

BULLETIN 286

APRIL, 1927

Connecticut Agricultural Experiment Station
New Haven, Connecticut

**THE THIRTY-FIRST REPORT ON
FOOD PRODUCTS
AND THE NINETEENTH REPORT ON
DRUG PRODUCTS**

1926

PART I

Connecticut Agricultural Experiment Station
New Haven, Connecticut

The Thirty-First Report on
FOOD PRODUCTS
and the Nineteenth Report on
DRUG PRODUCTS

1926

Part I

Tables of Analyses of Foods

By

E. M. BAILEY

The Bulletins of this Station are mailed free to citizens of Connecticut who apply for them, and to other applicants as far as the editions permit.

CONNECTICUT AGRICULTURAL EXPERIMENT STATION

OFFICERS AND STAFF

as of

April, 1927

BOARD OF CONTROL

His Excellency, Governor John H. Trumbull, <i>ex-officio</i> , President	
Charles R. Treat, <i>Vice-President</i>	Orange
George A. Hopson, <i>Secretary</i>	Mount Carmel
Wm. L. Slate, <i>Treasurer</i>	New Haven
Joseph W. Alsop	Avon
Elijah Rogers	Southington
Edward C. Schneider	Middletown
Francis F. Lincoln	Cheshire

STAFF.

	E. H. JENKINS, PH.D., <i>Director Emeritus.</i>
Administration.	WM. L. SLATE, B.Sc., <i>Director and Treasurer.</i> MISS L. M. BRAUTLECHT, <i>Bookkeeper and Librarian.</i> MISS J. V. BERGER, <i>Stenographer and Bookkeeper.</i> MISS MARY E. BRADLEY, <i>Secretary.</i> G. E. GRAHAM, <i>In charge of Buildings and Grounds.</i>
Chemistry: Analytical Laboratory.	E. M. BAILEY, PH.D., <i>Chemist in Charge.</i> C. E. SHEPARD OWEN L. NOLAN HARRY J. FISHER, A.B. } <i>Assistant Chemists.</i> W. T. MATHIS FRANK C. SHELDON, <i>Laboratory Assistant.</i> V. L. CHURCHILL, <i>Sampling Agent.</i> MISS MABEL BACON, <i>Stenographer.</i>
Biochemical Laboratory.	T. B. OSBORNE, PH.D., <i>Chemist in Charge.</i> H. B. VICKERY, PH.D., <i>Biochemist.</i> MISS HELEN C. CANNON, B.S., <i>Dietitian.</i>
Botany.	G. P. CLINTON, Sc.D., <i>Botanist in Charge.</i> E. M. STODDARD, B.S., <i>Pomologist.</i> MISS FLORENCE A. MCCORMICK, PH.D., <i>Pathologist.</i> WILLIS R. HUNT, PH.D., <i>Assistant in Botany.</i> A. D. McDONNELL, <i>General Assistant.</i> MRS. W. W. KELSEY, <i>Secretary.</i>
Entomology.	W. E. BRITTON, PH.D., <i>Entomologist in Charge;</i> <i>also State Entomologist.</i> B. H. WALDEN, B.AGR. } <i>Assistant Entomologists.</i> M. P. ZAPPE, B.S. } PHILIP GARMAN, PH.D. } ROGER B. FRIEND, B.Sc., <i>Graduate Assistant.</i> JOHN T. ASHWORTH, <i>Deputy in Charge of Gipsy Moth Work.</i> R. C. BOTSFORD, <i>Deputy in Charge of Mosquito Elimination.</i> MISS GRACE A. FOOTE, B.A., <i>Secretary.</i>
Forestry.	WALTER O. FILLEY, <i>Forester in Charge.</i> H. W. HICOCK, M.F., <i>Assistant Forester.</i> J. E. RILEY, JR., M.F., <i>In charge of Blister Rust Control.</i> MISS PAULINE A. MERCHANT, <i>Stenographer.</i>
Plant Breeding.	DONALD F. JONES, S.D., <i>Geneticist in Charge.</i> W. R. SINGLETON, S.M., <i>Graduate Assistant.</i> H. R. MURRAY, B.S., <i>Graduate Assistant.</i>
Soil Research.	M. F. MORGAN, M.S., <i>Investigator.</i> H. G. M. JACOBSON, M.S., <i>Assistant.</i>
Tobacco Sub-station at Windsor.	PAUL J. ANDERSON, PH.D., <i>Pathologist in Charge.</i> N. T. NELSON, PH.D., <i>Plant Physiologist.</i>

CONTENTS

	PAGE
Introduction	289
Definition of "Diabetic" food revoked	290
Rôle of the Nutrients	290
Analyses of common foods	293
Analyses of special foods, etc.	312
Index	i

The Thirty-First Report on Food Products and the Nineteenth Report on Drug Products

PART I

Analyses of Common Foods and Special Foods

E. M. BAILEY

For many years the Station has given considerable attention to the analysis of special foods offered for use in the dietary of the diabetic patient. From time to time such analyses have been summarized in special bulletins,¹ the first in 1906 and others in 1913 and 1919. The purpose of such work is solely to furnish reliable information as to the composition of these foods for the guidance of physicians, dietitians and others interested in diabetes and in diabetic treatment. No particular foods are recommended; no advice is given in bulletins or otherwise as to the formulation of dietaries; and the inclusion of products in these compilations does not necessarily mean that such products are adapted to the purpose for which they are offered.

In all methods of treatment of diabetes careful regulation of diet is of paramount importance. The discovery of insulin has revolutionized treatment of this disease; it permits the patient to take more food, but proper choice of food and regulation of its quantity are still necessary.

Successful diets for diabetics may be formulated by proper selection of common foods quite as well as by the use of special foods although there can be no objection to such special foods when offered without misrepresentation. Many of them, no doubt, serve useful purposes. Such special products are expensive in most cases, however, and many physicians hesitate to encourage their use for that reason. Because of this, and also because of the increased tolerance which the use of insulin affords, the utilization of common foods is of increasing interest to the physician and to the patient. It seems desirable, therefore, also to include in the present bulletin analyses of some of these foods. For the most part such analyses are taken from well-known sources and they are already widely quoted.

¹ Conn. Agr. Exp. Sta., 11th Report on Food Products, pp. 153-165. 1906.
" " " " 18th " " " " 1913.
" " " " 24th " " " " Part II, 1919.

OFFICIAL DEFINITION OF "DIABETIC" FOOD REVOKED

There is no longer any Federal definition of a "diabetic" food.² Since such products are offered as dietetic aids in the control or mitigation of disease they are regarded by food control officials as therapeutic agents rather than as foods and more properly regulated under the provisions of the Food and Drugs Act which refer to drugs.

The term "diabetic" as applied to this type of foods has been much abused in the past; many foods which differ but little from common foods of the same class have been designated by that term. Moreover it may be true that some patients have been led to believe that foods bearing the qualification "diabetic" are curative or mitigative in themselves rather than merely dietetic adjuncts. For these reasons regulatory officials are inclined to discourage the use of the term "diabetic" as a part of the name of these special foods and in explanatory literature concerning them.

RÔLE OF THE NUTRIENTS AND THE SIGNIFICANCE OF TERMS
USED IN ANALYSES.

The conventional analysis of foods shows their composition in terms of the proximate constituent groups, viz., moisture, ash, protein, carbohydrate and fat. Nearly all foods contain some water, the proportion varying from ten per cent or less in air-dry cereals for example, up to ninety per cent or more in fresh fruits and vegetables. Ash represents iron, calcium, phosphorus, and other mineral elements. Protein represents nitrogenous materials. Protein is not determined as such, but is always estimated from the nitrogen in the food. For this estimation nitrogen is generally multiplied by the factor 6.25, the assumption being that protein contains 16 per cent of nitrogen. But proteins vary in their nitrogen content and other factors are more accurate in certain cases; for example 6.38 is more nearly correct for casein and 5.70 for gluten. Food analyses do not take into account the differences in quality of various proteins; and, moreover, nitrogenous material of a non-protein character may be reckoned as protein.

In the process of digestion protein is broken down ultimately into a large number of simpler substances called amino-acids. The nitrogenous part of these protein derivatives is eliminated chiefly as urea; the non-nitrogenous part is either burned as fuel or converted into carbohydrate and, directly or indirectly, into fat.

² Revoked by U. S. Dept. Agr., Food Inspection Decision 199.

In diabetes this protein-derived carbohydrate may be excreted just as in the case of carbohydrate ingested as such.

Carbohydrate includes sugar, starch, dextrin and related nitrogen-free substances. Fiber also belongs to the carbohydrate group but it is not regarded as a nutrient in human digestion although it may be a mechanical aid to the digestive process. The carbohydrate group, sometimes called nitrogen-free extract, is generally, and a part of it almost always, estimated by calculation; the difference between 100 per cent and the sum of the percentages of determined items is taken as the percentage of this nutrient group.

The dietitian frequently wishes to know how much of the carbohydrate is "available" in digestion. This question cannot be answered without reservations. That portion which is composed of starch, sucrose and other sugars and dextrin is assimilable; the remainder, consisting of hemicellulose complexes, is of doubtful or undetermined availability. Joslin¹ has discussed some of the commoner carbohydrates from the standpoint of their influence upon the metabolism in diabetes. Among the hemicelluloses pentosans and galactans are conspicuous. Pentosans are the principal constituents of vegetable gums, the fibrous tissues of vegetables and the outer coats of cereal grains. Galactans occur in small quantities in many plants and in larger amounts in leguminous seeds. The digestibility of some of these substances as they occur in lichens and certain algae has been investigated by Schwartz² who observed that pentosans may very largely disappear from the alimentary tract, probably through the agency of bacterial activity; but that galactans exhibit a high degree of resistance to bacterial decomposition. Whether pentosans serve as true nutrients however was not determined. In general, hemicelluloses do not appear to be important sources of energy in nutrition.

Fat includes besides true fat and oil other substances soluble in ether. Mineral oil, which is used to a considerable extent in the preparation of low calorie products, is included as fat although, of course, it is unassimilable.

Under normal conditions fats are oxidized in the body to carbon dioxide and water, but in this change carbohydrate plays an important part. In the treatment of diabetes limitation of carbohydrate is a necessary expedient, but it is a common observation that on a carbohydrate-free diet, or one in which fat has been increased to compensate for the withdrawal of carbohydrate, there may be an incomplete oxidation of fat as indicated by the elimination of β -oxybutyric acid, acetoacetic acid and acetone; in other words, a condition of acidosis or ketosis results. Investiga-

¹ Treatment of Diabetes Mellitus, 3d edition, p. 427.

² Conn. Acad. Arts and Sci., 16, pp. 247-382, 1911.

tion has shown that certain nutrients interfere with the complete oxidation of fats while others favor that process, and this observation has resulted in a classification of the nutrients on this basis. Fats favor the production of acetone bodies and hence are regarded as ketogenic in their action; carbohydrates tend to inhibit the formation of acetone bodies and are therefore antiketogenic nutrients. Proteins to the extent in which they contain sugar-yielding amino-acids are antiketogenic; but with respect to other amino-acids present they are ketogenic.

This relation between ketogenic and antiketogenic nutrients is called the ketogenic ratio (K/A) and is of practical usefulness in dietary studies. Ladd and Palmer¹ have suggested a convenient formula for calculating this ratio when only the composition of the diet is known:

$$\frac{K}{A} = \frac{\text{gram Fat}}{(0.58 \times \text{gram Protein} + \text{gram Carbohydrate})}$$

When this ratio exceeds 4:1 ketosis is likely to occur according to these investigators.

In calculating calories the entire carbohydrate group (other than fiber) has been included. It is clear that our information is not complete enough to justify an attempt to include only that part of the carbohydrate which may be called "available." In certain products in which the fat was found, or known, to be largely mineral oil, and in a few other instances where the carbohydrate probably consists largely of hemicellulose complexes, calorie values have been omitted.

TABLES OF ANALYSES.

The analyses given in Table I are of some common foods and are taken largely from the classic work of Atwater and Bryant.² Many, however, are taken from various bulletins of this Station and some are from other sources.

The analyses in Table II are taken from a previous bulletin of this Station issued in 1919 with such additions as have been made since that time up to and including 1926.

Acknowledgment is due to Dr. E. P. Joslin who has called our attention to new or unusual products and has frequently obtained samples; also to Professor Lafayette B. Mendel for similar courtesies and for counsel and suggestions from time to time; to the chemists of the department staff for analyses, chiefly to Mr. Shepard who is responsible for the examination of so-called diabetic and special foods; and to Miss Bacon who has assisted largely in the work of compilation.

¹ Am. Jour. Med. Sci., 166, 157, 1923.

² U. S. Dept. Agr., Office of Experiment Stations, Bull. 28.

TABLE I. ANALYSES OF COMMON FOODS.
(Analyses are of edible portion unless otherwise stated)

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Meat and Meat Products.							
Beef, fresh:							
Brisket, medium fat	54.6	0.9	15.8	28.5	319
Chuck rib	66.8	1.0	19.0	13.4	197
Flank	59.3	0.9	19.6	21.1	268
Loin	61.3	1.0	19.0	19.1	247
Neck	66.3	1.0	20.7	12.7	197
Plate	56.3	0.8	16.8	26.9	309
Ribs	57.0	0.9	17.8	24.6	293
Round	67.8	1.1	20.9	10.6	179
Rump, lean	65.7	1.0	20.9	13.7	207
Shank, fore	70.3	0.9	21.4	8.1	158
hind	69.6	1.0	21.7	8.7	165
Shoulder and clod	68.9	1.1	20.0	10.3	173
Soup Stock	89.1	3.6	5.8	1.5	36
Miscellaneous cuts, free from visible fat	73.8	1.2	22.4	2.9	116
Beef organs, fresh:							
Brain	80.6	1.1	8.8	9.3	119
Heart	62.6	1.0	16.0	20.4	248
Kidney, as purchased	6.31	1.0	13.7	0.4	1.9	73
Liver, as purchased	65.6	1.3	20.2	2.5 ¹	3.1	110
Lungs, as purchased	79.7	1.0	16.4	3.2	94
Marrow, as purchased	3.3	1.3	2.2	92.8	844
Sweet breads, as purchased	70.9	1.6	16.8	12.1	176
Suet, as purchased	13.7	0.3	4.7	81.8	755
Tongue	70.8	1.0	18.9	9.2	158
Beef, cooked:							
Roast	22.3	28.6	347
Steak, round, fat partly removed	63.0	1.8	27.6	7.7	180
sirloin	63.7	1.4	23.9	10.2	187
tenderloin	54.8	1.2	23.5	20.4	278
Beef, canned:							
Corned	56.4	4.7 ²	26.6	11.4	209
Dried and smoked	47.4	12.5 ³	32.6	7.5	108
Kidney, stewed	71.9	2.5	18.4	2.1	5.1	128
Luncheon	52.9	4.8	27.6	15.9	254
Roast	58.9	1.3	25.9	14.8	237
Sweetbreads	69.0	2.0	20.2	9.5	166
Tongue, ground	49.9	4.0	21.4	25.1	312
whole	51.3	4.0	19.5	23.2	287
Tripe	74.6	0.5	16.8	8.5	144

¹ Largely, or in part, glycogen.² Average 3.4 per cent salt (sodium chloride).³ Average 9.7 per cent salt (sodium chloride).

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Meat and Meat Products—Continued.							
Beef, corned and pickled:							
Corned beef, all analyses	53.6	4.9	15.6	26.2	298
Spiced, rolled	30.0	6.8	12.0	51.4	511
Tongue, pickled	62.3	4.7	12.8	20.5	236
Tripe	86.5	0.3	11.7	0.2	1.2	58
Beef, dried, salted and smoked ...	54.3	9.1	30.0	6.5	179
Veal, fresh:							
Breast	68.2	1.0	20.3	11.0	180
Chuck	73.8	1.0	19.7	5.8	131
Flank, as purchased	66.9	1.0	20.1	12.7	195
Leg	71.7	1.1	20.7	6.7	143
Leg cutlets	70.7	1.1	20.3	7.7	151
Loin	69.5	1.1	19.9	10.0	170
Rib	69.8	1.1	20.2	9.4	165
Rump	62.6	1.1	19.8	16.2	225
Shoulder	73.4	1.3	20.7	4.6	124
Veal organs, fresh:							
Heart, as purchased	73.2	1.0	16.8	9.6	154
Kidney, as purchased	75.8	1.3	16.9	6.4	125
Liver, as purchased	73.0	1.3	19.0	5.3	124
Lungs, as purchased	76.8	1.1	17.1	5.0	113
Mutton, fresh:							
Chuck	48.2	0.8	14.6	36.8	390
Leg, hind, medium fat	62.8	1.0	18.5	18.0	236
Loin	50.2	0.8	16.0	33.1	362
Shoulder, medium fat	61.9	0.9	17.7	19.9	250
Mutton organs, fresh:							
Heart, as purchased	69.5	0.9	16.0	12.6	181
Kidney, as purchased	78.7	1.3	16.5	3.2	95
Liver, as purchased	61.2	1.7	23.1	5.0 ¹	9.0	193
Lungs, as purchased	75.9	1.2	20.2	2.8	106
Mutton, cooked:							
Leg roast	50.9	1.2	25.0	22.6	303
Mutton, canned:							
Corned	45.8	4.2	28.8	22.8	320
Tongue	47.6	4.8	24.4	24.0	314
Lamb, fresh:							
Breast	56.2	1.0	19.1	23.6	280
Leg, hind, medium fat	63.0	1.1	19.2	16.5	225
Loin	53.1	1.0	18.7	28.3	330
Shoulder	51.8	1.0	18.1	29.7	340
Lamb, cooked:							
Chops, broiled	47.6	1.3	21.7	20.9	356
Leg, roast	67.1	0.8	19.7	12.7	193

¹ Largely, or in part, glycogen.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
Meat and Meat Products—Concluded.							
Lamb, canned:	%	%	%	%	%	%	
Tongue, spiced, cooked	67.4	0.5	13.9	17.8	216
Pork, fresh:							
Ham, lean	60.0	1.3	25.0	14.4	230
Ham, medium fat	53.9	0.8	15.3	28.9	321
Head cheese	43.3	3.3	19.5	33.8	382
Loin (chops), lean	60.3	1.0	20.3	19.0	252
Loin (chops), medium fat	52.0	1.0	16.6	30.1	337
Shoulder	51.2	0.8	13.3	34.2	361
Side, fat	29.4	0.4	9.4	61.7	593
Side, lean	34.4	0.5	9.1	55.3	534
Pork organs, fresh:							
Brains, as purchased	75.8	1.6	11.7	10.3	140
Heart, as purchased	75.6	1.0	17.1	6.3	125
Kidney, as purchased	77.8	1.2	15.5	0.7	4.8	108
Liver, as purchased	71.4	1.4	21.3	1.4 ¹	4.5	131
Lungs, as purchased	83.3	0.9	11.9	4.0	84
Pork, pickled, salted or smoked: ²							
Ham, lean, smoked	53.5	5.5	19.8	20.8	266
Ham, medium fat, smoked	40.3	4.8	16.3	38.8	414
Ham, luncheon, cooked	49.2	5.8	22.5	21.0	279
Shoulder, medium fat, smoked	45.0	6.7	15.9	32.5	356
Pig's tongue, pickled	58.6	3.6	17.7	19.8	249
Pig's feet, pickled	68.2	0.9	16.3	14.8	198
Salt pork, clear fat	7.9	3.9	1.9	86.2	783
Bacon, smoked	20.2	5.1	10.5	64.8	625
Ham, deviled	44.1	3.3	19.0	34.1	383
Sausage:							
Arles	17.2	7.3	26.8	50.6	563
Bologna	60.0	3.7	18.7	0.3 ³	17.6	234
Frankfurt	57.2	3.4	19.6	1.1 ⁴	18.6	250
Pork, as purchased	39.8	2.2	13.0	1.1 ⁵	44.2	454
Pork and beef, as purchased	55.4	1.0	19.4	24.1	295
Poultry, fresh:							
Chicken, broilers	74.8	1.1	21.5	2.5	109
Chicken heart, as purchased	72.0	1.4	20.7	5.5	132
Chicken gizzard, as purchased	72.5	1.4	24.7	1.4	111
Chicken liver, as purchased	69.3	1.7	22.4	2.4 ¹	4.2	137
Fowls	63.7	1.0	19.3	16.3	224
Goose	46.7	0.8	16.3	36.2	391
Goose liver, as purchased	62.6	1.2	16.6	3.7 ¹	15.9	224
Turkey	55.5	1.0	21.1	22.0	291

¹ Largely, or in part, glycogen.² The range of salt content for cured pork products may be taken as 3 to 5 per cent.³ Carbohydrate range 0.2 to 3.1 per cent.⁴ Carbohydrate range 0.0 to 6.6 per cent.⁵ Carbohydrate range 0.0 to 8.6 per cent.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Fish and Fish Products.							
Fish, fresh:							
Alewife	74.4	1.5	19.4	4.9	122
Bass, black	76.7	1.2	20.6	1.7	98
Bass, red	81.6	1.2	16.9	0.5	72
Bass, sea	79.3	1.4	19.8	0.5	84
Bass, striped	77.7	1.2	18.6	2.8	100
Blackfish	79.1	1.1	18.7	1.3	87
Bluefish	78.5	1.3	19.4	1.2	88
Butterfish	70.0	1.2	18.0	11.0	171
Cod	82.5	0.9	16.7	0.3	70
Cod, steak	79.7	1.2	18.7	0.5	79
Eels, salt water	71.6	1.0	18.6	9.1	156
Flounder	84.2	1.3	14.2	0.6	62
Haddock	81.7	1.2	17.2	0.3	72
Halibut	75.4	1.0	18.6	5.2	121
Herring	72.5	1.5	19.5	7.1	142
Mackerel	73.4	1.2	18.7	7.1	139
Perch	77.5	1.2	19.0	2.4	98
Pickarel	79.8	1.1	18.7	0.5	79
Porgy	75.0	1.4	18.6	5.1	120
Salmon	64.6	1.4	22.0	12.8	203
Shad	70.6	1.3	18.8	9.5	161
Shad roe	71.2	1.5	20.9	2.6	3.8	128
Smelt	79.2	1.7	17.6	1.8	87
Trout, brook	77.8	1.2	19.2	2.1	96
Trout, lake	70.8	1.2	17.8	10.3	164
Whitefish	69.8	1.6	22.9	6.5	150
Fish, preserved or canned:							
Cod, boneless	55.0	19.0 ¹	27.3	0.3	114
Haddock, smoked	72.5	3.6	23.3	0.2	95
Halibut, smoked	49.4	15.0 ²	20.7	15.0	218
Herring, smoked	34.6	13.2 ³	36.9	15.8	290
Mackerel, salt, dressed	43.4	12.9 ⁴	17.3	26.4	307
Mackerel, salt, canned, as purchased	68.2	3.2	19.6	8.7	157
Mackerel, salt, canned in oil	58.3	4.1	25.4	14.1	229
Salmon, canned	63.5	2.6	21.8	12.1	196
Sardines, canned	52.3	5.6	23.0	19.7	269
Sturgeon, caviare, Russian	38.1	4.6	30.0	7.6	19.7	328
Tunney (Tuna), canned in oil	51.3	4.3	23.8	0.6	20.0	278
Shellfish, etc., fresh:							
Clams, long	85.8	2.6	8.6	2.0 ⁵	1.0	51
Clams, round	86.2	2.7	6.5	4.2 ²	0.4	46
Crabs, hard shell	77.1	3.1	16.6	1.2 ³	2.0	89
Crayfish	81.2	1.3	16.0	1.0 ⁵	0.5	73

¹ Largely salt.² Salt content 11.7 per cent.³ Largely, or in part, glycogen.⁴ One sample contained 12.1 per cent salt.⁵ Salt content 10.4 per cent.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
Fish and Fish Products—Concluded.							
Shellfish, etc., fresh— <i>Concluded</i> :	%	%	%	%	%	%	
Lobster	79.2	2.2	16.4	0.4 ¹	1.8	83
Mussels	84.2	1.9	8.7	4.1 ¹	1.1	61
Oysters	86.9	2.0	6.2	3.7 ¹	1.2	50
Scallops, as purchased	80.3	1.4	14.8	3.4 ¹	0.1	74
Terrapin	74.5	1.0	21.2	3.5	116
Turtle, green	79.8	1.2	19.8	0.5	84
Shellfish, etc., canned:							
Clams, long, as purchased	85.8	2.2	8.3	2.7 ¹	0.4	48
Clams, round, as purchased	87.0	2.1	8.9	0.9 ¹	0.8	46
Crabs, as purchased	80.0	2.0	15.8	0.7 ¹	1.5	80
Lobster, as purchased	77.8	2.5	18.1	0.5 ¹	1.1	84
Oysters, as purchased	83.4	1.5	8.8	3.9 ¹	2.4	72
Shrimp, as purchased	70.8	2.6	25.4	0.2	1.0	111
Turtle meat	75.0	0.9	23.4	0.7	100
Amphibia.							
Frog's legs	83.7	1.0	15.5	0.2	64
Miscellaneous.							
Gelatin	15.0	1.7	84.2 ²	0.1	338
Eggs.³							
Eggs, fresh (exclusive of shell):							
Duck, whole egg	70.5	1.0	13.3	14.5	184
white	87.0	0.8	11.1	trace	44
yolk	45.8	1.2	16.8	36.2	393
Goose, whole egg	69.5	1.0	13.8	14.4	185
white	86.3	0.8	11.6	trace	46
yolk	44.1	1.3	17.3	36.2	395
Guinea fowl, whole egg	72.8	0.9	13.5	12.0	162
white	86.6	0.8	11.6	trace	46
yolk	49.7	1.2	16.7	31.8	353
Hen, whole egg	73.7	1.0	13.4	10.5	148
white	86.2	0.6	12.3	0.2	51
yolk	49.5	1.1	15.7	33.3	363
Plover, whole egg	74.4	1.0	10.7	11.7	148
Turkey, whole egg	73.7	0.9	13.4	11.2	154
white	86.7	0.8	11.5	trace	46
yolk	48.3	1.2	17.4	32.9	366
Turtle, fresh water	65.0	2.9	18.1	11.1	172
sea	76.4	0.4	18.8	9.8	163
Eggs, cooked:							
Hen, whole, boiled	73.2	0.8	13.2	12.0	161
white, boiled	86.2	0.6	12.3	0.2	51
yolk, boiled	49.5	1.1	15.7	33.3	363
Eggs, dehydrated	4.8	4.0	40.0	43.7	556

¹ Largely, or in part, glycogen.² Nitrogen \times 5.55.³ In eggs, as purchased, the shell comprises from 10 to 17 per cent of the weight of the whole egg.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Dairy Products, etc.							
Milk and Milk Products:							
Milk, whole	87.2	0.7	3.3	4.8	4.0	68
condensed (evaporated) ..	73.4	1.6	6.9	9.9	8.2	141
condensed (evaporated), sweetened	26.8	1.7	7.9	54.6 ¹	9.0	331
skimmed	90.5	0.7	3.4	5.1	0.3	37
skimmed, condensed, sweet- ened	28.7	2.1	9.1	59.1 ²	1.0	282
Buttermilk ³	90.4	0.8	3.6	4.1	0.5	35
Kephir	3.1	1.6	2.0	37
Kumiss ⁴	89.3	0.4	2.8	5.4	2.1	51
Cream, "heavy" (approx. 40 per cent)	54.9	0.5	2.1	1.5	41.0	383
Cream, "light" (approx. 20 per cent)	71.9	0.6	2.8	2.7	22.0	220
Whey	93.0	0.7	1.0	5.0	0.3	27
Milk powder:							
From whole milk	5.9	6.0	25.3	37.5	25.3	479
From partly skimmed milk (Mammala type)	4.0	5.8	25.8	49.9	14.5	433
From skimmed milk	4.5	8.1	34.6	50.9	1.9	359
Malted milk	4.0	3.5	13.8	71.9	6.8	404
Cheese:							
American, pale	31.6	3.4	28.8	0.3	35.9	440
red	28.6	3.5	29.6	38.3	463
Camembert	21.0	21.7	279
Cheddar	34.3	3.6	26.4	3.0	32.7	412
Cheshire	32.6	4.3	32.5	4.5	26.1	383
Cottage	72.0	1.8	20.9	4.3	1.0	110
Cottage, Jewish ⁵	27.9	9.2	194
Dutch	35.2	10.0	37.1	17.7	308
Edam	36.1	4.9	24.1	4.6	30.3	388
Full Cream	38.2	4.1	25.4	2.0	30.3	382
Limberger	42.1	5.1	23.0	0.4	29.4	358
Neufchatel	50.0	2.4	18.7	1.5	27.4	327
Pineapple	23.0	5.6	29.9	2.6	38.9	480
Roquefort	39.3	6.8	22.6	1.8	29.5	363
Skimmed milk	45.7	4.2	31.5	2.2	16.4	282
Swiss	31.4	4.8	27.6	1.3	34.9	430
Ice Cream, typical	63.3	0.7	3.8	19.6	12.6	207

