	—	290	259	261	221	
256a	Trout, Sea, steamed (weighed with bones and skin)	16.6	3.8	0.0	104	163	248	9.8	23.8	0.8	—	229	204	206	174	
257	Turbot, steamed ..	20.7	1.6	0.0	100	90	255	13.5	23.9	0.5	—	188	247	142	184	
257a	Turbot, steamed (weighed with bones and skin)	13.6	1.1	0.0	66	59	168	8.9	15.8	0.3	—	124	163	94	121	
258	Whelks ..	17.8	1.9	Tr.	91	(265)	316	54.0	160.0	6.2	—	227	448	(585)	235	
258a	Whelks (weighed with shells)	2.7	0.8	Tr.	14	(40)	47	8.1	24.0	0.9	—	34	67	(88)	35	

COMPOSITION PER 100 GRAMMES

Fish—continued

No.	Food.	Nature of raw material.	Method of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight of the weight as purchased.	g. per 100 g.		
						Water.	Total nitrogen.	Purine nitrogen.
259	Whitebait .. .. .	Whole fish .. .. .	Rolled in flour and fried	All .. .. .	77	23.5	3.12	0.335
260	Whiting .. .. .	Body of fish without head or guts	Steamed .. .. .	Flesh only .. .. .	57	76.9	3.35	0.090
260a	Whiting (weighed with bones and skin)	Body of fish without head or guts	Steamed .. .. .	Flesh only .. .. .	57	52.2	2.28	0.061
261	Whiting .. .. .	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones .. .. .	102	63.0	2.90	0.094
261a	Whiting (weighed with bones)	Body of fish without head or guts	Covered with batter and crumbs and fried	All except bones .. .. .	102	56.8	2.61	0.085
262	Winkles, edible portion ..	Purchased cooked ..	Probably boiled in salt water	All except shells .. .. .	19	79.1	2.45	0.066
262a	Winkles (weighed with shells)	Purchased cooked ..	Probably boiled in salt water	All except shells .. .. .	19	15.1	0.47	0.013
263	Winkles .. .. .	In shells as purchased	Boiled in fresh water	All except shells .. .. .	15	76.8	2.90	0.070
263a	Winkles (weighed with shells)	In shells as purchased	Boiled in fresh water	All except shells .. .. .	15	11.5	0.44	0.011
264	Witch .. .. .	Body of fish without head, fins or guts	Steamed .. .. .	Flesh only .. .. .	48	77.7	3.18	0.053
264a	Witch (weighed with bones and skin)	Body of fish without head, fins or guts	Steamed .. .. .	Flesh only .. .. .	48	46.5	1.91	0.032
265	Witch .. .. .	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones .. .. .	113	58.1	2.96	0.055
265a	Witch (weighed with bones)	Body of fish without head, fins or guts	Covered with batter and crumbs and fried	All except bones .. .. .	113	48.9	2.49	0.046

Fish—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.			
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
259	Whitebait, fried ..	18.3	47.5	5.3	537	225	112	859.0	50.3	5.1	—	856	269	325	214			
260	Whiting, steamed ..	19.9	0.9	0.0	90	127	299	42.0	28.3	1.0	—	189	307	93	164			
260a	Whiting, steamed (weighed with bones and skin)	13.5	0.6	0.0	61	86	203	28.6	19.2	0.7	—	128	208	63	112			
261	Whiting, fried ..	17.3	10.3	7.0	193	199	317	47.7	32.5	0.7	—	258	267	194	169			
261a	Whiting, fried (weighed with bones and skin)	15.6	9.3	6.3	174	179	285	42.9	29.3	0.6	—	233	240	175	152			
262	Winkles, boiled in salt water	15.2	1.4	Tr.	75	(1140)	154	136.0	358.0	15.0	—	219	377	(1800)		20		
262a	Winkles, boiled in salt water (weighed with shells)	2.9	0.3	Tr.	14	(218)	29	25.8	68.0	2.9	—	42	72	(342)		4		
263	Winkles, boiled in fresh water	17.6	2.6	Tr.	96	266	211	165.0	414.0	17.1	—	277	446	500	1			
263a	Winkles, boiled in fresh water (weighed with shells)	2.6	0.4	Tr.	14	40	32	24.8	62.0	2.6	—	42	67	75	<1			
264	Witch, steamed ..	19.0	1.1	0.0	88	136	304	30.1	24.1	0.9	—	233	252	123	170			
264a	Witch, steamed (weighed with bones and skin)	11.4	0.7	0.0	53	82	182	18.1	14.4	0.5	—	140	151	74	102			
265	Witch, fried ..	17.6	14.1	7.9	233	176	300	52.2	24.4	0.8	—	187	235	187	121			
265a	Witch, fried (weighed with bones and skin)	14.8	11.8	6.6	196	148	252	43.8	20.5	0.7	—	157	197	157	102			

COMPOSITION PER 100 GRAMMES



## Fruit

No.	Food.	Description.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavail- able carbo- hydrate.	Sugar (as mono- saccha- rides).	Starch (as glucose).	Total nitrogen.
266	Apples, Empire eating ..	Raw.. .. .	Flesh only, no skin or core	75	84.1	1.7	12.2	Tr.	0.04
266a	Apples, Empire eating (weighed with skin and core)	Raw.. .. .	Flesh only, no skin or core	75	63.1	1.3	9.2	Tr.	0.03
267	Apples, English eating ..	Raw.. .. .	Flesh only, no skin or core	79	84.5	2.2	11.4	0.3	0.04
267a	Apples, English eating (weighed with skin and core)	Raw.. .. .	Flesh only, no skin or core	79	66.8	1.7	9.0	0.2	0.03
268	Apples, English cooking ..	Raw.. .. .	Flesh only, no skin or core	81	85.6	2.4	9.2	0.4	0.05
269	Apples, English cooking ..	Baked without sugar	Flesh only, no skin (cored before cooking)	70	85.0	2.5	9.6	0.4	0.05
269a	Apples, English cooking (weighed with skin)	Baked without sugar	Flesh only, no skin (cored before cooking)	70	68.0	2.0	7.7	0.3	0.04
270	Apples, English cooking ..	Stewed without sugar	Flesh and juice (peeled and cored before cooking)	177	93.4	1.1	4.2	0.2	0.02
271	Apricots, fresh .. .. .	Raw.. .. .	Flesh and skin, no stones ..	92	86.6	2.1	6.7	0.0	0.09
271a	Apricots, fresh (weighed with stones)	Raw.. .. .	Flesh and skin, no stones ..	92	79.6	1.9	6.2	0.0	0.08
272	Apricots, dried .. .. .	Raw.. .. .	All .. .. .	100	14.7	24.0	43.4	0.0	0.76
273	Apricots, dried .. .. .	Stewed without sugar	Fruit and juice .. .. .	241	64.6	10.0	18.0	0.0	0.32
274	Apricots .. .. .	Tinned in syrup ..	Fruit and syrup as purchased	100	79.8	1.3	15.7	0.0	0.08
275	Avocado pears .. .. .	Raw.. .. .	Flesh only, no skin or stone	62	81.3	2.0	2.5	0.0	0.17
276	Bananas .. .. .	Raw.. .. .	Flesh only, no skin ..	59	70.7	3.4	16.2	3.0	0.18
276a	Bananas (weighed with skin)	Raw.. .. .	Flesh only, no skin ..	59	41.6	2.0	9.6	1.8	0.11
277	Blackberries .. .. .	Raw.. .. .	Whole fruit .. .. .	100	82.0	7.3	6.4	0.0	0.20

Fruit—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10 Acid.	N 10 Alkali.	
266	Apples, Empire eating ..	0.3	Tr.	12.2	47	2.7	116	3.6	5.0	0.29	0.14	6.8	3.7	>1.0		30	
266a	Apples, Empire eating (weighed with skin and core)	0.2	Tr.	9.2	35	2.0	87	2.7	3.8	0.22	0.11	5.1	2.8	>1.0		23	
267	Apples, English eating	0.3	Tr.	11.7	45	2.0	120	3.5	4.3	0.29	0.07	8.5	7.6	2.0		26	
267a	Apples, English eating (weighed with skin and core)	0.2	Tr.	9.3	36	1.6	95	2.8	3.4	0.23	0.06	6.7	6.0	1.6		21	
268	Apples, cooking, raw ..	0.3	Tr.	9.6	37	2.1	123	3.6	2.9	0.29	0.09	16.2	2.9	4.6		23	
269	Apples, cooking, baked	0.3	Tr.	10.0	39	2.2	128	3.7	3.0	0.30	0.09	16.8	3.0	4.8		24	
269a	Apples, cooking, baked (weighed with skin)	0.2	Tr.	8.0	31	1.8	102	3.0	2.4	0.24	0.07	13.4	2.4	3.8		19	
270	Apples, cooking, stewed without sugar	0.1	Tr.	4.4	17	0.1	56	1.7	1.3	0.13	0.04	7.4	1.3	2.1		11	
271	Apricots, fresh ..	0.6	Tr.	6.7	28	<1.0	320	17.2	12.3	0.37	0.12	21.3	6.1	>1.0		84	
271a	Apricots, fresh (weighed with stones)	0.6	Tr.	6.2	26	<1.0	294	15.8	11.3	0.34	0.11	19.6	5.6	>1.0		77	
272	Apricots, dried, raw ..	4.8	Tr.	43.4	183	56.4	1880	92.4	65.2	4.09	0.27	118.0	164.0	34.5		419	
273	Apricots, dried, stewed without sugar	2.0	Tr.	18.0	76	23.4	783	38.4	27.1	1.70	0.11	49.0	68.1	14.3		174	
274	Apricots, tinned in syrup	0.5	Tr.	15.7	61	0.9	256	12.0	7.2	0.70	0.05	13.0	1.0	1.5		69	
275	Avocado pears ..	1.1	8.0	2.5	88	16.0	396	15.3	29.4	0.53	0.21	30.8	19.4	5.9		107	
276	Bananas ..	1.1	Tr.	19.2	77	1.2	348	6.8	41.9	0.41	0.16	28.1	13.0	78.5		79	
276a	Bananas (weighed with skin)	0.7	Tr.	11.3	45	0.7	206	4.0	24.7	0.24	0.09	16.6	7.7	46.3		47	
277	Blackberries, raw ..	1.3	Tr.	6.4	30	3.7	208	63.3	29.5	0.85	0.12	23.8	9.2	22.1		84	

COMPOSITION PER 100 GRAMMES

## Fruit—continued

No.	Food.	Description.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavail- able carbo- hydrate.	Sugar (as mono- saccha- rides).	Starch (as glucose).	Total nitrogen.
278	Blackberries .. ..	Stewed without sugar	Fruit and juice .. ..	200	91.0	3.7	3.2	0.0	0.10
279	Cherries, eating .. ..	Raw.. ..	Flesh and skin, no stalks or stones	87	81.5	1.7	11.9	0.0	0.09
279a	Cherries, eating (weighed with stones)	Raw.. ..	Flesh and skin, no stalks or stones	87	71.0	1.5	10.4	0.0	0.08
280	Cherries, cooking .. ..	Raw.. ..	Flesh and skin, no stalks or stones	84	79.8	1.7	11.6	0.0	0.09
280a	Cherries, cooking (weighed with stones)	Raw.. ..	Flesh and skin, no stalks or stones	84	67.0	1.4	9.8	0.0	0.08
281	Cherries, cooking (weighed with stones)	Stewed without sugar	Fruit and juice, no stones ..	238	86.2	0.6	4.1	0.0	0.03
282	Cranberries .. ..	Raw.. ..	Whole fruit .. ..	100	87.0	4.2	3.5	0.0	0.06
283	Currants, black, .. ..	Raw.. ..	Whole fruit, no stalks .. ..	98	77.4	8.7	6.6	0.0	0.15
284	Currants, black .. ..	Stewed without sugar	Fruit and juice .. ..	141	84.3	6.1	4.6	0.0	0.10
285	Currants, red .. ..	Raw.. ..	Whole fruit, no stalks .. ..	97	82.8	8.2	4.4	0.0	0.18
286	Currants, red .. ..	Stewed without sugar	Fruit and juice .. ..	133	87.5	6.0	3.2	0.0	0.13
287	Currants, white .. ..	Raw.. ..	Whole fruit, no stalks .. ..	96	83.3	6.8	5.6	0.0	0.20
288	Currants, dried .. ..	Raw.. ..	Whole fruit .. ..	100	22.0	6.5	63.1	0.0	0.27
289	Custard apple .. ..	Raw.. ..	Flesh only, no skin or seeds	71	73.3	3.2	18.1	0.0	0.33
290	Damsons .. ..	Raw.. ..	Flesh and skin, no stalks or stones	90	77.5	4.1	9.6	0.0	0.08
290a	Damsons (weighed with stones)	Raw.. ..	Flesh and skin, no stalks or stones	90	69.8	3.7	8.6	0.0	0.07
291	Damsons (weighed with stones)	Stewed without sugar	Fruit and juice, no stones	131	76.9	2.8	6.6	0.0	0.06

Fruit—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.			
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10	Acid.	N/10	Alkali.
278	Blackberries, stewed without sugar	0.7	Tr.	3.2	15	1.9	104	32.1	14.8	0.43	0.06	11.9	4.6	11.1			42	
279	Cherries, eating ..	0.6	Tr.	11.9	47	2.8	275	15.9	9.6	0.38	0.07	16.8	6.8	<1.0			73	
279a	Cherries, eating (weighed with stones)	0.5	Tr.	10.4	40	2.4	239	13.8	8.4	0.33	0.06	14.6	5.9	<1.0			64	
280	Cherries, cooking, raw ..	0.6	Tr.	11.6	46	4.1	305	20.1	11.6	0.31	0.10	20.8	7.9	<1.0			81	
280a	Cherries, cooking, raw (weighed with stones)	0.5	Tr.	9.8	39	3.4	256	16.9	9.8	0.26	0.08	17.5	6.6	<1.0			68	
281	Cherries, stewed without sugar (weighed with stones)	0.2	Tr.	4.1	17	1.5	108	7.1	4.1	0.11	0.04	7.4	2.8	<1.0			29	
282	Cranberries .. ..	0.4	Tr.	3.5	15	1.8	119	14.7	8.4	1.11	0.14	11.2	11.1	<1.0			32	
283	Currants, black, raw ..	0.9	Tr.	6.6	29	2.7	372	60.3	17.1	1.27	0.14	43.2	33.1	14.8			88	
284	Currants, black, stewed without sugar	0.6	Tr.	4.6	20	1.9	259	42.1	11.9	0.89	0.10	30.1	23.1	10.3			61	
285	Currants, red, raw ..	1.1	Tr.	4.4	21	2.3	275	35.8	12.8	1.22	0.12	29.5	28.6	14.0			59	
286	Currants, red, stewed without sugar	0.8	Tr.	3.2	16	1.7	200	26.1	9.3	0.89	0.09	21.4	20.8	10.2			43	
287	Currants, white .. ..	1.3	Tr.	5.6	26	1.5	291	22.4	12.7	0.93	0.14	28.0	23.6	10.7			61	
288	Currants, dried .. ..	1.7	Tr.	63.1	244	19.5	708	95.2	36.2	1.82	0.48	40.4	30.8	15.7			218	
289	Custard apple .. ..	2.1	Tr.	18.1	77	13.8	578	12.0	23.9	0.53	0.15	51.0	26.7	40.0			119	
290	Damsons, raw .. ..	0.5	Tr.	9.6	38	2.2	290	23.5	11.0	0.41	0.08	16.4	6.4	<1.0			82	
290a	Damsons, raw (weighed with stones)	0.5	Tr.	8.6	34	2.0	261	21.2	9.9	0.37	0.07	14.8	5.8	<1.0			74	
291	Damsons, stewed without sugar (weighed with stones)	0.3	Tr.	6.6	26	1.5	199	16.2	7.6	0.28	0.06	11.3	4.4	<1.0			56	

COMPOSITION PER 100 GRAMMES

## Fruit—continued

No.	Food.	Description.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed - as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavail-able carbo-hydrate.	Sugar (as mono-saccha-rides).	Starch (as glucose).	Total nitrogen.
292	Dates .. .. .	Dried, as purchased	Flesh and skin, no stones ..	86	14.6	8.7	63.9	0.0	0.32
292a	Dates (weighed with stones)	Dried, as purchased	Flesh and skin, no stones ..	86	12.6	7.5	54.9	0.0	0.28
293	Figs, green .. .. .	Raw.. .. .	Whole fruit, no stalks ..	98	84.6	2.5	9.5	0.0	0.21
294	Figs, dried .. .. .	Raw.. .. .	Whole fruit.. .. .	100	16.8	18.5	52.9	0.0	0.57
295	Figs, dried .. .. .	Stewed without sugar	Fruit and juice .. .. .	178	52.8	10.5	30.0	0.0	0.32
296	Fruit salad .. .. .	Tinned in syrup ..	Fruit and syrup, as pur-chased	100	77.6	1.1	18.5	0.0	0.04
297	Gooseberries, green ..	Raw.. .. .	Flesh, skin and pips, no "tops" or "tails"	99	89.9	3.2	3.4	0.0	0.18
298	Gooseberries, green ..	Stewed without sugar	Fruit and juice .. .. .	198	95.0	1.6	1.7	0.0	0.09
299	Gooseberries, ripe .. ..	Raw.. .. .	Flesh, skin and pips, no "tops" or "tails"	99	83.7	3.5	9.2	0.0	0.09
300	Grapes, black .. .. .	Raw.. .. .	Flesh only, no skin, pips or stalks	81	80.7	0.4	15.5	0.0	0.09
300a	Grapes, black (whole grapes weighed)	Raw.. .. .	Flesh only, no skin, pips or stalks	81	65.2	0.3	13.0	0.0	0.08
301	Grapes, white .. .. .	Raw.. .. .	Flesh and skin, no pips or stalks	95	79.3	0.9	16.1	0.0	0.10
301a	Grapes, white (whole grapes weighed) .. .. .	Raw.. .. .	Flesh and skin, no pips or stalks	95	75.5	0.9	15.3	0.0	0.10
302	Grapefruit .. .. .	Raw.. .. .	Flesh only, no skin, pith or pips	48	90.7	0.6	5.3	0.0	0.10
302a	Grapefruit (whole fruit weighed)	Raw.. .. .	Flesh only, no skin, pith or pips	48	43.5	0.3	2.5	0.0	0.05

Fruit—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali
292	Dates .. .. .	2.0	Tr.	63.9	248	4.8	754	67.9	58.5	1.61	0.21	63.8	51.0	290.0		124
292a	Dates (weighed with stones)	1.7	Tr.	54.9	214	4.1	649	58.3	50.3	1.38	0.18	54.8	43.8	249.0		107
293	Figs, green .. ..	1.3	Tr.	9.5	41	1.6	268	34.2	20.0	0.42	0.06	32.2	12.9	18.4		69
294	Figs, dried, raw ..	3.6	Tr.	52.9	214	86.7	1010	284.0	92.3	4.17	0.24	91.5	80.8	166.0		361
295	Figs, dried, stewed without sugar	2.0	Tr.	30.0	122	49.3	576	161.5	52.5	2.37	0.14	52.0	45.9	94.2		205
296	Fruit salad, tinned in syrup	0.3	Tr.	18.5	70	2.3	116	8.4	7.7	3.45	0.03	9.6	1.8	3.2		33
297	Gooseberries, green, raw	1.1	Tr.	3.4	17	1.9	210	28.3	7.1	0.32	0.13	33.9	15.9	6.5		41
298	Gooseberries, green, stewed without sugar	0.6	Tr.	1.7	9	1.0	105	14.2	3.6	0.16	0.07	17.0	8.0	3.3		21
299	Gooseberries, ripe ..	0.6	Tr.	9.2	37	1.2	170	18.5	8.6	0.58	0.15	19.0	13.5	10.7		37
300	Grapes, black .. ..	0.6	Tr.	15.5	60	1.7	316	4.2	4.0	0.34	0.08	16.1	7.4	<1.0		72
300a	Grapes, black (whole grapes weighed)	0.5	Tr.	13.0	51	1.4	265	3.5	3.4	0.29	0.07	13.5	6.2	<1.0		58
301	Grapes, white .. ..	0.6	Tr.	16.1	63	1.6	250	19.1	6.6	0.34	0.10	21.9	9.1	<1.0		60
301a	Grapes, white (whole grapes weighed)	0.6	Tr.	15.3	60	1.5	237	18.1	6.3	0.32	0.10	20.8	8.7	<1.0		57
302	Grapefruit .. .. .	0.6	Tr.	5.3	22	1.4	234	17.1	10.4	0.26	0.06	15.6	5.1	1.3		64
302a	Grapefruit (whole fruit weighed)	0.3	Tr.	2.5	11	0.7	112	8.2	5.0	0.13	0.03	7.5	2.5	0.6		31

COMPOSITION PER 100 GRAMMES

## Fruit—continued

No.	Food.	Description.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavail- able carbo- hydrate.	Sugar (as mono- saccha- rides).	Starch (as glucose).	Total nitrogen.
303	Greengages .. ..	Raw.. ..	Flesh and skin, no stones or stalks	95	78.2	2.6	11.8	0.0	0.12
303a	Greengages (weighed with stones)	Raw.. ..	Flesh and skin, no stones or stalks	95	74.4	2.5	11.2	0.0	0.11
304	Greengages (weighed with stones)	Stewed without sugar	Fruit and juice, no stones	147	82.6	1.7	7.6	0.0	0.08
305	Lemons, whole .. ..	Raw.. ..	Whole fruit, including skin, no pips	99	85.2	5.2	3.2	0.0	0.12
306	Lemon juice .. ..	Raw.. ..	Strained juice .. ..	36	91.3	0.0	1.6	0.0	0.05
307	Loganberries .. ..	Raw.. ..	Whole fruit .. ..	100	85.0	6.2	3.4	0.0	0.17
308	Loganberries .. ..	Tinned in syrup ..	Fruit and syrup as purchased	100	66.3	3.3	26.2	0.0	0.10
309	Medlars .. ..	Raw.. ..	Flesh only, no skin or stones	81	74.5	10.2	10.6	0.0	0.08
309a	Medlars (weighed with skin and stones)	Raw.. ..	Flesh only, no skin or stones	81	60.2	8.3	8.6	0.0	0.06
310	Melons, Cantaloupe ..	Raw.. ..	Flesh only, no skin or pips	59	93.6	1.0	5.3	0.0	0.16
310a	Melons, Cantaloupe (weighed with skin)	Raw.. ..	Flesh only, no skin or pips	59	58.6	0.6	3.3	0.0	0.10
311	Melons, yellow .. ..	Raw.. ..	Flesh only, no skin or pips	59	94.2	0.9	5.0	0.0	0.10
311a	Melons, yellow (weighed with skin)	Raw.. ..	Flesh only, no skin or pips	59	59.0	0.6	3.1	0.0	0.06
312	Mulberries .. ..	Raw.. ..	Whole fruit .. ..	100	85.0	1.7	8.1	0.0	0.21
313	Nectarines .. ..	Raw.. ..	Flesh and skin, no stones	92	80.2	2.4	12.4	0.0	0.15
313a	Nectarines (weighed with stones)	Raw.. ..	Flesh and skin, no stones	92	74.0	2.2	11.4	0.0	0.14

Fruit—continued

No.	Food.	g. per 100 g.				Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).	Na.		K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.	
303	Greengages .. ..	0.8	Tr.	11.8	48	1.4	305	16.8	7.7	0.37	0.08	22.6	3.0	1.0		77	
303a	Greengages (weighed with stones)	0.8	Tr.	11.2	45	1.3	290	16.0	7.3	0.35	0.08	21.5	2.9	1.0		73	
304	Greengages, stewed without sugar (weighed with stones)	0.5	Tr.	7.6	31	0.9	196	10.8	5.0	0.24	0.05	14.6	1.9	0.6		50	
305	Lemons, whole .. ..	0.8	Tr.	3.2	15	6.0	163	107.0	11.6	0.35	0.26	20.7	12.3	5.1		85	
306	Lemon juice .. ..	0.3	Tr.	1.6	7	1.5	142	8.4	6.6	0.14	0.13	10.3	2.0	2.6		38	
307	Loganberries .. ..	1.1	Tr.	3.4	17	2.5	257	35.1	25.0	1.37	0.14	24.3	18.1	15.8		74	
308	Loganberries, tinned in syrup	0.6	Tr.	26.2	101	1.2	97	17.6	11.3	2.88	0.04	23.0	3.0	4.6		25	
309	Medlars .. ..	0.5	Tr.	10.6	42	6.0	246	30.1	10.5	0.49	0.17	28.0	16.6	3.1		60	
309a	Medlars (weighed with skin and stones)	0.4	Tr.	8.6	34	4.9	200	24.4	8.5	0.40	0.14	22.7	13.5	2.5		49	
310	Melons, Cantaloupe ..	1.0	Tr.	5.3	24	13.5	319	19.1	20.1	0.81	0.04	30.4	11.7	43.5		75	
310a	Melons, Cantaloupe (weighed with skin)	0.6	Tr.	3.3	15	8.5	200	11.9	12.6	0.51	0.03	19.0	7.3	27.2		47	
311	Melons, yellow .. ..	0.6	Tr.	5.0	21	19.5	222	13.8	13.3	0.24	0.04	8.7	6.3	45.0		61	
311a	Melons, yellow (weighed with skin)	0.4	Tr.	3.1	13	12.2	139	8.6	8.3	0.15	0.03	5.4	3.9	28.2		38	
312	Mulberries .. ..	1.3	Tr.	8.1	36	2.1	257	35.7	15.1	1.57	0.06	47.7	8.8	3.7		60	
313	Nectarines .. ..	0.9	Tr.	12.4	50	9.1	268	3.9	12.6	0.46	0.06	23.9	10.0	4.7		62	
313a	Nectarines (weighed with stones)	0.8	Tr.	11.4	46	8.4	247	3.6	11.6	0.42	0.06	22.0	9.2	4.3		57	

COMPOSITION PER 100 GRAMMES



Fruit—continued

No.	Food.	Description.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavailable carbohydrate.	Sugar (as mono-saccharides).	Starch (as glucose).	Total nitrogen.
314	Olives .. .. .	Bottled in brine ..	Flesh and skin, no stones ..	80	76.5	4.4	0.0	0.0	0.14
314a	Olives (weighed with stones)	Bottled in brine ..	Flesh and skin, no stones ..	80	61.1	3.5	0.0	0.0	0.11
315	Oranges .. .. .	Raw.. .. .	Flesh only, no peel or pips	75	86.1	2.0	8.5	0.0	0.13
315a	Oranges((weighed with peel and pips)	Raw.. .. .	Flesh only, no peel or pips	75	64.8	1.5	6.4	0.0	0.10
316	Orange juice .. .. .	Raw.. .. .	Strained juice .. .. .	46	87.7	0.0	9.4	0.0	0.10
317	Passion fruit .. .. .	Raw.. .. .	Flesh and seeds, no skin ..	42	73.3	15.9	6.2	0.0	0.44
317a	Passion fruit (weighed with skin)	Raw.. .. .	Flesh and seeds, no skin ..	42	30.8	6.7	2.6	0.0	0.18
318	Peaches, fresh .. .. .	Raw.. .. .	Flesh and skin, no stones ..	87	86.2	1.4	9.1	0.0	0.10
318a	Peaches, fresh (weighed with stones)	Raw.. .. .	Flesh and skin, no stones ..	87	75.1	1.2	7.9	0.0	0.09
319	Peaches, dried .. .. .	Raw.. .. .	All .. .. .	100	15.5	14.3	53.0	0.0	0.55
320	Peaches, dried .. .. .	Stewed without sugar	Fruit and juice .. .. .	294	71.3	4.9	18.0	0.0	0.19
321	Peaches .. .. .	Tinned in syrup ..	Fruit and syrup as purchased	100	80.0	1.0	17.2	0.0	0.06
322	Pears, Empire eating .. .. .	Raw.. .. .	Flesh only, no skin or core	69	83.0	2.5	10.8	0.0	0.04
322a	Pears, Empire eating (weighed with skin and core)	Raw.. .. .	Flesh only, no skin or core	69	57.2	1.7	7.5	0.0	0.03
323	Pears, English eating .. .. .	Raw.. .. .	Flesh only, no skin or core	75	83.4	2.1	10.4	0.0	0.03
323a	Pears, English eating (weighed with skin and core)	Raw.. .. .	Flesh only, no skin or core	75	62.5	1.6	7.8	0.0	0.02
324	Pears, English cooking .. .. .	Raw.. .. .	Flesh only, no skin or core	77	83.0	2.9	9.3	Tr.	0.04
325	Pears, English cooking .. .. .	Stewed without sugar	Flesh and juice (peeled and cored before cooking)	110	88.4	2.0	6.5	Tr.	0.03
326	Pears .. .. .	Tinned in syrup ..	Fruit and syrup as purchased	100	79.8	1.7	16.4	0.0	0.06

Fruit—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10 Acid.	N 10 Alkali.	
314	Olives (in brine) ...	0.9	11.0	0.0	106	(2250)	91	61.2	21.8	1.03	0.23	16.8	35.6	(3750)	38		
314a	Olives (in brine) (weighed with stones)	0.7	8.8	0.0	85	(1800)	73	49.0	17.5	0.83	0.18	13.4	28.5	(3000)	30		
315	Oranges .. ..	0.8	Tr.	8.5	35	2.9	197	41.3	12.9	0.33	0.07	23.7	9.0	3.2		61	
315a	Oranges (weighed with peel and pips)	0.6	Tr.	6.4	27	2.2	148	31.0	9.7	0.25	0.05	17.8	6.8	2.4		46	
316	Orange juice .. ..	0.6	Tr.	9.4	38	1.7	179	11.5	11.5	0.30	0.05	21.7	4.6	1.2		45	
317	Passion fruit .. ..	2.8	Tr.	6.2	35	28.4	348	15.6	38.6	1.12	0.12	54.2	18.7	36.6		85	
317a	Passion fruit (weighed with skin)	1.2	Tr.	2.6	15	11.9	146	6.5	16.2	0.47	0.05	22.8	7.8	15.4		36	
318	Peaches, fresh .. ..	0.6	Tr.	9.1	37	2.7	259	4.8	7.9	0.38	0.05	18.5	5.7	<1.0		61	
318a	Peaches, fresh (weighed with stones)	0.5	Tr.	7.9	32	2.4	225	4.2	6.9	0.33	0.04	16.1	5.0	<1.0		53	
319	Peaches, dried, raw ..	3.4	Tr.	53.0	213	6.0	1100	35.6	54.1	6.75	0.63	116.0	240.0	10.5		121	
320	Peaches, dried, stewed without sugar	1.2	Tr.	18.0	72	2.0	376	12.1	18.4	2.29	0.21	39.4	81.5	3.6		41	
321	Peaches, tinned in syrup	0.4	Tr.	17.2	66	1.4	151	3.5	6.3	1.93	0.06	10.0	1.0	4.2		38	
322	Pears, Empire eating ..	0.3	Tr.	10.8	42	2.3	129	8.0	9.3	0.19	0.20	9.9	5.6	<1.0		36	
322a	Pears, Empire eating, (weighed with skin and core)	0.2	Tr.	7.5	29	1.6	89	5.5	6.4	0.13	0.14	6.8	3.9	<1.0		25	
323	Pears, English eating ..	0.2	Tr.	10.4	40	2.3	127	6.9	5.1	0.22	0.09	9.5	2.7	<1.0		34	
323a	Pears, English eating .. (weighed with skin and core)	0.2	Tr.	7.8	30	1.7	95	5.2	3.8	0.17	0.07	7.1	2.0	<1.0		26	
324	Pears, cooking, raw ...	0.3	Tr.	9.3	36	2.5	100	7.1	4.2	0.16	0.11	14.6	3.4	1.5		22	
325	Pears, cooking, stewed without sugar	0.2	Tr.	6.5	25	1.7	70	5.0	2.9	0.11	0.08	10.2	2.4	1.1		15	
326	Pears, tinned in syrup ..	0.4	Tr.	16.4	63	1.4	90	5.3	5.9	1.75	0.04	5.3	1.3	2.8		26	

