

Balanced Diets



BALANCED DIETS

PREPARED AND ISSUED

BY

THE BOMBAY PRESIDENCY BABY AND
HEALTH WEEK ASSOCIATION

FOREWORD

BY

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FEW OF THE OPINIONS.

Calcutta, dated 29th April 1935.

This pamphlet supplied a much needed want, namely, to put it dietetically, to give a simple digest of the modern knowledge of food and nutrition. The arrangement and get-up of the pamphlet show as much care, foresight, and thought as the matter contained therein. The plate on the first page strikes a clear note, it does not tell in detail how to make a good diet but by appeal to the eye calls forth the interest. He who runs may read. It clearly realises that the prime need above all is to arouse interest in food and nutrition and its relation to health. The appetite of the casual reader will thus be stimulated to turn over the pages where clear direct information on the methods of making up an inexpensive diet is described.

—H. ELLIS C. WILSON, M.B., CH.B., D.SC.,
Professor of Biochemistry and Nutrition,
All-India Institute of Hygiene and Public Health.

II

Simla, dated 29th April 1935.

The pamphlet on "Balanced Diets" prepared by the Bombay Presidency Baby and Health Association is an admirable publication. The "nutrition" problem is coming to be regarded as a most serious one in India and there is no doubt that masses of people, especially children, are chronically undernourished. This is the more tragic when it is realised that the cause is not so much insufficient food as wrong kinds of food and wrong proportions in food-stuffs. Some of the information in this pamphlet has been available before but never in a practical form based on experience. The ordinary citizen has now available for him in a simple form, information on what he should eat, how much he should eat, and what it will cost him. I hope the pamphlet will have the wide circulation it deserves.

--RUTH YOUNG, M.B.E., W.M.S.,
Director, Maternity and Child Welfare Bureau,
Indian Red Cross Society.

III

Pusa (Bihar), dated 25th April 1935.

I have read the pamphlet on "Balanced Diets" with great interest. It is an admirable piece of work and you have done a great service to the country.

I note with pleasure that you have made use of my process of malting jowar. I shall be glad to hear of your further experiences and to be of any further service in that line.

—RAO BAHADUR B. VISWANATH, F.I.C., F.C.S.,
Imperial Agricultural Chemist,
Imperial Department of Agriculture in India.

IV

Bombay, dated 4th May 1935.

The pamphlet sets forth simple dietaries which enable poor people to solve their food problems at little or no extra cost and with considerable gain to their health. The potentialities of this campaign are unlimited; it is fraught with good for the peoples of India, and it is therefore deserving of recognition and support by health authorities everywhere. Sir Robert McCarrison retired from India last month; the best monument to him is the vigorous prosecution of the task he so ably undertook.

—*The Times of India.*

London, May 4th 1935.

The pamphlet represents the results of an attempt made with the co-operation of Sir Robert McCarrison and others to devise, by actual feeding experiments on school children, a diet that will satisfy physical needs at a cost of from 5 to 7 rupees per month. In this attempt Dr. Tilak and his associates appear to have attained high measure of success by the inclusion with the staple food grains, in common use by the people of India, of soya beans, skim milk powder, rice polishings, fresh ground nut cake, and preparations of sprouted seeds*** We congratulate the Bombay Presidency Baby and Health Week Association on this practical demonstration of what can be effected in improving the diet of the Indian people by the prudent application of existing knowledge.

—British Medical Journal of the British
Medical Association.

The pamphlet gives general information on balanced diets and shows how a person with a very limited income can best spend his money on food so that he may secure a diet as nearly balanced as possible and thus protect himself and his progeny from the ravages of malnutrition—a condition that is shown to be the root cause of many diseases and of lowered general efficiency commonly found in India.

It also incorporates the results of the nutrition work of the past two years of the Association and points out that malnutrition is found more or less in all classes of people.