¹ Cane sugar 40.6 per cent; milk sugar 14.0 per cent.² Cane sugar 40.9 per cent; milk sugar 18.2 per cent.³ Contains 0.8 per cent lactic acid.⁴ Contains about 0.8 per cent alcohol.⁵ One sample.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Fats and Oils.							
Butter, etc.:							
Butter average	12.3	1.6 ¹	1.5	none	84.6	767
Oleomargarine, average	5.4	1.4 ²	0.8	none	92.4	835
Vegetable oil margarine (nut margarine), average	10.9	2.0 ³	1.4	none	84.8	769
Salad oils and cooking fats (olive oil, Wesson oil, Mazola, lard, cottolene, crisco, etc.), typical ..	trace	trace	0.2	none	99.7	897
Soups and Broths.							
Soups, homemade:							
Bean	84.3	1.7	3.2	9.4	1.4	63
Beef	92.9	1.2	4.4	1.1	0.4	26
Chicken	84.3	2.0	10.5	2.4	0.8	59
Clam chowder	88.7	2.0	1.8	6.7	0.8	41
Meat stew	84.5	1.1	4.6	5.5	4.3	79
Soups, broths, etc., canned:							
Asparagus, cream of	87.4	1.4	2.5	5.5	3.2	61
Bouillon, beef	96.6	0.9	2.2	0.2	0.1	11
clam	95.2	3.1 ⁴	1.0	0.6	0.1	7
Celery, cream of	88.6	1.5	2.1	5.0	2.8	54
Chicken gumbo	89.2	1.4	3.8	4.7	0.9	42
soup	93.8	1.0	3.6	1.5	0.1	21
Consomme	95.9	2.2	1.4	0.4	0.1	8
Corn, cream of	86.8	1.0	2.5	7.8	1.9	58
Julienne	95.9	0.5	2.7	0.5	13
Mock turtle	87.9	2.4	3.0	5.7	1.0	44
Mulligatawny	89.3	1.2	3.7	5.7	0.1	39
Oxtail, edible portion	85.4	2.5	3.7	7.1	1.3	55
Pea soup	86.9	1.2	3.6	7.6	0.7	51
Pea, cream of green	87.7	1.3	2.6	5.7	2.7	58
Tomato soup	90.0	1.5	1.8	5.6	1.1	40
Turtle, green	86.6	1.5	6.1	3.9	1.9	57
Vegetable	95.7	0.9	2.9	0.5	14
Bouillon cubes:							
as purchased	7.4	73.6 ⁵	11.4	5.8	1.8	85
prepared as directed	98.6	1.1	0.2	0.1	trace	1
Clam extract:							
as purchased	35.8	29.0 ⁶	23.2	11.8	0.2	142
prepared as directed	98.6	0.6	0.5	0.3	trace	3
Yeast extract (Vegex), as purchased	32.5	23.5 ⁷	31.3	12.5 ⁸	0.2	177

¹ Average salt content. Range 0.2 to 4.1 per cent.² Average ash content. Range 0.4 to 3.1 per cent, largely salt.³ Average ash content. Range 1.1 to 6.1 per cent, largely salt.⁴ Salt content 2.7 per cent.⁵ Salt content 70.2 per cent.⁶ Salt content 20.8 per cent.⁷ Salt content about 13 per cent.⁸ Undetermined nitrogen-free extract.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Cereal Products, etc.							
Alimentary Pastes:							
Macaroni (average)	10.3	1.3	13.4	74.1 ¹	0.9	358
Macaroni, cooked	78.4	1.3	3.0	15.8 ¹	1.5	89
Noodles	10.7	1.0	11.7	0.4	75.2	1.0	357
Spaghetti	10.6	0.6	12.1	0.4	75.9	0.4	356
Vermicelli	11.0	4.1	10.9	72.0 ¹	2.0	350
Bread, soft:							
Bread, alfalfa	20.5	2.7	10.6	0.9	64.0	1.3	310
brown	43.6	2.1	5.4	47.1 ¹	1.8	226
corn (johnny cake)	38.9	2.2	7.9	46.3 ¹	4.7	259
Graham	35.7	1.5	8.9	1.1	51.0	1.8	256
peanut	24.6	3.8	33.6	5.5	19.7	12.8	328
rye	35.7	1.5	9.0	0.5	52.7	0.6	252
rye, Jewish	35.0	2.2	9.1	0.6	52.0	1.1	254
rye, whole	50.7	0.9	11.9	1.2	34.7	0.6	192
rye and wheat	35.3	1.0	11.9	51.5 ¹	0.3	256
wheat (average)	35.3	1.1	9.2	0.5	52.6	1.3	259
wheat, whole	38.4	1.3	9.7	1.2	48.5	0.9	241
Buns, hot cross	36.7	0.9	7.9	49.7 ¹	4.8	274
Biscuit, homemade	32.9	0.5	8.7	0.7	54.6	2.6	277
Maryland	24.6	1.3	8.4	1.3	58.8	5.6	309
soda	22.9	1.5	9.3	52.6 ¹	13.7	371
Rolls, all analyses	29.2	1.1	8.9	0.6	56.1	4.1	297
Bread, hard, and crackers:							
Bread, toasted	24.0	1.7	11.5	61.2 ¹	1.6	305
Zwieback	5.8	1.0	9.8	73.5 ¹	9.9	422
Crackers, Boston	7.5	1.9	11.0	0.8	70.3	8.5	402
butter	7.2	1.5	9.6	0.4	71.2	10.1	414
cream	6.8	1.7	9.7	0.6	69.1	12.1	424
egg	5.8	1.0	12.6	0.4	66.2	14.0	441
flatbread	9.8	1.2	14.9	73.6 ¹	0.5	359
Graham	5.4	1.4	10.0	1.5	72.3	9.4	414
oatmeal	6.3	1.8	11.8	1.9	67.1	11.1	416
oyster	4.8	2.9	11.3	0.2	70.3	10.5	421
pilot	8.7	1.0	11.1	0.3	73.9	5.0	385
pretzels	9.6	4.0	9.7	0.5	72.3	3.9	363
saltines	5.6	2.6	10.6	0.5	68.0	12.7	420
soda	5.9	2.1	9.8	0.3	72.8	9.1	412
water	6.4	1.2	11.7	0.4	75.3	5.0	393
Pastry, etc.:							
Cake, coffee	21.3	0.9	7.1	0.4	62.8	7.5	347
cup	15.6	1.0	5.9	0.3	68.2	9.0	377
frosted	18.2	2.1	5.9	64.8 ¹	9.0	364
gingerbread	18.8	2.9	5.8	0.9	62.6	9.0	354
sponge	15.3	1.8	6.3	65.9 ¹	10.7	385

¹Includes fiber.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Cereal Products, etc.—Continued.							
Pastry, etc.— <i>Concluded</i> :							
Cookies	8.1	1.5	7.0	0.5	73.2	9.7	408
Doughnuts	18.3	0.9	6.7	0.7	52.4	21.0	425
Fig bars	17.9	1.1	4.6	1.7	68.1	6.6	350
Ginger snaps	6.3	2.6	6.5	0.7	75.3	8.6	405
Lady fingers	15.0	0.6	8.8	0.2	70.4	5.0	362
Macaroons	12.3	0.8	6.5	1.1	64.1	15.2	410
Pie, apple	42.5	1.8	3.1	42.8 ¹	9.8	272
cream	32.0	1.0	4.4	51.2 ¹	11.4	325
custard	62.4	1.0	4.2	26.1 ¹	6.3	178
lemon	47.4	1.5	3.6	37.4 ¹	10.1	255
mince	41.3	2.5	5.8	38.1 ¹	12.3	286
raisin	37.0	1.5	3.0	47.2 ¹	11.3	303
squash	64.2	1.3	4.4	21.7 ¹	8.4	180
Pudding, Indian meal	60.7	1.5	5.5	27.5 ¹	4.8	175
rice	59.4	0.6	4.0	31.4 ¹	4.6	183
tapioca	64.5	0.8	3.3	28.2 ¹	3.2	155
Wafers, miscellaneous	6.6	1.6	8.7	0.4	74.1	8.6	409
vanilla	6.7	1.1	6.6	0.3	71.3	14.0	438
Breakfast foods:							
Barley preparations:							
Cream of Barley	9.2	1.4	11.1	0.6	76.1	1.6	363
Farwell & Rhines' Barley Crystals	9.9	1.2	11.5	0.9	75.2	1.3	359
Quaker Scotch Brand Pearled Barley	12.1	1.0	9.5	0.3	76.2	0.9	351
Corn (maize) preparations:							
Cerealine	11.2	1.5	6.9	0.1	79.0	0.4	351
E-C Corn Flakes, Toasted ...	12.1	2.2	6.6	0.2	78.6	0.3	344
F. S. Granulated Hominy ...	13.3	0.4	8.0	0.2	77.1	1.0	349
Hecker's Cream Hominy ...	11.7	0.3	9.8	0.5	77.3	0.4	352
H-O New Process Hominy ..	11.3	0.4	8.0	0.2	79.8	0.3	354
Jackson's Roman Meal	8.5	3.7	13.3	5.0	66.1	3.4	348
Jersey Corn Flakes	7.7	0.9	8.5	0.3	82.3	0.3	366
Kellogg's Toasted Corn Flakes	11.7	2.7	6.4	0.2	78.8	0.2	343
Korn Kinks	12.0	2.2	7.4	0.1	77.9	0.4	345
Nichols' Snow White Samp ..	13.4	0.3	7.8	0.5	77.7	0.3	345
Post Tosties	11.7	1.8	6.6	0.2	79.4	0.3	347
Quaker Best Yellow Corn Meal	12.3	0.5	7.5	0.2	78.7	0.8	352
Quaker Corn Puffs	12.0	0.4	8.7	0.1	78.5	0.3	352
Quaker Toasted Corn Flakes..	11.6	1.3	6.8	0.0	79.9	0.4	350
Ralston Hominy Grits	11.3	1.0	9.0	0.4	75.4	2.9	364
Street's Perfection Hominy ..	12.4	0.4	7.9	0.1	77.9	1.3	355
Sunbeam Pearl Hominy	14.3	0.4	9.4	0.3	75.0	0.6	343
Sunseal Sunny Corn	12.3	0.4	8.3	0.4	78.2	0.4	350
Sunseal Cream Corn Meal ...	12.0	0.5	8.9	0.4	77.2	1.0	353

¹ Includes fiber.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Cereal Products, etc.—Continued.							
Breakfast foods—Continued:							
Corn (maize) preparations—Concl.							
Sunseal Hominy Grits	11.6	0.5	8.5	0.4	77.8	1.2	356
Washington Corn Crisps	12.1	2.9	7.8	0.2	76.8	0.2	340
Quaker Hominy Grits	13.2	0.5	7.9	0.2	77.7	0.5	347
Oat preparations:							
Bestovotes	11.0	2.1	16.2	1.0	63.1	6.6	377
Bufceco Rolled Oats	11.1	2.0	15.1	1.0	64.0	6.8	378
Fruited Oats	9.7	3.3	13.1	1.3	68.2	4.9	369
Grandmother's Crushed Oats..	10.7	1.9	14.9	0.6	65.4	6.5	380
Health Brand White Oats	10.9	2.0	13.8	1.0	64.5	7.8	383
Hecker's Cream Oat Meal ...	11.5	1.8	15.6	0.9	64.6	5.6	371
Hornby's Steam Cooked Oat Meal	10.6	1.7	16.1	0.8	64.1	6.7	381
Keen & Robinson's Granulated Scotch Oatmeal	10.4	1.9	13.7	0.8	64.1	9.1	393
Leggett's Premier 15 Minute Oat Flakes	11.3	1.8	17.2	0.6	63.7	5.4	372
McCann's Irish Oat Meal	9.2	1.8	15.1	0.3	64.9	8.7	398
Mother's Crushed Oats	10.9	1.6	15.6	0.9	64.9	6.1	377
Paw-Nee Rolled Oats	10.8	1.9	15.8	0.8	64.0	6.7	380
Purity Rolled Oats	13.5	2.0	16.3	1.0	61.1	6.1	365
Quaker Oats	10.8	1.9	15.9	0.9	64.5	6.0	376
Robinson's Patent Groats	8.4	1.8	12.8	0.7	67.7	8.6	399
Scotch Porage Oats	10.1	1.7	13.3	0.4	64.9	9.6	399
Sovereign 15 Minute Oat Flakes	10.8	2.0	16.5	0.9	64.0	5.8	374
White Rose Rolled Oats	10.3	1.9	14.3	0.7	64.8	8.0	388
Rice preparations:							
Comet Cereal	11.3	0.3	7.2	0.2	80.7	0.3	354
Cook's Flaked Rice	12.6	0.4	7.8	0.2	78.9	0.1	348
Cook's Malto Rice	11.3	0.6	7.6	0.1	80.2	0.2	353
Kellogg's Toasted Rice Biscuit	5.0	3.7	10.1	0.2	80.7	0.3	366
Kellogg's Toasted Rice Flakes	4.7	3.4	10.0	0.2	81.3	0.4	360
Milk Rice	12.3	3.2	6.9	0.2	77.2	0.2	338
Quaker Puffed Rice	12.2	0.4	7.6	0.1	79.5	0.2	350
Rye preparations:							
Cream of Rye	11.5	1.7	12.0	1.4	71.8	1.6	350
Kellogg's Toasted Rye Flakes	8.1	2.2	11.4	0.6	76.2	1.5	364
Ry-Krisp	5.8	2.8	14.0	1.3	74.4	1.7	369
Wheat preparations:							
Alber's Wheat Flakes Mush..	11.5	1.6	11.1	0.3	73.4	2.1	357
Cero-Vita	4.6	3.5	8.9	0.3	82.0	0.7	370
Cinnamon Rusks	9.9	0.7	10.3	0.2	71.7	7.2	393
Cream of Wheat	13.1	0.6	11.5	0.2	73.7	0.9	340
Cresco Grits	11.1	0.6	17.8	0.5	68.6	1.4	358

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
Cereal Products, etc.—Continued.							
Breakfast foods—Continued:							
Wheat preparations—Concluded:							
Crystal Wheat	9.5	1.9	11.3	1.7	73.6	2.0	358
Dieto Rusks	6.4	1.5	15.9	1.0	66.1	9.1	410
Force	10.7	2.8	10.6	1.1	73.7	1.1	347
F S. Farina (Quaker Farina)	13.7	0.4	10.2	0.2	74.6	0.9	347
Fruited Wheat	9.9	3.6	15.6	2.4	66.2	2.3	348
Grandmother's A. & P. Farina	12.9	0.6	10.8	0.1	75.0	0.6	349
Granola	6.1	2.3	13.9	0.6	76.3	0.8	368
Granose Biscuit	11.3	3.9	10.3	1.8	71.1	1.6	340
Granose Flakes	6.0	3.9	10.3	0.5	75.4	3.9	378
Grape Nuts	10.3	1.9	11.5	1.5	74.2	0.6	348
Hecker's Farina	12.7	0.6	10.0	0.1	75.9	0.7	350
Holland Rusk	11.0	1.3	12.1	0.1	70.4	5.1	376
Jireh Frumenty	6.2	1.4	12.3	1.1	77.3	1.7	374
Jireh Whole Wheat Farina ..	6.2	1.8	12.9	2.2	74.6	2.3	371
Kellogg's Breakfast Toast ..	7.7	1.6	13.6	0.3	74.9	1.9	371
Kellogg's Krumbles	10.0	2.6	12.0	1.9	72.3	1.2	348
Kellogg's Toasted Wheat Bis- cuit	5.8	2.4	14.2	1.5	74.7	1.4	368
Kellogg's Toasted Wheat Flakes	5.2	2.7	9.3	1.2	80.5	1.1	369
Kellogg's Zwieback	6.2	1.6	14.3	0.2	76.1	1.6	376
Leggett's Premier Farina	14.1	0.5	11.1	0.1	73.3	0.9	346
Malt Breakfast Food	9.6	1.4	13.8	1.0	72.7	1.5	360
Manana Gluten Breakfast Food	7.6	2.5	42.6	1.7	43.6	2.0	363
Mapl-Flake	10.8	2.8	9.3	1.2	74.7	1.2	347
Mother's Wheat Hearts	13.5	0.4	10.7	0.2	74.1	1.1	349
Pettijohn's Breakfast Food ..	10.3	1.7	9.1	2.0	74.9	2.0	354
Pillsbury's Best Cereal	11.3	0.5	11.5	0.1	75.9	0.7	356
Quaker Cracked Wheat	11.7	1.7	9.3	1.7	73.3	2.3	351
Quaker Puffed Wheat	11.5	1.8	13.1	1.6	70.2	1.8	349
Quaker Wheat Berries	9.8	1.4	14.0	1.2	71.6	2.0	360
Ralston Health Food	12.4	1.4	11.9	1.1	71.5	1.7	349
Ralston Wheat Food	11.9	1.1	11.3	0.8	73.1	1.8	354
Sanitas Granuto	4.9	1.3	10.1	0.4	81.6	1.7	382
Saxon Wheat Food	9.8	0.8	12.8	0.5	74.4	1.7	364
Shredded Wheat Biscuit	8.5	1.5	11.0	2.6	75.0	1.4	357
Street's Perfection Farina ...	13.1	0.5	10.3	0.1	74.9	1.1	351
Triscuit	10.3	1.7	11.0	1.7	73.9	1.4	352
Vitos	11.6	0.5	11.1	0.2	75.6	1.0	356
Wheatena	10.4	0.7	11.3	0.6	74.2	2.8	367
Wheatlet	12.2	0.8	12.8	0.3	72.3	1.6	355
Whole Grain Wheat (prepared)	66.2	1.5	6.6	1.2	23.7	0.8	128
Zest	10.7	2.6	9.0	1.2	75.3	1.2	348
Wheat bran:							
Ballard's Obelisk Sanitary							
Edible Bran	11.5	4.5	17.3	5.6	55.7	5.4	301
Culp's Capitol Health Bran ..	11.2	5.3	13.4	8.2	57.6	4.3	323

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
Cereal Products, etc.—Continued.							
Breakfast Foods—Concluded:							
Wheat Bran—Concluded:							
Health Food Co.'s Wheat Bran	11.6	5.6	14.3	8.2	56.2	4.1	319
Jireh Wheat Bran	11.1	4.3	16.8	6.3	56.7	4.8	337
Johnson's Educator Wheat Bran	11.6	6.1	15.4	7.8	54.4	4.7	322
Kellogg's Sterilized Wheat Bran	9.6	6.0	16.3	8.5	54.4	5.2	330
Wheat bran biscuit and other laxative preparations:							
Bran Biskue	8.5	3.1	12.1	2.2	61.0	13.1	410
Bran-eata Biscuit	9.8	4.4	9.1	3.6	72.2	0.9	333
Bran Zos	11.9	3.0	13.2	3.8	65.6	2.5	338
Brose Good Health Breakfast Food	10.1	2.6	14.4	3.1	65.5	4.3	358
Cerag	9.2	3.6	11.3	2.0	73.0	0.9	345
Cerena	7.2	4.9	27.8	2.4	46.3	11.4	399
Christian's Laxative Bread	9.9	2.8	10.0	1.3	74.6	1.4	351
Christian's Laxative Cereal Flakes	13.0	1.7	10.4	1.0	72.5	1.4	344
Colax	13.1	2.1	1.1	0.1	82.8	0.8	343
Dietetic Bran Biscuit	9.3	5.0	9.9	1.7	69.1	5.0	361
Educator Bran Cookies	7.1	3.3	8.9	1.5	64.7	14.5	425
Educator Bran Meal	11.8	2.9	12.3	3.8	66.4	2.8	340
F. B. A. Laxative Health Biscuit	11.1	3.1	6.1	0.7	77.3	1.7	349
Fruit Nut Cereal	7.3	3.2	13.5	2.4	72.4	1.2	354
Good Health Biscuit (Kellogg)	10.9	4.2	7.7	1.5	74.5	1.2	340
Health Food Wafers	9.7	5.3	10.0	1.4	65.7	7.9	374
India (Digestive) Biscuit	8.7	5.0	12.8	5.2	66.1	2.2	335
Laxa	6.6	5.0	12.4	6.6	66.6	2.8	341
Laxative Biscuit (Kellogg)	9.4	3.0	16.7	2.4	57.7	10.8	395
Mansfield's Agar Agar Wafers	7.9	2.3	7.1	0.8	69.9	12.0	416
Oval Digestive Biscuit (H.&P.)	8.8	2.1	7.8	0.5	64.5	16.3	436
Uncle Sam Health Food	6.3	3.1	21.3	4.0	40.9	24.4	468
Zim	13.2	2.0	7.4	1.5	74.2	1.7	342
Miscellaneous preparations:							
Dieto Nut Cereal	5.0	2.0	21.6	1.2	51.8	18.4	450
Dieto Wheat and Barley Cereal	6.8	1.7	11.6	2.0	75.7	2.2	369
Jireh Wheat Nuts	7.6	2.3	19.0	1.0	54.5	15.6	434
Malabar Manoca	13.3	1.3	0.6	0.6	84.1	0.1	340
Post Tavern Porridge	12.7	1.5	10.3	0.2	74.5	0.8	346
Post Tavern Special	9.9	0.9	10.9	0.3	76.9	1.1	361
Sea Moss Farina	15.6	13.6	9.1	1.5	59.9	0.3	279
Sunbeam Tapioca	13.5	0.2	0.6	0.1	85.5	0.1	345
Trix	6.2	1.5	14.5	0.3	77.3	0.2	369
Trufood (Trufood Co.)	5.7	1.4	11.5	1.8	77.1	2.5	377
Zep (Battle Creek Food Co.)	5.0	2.9	14.0	1.3	74.6	2.2	374

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Cereal Products, etc.—Concluded.							
Flours, meals, etc:							
Barley flour	11.4	1.6	12.3	1.0	71.3	2.4	356
Buckwheat flour	13.6	0.9	6.4	0.4	77.5	1.2	346
Corn flour	12.3	0.9	8.4	0.4	76.2	1.8	355
Corn meal	12.5	1.0	9.2	1.0	74.4	1.9	362
Oat flour	10.3	1.8	15.1	0.7	65.7	6.4	381
Potato flour	16.0	0.4	0.5	83.0 ¹	0.1	335
Rice flour	11.9	0.8	7.3	0.1	79.3	0.6	352
Rye flour	12.9	0.7	6.8	0.4	78.3	0.9	349
Rye meal	11.4	1.5	13.6	1.8	69.7	2.0	351
Soy bean flour	5.1	4.5	42.5	3.7	24.3	19.9	446
Soy bean meal	10.1	5.5	38.3	4.6	26.6 ²	14.9	394
Wheat flour, entire	11.4	1.0	13.8	0.9	71.0	1.9	356
Wheat flour, Graham	11.3	1.8	13.3	1.9	69.5	2.2	351
Wheat flour, patent, average ...	12.0	0.5	11.4	0.3	74.8	1.0	354
Vegetables.							
Vegetables, fresh (unless otherwise stated):							
Aralia Cordata (Udo)	95.2	0.5	1.0	0.5	2.6 ³	0.2	16
Artichokes	79.5	1.0	2.6	0.8	15.9 ⁴	0.2	76
Jerusalem, fresh, whole	77.8	2.0	2.9	0.8	16.4 ⁴	0.1	78
cooked, edible por- tion	78.8	1.4	2.4	0.8	16.5 ⁴	0.1	77
Asparagus	93.6	0.7	2.1	0.7	2.7	0.2	21
Basella	2.5	1.7	0.5	21
Beans, butter	58.9	2.0	9.4	20.1 ¹	0.6	159
cranberry, young pods	0.4	0.6	none	4
medium	1.3	1.7	0.6	17
fancy	1.0	2.1	0.1	13
Lima	68.5	1.7	7.1	1.7	20.3	0.7	116
refugee, young pods	0.5	0.8	none	5
medium	1.3	3.0	0.1	18
fancy	1.1	1.4	0.1	11
string	89.2	0.8	2.3	1.9	5.5 ⁵	0.3	34
string, cooked	95.3	0.9	0.8	1.0 ¹	1.1	21
Beets	87.5	1.1	1.6	0.9	8.8 ⁶	0.1	43
cooked	88.6	1.6	2.3	7.4 ¹	0.1	40
Borage (salad plant)	3.0	0.4	0.4	17
Brussels sprouts	1.5	3.4	0.1	21
Burdock	4.5	7.4	0.1	49
Cabbage	91.5	1.0	1.6	1.1	4.5 ⁷	0.3	27
Carrots	88.2	1.0	1.1	1.1	8.2	0.4	41
Cassava, root	1.6	27.1	0.2	117

¹ Includes fiber.² Includes 1.1 per cent starch and sugar.³ Carbohydrate range 3.9 to 10 per cent.⁴ Carbohydrate range 3.0 to 6.5 per cent.⁵ About ¼ available.⁶ Chiefly inulin.⁷ Carbohydrate range 6.0 to 10 per cent.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Vegetables—Continued.							
<i>Vegetables, fresh—Continued.</i>							
Cauliflower	92.3	1.0	1.8	1.0	3.7	0.5	27
Celeriac	1.8	6.0	0.2	33
Celery	94.5	1.0	1.1	3.3 ¹	0.1	19
Celery root	2.0	6.3	0.4	37
Chard	89.6	1.6	3.2	5.0 ¹	0.6	38
Chayote (tayote)	91.9	0.4	0.9	0.8	5.9	0.1	28
Chenopodium	8.5	2.7	1.1	55
Chicory, root	15.0
leaves, Italian	1.9	0.8	0.4	14
Chinese vegetables:							
Kai Tsoi	94.5	1.1	1.7	0.7	1.8	0.2	16
Bak Toy	95.9	1.1	1.2	0.6	1.1	0.1	10
Collards	87.1	1.5	4.5	6.3 ¹	0.6	49
Corn, green	75.4	0.7	3.1	0.5	19.2	1.1	99
Cucumbers	95.4	0.5	0.8	0.7	2.4	0.2	14
Egg plant	92.9	0.5	1.2	0.8	4.3	0.3	25
Endive	1.0	2.6	none	14
Fennel	1.5	1.6	0.1	13
Greens, beet, cooked	89.5	1.7	2.2	3.2 ¹	3.4	52
dandelion	81.4	4.6	2.4	10.6 ¹	1.0	61
turnip salad	86.7	2.2	4.2	6.3 ¹	0.6	47
Kale	3.0	2.1	0.4	24
Kale, sea	1.4	3.8	none	21
Kohl-rabi	91.1	1.3	2.0	1.3	4.2	0.1	26
Lamb's quarters	3.8	1.7	0.6	27
Leeks	2.9	4.0 ¹	0.1	29
Lettuce	94.7	0.9	1.2	0.7	2.2	0.3	16
Mushrooms	88.1	1.2	3.5 ²	0.8	6.0 ³	0.4	42
Mustard	2.4	0.3 ²	0.3	14
Okra	90.2	0.6	1.6	3.4	4.0	0.2	24
Onions	87.6	0.6	1.6	0.8	9.1	0.3	46
cooked	91.2	0.9	1.2	4.9 ¹	1.8	41
Orach	4.6	0.2 ²	0.4	23
Oyster plant	1.2	7.0	0.1	34
Palmetto cabbage	87.4	1.7	3.3	0.9	6.1	0.6	43
cooked	88.9	1.2	2.9	0.9	5.6	0.5	39
Parsnips	83.0	1.4	1.6	2.5	11.0 ⁴	0.5	55
Peas, green	74.6	1.0	7.0	1.7	15.2	0.5	93
cooked	73.8	1.5	6.7	14.6 ¹	3.4	116
Peppers, Neapolitan	1.1	5.7	0.3	30
sweet, green	0.8	4.1	0.1	21
Potatoes	78.3	1.0	2.2	0.4	18.0	0.1	82
air (tropical Asia)	1.9	16.3	0.4	76
boiled	75.5	1.0	2.5	0.6	20.3	0.1	92

¹ Includes fiber.² Largely unassimilable.³ Largely salt.⁴ Starch and sugar.⁵ Carbohydrate range 6 to 14 per cent.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
Vegetables—Continued.							
Vegetables, fresh— <i>Concluded.</i>	%	%	%	%	%	%	
Potatoes, cooked, chips	2.2	4.5	6.8	46.7 ¹	39.8	572
cooked, mashed and creamed	75.1	1.5	2.6	17.8 ²	3.0	109
sweet	69.0	1.1	1.8	1.3	26.1	0.7	118
cooked	51.9	0.9	3.0	42.1 ¹	2.1	199
Pumpkins	93.1	0.6	1.0	1.2	4.0	0.1	21
Radishes	91.8	1.0	1.3	0.7	5.1	0.1	27
Rhubarb	94.4	0.7	0.6	1.1	2.5	0.7	19
Roquette (rocket salad)	0.7	0.3 ³	0.4	8
Rutabagas	88.0	1.1	1.3	1.2	7.3	0.2	36
Sauerkraut	88.8	5.2 ²	1.7	3.8 ²	0.5	27
Sorrel	2.1	0.1 ²	0.2	11
Spinach	92.3	2.1	2.1	0.9	2.3	0.3	20
cooked	89.8	1.4	2.1	2.6 ¹	4.1	56
Squash	88.3	0.8	1.4	0.8	8.2	0.5	43
Tomatoes, green	94.8	0.6	1.2	0.4	2.8	0.2	18
ripe	94.3	0.5	0.9	0.6	3.3	0.4	20
Truffles	9.1	7.0	0.5	69
Turnips	89.6	0.8	1.3	1.3	6.8	0.2	34
Vegetable marrow	93.1	1.1	0.5	1.2	4.0 ⁴	0.1	19
cooked	93.0	1.0	0.4	1.4	4.1 ⁵	0.1	19
Watercress	0.7	3.7	0.5	22
Yams	1.6	23.6	0.2	103
Yautia (Janier)	4.2	53.0	0.4	232
Vegetables, dried:							
Beans	12.6	3.5	22.5	4.4	55.2	1.8	327
carob	4.0	2.7	6.3	5.7	80.7	0.6	353
frijoles (New Mexico)	7.5	4.2	21.9	65.1 ¹	1.3	360
Lima	10.4	4.1	18.1	65.9 ¹	1.5	350
mesquite	4.8	3.4	12.2	77.1 ¹	2.5	380
soy	10.1	5.5	38.3	4.6	26.6	14.0	394
Carrots, evaporated	3.5	4.9	7.7	80.3 ¹	3.6	384
Lentils	8.4	5.7	25.7	59.2 ¹	1.0	349
Peas	9.5	2.9	24.6	4.5	57.5	1.0	337
cow	13.0	3.4	21.4	4.1	56.7	1.4	325
Peppers, green	15.5	63.0 ¹	8.5	391
red	9.4	70.0 ¹	7.7	387
Potatoes, evaporated	7.1	3.1	8.5	80.9 ¹	0.4	361
Tomatoes	7.3	9.4	12.9	62.3 ¹	8.1	374
Vegetables, canned:							
Artichokes	92.5	1.7	0.8	0.6	4.4	21
Asparagus	94.4	1.2	1.5	0.5	2.3	0.1	16

¹ Includes fiber.² Largely salt.³ 2.0 per cent starch and sugar.⁴ Starch and sugar.⁵ 1.8 per cent starch and sugar.