COMPOSITION PER 100 GRAMMES

Fruit—continued

No.	Food.	Description.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavail-able carbo-hydrate.	Sugar (as mono-saccha-rides).	Starch (as glucose).	Total nitrogen.
327	Pineapple, fresh .. ..	Raw .. ..	Flesh only, no skin or core	53	84.3	1.2	11.6	0.0	0.08
328	Pineapple .. ..	Tinned in syrup ..	Fruit and syrup as purchased	100	80.8	0.9	16.5	0.0	0.04
329	Plums, Victoria dessert ..	Raw.. ..	Flesh and skin, no stones or stalks	94	84.1	2.1	9.6	0.0	0.09
329a	Plums, Victoria dessert (weighed with stones)	Raw.. ..	Flesh and skin, no stones or stalks	94	79.1	2.0	9.0	0.0	0.08
330	Plums, cooking .. ..	Raw.. ..	Flesh and skin, no stones or stalks	91	85.1	2.5	6.2	0.0	0.09
330a	Plums, cooking (weighed with stones)	Raw.. ..	Flesh and skin, no stones or stalks	91	77.5	2.3	5.6	0.0	0.08
331	Plums, cooking (weighed with stones)	Stewed without sugar	Fruit and juice, no stones..	140	83.9	1.6	4.0	0.0	0.06
332	Pomegranate juice .. ..	Raw.. ..	Juice only .. ..	56	85.4	0.0	11.6	0.0	0.03
333	Prunes, dried .. ..	Raw.. ..	Flesh and skin, no stones ..	83	23.3	16.1	40.3	0.0	0.39
333a	Prunes, dried (weighed with stones)	Raw.. ..	Flesh and skin, no stones ..	83	19.3	13.4	33.5	0.0	0.32
334	Prunes, dried (weighed with stones)	Stewed without sugar	Fruit and juice, no stones..	216	62.6	6.2	15.5	0.0	0.15
335	Quinces .. ..	Raw.. ..	Flesh only, no skin or core	69	84.2	6.4	6.3	Tr.	0.05
336	Raisins, dried .. ..	Raw.. ..	Flesh and skin, no stones ..	92	21.5	6.8	64.4	0.0	0.17
337	Raspberries .. ..	Raw.. ..	Whole fruit .. ..	100	83.2	7.4	5.6	0.0	0.14
338	Raspberries .. ..	Stewed without sugar	Fruit and juice .. ..	100	88.6	5.0	3.8	0.0	0.10
339	Rhubarb .. ..	Raw.. ..	Stems only .. ..	67	94.2	2.6	1.0	0.0	0.10
340	Rhubarb .. ..	Stewed without sugar	Stems and juice .. ..	96	95.9	1.8	0.7	0.0	0.07
341	Strawberries .. ..	Raw.. ..	Flesh and pips, no stalks	97	88.9	2.2	6.2	0.0	0.10
342	Sultanas, dried .. ..	Raw.. ..	Whole fruit .. ..	100	18.3	7.0	64.7	0.0	0.28
343	Tangerines .. ..	Raw.. ..	Flesh only, no peel or pips	70	86.7	1.9	8.0	0.0	0.14
343a	Tangerines (weighed with peel and pips)	Raw.. ..	Flesh only, no peel or pips	70	60.6	1.3	5.6	0.0	0.10

Fruit—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Available carbohydrates (as mono-saccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
327	Pineapple, fresh.. ..	0.5	Tr.	11.6	46	1.6	247	12.2	16.9	0.42	0.08	7.8	2.6	28.5		70
328	Pineapple, tinned in syrup	0.3	Tr.	16.5	63	0.5	57	13.4	8.1	1.70	0.05	5.0	2.7	4.2		22
329	Plums, Victoria dessert	0.6	Tr.	9.6	38	1.7	188	11.0	7.2	0.36	0.10	16.3	3.5	1.0		48
329a	Plums, Victoria dessert (weighed with stones)	0.6	Tr.	9.0	36	1.6	177	10.4	6.8	0.34	0.09	15.3	3.3	1.0		45
330	Plums, cooking, raw ..	0.6	Tr.	6.2	26	2.0	195	13.7	7.9	0.30	0.09	14.5	4.6	1.0		52
330a	Plums, cooking, raw (weighed with stones)	0.5	Tr.	5.6	23	1.8	177	12.5	7.2	0.27	0.08	13.2	4.2	1.0		47
331	Plums, stewed without sugar (weighed with stones)	0.4	Tr.	4.0	17	1.3	126	8.9	5.1	0.19	0.06	9.4	3.0	1.0		34
332	Pomegranate juice ..	0.2	Tr.	11.6	44	1.1	204	2.9	3.1	0.15	0.07	7.5	4.2	52.5		35
333	Prunes, dried, raw ..	2.4	Tr.	40.3	161	12.2	864	37.7	26.7	2.90	0.16	83.0	18.5	2.5		203
333a	Prunes, dried, raw (weighed with stones)	2.0	Tr.	33.5	134	10.2	718	31.3	22.2	2.41	0.13	69.0	15.4	2.1		169
334	Prunes, stewed without sugar (weighed with stones)	0.9	Tr.	15.5	62	4.7	333	14.5	10.3	1.12	0.06	32.0	7.1	1.0		78
335	Quinces .. ..	0.3	Tr.	6.3	25	3.2	203	13.9	6.0	0.32	0.13	19.0	5.2	1.9		49
336	Raisins, dried .. ..	1.1	Tr.	64.4	247	52.2	860	60.6	41.7	1.55	0.24	32.8	23.0	8.5		270
337	Raspberries, raw ..	0.9	Tr.	5.6	25	2.5	224	40.7	21.6	1.21	0.21	28.7	17.3	22.3		61
338	Raspberries, stewed without sugar	0.6	Tr.	3.8	17	1.7	152	27.6	14.6	0.82	0.14	19.5	11.7	15.1		41
339	Rhubarb, raw .. ..	0.6	Tr.	1.0	6	2.2	425	103.0	13.6	0.40	0.13	21.0	8.2	87.0		130
340	Rhubarb, stewed without sugar	0.4	Tr.	0.7	4	1.5	297	72.0	9.5	0.28	0.09	14.7	5.7	60.9		91
341	Strawberries .. ..	0.6	Tr.	6.2	26	1.5	161	22.0	11.7	0.71	0.13	23.0	13.4	17.5		35
342	Sultanas, dried .. ..	1.7	Tr.	64.7	249	52.7	856	52.2	35.3	1.82	0.35	94.5	44.8	15.5		204
343	Tangerines .. ..	0.9	Tr.	8.0	34	2.2	155	41.5	11.2	0.27	0.09	16.7	10.3	2.4		53
343a	Tangerines (weighed with peel and pips)	0.6	Tr.	5.6	24	1.5	108	29.0	7.8	0.19	0.06	11.7	7.2	1.7		37

COMPOSITION PER 100 GRAMMES

## Nuts

No.	Food.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	Water.	Unavailable carbohydrate.*	Sugar (as invert sugar).	Starch (as glucose).	Total nitrogen.
344	Almonds .. .. .	Kernel only, no shell ..	37	4.7	14.3	4.3	0.0	3.27
344a	Almonds (weighed with shells) .. .. .	Kernel only, no shell ..	37	1.7	5.3	1.6	0.0	1.21
345	Barcelona nuts .. .. .	Kernel only, no shell ..	62	5.7	10.3	3.4	1.8	2.06
345a	Barcelona nuts (weighed with shells) .. .. .	Kernel only, no shell ..	62	3.5	6.4	2.1	1.1	1.28
346	Brazil nuts .. .. .	Kernel only, no shell ..	45	8.5	9.0	1.7	2.4	2.21
346a	Brazil nuts (weighed with shells) .. .. .	Kernel only, no shell ..	45	3.8	4.1	0.8	1.1	0.99
347	Chestnuts .. .. .	Kernel only, no shell ..	83	51.7	6.8	7.0	29.6	0.37
347a	Chestnuts (weighed with shells) .. .. .	Kernel only, no shell ..	83	42.8	5.7	5.8	24.6	0.31
348	Cob nuts .. .. .	Kernel only, no shell ..	36	41.1	6.1	4.7	2.1	1.44
348a	Cob nuts (weighed with shells) .. .. .	Kernel only, no shell ..	36	14.8	2.2	1.7	0.8	0.52
349	Coconut, fresh .. .. .	Kernel only, no shell ..	70	42.0	13.6	3.7	0.0	0.61
350	Coconut milk .. .. .	Milk only .. .. .	15	92.2	—	4.9	0.0	0.06
351	Coconut, desiccated .. .. .	As purchased .. .. .	100	Tr.	23.5	6.4	0.0	1.05
352	Peanuts .. .. .	Kernel only, no shell ..	69	4.5	8.1	3.1	5.5	4.50
352a	Peanuts (weighed with shells) .. .. .	Kernel only, no shell ..	69	3.1	5.6	2.1	3.8	3.10
353	Walnuts .. .. .	Kernel only, no shell ..	64	23.5	5.2	3.2	1.8	2.00
353a	Walnuts (weighed with shells) .. .. .	Kernel only, no shell ..	64	15.0	3.3	2.0	1.2	1.28

\* Undetermined matter, probably unavailable carbohydrate.

## Nuts—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
344	Almonds .. .. .	20.5	53.5	4.3	598	5.8	856	247	257	4.23	0.14	442	145	1.7	183	
344a	Almonds (weighed with shells)	7.6	19.8	1.6	221	2.1	316	92	95	1.56	0.05	164	54	0.6	68	
345	Barcelona nuts .. .	12.9	64.0	5.2	667	2.5	935	170	202	2.97	0.96	299	176	33.5	182	
345a	Barcelona nuts (weighed with shells)	8.0	39.6	3.2	413	1.6	580	106	125	1.84	0.60	185	109	20.8	113	
346	Brazil nuts .. .	13.8	61.5	4.1	644	1.5	760	176	411	2.82	1.10	592	293	61.0	45	
346a	Brazil nuts (weighed with shells)	6.2	27.6	1.8	289	0.7	342	79	185	1.27	0.50	267	132	27.4	20	
347	Chestnuts .. .	2.3	2.7	36.6	172	10.9	497	46	33	0.89	0.23	74	29	15.0	113	
347a	Chestnuts (weighed with shells)	1.9	2.2	30.4	142	9.1	412	38	27	0.74	0.19	61	24	12.4	94	
348	Cob nuts .. .	9.0	36.0	6.8	398	1.4	345	44	56	1.06	0.21	229	75	5.9	39	
348a	Cob nuts (weighed with shells)	3.2	13.0	2.4	143	0.5	124	16	20	0.38	0.08	82	27	2.1	14	
349	Coconut, fresh .. .	3.8	36.0	3.7	365	16.5	436	13	52	2.08	0.32	94	44	114.0	49	
350	Coconut milk .. .	0.4	—	4.9	—	105.0	312	29	30	0.10	0.04	37	24	183.0	75	
351	Coconut desiccated .. .	6.6	62.0	6.4	628	28.4	751	22	90	3.59	0.55	162	76	196.0	85	
352	Peanuts .. .	28.1	49.0	8.6	603	5.6	680	61	181	2.04	0.27	365	377	6.8	116	
352a	Peanuts (weighed with shells)	19.4	33.8	5.9	416	3.9	469	42	125	1.41	0.19	252	260	4.7	80	
353	Walnuts .. .	12.5	51.5	5.0	549	2.7	687	61	131	2.35	0.31	510	104	23.0	84	
353a	Walnuts (weighed with shells)	8.0	33.0	3.2	352	1.7	439	39	84	1.50	0.20	326	67	14.7	54	

COMPOSITION PER 100 GRAMMES

## Vegetables

No.	Food.	Method and time of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavailable carbohydrate.	Sugar (as invert sugar).	Starch (as glucose).	Total nitrogen.
354	Artichokes, globe ..	Boiled 35 minutes ..	Base of leaves and soft inside parts	41	84.4	—	—	0.0	0.18
354a	Artichokes, globe (weighed as served)	Boiled 35 minutes ..	Base of leaves and soft inside parts	41	36.3	—	—	0.0	0.08
355	Artichokes, Jerusalem ..	Boiled 20 minutes ..	Flesh only .. ..	85	80.2	—	—	0.0	0.25
356	Asparagus .. ..	Boiled 25 minutes ..	Soft tips .. ..	20	92.4	1.5	1.1	0.0	0.54
356a	Asparagus (weighed as served)	Boiled 25 minutes ..	Soft tips .. ..	20	46.2	0.8	0.6	0.0	0.27
357	Beans, baked .. ..	Tinned .. ..	Contents of tin as purchased	100	69.6	5.1	6.1	11.2	0.96
358	Beans, broad .. ..	Boiled 30 minutes ..	Whole beans, without pods	31	83.7	4.2	0.6	6.5	0.66
359	Beans, butter .. ..	Raw .. ..	Whole beans .. ..	100	8.7	24.5	3.6	46.2	3.06
360	Beans, butter .. ..	Soaked 24 hours, boiled 2 hours	Whole beans .. ..	250	70.5	5.1	1.5	15.6	1.13
361	Beans, French .. ..	Cut up and boiled 30 minutes	Flesh and skin of pods and beans	100	95.5	3.2	0.8	0.3	0.12
362	Beans, haricot .. ..	Raw .. ..	Whole beans .. ..	100	7.9	28.8	2.8	42.7	3.42
363	Beans, haricot .. ..	Soaked 24 hours, boiled 2 hours	Whole beans .. ..	260	69.6	7.4	0.8	15.8	1.06
364	Beans, runner .. ..	Raw .. ..	Flesh and skin of pods and beans	86	91.6	3.0	2.7	0.2	0.18
365	Beans, runner .. ..	Cut up and boiled 25 minutes	Flesh and skin of pods and beans	86	93.6	3.0	0.8	0.1	0.12
366	Beetroot* .. ..	Boiled 2 hours .. ..	Flesh only, no skin ..	80	82.7	2.5	9.9	0.0	0.29

\* Weighed cold.

Vegetables—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c per 100 g.			
		Protein (N × 6.25).	Fat.	Available carbohydrate (as mono-saccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
354	Artichokes, globe, boiled	1.1	Tr.	*2.7	15	14.8	327	43.5	27.2	0.49	0.09	39.7	15.5	83.5			76	
354a	Artichokes, globe, boiled (weighed as served)	0.5	Tr.	*1.2	7	6.4	141	18.7	11.7	0.21	0.04	17.1	6.7	35.9			33	
355	Artichokes, Jerusalem, boiled	1.6	Tr.	*3.2	19	2.6	420	30.3	11.4	0.41	0.12	33.0	21.6	57.5			82	
356	Asparagus, boiled ..	3.4	Tr.	1.1	18	1.7	235	25.8	10.4	0.89	0.20	84.5	46.6	31.4	10			
356a	Asparagus, boiled (weighed as served)	1.7	Tr.	0.6	9	0.9	118	12.9	5.2	0.45	0.10	42.3	23.3	15.7	5			
357	Beans, baked .. ..	6.0	0.4	17.3	93	(591)	344	61.6	36.7	2.05	0.24	184.0	50.7	(810)			28	
358	Beans, broad, boiled ..	4.1	Tr.	7.1	43	19.6	233	21.2	27.6	0.98	0.43	99.0	27.0	14.2			17	
359	Beans, butter, raw ..	19.2	Tr.	49.8	266	61.5	1700	84.8	164.0	5.92	1.22	318.0	109.0	46.5			355	
360	Beans, butter, boiled ..	7.1	Tr.	17.1	93	16.2	398	18.7	33.3	1.67	0.16	86.5	47.2	2.4			60	
361	Beans, French, boiled ..	0.8	Tr.	1.1	7	3.4	102	38.6	10.1	0.59	0.10	15.2	8.3	10.7			37	
362	Beans, haricot, raw ..	21.4	Tr.	45.5	258	43.2	1160	180.0	183.0	6.65	0.61	309.0	166.0	1.8			255	
363	Beans, haricot, boiled ..	6.6	Tr.	16.6	89	15.0	320	64.5	44.5	2.50	0.14	122.0	46.3	1.1			50	
364	Beans, runner, raw ..	1.1	Tr.	2.9	15	6.5	276	33.3	23.0	0.74	0.09	25.9	14.1	22.7			77	
365	Beans, runner, boiled ..	0.8	Tr.	0.9	7	3.3	87	25.6	12.5	0.59	0.03	10.7	9.5	8.8			32	
366	Beetroot, boiled ..	1.8	Tr.	9.9	44	64.0	350	30.0	16.9	0.70	0.14	35.6	22.1	75.5			89	

\* This vegetable contains inulin. 50 per cent. total carbohydrate taken to be available.

COMPOSITION PER 100 GRAMMES



## Vegetables—continued

No.	Food.	Method and time of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavailable carbohydrate.	Sugar (as invert sugar).	Starch (as glucose).	Total nitrogen.
367	Broccoli tops .. ..	Boiled 45 minutes ..	Leaves only, no thick stem	42	90.8	4.2	0.4	0.0	0.50
368	Brussels sprouts .. ..	Boiled 30 minutes ..	Inner leaves .. ..	94	90.8	4.8	1.1	0.6	0.38
369	Cabbage, red .. ..	Raw .. ..	Inner leaves .. ..	70	89.7	3.4	3.5	0.0	0.27
370	Cabbage, Savoy .. ..	Raw .. ..	Inner leaves .. ..	53	89.9	3.1	3.3	0.0	0.53
371	Cabbage, Savoy .. ..	Boiled 30 minutes ..	Inner leaves .. ..	65	95.7	2.5	1.1	0.0	0.21
372	Cabbage, spring .. ..	Boiled 30 minutes ..	Inner leaves .. ..	59	96.6	2.2	0.8	0.0	0.18
373	Cabbage, winter .. ..	Raw .. ..	Inner leaves .. ..	60	90.6	2.5	8.3	0.0	0.43
374	Cabbage, winter .. ..	Boiled 45 minutes ..	Inner leaves .. ..	71	95.9	2.5	1.2	0.1	0.13
375	Carrageen moss .. ..	Dried .. ..	Whole moss .. ..	100	13.9	71.3	0.4	0.0	1.08
376	Carrots, old .. ..	Raw .. ..	Flesh only .. ..	96	89.8	2.9	5.4	0.0	0.11
377	Carrots, old .. ..	Boiled 45 minutes ..	Flesh only .. ..	87	91.5	3.1	4.2	0.1	0.10
378	Carrots, young .. ..	Boiled 25 minutes ..	Flesh only .. ..	50	81.1	3.0	4.4	0.1	0.14
379	Cauliflower .. ..	Boiled 30 minutes ..	Flower and inner leaves	42	94.9	2.4	1.2	0.0	0.24
380	Celeriac .. ..	Boiled 30 minutes ..	Flesh only .. ..	79	90.2	4.9	1.5	0.5	0.26
381	Celery .. ..	Raw .. ..	Stem only .. ..	73	93.5	1.8	1.2	0.1	0.15
382	Celery .. ..	Boiled 30 minutes ..	Stem only .. ..	72	95.7	2.2	0.7	0.0	0.10
383	Chicory .. ..	Raw .. ..	Stem and young leaves ..	79	96.2	—	—	0.0	0.12
384	Cucumber .. ..	Raw .. ..	Flesh only .. ..	77	96.4	0.4	1.8	0.0	0.10
385	Egg plant .. ..	Raw .. ..	Flesh only .. ..	77	93.4	2.5	2.9	0.2	0.11
386	Endive .. ..	Raw .. ..	Leaves only .. ..	63	93.7	2.2	1.0	0.0	0.28
387	Horseradish .. ..	Raw .. ..	Flesh of root .. ..	45	74.7	8.3	7.3	3.7	0.72
388	Leeks .. ..	Boiled 30 minutes ..	Bulb only .. ..	44	90.8	3.9	4.6	0.0	0.28
389	Lentils .. ..	Raw .. ..	Lentils as purchased ..	100	6.5	17.4	2.4	50.8	3.80
390	Lentils .. ..	Soaked 24 hours, boiled 2 hours.	Lentils as purchased ..	290	71.9	2.4	0.9	17.4	1.08

Vegetables—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.								Acid-base balance, c.c. per 100 g.		
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10 Acid.	N 10 Alkali.
367	Broccoli tops, boiled ..	3.1	Tr.	0.4	14	6.8	103	160.0	13.5	1.52	0.10	54.0	45.0	51.2		43
368	Brussels sprouts, boiled ..	2.4	Tr.	1.7	16	7.7	247	27.1	10.6	0.63	0.08	44.8	77.8	11.4		8
369	Cabbage, red, raw ..	1.7	Tr.	3.5	20	31.6	302	53.2	16.5	0.57	0.09	32.1	68.0	44.5		56
370	Cabbage, Savoy, raw ..	3.3	Tr.	3.3	26	22.5	263	75.0	19.5	0.90	—	67.7	88.0	22.3		26
371	Cabbage, Savoy, boiled ..	1.3	Tr.	1.1	9	8.1	122	52.5	7.2	0.72	0.07	27.2	30.4	9.4		28
372	Cabbage, spring, boiled ..	1.1	Tr.	0.8	8	12.3	108	30.0	6.3	0.45	0.07	31.8	26.7	6.4		14
373	Cabbage, winter, raw ..	2.7	Tr.	8.3	42	28.4	240	72.3	16.8	1.23	—	64.1	71.8	39.6		27
374	Cabbage, winter, boiled ..	0.8	Tr.	1.3	8	13.5	144	58.2	7.3	0.47	0.04	16.2	23.4	13.7		49
375	Carrageen moss, dried ..	6.8	Tr.	0.4	29	2890.0	2100	845.0	630.0	8.88	0.51	205.0	5460.0	1150.0	1130	
376	Carrots, old, raw ..	0.7	Tr.	5.4	23	95.0	224	48.0	12.0	0.56	0.08	21.0	6.9	68.5		90
377	Carrots, old, boiled ..	0.6	Tr.	4.3	19	50.0	87	36.9	6.4	0.37	0.08	16.7	5.0	31.1		44
378	Carrots, young, boiled ..	0.9	Tr.	4.5	21	22.5	237	28.8	8.4	0.43	0.08	29.5	9.3	27.5		59
379	Cauliflower, boiled ..	1.5	Tr.	1.2	11	11.4	152	23.0	6.6	0.48	0.06	33.0	29.4	11.6		17
380	Celery, boiled ..	1.6	Tr.	2.0	14	28.2	400	46.5	12.0	0.84	0.13	71.0	12.8	23.4		88
381	Celery, raw ..	0.9	Tr.	1.3	9	137.0	278	52.2	9.6	0.61	0.11	31.7	14.9	183.0		84
382	Celery, boiled ..	0.6	Tr.	0.7	5	66.5	132	52.0	8.6	0.43	0.11	19.3	8.3	100.0		50
383	Chicory, raw ..	0.8	Tr.	*1.5	9	7.3	182	18.4	12.6	0.69	0.14	20.9	12.7	25.0		41
384	Cucumber, raw ..	0.6	Tr.	1.8	9	13.0	141	22.8	9.1	0.30	0.09	24.1	11.0	24.5		32
385	Egg plant, raw ..	0.7	Tr.	3.1	15	2.5	238	10.4	9.5	0.39	0.08	12.1	9.0	61.0		45
386	Endive, raw ..	1.8	Tr.	1.0	11	10.1	381	43.9	10.4	2.77	0.09	66.5	25.7	70.5		54
387	Horseradish, raw ..	4.5	Tr.	11.0	60	7.9	579	119.0	35.8	2.03	0.14	70.0	212.0	18.8		58
388	Leeks, boiled ..	1.8	Tr.	4.6	25	6.4	278	60.5	12.5	2.00	0.09	27.5	48.9	42.6		55
389	Lentils, raw ..	23.8	Tr.	53.2	297	36.0	673	38.6	76.5	7.62	0.58	242.0	122.0	63.5		20
390	Lentils, boiled ..	6.8	Tr.	18.3	96	9.4	217	10.5	20.7	2.20	0.27	80.0	37.3	12.7		4

\* This vegetable contains inulin. 50 per cent. total carbohydrate taken to be available.

COMPOSITION PER 100 GRAMMES

## Vegetables—continued

88

No.	Food.	Method and time of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavailable carbhydrate.	Sugar (as invert sugar).	Starch (as glucose).	Total nitrogen.
391	Lettuce .. ..	Raw .. ..	Inner leaves of long and headed forms	45	95.2	1.4	1.8	0.0	0.17
392	Marrow .. ..	Boiled 25 minutes	Flesh only .. ..	64	97.8	0.6	1.3	0.1	0.06
393	Mushrooms .. ..	Raw .. ..	Flesh and stem .. ..	75	91.5	2.5	0.0	0.0	0.74*
394	Mushrooms .. ..	Fried in dripping	Flesh and stem .. ..	61	64.2	—	0.0	0.0	0.90*
395	Mustard and cress .. ..	Raw .. ..	Leaves and stems .. ..	100	92.5	3.7	0.9	0.0	0.26
396	Onions .. ..	Raw .. ..	Flesh only .. ..	97	92.8	1.3	5.2	0.0	0.15
397	Onions .. ..	Boiled 30 minutes	Flesh only .. ..	85	96.6	1.3	2.7	0.0	0.09
398	Onions .. ..	Cut up and fried in dripping	Flesh only .. ..	49	42.0	—	10.1	0.0	0.90
399	Onions, spring .. ..	Raw .. ..	Flesh of bulb .. ..	31	86.8	3.1	8.5	0.0	0.15
400	Parsley .. ..	Raw .. ..	Leaves .. ..	53	78.7	9.1	Tr.	0.0	0.83
401	Parsnips .. ..	Raw .. ..	Flesh only .. ..	74	82.5	4.0	8.8	2.5	0.27
402	Parsnips .. ..	Boiled 30 minutes	Flesh only .. ..	78	83.2	2.5	2.7	10.8	0.20
403	Peas, fresh .. ..	Raw .. ..	Whole peas, no pods/	37	78.5	5.2	4.0	6.6	0.92
404	Peas, fresh .. ..	Boiled 20 minutes	Whole peas, no pods	37	80.0	5.2	1.8	5.9	0.80
405	Peas, dried .. ..	Raw .. ..	Whole peas .. ..	100	8.7	21.3	2.4	47.6	3.45
406	Peas, dried .. ..	Soaked 24 hours, boiled 2 hours	Whole peas .. ..	270	70.3	4.8	0.9	18.2	1.11
407	Peas, split, dried .. ..	Raw .. ..	Peas as purchased .. ..	100	6.8	17.2	1.9	54.7	3.54
408	Peas, split, dried .. ..	Soaked 24 hours, boiled 2 hours	Peas as purchased .. ..	250	67.3	5.1	0.9	21.0	1.33
409	Peas .. ..	Tinned .. ..	Whole peas .. ..	100	72.7	4.4	2.3	14.2	0.94
410	Potatoes, old .. ..	Raw .. ..	Flesh only .. ..	86	75.8	2.1	0.5	20.3	0.34
411	Potatoes, old, peel .. ..	Raw .. ..	Peel only .. ..	—	80.0	2.6	0.4	15.5	0.40

\* 60 per cent. of this nitrogen is present as urea.

Vegetables—continued

No	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.		
		Protein (N × 6.25).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
391	Lettuce, raw .. ..	1.1	Tr.	1.8	11	3.1	208	25.9	9.7	0.73	0.15	30.2	11.8	39.5				
392	Marrow, boiled .. .	0.4	Tr.	1.4	7	1.2	84	13.6	6.7	0.22	0.03	12.7	5.5	13.9			38	
393	Mushrooms, raw .. .	*1.8	Tr.	0.0	7	9.1	467	2.9	13.2	1.03	0.64	136.0	33.8	84.5			19	
394	Mushrooms, fried ..	*2.2	22.3	0.0	217	11.0	568	3.5	16.0	1.25	0.78	166.0	73.8	103.0			4	
395	Mustard and cress, raw..	1.6	Tr.	0.9	10	19.0	337	65.9	27.3	4.54	0.12	65.5	170.0	89.0	16			
396	Onions, raw .. ..	0.9	Tr.	5.2	23	10.2	137	31.2	7.6	0.30	0.08	30.0	50.7	19.5	23		5	
397	Onions, boiled .. .	0.6	Tr.	2.7	13	6.6	78	24.4	4.9	0.25	0.07	16.4	23.7	4.9			2	
398	Onions, fried .. .	1.8	33.3	10.1	355	20.0	267	61.0	14.8	0.59	0.16	59.0	87.8	38.0			16	
399	Onions, spring, raw ..	0.9	Tr.	8.5	36	13.0	226	135.0	10.9	1.24	0.13	23.6	50.0	35.5			84	
400	Parsley, raw .. .	5.2	Tr.	Tr.	21	33.0	1080	325.0	52.2	8.00	0.52	128.0	—	156.0	—		—	
401	Parsnips, raw .. .	1.7	Tr.	11.3	49	16.5	342	54.8	22.4	0.57	0.10	69.0	16.5	40.5			75	
402	Parsnips, boiled .. .	1.3	Tr.	13.5	56	4.1	293	35.5	13.0	0.45	0.10	31.7	14.6	32.7			67	
403	Peas, fresh, raw.. .	5.8	Tr.	10.6	64	0.5	342	15.1	30.2	1.88	0.23	104.0	50.0	38.0			12	
404	Peas, fresh, boiled ..	5.0	Tr.	7.7	49	Tr.	174	12.6	21.4	1.22	0.15	83.3	43.5	7.8	14			
405	Peas, dried, raw .. .	21.5	Tr.	50.0	275	37.9	985	60.8	116.0	4.73	0.49	303.0	129.0	60.0			103	
406	Peas, dried, boiled ..	6.9	Tr.	19.1	100	12.6	267	24.4	30.3	1.44	0.17	113.0	39.0	9.3			12	
407	Peas, split, dried, raw ..	22.1	Tr.	56.6	303	38.3	910	33.0	125.0	5.40	0.58	268.0	166.0	56.0			77	
408	Peas, split, dried, boiled	8.3	Tr.	21.9	116	14.2	269	10.8	30.2	1.74	0.25	122.0	45.7	10.2				
409	Peas, tinned .. .	5.9	Tr.	16.5	86	(260)	201	25.7	24.4	1.87	0.21	169.0	43.9	(318)	5			
410	Potatoes, old, raw .. .	2.1	Tr.	20.8	87	6.5	568	7.7	24.2	0.75	0.15	40.3	34.6	78.5	29			
411	Potatoes, old, raw, peel..	2.5	Tr.	15.9	70	7.0	650	27.0	27.6	2.00	0.25	36.4	—	95.0	—		103	

COMPOSITION PER 100 GRAMMES

\* See page 6.

## Vegetables—continued

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No.	Food.	Method and time of cooking.	Nature of edible (analysed) material.	Edible matter, as eaten, expressed as a percentage of the weight as purchased.	g. per 100 g.				
					Water.	Unavail-able carbo-hydrate.	Sugar (as invert sugar).	Starch (as glucose).	Total nitrogen.
412	Potatoes, old .. ..	Boiled 30 minutes ..	Flesh only (peeled before boiling)	86	80.5	1.0	0.4	19.3	0.23
413	Potatoes, old .. ..	Boiled and mashed with margarine and milk	Flesh only .. ..	94	76.9	0.9	0.6	17.4	0.24
414	Potatoes, old .. ..	Baked in skins .. ..	Flesh only .. ..	68	71.0	2.5	0.6	24.4	0.41
414a	Potatoes, old (weighed with skin)	Baked in skins .. ..	Flesh only .. ..	68	57.5	2.0	0.5	19.8	0.33
415	Potatoes, old .. ..	Roast in shallow fat ..	Flesh only .. ..	66	64.3	—	—	—	0.45
416	Potatoes, old, "chips"	Cut in cubes and fried in deep fat	Flesh only .. ..	49	47.0	—	—	—	0.61
417	Potatoes, new .. ..	Boiled 15 minutes ..	Flesh only .. ..	96	78.8	2.0	0.7	17.6	0.25
418	Pumpkin .. ..	Raw .. ..	Flesh only .. ..	81	94.7	0.5	2.7	0.7	0.10
419	Radishes .. ..	Raw .. ..	Flesh and skin .. ..	50	93.3	1.0	2.8	0.0	0.16
420	Salsify .. ..	Boiled 45 minutes ..	Flesh only .. ..	63	81.2	—	—	0.0	0.30
421	Seakale .. ..	Boiled 20 minutes ..	Stem only .. ..	74	95.6	1.2	0.6	0.0	0.23
422	Spinach .. ..	Boiled 15 minutes, without added water	Leaves .. ..	42	85.1	6.3	1.2	0.2	0.81
423	Spring greens .. ..	Boiled 30 minutes ..	Leaves .. ..	100	93.6	3.8	0.9	0.0	0.27
424	Swedes .. ..	Raw .. ..	Flesh only .. ..	86	91.4	2.7	4.2	0.1	0.18
425	Swedes .. ..	Boiled 45 minutes ..	Flesh only .. ..	82	91.6	2.8	3.7	0.1	0.14
426	Sweet potatoes .. ..	Boiled 30 minutes ..	Flesh only .. ..	88	72.0	2.3	9.1	11.0	0.17
427	Tomatoes .. ..	Raw .. ..	Flesh, skin and seeds ..	100	93.4	1.5	2.8	Tr.	0.14
428	Tomatoes .. ..	Fried in dripping ..	Flesh, skin and seeds ..	87	86.5	—	3.3	Tr.	0.16
429	Turnips .. ..	Raw .. ..	Flesh only .. ..	84	93.3	2.8	3.8	0.0	0.12
430	Turnips .. ..	Boiled 30 minutes ..	Flesh only .. ..	80	94.5	2.2	2.3	0.0	0.11
431	Turnip tops .. ..	Boiled 20 minutes ..	Leaves .. ..	45	92.8	3.9	0.0	0.1	0.43
432	Watercress .. ..	Raw .. ..	Leaves and part of stem	77	91.1	3.3	0.6	0.1	0.46

Vegetables—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.	
412	Potatoes, old, boiled ..	1.4	Tr.	19.7	80	3.4	325	4.3	15.0	0.48	0.11	29.0	22.2	40.7		53	
413	Potatoes, old, mashed ..	1.5	5.0	18.0	120	(24)	302	11.7	14.4	0.45	0.10	31.6	23.5	(71)		51	
414	Potatoes, old, baked in skins	2.5	Tr.	25.0	104	7.8	680	9.2	29.0	0.90	0.18	48.3	41.5	94.0		124	
414a	Potatoes, old, baked in skins (weighed with skins)	2.0	Tr.	20.3	84	6.3	550	7.5	23.5	0.73	0.15	39.1	33.6	76.1		100	
415	Potatoes, old, roast ..	2.8	1.0	27.3	123	8.6	745	10.1	32.0	0.99	0.20	53.0	56.3	103.0		128	
416	Potatoes, old, "chips" ..	3.8	9.0	37.3	239	11.7	1020	13.8	43.3	1.35	0.27	72.2	44.7	140.0		196	
417	Potatoes, new, boiled ..	1.6	Tr.	18.3	75	40.5	330	5.0	19.6	0.46	0.15	33.0	24.3	45.5		72	
418	Pumpkin, raw ..	0.6	Tr.	3.4	15	1.3	309	39.0	8.2	0.39	0.08	19.4	9.5	36.5		78	
419	Radishes, raw ..	1.0	Tr.	2.8	15	59.0	240	43.7	11.4	1.88	0.13	27.1	37.5	18.8		72	
420	Salsify, boiled ..	1.9	Tr.	*2.8	18	8.4	183	60.0	14.2	1.23	0.12	53.0	25.2	46.0		29	
421	Seakale, boiled ..	1.4	Tr.	0.6	8	3.9	50	47.8	10.5	0.60	0.07	33.5	52.0	12.4	10		
422	Spinach, boiled ..	5.1	Tr.	1.4	26	123.0	490	595.0	59.2	4.00	0.26	93.0	86.5	55.5		396	
423	Spring greens, boiled ..	1.7	Tr.	0.9	10	10.3	118	86.0	8.6	1.33	0.08	30.5	28.5	16.1		43	
424	Swedes, raw ..	1.1	Tr.	4.3	21	52.2	136	56.4	10.8	0.35	0.05	19.0	39.1	30.5		49	
425	Swedes, boiled ..	0.9	Tr.	3.8	18	14.4	102	41.5	7.0	0.29	0.04	18.4	30.5	9.3		26	
426	Sweet potatoes, boiled ..	1.1	Tr.	20.1	80	17.8	296	20.5	12.3	0.62	0.15	43.5	14.9	60.0		50	
427	Tomatoes, raw ..	0.9	Tr.	2.8	14	2.8	288	13.3	11.0	0.43	0.10	21.3	10.7	51.0		56	
428	Tomatoes, fried ..	1.0	5.9	3.3	71	3.3	335	15.4	12.8	0.50	0.12	24.8	9.2	59.0		68	
429	Turnips, raw ..	0.8	Tr.	3.8	18	58.0	238	58.8	7.4	0.37	0.07	27.5	22.1	70.0		65	
430	Turnips, boiled ..	0.7	Tr.	2.3	11	28.3	160	55.0	6.6	0.35	0.04	19.2	21.2	31.4		52	
431	Turnip tops, boiled ..	2.7	Tr.	0.1	11	6.7	78	98.0	10.1	3.08	0.09	45.1	39.0	14.8		23	
432	Watercress, raw ..	2.9	Tr.	0.7	15	60.0	314	222.0	17.0	1.62	0.14	52.0	127.0	156.0		75	

\* This vegetable contains inulin. 50 per cent. total carbohydrate taken to be available

COMPOSITION PER 100 GRAMMES

## Sugar, Preserves and Sweetmeats

No.	Food.	Description and number of samples.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.
433	Blackcurrant purée .. ..	Mixed sample supplied by the makers ..	57.0	40.0	0.0	0.07
434	Cherries, glacé .. ..	3 samples from different shops .. ..	—	55.8	0.0	0.10
435	Chocolate, blended (1943) .. ..	3 well-known varieties .. ..	Tr.	51.5	0.7	1.47
436	Chocolate, milk (1935) .. ..	5 well-known varieties .. ..	1.3	42.3	10.0	1.19
437	Chocolate, milk (1943) .. ..	2 well-known varieties .. ..	Tr.	53.8	0.7	1.39
438	Chocolate, plain (1935) .. ..	5 well-known varieties .. ..	Tr.	52.6	6.1	0.74
439	Chocolate, plain (1943) .. ..	4 well-known varieties .. ..	Tr.	49.8	2.7	0.89
440	Chutney, apple .. ..	Recipe p. 10 .. ..	45.0	51.9	0.4	0.13
441	Chutney, tomato .. ..	Recipe p. 11 .. ..	58.2	38.5	0.3	0.18
442	Comb honey .. ..	2 samples from different shops .. ..	20.2	74.4	0.0	0.09
443	Honey, in jars .. ..	2 samples from different shops .. ..	23.0	76.4	0.0	0.06
444	Ice cream .. ..	3 varieties of ice cream bricks .. ..	62.8	17.5	0.0	0.63
445	Jam, fruit with edible seeds .. ..	Blackberry, blackcurrant, gooseberry, rasp- berry, strawberry. Two samples of each, different makers	29.8	69.0	0.0	0.10
446	Jam, stone fruit .. ..	Apricot, damson, greengage, plum. Two samples of each, different makers	29.6	69.3	0.0	0.06
447	Jelly, packet .. ..	8 samples, assorted flavours .. ..	29.9	62.5	0.0	1.10
448	Lemon curd .. ..	Recipe p. 11 .. ..	42.1	42.5	0.0	0.52
449	Marmalade .. ..	4 varieties .. ..	28.0	69.5	0.0	0.01
450	Mince-meat .. ..	2 varieties .. ..	69.3	25.5	0.0	0.09
451	Sugar, Demerara .. ..	5 samples from different shops .. ..	Tr.	*99.3	0.0	0.08
452	Sugar, white .. ..	Granulated and loaf .. ..	Tr.	*99.9	0.0	Tr.
453	Syrup, golden .. ..	3 samples of well-known brand .. ..	20.0	79.0	0.0	0.05
454	Toffee, home-made .. ..	Recipe p. 11 .. ..	5.5	90.8	0.0	0.03
455	Treacle, black .. ..	3 samples from different shops .. ..	28.5	67.2	0.0	0.19

\* As sucrose.



Sugar, Preserves and Sweetmeats—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
433	Blackcurrant purée ..	0.4	Tr.	40.0	152	11.0	200	34.0	11.8	1.60	0.15	25.0	32.0	13.0		43
434	Cherries, glacé ..	0.6	0.0	55.8	212	64.8	18	44.3	8.2	2.90	1.28	18.0	21.0	71.0		17
435	Chocolate, blended (1943)	9.2	36.0	52.2	566	(276)	386	253.0	66.4	2.05	0.48	226.0	—	183.0		—
436	Chocolate, milk (1935) ..	7.4	34.1	52.3	543	93.4	487	175.0	57.4	1.67	0.14	215.0	67.0	132.0		84
437	Chocolate, milk (1943) ..	8.7	37.6	54.5	588	(275)	349	246.0	58.9	1.71	0.49	218.0	—	170.0		—
438	Chocolate, plain (1935) ..	4.6	32.5	58.7	541	18.6	397	26.1	81.7	3.28	1.11	139.0	32.0	8.8		79
439	Chocolate, plain (1943) ..	5.6	35.2	52.5	544	(143)	257	63.0	131.0	2.90	0.81	138.0	—	4.8		—
440	Chutney, apple ..	0.8	0.1	52.3	201	(170)	217	27.4	17.8	1.01	0.10	33.7	32.0	(251)		46
441	Chutney, tomato ..	1.1	0.1	38.8	151	(130)	278	26.2	17.8	0.93	0.12	36.5	31.1	(215)		53
442	Comb honey ..	0.6	*4.6	74.4	281	7.1	35	-7.7	2.0	0.20	0.04	32.3	0.8	26.3	11	—
443	Honey, in jars ..	0.4	Tr.	76.4	288	10.9	51	5.3	2.2	0.39	0.05	17.0	0.8	17.9		6
444	Ice cream ..	3.9	13.2	17.5	205	64.0	.180	152.0	15.3	0.21	0.03	95.5	30.6	103.0		53
445	Jam, fruit with edible seeds.	0.6	0.0	69.0	261	15.9	112	24.2	10.1	1.47	0.23	17.9	6.5	9.2		38
446	Jam, stone fruit ..	0.4	0.0	69.3	261	12.2	104	12.0	5.4	1.02	0.12	18.2	3.2	3.5		28
447	Jelly, packet ..	†6.1	0.0	62.5	259	25.2	25	31.5	4.4	1.74	0.16	7.0	36.6	30.0		1
448	Lemon curd ..	3.3	13.9	42.5	302	(63)	67	18.3	5.0	0.72	0.05	62.5	47.0	(84)	35	—
449	Marmalade ..	0.1	0.0	69.5	261	18.2	44	34.7	3.7	0.58	0.12	12.5	2.1	7.1		28
450	Mince-meat ..	0.6	3.3	25.5	129	(208)	560	52.6	20.8	2.12	0.08	15.7	28.4	(454)		122
451	Sugar, Demerara ..	0.5	0.0	†104.5	394	6.2	89	52.6	14.8	0.89	0.06	19.9	14.0	35.2		33
452	Sugar, white ..	Tr.	0.0	†105.0	394	0.4	2	1.5	0.2	0.04	0.02	Tr.	Tr.	Tr.		<1
453	Syrup, golden ..	0.3	0.0	79.0	297	270.0	242	26.4	9.5	1.45	0.09	20.0	53.8	41.5		142
454	Toffee, home-made ..	0.2	6.2	90.8	399	(115)	91	11.0	4.0	0.55	0.04	9.7	20.7	(40)		52
455	Treacle, black ..	1.2	0.0	67.2	257	96.0	1470	495.0	144.0	9.17	0.43	30.6	68.5	815.0		494

\* Waxy material, probably not available as fat. Disregarded in calculating calories.

† See p. 6.

‡ See p. 6.

COMPOSITION PER 100 GRAMMES



## Beverages

No.	Food.	Description and number of samples.	g. per 100 g.				
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.	Purine nitrogen.
456	Bournvita .. .. .	3 samples from different shops .. ..	6.0	60.6	7.0	1.83	—
457	Bovril .. .. .	3 samples from different shops .. ..	—	0.0	0.0	5.95	0.324
458	Cocoa powder .. .. .	3 varieties .. .. .	2.5	Tr.	35.0	3.27	—
459	Coffee, ground, roasted .. .. .	5 samples from different shops .. ..	4.1	Tr.	28.5	2.04	0.038
460	Coffee, infusion, 2 minutes .. .. .	60 g. coffee from mixed sample, boiled in percolator with 900 c.c. water and strained	—	Tr.	0.3	0.03	Tr.
461	Coffee, infusion, 5 minutes .. .. .	60 g. coffee from mixed sample, boiled in percolator with 900 c.c. water and strained	—	Tr.	0.4	0.04	Tr.
462	Coffee, infusion, 10 minutes .. .. .	60 g. coffee from mixed sample, boiled in percolator with 900 c.c. water and strained	—	Tr.	0.4	0.05	Tr.
463	Coffee, infusion, 20 minutes .. .. .	60 g. coffee from mixed sample, boiled in percolator with 900 c.c. water and strained	—	Tr.	0.4	0.05	Tr.
464	Lemonade .. .. .	Recipe, p. 11 .. .. .	—	12.5	0.0	Tr.	—
465	Malted milk, Horlick's .. .. .	3 samples from different shops .. ..	3.0	50.8	20.0*	2.31	—
466	Marmite .. .. .	6 samples from different shops .. ..	—	0.0	0.0	6.35	0.356
467	Ovaltine .. .. .	3 samples from different shops .. ..	3.3	54.0	7.6*	2.12	—
468	Oxo cubes .. .. .	3 samples from different shops .. ..	—	0.0	0.0	6.93	0.236
469	Tea, Indian .. .. .	5 samples from different shops .. ..	9.3	0.0	0.0	4.08	0.072
470	Tea, Indian, infusion .. .. .	10 g. tea from mixed sample, infused with 1,000 c.c. boiling water 2-10 minutes and strained	—	0.0	0.0	0.01	Tr.
471	Viol .. .. .	3 samples from different shops .. ..	21.5	62.6	0.0	0.73	—

\* Dextrins only.

Beverages—continued

No.	Food.	g. per 100 g. (or 100 c.c.)			Calories per 100 g. (or 100 c.c.)	mg. per 100 g. (or 100 c.c.)										Acid-base balance, c.c. per 100 g. (or 100 c.c.)		
		Protein.	Fat.	Available carbohydrate (as mono-saccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
456	Bournvita .. ..	11.4	7.5	67.6	370	360.0	660	89.0	170.0	3.3	0.98	411	243	185.0			45	
457	Bovril .. ..	*29.0	0.7	0.0	125	(5580)	3590	52.0	169.0	12.1	0.83	1300	362	(6880)			510	
458	Cocoa powder ..	20.4	25.6	35.0	452	(650)	534	51.2	192.0	14.3	3.40	685	160	199.0			7	
459	Coffee, ground, roasted	12.5	15.4	28.5	301	73.5	2020	133.0	235.0	4.1	0.82	161	110	23.6			634	
460	Coffee, infusion, 2 min.	0.2	Tr.	0.3	3	0.2	66	2.1	5.5	Tr.	Tr.	1.5	—	0.4	—	—	—	
461	Coffee, infusion, 5 min.	0.3	Tr.	0.4	4	0.3	88	3.4	8.3	Tr.	Tr.	2.8	—	0.6	—	—	—	
462	Coffee, infusion, 10 min.	0.3	Tr.	0.4	5	0.4	104	3.9	10.5	Tr.	Tr.	4.3	—	0.6	—	—	—	
463	Coffee, infusion, 20 min.	0.3	Tr.	0.4	5	0.4	110	4.0	10.8	Tr.	Tr.	4.8	—	0.6	—	—	—	
464	Lemonade .. ..	Tr.	Tr.	12.5	47	Tr.	14	0.8	0.7	Tr.	0.01	1.0	Tr.	Tr.			4	
465	Malted milk, Horlick's	14.4	8.6	70.8	404	690.0	1128	272.0	71.0	1.3	1.22	402	167	516.0			274	
466	Marmite .. ..	*10.0	Tr.	0.0	41	(6130)	3440	77.3	276.0	5.2	1.96	1890	382	(7750)			171	
467	Ovaltine .. ..	13.2	7.9	61.6	356	249.0	1100	339.0	140.0	3.5	0.65	563	183	404.0			85	
468	Oxo cubes .. ..	*31.9	3.8	0.0	166	(10,600)	2690	101.5	160.0	14.0	0.32	1090	321	(14,000)			635	
469	Tea, Indian .. ..	14.1	0.0	0.0	58	44.5	2160	426.0	254.0	15.2	1.59	628	177	51.8			465	
470	Tea, Indian, infusion..	0.1	0.0	0.0	<1	0.4	17	0.3	1.1	Tr.	Tr.	1.0	—	0.4	—	—	—	
471	Virol .. ..	4.6	12.8	59.6	361	(374)	360	108.0	61.5	17.6	0.47	266	83	(596)	30		—	

\* See p. 6. Peptides and amino-acids account for most of the non-protein nitrogen in Marmite.

COMPOSITION PER 100 GRAMMES (OR PER 100 c.c.)

## Beers (1938)

No.	Food.	Description and number of samples.	c.c. per 100 c.c. Alcohol.	g. per 100 c.c.	
				Solids.	Total nitrogen.
472	Mild ale, draught .. .. .	3 samples, different brewers .. .. .	4.45	3.3	0.08
473	Mild ale, bottled .. .. .	3 samples, different brewers .. .. .	4.74	4.1	0.04
474	Pale ale, draught .. .. .	4 samples, different brewers .. .. .	5.95	3.5	0.05
475	Pale ale, bottled .. .. .	4 samples, different brewers .. .. .	6.10	3.4	0.04
476	Strong ale .. .. .	5 samples, different brewers .. .. .	7.96	5.3	0.08
477	Stout .. .. .	6 samples, different brewers .. .. .	4.73	5.0	0.06

## Condiments

No.	Food.	Description and number of samples.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch.	Total nitrogen.
478	Curry powder .. .. .	2 samples from different shops .. .. .	—*	—	—	1.52
479	Ground ginger .. .. .	3 samples from different shops .. .. .	—*	—	—	1.19
480	Mustard .. .. .	2 varieties .. .. .	—*	—	—	4.62
481	Pepper .. .. .	3 samples from different shops .. .. .	—*	—	—	1.40
482	Salt, block .. .. .	2 samples from different shops .. .. .	0.2	0.0	0.0	0.0
483	Table salt "A" † .. .. .	1 sample .. .. .	0.1	0.0	0.0	0.0
484	Table salt "B" † .. .. .	1 sample .. .. .	0.1	0.0	0.0	0.0
485	Vinegar ‡ .. .. .	4 samples from different shops .. .. .	—	0.6	0.0	0.07

\* The loss of weight at 100° C. cannot be used to determine the amount of water present, since these substances contain volatile essential oils.

† The manufacturers of these well known brands of table salt have objected to the composition of their products being published under their trade names.

‡ Contains 4.8 c.c. acetic acid per cent.

(Beers 1938)—continued

No.	Food.	g. per 100 c.c.			Calories per 100 g.	mg. per 100 c.c.									Acid-base balance, c.c. per 100 c.c.	
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10 Acid.	N 10 Alkali.
472	Mild ale, draught ..	0.5	Tr.	3.1	45	23.2	42	11.7	7.7	0.05	0.13	14.9	20.4	36.2		1
473	Mild ale, bottled ..	0.3	Tr.	3.7	49	19.4	54	12.7	10.0	0.08	0.07	18.1	25.2	36.1	1	
474	Pale ale, draught ..	0.3	Tr.	3.2	55	13.5	56	10.9	10.5	0.05	0.08	21.5	23.2	35.4	4	
475	Pale ale, bottled ..	0.2	Tr.	3.0	55	13.5	52	13.6	10.5	0.07	0.06	17.7	23.8	31.6	1	
476	Strong ale ..	0.5	Tr.	4.9	76	19.3	89	16.9	14.4	0.10	0.11	28.5	34.1	54.4	3	
477	Stout ..	0.4	Tr.	4.1	50	20.9	68	10.3	11.6	0.14	0.12	23.3	23.2	35.7		2

Condiments—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10 Acid.	N 10 Alkali.
478	Curry powder ..	9.5	10.8	26.1	237	450	1830	637	284	75.00	1.04	270	86	470		860
479	Ground ginger ..	7.4	3.3*	60.0	259	34	910	97	132	17.20	0.45	136	145	40		216
480	Mustard ..	28.9	28.7	20.7	463	5	943	333	256	10.90	0.20	177	1280	62	308	
481	Pepper ..	8.8	6.5†	68.0	309	7	42	127	45	10.20	1.13	130	99	60		289
482	Salt, block ..	0.0	0.0	0.0	0	38,700	Tr.	230	135	0.26	0.39	Tr.	401	59,600	107	
483	Table salt "A" ..	0.0	0.0	0.0	0	38,900	Tr.	149	500	0.54	0.55	74	35	60,000		422
484	Table salt "B" ..	0.0	0.0	0.0	0	39,300	Tr.	12	176	0.30	0.66	Tr.	23	60,300		139
485	Vinegar ..	0.4	0.0	0.6	4	20	89	15	22	0.47	0.04	32	19	47		12

\* By Soxhlet extraction. The figure for fat obtained by von Lieberman's method is 0.4 per cent. and this has been used for calculating calories.  
 † By Soxhlet extraction. The figure for fat obtained by von Lieberman's method is 2.0 per cent. and this has been used for calculating calories.

## Vegetable Fats

No.	Food.	Description and number of samples.	g. per 100 g.	
			Water.	Total nitrogen.
486	Margarine .. .. .	4 samples from different shops .. .. .	13.7	0.08
487	Olive oil .. .. .	One sample only .. .. .	Tr.	Tr.

## Cakes and Pastries

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.
488	Buns (1943) .. .. .	5 samples from different shops .. .. .	27.2	9.5	47.5	1.55
489	Cherry cake .. .. .	Recipe, p. 11 .. .. .	10.7	36.3	20.2	0.79
490	Chocolate cakes .. .. .	Recipe, p. 11 .. .. .	12.9	31.4	24.5	1.08
491	Coconut cakes .. .. .	Recipe, p. 11 .. .. .	12.7	16.7	38.0	1.19
492	Currant buns (1936) .. .. .	20 samples from 4 different shops .. .. .	28.6	14.0	40.5	1.30
493	Currant cake .. .. .	Recipe, p. 11 .. .. .	12.7	31.1	29.8	1.01
494	Currant cake (1943) .. .. .	4 samples from different shops .. .. .	30.7	20.8	30.8	1.16
495	Doughnuts .. .. .	16 samples from 4 different shops .. .. .	26.4	15.0	33.8	1.05
496	Dundee cake .. .. .	4 samples from different shops .. .. .	15.2	42.0	20.3	0.65
497	Eccles cakes .. .. .	Recipe, p. 12 .. .. .	14.5	16.0	35.6	0.82
498	Ginger biscuits .. .. .	Recipe, p. 12 .. .. .	7.9	33.7	37.5	1.00
499	Gingerbread .. .. .	Recipe, p. 12 .. .. .	19.0	32.7	30.7	0.94
500	Ginger cake (1943) .. .. .	2 samples from different shops .. .. .	30.7	12.4	42.0	1.18
501	Jam tarts, flaky pastry .. .. .	Recipe, p. 12 .. .. .	25.5	37.2	19.3	0.46
502	Jam tarts, short pastry .. .. .	Recipe, p. 12 .. .. .	23.0	37.3	23.9	0.56
503	Jam tarts, economical .. .. .	M.O.F., recipe p. 12 .. .. .	10.0	24.2	40.2	1.03
504	Lemon curd tarts .. .. .	Recipe, p. 12 .. .. .	22.4	17.6	33.0	0.95
505	Mince pies .. .. .	Recipe, p. 12 .. .. .	34.9	9.4	33.2	0.75

## Vegetable Fats—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.		
		Protein (N × 6.25).	Fat.	Carbo-hydrate.		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
496	Margarine .. ..	0.2	85.3	0.0	794	(318)	5	4.1	0.9	0.30	0.04	12.0	12	(495)	13			
487	Olive oil .. ..	Tr.	99.9	0.0	929	0.1	Tr.	0.5	0.4	0.08	0.07	Tr.	Tr.	Tr.			<1	

## Cakes and Pastries—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.		
		Protein	Fat.	Available carbo-hydrate (as mono-saccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
488	Buns (1943) .. ..	8.9	6.1	57.0	307	(118)	198	(82)	46.0	2.71	0.32	170.0	—	(129)	—	—		
489	Cherry cake .. ..	4.7	24.0	56.5	454	(137)	69	32.1	10.2	1.22	0.32	70.6	62.9	(127)	19			
490	Chocolate cakes ..	6.4	23.3	55.9	451	(217)	90	22.3	14.7	1.28	0.06	103.0	83.6	(179)	29			
491	Coconut cakes .. ..	7.0	23.4	54.7	450	(166)	174	35.0	22.8	1.09	0.10	101.5	82.7	(169)	11			
492	Currant buns (1936) ..	7.4	7.6	54.5	305	(101)	182	35.9	22.3	2.13	0.08	65.0	73.4	(195)	16			
493	Currant cake .. ..	5.9	18.4	60.9	422	(152)	208	34.4	17.6	1.15	0.14	85.0	76.8	(150)		6		
494	Currant cake (1943) ..	6.6	10.8	51.6	321	(595)	210	(67)	34.1	2.44	0.27	(328)	—	(336)	—	—		
495	Doughnuts .. ..	6.0	15.8	48.8	355	(60)	113	21.3	16.4	1.62	0.11	55.0	56.4	(89)	17			
496	Dundee cake .. ..	3.8	15.0	62.3	389	(141)	338	50.3	27.5	2.02	0.18	78.5	55.0	(180)		60		
497	Eccles cakes .. ..	4.8	29.3	51.6	485	(167)	180	24.8	16.5	0.82	0.12	57.3	59.4	(275)	7			
498	Ginger biscuits .. ..	5.9	16.7	71.2	446	(331)	142	21.3	15.2	1.26	0.07	75.9	81.3	(141)		64		
499	Gingerbread .. ..	5.5	13.0	63.4	381	(336)	160	35.5	15.4	1.26	0.07	81.0	78.1	(104)		87		
500	Ginger cake (1943) ..	6.7	9.0	54.4	315	(970)	150	(69)	38.5	4.70	0.23	(469)	—	(327)	—	—		
501	Jam tarts, flaky pastry ..	2.6	15.8	56.5	370	(103)	94	15.0	10.1	0.95	0.12	36.3	31.0	(158)	3			
502	Jam tarts, short pastry ..	3.2	13.3	61.0	365	(116)	102	15.9	11.4	0.99	0.12	41.9	36.9	(178)	6			
503	Jam tarts, economical ..	6.0	19.8	64.4	451	(165)	122	(128)	27.7	1.66	0.33	(236)	—	(159)	—	—		
504	Lemon curd tarts .. ..	5.6	24.3	50.6	439	(175)	88	16.0	12.2	0.74	0.04	70.2	66.8	(275)	48			
505	Mince pies .. ..	4.4	19.7	42.8	361	(225)	267	27.8	17.9	1.22	0.05	50.2	57.8	(407)		12		