FOREWORD

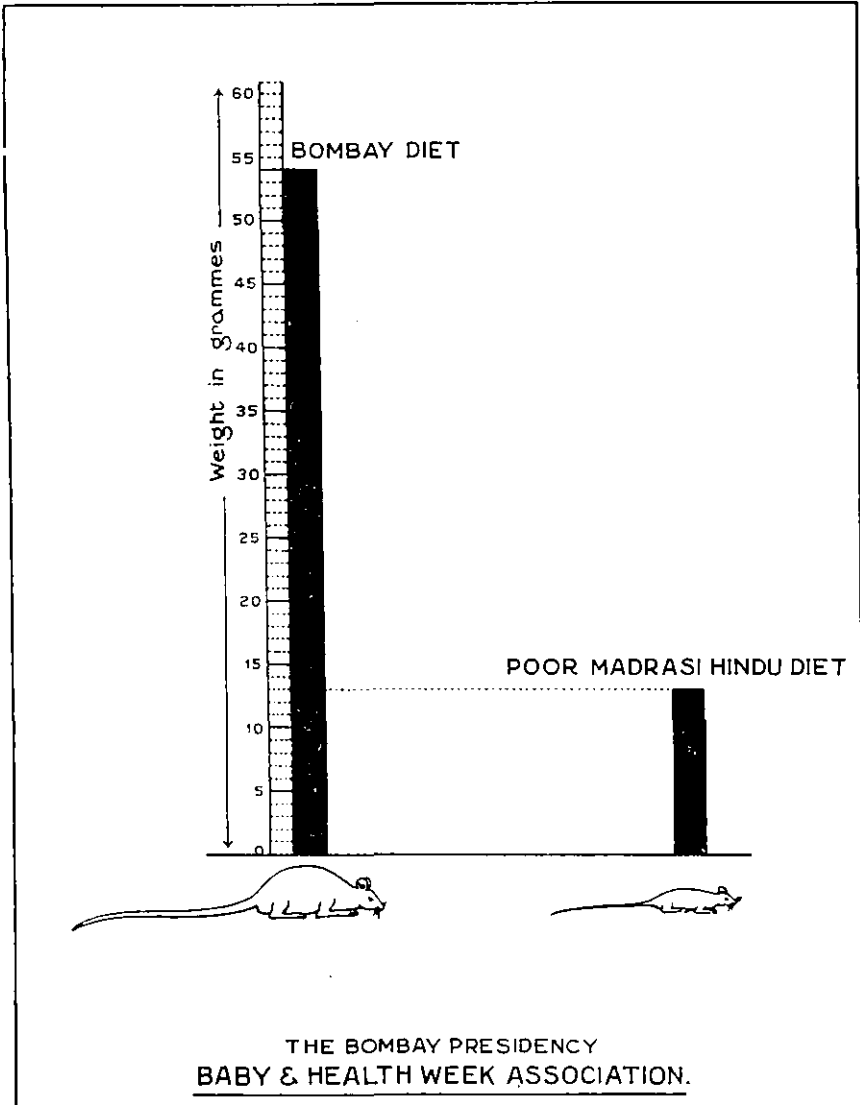
This pamphlet on "Balanced Diets", is one of the best of its kind that I have ever seen. It is accurate in detail, makes use of existing knowledge of food and nutrition in a way most admirable, and goes far to solve the problem facing millions of people in this country; how to obtain a reasonably good diet for Rs. 5 to 7 a month. It should be circulated widely, its principles taught in the schools and practised in the homes of the people. If this be done, great benefits will accrue to those whose need is greatest—the poorer classes.

Nutrition Research Laboratories, }
Indian Research Fund Association, } R. McCARRISON.
Coonoor, 15th March 1935.

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BOMBAY DIET

(INTRODUCED BY THE ASSOCIATION)

It contains a variety of whole grains some of which are sprouted. It also includes *soya beans, skim milk powder and butter.* Vegetables are given in larger proportion.

(See page 3 for reference)

POOR MADRASI HINDU DIET

(from McCARRISON)

It contains an excess of highly polished rice with very little of vegetables and milk.