TABLE I. ANALYSES OF COMMON FOODS—*Continued.*

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
Vegetables—Concluded.							
Vegetables, canned— <i>Concluded:</i>							
Beans, baked	68.9	2.1	6.9	2.5	17.1	2.5	119
haricots vers	95.2	1.1	1.1	0.5	2.0	0.1	13
flageolets	81.6	1.2	4.6	1.0	11.5	0.1	65
Lima	79.5	1.6	4.0	1.2	13.4	3.0	229 ⁷
little green	93.8	1.5	1.2	0.6	2.8	0.1	17
red kidney	72.7	1.6	7.0	1.2	17.3	0.2	99
string	93.7	1.3	1.1	0.5	3.3	0.1	10
wax	94.6	1.2	1.0	0.6	2.5	0.1	15
Brussels sprouts	93.7	1.3	1.5	0.5	2.9	0.1	19
Corn, green	76.1	0.9 ¹	2.8	0.8	18.2	1.2	95
Corn and tomatoes	87.6	0.8	1.6	0.5	9.1	0.4	46
Macedoine (mixed vegetables) ..	93.1	1.0	1.4	0.6	3.9	...	21
Okra	94.4	1.2 ²	0.7	0.7	2.9	0.1	15
Peas, green	85.3	1.1 ³	3.6	1.2	8.6	0.2	51
Potatoes, sweet	55.2	1.1	1.9	0.8	40.6	0.4	174
Pumpkins	91.6	0.7	0.8	1.1	5.6	0.2	27
Squash	87.6	0.5	0.9	0.7	9.8	0.5	47
Succotash	75.9	0.9	3.6	0.9	17.7	1.0	94
Tomatoes	94.0	0.6	1.2	0.5	3.5	0.2	21
Pickles, Condiments, etc.							
Pickles, condiments, etc.:							
Capers	3.2	...	5.0	0.5	37
Catsup, tomato	1.8	...	10.0 ⁴	0.2	49
Chili sauce	20.0 ⁵
Horseradish	86.4	1.5	1.4	...	10.5 ⁵	0.2	49
Olives, green	76.4	6.6 ⁷	1.3	1.1	2.5	21.1	124
ripe	75.0	2.7 ⁸	1.4	0.9	2.0	18.0	176
Mustard, prepared	4.7	...	5.0	4.1	76
prepared, with cereal added	3.5	...	7.0	1.9	59
Pickles, cucumber	92.9	3.6	0.5	...	2.7 ⁹	0.3	16
mixed	93.8	0.7	1.1	...	4.0 ⁶	0.4	24
spiced	0.4	...	21.0	0.1	87
Vinegar, cider	none	...	0.3 ⁹	none	1
distilled	none	...	none	none	...
malt	none	...	0.5 ¹⁰
spiced salad	10.0
Tarragon	0.2 ¹⁰
wine	0.4

¹ Includes about 0.4 per cent salt.² Includes about 0.7 per cent salt.³ Carbohydrate range 14 to 28 per cent.⁴ Includes 5.0 per cent salt.⁵ Carbohydrate range 0.3 to 1.5 per cent.⁶ Includes about 1.1 per cent salt.⁷ Carbohydrate range 3 to 26 per cent.⁸ Includes fiber.⁹ Includes 2.1 per cent salt.¹⁰ Manufacturers' analysis.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Fruits, Berries, etc.							
Fruits, berries, etc., fresh:							
Apples	84.6	0.3	0.4	1.2	13.0	0.5	58
Apricots	85.0	0.5	1.0	13.4 ¹	58
Avocados (alligator pears)	77.3	0.8	1.1	7.1 ¹	13.7	156
Bananas	75.3	0.8	1.3	1.0	21.0	0.6	95
Blackberries	86.3	0.5	1.3	2.5	8.4	1.0	48
Cherries	80.9	0.6	1.0	0.2	16.5	0.8	77
Citrag juice	1.3	6.9	33
Cranberries	88.9	0.2	0.4	1.5	8.4	0.6	41
Currants	85.0	0.7	1.4	12.8 ¹
Egg fruit	51.3	1.1	3.4	1.3	41.0	1.9	195
Figs	79.1	0.6	1.5	18.8 ¹
Gooseberries	0.4	12.0
Grapes	77.4	0.5	1.3	4.3	14.9	1.6	79
Grape juice	15.0 ²
Grape fruit	89.7	0.5	0.8	0.4	8.6 ³	trace	36
Huckleberries	81.9	0.3	0.6	16.6 ¹	0.6	74
Lemons	89.3	0.5	1.0	1.1	7.4	0.7	40
Lemon juice	9.8 ¹
Loganberries	4.6	7.2 ⁴	0.6	53
Loganberry juice	0.6	6.8 ⁴
Loquat	74.9	1.2	0.3	0.7	23.0
Mangoes	13.0
Mulberries	0.3	12.0
Muskmelons	89.5	0.6	0.6	2.1	7.2	0.3	34
Nectarines	82.9	0.6	0.6	15.9 ¹
Oranges	86.9	0.5	0.8	11.6 ¹	0.2	51
Papaya (papaw)	90.8	0.9	0.8	1.1	6.3	0.1	29
Peaches	89.4	0.4	0.7	3.6	5.8	0.1	27
Pears	84.4	0.4	0.6	2.7	11.4	0.5	53
Persimmons	66.1	0.9	0.8	1.8	29.7	0.7	128
Pineapple	89.3	0.3	0.4	0.4	9.3	0.3	42
Plums	78.4	0.5	1.0	20.1 ¹
Pomegranates	76.8	0.6	1.5	2.7	16.8	1.6	88
Prunes	79.6	0.6	0.9	18.9 ¹
Quince	84.2	0.4	0.3	1.8	13.2	0.1	55
Raspberries, black	84.1	0.6	1.7	12.6 ¹	1.0	66
red	85.8	0.6	1.0	2.9	9.7
Sapodilla	77.0	0.5	0.6	1.1	19.4	1.4	93
Sour sop	80.8	1.1	0.8	17.2	0.1	73
Strawberries	90.4	0.6	1.0	1.4	6.0	0.6	33
Tangelo juice	0.7	0.9
Watermelons	92.4	0.3	0.4	6.7 ¹	0.2	30
Whortleberries	0.7	10.0	0.3	46

¹ Includes fiber.² Carbohydrate range 11 to 20 per cent.³ Includes 7.6 per cent sugar.⁴ Invert sugar.

TABLE I. ANALYSES OF COMMON FOODS—Continued.

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Fruits, Berries, etc.—Concluded.							
Fruits, berries, etc., dried:							
Apples	28.1	2.0	1.6	66.1 ¹	2.2	201
Apricots	29.4	2.4	4.7	62.5 ¹	1.0	278
Citron	19.0	0.9	1.5	78.1 ¹	1.5	332
Currants	17.2	4.5	2.4	74.2 ¹	1.7	322
Dates	15.4	1.3	2.1	78.4 ¹	2.8	347
Figs	18.8	2.4	4.3	74.2 ¹	0.3	317
Prunes	22.3	2.3	2.1	73.3 ¹
Raisins	14.6	3.4	2.6	76.1 ¹	3.3	345
Raspberries	8.1	2.6	7.3	80.2 ¹	1.8	366
Fruits, berries, etc., canned:							
Apples, crab	42.4	0.5	0.3	54.4 ¹	2.4	240
Apple sauce	61.6	0.7	0.2	37.2 ¹	0.8	157
Apricots	81.4	0.4	0.9	17.3 ¹
Apricot sauce	45.2	2.8	1.9	48.8 ¹	1.3	215
Blackberries	40.0	0.7	0.8	56.4 ¹	2.1	248
Blueberries, canned	85.6	0.4	0.6	12.8 ¹	0.6	59
Cherries	77.2	0.5	1.1	21.1 ¹	0.1	90
Cherry jelly	21.0	0.7	1.1	77.2 ¹
Figs, stewed	56.5	1.1	1.2	40.9 ¹	0.3	171
Grape butter	36.7	3.5	1.2	58.5 ¹	0.1	240
Grape fruit, canned	90.5	0.4	0.5	0.2	8.3	0.1	36
Marmalade, orange	14.5	0.3	0.6	84.5 ¹	0.1	341
Peaches	88.1	0.3	0.7	10.8 ¹	0.1	47
Pears	81.1	0.3	0.3	18.0 ¹	0.3	76
Pineapples	61.8	0.7	0.4	36.4 ¹	0.7	154
Prune sauce	76.6	0.5	0.5	22.3 ¹	0.1	92
Strawberries, stewed	74.8	0.5	0.7	24.0 ¹
Tomato preserves	40.9	0.7	0.7	57.6 ¹	0.1	234
Nuts:							
	Nuts.						
Almonds	4.8	2.0	21.0	2.0	15.3	54.9	639
Almond butter	1.6	3.0	22.1	3.9	7.9	61.5	674
Beechnuts	4.0	3.5	21.9	13.2 ¹	57.4	657
Brazil nuts	3.3	3.4	16.8	2.1	5.0 ²	69.4	712
Butternuts	4.4	2.9	27.9	3.5 ¹	61.2	676
Cashew nuts	4.5	2.5	19.1	0.6	26.2 ³	47.1	605
Chestnuts	45.0	1.3	6.2	1.8	40.3	5.4	235
Coconut	14.1	1.7	5.7	27.9 ¹	50.6	590
Coconut milk	92.7	0.8	0.4	4.6	1.5	34
Coconut, prepared	3.5	1.3	6.3	31.5 ¹	57.4	668
Filberts	3.7	2.4	15.6	13.0 ¹	65.3	702
Hickory nuts	3.7	2.1	15.4	11.4 ¹	67.4	714
Lichi nuts	17.9	1.5	2.9	77.5 ¹	0.2	323

¹ Includes fiber.² Includes 1.3 per cent water-soluble carbohydrate. No starch present.³ Includes 13.4 per cent starch and 6.8 per cent water-soluble carbohydrate.

TABLE I. ANALYSES OF COMMON FOODS—*Concluded.*

Description of food	Water	Ash	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	%	%	%	%	%	%	
Nuts—Concluded.							
<i>Nuts—Concluded:</i>							
Peanuts	9.2	2.0	25.8	2.5	21.9	38.6	538
Peanut butter	2.1	5.0	29.3	17.1 ¹	46.5	604
Pecans	2.7	1.9	9.6	15.3 ¹	70.5	734
<i>Pine nuts:</i>							
Pignolias	5.8	4.2	36.5	0.8	4.8 ²	47.9	596
Piniones	3.8	2.8	6.5	26.2 ¹	60.7	677
Pinon	3.4	2.8	14.6	17.3 ¹	61.9	685
Sabine	5.1	4.7	28.1	17.3 ¹	64.0	685
Pistache nuts	5.7	2.8	24.3	1.8	14.3 ³	51.1	614
Walnuts, California	2.5	1.7	18.4	1.4	11.6	64.4	700
California, black	2.5	1.9	27.6	1.7	10.0	56.3	657
California, soft shell..	2.5	1.4	16.6	2.6	13.5	63.4	691
Alcoholic Beverages.							
Distilled liquors ⁴ (whiskey, gin, rum, brandy)	{ none } { or tr. }
Wines, ⁵ dry	0.3
sweet	8.0
Cordials ⁶ (creme de menthe, kum- mel, benedictine, anisette, char- treuse)	30.0
Beer, ⁷ near	5.0
Ale ⁷	5.1
Malt extract, commercial	10.6
true (concentrated)	71.3
Cider ⁸	4.5
Other Beverages or Beverage Materials.							
Tea (0.5 oz. to 1 pt. water)	0.6
Coffee (1 oz. to 1 pt. water)	0.7
Cocoa, as purchased	6.2	5.5	18.3 ⁹	4.5	37.5 ¹⁰	26.7	464
Cocoa (0.5 oz. to 1 pt. water)	1.1
(0.5 oz. to 1 pt. milk)	6.0
Chocolate, as purchased	3.8	3.1	12.4 ¹¹	2.8	24.8 ¹²	52.2	610
Carbonated drinks (bottled soda, sarsaparilla, birch beer, root beer, ginger ale)	8.0

¹ Includes fiber.² Includes 4.3 per cent water-soluble carbohydrate. No starch present.³ Includes 6.1 per cent water-soluble carbohydrate. No starch present.⁴ Sugar is sometimes added to brandy. One sample examined contained 33.5 per cent of sugar. Range of alcohol content 35 to 50 per cent by volume.⁵ Natural wines contain from 6 to 12 per cent alcohol; "fortified" wines, 15 to 20 per cent.⁶ Dry wines contain from a trace to 3.6 per cent of sugar; sweet wines from 0.1 to 40.7 per cent.⁷ Range of alcohol content 35 to 50 per cent.⁸ Range of alcohol content formerly 3 to 5 per cent, now not over 0.5 per cent.⁹ Range of alcohol content 2.5 to 6 per cent. Carbohydrate range 0 to 13.5 per cent.¹⁰ Theobromine and caffeine (1.3 per cent), not included.¹¹ Includes about 14 per cent of starch and soluble carbohydrate; balance of carbohydrate of doubtful or undetermined availability.¹² Theobromine and caffeine (0.9 per cent), not included.¹³ Includes about 10 per cent of starch and soluble carbohydrate; balance of carbohydrate of doubtful or undetermined availability.

TABLE II. ANALYSES OF SPECIAL FOODS.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch (other than fiber)	Carbohydrate mined carbohydrate	Fat	Calories per 100 gms.
	Flours and Meals.									
1910	<i>Acme Mills Co., Portland, Ore.</i>	% 9.40	% 1.10	% 1.50	% 9.40	% 0.80	% 71.40	% 6.00	% 1.90	364
1904	<i>Acme Diabetic Flour</i>	8.60	1.10	13.46	76.70	12.20		1.40	368
	<i>Amthor & Co., Halle.</i>									
	<i>Weizen-Protein</i>	10.10	0.20	13.66	77.90	0.00	4.50 ¹	6.70	0.60	362
1906	<i>Herman Barker, Somerville, Mass.</i>	7.40	0.40	13.90	79.20	0.20	trace	12.30	0.50	370
1912	<i>Barker's Gluten Food "A"</i>	9.86	0.20	13.50	76.95	0.06	2.56	9.84	0.44	361
1919	<i>Barker's Gluten Food "A"</i>	10.10	0.20	13.50	77.00	0.00	0.00 ¹	6.10	0.60	362
1906	<i>Barker's Gluten Food "B"</i>	6.30	0.40	13.62	75.20	0.40	3.70	13.40	0.60	375
1913	<i>Barker's Gluten Food "B"</i>	9.72	0.33	12.98	73.99	0.08	5.23	10.14	0.51	362
1919	<i>Barker's Gluten Food "B"</i>	9.70	0.20	13.20	75.20	0.00	8.30 ¹	5.80	0.80	364
1906	<i>Barker's Gluten Food "C"</i>	5.70	0.40	13.46	76.70	0.60	3.40	12.60	0.60	377
1913	<i>Barker's Gluten Food "C"</i>	10.00	0.42	12.79	72.90	0.09	6.39	9.80	0.40	360
1919	<i>Barker's Gluten Food "C"</i>									
	<i>Battle Creek Sanitarium Co., Battle Creek, Mich.</i>									
1916	<i>Gluten Meal</i>	7.55	1.35	4.61	26.28	0.12	55.03	8.65	1.02	360
1916	<i>Gluten Meal</i>	7.35	1.20	6.90	39.33	41.12	10.08	0.92	370
1914	<i>Gluten Meal 80%</i>	6.83	13.44	76.61	5.77
	<i>Battle Creek Food Co., Battle Creek, Mich.</i>									
1925	<i>Gluten Flour</i>	8.08	0.93	7.57	43.15	0.34	39.33 ²	6.35	1.82	372
	<i>Bischof & Co., London.</i>									
1907	<i>Gluten Flour</i>	10.10	1.30	12.77	72.80	0.20	12.00		3.60	372

1906	Callard, Stewart & Watt, London.	10.00	2.50	13.70	85.60	none	1.40 ²	0.50	353
1909	Casoid Flour	10.30	2.50	13.20	82.50	none	3.10 ²	1.60	357
1916	Gluten Flour	9.70	12.88	73.40	none
1919	Canada Cereal & Flour Co.	12.02	2.61	3.26	18.58	1.50	43.87	16.94	4.48	358
1923	Cereal Meal Corporation, St. Louis, Mo.	6.39	4.60	3.07	19.19	5.13	34.77 ⁴	23.35	6.57	368
1912	Cerezo Co., Tappan, N. Y.	4.90	4.40	7.31	45.70	1.90	0.60	22.00	20.50	458
1913	Soy Bean Gruel Flour	4.20	4.20	6.00	43.10	2.20	trace	24.00	21.40	465
1919	Soy Bean Gruel Flour	6.12	3.98	7.38	42.13	2.38	0.90	21.86	18.63	443
1923	Cheltine Food Co., Cheltenham, England.	4.66	6.89	9.26	57.88	0.78	16.40 ⁵	3.34	10.05	401
1924	Curdolac Food Co., Waukesha, Wis.	4.98	7.78	6.58	41.13	6.53	4.60 ⁶	22.54	12.44	385
1914	The Dieto Food Co., New York City.	7.85	1.15	2.36	13.45	1.01	62.44	11.99	2.11	371
1926	Efficiency Products Co., Somerville, N. J.	15.55	7.23	11.44	72.99	0.03	0.68 ⁷	2.48	1.04	314
1919	Hoffman's Casein Flour	10.46	0.48	2.30	13.11	0.25	59.08	15.48	1.14	361
1906	Empire Flour Mills.	12.70	0.50	1.78	11.10	74.80	0.90	352
1913	Farwell & Rhines, Watertown, N. Y.	12.70	0.40	2.90	18.10	0.40	57.20	10.20	1.00	351
1913	Cresco Flour	3.22	20.10
1904	Cresco Flour	1.50	8.55	much
1904	Gluten Flour

² Includes 7.76 per cent water-soluble carbohydrates.³ Includes 3.76 per cent water-soluble carbohydrates.⁴ All water-soluble carbohydrates.¹ Includes water-soluble carbohydrates.² Includes 2.88 per cent water-soluble carbohydrates.³ Includes fiber.⁴ Includes 7.68 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch (other than fiber)	Undeter- mined carbohydrate	Fat	Calories per 100 gms.
	Flours and Meals—Continued.									
	<i>Farwell & Rhines, Watertown, N. Y.—Concluded.</i>									
1906	Gluten Flour	12.70	0.40	1.82	10.40	0.30	71.50 ¹	3.80	0.90	351
1906	Gluten Flour	13.30	0.50	1.73	9.90	0.10	72.00 ¹	3.20	1.00	349
1909	Gluten Flour	10.70	0.50	1.92	10.90	...	77.40 ¹	...	0.50	358
1913	Gluten Flour	8.30	0.60	6.90	39.30	0.20	38.10	12.30	1.20	370
1913	Gluten Flour	8.60	0.50	7.41	42.20	0.60	32.80	14.20	1.10	367
1916	Gluten Flour	10.65	0.45	3.05	17.44	0.04	63.39	7.05	0.98	360
1916	Gluten Flour	7.05	0.35	7.04	40.13	...	41.35	10.12	1.00	366
1919	Gluten Flour	10.93	0.34	3.64	26.75	trace	54.09	12.55	1.34	362
1919	Gluten Flour	11.14	0.57	3.84	21.89	trace	55.71	9.41	1.28	360
1919	Gluten Flour	9.34	0.52	7.10	40.82	trace	32.17	15.75	1.40	368
1919	Gluten Flour 40%	9.09	0.55	6.90	39.32	trace	37.75	12.03	1.26	368
1919	Gluten Flour 40%	10.65	0.75	7.10	40.47	0.23	37.01	9.42	1.47	361
1923	Gluten Flour	8.81	0.65	7.10	40.47	0.34	43.24 ³	5.12	1.37	368
1925	Gluten Flour	8.23	0.72	7.38	42.07	0.29	40.99 ⁴	6.30	1.40	370
1904	Special Diabetic Food	2.16	13.50	...	much
1906	Special Diabetic Food	12.00	1.90	2.29	14.30	1.40	58.30 ¹	9.10	3.00	354
1906	Special Diabetic Food	10.30	1.60	2.27	14.20	1.10	62.10 ¹	7.90	2.80	362
1906	Special Diabetic Food	12.40	1.30	2.05	12.80	0.60	70.30	...	2.60	358
1913	Special Diabetic Food	9.60	1.80	4.40	27.50	1.70	40.00	16.60	2.80	362
1923	<i>Federal Mill & Elevator Co., Lockport, N. Y.</i> Gluten Flour	9.20	0.90	6.76	38.53	0.41	42.30 ⁵	6.88	1.78	367
1910	<i>Gericke, Potsdam.</i> Aleuronat	9.30	0.90	13.34	76.04	...	10.46 ²	...	3.30	376

1913	<i>Golden Rod Milling Co., Portland, Ore.</i>	10.00	0.70	2.53	15.80	0.70	57.00	13.50	1.40	361
1919	Acme Special Flour	11.73	1.02	2.42	15.13	0.33	61.48	8.56	1.75	356
1916	Acme Special Flour	12.12	2.47	14.08	66.97	1.25	...
1913	<i>O. B. Gilman, Boston, Mass.</i>	8.70	1.00	7.57	43.20	0.60	31.40	13.10	2.00	369
1909	<i>Karl Goldscheider, Carlsbad.</i>	9.40	0.50	1.74	10.90	78.80 ²	0.40	362
1910	<i>Gumpert, Berlin.</i>	6.60	2.90	5.84	36.50	9.40 ²	44.60	585
1908	Wheat Protein, Hazard's	7.00	0.60	6.69	38.10	0.30	52.80	1.20	374
1906	<i>The Health Food Co., New York City.</i>	8.50	6.40	8.10	50.60	2.90	7.20 ¹	8.80	15.60	407
1913	Almond Meal	7.90	6.30	8.05	50.30	2.80	trace	17.90	14.80	406
1914	Almond Meal	7.16	5.48	7.86	49.13	0.48	none	15.91	21.84	457
1919	Almond Meal	7.90	6.01	8.04	50.25	2.40	none	18.00	15.44	412
1919	Bran Biskue, Gluten Bran	9.19	3.38	4.85	27.65	1.51	33.84	13.90	10.53	396
1911	C. B. X. Cold Blast Flour, 25% Protein	8.70	0.50	1.62	10.10	0.20	68.90	10.70	0.90	367
1919	Diabetic Casein Flour (self-raising)	11.93	9.16	11.56	72.25	0.14	none	5.73	0.79	319
1914	Gluten Flour No. 1	7.65	2.78	12.11	69.03	0.21	7.09	12.36	0.88	362
1916	Gluten Flour	7.70	7.28	41.50	35.00
1919	Gluten Flour 40%	8.48	0.65	6.88	39.21	0.35	37.27	12.09	1.05	371
1906	Glutosac Gluten Flour	10.10	1.10	5.45	31.10	1.00	49.30 ¹	5.80	1.60	359
1909	Glutosac Gluten Flour	8.00	1.10	5.65	32.20	58.10 ³	0.60	367
1911	Glutosac Gluten Flour	8.70	5.86	33.40
1913	Glutosac Gluten Flour	8.20	1.40	6.38	36.40	0.70	36.90	14.10	2.30	370
1914	Glutosac Gluten Flour	8.18	1.20	6.08	34.65	0.48	41.96	11.84	1.69	369
1919	Glutosac Gluten Flour	10.53	0.75	7.28	41.50	0.29	36.20	9.05	1.68	362
1913	Pronireu (Gluten Griddle Cake Flour)	8.80	4.90	5.97	34.00	0.50	37.70	12.90	1.20	349
1919	Pronireu (Gluten Griddle Cake Flour)	10.81	4.26	6.64	37.85	0.20	36.56	9.14	1.18	345

¹ Includes water-soluble carbohydrates.² Includes fiber.³ Includes 4.34 per cent water-soluble carbohydrates.⁴ Includes 3.08 per cent water-soluble carbohydrates.⁵ Includes 2.70 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	Floors and Meals—Continued.								
	<i>The Health Food Co., New York City—Concluded.</i>								
1906	Protosac Gluten Flour	10.60	0.70	5.86	33.40	0.30	50.00 ¹	0.00	358
1913	Protosac Gluten Flour	8.00	0.90	6.83	38.90	0.30	36.30	1.70	372
1914	Protosac Gluten Flour	8.16	1.30	7.35	41.90	0.38	31.50	1.06	370
1913	Protosoy Soy Flour	3.00	5.00	6.77	42.30	5.40	trace	19.80	446
1914	Protosoy Soy Flour	3.86	5.30	6.86	42.88	2.75	1.86	19.18	448
1919	Protosoy Soy Flour	6.32	4.43	6.30	39.38	4.33	1.86	18.58	433
1906	Pure Washed Gluten Flour	6.20	0.80	9.08	56.90	0.20	27.50 ¹	0.90	376
1913	Pure Washed Gluten Flour	6.10	0.50	12.85	73.20	0.40	7.00	1.60	380
1914	Pure Washed Gluten Flour	7.03	0.58	13.70	78.09	0.40	2.81	1.01	373
1919	Pure Washed Gluten Flour	8.31	0.71	13.14	74.90	0.30	3.77	1.97	373
1922	Pure Washed Gluten Flour	7.10	...	14.05	80.09	...	3.36 ²
1919	Snow Flake Diabetic Casein Flour	10.41	6.07	12.67	79.19	...	none	1.15	340
	<i>R. Handhausen, Hamm.</i>								
1892	Aleuronat (pure)	8.50	0.90	13.78	78.55	...	11.55	0.50	365
1892	Aleuronat (less pure)	9.10	1.20	12.43	70.85	0.20	17.45	1.20	364
	<i>Hudson Hebert (furn'r).</i>								
1919	Gluten Flour	11.84	1.24	2.52	14.36	1.30	52.20	2.22	354
	<i>Jirch Diabetic Food Co., New York City.</i>								
1906	Diabetic Flour	9.30	1.30	2.29	14.30	1.00	66.60 ¹	2.20	365
1906	Diabetic Flour	11.00	1.30	1.94	12.10	1.10	72.70	1.80	355
1919	Diabetic Flour	10.36	1.04	2.60	14.82	1.00	50.13	20.69	360
1919	Diabetic Flour	12.03	1.01	2.49	14.22	1.05	50.62	18.55	356
1913	Flour	7.60	1.40	2.30	14.40	1.40	60.90	2.30	370