## Cakes and Pastries—continued

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.
506	Oatmeal biscuits .. .. .	Recipe, p. 12 .. .. .	3.9	11.8	50.8	1.51
507	Oatmeal biscuits, economical .. .. .	M.O.F. recipe, p. 12 .. .. .	2.0	8.0	65.6	1.68
508	Orange cake .. .. .	Recipe, p. 13 .. .. .	13.7	28.0	26.0	1.01
509	Pastry, flaky, raw .. .. .	Recipe, p. 13 .. .. .	32.0	Tr.	35.8	0.78
510	Pastry, flaky, baked .. .. .	Recipe, p. 13 .. .. .	17.4	Tr.	43.5	0.95
511	Pastry, short, raw .. .. .	Recipe, p. 13 .. .. .	27.2	Tr.	44.5	0.96
512	Pastry, short, baked .. .. .	Recipe, p. 13 .. .. .	10.6	Tr.	54.8	1.17
513	Pastry, economical, raw .. .. .	M.O.F. recipe, p. 13 .. .. .	19.1	Tr.	49.5	1.25
514	Pastry, economical, baked .. .. .	M.O.F. recipe, p. 13 .. .. .	5.0	Tr.	59.9	1.51
515	Pastry, potato, raw .. .. .	M.O.F. recipe, p. 13 .. .. .	31.8	0.1	48.6	1.20
516	Pastry, potato, baked .. .. .	M.O.F. recipe, p. 13 .. .. .	10.7	0.2	63.5	1.57
517	Plain biscuits, economical .. .. .	Recipe, p. 13 .. .. .	1.0	21.9	49.0	1.60
518	Plain cake, economical .. .. .	M.O.F. recipe, p. 13 .. .. .	20.7	21.7	31.2	1.21
519	Queen cakes .. .. .	Recipe, p. 13 .. .. .	11.3	32.0	27.1	1.02
520	Rock buns .. .. .	Recipe, p. 13 .. .. .	11.3	27.4	37.6	0.96
521	Rock cakes .. .. .	Recipe, p. 14 .. .. .	10.4	30.9	34.7	1.02
522	Rock cakes, economical .. .. .	Recipe, p. 14 .. .. .	14.0	25.9	39.0	1.33
523	Scones (with egg) .. .. .	Recipe, p. 14 .. .. .	20.4	9.4	50.6	1.47
524	Scones (without egg) .. .. .	Recipe, p. 14 .. .. .	21.5	4.2	53.1	1.34
525	Shortbread .. .. .	Recipe, p. 14 .. .. .	5.0	16.1	48.8	1.06
526	Sponge cake .. .. .	Recipe, p. 14 .. .. .	30.0	31.4	23.7	1.52
527	Swiss roll (1943) .. .. .	3 samples from different shops .. .. .	34.0	34.7	22.4	0.95
528	Welsh cheese cakes .. .. .	Recipe, p. 14 .. .. .	15.4	31.2	29.0	0.79

Cakes and Pastries—continued

No.	Food.	g. per 100 g.			Calor- ies per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.		
		Protein	Fat.	Avail- able carbo- hydrate (as mono- saccha- rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
506	Oatmeal biscuits ..	8.9	23.9	62.6	503	(277)	200	35.8	52.6	2.15	0.13	204.5	110.0	(136)	6			
507	Oatmeal biscuits, eco- nomical	9.6	18.6	73.6	488	(121)	245	(71)	72.1	2.89	0.27	251.0	—	(214)	—			
508	Orange cake ... ..	5.9	25.5	54.0	463	(199)	91	20.6	11.6	0.98	0.05	87.5	78.4	(189)	29			
509	Pastry, flaky, raw ..	4.5	29.4	35.8	425	(178)	66	9.7	10.9	0.52	0.04	49.4	52.9	(287)	37			
510	Pastry, flaky, baked ..	5.4	35.8	43.5	518	(217)	80	11.7	13.3	0.63	0.05	60.0	64.1	(351)	46			
511	Pastry, short, raw ..	5.5	24.7	44.5	418	(202)	82	11.4	13.5	0.60	0.05	59.8	63.8	(325)	44			
512	Pastry, short, baked ..	6.7	30.4	54.8	515	(248)	100	14.0	16.5	0.74	0.06	73.5	78.5	(399)	54			
513	Pastry, economical, raw	7.2	24.3	49.5	441	(198)	106	(151)	31.9	1.59	0.24	(284)	—	(194)	—			
514	Pastry, economical, baked	8.6	29.3	59.9	532	(238)	128	(183)	38.4	1.93	0.29	(343)	—	(235)	—			
515	Pastry, potato, raw ..	7.0	14.6	48.7	348	(383)	182	(47)	33.0	1.53	0.22	105.0	—	(615)	—			
516	Pastry, potato, baked ..	9.1	19.1	63.7	453	(498)	238	(62)	43.0	1.99	0.31	137.0	—	(804)	—			
517	Plain biscuits, economical	9.4	21.1	70.9	500	(153)	131	(127)	33.2	2.04	0.25	(266)	—	(161)	—			
518	Plain cake, economical ..	7.2	19.9	52.9	413	(154)	110	(121)	23.5	1.46	0.20	(235)	—	(162)	—			
519	Queen cakes .. ..	6.0	22.4	59.1	454	(162)	173	32.4	15.4	1.06	0.09	94.1	79.4	(132)	4			
520	Rock buns .. ..	5.6	16.8	65.0	422	(155)	190	48.9	18.7	0.72	0.11	78.3	63.3	(144)		26		
521	Rock cakes .. ..	6.0	16.0	65.6	418	(150)	240	42.3	20.1	1.09	0.15	83.6	74.0	(135)		27		
522	Rock cakes, economical	7.8	12.8	64.9	394	(145)	278	(154)	34.2	1.88	0.28	(284)	—	(120)	—			
523	Scones (with egg) ..	8.6	10.5	60.0	358	(169)	148	47.2	20.0	0.97	0.07	117.5	106.1	(127)	26			
524	Scones (without egg) ..	7.7	13.2	57.3	369	(165)	162	63.1	21.5	0.66	0.08	109.5	85.3	(125)		4		
525	Shortbread .. ..	6.1	27.2	64.9	519	(86)	93	15.7	15.2	0.62	0.06	69.2	69.1	(141)	46			
526	Sponge cake .. ..	8.9	7.0	55.1	308	79	115	34.9	13.4	1.61	0.04	144.5	123.0	103	107			
527	Swiss roll (1943) ..	5.4	2.5	57.1	260	(652)	131	(72)	23.1	2.53	0.56	(353)	—	(244)	—			
528	Welsh cheese cakes ..	4.7	18.9	60.2	421	(138)	100	17.5	12.4	0.99	0.10	61.5	56.8	(141)	10			

COMPOSITION PER 100 GRAMMES



Puddings

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.
529	Apple Charlotte .. .. .	Recipe, p. 14 .. .. .	51.0	20.9	7.7	0.22
530	Apple dumpling .. .. .	Recipe, p. 15 .. .. .	58.1	11.6	16.9	0.39
531	Apple pudding .. .. .	Recipe, p. 15 .. .. .	51.2	12.5	19.7	0.45
532	Apple tart .. .. .	Recipe, p. 15 .. .. .	55.1	18.0	15.3	0.36
533	Banana custard .. .. .	Recipe, p. 15 .. .. .	73.3	14.1	4.1	0.40
534	Blancmange .. .. .	Recipe, p. 15 .. .. .	73.7	12.2	6.6	0.51
535	Bread pudding, economical .. .. .	Recipe, p. 15 .. .. .	41.4	13.6	26.6	1.04
536	Bread and butter pudding .. .. .	Recipe, p. 15 .. .. .	67.2	11.4	5.8	0.89
537	Cabinet pudding, steamed .. .. .	Recipe, p. 15 .. .. .	67.9	14.2	6.4	0.74
538	Canary pudding, baked .. .. .	Recipe, p. 16 .. .. .	13.3	26.1	29.4	1.08
539	Castle pudding, baked .. .. .	Recipe, p. 16 .. .. .	16.2	25.1	28.8	1.03
540	Castle pudding, steamed .. .. .	Recipe, p. 16 .. .. .	24.9	21.9	25.0	0.89
541	Chocolate mould .. .. .	Recipe, p. 16 .. .. .	70.5	14.1	7.8	0.53
542	College pudding, baked .. .. .	Recipe, p. 16 .. .. .	14.7	36.5	12.2	0.73
543	Custard, egg, baked .. .. .	Recipe, p. 16 .. .. .	77.7	9.9	0.0	0.84
544	Custard, egg, boiled .. .. .	Recipe, p. 16 .. .. .	75.9	13.4	0.0	0.75
545	Custard, powder, boiled .. .. .	Recipe, p. 16 .. .. .	74.7	12.8	4.7	0.54
546	Custard tart .. .. .	Recipe, p. 16 .. .. .	52.9	8.0	20.1	0.88
547	Dumpling .. .. .	Recipe, p. 16 .. .. .	60.2	Tr.	24.0	0.53
548	Gooseberry tart .. .. .	Recipe, p. 17 .. .. .	74.3	14.9	16.8	0.45
549	Gooseberry tart with potato pastry .. .. .	Recipe, p. 17 .. .. .	63.6	2.0	21.8	0.64
550	Jam omelette .. .. .	Recipe, p. 17 .. .. .	47.5	27.0	0.0	1.52
551	Jam roll, baked .. .. .	Recipe, p. 17 .. .. .	20.4	21.0	34.4	0.77

Puddings—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.			
		Protein	Fat.	Available carbohydrates (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10	Acid.	N/10	Alkali.
529	Apple Charlotte ..	1.3	16.0	28.6	262	(74)	99	7.2	5.4	0.43	0.10	22.4	12.6	(109)			13	
530	Apple dumpling ..	2.2	9.3	28.5	202	(39)	109	6.6	6.9	0.41	0.09	32.8	25.8	(69)	3			
531	Apple pudding ..	2.6	12.7	32.2	250	(48)	76	6.3	6.9	0.36	0.06	30.8	30.2	20			5	
532	Apple tart ..	2.1	8.7	33.3	214	(71)	92	5.9	6.3	0.36	0.06	29.2	23.7	(115)	3			
533	Banana custard ..	2.5	2.6	18.2	103	31	227	83.9	23.7	0.24	0.09	75.1	24.2	93			44	
534	Blancmange ..	3.2	3.7	18.8	118	45	154	117.0	13.4	0.17	0.04	94.5	28.3	97			23	
535	Bread pudding, economical	6.2	11.2	40.2	280	(211)	202	(60)	24.8	1.58	0.18	(133)	—	(233)	—		—	
536	Bread and butter pudding	5.5	8.0	17.2	162	(113)	197	118.0	17.3	0.64	0.08	124.0	58.6	(190)			3	
537	Cabinet pudding ..	4.5	4.5	20.6	138	(107)	196	86.9	16.1	0.64	0.05	98.1	34.8	(161)			23	
538	Canary pudding ..	6.4	24.5	55.5	470	(172)	91	25.9	12.5	0.95	0.05	93.7	80.6	(142)	29			
539	Castle pudding, baked ..	6.1	23.7	53.9	457	(166)	84	22.1	11.7	0.91	0.04	87.9	78.0	(135)	29			
540	Castle pudding, steamed	5.2	20.6	46.9	388	(144)	73	19.1	10.2	0.79	0.04	76.5	67.8	(118)	26			
541	Chocolate mould ..	3.3	3.8	21.9	131	58	158	112.0	15.8	0.35	0.06	98.3	29.0	98			26	
542	College pudding ..	4.3	24.0	48.7	423	(269)	232	33.1	15.3	1.19	0.13	74.7	58.0	(182)			70	
543	Custard, egg, baked ..	5.2	5.9	9.9	113	65	175	127.0	15.2	0.51	0.05	130.0	58.3	123	5			
544	Custard, egg, boiled ..	4.7	5.3	13.4	119	58	156	113.0	13.7	0.46	0.04	116.0	52.0	110	5			
545	Custard, powder ..	3.4	3.9	17.5	116	46	160	122.0	13.9	0.15	0.04	98.0	29.6	100			24	
546	Custard tart ..	5.4	14.4	28.1	262	(129)	133	72.7	14.7	0.56	0.04	96.9	60.1	(212)	21			
547	Dumpling ..	3.0	11.1	24.0	206	(488)	45	6.2	7.3	0.32	0.03	31.3	36.8	(626)			14	
548	Gooseberry tart ..	2.6	9.4	31.7	217	(76)	136	18.6	8.7	0.39	0.08	39.5	32.0	(124)			4	
549	Gooseberry tart, with potato pastry	3.8	6.6	23.8	166	(173)	202	(38)	17.0	0.87	0.18	66.4	—	(280)	—		—	
550	Jam omelette ..	9.5	14.6	27.0	275	(121)	139	48.9	11.7	1.91	0.07	176.0	137.5	(145)	118			
551	Jam roll, baked ..	4.4	19.0	55.4	402	(151)	96	14.3	12.8	0.84	0.10	51.6	50.7	(137)			5	

COMPOSITION PER 100 GRAMMES

## Puddings—continued

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as invert sugar).	Starch and dextrins (as glucose).	Total nitrogen.
552	Jelly .. .. .	Recipe, p. 17 .. .. .	78.6	19.1	0.0	0.34
553	Jelly, milk .. .. .	Recipe, p. 17 .. .. .	72.7	20.9	0.0	0.59
554	Pancakes .. .. .	Recipe, p. 17 .. .. .	43.4	20.5	16.9	0.82
555	Plum tart (weighed with stones)	Recipe, p. 17 .. .. .	72.5	16.0	16.8	0.40
556	Queen of puddings .. .. .	Recipe, p. 17 .. .. .	59.1	17.3	6.4	0.87
557	Rhubarb tart .. .. .	Recipe, p. 18 .. .. .	76.5	13.7	16.8	0.41
558	Rice pudding .. .. .	Recipe, p. 18 .. .. .	64.5	11.5	9.9	0.72
559	Rice pudding, economical .. .. .	Recipe, p. 18 .. .. .	73.2	8.8	10.2	0.78
560	Sago pudding .. .. .	Recipe, p. 18 .. .. .	72.3	12.0	8.9	0.50
561	Semolina pudding .. .. .	Recipe, p. 18 .. .. .	71.7	12.5	7.7	0.71
562	Suet pudding, plain .. .. .	Recipe, p. 18 .. .. .	37.0	14.8	22.5	0.69
563	Suet pudding with raisins .. .. .	Recipe, p. 18 .. .. .	34.5	22.1	19.4	0.61
564	Suet pudding with sultanas, economical ..	Recipe, p. 18 .. .. .	46.8	18.6	20.2	0.69
565	Syrup sponge pudding, economical ..	M.O.F. Recipe, p. 18 .. .. .	27.7	31.3	22.5	0.88
566	Tapioca pudding .. .. .	Recipe, p. 19 .. .. .	71.7	12.2	9.2	0.51
567	Treacle tart .. .. .	Recipe, p. 19 .. .. .	21.0	34.6	28.0	0.62
568	Trifle .. .. .	Recipe, p. 19 .. .. .	63.8	21.5	6.6	0.61
569	Yorkshire pudding .. .. .	Recipe, p. 19 .. .. .	56.4	3.5	23.5	1.15
570	Yorkshire pudding, economical .. .. .	M.O.F. recipe, p. 19 .. .. .	52.6	Tr.	28.1	1.02

Puddings—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.										Acid-base balance, c.c. per 100 g.	
		Protein	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.	
552	Jelly .. .. .	*1.9	0	19.1	79	8	7	9.6	1.4	0.53	0.06	2.2	11.2	9		>1	
553	Jelly, milk .. .. .	*3.5	1.9	20.9	110	33	87	69.1	8.4	0.55	0.07	49.4	25.5	58		14	
554	Pancakes .. .. .	5.0	15.1	37.4	301	(88)	129	73.1	13.8	0.52	0.05	92.8	56.1	(151)	18		
555	Plum tart (weighed with stones)	2.3	9.4	32.8	219	(76)	119	10.6	8.7	0.36	0.06	29.0	26.1	(122)		7	
556	Queen of puddings ..	5.1	9.8	23.7	200	(123)	145	86.8	14.4	0.85	0.06	112.0	59.8	(187)	16		
557	Rhubarb tart .. .. .	2.3	9.4	30.5	210	(76)	244	55.9	12.0	0.43	0.08	32.8	28.0	(165)		48	
558	Rice pudding .. .. .	4.4	9.3	21.4	185	(62)	189	138.0	16.8	0.14	0.05	120.0	42.5	(133)		17	
559	Rice pudding, economical	4.8	2.6	19.0	115	(80)	169	149.0	14.5	0.13	0.17	135.0	—	(149)	—	—	
560	Sago pudding .. .. .	3.1	3.7	20.9	125	48	152	119.0	13.5	0.18	0.04	91.2	27.6	94		28	
561	Semolina pudding ..	4.3	3.9	20.2	130	50	174	120.0	17.0	0.19	0.05	104.6	37.9	103		17	
562	Suet pudding, plain ..	3.9	18.1	37.3	324	(202)	95	44.6	12.3	0.41	0.04	59.7	40.0	(156)		38	
563	Suet pudding with raisins	3.5	15.6	41.5	315	(181)	205	46.0	16.4	0.58	0.07	55.5	37.5	(134)		71	
564	Suet pudding with sul-tanas, economical	4.1	9.0	38.8	246	(71)	185	(111)	19.8	0.93	0.17	(176)	—	41	—	—	
565	Syrup sponge pudding, economical	5.2	14.3	53.8	356	(164)	126	(93)	18.7	1.33	0.14	(174)	—	(124)	—	—	
566	Tapioca pudding ..	3.2	3.8	21.4	128	49	156	116.0	13.8	0.98	0.04	95.2	28.4	96		24	
567	Treacle tart .. .. .	3.5	13.5	62.6	374	(259)	160	19.4	11.7	1.03	0.07	46.3	62.9	(241)		36	
568	Trife .. .. .	3.7	3.9	28.1	157	(50)	152	99.2	13.5	0.44	0.05	95.8	39.5	(91)		10	
569	Yorkshire pudding ..	7.1	9.4	27.0	218	(412)	175	101.4	18.4	0.68	0.06	128.5	76.0	(662)	28		
570	Yorkshire pudding, eco-nomical	6.0	11.3	28.1	235	(554)	81	(154)	21.2	1.26	0.21	(296)	—	(705)	—	—	

\* See p. 6.

COMPOSITION PER 100 GRAMMES

## Meat and Fish Dishes

No.	Food.	Description.	g. per 100 g.		
			Water.	Total nitrogen.	Purine nitrogen.
571	Beef steak pudding .. .. .	Recipe, p. 19 .. .. .	58.8	1.67	0.022
572	Beef stew .. .. .	Recipe, p. 19 .. .. .	79.3	1.82	0.032
573	Curried meat .. .. .	Recipe, p. 19 .. .. .	69.3	1.31	0.018
574	Fish cakes .. .. .	Recipe, p. 20 .. .. .	71.2	2.03	0.036
575	Fish cakes, economical .. .. .	M.O.F. recipe, p. 20 .. .. .	73.0	1.70	0.029
576	Fish pie .. .. .	Recipe, p. 20 .. .. .	66.2	1.48	0.022
577	Hot pot .. .. .	Recipe, p. 20 .. .. .	72.1	1.61	0.025
578	Irish stew .. .. .	Recipe, p. 20 .. .. .	76.0	0.63	0.011
578a	Irish stew (weighed with bones) .. .. .	Recipe, p. 20 .. .. .	70.0	0.58	0.010
579	Kedgerie .. .. .	Recipe, p. 20 .. .. .	68.4	1.98	0.022
580	Sausage roll, flaky pastry .. .. .	Recipe, p. 20 .. .. .	23.0	1.16	—
581	Sausage roll, short pastry .. .. .	Recipe, p. 20 .. .. .	21.8	1.30	—
582	Sausage roll, short pastry, economical .. .. .	Recipe, p. 20 .. .. .	16.2	1.71	—
583	Sausage roll, potato pastry .. .. .	Recipe, p. 20 .. .. .	26.9	1.63	—
584	Shepherd's pie .. .. .	Recipe, p. 21 .. .. .	75.7	1.17	0.015
585	Steak and kidney pie .. .. .	Recipe, p. 21 .. .. .	48.8	2.52	0.049
586	Toad-in-the-hole .. .. .	Recipe, p. 21 .. .. .	52.5	1.23	—

Meat and Fish Dishes—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c per 100 g.	
		Protein	Fat.	Available carbohydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
571	Beef steak pudding ..	10.2	13.1	21.6	245	(787)	166	7.4	15.6	1.87	—	132	107	(1120)	67	—
572	Beef stew ..	11.1	5.8	2.5	108	(718)	233	13.5	16.4	2.49	—	160	119	(1070)	88	—
573	Curried meat ..	7.9	11.1	8.7	168	(294)	252	32.7	20.4	4.70	—	101	98	(436)	24	—
574	Fish cakes ..	12.1	13.9	9.8	216	(419)	298	19.6	18.4	0.78	0.14	170	145	(649)	92	—
575	Fish cakes, economical ..	10.6	1.7	14.1	112	(352)	343	26.2	22.0	0.93	0.13	154	—	(541)	—	—
576	Fish pie ..	9.0	15.2	6.6	204	(513)	249	51.3	16.3	0.56	0.08	143	107	(793)	57	—
577	Hot pot ..	9.7	4.6	11.3	125	(577)	464	21.9	25.2	2.33	—	149	117	(892)	19	—
578	Irish stew ..	3.8	11.0	7.8	146	(356)	221	10.3	11.9	0.90	—	57	50	(559)	—	1
578a	Irish stew (weighed with bones)	3.5	10.2	7.3	136	(329)	205	9.4	11.0	0.83	—	53	46	(517)	—	1
579	Kedgerree ..	12.1	7.0	9.9	152	(1090)	161	21.0	23.8	1.03	—	169	158	(1610)	115	—
580	Sausage roll, flaky pastry	7.3	36.0	35.5	497	(406)	111	13.4	13.5	1.30	0.07	80	71	(610)	46	—
581	Sausage roll, short pastry	8.1	31.2	40.2	474	(450)	125	15.2	15.4	1.44	0.07	90	80	(667)	47	—
582	Sausage roll, short pastry, economical	10.3	25.8	46.8	458	(442)	190	(146)	43.8	2.27	0.31	(307)	—	(540)	—	—
583	Sausage roll, potato pastry	9.8	18.1	45.7	380	(585)	246	(62)	43.9	2.16	0.30	159	—	(870)	—	—
584	Shepherd's pie ..	7.1	5.4	12.2	125	(370)	292	15.0	16.4	2.31	—	88	80	(583)	14	—
585	Steak and kidney pie ..	15.4	18.9	16.7	302	(794)	243	10.1	20.9	5.57	—	213	157	(1192)	140	—
586	Toad-in-the-hole ..	7.7	20.3	18.6	295	(699)	163	66.9	16.0	1.38	0.07	125	80	(1050)	33	—

COMPOSITION PER 100 GRAMMES

## Egg and Cheese Dishes

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as mono- saccharides).	Starch and dextrins (as glucose).	Total nitrogen.
587	Buck rarebit .. .. .	Recipe, p. 21 .. .. .	36.7	0.3	15.9	2.32
588	Cheese omelette .. .. .	Recipe, p. 21 .. .. .	48.4	0.0	0.0	2.84
589	Cheese pudding, economical .. .. .	M.O.F. recipe, p. 21 .. .. .	71.8	2.8	7.3	1.44
590	Cheese straws .. .. .	Recipe, p. 21 .. .. .	11.2	Tr.	25.9	2.58
591	Macaroni cheese .. .. .	Recipe, p. 21 .. .. .	63.9	2.6	12.6	1.22
592	Macaroni cheese, economical .. .. .	M.O.F. recipe, p. 22 .. .. .	74.7	2.3	10.4	0.94
593	Omelette .. .. .	Recipe, p. 22 .. .. .	60.3	0.0	0.0	1.20
594	Scotch egg .. .. .	Recipe, p. 22 .. .. .	53.1	Tr.	10.3	1.78
595	Scrambled eggs .. .. .	Recipe, p. 22 .. .. .	62.2	0.6	0.0	1.62
596	Scrambled eggs with dried eggs .. .. .	M.O.F. recipe, p. 22 .. .. .	59.4	0.0	0.0	2.07
597	Welsh rarebit .. .. .	Recipe, p. 22 .. .. .	26.9	0.4	20.3	2.43

Egg and Cheese Dishes—continued

No.	Food.	g. per 100 g.			Calories per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.	
		Protein	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
587	Buck rarebit .. ..	14.5	30.5	16.2	404	(431)	123	333.0	28.4	1.09	0.05	284	144	(688)	57	
588	Cheese omelette .. ..	17.8	30.9	Tr.	361	(1420)	149	316.0	25.8	2.20	0.06	356	214	(2180)	140	
589	Cheese pudding, economical	8.9	7.4	10.1	143	(491)	139	195.0	21.3	0.87	0.13	194	—	(766)	—	—
590	Cheese straws .. ..	16.4	47.5	25.7	606	(824)	113	408.0	31.2	0.93	0.06	328	158	(1320)	70	
591	Macaroni cheese .. ..	7.6	12.8	15.2	207	(670)	137	199.0	25.5	0.35	0.04	162	70	(1060)	—	1
592	Macaroni cheese, economical	5.7	5.9	12.7	126	(260)	79	147.0	16.4	0.31	0.11	125	—	(444)	—	—
593	Omelette .. ..	7.6	30.3	0.0	314	(1010)	90	39.0	8.4	1.63	0.04	143	111	(1520)	102	
594	Scotch egg .. ..	11.1	19.3	10.3	263	(540)	165	35.6	13.9	2.72	0.09	166	126	(741)	89	
595	Scrambled eggs .. ..	10.1	25.2	0.6	279	(1260)	132	61.6	12.0	2.08	0.05	191	144	(1910)	125	
596	Scrambled eggs with dried eggs	12.9	25.9	0.0	294	(1510)	145	57.2	12.6	2.35	0.06	242	189	(2400)	215	
597	Welsh rarebit .. ..	15.2	35.5	20.7	470	(513)	118	409.0	32.6	0.69	0.06	302	135	(832)	28	

COMPOSITION PER 100 GRAMMES



## Sauces and Soups

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as mono- saccharides).	Starch and dextrins (as glucose).	Total nitrogen.
598	Bread sauce .. .. .	Recipe, p. 22 .. .. .	76.0	4.0	8.9	0.65
599	Bone and vegetable broth* .. .. .	Mean of 6 samples, analysed as served in hospital.	90.3	1.0	0.1	0.59
600	Bone and vegetable broth (Bickiepegs)* .. .. .	Mean of 2 samples, analysed as purchased	—	0.3	Tr.	0.71
601	Cheese sauce .. .. .	Recipe, p. 22 .. .. .	70.3	4.0	5.0	1.05
602	Egg sauce .. .. .	Recipe, p. 23 .. .. .	75.4	3.8	4.8	0.79
603	Onion sauce .. .. .	Recipe, p. 23 .. .. .	84.4	3.9	3.2	0.39
604	Potato soup .. .. .	Recipe, p. 23 .. .. .	81.4	2.5	8.6	0.34
605	Soup .. .. .	Mean of 7 samples, analysed as served in hospital.	89.9	1.5	2.8	0.32
606	White sauce, savoury .. .. .	Recipe, p. 23 .. .. .	75.7	4.4	5.6	0.61
607	White sauce, sweet .. .. .	Recipe, p. 23 .. .. .	69.3	13.1	5.1	0.56

\* See McCance, Sheldon and Widdowson (1934).

## Vegetable Dishes

No.	Food.	Description.	g. per 100 g.			
			Water.	Sugar (as mono- saccharides).	Starch and dextrins (as glucose).	Total nitrogen.
608	Potato cakes .. .. .	M.O.F. recipe, p. 23 .. .. .	61.7	0.4	34.8	0.61
609	Vegetable pie with potato pastry .. .. .	Recipe, p. 23 .. .. .	70.4	1.9	19.7	0.44

Sauces and Soups—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.			
		Protein	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
598	Bread sauce .. ..	4.0	5.1	12.9	113	(325)	153	104.0	15.5	0.22	0.04	92.0	33.9	(515)	—	—	20	
599	Bone and vegetable broth	3.7	4.6	1.1	62	(74)	64	16.9	3.2	0.28	0.04	9.9	—	(75)	—	—	—	
600	Bone and vegetable broth (Bickiepegs)	4.4	—	0.3	—	49	42	10.2	3.9	0.28	0.03	7.0	—	57	—	—	—	
601	Cheese sauce .. ..	6.6	13.0	9.0	182	(546)	160	203.0	19.2	0.21	0.04	150.0	60.5	(873)	5	—	15	
602	Egg sauce .. ..	4.9	10.1	8.6	146	(467)	158	105.0	14.5	0.49	0.04	113.0	54.9	(732)	—	—	—	
603	Onion sauce .. ..	2.4	5.6	7.1	88	(307)	128	76.4	10.8	0.20	0.06	63.1	27.7	(482)	—	—	20	
604	Potato soup .. ..	2.1	4.4	11.1	91	(328)	95	46.0	15.8	0.39	0.08	52.0	29.4	(542)	1	—	—	
605	Soup, mixed .. ..	2.0	1.3	4.3	36	(218)	134	33.8	7.2	1.39	0.01	40.0	—	(390)	—	—	—	
606	White sauce, savoury ..	3.7	9.7	10.0	143	(523)	161	113.0	14.8	0.15	0.04	96.2	35.6	(828)	—	—	20	
607	White sauce, sweet ..	3.4	8.9	18.2	165	65	148	104.0	13.6	0.14	0.04	88.2	32.7	120	—	—	18	

Vegetable Dishes—continued

No.	Food.	g. per 100 g.			Calor-ies per 100 g.	mg. per 100 g.									Acid-base balance, c.c. per 100 g.			
		Protein	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
608	Potato cakes .. ..	3.6	0.4	35.2	151	(621)	367	24.3	27.1	0.97	0.18	63.0	—	(996)	—	—	—	
609	Vegetable pie with potato pastry	2.8	3.5	21.6	125	(425)	350	34.4	22.0	0.82	0.14	50.0	—	(674)	—	—	—	

COMPOSITION PER 100 GRAMMES

COMPOSITION  
OF  
FOODS  
PER OUNCE

Cereals and Cereal Foods

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.	
		Protein (N x 6.7).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
1	All-Bran, Kellogg's ..	3.6	1.3	16.5	88	(345)	271	23.4	119.3	3.06	0.13	231.5	51.6	(574)	12	
2	Arrowroot ..	0.1	Tr.	26.7	101	1.4	5	2.0	2.2	0.55	0.06	7.8	0.5	2.0	1	
3	Barley, pearl, raw ..	2.2	0.5	23.7	102	0.7	35	2.8	5.7	0.19	0.03	58.3	30.5	29.7	50	
4	Barley, pearl, boiled ..	0.7	0.2	7.8	34	0.2	11	1.0	1.9	0.06	0.01	19.9	10.4	10.1	17	
5	Biscuits, cream crackers	2.4	9.4	16.3	158	(124)	96	5.1	5.4	0.27	0.04	23.2	22.1	(200)	15	
6	Biscuits, digestive (1935)	2.7	5.8	18.7	137	(124)	44	12.4	9.1	0.45	0.07	38.0	20.5	(123)		7
7	Biscuits, digestive (1944)	2.1	6.4	18.9	139	(123)	51	10.1	11.4	0.57	0.09	42.0	—	(107)	—	—
8	Biscuits, plain mixed (1936)	2.1	3.8	21.4	123	(69)	48	12.9	4.1	0.35	0.02	11.6	23.7	(74)	—	9
9	Biscuits, plain mixed (1944)	2.0	4.4	21.2	128	(126)	53	15.2	11.7	0.51	0.08	52.0	—	(95)	—	—
10	Biscuits, rusks ..	1.7	2.4	23.2	116	(59)	40	24.6	7.7	0.76	0.06	22.8	30.5	(49)	—	7
11	Biscuits, sweet, mixed ..	1.6	8.7	18.9	158	(61)	39	7.7	4.0	0.24	0.03	18.8	9.1	(105)	4	
12	Biscuits, water ..	3.0	3.5	20.7	126	(134)	40	6.3	5.4	0.27	0.04	24.6	28.4	(192)	11	
13	Bread, currant (1936) ..	1.8	1.0	14.7	71	(47)	71	10.7	7.0	0.67	0.03	34.4	16.9	(81)	6	
14	Bread, Hovis (1936) ..	3.0	1.1	13.3	71	(129)	69	7.8	22.4	0.84	0.03	73.0	22.0	(182)	16	
15	Bread, malt (1936) ..	2.4	0.9	14.0	71	(78)	108	15.0	22.0	0.91	0.02	71.9	32.6	(149)	21	
16	Bread, brown (90%) ..	2.4	0.4	15.2	70	(112)	42	4.9	14.9	0.57	0.09	45.5	—	(172)	—	—
17	Bread, National wheat-meal (85%)	2.4	0.3	15.8	72	(112)	33	4.3	10.6	0.52	0.07	36.1	—	(172)	—	—
18	Bread (80%) ..	2.4	0.3	16.3	74	(112)	27	3.8	7.6	0.45	0.06	27.8	—	(172)	—	—
19	Bread, white (70%) ..	2.3	0.2	16.9	75	(112)	20	3.2	4.7	0.41	0.04	19.6	—	(172)	—	—
20	Bread, white, toasted ..	2.7	0.3	20.0	89	(133)	24	3.8	5.5	0.48	0.05	23.3	—	(204)	—	—
21	Bread, white, fried ..	2.0	10.6	14.9	163	(99)	18	2.9	4.1	0.36	0.04	17.3	—	(152)	—	—
22	Cornflakes, Kellogg's ..	1.9	0.2	25.2	104	(298)	32	2.1	4.7	0.80	0.03	16.5	26.2	(432)	6	
23	Cornflour ..	0.1	0.2	26.2	100	14.7	17	4.4	2.0	0.41	0.04	11.1	0.3	20.2	—	2
24	Custard powder ..			Take as												
25	Flour, English (100%) ..	2.5	0.6	20.8	95	1.0	103	10.1	30.1	0.87	0.18	96.6	—	10.1	—	—
26	Flour, English (85%) ..	2.4	0.4	22.5	98	0.8	51	7.0	10.0	0.63	0.10	43.5	—	12.0	—	—
27	Flour, English (80%) ..	2.3	0.4	22.9	99	0.6	43	6.1	6.8	0.47	0.08	33.5	—	12.6	—	—
28	Flour, English (75%) ..	2.3	0.3	23.2	99	0.6	34	5.5	4.8	0.38	0.06	26.4	—	12.7	—	—

Note.—If flour is fortified with CaCO<sub>3</sub>, add 13 mg. Ca per oz. bread, or 18 mg. Ca per oz. flour.

