

c. Emotional status

It has been demonstrated in both man and animals that emotional states have a very definite relationship to digestion.

Physical status

Fatigue, either acute or chronic, has a very immediate and important influence upon digestion.

d. Habits of Eating

The influence of environment and character of service. Rate of eating is important.

e. Guides to Adequate Nutrition

- (1) Hunger and appetite - regular not capricious
- (2) Weight curve - with allowance for family characteristics or type.
- (3) Objective signs of successful nutrition
- (4) Subjective signs of successful nutrition

References: Bogert--Nutrition and Physical Fitness
Meredith--Hygiene
Kirkpatrick and Huettnner--Fundamentals of Health
Bradley--Tables of Food Values