1919	Gluten Flour	9.10	1.40	2.52	14.36	1.20	50.00	21.86	2.08	371
1919	Gluten Flour	11.34	1.34	2.50	14.25	1.60	48.66	20.41	2.40	355
1913	Patent Barley	5.00	1.10	1.82	11.40	0.70	67.80	12.40	1.60	381
1913	Patent Cotton Seed Flour	7.40	5.50	7.86	49.10	4.00	6.00	15.30	12.70	396
1913	Patent Lentils Flour	5.90	2.50	4.37	27.30	3.30	42.60	17.20	1.20	359
1913	Protein Flour	7.30	1.70	5.02	31.40	0.90	48.50	8.20	2.00	370
1913	Soja Bean Flour	4.40	4.60	6.77	42.30	4.70	0.00	25.80	18.20	435
1913	Wheat and Barley Flour	9.70	1.50	1.89	11.80	1.60	66.20 ¹	7.30	1.90	358
1906	Wheat and Barley Flour	9.50	1.60	1.81	11.30	1.40	74.40		1.80	359
1924	Soycasein Flour	9.16	5.81	12.13	75.81	0.30	1.36 ²	4.58	2.98	354
1925	<i>Virch Food Co., Inc., Morris Plains, N. J.</i> "Starch-Treated" Flour	8.08	1.36	2.14	13.38	1.29	65.95 ⁴	7.89	2.05	367
1906	<i>Johnson Educator Food Co., Boston, Mass.</i> Educator Standard Gluten Flour	11.30	1.00	4.22	24.10	0.40	56.80 ¹	4.70	1.70	358
1911	Educator Standard Gluten Flour	7.30	0.80	6.42	36.60	0.20	40.90	12.80	1.40	374
1911	Educator Standard Gluten Flour	8.80	6.42	36.60
1904	<i>The Kellogg Food Co., Battle Creek, Mich.</i> 20% Gluten Meal	10.50	1.00	2.53	14.40	0.40	57.40	15.70	0.60	355
1909	20% Gluten Meal	8.00	1.10	3.36	19.20	70.00 ⁵		0.80	364
1912	20% Gluten Meal	9.80	1.40	4.40	25.10	0.10	49.60	13.50	0.50	357
1916	20% Gluten Meal	7.65	1.22	4.33	24.68	0.12	51.24	14.17	0.92	309
1906	40% Gluten Flour	10.50	0.50	6.45	36.80	0.20	46.90 ¹	3.00	1.20	361
1906	40% Gluten Flour	8.50	1.40	6.14	35.00	0.10	50.00 ¹	3.80	1.20	366
1909	40% Gluten Flour	7.90	1.20	6.24	35.60	53.50 ⁶		1.80	373
1912	40% Gluten Flour	0.70	1.40	7.52	42.90	0.20	31.90	13.00	0.90	359
1913	40% Gluten Flour	8.00	1.20	6.99	39.80	0.20	40.50	9.40	0.90	307
1916	40% Gluten Flour	8.62	0.80	5.90	33.63	0.08	48.04	7.31	1.43	369
1919	40% Gluten Flour	10.10	0.63	8.28	47.20	0.26	30.66	10.17	0.98	261
1909	40% Gluten Flour, Self-Raising	8.80	1.30	6.19	35.30	53.60 ⁶		1.00	365
1916	Gluten Meal	7.30	1.36	7.29	41.55	0.10	36.59	11.99	1.11	371
1919	40% Gluten Meal, Thoroughly Cooked	8.50	1.38	7.54	42.98	0.31	33.38	12.00	1.45	380
1909	80% Gluten	7.20	0.60	12.61	71.90	19.40 ⁵		0.90	373

¹ Includes water-soluble carbohydrates.² Includes 0.55 per cent water-soluble carbohydrates.³ All water-soluble carbohydrates.⁴ Includes 5.48 per cent water-soluble carbohydrates.⁵ Includes fiber.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 gms.
							Starch	Undeter- mined carbohydrate		
	Flours and Meals—Continued.									
	<i>The Kellogg Food Co., Battle Creek, Mich.—Concl.</i>									
1912	80% Gluten	9.10	0.60	13.01	74.20	0.20	6.20	8.80	0.90	365
1916	Gluten Meal	5.10	0.45	12.90	73.53	0.18	3.10	15.88	1.76	386
1916	Pure Gluten Meal	4.60	0.96	13.47	76.78	0.08	6.77	10.00	0.81	374
1919	Pure Gluten Meal	7.73	0.92	13.88	79.12	0.19	2.56	8.74	0.74	368
	<i>Lister Bros., New York City.</i>									
1917	Lister's Diabetic Flour, Self-rising	11.62	2.77	10.78	67.38	0.17	none	17.20	0.86	346
1919	Lister's Diabetic Flour, Self-rising	11.53	9.44	10.93	68.31	0.05	none	9.72	0.95	321
	<i>Lister Bros., Whitefield, N. H.</i>									
1915	Casein Flour	5.70	5.78	13.52	84.50	0.05	none	0.37	3.60	381
1916	Diabetic Flour	6.58	7.90	12.68	79.25	...	none	...	3.00	...
	<i>Eugene Loeb, New York City.</i>									
1913	Gluten Cracker Meal	9.70	1.00	4.45	25.40	0.30	40.20	15.70	7.70	394
1913	Imported Gluten Flour	9.20	1.40	12.21	60.60	0.40	4.40	14.10	0.90	361
1913	Pure Gluten Flour	10.10	0.60	6.45	36.80	0.30	39.60	10.20	2.40	368
1913	Whole Wheat Flour	11.10	1.10	2.34	13.30	0.50	54.60	17.20	2.20	360
	<i>E. Loeb & Co., New York City.</i>									
1913	Gluten Flour	9.80	0.50	7.02	40.00	0.30	39.80	8.50	1.10	363
1919	Gluten Flour	9.72	0.48	6.12	34.86	0.20	39.87	14.11	0.76	362
	<i>Loeb's Diabetic Food Bakery, New York City.</i>									
1916	Gluten Cracker Meal	8.22	1.07	6.82	38.87	0.19	31.59	11.14	8.92	407
1919	Gluten Cracker Meal	8.40	1.59	6.44	36.71	0.28	30.66	11.48	10.88	417

1919	Gluten Cracker Meal	7.94	1.39	6.46	36.82	0.30	32.17	12.43	8.95	466
1916	Pure Gluten Flour	8.85	0.51	7.65	43.61	0.13	35.78	10.11	1.01	333
1919	Pure Gluten Flour	10.48	0.89	6.80	38.76	0.15	38.22	10.30	1.20	360
1923	Pure Gluten Flour	8.22	0.83	7.28	41.50	0.15	39.72 ²	7.39	2.19	374
1923	Special Gluten Flour	5.76	0.77	12.84	73.19	0.19	9.42 ²	8.70	1.97	383
<i>McDowell Bros., Ogdensburg, N. Y.</i>										
1925	Diaban Flour	6.78	6.46	4.48	28.00	2.15	32.06 ³	6.48	18.07	429
1925	Diaban Flour	5.95	6.15	4.17	26.06	1.35	33.17 ⁴	9.97	17.35	431
<i>Thomas Martindale & Co., Philadelphia, Pa.</i>										
1913	Special Gluten Flour	8.20	0.60	6.45	36.80	0.30	41.40	11.20	1.50	371
<i>Maple Leaf Milling Co.</i>										
1919	Gluten Flour	12.52	0.38	2.22	12.66	0.25	61.51	11.52	1.16	353
<i>Mayflower Mills, Fort Wayne, Ind.</i>										
1913	Bond's Diabetic Flour	9.40	0.60	6.43	40.20	0.20	40.60	7.70	1.30	366
1919	Gluten Flour	10.35	0.85	8.42	47.99	0.30	28.63	10.23	1.65	365
<i>A. McFarlane Co.</i>										
1919	Gluten Flour	11.09	0.47	2.16	12.14	0.30	60.34	14.28	1.38	358
<i>P. McIntosh Co.</i>										
1919	Gluten Flour	10.65	0.45	2.64	15.05	0.25	63.28	9.32	1.00	360
<i>Theo. Metcalf Co., Boston, Mass.</i>										
1906	Soja Bean Meal, 5.5% Starch	7.80	4.40	6.38	39.00	3.90	9.00 ³	15.90	19.10	431
1906	Soja Bean Meal, 7.6% Starch	5.89	36.80
1913	Soja Bean Meal, 18.0% Starch	6.50	4.10	6.56	41.00	3.40	25.00	20.00	20.00	444
1906	Vegetable Gluten, 20.0% Starch	7.90	0.70	9.82	56.00	0.30	26.80 ³	6.70	1.60	372
1913	Vegetable Gluten, 8.1% Starch	7.60	0.50	12.86	73.30	0.20	5.90	11.00	1.50	374
<i>H. Niemöller, Gütersloh.</i>										
1901	Roborat	9.50	1.40	13.17	82.30	0.20	2.90	3.70	3.70	374

¹ Includes 3.04 per cent water-soluble carbohydrates.² Includes 0.76 per cent water-soluble carbohydrates.³ Includes water-soluble carbohydrates.⁴ Includes 5.04 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 grms.
							Starch	Undetermined carbohydrate		
	Flours and Meals—Continued.									
	<i>Northwestern Cereal Co., London, Ont.</i>									
1916	Gluten Flour	8.50	2.07	2.07	11.80	60.60
1916	Gluten Flour	11.10	2.42	2.42	13.79	54.68
1916	Gluten Flour	9.30	2.03	2.03	11.57	53.20
1919	Gluten Flour	10.21	2.10	2.99	17.07	1.58	42.10	21.95	4.99	369
1916	Gluten Flour	12.77	1.78	10.14	64.80	2.02
1919	Gluten Flour, 40%	11.66	2.27	2.49	14.20	2.40	38.65	25.56	5.26	361
	<i>Norton-Truax, Chicago, Ill.</i>									
1919	Diaprotein	11.72	6.35	12.44	77.75	none	2.72	1.46	335
	<i>Phospho Food Co., Los Angeles, Calif.</i>									
1914	Phospho D. & D. Special	8.74	1.22	2.19	13.69	1.24	58.57	14.35	2.19	366
	<i>Pieser-Livingston Co., Chicago, Ill.</i>									
1913	Gluten Flour	8.50	0.60	6.93	39.50	0.10	38.40	11.60	1.30	370
1913	Gluten Flour	8.70	0.60	6.69	38.10	0.20	36.50	14.50	1.40	360
1919	Genuine Gluten Flour	10.16	0.81	7.26	41.38	0.20	36.31	9.79	1.35	362
1925	Gluten Flour	8.78	0.89	7.37	42.01	0.30	39.39 ¹	6.96	1.69	369
	<i>Plasmon, Ltd., London.</i>									
1923	Plasmon Arrowroot	12.98	2.20	3.17	19.81	0.11	62.24 ²	2.53	0.13	340
	<i>Potter & Wrighington, Boston, Mass.</i>									
1919	Diet-Ease Gluten Flour	12.50	0.98	4.64	26.45	0.73	46.89	10.29	2.16	354
1919	Diet-Ease Gluten Flour	8.76	0.96	6.94	39.56	0.42	36.20	11.78	2.32	371
1925	Diet-Ease Gluten Flour	7.93	1.18	7.12	40.58	0.44	38.38 ³	8.89	2.60	375
1925	Diet-Ease Gluten Flour	7.74	1.76	7.03	40.07	0.46	40.60 ⁴	6.54	2.83	374

1904	<i>The Pure Gluten Food Co., New York City.</i>										
1911	Gum Gluten Flour	8.10	1.00	8.69	49.53	0.20	42.40	11.80	1.60	371	
1902	Gum Gluten Flour	11.90	0.90	6.13	34.90	0.20	61.30 ^b	1.40	356		
1904	Gum Gluten Ground	10.60	0.80	4.29	24.50	0.40	30.00	16.70	1.30	359	
1906	Gum Gluten Ground	6.90	1.00	8.02	45.70	0.50	38.60 ^b	5.40	1.90	376	
1902	Gum Gluten Self Raising	9.80	3.80	5.04	28.70	0.30	56.00	1.40	351		
1906	Gum Gluten Self Raising	10.80	4.50	6.06	34.50	0.50	42.90 ^b	5.80	1.00	342	
1906	Hoyt's Gum Gluten	11.20	1.00	5.09	29.00	0.30	52.00 ^b	4.00	1.60	358	
1914	Hoyt's Gum Gluten Flour, 50%	6.61	0.70	7.95	45.32	0.33	37.07	8.82	1.15	375	
1914	Hoyt's Gum Gluten Flour, Ground	8.21	0.60	6.71	38.24	0.18	42.61	9.23	0.93	369	
1914	Hoyt's Gum Gluten Self Raising Flour	7.30	3.88	6.83	38.93	0.40	38.98	9.76	0.75	357	
1914	Hoyt's Gum Gluten Special Flour	5.63	0.93	14.51	82.70	0.35	2.17	7.50	0.72	376	
1923	Hoyt's Gluten Flour	7.40	0.99	9.32	53.12	0.42	31.38 ^b	3.43	3.26	381	
1925	Hoyt's Gluten Flour	8.23	0.94	7.56	43.09	0.28	40.41 ^b	5.20	1.85	371	
1901	Plain Gluten Flour	9.90	0.60	8.58	48.90	0.20	34.50	5.90	363		
1911	Pure Gluten Flour	9.10	0.60	6.06	34.54	0.20	34.50	5.90	363		
1911	Pure Gluten Flour	9.10	0.60	6.29	35.54	0.20	34.50	5.90	363		
1919	<i>The Pure Gluten Food Co., Columbus, Ohio.</i>										
1919	Hoyt's Gluten Flour over 40% protein	10.68	0.82	7.34	41.84	0.27	33.19	12.07	1.13	359	
1919	Hoyt's Gluten Self-raising Flour over 40% protein	10.18	3.85	7.28	41.50	0.50	33.38	9.72	0.87	346	
1919	Hoyt's Gluten Special Flour 80% protein	6.82	1.10	13.54	77.18	0.27	2.81	10.63	1.19	373	
1913	<i>Rademann's Nahrungsmittelfabrik, Frankfurt.</i>										
1913	Diabetiker Mehl	9.60	0.80	6.06	37.90	0.20	46.80	3.90	0.80	362	
1895	<i>Kalston Health Food Co.</i>										
1902	Gluten Flour	12.80	0.60	2.40	13.70	0.60	70.30	2.00	354		
1902	Gluten Flour	11.90	0.90	2.53	14.40	0.20	72.30 ³	0.50	351		

¹ Includes 4.04 per cent water-soluble carbohydrates.
² Includes 0.65 per cent water-soluble carbohydrates.
³ Includes 4.80 per cent water-soluble carbohydrates.
⁴ Includes 5.72 per cent water-soluble carbohydrates.

⁵ Includes fiber.
⁶ Includes water-soluble carbohydrates.
⁷ Includes 2.24 per cent water-soluble carbohydrates.
⁸ Includes 5.76 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 gms.
							Starch	Undetermined carbohydrate		
	Flours and Meals—Concluded.									
	<i>Schulenburg Oil Mill, Schulenburg, Texas.</i>									
1915	Allison's Cotton Seed Flour	9.38	5.95	8.06	50.38	2.70	1.07	19.28	11.24	384
1921	Allison's Flour (Cotton Seed)	6.65	6.20	8.07	50.44	4.83	8.81 ¹	15.18	7.89	360
1919	Baumgarten Process Allison Flour	8.08	5.67	8.00	50.00	3.47	1.13	21.61	10.04	381
	<i>La Societe L'Aliment "Essentiel," Nanterre, France.</i>									
1921	"Essential" Flour	7.89	1.58	3.14	19.63	0.27	58.43 ²	9.24	2.96	376
1921	Heudebert, Surazotized Gluten Flour	7.79	3.36	10.75	61.28	0.30	14.03 ³	10.94	2.30	366
1921	Heudebert, Gluten Flour with Cacao	7.46	3.63	9.40	53.58	1.00	13.76 ⁴	14.73	5.84	381
1921	Lacteous Flour	4.80	2.02	1.38	8.63	0.32	72.18 ⁵	8.48	3.57	389
	<i>Soy Bean Products Co., San Francisco, Calif.</i>									
1919	Soy Bean Flour A	7.65	4.71	6.69	41.81	1.98	0.34	24.07	19.44	440
1919	Soy Bean Flour B	7.91	5.08	7.04	44.00	2.07	0.76	25.98	14.20	411
	<i>Sprague, Warner & Co., Chicago, Ill.</i>									
1913	Richelieu Gluten Flour	8.70	0.50	7.95	45.30	0.20	31.60	12.50	1.20	368
	<i>Still Rock Spa, Waukesha, Wis.</i>									
1919	Cardolac Flour	10.25	3.99	9.06	56.63	3.79	5.09	17.89	2.36	335
	<i>G. Van Abbott & Sons, London.</i>									
1913	Almond Flour	4.00	3.00	3.94	24.60	1.90	none	7.90	58.60	657
1913	Gluten Flour	10.20	0.80	12.02	68.50	0.40	12.40	6.80	0.90	359
1913	Gluten Semola	10.10	2.80	8.22	46.90	0.40	28.20	8.70	2.90	361
	<i>Vitae Health Food Co., Seattle, Wash.</i>									
1924	Soya Manna	8.88	4.35	6.58	41.13	1.50	10.68 ⁶	14.45	19.01	436

1917	<i>Waukesha Health Products Co., Waukesha, Wis.</i>	8.75	4.13	6.63	41.44	3.82	0.56	24.43	16.87	458
1914	Ayos, the Improved Soja Bean Flour	6.96	5.05	6.72	42.00	5.05	9.02 ⁶	14.80	17.12	417
1919	Hepco Flour	8.09	4.31	7.04	44.00	2.15	0.90	21.41	19.14	438
<i>White Swan Spice Co., Toronto.</i>										
1916	Diet Flour	10.20	...	2.06	12.90	...	60.75
1916	Diet Flour	11.25	0.90	1.65	10.30	0.10	67.84	7.95	1.66	359
1919	Diet Flour	11.47	0.70	1.52	8.66	0.55	61.29	16.05	1.28	356
1919	Gluten Flour	9.21	0.77	1.72	9.80	0.44	62.30	16.00	1.48	370
1919	Gluten Flour	10.50	0.75	1.56	8.80	0.46	62.00	15.95	1.45	360
1919	Gluten Flour	10.84	0.87	1.61	9.18	0.44	61.60	15.47	1.60	359
<i>Wilson Bros., Rochester, N. Y.</i>										
1919	Gentee! Brand Flour	11.60	0.98	4.70	20.38	0.26	49.16	6.23	2.39	361
1911	Gluten Flour, 4/7 Standard	11.10	...	3.18	18.10
1911	Gluten Flour, 4/7 Standard	9.70	...	3.12	17.80
1913	Gluten Flour, 4/7 Standard	11.00	1.20	3.33	19.00	0.30	54.60	11.80	2.10	361
1913	Gluten Flour, Self-Raising, 4/7 Standard	12.20	4.60	2.78	15.80	0.30	51.80	13.30	2.00	342
1919	Gluten Flour	10.52	0.74	8.04	45.83	0.36	28.63	11.91	2.01	364
"Non-Nutritive" Flours, Fillers, etc.										
<i>Dietetic Cellulose Co., Chicago.</i>										
1920	Cellu Flour	5.52	0.30	none	none	57.25	none	36.93 ⁷	trace	...
<i>Efficiency Products Co., Somerville, N. J.</i>										
1924	Ecmo (cellulose) Flour	9.05	1.00	0.66	4.13	4.75	3.44 ⁶	77.00 ⁷	0.63	...
<i>Lister Bros., Inc., New York City.</i>										
1924	Low Caloric Flour	7.55	6.10	0.63	3.94	5.24	1.76 ⁶	74.84 ⁷	0.57	...
<i>Nutricoid Diabetic Flour Co., Brooklyn, N. Y.</i>										
1924	Nutricoid Flour	8.23	1.17	0.69	4.31	7.18	6.08 ⁶	72.11 ⁷	0.92	...
<i>Vitae Health Food Co., Seattle, Wash.</i>										
1925	Cellulose Flour	9.95	4.18	1.85	11.56	32.33	3.76 ⁶	35.42 ⁷	2.80	...

⁵ Includes 40.96 per cent water-soluble carbohydrates.

⁶ All water-soluble carbohydrates.

⁷ Modified celluloses.

¹ Includes 8.25 per cent water-soluble carbohydrates.

² Includes 9.30 per cent water-soluble carbohydrates.

³ Includes 1.32 per cent water-soluble carbohydrates

⁴ Includes 1.46 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
1923	"Non-Nutritive" Flours, Fillers, etc.—Concl. <i>Miscellaneous.</i> Cellulose Flour from Corn Cobs	% 5.00	% 0.82	% 0.16	% 1.00	% 63.80	% 0.34	% 28.50	% 0.54	...
1924	Bran, etc. <i>The Battle Creek Food Co., Battle Creek, Mich.</i> Cooked Bran	4.15	7.46	2.45	15.31	9.19	59.20		4.69	340
1925	Washed Bran	8.60	4.37	1.66	10.38	21.48	2.31 ¹	46.41	6.45	294
1924	<i>Lister Bros., New York City.</i> Lister's Starch-free Bran	8.16	4.30	2.62	16.38	21.14	1.63 ²	44.37	4.02	286
1924	<i>The Spa, Waukesha, Wis.</i> Malted Bran	3.24	2.94	1.56	9.75	17.91	2.01 ²	58.60	5.55	331
1925	<i>Vitae Health Food Co., Seattle, Wash.</i> Vitae Special Starch-free Bran	9.75	4.39	3.58	22.38	20.98	5.80 ¹	27.77	8.93	304
1921	<i>Woman's Baking Co., Boston, Mass.</i> Washed Bran	9.13	1.79	11.19	4.59 ²	7.39	130
1921	<i>Experimental.</i> Bran, unwashed	6.05	6.31	2.62	16.38	6.05	12.21 ²	46.86	6.14	357
1921	Bran, washed	2.29 ⁴
1926	<i>Efficiency Products Co., Somerville, N. J.</i> Starch-free Bran	12.33	3.65	2.67	16.69	19.71	2.41 ²	40.81	4.40	279

Year	Preparation	10.00	5.60	12.82	80.10	4.20 ³	0.10	338
1912	Protein Preparations. <i>The Bauer Chemical Co., Berlin.</i> Sanatogen	10.00	5.60	12.82	80.10	4.20 ³	0.10	338
1923	<i>Cheltine Food Co., Cheltenham, Eng.</i> Cheltine Milk Protein	9.05	3.08	13.24	84.47	none	0.19 ⁵	0.97	356
1923	Cheltine Milk Protein	13.38	85.36
1900	<i>Eiweiss Extrakt Co., Altona, Germany.</i> Soson	6.40	1.00	14.59	91.20	1.10 ⁵	0.30	372
1923	<i>Glogau & Co., Chicago.</i> (Sole Agents) Aleuronat	8.11	0.76	12.46	71.02	0.26	10.68 ⁷	5.58	391
1923	Aleuronat	12.46	71.02
1902	<i>Kreche & Co., Salzwufen.</i> Energim	9.10	1.00	13.41	83.80	0.30	1.30	4.50	381
1913	<i>Menley & James, New York City.</i> Glidine	5.70	0.90	14.62	83.30	0.20	none	0.80	377
1922	<i>John Norton Co., Columbus, Ohio.</i> Diaprotein No. 2	11.23	6.75	12.43	79.30	0.88 ⁸	1.55	335
1899	<i>Plasmon Co., London.</i> Plasmon (average 9 analyses)	11.90	7.50	11.23	64.00	15.90 ⁵	0.70	326
1901	Plasmon	8.50	7.40	12.00	68.40	15.50 ⁵	0.20	337
1908	Plasmon	12.40	7.70	11.25	64.10	15.40 ⁵	0.40	322
1909	Plasmon	10.90	7.60	12.59	70.10	8.70 ⁵	2.70	339
1923	Plasmon Milk Protein	12.13	7.92	11.90	75.92	none	1.44 ⁶ 1.87	0.72	323
1898	<i>Tropowerke, Mülheim.</i> Tropon (average of many analyses)	9.30	1.20	13.86	86.60	2.70 ⁵	0.20	359
1901	Tropon	9.20	0.80	14.16	88.50	1.20 ⁵	0.30	362

¹ All water-soluble carbohydrates; no starch.

² Includes water-soluble carbohydrates.

³ Includes 3.19 per cent water-soluble carbohydrates.

⁴ Includes 0.86 per cent water-soluble carbohydrates.

⁵ Includes fiber.

⁶ Lactose.

⁷ Includes 3.54 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 gms.
							Starch	Undetermined carbohydrate		
	Soft Breads.									
	<i>American System of Bakeries, Hartford, Conn.</i>									
1921	Gluten Bread	% 35.29	% 1.65	% 6.52	% 26.16	% 0.30	% 23.70 ¹	% 6.84	% 5.97	281
1921	Gluten Bread A	30.43	1.79	6.60	27.75	0.41	27.58 ²	6.12	5.92	290
1921	Gluten Bread B	30.85	1.60	6.81	28.54	0.43	27.49 ³	5.05	5.44	296
	<i>Barker System of Bakeries, Hartford, Conn.</i>									
1925	Gluten Bread	38.71	1.91	2.93	16.68	0.40	32.30 ⁴	6.45	3.55	254
	<i>Beroth Bread Shop, Hartford, Conn.</i>									
1925	Gluten Bread	33.28	2.65	5.02	28.60	0.42	23.32 ⁵	7.13	4.60	278
	<i>Bibeau, Meriden, Conn.</i>									
1925	Gluten Bread	38.87	2.31	1.51	8.58	0.92	41.81 ⁶	6.13	1.38	239
	<i>Canada Bread Co., Toronto, Canada.</i>									
1919	Gluten Bread	35.00	2.34	1.73	9.87	0.34	34.82	16.52	1.11	255
	<i>Community Bake Shop, Norwich, Conn.</i>									
1925	Gluten Bread	33.37	2.37	5.42	30.88	0.51	22.32 ⁷	5.76	4.79	279
	<i>The Dieto Food Co., New York City.</i>									
1914	Dieto Bread, Pure Whole Wheat	40.42	1.69	1.55	8.84	0.71	36.57	11.41	0.36	231
	<i>Ferguson Bakery, Boston, Mass.</i>									
1913	Gluten Bread	37.20	1.70	3.87	22.10	0.20	25.20	10.50	3.10	259
	<i>Frank & Co., Bockenheim.</i>									
1892	Protein-Roggenbrot	32.00	2.80	3.79	21.60	2.30	35.10		6.20	283
1892	Protein-Weizenbrot	31.90	2.70	3.74	21.30	2.20	45.60		6.30	284

<i>Fritz, Vienna.</i>										
.....	Aleuronatbrot	35.50	1.30	2.50	14.30	0.20	47.90	0.80	256	
1910	Kleberbrot, Schwarz	3.44	19.60	50.50	
1910	Littonbrot	6.18	38.60	15.40	
<i>Fromm & Co., Dresden.</i>										
1910	Conglutinbrot	2.93	18.30	47.30	
1910	Littonbrot	5.73	35.80	14.30	
<i>Gericke, Potsdam.</i>										
1910	Doppel-Porterbrot	38.60	4.30	26.00	35.10	
1910	Doppel-Porterbrot	38.90	1.10	3.50	21.90	30.60 ⁸	1.50	248	
1910	Dreifach-Porterbrot	35.10	1.30	4.91	30.70	0.40	19.80	6.20	285	
1910	Einfach-Porterbrot	30.50	1.60	2.85	17.80	48.30 ⁸	1.80	280	
1910	Sifarbrot	39.60	2.20	5.97	37.30	0.60	12.30	2.70	257	
<i>Karl Goldscheider, Carlsbad.</i>										
1910	Sinamylbrot	39.10	3.50	4.51	28.20	4.40	17.30	2.90	235	
<i>Gumpert, Berlin.</i>										
1910	Diabetiker-Doppel-Schwarzbrot	27.90	1.60	2.54	15.90	0.50	39.40	2.60	348	
1910	Diabetiker-Doppel-Schwarzbrot	25.60	1.60	2.96	18.50	41.90 ⁸	12.70	346	
1910	Diabetiker-Doppel-Weissbrot	23.70	2.30	3.01	18.80	0.40	36.80	2.60	371	
1910	Einfach-Schwarzbrot	30.10	1.40	2.50	15.60	49.50 ⁸	3.40	291	
1910	Einfach-Weissbrot	29.40	1.50	2.59	16.20	46.40 ⁸	6.50	309	
1910	Ultrabrot	27.90	3.10	4.51	28.20	0.80	6.80	1.00	434	
1892	Kleberbrot	33.70	2.40	2.75	15.68	0.70	47.02	0.50	255	
<i>Hallinan's Bakery, New Britain.</i>										
1925	Gluten Bread	33.40	1.97	4.83	27.54	0.46	23.38 ⁹	7.50	287	
<i>H. and R. Diabetic Foods, Bronx, N. Y.</i>										
1924	Bread of Low Food Value	24.80	3.43	1.51	9.45	9.37	1.74 ¹⁰	27.02	

¹ Includes 1.01 per cent water-soluble carbohydrates.