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29	Flour, English (70%) ..	2.2	0.3	23.3	99	0.6	32	5.4	3.9	0.40	0.06	23.8	—	12.8	—	—	—
30	Flour, English (patent) ..	2.2	0.2	23.7	100	—	28	4.3	2.5	0.27	0.06	19.3	—	11.8	—	—	—
31	Flour, Manitoba (100%) ..	3.9	0.7	19.7	96	0.9	89	7.8	40.0	1.08	0.17	99.5	—	10.9	—	—	—
32	Flour, Manitoba (85%) ..	3.9	0.5	21.0	99	1.2	41	5.3	17.5	0.77	0.10	53.5	—	12.6	—	—	—
33	Flour, Manitoba (80%) ..	3.8	0.4	21.5	99	0.8	32	4.4	12.7	0.70	0.08	39.5	—	13.8	—	—	—
34	Flour, Manitoba (75%) ..	3.7	0.4	21.7	100	—	25	3.7	8.6	0.65	0.06	31.0	—	13.6	—	—	—
35	Flour, Manitoba (70%) ..	3.6	0.3	21.8	100	0.6	23	3.6	7.6	0.63	0.05	27.6	—	13.6	—	—	—
36	Flour, Manitoba (patent)	3.4	0.3	22.2	100	0.5	20	3.2	6.1	0.59	0.04	23.3	—	12.8	—	—	—
37	Flour, mixed grist, brown (90%)	3.3	0.5	21.1	98	1.0	58	6.8	20.7	0.80	0.13	63.5	—	11.6	—	—	—
38	Flour, mixed grist, National Wheatmeal (85%)	3.3	0.5	21.6	99	1.0	45	5.9	14.5	0.71	0.10	49.5	—	12.4	—	—	—
39	Flour, mixed grist (80%)	3.2	0.4	22.1	100	0.7	36	5.1	10.3	0.61	0.08	37.5	—	13.3	—	—	—
40	Flour, mixed grist, white (70%)	3.1	0.3	22.4	100	0.6	26	4.3	6.2	0.54	0.06	26.1	—	13.3	—	—	—
41	Force .. .. .	2.6	0.5	23.8	105	(197)	115	18.8	42.1	1.13	0.10	96.3	29.6	(318)	11	—	—
42	Grapenuts .. .. .	3.3	0.9	21.4	102	(187)	121	13.6	43.4	1.60	0.05	94.6	41.1	(257)	4	—	—
43	Macaroni (1936), raw ..	3.0	0.6	22.6	102	7.3	62	7.5	16.2	0.41	0.02	43.1	27.0	8.9	11	—	—
44	Macaroni (1936), boiled ..	1.0	0.2	7.2	32	2.2	19	2.3	5.0	0.13	0.01	13.2	8.3	2.7	3	—	—
45	Macaroni (1943), raw ..	3.3	0.4	22.1	100	(45)	40	5.8	11.9	0.37	0.09	40.1	—	43.5	—	—	—
46	Oatmeal, raw .. .. .	3.4	2.5	20.6	115	9.5	104	15.8	32.0	1.17	0.07	108.0	44.0	20.8	38	—	—
47	Oatmeal porridge .. .. .	0.4	0.3	2.3	13	(164)	12	1.8	3.7	0.14	0.01	12.2	5.1	(253)	4	—	—
48	Post Toasties .. .. .	1.9	0.2	25.2	104	(230)	34	1.3	4.7	0.47	0.04	15.2	23.6	(344)	8	—	—
49	Rice, polished, raw .. ..	1.8	0.3	24.6	102	1.8	32	1.1	3.7	0.13	0.02	28.0	22.4	7.7	22	—	—
50	Rice, polished, boiled ..	0.6	0.1	8.4	35	0.6	11	0.4	1.3	0.04	0.01	9.5	7.6	2.6	7	—	—
51	Rye (100%) .. .. .	2.3	0.6	21.5	95	—	117	8.9	26.1	0.77	—	102.0	—	—	—	—	—
52	Rye (85%) .. .. .	2.1	0.5	22.8	99	—	58	7.4	12.8	0.56	—	54.8	—	—	—	—	—
53	Rye (75%) .. .. .	1.9	0.4	23.4	100	—	49	5.5	7.4	0.49	—	36.7	—	—	—	—	—
54	Rye (60%) .. .. .	1.6	0.3	24.4	101	—	40	4.4	4.6	0.38	—	22.2	—	—	—	—	—
55	Ryvita .. .. .	1.9	0.6	24.7	106	(175)	133	11.5	25.7	1.06	0.04	83.9	24.7	(266)	7	—	—
56	Sago .. .. .	0.1	0.1	26.7	101	1.0	1	2.8	0.7	0.34	0.01	8.1	0.1	3.6	4	—	—
57	Semolina .. .. .	3.0	0.5	22.0	100	3.4	47	5.2	9.1	0.30	0.04	32.4	26.0	20.2	19	—	—
58	Shredded wheat .. .. .	2.8	0.8	22.4	103	4.7	86	9.9	34.1	1.27	0.13	81.5	24.6	20.2	16	—	—
59	Soya, full fat flour ..	11.5*	6.7	3.8†	123	—	472	59.3	66.8	1.97	—	169.5	—	—	—	—	—
60	Soya, low fat flour or grits.	14.1*	2.0	4.9†	95	—	575	68.5	81.2	2.60	—	183.0	—	—	—	—	—
61	Tapioca .. .. .	0.1	Tr.	27.0	102	1.2	6	2.3	0.6	0.09	0.02	11.1	1.0	3.7	3	—	—
62	Vita-Weat .. .. .	2.4	2.9	22.1	120	(172)	122	12.5	33.4	0.97	0.05	105.8	26.5	(240)	12	—	—

COMPOSITION PER OUNCE

115

Note.—If flour is fortified with CaCO<sub>3</sub>, add 18 mg. Ca per oz. flour.  
\*Total N × 6.25. † 75 per cent. total carbohydrate taken to be available.

Dairy Products

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.			
		Protein (N × 6.25).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fs.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
63	Butter, fresh ..	0.1	24.2	Tr.	226	(63)	4	4.2	0.7	0.05	0.01	6.8	2.6	(94)	1			
64	Cheese, Cheddar ..	7.1	9.8	Tr.	120	(174)	33	230.0	13.3	0.16	0.01	155.0	65.2	(300)	15			
65	Cheese, cream ..	0.9	24.5	Tr.	232	(31)	13	8.4	1.5	0.04	0.01	12.5	18.2	(43)	10			
66	Cheese, Dutch ..	8.0	4.8	Tr.	77	(355)	27	256.0	14.9	0.22	0.01	136.0	53.1	(582)			17	
67	Cheese, Gorgonzola ..	7.1	8.8	Tr.	112	(347)	49	153.0	10.7	0.14	0.04	106.0	50.2	(511)	1			
68	Cheese, Gruyère ..	10.4	9.5	Tr.	131	(154)	36	306.0	12.8	0.07	0.08	198.0	58.5	(235)			10	
69	Cheese, packet ..	6.4	8.5	Tr.	106	(260)	24	205.0	13.5	0.16	0.01	136.0	91.0	(308)			1	
70	Cheese, Parmesan ..	9.8	8.4	Tr.	118	(215)	44	346.0	14.1	0.11	0.10	220.0	71.0	(315)			14	
71	Cheese, St. Ivel ..	6.6	8.7	Tr.	108	(161)	19	137.0	6.6	0.20	0.01	106.0	52.9	(258)	25			
72	Cheese, Stilton ..	7.1	11.4	Tr.	135	(326)	46	102.0	7.7	0.13	0.01	86.2	64.5	(488)	22			
73	Cream ..	0.5	11.9	0.7	115	9.0	26	16.8	1.3	0.07	0.04	7.1	9.4	15.3			5	
74	Egg white ..	2.6	Tr.	0.0	11	54.7	42	1.5	3.0	0.03	0.01	9.2	51.9	48.4	14			
75	Egg yolk ..	4.6	8.7	0.0	99	14.2	35	37.4	4.2	1.74	0.01	141.0	46.7	40.4	94			
76	Eggs, raw or boiled ..	3.4	3.5	0.0	46	38.4	39	15.9	3.5	0.72	0.01	62.0	49.1	45.2	46			
77	Eggs, dried ..	12.3	12.3	0.0	165	147.0	137	54.0	11.7	2.23	0.05	227.0	179.0	168.5	170			
78	Eggs, fried ..	4.0	5.5	0.0	68	62.4	50	18.2	3.9	0.72	0.01	72.7	58.4	56.5	47			
79	Eggs, poached ..	3.5	3.3	0.0	45	31.5	34	14.7	3.2	0.65	0.01	67.8	51.3	44.0	56			
80	Milk, fresh, whole ..	0.9	1.1	*1.4	19	14.2	46	34.1	4.0	0.02	0.01	27.0	8.3	27.8			8	
81	Milk, fresh, skimmed ..	1.0	0.1	*1.4	10	14.8	47	35.2	4.1	0.02	0.01	27.8	8.5	28.9			8	
82	Milk, condensed, whole, sweetened	2.3	3.4	15.9	100	40.7	116	97.5	10.2	0.05	0.02	68.0	23.5	81.0			24	
83	Milk, condensed, whole, unsweetened	2.2	2.4	*3.5	44	45.8	143	82.5	9.9	0.05	0.03	72.0	21.3	79.0			24	
84	Milk, condensed, skimmed, sweetened	2.8	0.1	17.0	76	51.0	142	109.0	10.7	0.08	0.01	76.8	26.8	88.0			31	
85	Milk, dried, skimmed ("Household")	9.7	0.1	*14.0	93	170.0	378	359.0	31.5	0.15	0.40†	298.0	85.0	321.0			41	
86	Milk, dried, whole ..	7.5	8.4	*11.0	150	113.0	363	272.0	31.8	0.18	0.05	215.0	66.1	222.0			61	

\* See p. 6.

† Most of this copper was probably derived from the manufacturing machinery. See p. 9.

Meat, Poultry and Game

No.	Food.	g. per oz.			Calories per oz.	mg. per oz.									Acid-base balance, c.c. per oz.			
		Protein	Fat.	Carbohydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
87	Bacon, Raw—																	
88	Danish Wilts., average	4.0	10.6	0.0	115	(348)	71	3.8	4.1	0.37	0.05	35.	46	(530)	21			
88	Danish Wilts., fore end	4.2	9.0	0.0	101	(385)	75	4.1	4.4	0.30	0.06	39	48	(588)	30			
89	Danish Wilts., middle . .	3.7	12.7	0.0	133	(329)	64	3.8	3.9	0.37	0.05	34	43	(501)	14			
90	Danish Wilts., gammon	4.3	8.0	0.0	92	(342)	81	3.6	4.2	0.48	0.05	32	51	(533)	28			
91	English Wilts. . . . .	3.6	14.0	0.0	144	(277)	76	3.8	3.5	0.25	0.08	27	41	(428)	19			
92	English Midland . . . .	3.0	17.4	0.0	174	(236)	80	2.0	3.0	0.28	0.16	26	34	(370)	16			
93	Bacon, back, fried . . .	7.0	15.2	0.0	169	(793)	147	3.3	7.3	0.80	—	65	85	(1180)	37			
94	Bacon, collar, fried . .	7.8	9.9	0.0	124	(866)	140	6.6	7.3	1.11	—	67	94	(1360)	64			
95	Bacon, gammon, fried . .	8.9	9.6	0.0	126	(662)	181	7.1	9.3	0.80	—	86	109	(1200)	116			
96	Bacon, streaky, fried . .	6.8	13.1	0.0	149	(880)	131	14.9	7.1	0.91	—	68	85	(1350)	48			
97	Beef, corned . . . . .	6.3	4.3	0.0	66	(392)	33	3.6	8.2	2.78	—	34	60	(590)	39			
98	Beef, frozen, raw . . . .	5.8	2.1	0.0	43	21.0	100	2.3	7.1	1.05	0.05	57	61	21.0	39			
99	Beef, silverside, boiled . .	7.9	5.7	0.0	86	(417)	82	6.6	5.7	1.05	0.05	69	83	(660)	71			
100	Beef, sirloin, roast, lean only	7.6	3.5	0.0	64	19.9	101	1.8	7.1	1.50	0.05	81	80	21.0	66			
101	Beef, sirloin, roast, lean and fat	6.0	9.1	0.0	109	17.6	82	1.6	5.7	1.31	0.05	67	64	18.2	54			
102	Beef steak, raw . . . . .	5.5	3.0	0.0	50	19.6	95	1.5	6.9	1.22	—	78	57	19.9	52			
103	Beef steak, fried . . . .	5.8	5.8	0.0	78	22.7	106	1.5	7.1	1.70	—	73	62	25.6	49			
104	Beef steak, grilled . . . .	7.2	6.1	0.0	86	19.0	105	2.6	7.2	1.48	—	86	76	18.2	66			
105	Beef steak, stewed . . . .	8.7	2.4	0.0	58	10.8	43	0.9	6.0	1.45	—	65	93	11.0	82			
106	Beef, topside, boiled . . .	9.5	2.3	0.0	61	13.1	63	1.0	7.4	2.36	—	70	98	13.9	82			
107	Beef, topside, roast, lean only	7.6	4.3	0.0	71	21.6	105	1.8	8.0	1.34	0.07	81	79	17.6	63			
108	Beef, topside, roast, lean and fat	6.9	6.8	0.0	91	20.4	96	1.7	7.2	1.25	0.07	75	72	16.8	58			
109	Brain, calf, boiled . . . .	3.4	1.6	0.0	29	41.8	77	4.6	3.8	0.57	—	101	38	47.4	58			
110	Brain, sheep, boiled . . .	3.3	1.9	0.0	31	48.3	76	3.1	5.1	0.63	—	96	37	40.9	58			
111	Chicken, boiled . . . . .	7.4	2.9	0.0	58	27.8	108	3.0	7.5	0.60	—	77	83	17.6	59			
111a	Chicken, boiled (weighed with bone)	4.8	1.9	0.0	38	18.1	70	2.0	4.9	0.39	—	50	54	11.4	38			
112	Chicken, roast . . . . .	8.4	2.1	0.0	54	22.7	101	4.1	6.5	0.74	—	77	92	28.4	72			
112a	Chicken, roast (weighed with bone)	4.5	1.1	0.0	29	12.2	55	2.2	3.5	0.40	—	42	50	15.4	39			
113	Dripping, beef . . . . .	Tr.	28.1	0.0	262	1.4	1	0.2	Tr.	0.06	—	4	3	0.6	3			

COMPOSITION PER OUNCE

Meat, Poultry and Game—continued

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.									Acid-base balance, e.c. per oz.			
		Protein	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N. 10	Acid.	N. 10	Alkali.
114	Duck, roast .. ..	6.5	6.7	0.0	89	55.3	90	5.4	6.8	1.64	—	66	112	44.9	69			
114a	Duck, roast (weighed with bone)	3.5	3.6	0.0	48	29.8	49	2.9	3.7	0.88	—	36	61	24.2	37			
115	Goose, roast .. ..	8.0	6.4	0.0	92	41.2	115	3.0	8.8	1.32	—	76	91	45.1	62			
115a	Goose, roast (weighed with bone)	4.6	3.7	0.0	53	23.8	67	1.7	5.1	0.77	—	44	53	26.1	36			
116	Grouse, roast .. ..	8.6	1.5	0.0	49	27.3	132	8.5	11.6	2.16	—	96	97	38.0	73			
116a	Grouse, roast (weighed with bone)	5.7	1.0	0.0	32	18.0	87	5.6	7.6	1.42	—	63	64	25.0	48			
117	Guinea fowl, roast ..	9.2	2.3	0.0	60	38.6	122	5.5	8.2	2.64	—	83	103	50.9	75			
117a	Guineafowl, roast (weighed with bone)	4.9	1.2	0.0	32	20.4	65	2.9	4.3	1.40	—	44	55	27.0	40			
118	Ham, York, raw .. ..	4.3	13.9	0.0	146	(320)	98	4.0	4.4	0.34	—	30	50	(503)	22			
119	Ham, boiled, lean only ..	6.6	3.8	0.0	62	(595)	129	4.8	6.7	0.74	—	69	80	(950)	63			
120	Ham, boiled, lean and fat	4.6	11.2	0.0	123	(422)	91	3.6	4.9	0.71	—	54	56	(665)	46			
121	Ham or Pork, chopped ..	4.3	8.5	Tr.	97	(438)	63	3.4	4.7	0.44	0.03	39	—	(602)	—			
122	Hare, roast .. ..	8.9	2.0	0.0	55	15.0	115	8.0	8.5	2.78	0.07	96	99	30.6	85			
122a	Hare, roast (weighed with bone)	6.1	1.4	0.0	37	10.2	78	5.4	5.8	1.89	0.05	65	67	20.8	58			
123	Hare, stewed .. ..	8.3	2.3	0.0	55	11.4	60	5.9	6.3	3.07	—	71	91	21.0	80			
123a	Hare, stewed (weighed with bone)	6.1	1.7	0.0	40	8.3	44	4.3	4.6	2.24	—	51	66	15.3	58			
124	Heart, sheep, roast ..	7.1	4.2	0.0	68	43.5	105	2.7	9.9	2.30	—	111	84	35.5	78			
125	Kidney, ox, raw .. ..	4.8	1.5	0.0	34	69.5	66	4.0	5.2	4.25	—	74	46	72.7	43			
126	Kidney, ox, stewed ..	7.3	1.6	0.0	45	46.5	47	5.9	6.3	2.02	—	111	69	40.9	86			
127	Kidney, sheep, raw ..	4.8	0.9	0.0	34	71.0	72	3.8	4.5	3.32	—	72	47	83.8	45			
128	Kidney, sheep, fried ..	7.9	2.6	0.0	57	74.0	86	4.7	7.6	4.12	—	123	78	82.0	88			
129	Lard .. ..	Tr.	28.1	0.0	262	0.6	Tr.	0.2	0.4	0.03	0.01	1	7	1.1	5			
130	Liver, raw .. ..	4.7	2.3	0.0	41	24.4	92	2.4	5.9	3.95	1.65	89	68	28.4	67			
131	Liver, calf, fried ..	8.3	4.1	0.7	74	34.6	116	2.5	6.8	6.15	—	164	122	34.1	140			
132	Liver, ox, fried .. ..	8.4	4.5	1.1	81	26.1	110	2.4	7.5	5.89	—	156	116	23.3	133			
133	Meat paste .. ..	5.6	3.6	1.2	61	(267)	59	7.5	6.2	1.05	0.03	38	37	(426)	27			
134	Mutton chop, raw, lean only	5.3	3.4	0.0	53	25.9	100	3.6	7.7	0.48	0.05	55	59	23.8	34			
134a	Mutton chop, raw, lean only (weighed with fat and bone)	2.0	1.3	0.0	20	9.7	37	1.3	2.9	0.17	0.02	20	22	8.8	13			



135	Mutton chop, raw, lean and fat	3.9	14.9	0.0	154	21.3	70	3.6	5.3	0.28	0.05	49	42	19.8	30
135a	Mutton chop, raw, lean and fat (weighed with bone)	3.1	11.5	0.0	119	16.5	54	2.8	4.1	0.23	0.03	38	33	15.3	24
136	Mutton chop, grilled, lean only	7.5	5.0	0.0	77	36.0	114	5.9	8.5	0.71	0.05	68	81	31.2	48
136a	Mutton chop, grilled, lean only (weighed with fat and bone)	3.5	2.3	0.0	36	17.0	53	2.8	4.0	0.34	0.03	32	38	14.8	23
137	Mutton chop, grilled, lean and fat	5.7	12.8	0.0	142	29.0	87	5.1	6.5	0.68	0.05	58	60	25.5	40
137a	Mutton chop, grilled, lean and fat (weighed with bone)	4.3	9.7	0.0	108	21.8	65	3.8	4.9	0.51	0.04	44	46	19.3	30
138	Mutton chop, fried, lean only	6.5	7.2	1.6	97	33.0	99	4.4	7.4	0.88	0.04	63	71	38.0	47
138a	Mutton chop, fried, lean only (weighed with fat and bone)	2.4	2.7	0.6	36	12.5	37	1.6	2.8	0.34	0.01	24	27	14.2	18
139	Mutton chop, fried, lean and fat	4.4	17.1	0.7	178	24.4	69	4.0	5.1	0.74	0.03	52	47	26.1	36
139a	Mutton chop, fried, lean and fat (weighed with bone)	3.6	13.9	0.6	146	19.9	56	3.2	4.2	0.60	0.03	43	38	21.3	29
140	Mutton, leg, boiled ..	7.3	4.7	0.0	74	18.2	78	1.0	7.8	1.45	0.07	68	80	19.0	64
141	Mutton, leg, roast ..	7.1	5.8	0.0	83	20.1	98	1.2	7.5	1.22	—	69	77	17.6	57
142	Mutton, scrag and neck, stewed	6.9	6.9	0.0	92	18.8	53	14.2	7.6	1.93	—	63	74	23.3	57
142a	Mutton, scrag and neck, stewed (weighed with bone)	5.2	5.2	0.0	69	14.1	40	10.6	5.7	1.45	—	47	55	17.4	43
143	Partridge, roast .. ..	10.0	2.0	0.0	60	28.4	116	13.0	10.2	2.19	—	89	113	28.1	79
143a	Partridge, roast (weighed with bone)	6.0	1.2	0.0	36	17.0	69	7.8	6.1	1.31	—	53	68	16.8	47
144	Pheasant, roast .. ..	8.8	2.6	0.0	61	29.6	117	14.0	9.9	2.38	—	88	87	30.7	61
144a	Pheasant, roast (weighed with bone)	5.5	1.7	0.0	38	18.7	74	8.8	6.3	1.50	—	55	55	19.3	39
145	Pigeon, boiled .. ..	6.2	4.0	0.0	62	21.0	85	5.0	8.9	2.78	—	100	69	21.3	73
145a	Pigeon, boiled (weighed with bone)	2.7	1.7	0.0	27	9.2	37	2.2	3.9	1.22	—	44	30	9.4	32
146	Pigeon, roast .. ..	7.6	3.8	0.0	66	29.8	116	4.6	9.6	5.51	—	114	86	28.1	83
146a	Pigeon, roast (weighed with bone)	3.3	1.7	0.0	29	13.1	51	2.0	4.2	2.42	—	50	38	12.4	36

## Meat, Poultry and Game—continued

No.	Food.	g. per oz.			Calor- ies per oz.	mg. per oz.								Acid-base balance, c.c. per oz.				
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
147	Pork, leg, roast .. .. .	7.0	6.6	0.0	90	18.8	88	1.5	6.4	0.48	—	103	72	23.6	81			
148	Pork, loin, roast, lean only	6.7	5.7	0.0	81	19.6	100	2.1	6.7	0.74	0.03	59	69	28.7	48			
149	Pork, loin, roast, lean and fat	5.5	11.5	0.0	129	17.0	82	2.1	5.1	0.65	0.03	53	57	21.8	42			
150	Pork, loin, salt, smoked, lean only	6.7	4.5	0.0	69	(511)	85	7.8	6.9	0.65	—	62	69	(880)	78			
151	Pork chops, grilled, lean only	7.2	6.7	0.0	92	21.6	99	2.6	5.9	0.82	0.03	60	74	32.1	53			
151a	Pork chops, grilled, lean only (weighed with bone)	3.0	2.8	0.0	38	8.8	40	1.1	2.4	0.34	0.01	25	30	13.2	22			
152	Pork chops, grilled, lean and fat	5.3	14.3	0.0	155	16.8	73	2.4	4.2	0.68	0.03	51	54	20.4	40			
152a	Pork chops, grilled, lean and fat (weighed with bone)	4.4	11.9	0.0	128	13.9	61	2.0	3.5	0.56	0.02	42	45	16.9	34			
153	Rabbit, stewed .. .. .	7.6	2.2	0.0	51	9.1	60	3.2	6.1	0.54	0.06	57	70	12.2	57			
153a	Rabbit, stewed (weighed with bone)	3.9	1.1	0.0	26	4.6	30	1.6	3.1	0.28	0.03	29	36	6.2	29			
154	Sausage, beef, fried .. .	3.9	5.2	4.5	81	(321)	72	6.0	4.7	1.16	0.05	48	46	(503)	37			
155	Sausage, pork, raw .. .	2.5	8.2	2.8	97	(218)	45	4.3	3.3	0.72	0.03	31	21	(305)	7			
156	Sausage, pork, fried .. .	3.3	7.1	3.6	93	(284)	58	5.6	4.2	0.94	0.04	40	27	(397)	10			
157	Sausage (1943), raw .. .	3.0	4.6	4.1	70	(204)	73	(18)	12.5	0.68	0.09	55	—	(277)	—			
158	Sausage (1943), grilled ..	4.1	5.7	5.5	90	(278)	99	(24)	17.0	0.91	0.11	75	—	(375)	—			
159	Sausage, black .. .. .	1.5	6.4	4.2	81	(255)	37	8.8	4.3	0.55	0.07	8	49	(374)	12			
160	Sausage, breakfast .. .	2.5	5.8	4.8	82	(250)	48	6.2	4.7	0.54	0.02	24	22	(369)	6			
161	Suet .. .. .	0.3	28.1	0.0	262	6.0	4	1.7	0.3	0.11	0.01	2	6	5.1	2			
162	Sweetbreads, stewed .. .	6.4	2.6	0.0	51	19.6	66	4.1	4.4	0.46	—	169	53	21.0	117			
163	Tongue, ox, pickled .. .	5.4	6.8	0.7	88	(532)	43	8.8	4.6	0.85	—	65	57	(851)	67			
164	Tongue, sheep's, stewed ..	5.1	6.8	0.0	84	22.5	31	3.2	3.7	0.97	—	56	53	22.7	53			
165	Tripe, stewed .. .. .	5.1	0.9	0.0	29	20.4	3	(36)	2.2	0.45	—	38	41	8.5	23			
166	Turkey, roast .. .. .	8.6	2.2	0.0	56	36.9	104	10.9	8.0	1.08	—	91	66	34.9	55			
166a	Turkey, roast (weighed with bone)	5.1	1.3	0.0	34	22.1	62	6.5	4.8	0.65	—	55	40	21.0	33			

167	Veal, fillet, raw ..	5.7	0.8	0.0	31	30.4	101	2.2	7.1	0.65	—	73	63	19.3	46
168	Veal, frozen, raw ..	5.3	1.0	0.0	31	27.0	105	2.9	7.1	0.51	0.04	57	59	27.8	35
169	Veal cutlet, fried ..	8.6	2.3	1.3	61	30.1	120	2.8	9.3	0.74	—	81	93	32.6	67
170	Veal, fillet, roast ..	8.7	3.3	0.0	66	27.5	122	4.1	7.9	1.22	—	101	94	32.1	81
171	Venison, roast ..	9.5	1.8	0.0	56	24.4	103	8.2	9.5	2.22	—	81	91	25.3	68

