

GENERAL PRINCIPLES

In gaining weight it is necessary to eat foods that are highly concentrated in caloric value. Foods that have a great deal of bulk are low in calories and therefore should be avoided.

There are certain requirements that should be met in every diet in order that no deficiency will arise. By taking a glass of citrus fruit or tomato juice daily the Vitamin C requirements are met, and two glasses of milk with cream will satisfy the calcium requirements. Eggs will aid in supplying the calcium, phosphorus, and iron that is needed, and butter at each meal will meet the requirements for Vitamin A and D.

At least once a day there should be a good sized piece of meat. To gain weight this should be meat with plenty of fat. A steak, roast beef, lamb chop, breaded veal cutlet, bacon, baked ham, roast pork, fish, or chicken may be varied in the diet.

A suggestion for breakfast: the meal may be started with citrus fruit juice and followed with a cooked cereal, one or two eggs, bacon, toast with jelly or preserves, and a glass of milk.

Between meals a glass of half milk and half cream may be taken or an egg-nog or milk-shake.

If a light lunch is taken at noon, then a good meal should be eaten in the evening; meat, two vegetables, and dessert. And then at bed-time or later in the evening, milk and cream should be taken.

Vegetables high in calories are potatoes, carrots, green beans, peas, and turnips. Beets, squash and asparagus, buttered, will add calories to the diet.

At the noon lunch a sandwich may be taken with thin soup, dessert of pudding, ice cream, or tapioca, or fruit with drink. If one can take at least two slices of bread with butter at each meal and use whole-wheat bread where possible, it will increase the calories and also aid in supplying Vitamin B.

Other cereals may be taken for breakfast, but oatmeal, cream of wheat and rice are more concentrated. Stewed fruits may be used as desserts to vary the diet. Add cream and sugar. Ice cream or cheese on pie, or with cake, is also another means of increasing the caloric intake.