² Includes 2.33 per cent water-soluble carbohydrates.

³ Includes 1.03 per cent water-soluble carbohydrates.

⁴ Includes 5.02 per cent water-soluble carbohydrates.

⁵ Includes 4.28 per cent water-soluble carbohydrates.

⁶ Includes 7.79 per cent water-soluble carbohydrates.

⁷ Includes 3.09 per cent water-soluble carbohydrates.

⁸ Includes fiber.

⁹ Includes 4.08 per cent water-soluble carbohydrates.

¹⁰ Includes 0.75 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch (other than fiber)	Carbohydrate undetermined carbohydrate	Fat	Calories per 100 gms.
	Soft Breads—Continued.									
	<i>Health Food Co., New York City.</i>									
1906	Glutosac Bread	31.50	1.90	4.38	24.40	0.40	29.90 ¹	9.20	2.70	278
1914	Glutosac Bread	37.20	1.64	4.34	24.74	0.82	22.17	11.33	2.10	252
1919	Glutosac Bread	28.28	1.72	4.86	27.70	1.49	26.78	10.33	3.70	293
1919	Glutosac Bread	23.10	1.95	5.22	29.75	0.84	29.53	12.26	2.57	309
1906	Protosac Bread	27.30	1.40	5.20	20.60	0.20	33.10 ¹	6.80	1.60	202
1914	Protosac Bread	30.70	2.11	4.77	27.19	0.38	27.66	10.16	1.80	276
1919	Protosac Bread, No. 1	28.85	2.42	6.31	35.97	0.84	20.53	7.39	4.00	292
1919	Protosac Bread, No. 2	28.49	1.83	4.73	26.96	0.30	30.47	8.43	3.52	302
1914	<i>J. Heinbockel & Co., Baltimore, Md.</i>									
	Diabeto Bread for Diabetics	33.47	3.22	1.37	8.55	1.15	40.39	11.73	1.49	256
	<i>Howland Co., Bridgeport, Conn.</i>									
1921	Gluten Bread	31.74	2.25	5.80	23.51	0.41	34.16 ²	7.01	0.92	257
1892	<i>R. Hundhausen, Hamm.</i>									
	Aleuronatbrot, low gluten	39.60	1.60	2.77	15.80	0.60	42.10		0.30	234
1906	<i>Jivreh Diabetic Food Co., New York City.</i>									
1913	Whole Wheat Bread	39.20	1.80	1.50	8.60	0.60	43.80 ¹	5.60	0.40	236
	Whole Wheat Bread (not fresh)	21.80	2.50	1.98	11.30	0.60	44.90	18.20	0.70	304
1925	<i>Keney Tower Bakery, Hartford, Conn.</i>									
	Gluten Bread	37.79	3.19	3.61	20.57	0.34	29.80 ³	3.29	5.02	260
1923	<i>Lewine Bros., New Haven, Conn.</i>									
	Gluten Bread	39.17	1.87	3.07	17.52	0.29	25.72 ⁴	11.68	3.75	253

1913	<i>Engene Loeb, New York City.</i> P. & L. Genuine Gluten Bread	31.40	1.60	1.66	9.50	0.30	44.20	10.40	2.60	280
1919	<i>Loeb's Diabetic Food Bakery, New York City.</i> Caseine Bread	40.42	4.47	6.53	40.84	0.08	none	3.35	10.84	274
1919	Caseine Bread	39.73	4.35	6.57	41.05	0.09	trace	3.71	11.07	323
1923	Genuine Gluten Bread	30.21	1.83	5.71	32.57	0.24	27.16 ⁶	4.40	3.59	289
1919	Casein Muffins	30.82	4.89	7.32	45.74	0.15	none	7.03	11.37	313
1916	Genuine Gluten Bread	27.72	1.51	5.66	32.26	0.21	26.37	11.76	0.17	282
1919	Genuine Gluten Bread	32.01	1.80	4.98	28.39	0.28	28.56	6.86	2.10	273
1914	P. & L. Genuine Glubetic Bread	30.07	1.06	6.20	35.34	0.36	19.15	9.97	4.05	294
1915	<i>Lyster Bros., Whitefield, N H.</i> Casein Bread	38.27	4.24	5.85	36.57	0.05	none	2.49	18.38	322
1925	<i>Mory's Bakery, New Haven, Conn.</i> Gluten Bread	38.30	1.30	4.92	28.06	0.18	23.99 ⁶	4.30	3.87	260
1910	<i>Rademann's Nahrungsmittelfabrik, Frankfurt.</i> Diabetiker-Grahambrot	31.70	1.80	1.57	9.80	2.10	45.60	3.90	5.10	283
1910	Diabetiker-Schwarzbrod (dry)	29.10	1.90	6.05	37.80	33.30	283
1910	Diabetiker-Schwarzbrod	33.60	1.90	2.32	14.50	1.40	45.80	4.80	2.50	267
1910	Diabetiker-Weissbrod (dry)	33.80	1.90	2.38	14.90	47.70 ¹	1.90	258
1910	Diabetiker-Weissbrod	33.80	1.90	6.04	43.40	28.10	258
1910	"D.-K." Brot (dry)	24.60	3.80	3.73	23.30	0.40	37.00 ²	3.10	0.50	328
1892	Erdnuss-Brot	42.60	2.40	5.38	33.60	5.50	58.90	19.70	12.80	230
1910	Litombrot	35.91	1.00	4.83	30.20	0.70	17.50	4.10	2.50	277
1925	<i>Mrs. Root's Food Shop, New Haven, Conn.</i> Gluten Bread	34.22	2.69	5.06	28.85	0.20	23.91 ⁸	5.05	5.08	273
1925	<i>Schaeffer Bros., Inc., Middletown, Conn.</i> Gluten Bread	34.22	2.69	4.87	27.75	0.43	25.06 ⁹	5.32	4.53	273

¹ Includes water-soluble carbohydrates.

² Includes 1.88 per cent water-soluble carbohydrates.

³ Includes 2.35 per cent water-soluble carbohydrates.

⁴ Includes 1.89 per cent water-soluble carbohydrates.

⁵ Includes 1.79 per cent water-soluble carbohydrates.

⁶ Includes 2.01 per cent water-soluble carbohydrates.

⁷ Includes fiber.

⁸ Includes 4.08 per cent water-soluble carbohydrates.

⁹ Includes 4.87 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 gms.
							Starch	Undeter-mined carbohydrate		
	Soft Breads—Concluded.									
1894	Aleuronatbrot <i>Schelte, Münster.</i>	38.80	1.30	2.93	16.70	0.90	41.70	0.60	239	
1910	Aleuronatbrot	28.00	3.50	20.00	49.20	0.30	280	
1910	Kleberbrot	24.20	2.98	17.00	56.00	0.70	298	
1919	Gluten Bread <i>Slimm-Shouldis Co.</i>	35.00	0.69	1.62	9.20	0.17	39.00	2.58	269	
1899	Tropon-Brot <i>Troponwerke, Müllheim.</i>	42.10	3.12	19.50	
1925	Gluten Bread <i>Washburn-Crosby Co. Minneapolis, Minn.</i>	27.23	3.71	4.13	23.56	2.26	10.24 ¹	13.49	19.51	305
1915	Gluten Bread <i>Weston Bakery, Boston, Mass.</i>	3.34	19.04	28.16
	<i>Miscellaneous.</i>									
1921	Almond Gluten Bread	25.58	6.70	5.81	27.98	0.92	13.17 ²	8.26	17.39	354
1923	Cestus Bread, Gluten	34.26	1.15	1.97	11.23	0.14	48.38 ³	3.38	1.46	205
1921	Cottonseed-Wheat Bread	42.22	2.23	3.10	11.63	0.95	33.26 ⁴	8.08	1.63	227
1923	Gluten Bread	3.18	18.13	40.71 ⁵
1921	Soybean Bread	37.70	5.88	5.38	21.75	0.88	6.22 ⁶	9.53	18.04	312
	Hard Breads and Bakery Products.									
1916	Gluten Bread <i>James Aird.</i>	8.10	2.05	2.25	13.13	0.70	59.75	15.91	0.72	360

1921	<i>Arnaud, Inc., New York City.</i>	10.42	2.16	0.28	1.75	4.83	69.53 ⁷	11.08	0.23	332
	Cassava Cakes									
1907	<i>Bischof & Co., London.</i>	7.40	4.70	11.70	66.70	0.00	20.70		0.50	354
1907	Diabetic Gluten Bread	7.30	4.80	4.26	20.60	0.10	59.60		1.60	359
	Essentiel Bread for Super Alimentation									
1910	<i>Brusson Jeune, Villennur, France.</i>	7.80	1.10	5.14	29.30	0.20	49.80	10.00	1.80	373
1912	Gluten Bread	12.70	0.80	5.97	34.00	0.30	40.10	10.30	1.80	354
1921	Gluten Bread	10.31	0.71	5.93	33.80	0.15	44.95 ⁸	0.38	3.77	350
	Gluten Bread									
1909	<i>Callard, Stewart & Watt, London.</i>	3.70	3.20	4.53	28.30	36.80 ⁶		28.00	512
1909	Almond Biscuit, Plain	4.20	3.50	3.12	19.50	20.70 ⁶		52.10	630
1916	Almond Shortbreads	7.52	8.90	56.18	trace	27.10
1906	Casoid Biscuits, No. 1	7.80	3.90	10.08	63.00	8.10 ⁵	17.30	440
1909	Casoid Biscuits, No. 1	7.20	2.50	10.37	64.80	8.70 ⁵	16.80	445
1913	Casoid Biscuits, No. 1	4.80	3.40	10.60	66.80	0.40	4.00	1.80	18.80	460
1908	Casoid Biscuits, No. 2	9.30	58.10	0.00
1909	Casoid Biscuits, No. 2	7.50	3.60	9.25	57.80	5.60 ⁶	25.50	483
1908	Casoid Biscuits, No. 3	8.75	54.70	trace
1908	Casoid Biscuits, No. 3	7.90	5.00	8.69	54.30	7.80 ⁵	25.00	473
1908	Casoid Dinner Rolls	12.93	80.80	3.30 ⁵
1909	Casoid Dinner Rolls	7.00	1.80	12.48	78.00
1909	Casoid Lunch Biscuit	4.20	3.80	4.08	25.50	2.10 ⁶	11.10	420
1909	Casoid Rusk	5.40	4.50	5.92	37.00	21.60 ⁶	44.90	593
1909	Cocoaanut Biscuit + Saccharin	2.60	3.10	2.66	16.00	20.80 ⁶	32.30	522
1909	Ginger Biscuit + Saccharin	2.50	3.70	2.74	17.10	16.40 ⁶	61.30	684
1909	Kalari Batons	8.10	4.40	8.46	52.90	18.10 ⁶	58.60	668
1913	Kalari Batons	4.50	5.20	6.91	43.20	0.90 ⁶	33.70	519
1909	Kalari Biscuits	6.30	3.70	9.10	56.90	none	7.40	39.00	553
1909	Prolactic Biscuits	6.30	4.00	6.86	42.90	1.70 ⁶	31.40	517
							19.30 ⁶		27.50	496

⁶ Includes 2.52 per cent water-soluble carbohydrates.⁷ Includes 2.76 per cent water-soluble carbohydrates.⁸ Includes 9.32 per cent water-soluble carbohydrates.⁹ Includes fiber.¹ Includes 1.58 per cent water-soluble carbohydrates.² Includes 1.74 per cent water-soluble carbohydrates.³ Includes 4.29 per cent water-soluble carbohydrates.⁴ Includes 1.74 per cent water-soluble carbohydrates.⁵ Includes water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 Gms.
							Starch	Undeter- mined carbohydrate		
	Hard Breads and Bakery Products—Cont.									
	<i>Callard & Co., London—Concluded.</i>									
1923	Almond Biscuits, No. 15	4.08	5.30	5.46	34.13	1.66	3.40 ¹	2.79	48.55	599
1925	Bran and Agar Biscuits, "Cellulose"	10.15	4.51	1.75	10.94	15.93	10.90 ²	40.57	7.00	313
1923	Bran and Almond Biscuits	3.34	4.03	3.90	24.38	4.14	2.81 ³	3.81	57.40	641
1923	Casoid Biscuits, No. 17 A	6.04	8.95	9.32	58.25	0.13	0.32 ⁴	1.71	24.60	463
1923	Casoid Biscuits, No. 8	5.98	7.70	8.68	54.25	0.09	0.49 ⁴	4.91	26.58	478
1923	Chocolate Biscuits	3.74	4.11	4.18	26.13	1.50	5.57 ⁵	9.18	49.77	611
1925	Chocolate Biscuits (Casoid)	4.30	4.25	3.68	23.00	2.00	5.44 ⁴	9.43	51.58	616
1923	Gluten and Almond Biscuits, No. 11	5.42	2.58	10.46	65.38	0.29	3.08 ⁶	0.00	23.25	483
1923	Gluten Biscuits, No. 9	5.50	2.54	10.59	60.36	0.40	3.40 ⁷	3.90	23.90	486
1923	Gluten Cracknels, No. 7	6.18	2.12	12.06	68.74	0.24	3.36 ⁸	4.68	14.68	439
1923	Gluten Dinner Rolls, No. 6	6.89	1.52	12.94	73.76	0.18	5.16 ⁹	5.40	7.09	401
1923	Kalari Batons, No. 5	4.92	6.68	7.07	44.19	0.38	1.16 ³	0.13	42.54	565
1923	Parmesan Cheese Straws, No. 17	3.43	5.79	5.00	31.25	0.50	3.48 ⁴	6.61	48.94	606
1923	Ponos Biscuits, No. 14	7.55	8.44	9.69	60.56	0.33	1.25 ⁴	2.64	19.23	421
1923	Pro lacto Biscuits, No. 12	5.76	8.82	9.56	59.75	0.22	0.26 ⁴	4.74	20.45	443
1923	Soup Sippets	1.89	7.70	8.66	54.13	0.03	0.52 ⁴	6.99	28.74	505
1925	Starchless Ginger Biscuits	3.83	3.41	4.38	27.38	1.28	2.68 ⁴	4.49	56.93	651
	<i>Canada Bread Co., Toronto, Canada.</i>									
1916	Gluten Health Bread	7.45	1.95	2.70	15.39	0.78	57.88	13.19	3.36	376
	<i>Cheltine Food Co., Cheltenham, Eng.</i>									
1923	Cheltine Assorted Biscuits	6.02	2.44	2.92	18.25	0.55	51.46 ¹⁰	5.28	16.00	444
1923	Cheltine Brown Rusks	8.02	2.14	2.01	18.10	0.22	50.07 ¹¹	10.75	9.71	407
1923	Cheltine White Rusks	7.39	2.35	3.63	22.69	0.20	47.97 ¹²	4.61	14.79	434
1923	Manhu Diabetic Biscuits	5.97	1.07	2.07	12.94	0.80	61.71 ¹³	5.55	11.96	424

1925	<i>Chicago Dietetic Supply House, Chicago.</i>	5.85	7.32	1.01	11.94	13.10	8.24 ²	5.69	...
1925	Bran-Agar Agar Wafers	4.28	4.17	0.66	4.13	21.50	3.05 ²	24.24	...
1925	Cellu Bran Wafers	3.48	3.21	1.24	7.75	21.15	2.31 ²	30.64	...
1925	Cellu Cheese Wafers	4.08	3.43	1.04	6.50	19.18	3.55 ^{2,4}	28.33	...
1914	<i>The Dieto Food Co., New York City.</i>	6.59	1.75	1.08	13.38	0.98	54.84	9.24	409
1914	Dieto Crackers	6.43	1.50	2.55	15.94	0.98	52.09	9.11	410
1925	<i>Fougeron, Paris.</i>	6.75	2.95	3.34	20.88	0.48	43.38 ¹⁵	20.05	460
1892	<i>Frank & Co., Bockenheim.</i>	6.40	2.70	5.15	32.20	3.10	36.50	19.10	447
1910	<i>Fritz, Vienna.</i>	6.82	42.60	19.80
1910	Braunes Luftbrot "B"	2.46	15.40	23.10
1913	<i>Fromm & Co., Dresden.</i>	2.60	1.00	0.77	4.80	0.30	14.00	20.00	520
1913	Almond-form Wafers with Chocolate	6.30	2.00	1.97	12.30	0.20	43.10	16.50	449
1914	Butterbrezeln	6.49	5.23	8.13	50.81	0.23	29.19	1.11	358
1914	Conglutin Drops	4.48	2.00	2.28	14.25	0.40	20.70	27.92	479
1913	Conglutin-Zwieback	7.40	3.40	2.66	12.90	0.20	58.20	7.70	395
1913	Crackers	7.70	1.30	3.01	18.80	0.20	37.50	11.40	420
1910	Eierbiscuit	7.28	45.50	37.50
1913	Hazelnuss-Stangen	5.20	2.90	2.14	13.40	1.70	none	16.00	441
1913	Luft Bread	8.30	8.00	8.14	50.90	0.20	23.40	7.30	335
1913	Makronen	6.00	3.00	2.26	14.10	1.30	none	56.20	456
1913	Salz-Stangen	6.20	3.60	2.08	13.00	0.40	39.10	15.60	437

1 Includes 3.10 per cent water-soluble carbohydrates.
 2 All water-soluble carbohydrates.
 3 Includes 2.32 per cent water-soluble carbohydrates.
 4 Includes water-soluble carbohydrates.
 5 Includes 3.74 per cent water-soluble carbohydrates.
 6 Includes 0.98 per cent water-soluble carbohydrates.
 7 Includes 0.98 per cent water-soluble carbohydrates.
 8 Includes 0.18 per cent water-soluble carbohydrates.
 9 Includes 0.60 per cent water-soluble carbohydrates.
 10 Includes 5.28 per cent water-soluble carbohydrates.
 11 Includes 5.55 per cent water-soluble carbohydrates.
 12 Includes 7.53 per cent water-soluble carbohydrates.
 13 Includes 0.12 per cent water-soluble carbohydrates.
 14 Includes 1.44 per cent water-soluble carbohydrates.
 15 Includes 9.04 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch (other than fiber)	Carbohydrate mined carbohydrate	Fat	Calories per 100 gms.
	Hard Breads and Bakery Products—Cont.									
	<i>Fromm & Co., Dresden—Concluded.</i>									
1913	Stangenin	6.60	1.60	2.24	14.00	0.40	51.60	12.80	13.00	431
1910	Uni Bread	11.41	71.30	8.60
1913	Uni Bread	8.10	5.60	11.47	71.70	3.50	2.90	6.50	1.70	340
	<i>Gericke, Potsdam.</i>									
1910	Doppel-Porterzwieback	3.06	19.10	41.00
1910	Doppel-Porterzwieback	4.90	1.70	5.47	34.20	39.70 ¹	19.50	471
1910	Mandelbrot	2.59	16.20	43.30
1910	Porterbiskuits	2.58	16.10	63.00
1910	Porterzwieback	4.22	26.40	72.00
1910	Sifarbiskuits	3.23	20.20	35.30
	<i>Karl Goldscheider, Carlsbad.</i>									
1914	Aleuronat-Conglutin Cakes	5.17	1.25	4.26	26.63	0.08	31.67	19.63	15.57	452
1914	Butter-Brezeln	5.16	1.83	1.68	10.50	0.08	43.93	23.64	14.86	446
1914	Feinste Cooanuss-Biskuits für Diabetiker "3.6% carbohydrates"	2.71	2.73	5.50	34.44	0.88	0.00	13.86	45.38	602
1914	Feinste Vanille-Biskuits für Diabetiker, "3.6% carbohydrates"	3.14	2.85	7.42	46.38	0.55	none	16.75	30.33	525
1914	Honigkuchen für Diabetiker, "3.6% carbohy- drates"	2.98	3.05	6.45	40.31	1.00	none	13.91	38.75	566
1914	Saccharin-Obblaten ohne Zucker	5.42	2.43	2.64	16.50	0.95	33.47	17.63	22.60	474
1914	Tea-Greback	3.44	1.28	1.12	7.00	0.23	18.00	42.79	27.26	517
1914	Zwieback	6.85	2.70	3.41	21.31	0.23	51.69	13.61	3.61	379

	<i>Groetsch, Frankfurt.</i>									
1910	Diabetiker-Salzbrezch	14.00	3.30	5.81	36.30	17.10 ¹	29.30	477	
1910	Diabetiker-Salzbrezch	5.30	1.60	5.52	34.50	0.30	22.90	35.40	548	
1910	Pfeffermüsse	25.20	2.80	6.19	38.70	9.30 ¹	24.00	408	
1910	Pfeffermüsse	15.20	2.60	6.27	39.20	0.70	10.30	32.00	486	
	<i>Gumpert, Berlin.</i>									
1910	Diabetiker-Stangen	5.50	2.90	4.98	31.10	11.00 ¹	49.50	614	
1910	Doppel-Diabetiker-Zwieback	4.60	2.50	5.20	32.50	0.80	27.10	32.10	529	
1892	Aleuronat-Kakes	5.10	0.80	2.38	13.60	0.40	70.80	9.30	421	
1892	Aleuronat-Kakes	4.50	1.60	2.85	16.30	0.90	68.80	7.90	412	
1897	Aleuronat-Kakes	4.50	1.50	2.45	14.00	71.30 ¹	8.70	420	
	<i>H. and R. Diabetic Foods, Bronx, N. Y.</i>									
1924	Bran Biscuits	11.47	4.04	1.06	6.62	6.26	2.16 ²	12.50	375	
1924	Bran Biscuits, spiced and sweetened	4.80	3.81	1.22	7.63	7.60	2.20 ²	18.39	427	
1924	Cellu Lemon Cookies	4.33	2.63	1.25	7.81	8.65	3.98 ⁴	27.48	475	
	<i>Health Food Co., New York City.</i>									
1919	Alpha	9.48	5.76	10.97	68.56	0.35	1.01	8.44	380	
1913	Alpha Best Diabetic Wafer	4.00	3.60	10.58	66.10	0.50	trace	13.60	432	
1914	Alpha Best Diabetic Wafer	7.61	5.03	10.73	67.06	0.16	1.26	8.41	391	
1919	Alpha No. 1 Best Diabetic Wafer, Casem.	6.81	6.23	7.74	48.38	0.17	none	33.52	515	
1910	Alpha No. 2 Best Diabetic Wafer	12.88	5.09	11.28	70.50	0.13	1.13	4.02	348	
1906	Diabetic Biscuit	4.70	3.10	4.50	28.10	0.30	51.10 ⁵	9.00	413	
1913	Diabetic Biscuit	8.00	2.50	4.00	25.00	0.20	46.50	9.20	400	
1914	Diabetic Biscuit	5.80	2.55	5.75	35.94	0.35	39.77	8.83	409	
1919	Gluten Cracker Dust	8.58	2.42	7.81	44.52	0.71	23.18	8.76	398	
1913	Gluten Nuggets	5.70	2.80	4.83	27.50	0.20	38.60	12.40	420	
1914	Gluten Nuggets	5.32	2.75	5.07	28.90	0.27	34.93	13.53	438	
1919	Gluten Nuggets	8.59	2.35	5.06	28.84	0.33	32.18	11.38	417	
1906	Glutona	4.80	2.50	3.38	19.30	0.30	54.90 ⁵	11.80	429	
1919	Glutona Bread Sticks	8.21	2.29	5.86	33.40	0.29	30.60	11.11	412	

¹ Includes fiber.² Includes 0.92 per cent water-soluble carbohydrates.³ Includes 0.68 per cent water-soluble carbohydrates.⁴ Includes 2.04 per cent water-soluble carbohydrates.⁵ Includes water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
		%	%	%	%	%	%	%	%	%
	Hard Breads and Bakery Products—Cont.									
	<i>Health Food Co., New York City—Concluded.</i>									
1906	Glutosac Butter Wafers	4.70	3.80	4.42	25.20	1.60	41.20 ¹	10.60	12.90	424
1914	Glutosac Butter Wafers	5.44	2.10	4.98	28.39	0.38	38.93	10.82	13.94	438
1919	Glutosac Butter Wafers	10.30	1.89	5.46	31.12	0.36	40.42	7.92	7.99	390
1906	Glutosac Rusks	4.50	2.70	5.84	33.30	0.90	42.50 ¹	12.30	3.80	387
1914	Glutosac Rusks	6.66	2.50	6.20	35.85	1.13	33.64	16.78	3.44	376
1919	Glutosac Rusks	9.91	2.20	6.08	34.65	0.83	34.26	12.53	5.62	376
1906	Glutosac Wafers, Plain	6.10	3.50	4.70	26.80	1.50	41.60 ¹	10.90	9.60	404
1914	Glutosac Wafers, Plain	7.24	2.55	6.82	38.87	1.58	29.55	18.47	1.74	363
1919	Glutosac Wafers, Plain	10.47	2.55	7.20	41.04	1.19	25.12	12.09	7.54	342
1906	Glutosac Zwieback	7.60	2.50	5.20	29.60	1.20	40.90 ¹	11.30	6.00	389
1914	Glutosac Zwieback	5.92	2.50	5.82	33.17	0.85	32.46	17.39	7.71	401
1919	Glutosac Zwieback	9.18	2.04	5.06	28.84	0.83	33.34	15.24	10.53	405
1906	No. 1 Proto Puffs	8.60	1.30	12.14	69.20	0.10	9.00 ¹	9.90	1.00	365
1913	No. 1 Proto Puffs	7.20	2.70	12.21	69.60	0.20	4.30	13.10	2.90	374
1914	No. 1 Proto Puffs	8.71	2.80	11.56	65.89	0.40	9.23	10.15	2.82	366
1919	No. 1 Proto Puffs	9.32	2.73	12.12	60.08	0.20	3.26	10.74	4.67	371
1911	No. 2 Proto Puffs	8.20	1.80	8.38	47.80	0.20	27.20	13.30	1.50	367
1913	No. 2 Proto Puffs	7.90	2.50	9.06	51.60	0.20	19.00	16.70	2.10	368
1914	No. 2 Proto Puffs	9.16	2.60	9.40	53.58	0.40	20.70	11.47	2.09	362
1906	Protosac Rusk	5.90	2.00	6.54	37.30	0.50	43.90 ¹	8.40	2.00	376
1914	Protosac Rusk	7.21	2.93	6.35	36.19	0.48	35.89	14.30	3.00	373
1919	Protosac Rusk	11.00	2.22	5.74	32.71	1.95	39.26	7.84	5.02	364
1913	Protosoy Diabetic Wafer	3.90	5.00	6.90	43.10	1.90	14.40	16.50	24.90	481
1914	Protosoy Diabetic Wafer	4.76	3.50	5.93	37.07	1.80	14.40	14.94	23.53	477
1919	Protosoy Diabetic Wafer	7.35	4.03	7.44	46.50	1.80	10.58	14.23	15.51	421

