

3. Distribution of Food Intake

While quantity is important, balance is equally so. Sherman has summarized a chemically adequate food intake as follows:

- a. Sufficient organic nutrients to yield needed energy
- b. Protein sufficient in amount and quality
- c. Adequate amounts and proper proportions of inorganic foodstuffs
- d. Sufficient of each of the essential vitamins

4. Standards

Proteins -- 10% of total calories or approximately 75 grams of protein for the average sized man. Or, expressed in another way, 1.5 grams of protein per kilogram of body weight.

Carbohydrates -- 55% of total calories or approximately 300 grams daily.

Fats 35% of total calories - 200 grams maximum.

Inorganic Salts - Sufficiently varied diet to assure adequate calcium, iron, phosphorus and iodine. (See Bradley, Food Tables for "shares" or Rose's Foundation of Nutrition.)

Vitamins Assurance by actual check of presence in food supply of reasonable amounts of essential vitamins.

Water Sufficient water to replace daily excretion through kidneys, skin and lungs. 6 to 7 glasses of fluid daily may be used as a guide.

5. Hygienic Applications

It takes more than adequate food intake to build and maintain a healthy body. Nutrition is affected in many by the interrelation between the food and body. Some of the important factors in applying the principles of hygiene to individual nutrition are:

- a. Estimation of total energy requirements
- b. Checking the adequacy and distribution of the chemical constituents of the diet.
- c. Understanding relation of emotional and physical status in relation to food.
- d. Checking on habits of eating.
- e. Establishing a satisfactory set of guides for the judgment of levels of nutrition.

a. and b. have been sufficiently discussed, c., and d., and e. may now be outlined: