

Practical Nutrition

Alice B. Peyton, B.S., M.S.

Professional Edition

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Alice B. Peyton, B.S., M.S.

Associate Professor of Home Economics, The College of St. Catherine, St. Paul, Minn.; Formerly Assistant Professor of Nutrition and Dietetics, Frances Payne Bolton School of Nursing, Western Reserve University, Cleveland, Ohio; Formerly Nutrition Consultant, Family Nursing Service, St. Paul, Minn.



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Practical Nutrition



This remarkable picture dramatizes the fact that Americans are the best fed people on earth. The picture shows all the food—2½ tons of it—that an average United States family of four eats in a year's time, according to U.S. Department of Agriculture statistics. (A & P Food Stores)

Preface

This book has been written to fill the need for a simple and practical presentation of nutrition, diet therapy and food economics.

Though the book has been planned and developed with the needs of the Practical Nursing student in mind, it is hoped that it will serve as an authoritative source of information for both the homemaker and the individual who wishes to develop better food habits and promote better health.

The book is the result of many years' teaching experience at both secondary and college level, of teaching adult classes and of teaching nurses in training courses and in service.

Trends today show that students enrolled in nursing have either already established their own homes or plan to do so in the near future. This provides an excellent opportunity for teaching, since the laws of readiness for learning are already in effect. This interest may be sustained by presenting the material in a practical manner. The book has been developed around the central theme of attaining better living through planning adequate diets for health and in sickness, and learning to buy and budget the family money.

The Basic Daily Food Plan, with a score card for evaluation, is presented in Chapter 1. The "Daily Food Plan" sponsored by the Household Economics Research Branch, Agricultural Research,

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U.S.D.A., is outlined also. This was released recently by that organization in the publication, *Essentials of an Adequate Diet*.

In Section I, Normal Nutrition, special emphasis is placed on the translation of the Recommended Dietary Allowances (1953 revision) into terms of daily food needs. As each of the nutrients is studied, foods rich in that nutrient are listed, with the amounts needed to supply the daily requirement. The special needs of the various members of the family are discussed, starting with pregnancy and continuing through the periods of growth and adulthood, ending with the later years.

In view of the growing interest in food and health, the public is confronted with an overwhelming number of current publications on such topics as fabulous reducing diets, so-called "health foods" and others similar in nature. Because of this trend, a chapter on Food Fads and Fallacies has been included, the objective being to help people become more discriminating in their evaluation of this material.

In Section II, Diet Therapy, the emphasis has been placed on the modification of the normal diet in planning therapeutic diets. It is written in accord with the latest information and developments in the field. Routine hospital diets with type menus for each are given. The author has been selective in choosing the therapeutic diets presented. This has been done on the basis of duties and responsibilities of the practical nurse in this phase of the care. Recipes for the preparation of high-calorie, high-protein nourishment have been included in Chapter 28, Recipes for Therapeutic Diets, but all diets listed in this section are given as examples or type diets only. *They should not be followed without a dietary prescription from a physician.*

Section III is concerned with spending the food dollar and budgeting. The food budget is considered in relation to the total budget. As the purchasing of each food or food group is discussed, the composition of the foods, nutritive values, selection

and care, and principles of preparation of food groups are given. A budget plan for a family has been worked out at low cost and moderate cost, with illustrative menus and a market order for a week at each level. Forms and directions for working out a budget study are included in this chapter. These have been used in a public health agency by both students and staff in planning budgets for actual families.

Section IV includes the food composition table for the short method of dietary analysis, the caloric values of average servings of commonly used foods, various tables and an extensive list of books for reference reading.

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THE AUTHOR

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