1906	Salvia Almond Sticks	6.60	7.50	6.27	39.20	1.90	18.70 ¹	5.30	20.80	440
1914	Salvia Almond Sticks	2.63	3.38	3.57	22.31	0.70	28.29	12.75	20.94	523
1919	Salvia Almond Sticks	7.11	3.28	5.14	32.13	0.85	21.40	9.10	26.13	486
	<i>Heintz Food Co., Chicago, Ill.</i>									
1912	Gluten Biscuits	2.10	11.97
1913	Gluten Biscuits	6.40	3.50	2.05	11.70	1.30	21.40	37.40	18.30	447
1913	Gluten Biscuits	7.30	3.00	2.32	13.20	1.00	45.50	22.80	7.20	391
	<i>Ch. Heudebert, Paris.</i>									
1914	Pain d'Aleurone pour Diabétiques, "5% carbohydrates"	8.18	4.43	12.17	60.21	0.71	4.22	11.80	1.45	354
1914	Pain "Essentiel" en Biscottes	7.67	2.33	4.22	26.38	0.20	49.80	12.33	1.20	365
1914	Pain de Gluten pour Diabétiques	7.85	3.96	12.90	73.53	0.16	3.38	10.28	0.84	356
	<i>R. Hundhausen, Hamm.</i>									
1892	Aleuronatzwieback, high gluten	8.50	2.60	10.50	60.40	23.50 ²	5.00	381
1892	Aleuronatzwieback, low gluten	6.50	1.60	3.66	20.90	0.80	61.60	8.60	407
1894	Aleuronat-Biscuits	6.60	4.70	3.97	22.60	0.50	54.40	11.20	409
1891	Aleuronat-Kakes	3.40	1.10	3.22	18.40	1.20	66.50	9.40	424
	<i>Huntley & Palmer, London.</i>									
1912	Akoll Biscuits	9.30	3.90	8.51	53.20	0.40	trace	6.30	26.90	480
1913	Akoll Biscuits	7.20	3.40	8.72	54.50	0.70	trace	6.80	27.40	492
1916	Akoll Biscuits	7.97	3.43	8.57	53.56	0.49	trace	0.22	28.33	493
	<i>Hygienic Food Co., New York City, Dist't's. (Laboratoire E. Storage, Marseilles, France.)</i>									
1924	Madeleines Lucullus	5.20	1.13	1.40	8.75	0.38	46.00 ³	14.21	23.43	490
1924	Vichy Gaufrettes	3.35	2.37	2.36	14.75	2.33	13.38 ⁴	12.89	50.93	622
1924	Gaufrettes Vanilles	7.63	0.80	1.40	8.75	0.30	81.30	1.22	371
1924	Nougatines de Vichy	2.15	2.23	1.60	10.00	1.20	41.00 ⁵	15.07	28.35	519

¹ Includes water-soluble carbohydrates.² Includes fiber.³ Includes 15.32 per cent water-soluble carbohydrates.⁴ Includes 5.84 per cent water-soluble carbohydrates.⁵ Includes 37.40 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
Hard Breads and Bakery Products—Cont.										
<i>Jacob & Co., Ltd., Dublin, Ireland.</i>										
1923	Plasmon Oat Biscuit	5.86	2.43	2.46	15.38	0.26	49.25 ¹	6.00	20.73	469
1923	Plasmon Plain Biscuit	6.40	2.54	2.08	18.63	0.19	52.53 ²	3.89	15.82	443
1923	Plasmon Sweet Biscuit	6.19	2.42	2.85	17.81	0.18	53.58 ³	4.64	15.18	441
1923	Plasmon Wholemeal Biscuit	5.88	2.85	3.20	20.00	0.71	47.19 ⁴	6.57	16.80	446
<i>Jireh Diabetic Food Co., New York City.</i>										
1906	Diabetic Biscuits	6.30	2.00	2.37	14.80	0.90	65.40 ⁵	6.90	3.70	382
1906	Diabetic Biscuits	8.90	2.30	2.10	13.10	1.20	70.60		3.90	370
1913	Diabetic Biscuits	5.40	2.00	2.11	13.20	1.20	49.60	21.20	7.40	403
1906	Diabetic Rusks	8.70	3.10	2.34	14.60	0.90	67.70		5.00	374
1913	Diabetic Rusks	5.40	1.90	2.38	14.90	1.10	47.00	21.00	8.70	410
1906	Wheat Nuts	7.60	2.30	3.04	19.00	1.00	50.10 ⁵	4.40	15.60	434
1906	Wheat Nuts	6.00	3.20	3.36	21.00	1.20	46.30		22.30	470
<i>Johnson Educator Food Co., Boston, Mass.</i>										
1906	Almond Biscuits	5.30	2.10	4.64	20.00	0.50	50.00 ⁵	4.30	8.80	412
1906	Diabetic Biscuits	5.90	1.90	4.05	25.30	0.40	54.90 ⁵	4.10	7.50	405
1906	Educator Crackers, Greseni Gluten	6.20	2.90	3.68	21.00	0.20	57.90 ⁵	7.20	4.60	386
1913	Educator Gluten Bread Sticks	8.40	2.40	5.74	32.70	0.30	37.50	11.50	7.20	392
1911	Gluten Cookies	4.80	2.70	4.22	24.10	0.30	37.80	14.30	10.00	449
1919	Gluten Cookies	5.94	3.16	5.08	28.96	0.40	36.49	13.45	11.60	422
1906	Gluten Rusk, Greseni Gluten	6.20	3.00	3.54	20.20	0.30	63.30 ⁵	6.70	0.30	364
1906	Gluten Waters	6.90	0.90	4.85	27.00	0.30	57.00 ⁵	6.90	0.40	370
1906	Glutine, Greseni Gluten	6.40	2.60	3.50	20.00	0.40	63.10 ⁵	6.50	0.80	366
1899	Glutine, Greseni Gluten	10.20	1.10	2.21	12.60	75.20 ⁶		0.90	359

1912	<i>The Kellogg Food Co., Battle Creek, Mich.</i>	7.90	2.10	3.42	19.50	0.40	41.10	16.30	12.70	422
1906	Avena-Gluten Biscuit	8.20	0.80	12.80	73.00	0.00	9.80 ³	7.80	0.40	366
1909	Potato Gluten Biscuit	7.60	0.90	12.10	60.00	...	19.90 ¹	...	2.60	370
1913	Potato Gluten Biscuit	8.80	0.80	6.64	37.90	0.40	39.50	12.10	0.50	363
1906	Pure Gluten Biscuit	7.50	1.00	12.85	73.20	0.20	9.10 ⁵	8.20	0.80	360
1909	Pure Gluten Biscuit	8.20	1.10	7.73	44.10	...	43.30 ¹	...	3.30	379
1916	Pure Gluten Biscuit	8.30	2.04	12.96	73.87	0.12	4.02	10.82	0.83	362
1919	Pure Gluten Biscuit	8.33	2.04	13.75	78.38	0.35	2.87	6.53	1.50	365
1913	Taro-Gluten Biscuits	9.40	0.70	5.01	28.60	0.40	48.20	12.20	0.50	361
1906	40% Gluten Biscuit	7.50	1.00	5.73	32.70	0.10	52.60 ⁵	4.50	1.00	368
1909	40% Gluten Biscuit	7.50	1.40	5.82	33.20	...	55.10 ¹	...	2.80	378
1911	40% Gluten Biscuit	8.00	1.60	6.93	40.40	0.20	35.30	13.30	1.20	367
1912	40% Gluten Biscuit	10.20	0.50	7.60	43.30	0.20	35.00	10.30	0.50	350
1913	40% Gluten Biscuit	7.20	1.30	5.95	31.00	0.30	45.00	13.50	0.80	360
1916	40% Gluten Biscuit	8.50	1.48	7.22	41.15	0.08	36.98	10.83	0.98	365
1919	40% Gluten Biscuit	9.55	1.24	7.18	40.92	0.23	35.55	10.89	1.62	364
1912	80% Gluten Biscuit	10.10	2.10	13.18	75.10	0.10	4.70	7.00	0.90	355
1895	<i>Kirche, Düsseldorf.</i>	5.00	0.90	2.72	15.50	1.60	63.30	...	13.70	439
1910	<i>Klopfer Chemische Fabrik, Dresden.</i>	12.70	2.30	7.62	43.40	0.30	32.80	6.30	2.20	350
1921	<i>Laporte & Gauthier, Somersct, Manitoba.</i>	7.55	1.25	2.66	16.63	0.44	64.75 ⁷	3.32	6.06	393
1921	Croustils, Dechloridized	7.62	1.67	2.74	17.13	0.38	66.04 ⁸	3.75	3.41	378
1921	Croustils, Simple	7.88	1.50	4.84	30.25	0.46	49.91 ⁹	3.29	6.71	394
1913	<i>Eugene Loeb, New York City.</i>	7.30	1.00	4.46	25.40	0.40	44.10	12.60	9.20	411

¹ Includes 11.34 per cent water-soluble carbohydrates.² Includes 6.54 per cent water-soluble carbohydrates.³ Includes 9.70 per cent water-soluble carbohydrates.⁴ Includes 7.98 per cent water-soluble carbohydrates.⁵ Includes water-soluble carbohydrates.⁶ Includes fiber.⁷ Includes 10.30 per cent water-soluble carbohydrates.⁸ Includes 5.68 per cent water-soluble carbohydrates.⁹ Includes 5.36 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 gms.
							Starch	Undeter- mined carbohydrate		
	Hard Breads and Bakery Products—Cont.									
	<i>Loeb's Diabetic Food Bakery, New York City.</i>									
1923	Aerated Bread	5.53	1.00	8.73	49.76	0.34	23.59 ¹	7.00	12.18	431
1919	Aerated Gluten Bread	9.17	1.78	8.04	47.83	0.18	26.78	3.18	11.08	411
1914	Diabetic Almond Macaroons	3.22	2.98	7.44	46.50	1.53	0.64	7.36	37.77	558
1916	Diabetic Almond Macaroons	4.55	4.01	5.48	34.25	1.72	trace	10.46	45.01	584
1919	Diabetic Almond Macaroons	5.00	4.30	4.86	30.38	1.93	0.59	10.48	46.33	745
1914	Diabetic Bread Sticks	8.72	2.28	8.07	50.44	0.60	24.64	9.88	3.44	371
1916	Diabetic Bread Sticks	8.15	2.87	7.41	46.31	0.19	35.02	7.17	0.20	339
1919	Diabetic Bread Sticks	9.14	2.67	6.69	41.81	0.20	35.44	6.93	3.81	331
1919	Diabetic Bread Sticks	7.99	3.87	6.72	42.00	0.15	35.23	10.32	0.44	314
1919	Diabetic Bread Sticks, Almond	7.93	2.00	6.30	30.38	0.70	31.22	7.08	11.60	416
1916	Diabetic Butter Cookies	6.14	2.22	6.29	39.31	0.15	32.18	5.07	14.93	471
1916	Diabetic Butter Cookies	4.07	2.86	5.02	31.38	0.35	30.66	8.39	22.20	482
1919	Diabetic Butter Cookies	8.85	3.06	5.84	36.50	0.13	31.95	8.38	12.03	412
1914	Diabetic Lady Fingers	6.01	2.75	9.05	56.56	0.35	1.81	4.23	28.20	505
1916	Diabetic Lady Fingers	5.97	3.46	7.68	48.00	0.07	2.14	7.57	32.70	527
1919	Diabetic Lady Fingers	8.33	4.41	7.64	47.75	0.05	1.91	3.50	34.05	519
1914	Diabetic Sponge Cookies	6.92	2.75	8.75	54.69	0.55	1.24	3.74	30.11	510
1916	Diabetic Sponge Cookies	5.82	3.49	7.14	44.63	0.23	1.91	6.75	37.17	548
1919	Diabetic Sponge Cookies	8.66	4.45	7.95	49.69	0.11	1.91	1.41	33.77	516
1919	Gluten Bread	7.85	1.80	7.46	42.52	0.22	27.81	8.76	11.14	416
1914	Gluten Luft Bread	5.68	2.05	8.38	47.77	0.63	22.89	7.74	13.24	433
1916	Gluten Luft Bread	7.05	1.20	7.12	40.58	0.18	20.93	11.28	9.78	415
1916	Gluten Zwieback	8.27	2.34	7.27	41.44	0.20	35.72	9.64	2.39	369
1915	Gluten Zwieback	8.39	1.45	7.47	42.58	0.18	23.43	10.52	13.45	427
1919	Gluten Zwieback	9.61	1.91	6.78	38.65	0.14	36.06	10.64	2.99	368

<i>Loeb's Diabetic Food Bakery, New York City—</i>										
<i>Concluded.</i>										
1915	Gluten Almond Zwieback	7.84	2.38	6.81	42.56	0.60	19.13	6.90	20.59	460
1916	Gluten Almond Zwieback	8.04	1.97	7.04	44.00	0.33	33.10	6.46	6.10	389
1919	Gluten Almond Zwieback	8.91	1.94	6.60	41.25	0.58	32.57	6.97	7.78	392
<i>Gustav Müller & Co., Agent, New York City.</i>										
1913	Charasse Biscuits Croquettes au Gluten	7.30	0.50	5.49	31.30	0.20	30.60	14.70	5.40	395
1913	Charasse Biscottes Lucullus	7.50	1.80	1.82	11.40	0.20	59.20	14.20	5.70	391
1913	Charasse Gluten Exquis Biscuits aux Amandes	5.30	1.60	2.90	16.50	0.60	25.50	26.70	23.80	489
1913	Charasse Gluten Fleur de Neige Pain	6.10	2.30	5.74	32.70	0.40	25.10	20.90	12.50	427
1913	Charasse Mignonettes au Gluten	8.20	2.10	6.42	36.60	0.30	27.30	19.80	5.70	386
1913	Charasse Pain de Gluten	8.10	2.10	6.53	37.20	0.20	27.20	19.90	5.30	385
1913	Charasse Tranches Grillées pour Potage	7.70	2.30	6.50	40.60	0.30	28.80	16.70	3.60	377
<i>Nasmith's Ltd., Toronto.</i>										
1916	Diabetic Bread	8.15	1.75	1.82	11.38	63.71	13.77	1.24	331
<i>Nutrivoid Diabetic Flour Co., Brooklyn, N. Y.</i>										
1925	Nutrivoid Bran Waters	4.98	6.33	0.92	5.75	8.68	4.20 ²	38.98	31.08	...
<i>Pure Gluten Food Co., New York City.</i>										
1914	No. 1 Dainty Fluffs	7.04	0.75	12.79	79.94	0.45	10.74	0.54	0.54	370
1914	No. 2 Dainty Fluffs	7.45	0.68	10.60	66.25	0.28	21.85	3.02	0.47	369
1916	Dainty Fluffs	7.15	1.25	12.81	80.04	0.12	7.65	2.97	0.82	370
1913	Gum Gluten Biscuit Crisps	5.30	1.70	6.86	39.10	0.90	39.30	13.00	0.70	372
1914	Gum Gluten Biscuit Crisps	5.97	1.70	8.43	48.05	1.08	31.22	11.46	0.52	308
<i>Rademann's Nahrungsmittelfabrik, Frankfurt.</i>										
1893	Diabetiker-Biscuits	2.90	3.50	7.06	44.10	10.00	9.70	29.80	523
1913	Diabetiker-Biscuits	5.00	1.10	4.74	29.60	0.20	25.90	18.60	19.60	473
1913	Diabetiker-Bretzel	6.80	3.00	5.02	31.40	0.20	40.70	9.40	8.50	402
1910	Diabetiker-Cakes	2.02	12.60	39.80
1913	Diabetiker-Cakes	6.50	3.00	4.74	29.60	0.20	39.10	8.10	13.50	429
1893	Diabetiker-Chokolade-Biscuits	1.80	3.80	7.18	44.90	11.80	10.10	27.60	516
1913	Diabetiker-Dessert-Gebäck	4.30	2.50	3.55	22.20	1.10	5.90	21.60	42.40	580

¹ Includes 2.83 per cent water-soluble carbohydrates.² All water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch (other than fiber)	Undeter- mined carbohydrate	Fat	Calories per 100 gms.
		%	%	%	%	%	%	%	%	
Hard Breads and Bakery Products—Cont.										
<i>Rademann's Nahrungsmittelfabrik, Frankfurt—Concl.</i>										
1910	Diabetiker-Makronen	4.50	3.20	3.57	12.30	1.10	8.80	11.30	48.00	605
1910	Diabetiker-Makronen	4.00	3.00	3.71	22.30	1.20	3.00	17.60	48.00	607
1910	Diabetiker-Makronen	10.50	2.10	4.77	22.70	0.50	17.00	33.00	44.20	515
1910	Diabetiker-Stangen	4.50	3.60	2.83	17.70	0.50	21.40	8.10	44.20	586
1910	Diabetiker-Stangen	9.40	2.20	4.03	16.40	0.50	37.60	11.90	413	413
1910	Diabetiker-Zwieback	6.90	2.70	5.57	25.20	0.50	47.00	4.30 ¹	11.90	489
1893	Erdnuss-Biskuits	6.90	2.20	1.79	34.80	0.50	9.00	30.10	21.50	511
1910	Käsestangen	6.70	3.80	1.49	11.20	0.10	50.40 ¹	29.30	33.70	524
1913	Käsestangen	6.70	3.80	1.49	9.30	0.10	38.00	8.40	33.70	524
1910	Sanitätszwieback	6.30	2.80	2.80	17.50	0.50	58.40	67.90	7.80	396
<i>Schelle, Braunschweig.</i>										
1897	Aleuronat-Kakes	4.90	1.30	3.18	18.10	0.50	64.90 ¹	10.80	10.80	429
<i>R. M. Scott, Ipswich, England.</i>										
1923	Gluten and Almond Biscuits	5.93	2.24	3.80	23.75	0.50	44.49 ²	3.18	19.91	465
<i>Seidl, München.</i>										
1910	Kleberzwieback	6.30	2.81	2.37	13.50	0.50	67.90	7.80	7.80	396
<i>La Societe L'Alimen "Essential," Nanterre, France.</i>										
1921	Cacao and Oat Cakes	6.90	2.81	2.25	14.06	1.98	44.26 ⁶	17.72	12.27	475
1921	Heudebert, Aleurone Bread	7.00	2.81	12.07	68.80	0.21	6.66 ⁴	8.23	6.19	300
1921	Heudebert, Aleurone Bread	9.82	3.19	10.39	59.22	0.76	16.28 ⁵	6.73	4.00	365

1921	Heudebert, Bread of Gluten	10.11	2.71	10.78	61.45	0.51	11.20 ⁶	8.04	5.98	377
1921	Heudebert, Bread of Gluten	6.83	2.62	10.82	61.67	0.31	14.69 ⁷	7.03	6.85	395
1921	Heudebert, Bread of Gluten	6.33	2.66	10.94	62.36	0.32	15.25 ⁸	7.40	5.68	301
1921	Heudebert, Rolls with Gluten	7.51	2.32	1.70	9.09	0.43	66.10 ⁹	5.20	8.75	403
1921	Heudebert, Rusk of Gluten	6.56	1.62	1.90	10.84	0.44	67.35 ¹⁰	5.56	7.63	404
1921	Heudebert, Special Diabetic Bread	7.01	2.91	10.48	59.74	0.57	17.64 ¹¹	5.38	6.75	392
1921	Heudebert, Special Diabetic Bread	11.19	3.04	9.01	51.36	0.41	21.12 ¹²	7.79	5.99	367
1921	"Regimette" Dessert Cake	3.68	1.27	1.10	6.88	0.37	67.90 ¹³	8.35	11.55	436
<i>James Strachen.</i>										
1916	Gluten Bread	6.20	2.20	2.96	16.87	0.10	52.74	21.29	0.60	369
<i>Therapeutic Food Co., Inc., New York and London.</i>										
1924	Aleutone Bread	9.89	3.16	10.88	62.02	0.27	15.42 ¹⁴	7.54	1.67	355
1924	Bread of Gluten	9.03	3.80	12.56	71.59	0.07	6.29 ¹⁵	7.73	1.49	356
1924	Brusson Jeune Gluten Bread	10.01	0.72	6.89	39.27	0.14	12.83 ¹⁶	36.04	0.00	301
1923	Dr. Charrasse Gluten Bread	7.83	2.25	7.49	42.69	0.16	35.99 ¹⁷	5.25	5.83	388
1923	Dr. Charrasse Gluto-Kola Bread	8.51	2.17	7.34	45.88	0.16	37.26 ¹⁸	0.00	6.02	387
1923	Dr. Charrasse Gluto-Soja Bread	8.11	2.20	7.77	48.56	0.26	33.30 ¹⁹	0.69	6.88	392
1923	Dr. Charrasse Supreme Bread	8.21	2.45	7.30	45.63	0.22	35.93 ²⁰	0.64	6.92	370
1923	Energen New Natural Gluten Bread	7.95	0.97	5.80	33.06	0.59	44.04 ²¹	4.23	10.05	416
1925	Gluten Bread	5.07	4.59	12.81	73.02	0.26	5.93 ²²	0.85	3.68	376
1924	Special Diabetic Bread	9.44	2.86	11.06	63.04	0.14	15.01 ²³	8.43	1.08	356
<i>Roman Uhl, Carlsbad.</i>										
1913	Carlsbad-Water Biscuits, "Sprudel" Brand	8.10	1.70	1.60	10.00	0.20	55.60	19.20	5.20	386
<i>G. Van Abbott & Sons, London.</i>										
1913	Caraway Biscuits for Diabetics	6.70	3.60	5.70	35.60	0.70	8.60	7.30	37.50	544
1913	Diabetic Rusks for Diabetics	10.80	1.20	11.34	70.90	0.30	12.60	3.40	0.80	355

¹ Includes fiber.

- ² Includes 3.76 per cent water-soluble carbohydrates.
³ Includes 7.23 per cent water-soluble carbohydrates.
⁴ Includes 6.15 per cent water-soluble carbohydrates.
⁵ Includes 2.72 per cent water-soluble carbohydrates.
⁶ Includes 1.24 per cent water-soluble carbohydrates.
⁷ Includes 1.16 per cent water-soluble carbohydrates.
⁸ Includes 0.93 per cent water-soluble carbohydrates.
⁹ Includes 0.98 per cent water-soluble carbohydrates.
¹⁰ Includes 9.30 per cent water-soluble carbohydrates.
¹¹ Includes 1.52 per cent water-soluble carbohydrates.
¹² Includes 2.36 per cent water-soluble carbohydrates.

¹³ Includes 20.90 per cent water-soluble carbohydrates.

- ¹⁴ Includes 2.03 per cent water-soluble carbohydrates.
¹⁵ Includes 0.40 per cent water-soluble carbohydrates.
¹⁶ Includes 3.83 per cent water-soluble carbohydrates.
¹⁷ Includes 3.73 per cent water-soluble carbohydrates.
¹⁸ Includes 4.50 per cent water-soluble carbohydrates.
¹⁹ Includes 3.26 per cent water-soluble carbohydrates.
²⁰ Includes 3.33 per cent water-soluble carbohydrates.
²¹ Includes 8.60 per cent water-soluble carbohydrates.
²² Includes 1.26 per cent water-soluble carbohydrates.
²³ Includes 0.96 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch (other than fiber)	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	Hard Breads and Bakery Products—Concl.									
	<i>G. Van Abbott & Sons, London—Concluded.</i>									
1913	Euthenia Biscuits	5.50	3.40	5.73	35.80	1.40	6.00	6.30	40.70	562
1913	Gluten Biscottes or Rolls	10.50	2.40	8.26	47.10	0.20	29.80	7.70	2.30	359
1913	Gluten Bread or Slices	10.60	2.00	8.66	49.40	0.20	27.40	8.20	2.20	361
1913	Gluten Butter Biscuits for Diabetics	6.10	3.00	7.06	40.20	0.00	0.00	7.60	33.20	526
1913	Ginger Biscuits for Diabetics	4.10	3.40	5.54	34.60	1.80	10.90	5.80	39.40	560
1913	Midolia Biscuits	6.00	4.30	2.82	17.60	4.10	13.40	18.20	36.40	524
1913	Walnut Biscuits for Diabetics	4.40	2.90	3.34	20.90	2.30	trace	12.30	57.20	648
1923	Soya Biscuits	4.85	5.52	6.27	39.19	2.20	11.44 ¹	11.82	24.98	475
	<i>Waukesha Health Products Co., Waukesha, Wis.</i>									
1919	Hepco Dodgers	8.73	5.68	6.79	42.44	3.85	1.01	21.56	16.73	411
	<i>Weston's Bakery, Boston, Mass.</i>									
1915	Gluten Cookies	4.86	27.70	19.59
	<i>Woman's Baking Co., Boston, Mass.</i>									
1921	Bran Cookies, Antice	16.12	1.18	7.39	5.19 ²	25.87 ³
1921	Bran Cookies, Caraway	15.29	1.30	8.13	3.48 ²	23.36 ³
1920	Bran Cookies, Caraway	12.24	6.90	1.30	8.13	2.62	0.49 ²	38.61	25.01 ³
1921	Bran Cookies, Cocoa Nib	13.41	1.30	8.13	6.14 ²	27.86 ³
1920	Bran Cookies, Cocoa Nib	14.87	6.30	1.33	8.33	6.05	11.24 ²	29.17	24.04 ³
1921	Bran Cookies, Spice	15.04	0.98	6.11	6.32 ²	26.75 ³
1920	Bran Cookies, Spice	16.31	6.43	1.12	6.99	6.90	12.21 ²	32.48	18.68 ³
1921	Bran Muffins	28.41	1.33	8.33	4.76 ²	6.11 ³
1920	Bran Muffins	41.51	6.50	1.00	6.26	6.72	6.37 ²	27.03	5.61 ³
1921	Cellu Biscuit	29.31	0.48	3.00	4.76 ²	11.81 ³

1920	Cellu Biscuit	32.81	6.33	0.53	3.34	14.26	3.01 ¹	25.65 ⁴	14.60 ⁸	...
1920	Cellu Cookies, Caraway	14.16	5.48	0.80	5.58	16.53	3.84 ²	31.95 ⁴	22.46 ⁸	...
1921	Cellu Cookies, Lemon	12.28	...	0.65	4.10	...	3.12 ²	...	27.35 ⁸	...
1920	Cellu Cookies, Lemon	12.94	5.22	0.69	4.32	17.43	4.62 ²	34.10 ⁴	21.37 ⁸	...
1921	Cellu Cookies, Vanilla	14.13	...	0.66	4.11	...	4.30 ²	...	23.33 ⁸	...
1920	Cellu Cookies, Vanilla	17.16	5.69	0.71	4.45	16.98	3.86 ²	32.61 ⁴	19.31 ⁸	...
1920	Cellu Kisses	17.85	4.99	3.68	23.00	27.12	2.49 ²	25.22 ⁴	0.23 ⁸	...
1921	Cellu Muffins	23.62	...	0.61	3.84	...	3.38 ²	...	14.33 ⁸	...
1920	Cellu Muffins	29.08	5.71	0.59	3.66	18.23	3.71 ²	27.02 ⁴	12.93 ⁸	...
1920	Cellu Nuts	15.91	5.71	0.86	5.38	16.80	3.64 ²	23.82 ⁴	28.74 ⁸	...
1921	Cellu Soup Wafers	15.96	...	0.53	3.32	...	4.25 ²	...	27.66 ⁸	...
1920	Cellu Soup Wafers	14.22	6.66	0.64	4.01	14.97	4.12 ²	31.39 ⁴	24.63 ⁸	...
	<i>Miscellaneous.</i>									
1921	Passover Bread	7.04	0.60	2.38	14.88	0.38	70.46	6.64	0.37	371
	<i>Breakfast Foods.</i>									
	<i>Arnaud, Inc., New York City.</i>									
1921	Starchless Breakfast Food	10.39	2.06	0.32	2.00	4.16	70.85 ⁸	10.32	0.21	335
	<i>Brusson Jeune, Villemur, France.</i>									
1913	Farine au Gluten	10.90	0.60	5.42	30.90	0.20	48.80	8.00	0.60	356
1910	Gluten Semolina	9.70	0.70	2.75	15.70	0.30	64.90	8.20	0.50	360
	<i>Curdolac Food Co., Waukesha, Wis.</i>									
1924	Krinkles	8.52	4.40	1.73	10.81	11.53	4.77 ⁸	45.53	14.44	374
	<i>Dieto Food Co., New York City.</i>									
1914	Dieto Nut Cereal	5.00	1.95	3.46	21.63	1.22	39.54	12.28	18.38	459
1914	Wheat and Barley Cereal	6.77	1.68	1.86	11.63	2.00	61.42	14.35	2.15	359
	<i>Efficiency Products Co., Somerville, N. J.</i>									
1926	Ecmo Breakfast Food	10.81	1.89	1.02	6.38	8.16	2.56 ⁷	69.12 ⁴	1.08	...
1924	Nut Flakes	9.56	1.04	0.70	4.38	5.61	2.78 ⁷	75.59 ⁴	1.04	...