### Fish

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10 Alkali.
172	Bass, steamed ..	5.5	1.5	0.0	36	21.3	93	13.3	7.6	0.20	—	62	66	24.1	42		
172a	Bass, steamed (weighed with bones)	2.9	0.8	0.0	19	11.3	49	7.1	4.0	0.11	—	33	35	12.8	22		
173	Bloaters, grilled ..	6.4	4.9	0.0	73	(200)	126	35.0	12.7	0.62	—	101	88	(322)	211		
173a	Bloaters, grilled (weighed with bones and skin)	4.7	3.7	0.0	54	(148)	94	25.9	9.4	0.46	—	75	65	(238)	156		
174	Bream, Red, steamed ..	5.6	1.1	0.0	34	33.8	98	7.9	8.5	0.11	—	61	69	39.2	42		
174a	Bream, Red, steamed (weighed with bones)	2.9	0.6	0.0	17	17.6	51	4.1	4.4	0.06	—	32	36	20.4	22		
175	Bream, Sea, steamed ..	5.1	0.9	0.0	29	32.1	80	9.9	7.6	0.17	—	68	62	34.6	47		
175a	Bream, Sea, steamed (weighed with bones)	3.3	0.6	0.0	19	20.8	52	6.4	4.9	0.11	—	44	40	22.4	30		
176	Brill, steamed ..	5.8	1.0	0.0	33	26.7	75	4.3	8.8	0.20	0.04	65	61	35.5	50		
176a	Brill, steamed (weighed with bones and skin)	3.9	0.7	0.0	22	18.2	51	2.9	6.0	0.14	0.03	45	42	24.1	34		
177	Catfish, steamed ..	5.8	1.1	0.0	34	30.6	90	3.9	7.6	0.17	—	60	61	30.6	41		
177a	Catfish, steamed (weighed with bones)	4.9	0.9	0.0	28	26.0	76	3.3	6.4	0.14	—	51	52	26.0	35		
178	Catfish, fried ..	5.3	3.0	1.8	57	34.0	92	5.4	7.3	0.65	—	65	57	42.5	42		
178a	Catfish, fried (weighed with bones)	5.0	2.8	1.7	53	32.0	86	5.1	6.9	0.61	—	61	53	40.0	39		

## Fish—continued

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.								Acid-base balance, c.c. per oz.				
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
179	Cockles .. .. .	3.1	0.1	Tr.	14	(1000).	12	36.1	14.5	7.39	—	58	91	(1480)	44			
180	Cod, steamed .. .. .	5.1	0.3	0.0	23	28.4	102	4.2	5.9	0.14	0.03	69	60	34.0	46			
180a	Cod, steamed (weighed with bones and skin)	4.1	0.2	0.0	19	23.0	83	3.4	4.7	0.11	0.02	56	49	27.5	37			
181	Cod, fried .. .. .	5.9	1.3	0.8	40.	45.8	97	14.1	7.6	0.28	0.03	74	69	41.1	44			
181a	Cod, fried (weighed with bones)	5.4	1.2	0.7	36	41.5	88	12.8	6.9	0.25	0.03	68	63	37.4	40			
182	Cod, grilled .. .. .	7.7	1.5	0.0	45	31.2	116	8.8	10.2	0.28	—	78	92	36.9	62			
182a	Cod, grilled (weighed with bones and skin)	6.5	1.3	0.0	39	26.6	99	7.5	8.7	0.24	—	66	78	31.5	53			
183	Cod roe, fried .. .. .	5.8	3.4	0.9	59	36.0	73	4.8	3.0	0.45	—	143	68	53.2	110			
184	Cod roe, baked in vinegar	6.8	0.9	0.0	34	20.7	38	3.7	2.3	0.65	—	114	77	49.1	114			
185	Conger, steamed .. .. .	6.5	0.5	0.0	31	28.1	99	8.5	8.1	0.14	—	63	76	23.3	46			
185a	Conger, steamed (weighed with bones and skin)	4.9	0.4	0.0	23	21.0	74	6.4	6.1	0.11	—	47	57	17.5	35			
186	Conger, fried .. .. .	5.3	5.7	1.8	81	30.6	100	6.9	8.3	0.28	—	70	63	44.3	48			
186a	Conger, fried (weighed with bones)	4.7	5.0	1.6	72	27.0	88	6.1	7.3	0.25	—	62	55	38.9	42			
187	Crab, boiled .. .. .	5.4	1.5	0.0	36	104.0	77	8.3	13.6	0.37	—	99	132	162.0	112			
187a	Crab, boiled (weighed with shell)	1.1	0.3	0.0	7	20.7	15	1.7	2.7	0.07	—	20	26	32.4	22			
188	Dabs, fried .. .. .	5.5	4.1	2.8	71	36.0	80	36.9	8.3	0.28	0.02	71	74	69.5	50			
188a	Dabs, fried (weighed with bones)	4.4	3.2	2.2	56	28.8	64	29.5	6.7	0.23	0.02	57	59	55.6	40			
189	Dogfish, fried .. .. .	5.1	7.1	1.7	94	46.2	70	3.6	5.7	0.37	—	76	60	57.5	58			
189a	Dogfish, fried (weighed with bone)	4.6	6.5	1.6	85	42.0	63	3.2	5.2	0.34	—	69	54	52.2	53			
190	Eels, elvers, raw .. .. .	3.6	0.6	0.0	20	19.0	65	146.5	8.8	1.14	Tr.	125	40	15.8	5			
191	Eels, silver, raw .. .. .	4.1	7.9	0.0	90	21.8	61	3.6	4.1	0.23	0.01	55	46	19.7	39			
191a	Eels, silver, raw (weighed with bones and skin)	2.7	5.2	0.0	60	14.5	40	2.4	2.7	0.14	0.01	36	30	13.0	26			

192	Eels, silver, stewed ...	5.0	9.2	0.0	106	20.7	57	4.1	4.2	0.28	—	57	57	18.1	48
193	Eels, yellow, raw ...	4.7	3.2	0.0	49	25.3	76	5.3	5.4	0.20	0.01	63	53	16.2	41
193a	Eels, yellow, raw (weighed with bones and skin)	3.2	2.1	0.0	33	17.1	51	3.5	3.6	0.14	0.01	44	36	10.9	27
194	Fillet, smoked, steamed	5.5	0.3	0.0	25	(306)	76	5.6	12.4	0.28	—	63	71	(440)	42
195	Fish paste	4.2	2.7	1.9	49	(420)	87	41.5	8.6	1.70	0.02	60	53	(677)	29
196	Flounder, steamed	5.5	0.5	0.0	27	32.6	90	15.6	7.1	0.37	—	84	66	42.0	56
196a	Flounder, steamed (weighed with bones and skin)	3.1	0.3	0.0	15	18.2	50	8.8	4.0	0.21	—	47	37	23.5	31
197	Flounder, fried ..	4.8	3.7	1.8	61	36.9	80	21.1	6.4	0.31	—	62	58	56.8	40
197a	Flounder, fried (weighed with bones)	3.3	2.5	1.3	42	25.5	55	14.6	4.4	0.22	—	43	40	39.1	27
198	Gurnet, grey, steamed ..	6.0	1.5	0.0	38	33.2	87	3.7	6.8	0.23	—	56	70	33.2	45
198a	Gurnet, grey, steamed (weighed with bones and skin)	4.8	1.2	0.0	31	26.9	70	3.0	5.5	0.18	—	45	57	26.9	36
199	Gurnet, red, steamed ..	6.0	1.3	0.0	37	52.9	99	5.9	8.8	0.20	—	68	72	40.0	42
199a	Gurnet, red, steamed (weighed with bones and skin)	4.3	0.9	0.0	26	37.5	70	4.2	6.2	0.14	—	49	51	28.4	30
200	Haddock, fillets, raw ..	4.5	0.2	0.0	20	35.5	86	9.0	6.4	0.28	—	61	63	44.3	44
201	Haddock, fresh, steamed	6.2	0.2	0.0	28	34.4	92	15.5	7.9	0.20	0.04	66	86	22.1	50
201a	Haddock, fresh, steamed (weighed with bones and skin)	4.7	0.2	0.0	21	26.2	70	11.8	6.0	0.15	0.03	51	66	16.8	38
202	Haddock, fresh, fried ..	5.8	2.4	1.0	50	50.2	99	32.4	8.7	0.34	—	70	81	51.3	40
202a	Haddock, fresh, fried (weighed with bones)	5.3	2.2	0.9	46	46.3	91	29.8	8.0	0.31	—	64	75	47.1	37
203	Haddock, smoked, steamed	6.3	0.3	0.0	28	(346)	83	16.3	7.2	0.28	—	71	72	(540)	56
203a	Haddock, smoked, steamed (weighed with bones and skin)	4.1	0.2	0.0	18	(225)	54	10.6	4.7	0.18	—	46	47	(350)	36
204	Hake, steamed ..	5.2	0.9	0.0	30	33.5	88	4.5	7.6	0.17	0.03	62	55	27.0	36
204a	Hake, steamed (weighed with bones and skin)	4.2	0.7	0.0	24	26.8	70	3.6	6.1	0.14	0.03	50	44	21.6	29
205	Hake, fried	5.5	3.2	1.5	58	43.5	84	7.3	8.2	0.26	0.05	74	56	38.0	42
205a	Hake, fried (weighed with bones)	5.2	3.0	1.4	55	40.8	79	6.9	7.7	0.24	0.05	69	53	35.7	39

## Fish—continued

No.	Food.	g. per oz.			Calor- ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.		
		Protein.	Fat	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10 Alkali.
206	Halibut, steamed ..	6.4	1.1	0.0	37	31.5	97	3.7	6.6	0.17	0.02	72	72	22.7	53		
206a	Halibut, steamed (weighed with bones and skin)	4.9	0.8	0.0	28	23.8	74	2.8	5.0	0.13	0.01	55	54	17.3	40		
207	Herring, raw ..	4.7	5.1	0.0	67	36.9	90	28.7	9.0	0.43	—	77	54	34.6	33		
208	Herring, fried in oatmeal	6.2	4.3	0.4	67	28.7	118	11.0	9.9	0.54	—	96	74	35.5	62		
208a	Herring, fried in oatmeal (weighed with bones)	5.4	3.8	0.4	59	25.2	104	9.7	8.7	0.48	—	85	65	31.2	55		
209	Herring, baked in vinegar	4.8	3.7	0.0	54	17.6	66	16.6	6.2	0.45	—	93	58	33.7	68		
209a	Herring, baked in vinegar (weighed with bones)	4.4	3.4	0.0	50	16.2	61	15.2	5.7	0.42	—	85	53	31.0	62		
210	Herring roe, fried ..	6.6	4.5	1.3	74	24.6	68	4.5	2.3	0.43	—	260	69	34.9	188		
211	John Dory, steamed ..	5.6	0.4	0.0	27	39.5	81	6.5	8.2	0.17	—	71	67	40.5	51		
211a	John Dory, steamed (weighed with bones and skin)	3.5	0.2	0.0	17	24.4	50	4.0	5.1	0.11	—	44	41	25.2	32		
212	Kippers, baked ..	6.6	3.2	0.0	57	(281)	148	18.4	13.5	0.40	—	121	80	(433)	69		
212a	Kippers, baked (weighed with bones and skin)	3.6	1.7	0.0	31	(152)	80	9.9	7.3	0.22	—	65	43	(234)	38		
213	Lemon sole, steamed ..	5.6	0.3	0.0	26	32.6	79	6.3	5.7	0.17	0.03	70	69	33.2	34		
213a	Lemon sole, steamed (weighed with bones and skin)	4.0	0.2	0.0	18	23.2	56	4.5	4.0	0.12	0.03	50	49	23.5	24		
214	Lemon sole, fried ..	4.4	3.7	2.6	62	38.6	71	26.9	5.1	0.31	0.05	68	54	35.2	35		
214a	Lemon sole, fried (weighed with bones)	3.5	2.9	2.1	49	30.5	56	21.3	4.0	0.25	0.04	54	42	27.8	28		
215	Ling, steamed ..	6.4	0.2	0.0	28	34.0	105	5.0	10.4	0.14	—	63	76	28.1	42		
215a	Ling, steamed (weighed with bones and skin)	4.8	0.2	0.0	21	25.5	79	3.8	7.9	0.11	—	47	57	21.0	32		
216	Ling, fried ..	4.8	3.5	1.8	59	41.1	89	11.3	9.1	0.23	—	65	58	44.5	36		
216a	Ling, fried (weighed with bones)	4.3	3.1	1.6	52	36.6	79	10.0	8.1	0.20	—	58	51	39.6	32		

217	Lobster, boiled .. ..	6.0	1.0	0.0	34	92.3	73	17.5	9.7	0.23	—	81	146	149.0	109
217a	Lobster, boiled (weighed with shell)	2.2	0.3	0.0	12	33.2	26	6.3	3.5	0.09	—	29	53	53.6	39
218	Mackerel, fried .. ..	5.7	3.2	0.0	53	43.5	118	8.1	9.9	0.34	0.06	80	60	32.4	36
218a	Mackerel, fried (weighed with bones and skin)	4.2	2.3	0.0	39	31.8	86	5.9	7.2	0.25	0.04	58	44	23.6	26
219	Megrim, raw .. ..	4.9	0.3	0.0	22	34.4	76	17.5	8.3	0.34	—	53	58	34.6	30
220	Megrim, steamed .. ..	5.9	0.4	0.0	28	27.2	61	21.6	7.9	0.26	—	62	70	33.8	49
220a	Megrim, steamed (weighed with bones and skin)	3.9	0.3	0.0	18	18.2	41	14.4	5.3	0.17	—	41	47	22.7	33
221	Megrim, fried .. ..	5.5	3.3	2.7	64	50.1	71	17.8	8.8	0.17	—	62	67	52.0	40
221a	Megrim, fried (weighed with bones)	4.7	2.8	2.3	54	42.6	61	15.2	7.5	0.14	—	53	57	44.3	34
222	Monkfish, steamed .. ..	6.2	0.3	0.0	28	38.3	101	3.0	8.4	0.14	—	61	73	38.6	45
222a	Monkfish, steamed (weighed with bones)	5.0	0.2	0.0	23	31.0	82	2.4	6.8	0.11	—	49	59	31.2	36
223	Monkfish, fried .. ..	4.8	2.3	1.7	48	46.5	114	3.2	9.0	0.34	—	58	58	55.9	32
223a	Monkfish, fried (weighed with bones)	4.1	2.0	1.5	41	40.0	98	2.8	7.7	0.29	—	50	50	48.0	27
224	Mullet, grey, steamed ..	6.1	1.1	0.0	36	26.6	78	4.0	8.5	0.57	—	73	72	21.8	57
224a	Mullet, grey, steamed (weighed with bones and skin)	3.9	0.7	0.0	23	17.0	50	2.6	5.4	0.37	—	47	46	14.0	36
225	Mullet, red, steamed ..	6.1	1.2	0.0	36	33.5	103	8.3	9.3	0.26	—	80	73	28.6	53
225a	Mullet, red, steamed (weighed with bones)	4.0	0.8	0.0	24	22.1	68	5.5	6.2	0.17	—	53	49	19.0	35
226	Mussels, raw .. ..	3.3	0.5	Tr.	19	82.0	90	25.0	6.5	1.65	—	67	104	131.0	69
227	Mussels, boiled .. ..	4.8	0.6	Tr.	25	59.8	26	56.0	7.1	3.84	—	94	99	89.5	81
227a	Mussels, boiled (weighed with shells)	1.4	0.2	Tr.	7	17.9	8	16.8	2.1	1.16	—	28	30	36.8	24
228	Oysters, raw .. ..	2.9	0.3	Tr.	14	143.0	73	52.9	11.9	1.70	—	76	71	231.0	41
228a	Oysters, raw (weighed with shells)	0.3	Tr.	Tr.	2	17.2	9	6.3	1.4	0.20	—	9	9	27.8	5
229	Pilchards, tinned (fish only)	6.2	3.1	0.0	54	(169)	87	65.8	11.8	0.88	0.06	84	70	(257)	35
230	Pilchards, tinned (whole contents of tin)	5.4	4.4	0.0	63	(163)	82	54.0	10.8	0.74	0.05	77	60	(247)	28
231	Plaice, raw .. ..	4.3	0.5	0.0	22	27.2	100	4.7	6.2	0.23	—	62	61	23.6	40
232	Plaice, steamed .. ..	5.1	0.5	0.0	26	34.0	79	10.7	6.8	0.17	—	70	71	31.8	52
232a	Plaice, steamed (weighed with bones and skin)	2.8	0.3	0.0	14	18.4	43	5.8	3.7	0.09	—	38	38	17.2	28



## Fish—continued

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.									Acid-base balance c.c. per oz.			
		Protein.	Fat.	Carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
233	Plaice, fried .. ..	5.1	4.1	2.0	66	35.3	62	12.7	6.9	0.23	0.04	71	71	49.4	61			
233a	Plaice, fried (weighed with bones)	3.1	2.5	1.2	40	21.5	38	7.8	4.2	0.14	0.03	43	43	30.1	37			
234	Pollack, steamed ..	5.5	0.2	0.0	25	27.0	124	3.6	9.3	0.14	—	57	68	32.4	35			
234a	Pollack, steamed (weighed with bones and skin)	4.8	0.2	0.0	21	23.2	107	3.1	8.0	0.12	—	49	58	27.8	30			
235	Pollack, fried .. ..	4.7	2.0	1.9	45	46.0	95	36.4	12.9	0.79	—	69	56	78.1	28			
235a	Pollack, fried (weighed with bones)	4.3	1.8	1.7	41	42.3	87	33.5	11.8	0.73	—	63	52	72.0	26			
236	Pollan, steamed ..	5.1	0.6	0.0	27	19.6	106	23.3	6.5	0.26	—	82	63	20.2	45			
236a	Pollan, steamed (weighed with bones and skin)	3.1	0.4	0.0	16	11.9	65	14.2	4.0	0.16	—	50	38	12.3	27			
237	Pollan, fried .. ..	5.3	3.5	0.5	56	18.2	111	56.8	7.4	0.34	—	104	65	18.2	42			
237a	Pollan, fried (weighed with bones)	3.8	2.5	0.3	40	13.1	80	40.8	5.3	0.25	—	75	47	13.1	30			
238	Prawns .. ..	6.0	0.5	0.0	30	(451)	74	41.2	11.9	0.31	—	99	104	(725)	87			
238a	Prawns (weighed with shells)	2.3	0.2	0.0	11	(172)	28	15.6	4.5	0.12	—	38	40	(275)	33			
239	Saithe, steamed ..	6.4	0.2	0.0	28	27.5	99	5.3	8.8	0.17	—	71	76	23.6	52			
239a	Saithe, steamed (weighed with bones and skin)	5.4	0.1	0.0	24	23.5	84	4.5	7.5	0.14	—	61	64	20.1	44			
240	Salmon, fresh, steamed	5.4	3.7	0.0	57	30.4	95	8.2	8.1	0.23	—	86	54	18.2	46			
240a	Salmon, fresh, steamed (weighed with bones and skin)	4.4	3.0	0.0	46	24.7	77	6.6	6.6	0.18	—	70	44	14.8	37			
241	Salmon, tinned ..	5.6	1.7	0.0	39	(152)	91	18.8	8.5	0.37	0.01	81	67	(246)	57			
242	Sardines, tinned ..	5.8	6.4	0.0	84	(223)	123	116.0	11.7	1.13	0.01	194	80	(342)	75			
243	Scallops, steamed ..	6.4	0.4	Tr.	30	75.3	135	32.7	10.9	0.85	—	96	162	116.0	103			
244	Shrimps .. ..	6.3	0.7	0.0	32	(1090)	114	91.0	29.8	0.51	0.23	77	96	(1660)	5			
244a	Shrimps (weighed with shells)	2.1	0.2	0.0	11	(360)	38	30.0	9.8	0.17	0.08	25	32	(550)	2			



245	Skate, fried	4.3	4.7	2.1	69	51.8	67	5.5	6.6	0.34	—	68	61	75.7	55
245a	Skate, fried (weighed with bones)	3.5	3.9	1.8	57	42.9	56	4.6	5.5	0.28	—	56	50	62.8	46
246	Smelts, fried	7.1	8.8	1.4	116	42.0	147	195.0	16.6	0.94	—	152	86	39.2	
246a	Smelts, fried (weighed with heads)	6.0	7.5	1.2	98	35.7	124	166.0	14.2	0.80	—	129	73	33.3	
247	Sole, steamed	5.0	0.4	0.0	24	31.2	68	32.1	8.0	0.20	—	77	67	37.5	48
247a	Sole, steamed (weighed with bones and skin)	3.0	0.2	0.0	14	18.7	41	19.3	4.8	0.12	—	46	40	22.5	29
248	Sole, fried	5.7	5.2	1.5	78	54.5	67	37.2	7.9	0.40	—	74	75	54.9	44
248a	Sole, fried (weighed with bones)	5.0	4.6	1.3	68	48.0	59	32.7	7.0	0.15	—	65	66	48.3	39
249	Sprats, fresh, fried	6.3	10.8	0.0	126	37.5	116	201.0	13.0	1.28	—	180	81	51.6	24
249a	Sprats, fresh, fried (weighed with heads)	5.6	9.5	0.0	111	33.0	102	176.0	11.4	1.12	—	158	71	45.4	21
250	Sprats, smoked, grilled	7.1	6.6	0.0	91	(240)	137	124.0	11.4	1.62	—	161	78	(378)	48
250a	Sprats, smoked, grilled (weighed with heads)	6.3	5.9	0.0	81	(213)	122	110.0	10.1	1.44	—	143	70	(336)	43
251	Stockfish, boiled	9.1	0.3	0.0	40	(112)	9	6.4	9.9	0.51	—	46	106	(190)	87
251a	Stockfish, boiled (weighed with bones and skin)	7.6	0.2	0.0	33	(93)	7	5.3	8.2	0.42	—	38	88	(158)	72
252	Sturgeon, steamed	7.0	1.6	0.0	44	30.6	67	4.3	5.3	0.57	—	75	83	39.2	74
252a	Sturgeon, steamed (weighed with bone)	4.8	1.1	0.0	30	20.8	46	2.9	3.6	0.39	—	51	56	26.6	50
253	Torsk, steamed	6.4	0.2	0.0	28	21.0	110	7.7	7.5	0.28	—	80	79	28.7	62
253a	Torsk, steamed (weighed with bones and skin)	3.8	0.1	0.0	16	12.4	65	4.5	4.4	0.17	—	47	47	16.9	37
254	Torsk, fried	5.5	1.2	2.2	42	26.4	106	18.4	7.1	0.17	—	85	67	43.5	55
254a	Torsk, fried (weighed with bones and skin)	3.9	0.9	1.6	30	18.8	75	13.0	5.0	0.12	—	60	47	30.9	39
255	Trout, steamed	6.3	1.3	0.0	38	25.0	106	10.2	8.8	0.28	—	77	62	19.9	43
255a	Trout, steamed (weighed with bones and skin)	4.2	0.9	0.0	25	16.5	70	6.7	5.8	0.19	—	51	41	13.1	28
256	Trout, Sea, steamed	6.0	1.4	0.0	37	58.7	89	8.5	8.6	0.28	—	82	74	74.1	63
256a	Trout, Sea, steamed (weighed with bones and skin)	4.7	1.1	0.0	29	46.3	70	2.8	6.8	0.22	—	65	58	58.6	49

COMPOSITION PER OUNCE

## Fish—continued

No.	Food.	g. per oz.			Calor- ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.	
		Protein.	Fat.	Carbo- hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
257	Turbot, steamed ..	5.9	0.5	0.0	28	25.6	72	3.8	6.8	0.14	—	53	70	40.3	52	
257a	Turbot, steamed (weighed with bones and skin)	3.9	0.3	0.0	19	16.9	48	2.5	4.5	0.09	—	35	46	26.6	34	
258	Whelks ..	5.1	0.5	Tr.	26	(75)	90	15.3	45.4	1.76	—	64	127	(166)	66	
258a	Whelks (weighed with shells)	0.8	0.1	Tr.	4	(11)	13	2.3	6.8	0.26	—	10	19	(25)	10	
259	Whitebait, fried ..	5.2	13.5	1.5	152	63.9	32	244.0	14.3	1.45	—	243	77	92.3	61	
260	Whiting, steamed ..	5.7	0.3	0.0	26	36.1	85	11.9	8.0	0.28	—	54	87	26.4	46	
260a	Whiting, steamed (weighed with bones and skin)	3.8	0.2	0.0	17	24.5	58	8.1	5.4	0.19	—	36	59	17.9	32	
261	Whiting, fried ..	4.9	2.9	2.0	55	56.5	90	13.6	9.2	0.20	—	73	76	55.1	48	
261a	Whiting, fried (weighed with bones and skin)	4.4	2.6	1.8	49	50.9	81	12.2	8.3	0.18	—	66	68	49.7	43	
262	Winkles, boiled in salt water	4.3	0.4	Tr.	21	(325)	44	38.7	102.0	4.26	—	62	107	(511)		6
262a	Winkles, boiled in salt water (weighed with shells)	0.8	0.1	Tr.	4	(62)	8	7.3	19.3	0.81	—	12	20	(97)		1
263	Winkles, boiled in fresh water	5.0	0.7	Tr.	27	75.8	60	46.9	118.0	4.86	—	79	127	142.0	> 1	
263a	Winkles, boiled in fresh water (weighed with shells)	0.7	0.1	Tr.	4	11.4	9	7.0	17.6	0.73	—	12	19	21.3	> 1	
264	Witch, steamed ..	5.4	0.3	0.0	25	38.6	86	8.6	6.8	0.26	—	66	72	34.9	48	
264a	Witch, steamed (weighed with bones and skin)	3.2	0.2	0.0	15	23.2	52	5.2	4.1	0.15	—	40	43	20.9	29	
265	Witch, fried ..	5.0	4.0	2.2	66	50.0	85	14.8	6.9	0.23	—	53	67	53.1	34	
265a	Witch, fried (weighed with bones and skin)	4.2	3.4	1.9	56	42.0	71	12.4	5.8	0.19	—	45	56	44.5	29	

## Fruit

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein (N × 6.25).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.	
266	Apples, Empire eating ..	0.1	Tr.	3.5	13	0.8	33	1.0	1.4	0.08	0.04	1.9	1.1	Tr.		9	
266a	Apples, Empire eating (weighed with skin and core)	0.1	Tr.	2.6	10	0.6	25	0.8	1.1	0.06	0.03	1.4	0.8	Tr.		7	
267	Apples, English eating ..	0.1	Tr.	3.3	13	0.6	34	1.0	1.2	0.08	0.02	2.4	2.2	0.6		7	
267a	Apples, English eating (weighed with skin and core)	0.1	Tr.	2.6	10	0.5	27	0.8	1.0	0.07	0.02	1.9	1.7	0.5		6	
268	Apples, cooking, raw ..	0.1	Tr.	2.7	10	0.6	35	1.0	0.8	0.08	0.03	4.6	0.8	1.3		7	
269	Apples, cooking, baked ..	0.1	Tr.	2.8	11	0.6	36	1.0	0.9	0.09	0.03	4.8	0.9	1.4		7	
269a	Apples, cooking, baked (weighed with skin)	0.1	Tr.	2.3	9	0.5	29	0.8	0.7	0.07	0.02	3.8	0.7	1.1		5	
270	Apples, cooking, stewed without sugar	Tr.	Tr.	1.2	5	0.3	16	0.5	0.4	0.04	0.01	2.1	0.4	0.6		3	
271	Apricots, fresh ..	0.2	Tr.	1.9	8	Tr.	91	4.9	3.5	0.11	0.03	6.1	1.7	Tr.		24	
271a	Apricots, fresh (weighed with stones)	0.2	Tr.	1.7	7	Tr.	84	4.5	3.2	0.10	0.03	5.6	1.6	Tr.		22	
272	Apricots, dried, raw ..	1.4	Tr.	12.3	52	16.0	535	26.3	18.6	1.16	0.08	33.5	46.6	9.8		119	
273	Apricots, dried (stewed without sugar)	0.6	Tr.	5.1	21	6.7	223	10.9	7.7	0.48	0.03	13.9	19.4	4.1		49	
274	Apricots, tinned in syrup	0.1	Tr.	4.5	17	0.3	73	3.4	2.0	0.20	0.01	3.7	0.3	0.4		20	
275	Avocado pears ..	0.3	2.3	0.7	25	4.6	112	4.4	8.3	0.15	0.06	8.8	5.5	1.7		30	
276	Bananas ..	0.3	Tr.	5.5	22	0.3	99	1.9	11.9	0.12	0.05	8.0	3.7	22.3		23	
276a	Bananas (weighed with skin)	0.2	Tr.	3.2	13	0.2	58	1.1	7.0	0.07	0.03	4.7	2.2	13.1		13	
277	Blackberries, raw ..	0.4	Tr.	1.8	8	1.1	59	18.0	8.4	0.24	0.03	6.8	2.6	6.3		24	
278	Blackberries, stewed without sugar	0.2	Tr.	0.9	4	0.5	30	9.1	4.2	0.12	0.02	3.4	1.3	3.2		12	

COMPOSITION PER OUNCE

(33983)

1

## Fruit—continued

No.	Food:	g. per oz.			Calo- ries per oz.	mg. per oz.									Acid-base balance c.c. per oz.			
		Protein (N × 6.25).	Fat.	Avail- able carbo- hydrate (as mono- saccha- rides.)		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
279	Cherries, eating .. ..	0.2	Tr.	3.4	13	0.8	78	4.5	2.7	0.11	0.02	4.8	1.9	Tr.			21	
279a	Cherries, eating (weighed with stones)	0.1	Tr.	3.0	11	0.7	68	3.9	2.4	0.09	0.02	4.2	1.7	Tr.			18	
280	Cherries, cooking, raw ..	0.2	Tr.	3.3	13	1.2	87	5.7	3.3	0.09	0.03	5.9	2.2	Tr.			23	
280a	Cherries, cooking, raw (weighed with stones)	0.1	Tr.	2.8	11	1.0	73	4.8	2.8	0.07	0.02	5.0	1.9	Tr.			19	
281	Cherries, stewed without sugar (weighed with stones)	0.1	Tr.	1.2	5	0.4	31	2.0	1.2	0.03	0.01	2.1	0.8	Tr.			8	
282	Cranberries .. ..	0.1	Tr.	1.0	4	0.5	34	4.2	2.4	0.32	0.04	3.2	3.2	Tr.			9	
283	Currants, black, raw ..	0.3	Tr.	1.9	8	0.8	106	17.2	4.9	0.36	0.04	12.3	9.4	4.2			25	
284	Currants, black, stewed without sugar	0.2	Tr.	1.3	6	0.5	74	12.0	3.4	0.25	0.03	8.6	6.6	2.9			17	
285	Currants, red, raw ..	0.3	Tr.	1.2	6	0.7	78	10.2	3.6	0.35	0.03	8.4	8.1	4.0			17	
286	Currants, red, stewed without sugar	0.2	Tr.	0.9	5	0.5	57	7.4	2.6	0.25	0.02	6.1	5.9	2.9			12	
287	Currants, white .. ..	0.4	Tr.	1.6	7	0.4	83	6.4	3.6	0.26	0.04	8.0	6.7	3.0			17	
288	Currants, dried .. ..	0.5	Tr.	18.0	69	5.5	201	27.1	10.3	0.52	0.14	11.4	8.8	4.5			62	
289	Custard apple .. ..	0.6	Tr.	5.1	22	3.9	164	3.4	6.8	0.15	0.04	14.5	7.6	11.4			34	
290	Damsons, raw .. ..	0.1	Tr.	2.7	11	0.6	82	6.7	3.1	0.12	0.02	4.7	1.8	Tr.			23	
290a	Damsons, raw (weighed with stones)	0.1	Tr.	2.4	9	0.6	74	6.0	2.8	0.11	0.02	4.2	1.6	Tr.			21	
291	Damsons, stewed without sugar (weighed with stones)	0.1	Tr.	1.8	7	0.4	56	4.6	2.2	0.08	0.02	3.2	1.2	Tr.			16	
292	Dates .. ..	0.6	Tr.	18.1	70	1.4	215	19.2	16.6	0.46	0.06	18.1	14.5	82.4			36	
292a	Dates (weighed with stones)	0.5	Tr.	15.6	61	1.2	185	16.6	14.3	0.39	0.05	15.6	12.4	71.0			30	

