

f. Diet

Assurance of a balanced, adequate diet should be based upon actual body needs as adapted for age, weight, and intensity of activities.

This may be estimated for practical purposes by the following scale:

(1) Energy values

Light exercise: 40-50 calories )  
Vigorous exercise: 45-50 calories ) per kilogram of body weight  
Very severe exercise: 50-60 calories)

(2) Balance

The total calories needed for each day should be distributed among the food groups approximately as follows:

Protein calories: 10-12%  
Fat calories: 35% plus Vitamins  
Carbohydrates calories: 55%

(3) Choice of Diet: The following outline may be used as a guide to selection of a well-balanced food intake. Each day's diet should contain the following:

Meat or fish, once daily.  
Adult, 1 pint of milk.  
Two servings of fruit--one fresh whenever possible.  
Two vegetables, one leafy and one root.  
Potatoes.  
Butter (at least 2 pats).  
Egg, alone or in combination.  
Whole grain or cereal.

(4) Diet Project: The application of these facts should be made by the student in the Diet Project which forms an essential part of the course.

REQUIRED READING:

Storey--Principles of Hygiene, Book 1, Chap. 5, Discussion of Principles  
Martin--Human Body, Chap. 26, Anatomy of Digestive System  
Hough and Sedgwick--The Human Mechanism, Chaps. 8-13-19, Digestion and Nutrition  
Kirkpatrick and Huettner--Fundamentals of Health, Chaps. 4 and 5  
Meredith--Hygiene, Chap. 3, Hygiene of Eating  
Williams--Personal Hygiene Applied, Chap. 7, Hygiene of Nutrition  
Rose--Feeding the Family, Chaps. 1, 2, and 10.

COLLATERAL REFERENCES:

Martin--Human Body, Chaps. 25, 27 to 30 inc.  
Bogert--Nutrition and Physical Fitness, Chaps. 1-14.