¹ Includes 8.04 per cent water-soluble carbohydrates.
² Includes water-soluble carbohydrates.
³ Largely mineral oil.
⁴ Largely unassimilable.
⁵ Includes 6.72 per cent water-soluble carbohydrates.
⁶ Includes 3-9.0 per cent water-soluble carbohydrates.
⁷ All water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 gms.
							Starch	Undetermined carbohydrate		
	Breakfast Foods—Continued.									
	<i>Farwell & Rhines, Watertown, N. Y.</i>									
1913	Barley Crystals	% 9.90	% 1.20	% 1.84	% 11.50	% 0.90	% 62.70	% 12.50	% 1.30	350
1913	Cresco Grits	11.10	0.60	2.85	17.80	0.50	54.10	14.50	1.40	358
1908	<i>William Hazard Co., New York City.</i>									
	Hazard's Wheat Protein Breakfast Food	8.50	0.70	6.42	36.60	53.20 ¹		1.00	368
	<i>Health Food Co., New York City.</i>									
1913	Manana	10.20	2.40	6.02	37.60	1.10	31.00	15.80	1.90	355
1914	Manana Gluten Breakfast Food	7.56	2.53	6.82	38.87	1.73	29.87	17.45	1.99	303
1919	Manana Gluten Breakfast Food	8.49	2.47	7.86	44.80	1.09	21.99	12.47	8.69	396
1919	Protosoy (Cereal)	7.65	5.39	6.42	40.13	3.78	trace	24.88	18.17	424
	<i>Jireh Diabetic Food Co., New York City.</i>									
1913	Whole Wheat Farina	6.20	1.80	2.06	11.70	2.20	59.50	16.30	2.30	371
1913	Fruменты	6.20	1.40	1.97	12.30	1.10	65.40	11.90	1.70	374
1911	<i>Kellogg Food Co., Battle Creek, Mich.</i>									
	Granola	6.10	2.30	2.22	13.90	0.60	45.20	31.10	0.80	368
	<i>Kellogg's Toasted Corn Flake Co., Battle Creek, Mich.</i>									
1923	Kellogg's Bran Cooked and Krumbled	5.05	6.30	2.31	14.41	68.53 ¹	3.40	362
1926	<i>Kramer Surgical Stores, New York City.</i>									
	Breakfast Cereal	5.64	4.02	5.25	32.81	5.76	3.54 ²	46.98	1.25	345

1924	<i>Lister Bros., Inc., New York City.</i>	8.16	4.30	2.62	16.38	21.14	1.63 ⁸	44.37	4.02	286
1924	Starch-free Bran	5.65	5.72	2.80	17.50	18.88	5.73 ⁴	40.97	5.55	307
1919	<i>Loeb's Diabetic Food Bakery, New York City.</i>	4.52	4.61	5.86	36.63	...	0.70	11.02 ¹	42.52	576
1919	Caseine Breakfast Cereal	4.38	2.73	5.12	29.18	1.04	25.51	17.78	19.38	464
1926	<i>S. S. Pierce Co., Boston, Mass.</i>	10.50	3.96	0.30	1.88	0.25	none	83.26 ³	0.15	...
1923	<i>Plasmon, Ltd., London.</i>	9.02	1.80	2.77	17.31	0.53	57.39 ⁶	5.86	8.09	395
1919	<i>Pure Gluten Food Co., New York City.</i>	9.17	1.32	7.16	40.75	0.10	35.70	12.28	0.68	361
1904	Gluten Breakfast Food	9.50	0.90	8.70	40.60	0.50	30.40	8.30	0.80	360
1906	Gum Gluten Breakfast Food	9.10	1.10	8.54	48.70	0.30	31.00 ⁷	8.20	1.60	366
1911	Gum Gluten Breakfast Food	7.50	1.20	6.05	34.40	0.40	37.90	17.30	1.30	370
1911	Gum Gluten Granules	7.50	1.50	7.28	41.50	0.30	32.30	15.30	1.60	371
1916	Gum Gluten Granules	6.95	0.80	6.90	39.33	0.08	40.50	11.42	0.92	363
1914	Hoyt's Gum Gluten Breakfast Food	6.48	0.60	7.26	41.38	0.28	39.21	11.19	0.86	375
1914	Hoyt's Gum Gluten Granules	6.64	0.73	6.83	38.93	0.45	41.93	10.63	0.69	372
1901	Pure Gluten Breakfast Cereal	9.30	0.70	6.99	39.80	0.30	48.30	16.48 ⁸	1.60	367
1923	Hoyt's Gluten Flakes	8.18	3.55	7.84	44.69	3.89	16.48 ⁸	18.86	4.35	359
1924	Hoyt's Gluten Flakes	7.52	42.86
1924	Hoyt's Gluten Flakes	5.94	3.78	7.77	44.29	5.93	12.83 ⁹	22.05	5.18	363
1924	Hoyt's Gluten Flakes	7.45	4.14	7.14	40.70	4.73	16.57 ¹⁰	24.18	2.23	346
1924	Hoyt's Special Gluten Flakes	8.64	1.01	13.00	74.10	0.31	5.01 ¹¹	8.09	1.94	370
1924	Hoyt's Protein Cereal	5.95	0.98	13.93	79.40	0.38	2.85 ¹²	8.89	1.55	379

¹ Includes fiber.² Includes 1.46 per cent water-soluble carbohydrates.³ Includes 0.76 per cent water-soluble carbohydrates.⁴ Includes 2.86 per cent water-soluble carbohydrates.⁵ Largely unassimilable.⁶ Includes 2.94 per cent water-soluble carbohydrates.⁷ Includes water-soluble carbohydrates.⁸ Includes 11.98 per cent water-soluble carbohydrates.⁹ Includes 9.96 per cent water-soluble carbohydrates.¹⁰ Includes 11.84 per cent water-soluble carbohydrates.¹¹ Includes 0.67 per cent water-soluble carbohydrates.¹² Includes 0.80 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch	Carbohydrate (other than fiber)	Fat	Calories per 100 gms.
	Breakfast Foods—Concluded.									
	<i>Pure Gluten Food Co., Columbus, Ohio.</i>									
1919	Hoyt's Gluten Breakfast Food, 40% Protein ..	% 9.23	% 0.93	% 8.07	% 46.00	% 0.51	% 31.39	% 10.15	% 1.79	366
1919	Hoyt's Gluten Granules, over 40% Protein ...	9.75	0.97	7.68	43.78	0.68	32.15	10.08	2.59	327
	<i>Gerda H. Wagner, Brooklyn, N. Y.</i>									
1924	Diabetic Cereal	7.45	4.47	1.61	10.06	13.28	1.35 ¹	58.82	4.57	322
	<i>Waukesha Health Products Co., Waukesha, Wis.</i>									
1919	Hepco Grits	8.88	5.51	6.44	40.25	4.19	0.87	23.91	16.39	408
	Macaroni, Noodles, etc.									
	<i>Brusson Jeune, Villemur, France.</i>									
1910	Pâtes aux Oeufs Macaroni	8.80	0.70	2.22	13.90	trace	69.20	7.00	0.40	364
1910	Pâtes aux Oeufs Nouilletes	8.70	0.70	2.30	14.40	trace	68.90	6.80	0.50	365
1913	Petites Pâtes au Gluten	9.00	0.80	2.98	17.00	0.20	61.20	10.80	1.00	365
1910	Vermicelle au Gluten	8.00	0.80	2.94	16.80	trace	65.80	8.20	0.40	307
	<i>Callard & Co., London.</i>									
1923	Casoid Flakes (Macaroni Paste)	9.63	7.41	12.56	78.50	0.22	1.16 ²	0.01	3.07	346
1923	Casoid Vermicelli	9.33	7.31	12.80	80.00	0.13	0.50 ²	0.00	2.73	347
	<i>The Dieto Food Co., New York City.</i>									
1914	Whole Wheat Brand Macaroni	9.81	0.90	2.22	13.88	0.57	58.72	14.98	1.14	361
	<i>Jireh Diabetic Food Co., New York City.</i>									
1913	Macaroni	8.80	1.10	2.70	16.90	0.90	58.80	12.60	0.90	361

1926	<i>Kramer Surgical Stores, New York City.</i>	5.50	6.48	6.68	41.75	3.99	4.51 ³	4.84	360
1926	Macaroni	5.05	6.45	6.61	41.31	2.61	5.60 ⁴	5.14	369
1926	Broad Noodles	4.75	6.63	6.67	41.69	2.58	4.66 ⁵	5.13	370
1913	<i>Eugene Loeb, New York City.</i>	9.80	1.00	6.69	41.80	0.20	36.70	5.50	384
1916	Home Made Noodles								
1916	<i>Loeb's Diabetic Food Bakery, New York City.</i>	9.25	0.69	7.23	41.21	0.15	33.19	1.03	305
1919	Gluten Noodles	10.23	1.63	6.54	37.28	0.15	36.84	3.59	370
1901	Gluten Noodles								
1901	<i>The Marzelli Co., Detroit, Mich.</i>	13.40	0.50	3.31	29.70	64.80 ⁶	0.60	347
1912	Macaroni	2.48	15.50
1906	Spaghetti								
1906	<i>Pure Gluten Food Co., New York City.</i>	10.30	0.70	6.62	37.70	0.30	46.20 ²	1.00	360
1911	Gum Gluten Macaroni	8.30	1.10	5.86	33.40	0.20	42.00	2.40	374
1914	Gum Gluten Noodles	8.21	0.65	6.48	36.93	0.33	41.82	1.23	369
1914	Hoyt's Gum Gluten Noodles								
1914	Nuts and Nut Preparations.								
1914	<i>Dieto Food Co., New York City.</i>	2.23	4.55	6.35	39.69	0.75	none	50.02	620
1914	Pine Nuts								
1913	<i>Chas. Lawrence Co., Boston, Mass. (sold by).</i>	3.50	3.50	2.94	18.40	3.00	none	55.30	637
1913	California Paper Shell Almonds, edible portion								
1916	<i>Christian National Food Co., Kenilworth, N. J.</i>	4.23	4.27	6.02	37.63	trace	48.22	607
1916	Christian's Protoid Nuts								
1913	<i>Jireh Diabetic Food Co., New York City.</i>	2.00	4.60	6.35	39.70	0.90	none	49.40	617
1913	Diabetic Pine Nuts (Pignolias)								

¹ All water-soluble carbohydrates.² Includes water-soluble carbohydrates.³ Includes 2.48 per cent water-soluble carbohydrates.⁴ Includes 2.70 per cent water-soluble carbohydrates.⁵ Includes 2.66 per cent water-soluble carbohydrates.⁶ Includes fiber.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 gms.
							Starch	Undeter- mined carbohydrate		
	Nuts and Nut Preparations—Concluded.									
	<i>The Kellogg Food Co., Battle Creek, Mich.</i>									
1906	Almond Butter (Sanitas)	0.90	2.90	3.62	22.60	3.90	3.70 ¹	4.50	61.50	677
1908	Almond Butter (Sanitas)	2.30	3.00	3.47	21.70	11.50 ²	4.50	61.50	686
1901	Malted Nuts	2.60	2.20	3.79	23.70	43.90 ³	27.60	27.60	519
1913	Nut Bromose (Meltose and Nuts)	14.00	1.50	2.73	17.10	1.20	3.20	36.20	26.80	467
1906	Nut Butter (Sanitas)	0.20	2.90	4.61	28.80	3.70	9.10 ¹	4.80	50.50	625
1906	Nut Meal	3.00	2.20	4.64	29.00	2.00	8.90 ¹	3.20	51.70	630
1906	Nuttolene	55.20	2.20	2.03	12.70	1.80	6.30	3.20	21.80	272
1913	Pine Nuts	2.60	4.50	6.08	38.00	1.10	4.20	4.20	49.60	615
1906	Protose	62.20	1.50	3.62	22.60	0.90	3.60	3.60	9.20	188
	<i>Nashville Sanitarium-Food Co., Nashville, Tenn.</i>									
1913	Malted Nut Food	3.40	1.70	3.95	24.70	3.40	24.10 ²	42.70	593
1913	Nut Butter	1.90	2.90	4.48	28.00	1.60	3.80	9.20	52.60	637
1913	Nutcysa	57.00	1.80	2.06	12.90	1.00	trace	6.30	21.00	266
1913	Nutfoda	62.30	1.60	3.33	20.80	0.50	trace	6.80	8.00	182
	Chocolate and Chocolate Preparations.									
	<i>Brusson, Jeune, Villemur, France.</i>									
1913	Chocolate with Added Gluten à la Vanille	2.60	3.20	2.54	15.90	2.20	9.20	17.20	49.70	617
	<i>Callard, Stewart & Watt, London.</i>									
1913	Casoid Chocolate Almonds	3.50	3.10	3.57	22.30	3.20	trace	16.10	51.80	620
	<i>Callard & Co., London.</i>									
1923	Casoid Chocolates	5.54	3.14	3.67	22.04	1.54	5.01 ¹	23.02	38.81	553
1925	Casoid Chocolate Creams	11.80	2.77	3.48	21.75	1.58	4.75 ¹	35.80	21.55	443
1925	Casoid Chocolate Peppermints	12.98	2.66	3.57	22.31	1.48	4.06 ¹	36.03	20.48	434

1925	Casoid Chocolate Truffles	5.90	3.43	4.44	27.75	1.78	5.10 ¹	9.25	46.70	589
1923	Casoid Dessert Chocolate	3.83	3.95	3.98	24.88	1.70	7.87 ¹	11.26	46.08	591
1925	Casoid Marzipan Chocolate	7.50	3.44	3.96	24.75	1.70	4.10 ¹	21.24	37.18	535
1923	Casoid Nut Chocolate	3.66	3.88	3.82	23.88	2.22	8.64 ¹	11.28	46.44	593
1923	Sugarless Chocolate	2.81	4.28	2.24	14.00	3.16	13.99 ¹	17.33	44.34	580
	<i>Frita, Vienna.</i>									
1924	Plain Chocolate Bars and Cakes	3.22	2.90	2.41	15.06	1.77	6.97 ²	15.28	54.80	642
1924	Nut Chocolate	3.39	2.96	3.07	19.19	2.17	4.90 ¹	12.99	54.40	638
1924	Ferment-Schokolade	1.08	1.21	1.00	6.25	0.83	26.74 ³	15.11	48.78	631
1924	Saccharin Schokolade	3.46	3.42	2.77	17.31	2.45	12.70 ⁴	17.98	42.68	576
1924	Dr. Fromm's Conglutin Schokolade	3.87	7.11	2.91	18.19	0.93	19.41 ¹	13.81	36.68	536
1924	Cakes with Chocolate Icing	4.92	2.25	3.99	24.94	1.55	25.58 ⁸	9.49	31.27	521
	<i>Fromm & Co., Dresden.</i>									
1913	Conglutin-Diabetiker-Schokolade	4.00	5.40	2.82	17.60	1.20	4.30	28.40	39.10	553
	<i>Karl Goldscheider, Carlsbad.</i>									
1914	Feinste Dessert-Schokolade für Diabetiker, "9.98% carbohydrates"	2.17	1.80	1.82	11.38	1.68	4.98	20.44	57.55	665
1914	Feinste Mocca-Schokolade für Diabetiker, "10.26% carbohydrates"	2.20	2.25	1.63	10.19	1.65	4.11	19.38	60.22	677
1914	Feinste Nuss-Schokolade für Diabetiker, "11.32% carbohydrates"	3.37	2.65	2.34	14.63	1.70	6.86	16.44	54.35	641
1914	Feinste Orange-Schokolade für Diabetiker, "9.98% carbohydrates"	2.38	2.20	1.83	11.44	1.43	4.98	19.93	57.64	664
	<i>Groetzsch, Frankfurt.</i>									
1910	Esschokolade (Orange)	4.60	2.30	1.73	10.80	4.40	12.00	5.20	60.70	658
1910	Kochschokolade	10.90	6.70	4.05	25.30	5.90	15.90	20.20	25.10	432
	<i>Hygienic Food Co., New York City.</i>									
1924	Pastilles de Chocolat	4.50	4.75	3.36	21.00	1.20	30.70 ¹	11.95	25.90	488
1924	Croquettes de Chocolat Sucre	4.88	4.90	3.53	22.06	1.28	29.88 ¹	10.55	26.45	488

¹ Includes water-soluble carbohydrates.² Includes fiber.³ Includes 2.36 per cent water-soluble carbohydrates.⁴ Includes 1.64 per cent water-soluble carbohydrates.⁵ Includes 23.76 per cent water-soluble carbohydrates.⁶ Includes 6.96 per cent water-soluble carbohydrates.⁷ Includes 15.58 per cent water-soluble carbohydrates.⁸ Includes 21.30 per cent water-soluble carbohydrates.

TABLE II. ANALYSES OF SPECIAL FOODS—Continued.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Carbohydrate (other than fiber)		Fat	Calories per 100 gms.
							Starch	Undetermined carbohydrate		
	Chocolate and Chocolate Preparations—Concl.									
	<i>Loeb's Diabetic Food Bakery, New York City.</i>									
1914	Almond Chocolate Bars	2.88	3.77	2.60	16.25	4.32	5.74	26.04	41.00	561
1914	Diabetic Chocolates	1.98	3.85	2.38	14.88	4.90	6.92	16.05	51.42	614
1919	Almond Chocolate Bars	4.76	3.43	2.38	14.88	2.81	5.34	15.55	53.23	622
1919	Diabetic Chocolate	4.72	3.45	2.35	14.69	2.62	7.26	15.52	51.74	716
	<i>Plasmon Co., London.</i>									
1901	Plasmon Chocolate	3.38	21.10
1903	Plasmon Chocolate	3.50	2.50	3.23	20.20	0.70	trace	48.00	25.10	499
1923	Plasmon Chocolate	1.76	1.74	2.20	13.75	0.47	38.52 ¹	14.40	29.36	531
	<i>Rademann's Nahrungsmittelfabrik, Frankfurt.</i>									
1910	Diabetiker-Chokolade	2.58	16.10	9.60
1913	Diabetiker-Chokolade	2.50	3.20	2.80	17.50	2.30	3.80	13.10	57.60	656
	<i>Troponwerke, Mülheim.</i>									
1898	Tropon-Chokolade	1.70	1.60	2.91	18.20	2.70	...	49.90	25.90	506
1899	Tropon-Chokolade	1.80	...	2.94	18.40
	Cocoa.									
	<i>Caillard & Co., London.</i>									
1923	Biogene Cocoa	8.25	7.50	5.29	33.06	2.41	11.05 ²	19.82	17.91	417
	<i>Cheltime Foods Co., Cheltenham, England.</i>									
1923	Cheltime Milk Cocoa	7.75	5.14	7.53	47.06	2.11	8.91 ²	13.12	15.91	420
	<i>The Dieto Food Co., New York City.</i>									
1914	Dieto Cocoa	4.29	5.40	3.77	23.56	4.87	12.38	26.57	22.93	456

1924	<i>H. and R. Diabetic Foods, Bronx, N. Y.</i>	3.80	2.79	1.32	8.25	8.00	4.23 ²	42.83	30.10	492
	Cellu Cocoa Nibs									
1906	<i>Jvreh Diabetic Food Co., New York City.</i>	3.10	4.30	3.30	20.60	3.60	32.60 ²	18.00	17.80	445
1906	Diabetic Cocoa	7.30	3.90	3.06	19.10	3.40	29.00 ²	18.90	18.40	434
	Diabetic Cocoa									
1923	<i>Loeb's Diabetic Food Bakery, New York City.</i>	4.98	5.47	5.29	33.06	3.62	12.64 ²	22.34	17.89	433
1923	Diabetic Cocoa	4.90	5.80	4.07	25.44	3.83	16.03 ²	23.09	20.91	446
	Diabetic Cocoa									
1913	<i>Gustav Miller, New York City (Agent).</i>	6.40	6.70	3.44	21.50	3.10	16.30	23.80	22.20	446
	Charrasse Gluto-Cacao									
	<i>Plasmon Co., London.</i>									
1903	Plasmon Cocoa	8.90	6.60	8.45	52.80	...	5.10	15.80 ³	10.80	392
1921	Plasmon Cocoa	9.82	7.74	8.07	50.44	1.33	6.01 ²	13.07	11.59	382
	Plasmon Cocoa									
1913	<i>Rademann's Nahrungsmittelfabrik, Frankfurt</i>	5.20	5.90	2.82	17.60	3.00	10.70	34.00	23.60	462
	Diabetiker-Cacao									
	Miscellaneous Products.									
	<i>Callard & Co., London.</i>									
1923	Gibrola	11.31	10.86	11.94	76.18	0.00	0.19 ⁴	1.06	0.40	313
1923	Ponos Cocoanut Ice ⁵	7.85	1.29	1.38	...	1.19	3.12 ²	...	30.18	338
1923	Sugarless Jujubes (peppermint) ⁶	21.70	0.40	3.01	...	none	trace ²
1923	Sugarless Jujubes (pineapple) ⁶	19.76	0.35	2.89	...	none	trace ²
1923	Sugarless Table Jelly ⁷	8.68	0.42	4.50	...	none	trace ²
	Sugarless Table Jelly ⁷									
	<i>Dieto Food Co., New York City.</i>									
1914	Dieto Baking Powder	12.94
1914	Dieto Barley Coffee	3.42	3.08	2.11	13.19	9.14	17.72	46.15	7.30	374
	Dieto Barley Coffee									
	<i>Manual Freres.</i>									
1917	Longuets de Lausanne	10.78	3.04	2.27	14.19	0.44	49.16	16.86	5.53	370

⁵ Saccharin present; glycerine indicated.
⁶ Glycerine present; gelatin indicated.
⁷ Saccharin present; gelatin indicated.

¹ Includes 36.52 per cent water-soluble carbohydrates.
² Includes water-soluble carbohydrates.
³ Includes fiber.
⁴ Lactose.

1913	<i>D. Whiting & Sons, Boston, Mass.</i>	86.40	0.70	0.91	5.70	7.20	88
1919	Sugar-free Milk (ave. 3 analyses)	83.30	0.76	1.01	6.43	9.34	111
1922	Sugar-free Milk	83.51	0.76	6.62 ⁸	8.56	106
Fruits and Vegetables (Canned).									
<i>Callard & Co., London.</i>									
1925	Cranberries, Callard's Sugarless Fruit	82.24	0.14	0.05	0.31	1.33 ⁸	(¹⁰)
1925	Plums, Callard's Sugarless Fruit	76.44	0.17	0.04	0.25	1.46 ⁸	(¹⁰)
<i>The Diaprotein Co., Columbus, Ohio.</i>									
1921	Apple Sauce	88.60	0.58	0.03	0.18	0.47	5.75 ⁴	3.72	44
1921	Blackberries	91.80	0.29	0.11	0.67	1.76	2.57 ⁴	2.41	27
1921	Cherries, Red, Pitted	90.39	0.34	0.08	0.50	0.13	5.14 ⁴	3.36	37
1921	Cherries, White	91.26	0.45	0.11	0.71	0.18	3.70 ⁴	3.47	33
1921	Peaches, Yellow	93.38	0.31	0.08	0.47	0.38	2.88 ⁴	2.52	24
1921	Pears, Bartlett	93.57	0.17	0.05	0.28	0.62	2.54 ⁴	2.72	51
1921	Raspberries, Red	88.34	0.47	0.14	0.88	2.67	3.00 ⁴	3.96	37
1921	Strawberries	93.58	0.32	0.09	0.57	0.82	1.95 ⁴	2.40	23
1921	Beans, Cut, Wax	96.20	0.27	0.13	0.83	0.09	1.15 ⁴	0.51	10
1921	Beans, Refugee, Green	94.43	1.36 ¹¹	0.11	1.04	0.88	1.43 ⁴	0.80	14
1921	Peas, Green	88.74	0.37	3.19	1.27	3.92	3.92	2.15	40
1921	Rhubarb	96.35	0.51	0.07	0.41	0.54	0.27 ⁴	1.88	11
1921	Spinach	91.46	2.39 ¹²	0.49	3.08	0.93	0.56 ⁴	0.98	24
1921	Tomatoes	95.07	0.53	0.17	1.04	0.32	1.48 ⁴	1.34	17
<i>The Poms Co., Sarasota, Fla.</i>									
1924	Poms (Canned Grapefruit)	90.54	0.36	0.49	0.17	4.24 ⁸	4.09	36
<i>John Sexton & Co., Chicago.</i>									
1924	Edelweiss Apricots	90.50	0.46	0.39	0.35	4.38 ⁹	3.81	35
1924	Pride of the West Apricots	90.58	0.48	0.37	0.34	4.81 ⁸	3.32	35
1924	Alp Rose Blackberries	85.33	0.33	0.96	2.29	5.50 ⁹	4.84	52
1924	Alp Rose Blueberries	85.89	0.25	0.44	0.95	7.60 ⁹	4.53	53

¹ Includes some reducing material derived from agar-agar.

² Includes fiber.

³ Gum, saccharin, glycerine and gelatin present.

⁴ Includes water-soluble carbohydrates.

⁵ Includes 35.47 per cent water-soluble carbohydrates.

⁶ Includes 26.86 per cent water-soluble carbohydrates.

⁷ Lactose.

⁸ Includes 0.37 per cent gelatin.

⁹ All water-soluble carbohydrates; no starch.

¹⁰ Packed with glycerine; manufacturer's statement.

¹¹ Includes 1.04 per cent salt.

¹² Includes 1.00 per cent salt.

TABLE II. ANALYSES OF SPECIAL FOODS—Concluded.