(cases)

293	Figs, green .. ..	0.4	Tr.	2.7	12	0.5	76	9.7	5.7	0.12	0.02	9.1	3.7	5.2	20
294	Figs, dried, raw ..	1.0	Tr.	15.0	61	24.6	288	80.5	26.2	1.18	0.07	26.0	22.9	47.1	102
295	Figs, dried, stewed with- out sugar	0.6	Tr.	8.5	35	14.0	164	45.8	14.9	0.67	0.04	14.8	13.0	26.8	58
296	Fruit salad, tinned in syrup	0.1	Tr.	5.3	20	0.7	33	2.4	2.2	0.98	0.01	2.7	0.5	0.9	9
297	Gooseberries, green, raw	0.3	Tr.	1.0	5	0.5	60	8.0	2.0	0.09	0.04	9.6	4.5	1.9	12
298	Gooseberries, green, stewed without sugar	0.2	Tr.	0.5	3	0.3	30	4.0	1.0	0.05	0.02	4.8	2.3	1.0	6
299	Gooseberries, ripe ..	0.2	Tr.	2.6	10	0.3	48	5.2	2.4	0.16	0.04	5.4	3.8	3.0	10
300	Grapes, black .. ..	0.2	Tr.	4.4	17	0.5	90	1.2	1.1	0.10	0.02	4.6	2.1	Tr.	20
300a	Grapes, black (whole grapes weighed)	0.1	Tr.	3.7	14	0.4	75	1.0	1.0	0.08	0.02	3.8	1.8	Tr.	17
301	Grapes, white .. ..	0.2	Tr.	4.6	18	0.5	71	5.4	1.9	0.10	0.03	6.2	2.6	Tr.	17
301a	Grapes, white (whole grapes weighed)	0.2	Tr.	4.4	17	0.4	67	5.2	1.8	0.09	0.03	5.9	2.5	Tr.	16
302	Grapefruit .. ..	0.2	Tr.	1.5	6	0.4	66	4.9	3.0	0.07	0.02	4.4	1.5	0.4	18
302a	Grapefruit (whole fruit weighed)	0.1	Tr.	0.7	3	0.2	32	2.3	1.4	0.04	0.01	2.1	0.7	0.2	9
303	Greengages .. ..	0.2	Tr.	3.4	14	0.4	87	4.8	2.2	0.11	0.02	6.4	0.9	0.3	22
303a	Greengages (weighed with stones)	0.2	Tr.	3.2	13	0.4	82	4.5	2.1	0.10	0.02	6.1	0.8	0.3	21
304	Greengages, stewed with- out sugar (weighed with stones)	0.1	Tr.	2.2	9	0.3	56	3.1	1.4	0.07	0.01	4.1	0.5	0.2	14
305	Lemons, whole .. ..	0.2	Tr.	0.9	4	1.7	46	30.5	3.3	0.10	0.07	5.9	3.5	1.5	24
306	Lemon juice .. ..	0.1	Tr.	0.5	2	0.4	40	2.4	1.9	0.04	0.04	2.9	0.6	0.7	11
307	Loganberries .. ..	0.3	Tr.	1.0	5	0.7	73	10.0	7.1	0.39	0.04	6.9	5.1	4.5	21
308	Loganberries, tinned in syrup	0.2	Tr.	7.4	29	0.3	28	5.0	3.2	0.82	0.01	6.5	0.9	1.3	7
309	Medlars .. ..	0.1	Tr.	3.0	12	1.7	70	8.6	3.0	0.14	0.05	8.0	4.7	0.9	17
309a	Medlars (weighed with skin and stone)	0.1	Tr.	2.4	10	1.4	57	6.9	2.4	0.11	0.04	6.5	3.8	0.7	14
310	Melons, Cantaloupe ..	0.3	Tr.	1.5	7	3.8	90	5.4	5.7	0.23	0.01	8.6	3.3	12.4	21
310a	Melons, Cantaloupe (weighed with skin)	0.2	Tr.	0.9	4	2.4	57	3.4	3.6	0.14	0.01	5.4	2.1	7.7	13
311	Melons, yellow .. ..	0.2	Tr.	1.4	6	5.5	63	3.9	3.8	0.07	0.01	2.5	1.8	12.8	17
311a	Melons, yellow (weighed with skin)	0.1	Tr.	0.9	4	3.5	39	2.4	2.4	0.04	0.01	1.5	1.1	8.0	11

COMPOSITION PER OUNCE

## Fruit—continued

No.	Food.	g. per oz.			Calor- ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.			
		Protein (N × 6.25).	Fat.	Avail- able carbo- hydrate (as mono- saccha- rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
312	Mulberries .. .. .	0.4	Tr.	2.3	10	0.6	73	10.2	4.3	0.45	0.02	13.5	2.5	1.1			17	
313	Nectarines .. .. .	0.3	Tr.	3.5	14	2.6	76	1.1	3.6	0.13	0.02	6.8	2.8	1.3			18	
313a	Nectarines (weighed with stones)	0.2	Tr.	3.2	13	2.4	70	1.0	3.3	0.12	0.02	6.3	2.6	1.2			16	
314	Olives (in brine) ..	0.3	3.1	0.0	30	(639)	26	17.4	6.2	0.29	0.07	4.8	10.1	(1060)	11			
314a	Olives (in brine) (weighed with stones)	0.2	2.5	0.0	24	(510)	21	14.0	5.0	0.23	0.05	3.8	8.1	(855)	9			
315	Oranges .. .. .	0.2	Tr.	2.4	10	0.8	56	11.7	3.7	0.09	0.02	6.7	2.6	0.9			17	
315a	Oranges (weighed with peel and pips)	0.2	Tr.	1.8	8	0.6	42	8.8	2.8	0.07	0.01	5.1	1.9	0.7			13	
316	Orange juice .. .. .	0.2	Tr.	2.7	11	0.5	51	3.3	3.3	0.09	0.01	6.2	1.3	0.3			13	
317	Passion fruit .. .. .	0.8	Tr.	1.8	10	8.1	99	4.4	11.0	0.32	0.03	15.4	5.3	10.4			24	
317a	Passion fruit (weighed with skin)	0.3	Tr.	0.7	4	3.4	42	1.8	4.6	0.13	0.01	6.5	2.2	4.4			10	
318	Peaches, fresh .. .. .	0.2	Tr.	2.6	11	0.8	74	1.4	2.3	0.11	0.01	5.3	1.6	Tr.			17	
318a	Peaches, fresh (weighed with stones)	0.2	Tr.	2.3	9	0.7	64	1.2	2.0	0.09	0.01	4.6	1.4	Tr.			15	
319	Peaches, dried, raw ..	1.0	Tr.	15.0	61	1.7	314	10.1	15.4	1.92	0.18	33.0	68.1	3.0			34	
320	Peaches, dried, stewed without sugar	0.3	Tr.	5.1	20	0.6	107	3.4	5.2	0.65	0.06	11.2	23.2	1.0			12	
321	Peaches, tinned in syrup	0.1	Tr.	4.9	19	0.4	43	1.0	1.8	0.55	0.02	2.8	0.3	1.2			11	
322	Pears, Empire eating ..	0.1	Tr.	3.1	12	0.7	37	2.3	2.6	0.05	0.06	2.8	1.6	Tr.			10	
322a	Pears, Empire eating (weighed with skin and core)	0.1	Tr.	2.1	8	0.5	25	1.6	1.8	0.04	0.04	1.9	1.1	Tr.			7	
323	Pears, English eating ..	0.1	Tr.	3.0	11	0.7	36	2.0	1.5	0.06	0.03	2.7	0.8	Tr.			10	
323a	Pears, English eating (weighed with skin and core)	0.1	Tr.	2.2	9	0.5	27	1.5	1.1	0.05	0.02	2.0	0.6	Tr.			7	

324	Pears, cooking, raw ..	0.1	Tr.	2.6	10	0.7	28	2.0	1.2	0.05	0.03	4.2	1.0	0.4	6
325	Pears, cooking (stewed without sugar)	0.1	Tr.	1.8	7	0.5	20	1.4	0.8	0.03	0.02	2.9	0.7	0.3	4
326	Pears, tinned in syrup ..	0.1	Tr.	4.7	18	0.4	26	1.5	1.7	0.50	0.01	1.5	0.4	0.8	7
327	Pineapple, fresh ..	0.1	Tr.	3.3	13	0.5	70	3.5	4.8	0.12	0.02	2.2	0.7	8.1	20
328	Pineapple, tinned in syrup	0.1	Tr.	4.7	18	0.1	16	3.8	2.3	0.48	0.01	1.4	0.8	1.2	6
329	Plums, Victoria dessert	0.2	Tr.	2.7	11	0.5	53	3.1	2.0	0.10	0.03	4.6	1.0	Tr.	14
329a	Plums, Victoria dessert (weighed with stones)	0.2	Tr.	2.6	10	0.5	50	2.9	1.9	0.10	0.03	4.3	0.9	Tr.	13
330	Plums, cooking, raw ..	0.2	Tr.	1.8	7	0.6	55	3.9	2.2	0.09	0.03	4.1	1.3	Tr.	15
330a	Plums, cooking, raw (weighed with stones)	0.2	Tr.	1.6	7	0.5	50	3.6	2.0	0.08	0.02	3.7	1.2	Tr.	13
331	Plums, stewed without sugar (weighed with stones)	0.1	Tr.	1.1	5	0.4	36	2.5	1.4	0.05	0.02	2.7	0.9	Tr.	10
332	Pomegranate juice ..	0.1	Tr.	3.3	13	0.3	58	0.8	0.9	0.04	0.02	2.1	1.2	14.9	10
333	Prunes, dried, raw ..	0.7	Tr.	11.4	46	3.5	246	10.7	7.6	0.82	0.05	23.5	5.3	0.7	58
333a	Prunes, dried, raw (weighed with stones)	0.6	Tr.	9.5	38	2.9	204	8.9	6.3	0.68	0.04	19.6	4.4	0.6	48
334	Prunes, stewed without sugar (weighed with stones)	0.3	Tr.	4.4	18	1.3	95	4.1	2.9	0.32	0.02	9.1	2.0	0.3	22
335	Quinces ..	0.1	Tr.	1.8	7	0.9	58	4.0	1.7	0.09	0.04	5.4	1.5	0.5	14
336	Raisins, dried ..	0.3	Tr.	18.3	70	14.9	244	17.2	11.8	0.44	0.07	9.3	6.5	2.4	76
337	Raspberries, raw ..	0.3	Tr.	1.6	7	0.7	64	11.6	6.2	0.34	0.06	8.2	4.9	6.3	17
338	Raspberries, stewed without sugar	0.2	Tr.	1.1	5	0.5	43	7.9	4.2	0.23	0.04	5.5	3.3	4.3	12
339	Rhubarb, raw ..	0.2	Tr.	0.3	2	0.6	121	29.2	3.9	0.11	0.04	6.0	2.3	24.7	37
340	Rhubarb, stewed without sugar	0.1	Tr.	0.2	1	0.4	85	20.4	2.7	0.08	0.04	4.2	1.6	17.3	26
341	Strawberries ..	0.2	Tr.	1.8	7	0.4	46	6.3	3.3	0.20	0.04	6.5	3.8	5.0	10
342	Sultanas, dried ..	0.5	Tr.	18.4	71	15.0	243	14.9	10.0	0.52	0.10	26.8	12.6	4.4	58
343	Tangerines ..	0.3	Tr.	2.3	10	0.6	44	11.8	3.2	0.08	0.03	4.7	2.9	0.7	15
343a	Tangerines (weighed with peel and pips)	0.2	Tr.	1.6	7	0.4	31	8.3	2.2	0.05	0.02	3.3	2.0	0.5	11

COMPOSITION PER OUNCE

## Nuts

No.	Food.	g. per oz.			Calor- ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.			
		Protein (N × 6.25).	Fat.	Avail- able carbo- hydrate (as mono- saccha- rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$	Acid.	$\frac{N}{10}$	Alkali.
344	Almonds	5.8	15.2	1.2	170	1.6	243	70.0	73.0	1.20	0.04	126	41	0.5			52	
344a	Almonds (weighed with shells)	2.2	5.6	0.5	63	0.6	90	26.0	27.0	0.44	0.01	47	15	0.2			19	
345	Barcelona nuts	3.7	18.2	1.5	189	0.7	266	48.2	57.2	0.84	0.27	85	50	9.5			52	
345a	Barcelona nuts (weighed with shells)	2.3	11.3	0.9	117	0.4	165	30.0	35.5	0.52	0.17	53	31	5.9			32	
346	Brazil nuts	3.9	17.3	1.2	183	0.4	216	50.0	117.0	0.80	0.31	168	83	17.3			13	
346a	Brazil nuts (weighed with shells)	1.8	7.8	0.5	82	0.2	97	22.4	52.6	0.36	0.14	76	37	7.8			6	
347	Chestnuts	0.7	0.8	10.4	49	3.1	141	13.1	9.4	0.25	0.07	21	8	4.3			32	
347a	Chestnuts (weighed with shells)	0.5	0.6	8.6	40	2.6	117	10.8	7.8	0.21	0.05	17	7	3.5			27	
348	Cob nuts	2.6	10.2	1.9	113	0.4	98	12.5	15.9	0.30	0.06	65	21	1.7	11			
348a	Cob nuts (weighed with shells)	0.9	3.7	0.7	41	0.1	35	4.5	5.7	0.11	0.02	23	8	0.6	4			
349	Coconut, fresh	1.1	10.2	1.1	104	4.7	124	3.7	14.8	0.59	0.09	27	13	32.4			14	
350	Coconut milk	0.1	—	1.4	—	29.8	89	8.2	8.5	0.03	0.01	11	7	52.0			21	
351	Coconut, desiccated	1.9	17.6	1.8	178	8.1	214	6.4	25.5	1.02	0.16	46	22	55.8			24	
352	Peanuts	8.0	13.9	2.4	171	1.6	193	17.3	51.3	0.58	0.08	104	107	1.9	33			
352a	Peanuts (weighed with shells)	5.5	9.6	1.7	118	1.1	133	11.9	35.5	0.40	0.05	72	74	1.3	23			
353	Walnuts	3.6	14.6	1.4	156	0.8	195	17.3	37.2	0.67	0.09	145	30	6.5	24			
353a	Walnuts (weighed with shells)	2.3	9.4	0.9	100	0.5	124	11.1	23.8	0.43	0.06	93	19	4.2	15			



## Vegetables

No.	Food.	g. per oz.			Calories per oz.	mg. per oz.									Acid-base balance, c.c. per oz.	
		Protein (N × 6.25).	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
354	Artichokes, globe, boiled	0.3	Tr.	*0.8	4	4.2	93	12.4	7.7	0.14	0.03	11.3	4.4	23.7		22
354a	Artichokes, globe, boiled (weighed as served)	0.1	Tr.	*0.3	2	1.8	40	5.3	3.3	0.06	0.01	4.9	1.9	10.2		9
355	Artichokes, Jerusalem, boiled	0.5	Tr.	*0.9	5	0.7	119	8.6	3.2	0.12	0.03	9.4	6.1	16.4		23
356	Asparagus, boiled	1.0	Tr.	0.3	5	0.5	67	7.3	6.0	0.25	0.06	24.0	13.2	8.9	3	
356a	Asparagus, boiled (weighed as served)	0.5	Tr.	0.2	3	0.3	34	3.7	1.5	0.13	0.03	12.0	6.6	4.5	1	
357	Beans, baked	1.7	0.1	4.9	26	(168)	98	17.4	10.4	0.58	0.07	52.1	14.4	(230)		8
358	Beans, broad, boiled	1.2	Tr.	2.0	12	5.6	66	6.0	7.8	0.28	0.12	28.1	7.7	4.0		5
359	Beans, butter, raw	5.5	Tr.	14.2	76	17.4	485	24.1	46.5	1.68	0.35	90.4	31.1	13.2		101
360	Beans, butter, boiled	2.0	Tr.	4.9	26	4.6	113	5.3	9.5	0.47	0.05	24.5	13.4	0.7		17
361	Beans, French, boiled	0.2	Tr.	0.3	2	1.0	29	11.0	2.9	0.17	0.03	4.3	2.4	3.0		11
362	Beans, haricot, raw	6.1	Tr.	12.9	73	12.3	329	51.1	52.0	1.89	0.17	87.8	47.3	0.5		72
363	Beans, haricot, boiled	1.9	Tr.	4.7	25	4.3	91	18.3	12.6	0.71	0.04	34.6	13.1	0.3		14
364	Beans, runner, raw	0.3	Tr.	0.8	4	1.8	78	9.5	6.5	0.21	0.03	7.4	4.0	6.5		22
365	Beans, runner, boiled	0.2	Tr.	0.3	2	0.9	25	7.3	3.6	0.17	0.01	3.0	2.7	2.5		9
366	Beetroot, boiled	0.5	Tr.	2.8	13	18.2	99	8.5	4.8	0.20	0.04	10.1	6.3	21.5		25
367	Broccoli tops, boiled	0.9	Tr.	0.1	4	1.9	29	45.4	3.8	0.43	0.03	15.3	12.8	14.5		12
368	Brussels sprouts, boiled	0.7	Tr.	0.5	5	2.2	70	7.7	3.0	0.18	0.02	12.7	22.0	3.2		2
369	Cabbage, red, raw	0.5	Tr.	1.0	6	9.0	86	15.1	4.7	0.16	0.03	9.1	19.3	12.6		16
370	Cabbage, Savoy, raw	0.9	Tr.	0.9	7	6.4	75	21.3	5.5	0.26	—	19.2	25.0	6.3		7
371	Cabbage, Savoy, boiled	0.4	Tr.	0.3	3	2.3	35	14.9	2.0	0.20	0.02	7.7	8.6	2.7		8
372	Cabbage, spring, boiled	0.3	Tr.	0.2	2	3.5	31	8.5	1.8	0.13	0.02	9.0	7.6	1.8		4
373	Cabbage, winter, raw	0.8	Tr.	2.4	12	8.1	68	20.6	4.8	0.35	—	18.2	20.3	11.2		8
374	Cabbage, winter, boiled	0.2	Tr.	0.4	3	3.8	41	16.6	2.1	0.13	0.01	4.6	6.7	3.9		14

\* This vegetable contains inulin. 50 per cent. total carbohydrate taken to be available.

COMPOSITION PER OUNCE

Vegetables—continued

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.			
		Protein (N × 6.25).	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
375	Carrageen moss, dried ..	1.9	Tr.	0.1	8	823.0	596	240.0	179.0	2.52	0.15	58.3	1550.0	327.0	320			
376	Carrots, old, raw ..	0.2	Tr.	1.5	6	27.0	64	13.6	3.4	0.16	0.02	6.0	2.0	19.5			26	
377	Carrots, old, boiled ..	0.2	Tr.	1.2	5	14.2	25	10.4	1.8	0.11	0.02	4.7	1.4	8.8			13	
378	Carrots, young, boiled ..	0.3	Tr.	1.3	6	6.4	67	8.2	2.4	0.12	0.02	8.4	2.6	7.8			17	
379	Cauliflower, boiled ..	0.4	Tr.	0.3	3	3.2	43	6.5	1.9	0.14	0.02	9.4	8.4	3.3			5	
380	Celeriac, boiled ..	0.5	Tr.	0.6	4	8.0	114	13.2	3.4	0.24	0.04	20.2	3.6	6.6			25	
381	Celery, raw ..	0.3	Tr.	0.4	3	38.9	79	14.8	2.7	0.17	0.03	9.0	4.2	52.0			24	
382	Celery, boiled ..	0.2	Tr.	0.2	1	18.9	38	14.8	2.4	0.12	0.03	5.5	2.4	28.4			14	
383	Chicory, raw ..	0.2	Tr.	*0.4	3	2.1	52	5.2	3.6	0.20	0.04	5.9	3.6	7.1			12	
384	Cucumber, raw ..	0.2	Tr.	0.5	3	9.7	40	6.5	2.6	0.09	0.03	6.9	3.1	6.9			9	
385	Egg plant, raw ..	0.2	Tr.	0.9	4	0.7	68	3.0	2.7	0.11	0.02	3.4	2.6	17.3			13	
386	Endive, raw ..	0.5	Tr.	0.3	3	2.9	108	12.4	3.0	0.79	0.03	18.9	7.3	20.0			15	
387	Horseradish, raw ..	1.3	Tr.	3.1	17	2.2	164	33.8	10.2	0.58	0.04	19.9	60.2	5.3			17	
388	Leeks, boiled ..	0.5	Tr.	1.3	7	1.8	79	17.2	3.6	0.57	0.03	7.8	13.9	12.1			15	
389	Lentils, raw ..	6.8	Tr.	15.1	84	10.2	192	11.0	21.7	2.17	0.17	69.0	34.8	18.0			6	
390	Lentils, boiled ..	1.9	Tr.	5.2	27	2.7	62	3.0	5.9	0.63	0.08	22.7	10.6	3.6			1	
391	Lettuce, raw ..	0.3	Tr.	0.5	3	0.9	59	7.4	2.8	0.21	0.04	8.6	3.4	11.2			11	
392	Marrow, boiled ..	0.1	Tr.	0.4	2	0.3	24	3.9	1.9	0.06	0.01	3.6	1.6	3.9			5	
393	Mushrooms, raw ..	†0.5	Tr.	0.0	2	2.6	133	0.8	3.8	0.29	0.18	38.6	9.6	24.0			1	
394	Mushrooms, fried ..	†0.6	6.4	0.0	62	3.1	161	1.0	4.6	0.36	0.22	47.2	20.9	29.3			5	
395	Mustard and cress, raw ..	0.5	Tr.	0.3	3	5.4	96	18.7	7.8	1.29	0.03	18.6	48.2	25.3		7		
396	Onions, raw ..	0.3	Tr.	1.5	7	2.9	39	8.9	2.2	0.09	0.02	8.5	14.4	5.5		1		
397	Onions, boiled ..	0.2	Tr.	0.8	4	1.9	22	6.9	1.4	0.07	0.02	4.7	6.7	1.4		1		
398	Onions, fried ..	0.5	9.5	2.9	101	5.7	76	17.4	4.2	0.17	0.05	16.8	24.9	10.8		5		
399	Onions, spring, raw ..	0.3	Tr.	2.4	10	3.7	64	38.4	3.1	0.35	0.04	6.7	14.2	10.1		24		
400	Parsley, raw ..	1.5	Tr.	Tr.	6	9.4	307	92.2	14.8	2.27	0.15	36.3	—	44.3		—		
401	Parsnips, raw ..	0.5	Tr.	3.2	14	47.0	97	15.6	6.4	0.16	0.03	19.6	4.7	11.5		21		
402	Parsnips, boiled ..	0.4	Tr.	3.8	16	1.2	83	10.1	3.7	0.13	0.03	9.0	4.1	9.3		19		

403	Peas, fresh, raw ..	1.6	Tr.	3.0	18	0.1	97	4.3	8.6	0.53	0.07	29.5	14.2	10.8			3
404	Peas, fresh, boiled ..	1.4	Tr.	2.2	14	Tr.	49	3.6	6.1	0.35	0.04	23.6	12.4	2.2	4		
405	Peas, dried, raw ..	6.1	Tr.	14.2	78	10.8	280	17.2	33.0	1.34	0.14	86.0	36.7	17.0			29
406	Peas, dried, boiled ..	2.0	Tr.	5.4	28	3.6	76	6.9	8.6	0.41	0.05	32.1	11.1	2.6			3
407	Peas, split, dried, raw ..	6.3	Tr.	16.1	86	10.9	258	9.4	35.5	1.54	0.16	76.1	47.1	15.9			22
408	Peas, split, dried, boiled ..	2.3	Tr.	6.2	33	4.0	76	3.1	8.6	0.49	0.07	34.6	13.0	2.9			
409	Peas, tinned ..	1.7	Tr.	4.7	24	(74)	57	7.3	6.9	0.53	0.06	48.0	12.4	(90)			
410	Potatoes, old, raw ..	0.6	Tr.	5.9	25	1.9	161	2.2	6.9	0.21	0.04	11.4	9.8	22.3			29
411	Potatoes, old, raw, peel ..	0.7	Tr.	4.5	20	2.0	184	7.7	7.8	0.57	0.07	10.3	—	26.9			
412	Potatoes, old, boiled ..	0.4	Tr.	5.6	23	1.0	92	1.2	4.3	0.14	0.03	8.2	6.3	11.6			16
413	Potatoes, old, mashed ..	0.4	Tr.	5.1	34	(7)	86	3.3	4.1	0.13	0.03	9.3	6.4	(20)			14
414	Potatoes, old, baked in skins ..	0.7	Tr.	7.1	30	2.2	193	2.6	8.3	0.25	0.05	13.7	11.8	26.8			35
414a	Potatoes, old, baked in skins (weighed with skins) ..	0.6	Tr.	5.8	24	1.8	156	2.1	6.7	0.20	0.04	11.1	9.5	21.7			28
415	Potatoes, old, roast ..	0.8	0.3	7.8	35	2.4	211	2.9	9.1	0.28	0.06	15.1	16.0	29.3			36
416	Potatoes, old, "chips" ..	1.1	2.6	10.6	68	3.3	290	3.9	12.3	0.38	0.08	20.6	12.7	39.8			56
417	Potatoes, new, boiled ..	0.5	Tr.	5.2	21	11.5	94	1.4	5.6	0.13	0.04	9.4	6.9	12.9			20
418	Pumpkin, raw ..	0.2	Tr.	1.0	4	0.4	88	11.1	2.3	0.11	0.02	5.5	2.7	10.4			22
419	Radishes, raw ..	0.3	Tr.	0.8	4	16.8	68	12.4	3.2	0.54	0.04	7.7	10.6	5.3			20
420	Salsify, boiled ..	0.5	Tr.	0.8	5	2.4	52	17.0	4.0	0.35	0.03	15.0	7.2	13.0			8
421	Seakale, boiled ..	0.4	Tr.	0.2	2	1.1	14	13.6	3.0	0.17	0.02	9.5	14.8	3.5			
422	Spinach, boiled ..	1.4	Tr.	0.4	7	34.9	139	169.0	16.8	1.14	0.07	26.4	24.6	15.8			112
423	Spring greens, boiled ..	0.5	Tr.	0.3	3	2.9	34	24.4	2.4	0.38	0.02	8.7	8.1	4.6			12
424	Swedes, raw ..	0.3	Tr.	1.2	6	14.8	39	16.0	3.1	0.10	0.01	5.4	11.1	8.7			14
425	Swedes, boiled ..	0.3	Tr.	1.1	5	4.1	29	11.8	2.0	0.08	0.01	5.2	8.7	2.6			8
426	Sweet potatoes, boiled ..	0.3	Tr.	5.7	23	5.1	84	5.8	3.5	0.18	0.04	12.4	4.2	17.0			14
427	Tomatoes, raw ..	0.3	Tr.	0.8	4	0.8	82	3.8	3.1	0.12	0.03	6.1	8.0	14.5			16
428	Tomatoes, fried ..	0.3	1.7	0.9	20	0.9	95	4.4	3.6	0.14	0.03	7.1	2.6	16.8			19
429	Turnips, raw ..	0.2	Tr.	1.1	5	16.5	68	16.7	2.1	0.11	0.02	7.8	6.3	19.9			18
430	Turnips, boiled ..	0.2	Tr.	0.7	3	8.0	45	15.6	1.9	0.10	0.01	5.4	6.0	8.9			15
431	Turnip tops, boiled ..	0.8	Tr.	Tr.	3	1.9	22	27.8	2.9	0.88	0.03	12.8	11.1	4.2			6
432	Watercress, raw ..	0.8	Tr.	0.2	4	17.0	89	63.0	4.8	0.46	0.04	14.8	36.1	44.4			21

\* This vegetable contains inulin. 50 per cent. total carbohydrate taken to be available. † See p. 6.

COMPOSITION PER OUNCE

## Sugar, Preserves and Sweetmeats

No.	Food.	g. per oz.			Calories per oz.	mg. per oz.									Acid-base balance, c.c. per oz.	
		Protein (N. × 6.25).	Fat.	Available carbohydrate (as mono-saccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.
433	Blackcurrant purée ..	0.1	Tr.	11.4	43	3.1	57	9.7	3.4	0.45	0.04	7.1	9.1	3.7		12
434	Cherries, glacé ...	0.2	0.0	15.8	60	18.4	5	12.6	2.3	0.82	0.36	4.1	6.0	20.2		5
435	Chocolate, blended (1943)	2.6	10.2	14.9	161	(78)	110	72.0	18.8	0.58	0.14	64.0	—	52.0	—	—
436	Chocolate, milk (1935) ..	2.1	9.7	14.9	154	26.5	138	49.8	16.3	0.47	0.04	61.0	19.0	37.7	—	24
437	Chocolate, milk (1943) ..	2.5	10.7	15.5	167	(78)	99	69.9	16.7	0.49	0.14	62.0	—	48.2	—	—
438	Chocolate, plain (1935) ..	1.3	9.2	16.6	153	5.3	113	7.4	23.2	0.93	0.32	39.5	9.1	2.5	—	22
439	Chocolate, plain (1943) ..	1.6	10.0	14.9	155	(41)	73	17.9	37.2	0.82	0.23	39.2	—	1.4	—	—
440	Chutney, apple ..	0.2	Tr.	14.8	57	(48)	62	7.8	5.1	0.29	0.03	9.6	9.1	(71)	—	13
441	Chutney, tomato ..	0.3	Tr.	11.0	43	(37)	79	7.4	5.1	0.26	0.03	10.4	8.8	(61)	—	15
442	Comb honey ..	0.2	*1.3	21.2	80	2.0	10	2.2	0.6	0.06	0.01	9.2	0.2	7.5	3	—
443	Honey, in jars ..	0.1	Tr.	21.7	82	3.1	15	1.5	0.6	0.11	0.01	4.8	0.2	5.1	—	2
444	Ice cream ..	1.1	3.8	5.0	58	18.2	51	43.4	4.3	0.06	0.01	27.1	8.7	29.2	—	15
445	Jam, fruit with edible seeds	0.2	0.0	19.6	74	4.5	32	6.9	2.9	0.42	0.07	5.1	1.8	2.6	—	11
446	Jam, stone fruit ..	0.1	0.0	19.7	74	3.5	30	3.4	1.5	0.29	0.03	5.2	0.9	1.0	—	8
447	Jelly, packet ..	†1.7	0.0	17.7	73	7.2	7	8.9	1.3	0.49	0.05	2.0	10.4	8.5	—	∇1
448	Lemon curd ..	0.9	3.9	12.0	86	(18)	19	5.2	1.4	0.20	0.01	17.8	13.4	(24)	10	—
449	Marmalade ..	Tr.	0.0	19.8	74	5.2	12	9.9	1.1	0.16	0.03	3.6	0.6	2.0	—	8
450	Mincemeat ..	0.2	0.9	7.2	37	(59)	159	14.9	5.9	0.60	0.02	4.5	8.1	(129)	—	35
451	Sugar, Demerara ..	0.1	0.0	†29.6	112	1.8	25	4.9	4.2	0.25	0.02	5.7	4.0	10.0	—	9
452	Sugar, white ..	Tr.	0.0	†29.7	112	0.1	1	0.4	0.1	0.01	0.01	Tr.	Tr.	Tr.	—	∇1
453	Syrup, golden ..	0.1	0.0	22.4	84	76.6	69	7.5	2.7	0.41	0.03	5.7	15.3	11.8	—	41
454	Toffee, home made ..	0.1	1.8	25.6	113	(33)	26	3.1	1.1	0.16	0.01	2.8	5.9	(11)	—	15
455	Treacle, black ...	0.3	0.0	19.1	73	27.2	416	140.5	40.9	2.60	0.12	8.7	19.5	231.0	—	140

\* See note p. 93.

† See p. 6.

‡ See p. 6.

### Beverages

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.										Acid-base balance, c.c. per oz.		
		Protein.	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
456	Bournvita .. ..	3.2	2.1	19.2	105	102.0	188	25.3	48.2	0.94	0.28	116.7	69.0	52.5			13	
457	Bovril .. ..	*8.3	0.2	0.0	36	(1580)	1020	14.8	48.0	3.44	0.24	369.0	103.0	(1950)			145	
458	Cocoa powder .. ..	5.8	6.6	9.9	128	(185)	152	14.6	54.5	4.06	0.97	194.0	45.5	56.5			2	
459	Coffee, ground, roasted ..	3.6	4.4	8.1	85	20.8	575	37.8	66.8	1.16	0.23	45.7	31.3	6.7			180	
460	Coffee, infusion, 2 min. ..	0.1	Tr.	0.1	1	Tr.	19	0.6	1.6	Tr.	Tr.	0.4	—	Tr.	—	—	—	
461	Coffee, infusion, 5 min. ..	0.1	Tr.	0.1	1	Tr.	25	1.0	2.4	Tr.	Tr.	0.8	—	Tr.	—	—	—	
462	Coffee, infusion, 10 min. ..	0.1	Tr.	0.1	1	Tr.	30	1.1	3.0	Tr.	Tr.	1.2	—	Tr.	—	—	—	
463	Coffee, infusion, 20 min. ..	0.1	Tr.	0.1	1	Tr.	31	1.1	3.1	Tr.	Tr.	1.4	—	Tr.	—	—	—	
464	Lemonade .. ..	Tr.	Tr.	3.5	13	Tr.	4	0.2	0.2	Tr.	Tr.	0.3	Tr.	Tr.	—	—	1	
465	Malted milk, Horlick's ..	4.1	2.4	20.1	114	196.0	321	77.2	20.0	0.37	0.35	114.0	47.5	146.0			78	
466	Marmite .. ..	*2.8	Tr.	0.0	12	(1740)	978	22.0	78.4	1.48	0.56	535.0	108.0	(2200)			49	
467	Ovaltine .. ..	3.7	2.2	17.4	101	70.8	312	96.1	39.8	0.99	0.18	160.0	52.0	115.0			24	
468	Oxo cubes .. ..	*9.0	1.1	0.0	47	(3010)	761	28.8	45.4	3.98	0.09	310.0	91.0	(3980)			180	
469	Tea, Indian .. ..	4.4	0.0	0.0	17	12.6	612	121.0	72.0	4.32	0.45	178.0	50.2	14.7			132	
470	Tea, Indian, infusion ..	Tr.	0.0	0.0	<1	Tr.	5	0.1	0.3	Tr.	Tr.	0.3	—	Tr.	—	—	—	
471	Viol .. ..	1.3	3.6	16.9	102	(106)	102	30.6	17.4	5.00	0.13	75.5	23.5	(169)	9		—	

\*See pp. 6 and 95. •

COMPOSITION PER OUNCE

Beers (1938)

No.	Food.	c.c. per pint Alcohol	g. per pint.			Calories per pint.	mg. per pint.										Acid-base balance, c.c. per pint.	
			Protein (N × 6.25).	Fat.	Available carbohydrate (as mono-saccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.	
472	Mild ale, draught	25.2	2.8	Tr.	17.4	252	130	235	66	43.1	0.28	0.73	83	114	203		3	
473	Mild ale, bottled	26.8	1.7	Tr.	20.7	273	109	303	71	56.0	0.45	0.39	101	141	202	4		
474	Pale ale, draught	33.7	1.7	Tr.	17.9	310	76	314	61	58.9	0.28	0.45	120	130	198	21		
475	Pale ale, bottled	34.5	1.1	Tr.	16.8	308	76	291	76	58.9	0.39	0.34	99	134	177	2		
476	Strong ale ..	45.0	2.8	Tr.	27.4	428	108	499	95	80.7	0.56	0.62	160	191	305	19		
477	Stout ..	26.7	2.2	Tr.	23.0	282	117	381	58	65.0	0.78	0.67	130	130	200		10	

Condiments

No.	Food.	g. per oz.			Calories per oz.	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein (N × 6.25).	Fat.	Available carbohydrate (as mono-saccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.	
478	Curry powder ..	2.7	3.1	7.4	67	128	520	181	81	21.30	0.30	77	24	134		244	
479	Ground ginger ..	2.1	*0.9	17.0	74	10	258	28	38	4.90	0.13	39	41	11		61	
480	Mustard ..	8.2	8.1	5.9	132	1	268	95	73	3.10	0.06	50	364	18	88		
481	Pepper ..	2.5	*1.8	19.3	88	2	12	36	13	2.90	0.32	37	28	17		82	
482	Salt, block ..	0.0	0.0	0.0	0	11,000	Tr.	65	10	0.07	0.11	Tr.	114	16,900	30		
483	Table salt "A" †	0.0	0.0	0.0	0	11,000	Tr.	42	142	0.15	0.16	21	10	17,000		120	
484	Table salt "B" †	0.0	0.0	0.0	0	11,200	Tr.	3	50	0.09	0.19	Tr.	7	17,200		40	
485	Vinegar ..	0.1	0.0	0.2	1	6	25	4	6	0.13	0.01	9	5	13		3	

\* See note p. 97. † See note p. 96.

### Vegetable Fats

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein (N x 6.25).	Fat.	Carbo-hydrate.		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.	
486	Margarine .. ..	0.1	24.2	0.0	226	(90)	1	1.2	0.3	0.09	0.01	3.4	3.4	(141)	4	<1	
487	Olive oil .. ..	Tr.	28.4	0.0	264	Tr.	Tr.	0.1	0.1	0.02	0.02	Tr.	Tr.	Tr.			

### Cakes and Pastries

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.										Acid-base balance, c.c. per oz.	
		Protein.	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N/10 Acid.	N/10 Alkali.	
488	Buns (1943) .. ..	2.5	1.7	16.2	87	(34)	56	(23)	13.1	0.77	0.09	48.3	—	(37)	—	—	
489	Cherry cake .. ..	1.3	6.8	16.0	129	(39)	20	9.1	2.9	0.35	0.09	20.1	17.9	(36)	5	—	
490	Chocolate cakes ..	1.8	6.6	15.8	128	(61)	26	6.4	4.0	0.36	0.02	29.2	23.8	(51)	8	—	
491	Coconut cakes ..	2.0	6.6	15.5	128	(47)	49	9.9	6.5	0.31	0.03	28.8	23.5	(48)	3	—	
492	Currant buns (1936) ..	2.1	2.2	15.4	87	(29)	52	10.2	6.3	0.60	0.02	18.4	20.8	(55)	5	—	
493	Currant cake .. ..	1.7	5.2	17.2	120	(43)	59	9.8	5.0	0.33	0.04	24.1	21.8	(42)	—	9	
494	Currant cake (1943) ..	1.9	3.1	14.6	91	(169)	60	(19)	9.7	0.69	0.08	(93)	—	(96)	—	—	
495	Doughnuts .. ..	1.7	4.5	13.8	101	(17)	32	6.1	4.7	0.46	0.03	15.6	16.0	(25)	5	—	
496	Dundee cake .. ..	1.1	4.3	17.7	110	(40)	96	14.3	7.8	0.57	0.05	22.3	15.6	(51)	—	17	
497	Eccles cakes .. ..	1.4	8.3	14.6	138	(47)	51	7.1	4.7	0.23	0.04	16.2	16.2	(78)	2	—	
498	Ginger biscuits ..	1.7	4.7	20.2	127	(94)	40	6.1	4.3	0.36	0.02	21.6	23.1	(40)	—	18	
499	Gingerbread .. ..	1.6	3.7	18.0	109	(95)	45	10.1	4.4	0.36	0.02	23.0	22.2	(30)	—	25	
500	Ginger cake (1943) ..	1.9	2.6	15.5	90	(276)	43	(19)	10.9	1.33	0.07	(133)	—	(93)	—	—	
501	Jam tarts, flaky pastry	0.7	4.5	16.0	105	(29)	27	4.3	2.9	0.27	0.03	10.3	8.8	(45)	1	—	
502	Jam tarts, short pastry	0.9	3.8	17.3	104	(33)	29	4.5	3.2	0.28	0.03	11.9	10.5	(51)	2	—	
503	Jam tarts, economical ..	1.7	5.6	18.3	128	(47)	35	(36)	7.9	0.47	0.09	(67)	—	(45)	—	—	
504	Lemon curd tarts ..	1.6	6.9	14.3	125	(50)	25	4.6	3.5	0.21	0.01	20.0	19.0	(78)	14	—	
505	Mince pies .. ..	1.3	5.6	12.2	103	(43)	76	7.9	5.1	0.35	0.02	14.3	16.5	(116)	—	3	

COMPOSITION PER OUNCE (OR PER PINT)



## Cakes and Pastries—continued

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.										Acid-base balance, c.c. per oz.		
		Protein.	Fat.	Avail-able carbo-hydrate (as mono-saccha-rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
506	Oatmeal biscuits ..	2.5	6.8	17.7	143	(78)	57	10.2	15.0	0.61	0.04	57.8	31.8	(38)	2	—	—	
507	Oatmeal biscuits, eco- nomical	2.7	5.3	20.8	139	(34)	70	(20)	20.6	0.82	0.08	71.3	—	(61)	—	—	—	
508	Orange cake ..	1.7	7.2	15.3	132	(56)	26	5.9	3.3	0.28	0.01	24.9	22.3	(54)	8	—	—	
509	Pastry, flaky, raw ..	1.3	8.4	20.2	121	(49)	19	2.7	3.1	0.15	0.01	14.1	15.0	(82)	11	—	—	
510	Pastry, flaky, baked ..	1.5	10.2	12.4	147	(62)	23	3.3	3.8	0.18	0.01	17.0	18.2	(100)	13	—	—	
511	Pastry, short, raw ..	1.6	7.1	12.7	119	(57)	23	3.3	3.9	0.17	0.01	17.0	18.2	(92)	13	—	—	
512	Pastry, short, baked ..	1.9	8.6	15.5	146	(70)	28	4.0	4.7	0.21	0.02	20.9	22.3	(113)	15	—	—	
513	Pastry, economical, raw	2.0	6.9	14.1	126	(56)	30	(43)	9.1	0.45	0.07	(81)	—	(55)	—	—	—	
514	Pastry, economical, baked	2.4	8.3	17.0	152	(68)	36	(52)	10.9	0.55	0.08	(98)	—	(67)	—	—	—	
515	Pastry, potato, raw ..	2.0	4.2	13.9	99	(109)	52	(13)	9.4	0.43	0.06	29.8	—	(175)	—	—	—	
516	Pastry, potato, baked ..	2.6	5.4	18.1	129	(142)	68	(16)	12.2	0.57	0.09	39.0	—	(228)	—	—	—	
517	Plain biscuits, economical	2.7	6.0	20.1	142	(43)	37	(36)	9.5	0.58	0.07	(76)	—	(46)	—	—	—	
518	Plain cake, economical ..	2.0	5.7	15.0	117	(44)	31	(34)	6.7	0.42	0.06	(67)	—	(46)	—	—	—	
519	Queen cakes ..	1.7	6.4	16.8	129	(46)	49	9.2	4.4	0.30	0.03	26.8	22.6	(37)	1	—	—	
520	Rock buns ..	1.6	4.8	18.4	120	(44)	54	13.9	5.3	0.21	0.03	22.2	18.1	(41)	—	7	—	
521	Rock cakes ..	1.7	4.5	18.6	119	(43)	68	12.0	5.7	0.31	0.05	23.9	21.0	(38)	—	8	—	
522	Rock cakes, economical	2.2	3.6	18.4	112	(41)	79	(44)	9.7	0.53	0.08	(81)	—	(34)	—	—	—	
523	Scones (with egg) ..	2.4	3.0	17.0	102	(48)	42	13.4	5.7	0.28	0.02	33.4	28.7	(36)	7	—	—	
524	Scones (without egg) ..	2.2	3.8	16.3	106	(47)	46	17.9	6.1	0.19	0.02	31.0	24.2	(35)	—	—	1	
525	Shortbread ..	1.7	7.7	18.4	148	(24)	26	4.5	4.3	0.18	0.02	19.6	19.5	(40)	13	—	—	
526	Sponge cake ..	2.5	2.0	15.6	88	23	33	9.9	3.9	0.46	0.01	41.2	34.9	29	30	—	—	
527	Swiss roll (1943) ..	1.5	0.7	16.3	74	(186)	37	(20)	6.6	0.72	0.16	(100)	—	(69)	—	—	—	
528	Welsh cheese cakes ..	1.3	5.4	17.1	120.	(39)	28	5.0	3.5	0.28	0.03	17.5	16.1	(40)	3	—	—	



## Puddings

No.	Food.	g. per oz.			Calories per oz.	mg. per oz.									Acid-base balance, c.c. per oz.	
		Protein	Fat.	Available carbohydrate (as monosaccharides)		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali.
529	Apple Charlotte...	0.4	4.5	8.1	74	(21)	28	2.1	1.6	0.12	0.03	6.4	3.6	(31)		4
530	Apple dumpling...	0.6	2.7	8.1	58	(12)	31	1.9	1.9	0.12	0.03	9.3	7.3	(20)	1	
531	Apple pudding ..	0.7	3.6	9.1	71	(14)	21	1.8	2.0	0.10	0.02	8.8	8.6	6		1
532	Apple tart ..	0.6	2.5	9.4	61	(20)	28	1.7	1.8	0.10	0.02	8.3	6.8	(33)	1	
533	Banana custard ..	0.7	0.7	5.2	29	9	64	23.9	6.7	0.07	0.02	21.3	6.9	26		12
534	Blancmange ..	0.9	1.1	5.3	34	13	44	33.1	3.8	0.05	0.01	26.8	8.0	28		7
535	Bread pudding, economical	1.8	3.2	11.4	80	(60)	57	(17)	7.1	0.45	0.05	(38)		(66)		
536	Bread and butter pudding	1.6	2.3	4.9	46	(32)	56	33.7	4.9	0.18	0.02	35.4	16.4	(54)		1
537	Cabinet pudding ..	1.3	1.3	5.8	39	(30)	56	24.7	4.6	0.18	0.02	27.9	9.9	(44)		7
538	Canary pudding...	1.8	7.0	15.7	134	(49)	26	7.5	6.6	0.27	0.01	26.6	22.9	(40)	8	
539	Castle pudding, baked ..	1.7	6.8	15.2	130	(47)	24	6.3	3.3	0.26	0.01	25.0	22.1	(38)	8	
540	Castle pudding, steamed	1.5	5.9	13.2	110	(41)	21	5.5	2.9	0.22	0.01	21.8	19.3	(33)	7	
541	Chocolate mould ..	0.9	1.1	6.2	37	16	45	31.9	4.5	0.10	0.02	28.0	8.2	28		7
542	College pudding ..	1.2	6.8	13.8	120	(77)	66	9.4	4.3	0.34	0.04	21.1	16.4	(52)		20
543	Custard, egg, baked ..	1.5	1.7	2.8	32	19	50	36.1	4.3	0.14	0.01	37.1	16.6	35	2	
544	Custard, egg, boiled ..	1.3	1.5	3.8	34	17	44	32.1	3.9	0.13	0.01	33.0	14.7	31	2	
545	Custard, powder ..	0.9	1.1	5.0	33	13	46	34.7	4.0	0.04	0.01	27.9	8.4	28		7
546	Custard tart ..	1.5	4.1	8.0	74	(37)	38	20.7	4.2	0.16	0.01	27.6	17.1	(60)	6	
547	Dumpling ..	0.9	3.2	6.8	59	(139)	13	1.8	2.1	0.09	0.01	8.9	10.5	(177)		4
548	Gooseberry tart ..	0.7	2.7	9.0	62	(22)	38	5.3	2.5	0.11	0.02	11.2	9.1	(35)		1
549	Gooseberry tart with potato pastry	1.1	1.9	6.8	47	(49)	57	(11)	4.8	0.25	0.05	18.9		(80)		
550	Jam omelette ..	2.7	4.1	7.7	78	(34)	39	13.9	3.3	0.54	0.02	50.0	39.0	(41)	34	
551	Jam roll, baked ..	1.3	5.4	15.7	114	(43)	28	4.1	3.7	0.24	0.03	14.7	14.4	(39)		1
552	Jelly ..	*0.6	0.0	5.4	22	2	2	2.7	0.4	0.15	0.02	0.7	3.2	3		1
553	Jelly, milk ..	*1.0	0.5	5.9	31	9	25	19.7	2.4	0.16	0.02	14.1	7.2	16		4

\* See p. 6.

## Puddings—continued

No.	Food.	g. per oz.			Calories per oz.	mg. per oz.									Acid-base balance, c.c. per oz.			
		Protein.	Fat.	Available carbohydrate (as monosaccharides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
554	Pancakes .. .. .	1.4	4.3	10.6	85	(25)	37	20.8	4.0	0.15	0.01	26.4	15.9	(43)	5			
555	Plum tart (weighed with stones)	0.7	2.7	9.3	62	(22)	34	3.0	2.5	0.10	0.02	8.2	7.4	(35)			2	
556	Queen of puddings .. .	1.5	2.8	6.7	57	(36)	41	24.8	4.1	0.24	0.02	31.9	17.0	(53)	5			
557	Rhubarb tart .. .	0.7	2.7	8.7	60	(22)	69	15.8	3.4	0.12	0.02	9.3	7.9	(47)			14	
558	Rice pudding .. .	1.3	2.6	6.1	52	(18)	54	39.0	4.8	0.04	0.01	34.2	12.1	(38)			5	
559	Rice pudding, economical	1.4	0.7	5.4	33	(23)	48	42.3	4.1	0.04	0.05	38.4	—	(42)	—		8	
560	Sago pudding .. .	0.9	1.1	5.9	35	14	43	32.8	3.9	0.05	0.01	25.9	7.8	27			5	
561	Semolina pudding .. .	1.2	1.1	5.7	37	14	49	34.0	4.8	0.06	0.01	29.7	10.7	29			11	
562	Suet pudding, plain .. .	1.1	5.1	10.6	92	(57)	27	12.7	3.5	0.12	0.01	17.0	11.4	(44)			20	
563	Suet pudding with raisins	1.0	4.4	11.8	90	(51)	58	13.1	4.7	0.16	0.02	15.7	10.6	(38)			—	
564	Suet pudding with sultanas, economical	1.2	2.6	11.0	70	(20)	53	(32)	5.6	0.26	0.05	(50)	—	12			—	
565	Syrup sponge pudding, economical	1.5	4.2	15.3	101	(47)	36	(26)	5.3	0.38	0.04	(50)	—	(35)			—	
566	Tapioca pudding .. .	0.9	1.1	6.1	36	14	44	32.9	3.9	0.28	0.01	27.0	8.1	27			7	
567	Treacle tart .. .	1.0	3.8	17.8	107	(73)	45	5.5	3.3	0.29	0.02	13.1	17.8	(68)			10	
568	Trifle .. .	1.1	1.1	8.0	45	(14)	43	28.2	3.9	0.13	0.01	27.2	11.2	(26)			3	
569	Yorkshire pudding .. .	2.0	2.7	7.7	62	(117)	49	28.7	5.2	0.19	0.02	36.4	21.1	(188)	8		—	
570	Yorkshire pudding, economical	1.7	3.2	8.0	67	(158)	23	(44)	6.0	0.36	0.06	(84)	—	(201)			—	

### Meat and Fish Dishes

No.	Food.	g. per oz.			Calor-ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.	
		Protein.	Fat.	Avail-able carbo-hydrate (as glucose).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	$\frac{N}{10}$ Acid.	$\frac{N}{10}$ Alkali
571	Beef steak pudding ..	2.9	3.7	6.1	69	(223)	47	2.1	4.4	0.53	—	37.3	30.3	(318)	19	
572	Beef stew ..	3.1	1.7	0.7	31	(204)	66	3.9	4.7	0.71	—	45.3	33.8	(306)	25	
573	Curried meat ..	2.3	3.2	2.5	48	(84)	72	9.3	5.8	1.39	—	28.7	27.9	(124)	7	
574	Fish cakes ..	3.5	4.0	2.8	61	(119)	85	5.6	5.2	0.22	0.04	48.1	41.0	(185)	26	
575	Fish cakes, economical ..	3.0	0.5	4.0	32	(100)	97	7.4	6.3	0.26	0.04	43.8	—	(154)	—	—
576	Fish pie ..	2.5	4.3	1.9	58.	(146)	71	14.6	4.6	0.16	0.02	40.7	30.0	(225)	16	—
577	Hot pot ..	2.8	1.3	3.2	36	(164)	132	6.2	7.1	0.66	—	42.2	33.2	(253)	5	—
578	Irish stew ..	1.1	3.1	2.2	41	(101)	63	2.9	3.4	0.26	—	16.2	14.2	(159)	—	—
578a	Irish stew (weighed with bones)	1.0	2.9	2.1	39	(93)	58	2.7	3.1	0.24	—	15.0	13.1	(147)	—	—
579	Kedgerree ..	3.4	2.0	2.8	43	(312)	46	6.0	6.8	0.29	—	47.8	44.8	(459)	33	—
580	Sausage roll, flaky pastry	2.1	10.2	10.1	141	(115)	32	3.8	3.8	0.37	0.02	22.6	20.3	(173)	13	—
581	Sausage roll, short pastry	2.3	8.8	11.4	134	(128)	36	4.3	4.3	0.41	0.02	25.4	22.6	(189)	13	—
582	Sausage roll, short pastry, economical	2.9	7.4	13.3	130	(126)	54	(42)	12.5	0.65	0.09	(87)	—	(154)	—	—
583	Sausage roll, potato pastry	2.8	5.2	13.0	108	(166)	70	(18)	12.5	0.61	0.09	45.2	—	(247)	—	—
584	Shepherd's pie ..	2.0	1.5	3.5	35	(105)	83	4.3	4.7	0.66	—	25.1	22.8	(166)	4	—
585	Steak and kidney pie ..	4.4	5.4	4.8	85	(225)	69	2.9	5.9	1.58	—	60.5	44.4	(339)	40	—
586	Toad-in-the-hole ..	2.2	5.8	5.3	83	(199)	46	19.0	4.5	0.40	0.02	35.5	22.8	(297)	9	—

COMPOSITION PER OUNCE

## Egg and Cheese Dishes

No.	Food.	g. per oz.			Calories per oz.	mg. per oz.										Acid-base balance, c.c. per oz.		
		Protein.	Fat.	Available carbo- hydrate (as mono- saccha- rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
587	Buck rarebit .. ..	4.1	8.7	4.6	114	(122)	35	94.5	8.0	0.31	0.02	80.7	40.7	(195)	16			
588	Cheese omelette .. ..	5.0	8.8	Tr.	102	(402)	42	89.9	7.3	0.63	0.02	101.0	60.7	(620)	40			
589	Cheese pudding, eco- nomical	2.5	2.1	2.9	41	(140)	39	55.3	6.1	0.25	0.04	55.0	—	(217)	—	—	—	
590	Cheese straws .. ..	4.7	13.5	7.3	172	(234)	32	116.0	8.9	0.27	0.02	93.0	44.9	(376)	20			
591	Macaroni cheesé .. ..	2.2	3.6	4.3	59	(190)	39	56.6	7.3	0.10	0.01	45.9	19.7	(301)	—	>	—	
592	Macaroni cheesé, eco- nomical	1.6	1.7	3.6	36	(74)	22	41.8	4.7	0.09	0.03	35.5	—	(126)	—	—	—	
593	Omelette .. ..	2.2	8.6	0.0	89	(286)	26	11.1	2.4	0.46	0.01	40.7	31.4	(431)	29			
594	Scotch egg .. ..	3.1	5.5	2.9	75	(153)	47	10.1	4.0	0.77	0.02	47.2	35.8	(210)	25			
595	Scrambled eggs .. ..	2.9	7.1	0.2	79	(358)	38	17.4	3.4	0.59	0.01	54.0	41.0	(540)	36			
596	Scrambled eggs with dried eggs	3.7	7.4	0.0	84	(430)	41	16.3	3.6	0.67	0.02	68.7	53.5	(680)	61			
597	Welsh rarebit .. ..	4.3	10.1	5.9	133	(146)	34	116.0	9.3	0.19	0.02	85.7	38.3	(245)	8			

### Sauces and Soups

No.	Food.	g. per oz.			Calor- ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.			
		Protein.	Fat.	Avail- able carbo- hydrate (as mono- saccha- rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
598	Bread sauce .. ..	1.1	1.4	3.6	32	(92)	44	29.5	4.4	0.06	0.01	26.1	9.6	(145)			6	
599	Bone and vegetable broth	1.1	1.3	0.3	18	(21)	18	4.8	0.9	0.08	0.01	2.8	—	(21)	—	—	—	
600	Bone and vegetable broth (Bickiepegs)	1.3	—	0.1	—	14	12	2.9	1.1	0.08	0.01	2.0	—	16	—	—	—	
601	Cheese sauce .. ..	1.9	3.7	2.5	52	(155)	45	57.7	5.4	0.06	0.01	42.6	17.2	(249)			4	
602	Egg sauce .. ..	1.4	2.9	2.4	41	(133)	45	29.9	4.1	0.14	0.01	32.3	15.6	(209)	1		6	
603	Onion sauce .. ..	0.7	1.6	2.0	25	(86)	36	21.7	3.1	0.06	0.02	17.9	7.9	(137)			6	
604	Potato soup .. ..	0.6	1.2	3.1	26	(94)	27	13.1	4.5	0.11	0.02	14.8	8.4	(155)	>1		—	
605	Soup, mixed .. ..	0.6	0.4	1.2	10	(62)	38	9.6	2.0	0.40	Tr.	11.4	—	(110)	—	—	—	
606	White sauce, savoury ..	1.1	2.8	2.8	41	(148)	46	32.2	4.2	0.04	0.01	27.3	10.1	(236)			6	
607	White sauce, sweet ..	1.0	2.5	5.2	47	18	42	29.5	3.8	0.04	0.01	25.0	9.3	34			5	

### Vegetable Dishes

No.	Food.	g. per oz.			Calor- ies per oz.	mg. per oz.									Acid-base balance, c.c. per oz.			
		Protein	Fat.	Avail- able carbo- hydrate (as mono- saccha- rides).		Na.	K.	Ca.	Mg.	Fe.	Cu.	P.	S.	Cl.	N 10	Acid.	N 10	Alkali.
608	Potato cakes .. ..	1.0	0.1	10.0	43	(177)	104	6.9	7.7	0.28	0.05	17.9	—	(283)	—	—	—	
609	Vegetable pie with potato pastry	0.8	1.0	6.1	36	(121)	99	9.8	6.3	0.23	0.04	14.2	—	(192)	—	—	—	

COMPOSITION PER OUNCE

## PHYTIC ACID PHOSPHORUS IN FOODS

	<i>Phytic acid phosphorus as per cent. of total phosphorus.</i>		<i>Phytic acid phosphorus as per cent. of total phosphorus.</i>
<i>Cereals and cereal foods—</i>		<i>Nuts—</i>	
All-Bran, Kellogg's ..	76	Almonds .. ..	82
Barley, pearl .. ..	66	Barcelona nuts .. ..	83
Biscuits, digestive ..	61	Brazil nuts .. ..	86
Bread, brown (92%) ..	55	Chestnuts .. ..	18
" "National wheat- meal" (85%) .. ..	30	Cob nuts .. ..	74
" white .. ..	15	Coconut .. ..	81
" Hovis .. ..	38	Peanuts .. ..	57
Cornflakes .. ..	25	Walnuts .. ..	42
Flour, English or Mani- toba, 100% extraction ..	70	<i>Vegetables—</i>	
" 85% .. ..	55	Artichokes, Jerusalem, boiled .. ..	25
" 80% .. ..	47	Beans, broad, boiled ..	5
" white .. ..	30	" butter, raw .. ..	84
Oatmeal, raw .. ..	70	" haricot, raw .. ..	73
Rice, polished .. ..	61	Carrots, raw .. ..	16
Rye, 100% extraction ..	72	Cauliflower, boiled ..	0
" 85% .. ..	54	Celery, raw .. ..	0
" 75% .. ..	44	Lentils, raw .. ..	51
" 60% .. ..	31	Mushrooms, raw .. ..	0
Ryvita .. ..	54	Onions, raw .. ..	0
Sago .. ..	Tr.	Parsnips, raw .. ..	31
Shredded Wheat .. ..	80	Peas, fresh, raw .. ..	11
Soya. Full fat or low fat flour or grits .. ..	31	" dried, raw .. ..	80
Tapioca .. ..	0	" split, raw .. ..	57
Vita-Weat .. ..	59	" tinned .. ..	17
		Potatoes, old, boiled ..	19
		" new, boiled .. ..	23
<i>Fruit—</i>		Spinach, boiled .. ..	0
Apples .. ..	0	Swedes, raw .. ..	0
Bananas .. ..	0	Turnips, raw .. ..	0
Blackberries .. ..	16		
Figs, dried .. ..	13	<i>Cocoa and chocolate—</i>	
Prunes, dried .. ..	0	Chocolate, milk .. ..	18
		Cocoa .. ..	15

## ACKNOWLEDGMENTS

For many years A. W. Haynes took an active part in the practical work involved in the preparation of these food tables. We have very much enjoyed his cheerful and efficient co-operation throughout this long period of time, and we take this opportunity of thanking him for all he has done.

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PRINTED AND PUBLISHED BY HIS MAJESTY'S STATIONERY OFFICE

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