Date of analysis	Manufacturer and Brand	Water	Ash	Nitrogen	Protein	Fiber	Starch (other than fiber)	Carbohydrate undetermined (other than fiber)	Fat	Calories per 100 gms.
	Fruits and Vegetables (Canned)—Concluded.									
	<i>John Sexton & Co., Chicago—Concluded.</i>									
1924	Edelweiss Cherries	89.71	0.32	0.04	0.64	0.14	4.24 ¹	4.86	0.09	40
1924	Pride of the West Cherries	88.76	0.32	0.05	0.57	0.12	4.88 ¹	5.24	0.11	44
1925	Alp Rose Black Cherries	82.60	0.40	0.09	0.56	0.19	9.95 ¹	6.04	0.26	69
1925	Alp Rose Red Pitted Cherries	86.76	0.34	0.08	0.51	0.19	6.99 ¹	4.94	0.27	52
1924	Alp Rose Royal Ann Cherries	86.18	0.36	0.06	0.63	0.15	7.58 ¹	5.05	0.05	14
1924	Alp Rose Grapefruit	90.49	0.43	0.09	0.69	0.17	4.87 ¹	3.30	0.05	36
1924	Alp Rose Logan Berries	85.43	0.34	0.04	1.04	1.82	5.60 ¹	5.09	0.68	53
1924	Edelweiss Peaches	91.73	0.31	0.37	0.37	0.26	4.04 ¹	3.24	0.05	31
1924	Pride of the West Peaches	91.72	0.31	0.38	0.38	0.24	4.76 ¹	2.55	0.04	31
1924	Alp Rose Bartlett Pears	89.17	0.21	0.26	0.26	0.61	4.31 ¹	5.34	0.10	41
1924	Edelweiss Pears	90.35	0.23	0.24	0.24	0.56	3.70 ¹	4.82	0.10	36
1924	Pride of the West Pears	90.52	0.20	0.24	0.24	0.63	3.60 ¹	4.72	0.09	35
1924	Alp Rose Pineapple, Hawaiian Sliced	85.81	0.35	0.36	0.36	0.27	8.49 ¹	4.61	0.11	55
1924	Pride of the West Pineapple	86.17	0.30	0.38	0.38	0.28	9.65 ¹	3.17	0.05	53
1924	Alp Rose Japan Plums	93.33	0.27	0.29	0.29	0.29	2.83 ¹	2.93	0.06	25
1924	Alp Rose Prune Plums	88.63	0.33	0.33	0.33	0.21	6.92 ¹	3.50	0.08	44
1924	Pride of the West Prune Plums	88.88	0.30	0.31	0.39	0.21	4.83 ¹	5.27	0.12	43
1924	Alp Rose Black Raspberries	87.98	0.39	0.13	0.81	2.58	3.34 ¹	3.83	1.07	42
1924	Alp Rose Red Raspberries	89.02	0.31	0.67	0.67	1.69	4.81 ¹	3.00	0.50	34
1925	Alp Rose Strawberries	93.83	0.30	0.07	0.43	0.72	2.03 ¹	2.37	0.32	22
1924	Alp Rose Peeled White Asparagus	95.76	0.35	0.20	1.20	0.34	1.49 ¹	0.80	0.06	15
1924	Alp Rose White Asparagus Tips	94.81	0.43	0.16	1.65	0.42	1.63 ¹	0.97	0.09	18
1925	Alp Rose Refugee Beans (small green)	95.26	0.48	0.17	1.03	0.48	1.44 ¹	1.41	0.05	17
1925	Alp Rose Beets (small)	84.17	0.38	0.20	1.28	1.04	8.30 ¹	4.59	0.05	56
1925	Alp Rose Peas (sifted Early June)	90.16	0.32	0.42	2.64	1.06	4.17 ¹	1.45	0.20	35

54

1925	Edelweiss Sauer Kraut	93.60	1.77 ³	0.18	1.10	0.66	0.41 ²	2.31	0.15	17
1925	Alp Rose Spinach	91.94	1.17 ⁵	0.46	2.87	0.65	0.99 ²	1.92	0.46	27
1925	Alp Rose Sweet Corn	83.23	0.53 ⁵	0.34	2.11	0.31	10.27 ²	2.46	1.09	69
<i>Washington County Co., Dennyville, Me.</i>										
1925	Aunt's Mountain Cranberries	82.76	0.24	0.08	0.48	1.01	3.28 ²	11.39	0.84	68
1925	Aunt's Blueberries	81.35	0.28	0.10	0.66	1.53	8.04 ²	7.21	0.93	69
Preserves, etc.										
<i>Callard & Co., London.</i>										
1925	Sugarless Jam (Apricot)	61.62	0.43	0.71	3.94 ⁶	0.30	3.34 ¹	(¹)
1925	Sugarless Jam (Green Gage Plum)	60.68	0.39	0.90	5.06 ⁶	0.29	2.75 ¹	(¹)
1925	Sugarless Marmalade (Orange)	59.64	0.37	1.04	5.77 ⁶	0.55	1.15 ¹	(¹)
1925	Sugarless Jelly (Pineapple)	80.44	0.28	1.23	6.83 ⁶	none	none ²	(¹)
1925	Sugarless Jam (Plum)	67.42	0.33	0.90	5.00 ⁶	0.28	1.68 ¹	(¹)

¹ All water-soluble carbohydrates; no starch.

² Includes water-soluble carbohydrates.

³ Includes 1.29 per cent salt.

⁴ Includes 0.06 per cent salt.

⁵ Includes 0.04 per cent salt.

⁶ Calculated as gelatin.

⁷ Packed with glycerine; manufacturer's statement.

INDEX

- Acme Mills Co.:*
Diabetic flour, 312
Acme Special flour, 315
Aird, James:
Gluten bread, 330
Akoll Biscuits, 337
Ale, 311
Aleuronat, 314, 316, 325
Aleuronat products, 327, 328, 330, 334, 335, 337, 339, 342
Alimentary pastes, 300. See also macaroni, noodles.
Allison's flour (cottonseed), 322
Almond Biscuits, 331, 332, 338
Almond flour, 322
Almond-Gluten bread, 330, biscuits, 342
Almond meal, 315
Almond shortbreads, 331
Alpha Wafers, 335
American System Bakeries:
Gluten bread, 326
Amphibia, 297
Amthor & Co.:
Weizen-Protein, 312
Arnaud, Inc.:
Cassava cakes, 331; Starchless
Breakfast food, 345
Arrowroot, Plasmon, 320
Ash in foods, 290
Avena gluten biscuit, 339
Ayos (soja bean flour), 323
Baking powder, 353
Barker, Herman:
Gluten food, 312
Barker System Bakeries:
Gluten bread, 326
Barley preparations, 301, 346, 353
Battle Creek Food Co.:
Gluten flour, 312; Cooked bran, 324
Battle Creek Sanitarium Co.:
Gluten meal, 312
Bauer Chemical Co.:
Sanatogen, 325
Beef, canned, 293
Beef, cooked, 293
Beef, corned, etc., 294
Beef, dried, salted, etc., 294
Beef, fresh, 293
Beef, organs, fresh, 293
Beer, 311
Beroth Bread Shop:
Gluten bread, 326
Berries, canned, 310
Berries, dried, 310
Berries, fresh, 309
Beverages, alcoholic and other, 311
Bibeau:
Gluten bread, 326
Bischof & Co.:
Gluten flour, 312; gluten bread, "Essentiel" bread, 331
Bond's flour, 319
Bouillon, 299
Bran, 303, 304; washed, unwashed, 324
Bran-Agar Wafers, 333
Bran biscuits, etc., 335, 344
Bran and laxative foods, 304, 346
Bran wafers, 341
Breads, 300; gluten, etc., 326-344
Breakfast foods, 301, 345-348
Broths, canned, 299
Brusson Jeune:
Gluten bread, 331; Gluten farine, Gluten semolina, 345; Macaroni, Vermicelli, etc., 348; Chocolate products, 350
Butter, 299
Butterbrezeln, 333, 334
Buttermilk, 298
Cake, 300
Callard & Co.:
Washed bran, 324; Almond biscuits, Bran-Almond biscuits, Casoid biscuits, "Cellulon" (bran-agar biscuits), Chocolate biscuits, Gluten-Almond biscuits, Gluten biscuits, Gluten cracknells, Gluten rolls, Kalari Batons, Parmesan Cheese Straws, Ponos biscuits, Prolecto biscuits, Sippets, Starchless ginger biscuits, 332; Casoid flakes, Casoid Vermicelli, 348; Chocolate (casoid), 350, 351; Biogene cocoa, 352; Cibrola, Confections, etc., 353; Sugarless fruit, 355; Preserves, 357
Callard, Stewart & Watt:
Casoid flour, gluten flour, 313; Almond biscuits, Almond shortbreads, Casoid biscuits, Casoid rolls, Casoid rusks, Coconut biscuit, Ginger biscuit, Kalari Batons, Prolectic biscuits, 331; Chocolate almonds (casoid), 350

- Canada Bread Co.:*
 Gluten bread, 326, 332
Canada Cereal & Flour Co.:
 Gluten flour, 313
 Capers, 308
 Carbohydrates in food, 291
 Carbonated beverages, 311
 Carlsbad-water biscuits, 343
 Casein bread. See Breads.
 Casein flour. See Flours.
 Casein muffins, 329
 Casoid biscuits, etc., 331, 332
 Cassava cakes, 331
 Catsup, 308
 C. B. X. flour, 315
 Cellu bran wafers, 333
 Cellu cheese wafers, 333
 Cellu chocolate wafers, 333
 Cellu cocoa nibs, 353
 Cellu cookies, etc., 335, 344, 345
 Cellu flour, 323
 Cellulose, 332
 Cellulose flour, 323; from corn cob, 324
Cereal Meal Corp.:
 Cereal meal, 313
Cereo Co.:
 Soy Bean flour, 313
 Cestus bread, 330
 Charasse bread, biscuits, etc., 341, 343
 Cheese, 298
Cheltine Food Co.:
 Diabetic food, 313; Milk protein, 325; Biscuits, Manhu biscuits, Rusks, 332; Milk cocoa, 352
Chicago Dietetic Supply House:
 Bran-Agar wafers, Cellu bran wafers, Cellu cheese wafers, Cellu chocolate wafers, 333
 Chili sauce, 308
 Chocolate, 311, 350-352
Christian National Food Co.:
 Protoid nuts, 349
 Cibrola, 353
 Cider, 311
 Cocoa, 311, 352, 353
 Cocoonuss biscuits, 334
 Coconut biscuits, 331
 Coffee, 311
Community Bake Shop:
 Gluten bread, 326
 Conalbin-Mehl, 315
 Condiments, 308
 Confections, etc., diabetic, 353, 354
 Conglutinbrot, etc., 327, 333
 Cooked bran, 324
 Cordials, 311
 Corn preparations, 301
 Cottonseed flour, 317
 Cottonseed-Wheat bread, 330
 Crackers, 300.
 Cream, 298
 Cresco flour, 313
 Cresco grits, 346
 Croustils, 339
 Curdolac flour, 313, 322
Curdolac Food Co.:
 Curdolac flour, 313; Krinkles, 345
 Dainty Fluffs, 341
 Dairy Products, 298
 Deshell Starchless Agar Flakes, 347
 Diaban flour, 319
 Diabetic food, definition revoked, 290
 Diabeto bread, 328
 Dia-Biskit, 354
Diaprotein Co.:
 Fruits, canned without sugar, 355
 Diaprotein, 320, 325
 Diet flour, 323
Dieto Food Co.:
 Whole wheat flour, 313; Diето bread, 326; Diето crackers and rusks, 333; Diето Nut cereal, Wheat and Barley cereal, 345; Whole wheat macaroni, 348; Pine nuts, 349; Cocoa, 352; Baking powder, Barley coffee, 353
Dietetic Cellulose Co.:
 Cellu flour, 323
 Doppel-Porterbrot, 327
 Doppel-Schwarzbrot, 327
 Doppel-Weissbrot, 327
 Dreifach Porterbrot, 327
 Ecmo breakfast food, 345
 Ecmo flour, 323
 Educator gluten flour, 317
 Educator products, 338
Efficiency Products Co.:
 Hoffman's Casein flour, 313; Ecmo flour, 323; Starch-free bran, 324; Ecmo breakfast food, Nut Flakes, 345
 Eggs, cooked, 297
 Eggs, dehydrated, 297
 Eggs, fresh, 297
 Eierbiscuit, 333
 Einfach-Porterbrot, 327
 Einfach-Schwarzbrot, 327
 Einfach-Weissbrot, 327
 Eiweissbrot, 333
Eiweiss Extrakt Co.:
 Soson, 325
Empire Flour Mills:
 Gluten flour, 313
 Energin, 325
 Erdnuss-Brot, 329; -Kakes, 333; -Biscuits, 342

- Essentiel food, 354
 Essentiel flour, 322
 Euthonia biscuits, 344
 Extract, clam, 299
 Extract, yeast, 299
 Farina, whole wheat, 346
 Farine, gluten, 345
Farwell & Rhines:
 Cresco flour, 313; Gluten flour, 313, 314; Special Diabetic food, 314; Barley Crystals, Cresco Grits, 346
 Fat in foods, 291
Federal Mill & Elevator Co.:
 Gluten flour, 314
Ferguson Bakery:
 Gluten bread, 326
 Fish and fish products, 296-297
 Fish, fresh, 296
 Fish, preserved or canned, 296
 Flours, 305, 312-323
Fourgeron:
 Pain anti-diabetique, 333
Frank & Co.:
 Protein-Roggenbrot, Protein-Weizenbrot, 326; Erdnuss cakes, 333
Freres, Manuel:
 Longuets de Lausanne, 353
Fritz:
 Aleuronatbrot, Kleberbrot, Litonbrot, 327; Luftbrot, Mandelbrot, 333; Chocolate products, Dr. Fromm's Schokolade, 351
 Frog's legs, 297
Fromm & Co.:
 Conglutinbrot, Litonbrot, 326; Almond-chocolate Wafers, Butterbrezeln, Conglutin products, Eierbiscuit, Eiweissbrot, Hazelnuss-Stangen, Luft bread, Makronen, Salz-Stangen, 333; Stangenin, Uni bread, 334; Schokolade, 351
 Fruits, canned, 310; without sugar, 355
 Fruits, fresh, 309
 Fruits, dried, 310
 Frumenty, 346
 Gaufrettes vanilles, 337
 Gelatin, 297
 Genteel flour, 323
Gericke:
 Aleuronat, 314; Doppel-Porterbrot, Dreifach-Porterbrot, Einfach-Porterbrot, Sifarbrot, 327; Porterbiscuits, Porterzweiback, Mandelbrot, Sifarbiscuits, 334
Gilman, O. B.:
 Gluten flour, 315
 Glidine, 325
 Glidinebrot, 339
Glogau & Co.:
 Aleuronat, 325
 Gluten, 317-318
 Glubetic bread, 329
 Gluten bran, 315
 Gluten bread. See Breads.
 Gluten cracker meal, 318-319
 Gluten flour. See Flours.
 Gluten meal. See Meals.
 Gluten products, bakery, 330-345
 Glutona products, 335
 Glutosac bread, etc., 328, 336
 Glutosac flour, 315
Golden Rod Milling Co.:
 Acme Special flour, Gluten flour, 315
Goldscheider, Carl:
 Conalbin-Mehl 315; Sinamylbrot, 327; Aleuronat-Conglutin cakes, Butterbrezeln, Coccoanuss biscuits, Honigkuchen, Saccharin Oblaten, Tee-geback, Vanille biscuits, Zwieback, 334; Schokolade, 351
 Graham Brot. See Breads.
 Granola, 346
Groetzsch:
 Pfeffernuss, Salzbrezch, 335; Schokolade, 351
Gumpert:
 Ultramehl, 315; Doppel-Schwarzbrot, Doppel-Weissbrot, Einfach-Schwarzbrot, Einfach Weissbrot, Ultrabrot, 327; Diabetiker Stangen, Zwieback, 335
Gunther, F.:
 Kleberbrot, 327; Aleuronat Kakes, 335
Hallinan's Bakery:
 Gluten bread, 327
Hazard, William:
 Wheat Protein, 315; Breakfast food, 346
 Hazelnuss Stangen, 333
Health Food Co.:
 Almond meal, Casein flour, C. B. X. flour, Gluten bran, Gluten flour, Glutosac flour, Pronireu flour, Protosac flour, Protosoy flour, Washed gluten flour, Snow Flake casein flour, 315-316, Glutosac bread, Protosac bread, 328; Alpha Wafers, Diabetic biscuits, Gluten cracker dust, Gluten Nuggets, Glutona, Glutona Bread Sticks, 335; Glutosac wafers, etc., Proto Puffs, Protosac rusks, Protosac wafers, 336; Salvia Almond Sticks, 337; Manana, Protosoy, 346; Kaffeebrod, 354

- Heinbockel & Co.:*
 Diabeto bread, 328
Heints Food Co.:
 Gluten biscuits, 337
 Hepco Dodgers, 344; -Grits, 348
Herbert, Hudon:
 Gluten flour, 316
 Heudebert baked products, 342-343
Heudebert, Ch.:
 Pain d'Aleurone, Pain Essentiel,
 Pain de Gluten, 337
 Heudebert gluten flour, 322
 Heudebert Surazotized flour, 322
 Honigkuchen, 334
 Horseradish, 308
 Hoyt's Gum gluten, Gluten flour,
 Special Gluten flour, 321; Break-
 fast foods, 347-348
Howland Co.:
 Gluten bread, 328
H. & R. Diabetic Food Co.:
 Low Food Value bread, 327;
 Bran biscuits, Cellu cookies, 335;
 Cellu cocoa nibs, 353
Hundhausen, R.:
 Aleuronat, 316; Aleuronatbrot, 328;
 Aleuronat products, 337
Huntley & Palmer:
 Akoll biscuits, 337
Hygienic Food Co.:
 Gaufrettes Vanilles, Madeleines
 Lucullus, Nougatines de Vichy,
 Vichy gaufrettes, 337; Chocolate
 products, 351
 Ice cream, 298
 Insulin, 289
Jackson, Genevieve:
 Dia-Biskit, 354
Jacob & Co.:
 Plasmon products, 338.
Jireh Diabetic Food Co.:
 Diabetic flour, 316; Cottonseed
 flour, Gluten flour, Lentils flour,
 Patent barley, Protein flour, Soja
 Bean flour, Soyacasein flour, Wheat
 and Barley flour, 317; Whole
 wheat bread, 328; Diabetic biscuit,
 etc., Wheat nuts, 338; Farina,
 Frumenty, 346; Macaroni, 348;
 Pine nuts, 349; Diabetic cocoa, 353
Jirch Food Co.:
 Starch-treated flour, 317
Johnson Educator Food Co.:
 Educator flour, 317; Almond bis-
 cuits, Educator products, Gluten
 products, 338
 Kaffeebrod, 354
 Kalari Batons, 331, 332
 Kasestangen, 342
Kellogg Food Co.:
 Gluten, Gluten flour, Gluten meal,
 317-318; Avena gluten biscuit,
 Gluten products, Potato gluten prod-
 ucts, 338; Granola, 346; Almond
 butter, Nuts, Nut products, 350;
 Sanitas Meltose, 354
Kellogg's Toasted Corn Flake Co.:
 Bran, Cooked and Krumbled, 346
Keney Tower Bakery:
 Gluten bread, 328
 Kephir, 298
 Ketogenic ratio, 292
 Ketosis, 291
Kirche:
 Aleuronat cakes, 339
 Kleberbrot, etc., 326, 327, 330, 342
Klopfer Chemische Fabrik:
 Glidinebrot, 339
Kramer Surgical Stores:
 Breakfast Cereal, 346, Macaroni,
 Noodles, 349
Krecker & Co.:
 Energin, 325
 Krinkles 345
 Kumiss, 298
 Lacteous flour, 322
 Lamb, canned, 295
 Lamb, cooked, 294
 Lamb, fresh, 294
Laporte & Gauthier:
 Croustils, 339
Lawrence, Chas.:
 Paper shell almonds, 349
 Laxative foods, 304
 Lentils flour, 317
Levine Bros.:
 Gluten bread, 328
 Liquors, 311
 Litonbrot, 327, 329
Lister Bros., Inc.:
 Diabetic flour, 318; Low Calorie
 flour, 323; Starch-free bran, 324,
 347; Sugar-free candy, 354
Loeb's Diabetic Food Bakery:
 Gluten Cracker meal, Gluten flour,
 318-319; Casein bread, Casein
 muffins Glubetic bread, Gluten
 bread, 329; Aerated bread, Almond
 macaroons, Bread sticks, Butter
 cookies, Gluten zwieback, Gluten
 Luft Bread, Lady fingers, Sponge
 cookies, 340; Gluten almond zwie-
 back, 341; Casein breakfast cereal,
 Gluten breakfast cereal, 347;
 Noodles, 349; Chocolate products,
 352; Diabetic cocoa, 353
Loeb, E.:
 Gluten cracker meal, Gluten flour,

- Whole wheat flour, 318; P. & L. gluten bread, 329; Luft bread, 339; Noodles, 349
- Longuets de Lausanne, 353
- Low Calorie flour, 323
- Luftbrot, 333
- Lyster Bros.:*
Casein flour, Diabetic flour, 318; Casein bread, 329
- Macaroni, 300, 348
- Madeleines Lucullus, 337
- Makronen, 333
- Malted bran, 324
- Manana, 346
- Mandelbrot, 333, 334
- Manhu Biscuits, 332
- Mansfield Laboratories:*
Diabetic products, 354
- Maple Leaf Milling Co.:*
Gluten flour, 319
- Margarine, vegetable oil, 299
- Margarine, oleo, 299
- Martindale, Thos. & Co.:*
Gluten flour, 319
- Marvelli Co.:*
Macaroni, Spaghetti, 349
- Mayflower Mills:*
Bond's flour, Gluten flour, 319
- McDowell Bros.:*
Diaban flour, 319
- McFarlane, A.:*
Gluten flour, 319
- McIntosh, P.:*
Gluten flour, 319
- Meals, 305, 312-323
- Meat and Meat products, 293-295
- Menley & James:*
Glidine, 325
- Metcalf, Theo.:*
Soja Bean meal, Vegetable gluten, 319
- Midolia biscuits, 344
- Milch, Diabetes, 354
- Milk, cultured, (Buttermilk, Kephir, Kumiss), 298
- Milk, condensed, sweetened, 298
- Milk, evaporated, 298
- Milk, malted, 298
- Milk, powdered, 298
- Milk, skimmed, 298
- Milk, skimmed, condensed, 298
- Milk, sugar-free, 354, 355
- Milk, whole, 298
- Mory's, Bakery:*
Gluten bread, 329
- Muller, Gustav & Co.:*
Charasse gluten bread, biscuits, etc., 341; Charasse gluto-cacao, 353; Dr. Bouma Sugar-free milk, 354
- Mustard, 308
- Mutton, canned, 294
- Mutton, cooked, 294
- Mutton, fresh, 294
- Mutton organs, fresh, 294
- Nashville Sanitarium Food Co.:*
Nut products, 350
- Nasmith's, Ltd.:*
Diabetic bread, 341
- Niemoller, H.:*
Roborat, 319
- "Non Nutritive" flours, 323-324
- Noodles, 300, 348, 349
- Northwestern Cereal Co.:*
Gluten flour, 320
- Norton, John:*
Diaprotein, 325
- Norton-Truax:*
Diaprotein, 320
- Nougatines de Vichy, 337
- Nut Flakes, 345
- Nutrients, rôle of, 290
- Nutritive Diabetic Flour Co.:*
Nutritive flour, 323; Bran wafers, 341
- Nuts, etc., 310, 311, 349, 350
- Oat preparations, 302
- Oleomargarine, 299
- Olives, 308
- Pain d'Aleurone, etc., 337
- Parmesan Cheese Straws, 332
- Passover bread, 345
- Pastry, 300
- Patent Barley, 317
- Pfeffernuss, 335
- Phospho Food Co.:*
Phospho D & D Special, 320
- Pickles, 308
- Pie, 301
- Pierce, S. S. Co.:*
Deshell Starchless Agar Flakes, 347; Svea wafers, 354
- Pieser-Livingston Co.:*
Gluten flour, 320
- Plasmon Co., Ltd.:*
Plasmon Arrowroot, 320; Plasmon, 325; Plasmon oats, 347; Chocolate, 352; Plasmon cocoa, 353
- Plasmon products, 320, 325, 338, 347, 353
- Poms Co.:*
Poms (canned grapefruit), 355
- Ponos biscuits, 332
- Pork, fresh, 295
- Pork organs, fresh, 295
- Pork pickled, salted, etc., 295
- Porterbiscuits, 334
- Porterzwieback, 334
- Potato gluten products, 339

Potter & Wrightington:

- Diet-Ease flour, 320
- Poultry, fresh, 295
- Preserves, 357
- Prolactic biscuits, 331
- Prolacto biscuits, 332
- Pronireu flour, 315
- Protein in foods, 290
- Protein flour, 317
- Protein preparations, 325
- Protein-Roggenbrot, 326
- Protein-Weizenbrot, 326
- Proto Puffs, 336
- Protosac bread, etc., 328, 336
- Protosac flour, 316
- Protosoy flour, 316
- Protosoy products, 336, 346
- Pudding, 301

Pure Gluten Food Co.:

- Gum gluten flour, Gum gluten, Hoyt's gum gluten, Hoyt's gluten flour, Hoyt's special gluten flour, 321; Dainty Fluffs, Gum gluten crisps, 341; Gum gluten breakfast foods, Hoyt's preparations, 347-348; Macaroni, Noodles, 349

Rademann's Nahrungsmittelfabrik:

- Diabetiker mehl, 321; Grahambrot, Schwarzbrot, Weissbrot, D. K. Brot, Erdnuss-Brot, Litonbrot, 329; Diabetic biscuits, cakes, macaroni, etc., 341; Erdnuss biscuit, Kase-stangen, Sanitatzwieback, 342, Chocolate, 352; Diabetic cacao, 353

Ralston Health Food Co.:

- Gluten flour, 321
- Regimette Dessert Cake, 343
- Rice preparations, 302
- Richelieu gluten flour, 322
- Roborat, 319
- Roburol, 354
- Root's Food Shop, Mrs.:*
 - Gluten bread, 320
- Rose's diabetes milch, 354
- Rye preparations, 302
- Saccharin Oblaten, 334
- Salad oils, 299
- Salvia almond sticks, 337
- Salzbrezch, 335
- Salz Stangen, 333
- Sanatogen, 325
- Sanitas Meltose, 354
- Sanatatzwieback, 342
- Sausage, 295

Schaeffer Bros., Inc.:

- Gluten bread, 329

Schelle:

- Aleuronat kakes, 342

Schelte:

- Aleuronatbrot, 330
- Schulenburg Oil Mill:*
 - Allison's flour (cottonseed), 322
- Schwarzbrot. See Breads.
- Scott, R. M.:*
 - Gluten-Almond biscuits, 342
- Seidl:*
 - Aleuronatbrot, Kleberbrot, 330; Kleberzwieback, 342
 - Semola (gluten), 322
 - Semolina (gluten), 345
- Sexton, John & Co.:*
 - Fruits canned without sugar, 355, 356; Vegetables canned, 356-367
- Shellfish, etc., canned, 296
- Shellfish, etc., fresh, 297
- Sifar biscuits, 334
- Sifarbrot, 327
- Sinamylbrot, 327
- Sippets (soup), 332
- Slim-Shouldis Co.:*
 - Gluten bread, 330
- Snow Flake Casein flour, 316
- Societe L'Aliment "Essentiel," La:*
 - Essentiel flour, Heudebert Surazo-tized flour, Heudebert, gluten flour, Lacteous flour, 322; Cocoa-Oat cakes, Heudebert products, "Regi-mette" cake, 342, 343; Essentiel food, Roburol, 354
- Soda Water, 311
- Soja Bean flour, 317
- Soja Bean meal, 319
- Soups, broths, etc., canned, 299
- Soups, homemade, 299
- Soson, 325
- Soy Bean bread, etc., 330, 344
- Soy Bean flour, 322
- Soy Bean Products Co.:*
 - Soy bean flour, 322
- Soya Manna, 322
- Soycasein flour, 317
- Spa, The:*
 - Malted bran, 324
- Spaghetti. See Macaroni, Noodles.
- Sprague, Warner & Co.:*
 - Richelieu Gluten flour, 322
- Stangenin, 334
- Starch-free bran, 324
- Starch-treated flour, 317
- Still Rock Spa:*
 - Curdolac flour, 322
- Strachen, James:*
 - Gluten bread, 343
- Svea Wafers, 354
- Tea, 311
- Tee-gebäck, 334

- Therapeutic Food Co.:*
 Gluten breads, Dr. Charasse products, 343
- Tropenwerke:*
 Tropon, 325; Troponbrot, 330;
 Chokolade, 352
- Uhl, Roman:*
 Carlsbad-water biscuits, 343
- Ultrabrot, 327
 Ultramehl, 315
 Unibread, 334
- Van Abbott & Sons:*
 Almond flour, Gluten flour, Gluten Semola, 322; Diabetic biscuits, etc., Euthenia biscuits, Midolia biscuits, Walnut biscuits, Soya biscuits, 343-344
- Vanille Biscuits, 334
 Veal, fresh, 294 ?
 Veal organs, fresh, 294
 Vegetables, canned, 307, 308
 Vegetables, dried, 307
 Vegetables, fresh, 305, 307
 Vegetable gluten, 319
 Vegex, 299
 Vermicelli. See Macaroni, Noodles.
 Vichy Gaufrettes, 337
 Vinegar, 308
- Vitae Health Food Co.:*
 Soya Manna, 322; Cellulose flour, 323; Starch-free bran, 324
- Wagner, Gerda H.:*
 Diabetic cereal, 348
- Walnut Biscuits, 344
 Washed bran, 324
 Washed gluten flour, 316
- Washburn-Crosby Co.:*
 Gluten bread, 330
- Washington County Co.:*
 Fruits, canned without sugar, 357
- Water in foods, 290
- Waukesha Health Products Co.:*
 Ayos (Soybean flour), Hepco flour, 323; Hepco Dodgers, 344; Hepco Grits, 348
- Weizen-Protein, 312
- Weston Bakery:*
 Gluten bread, 330; Gluten cookies, 344
- Wheat bran, 303
 Wheat and Barley flour, 317
 Wheat preparations, 302, 338
 Whey, 298
- White Swan Spice Co.:*
 Diet flour, gluten flour, 323
- Whiting, D. & Sons:*
 Sugar-free milk, 355
- Whole wheat bread. See Breads.
- Wilson Bros.:*
 Genteel flour, gluten flour, 323
- Wines, 311
- Woman's Baking Co.:*
 Washed bran, 324; Bran products, Cellu products, 344, 345.
 Zwieback, 300, 334, 335