

**FOOD, FUEL FOR THE
HUMAN ENGINE: WHAT
TO BUY, HOW TO
COOK IT, HOW TO EAT IT**

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Food, Fuel for the Human Engine: What to Buy, how to Cook It, how to Eat it by Eugene Layman Fisk

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EUGENE LAYMAN FISK

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FOOD

Fuel For the Human Engine

WHAT TO BUY
HOW TO COOK IT
HOW TO EAT IT

By

EUGENE LYMAN FISK, M.D.

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The simple story of feeding the family, based on the Diet Squad Experiment in cooperation with the New York City Police Department and the Department of Nutrition, Teachers College, Columbia University



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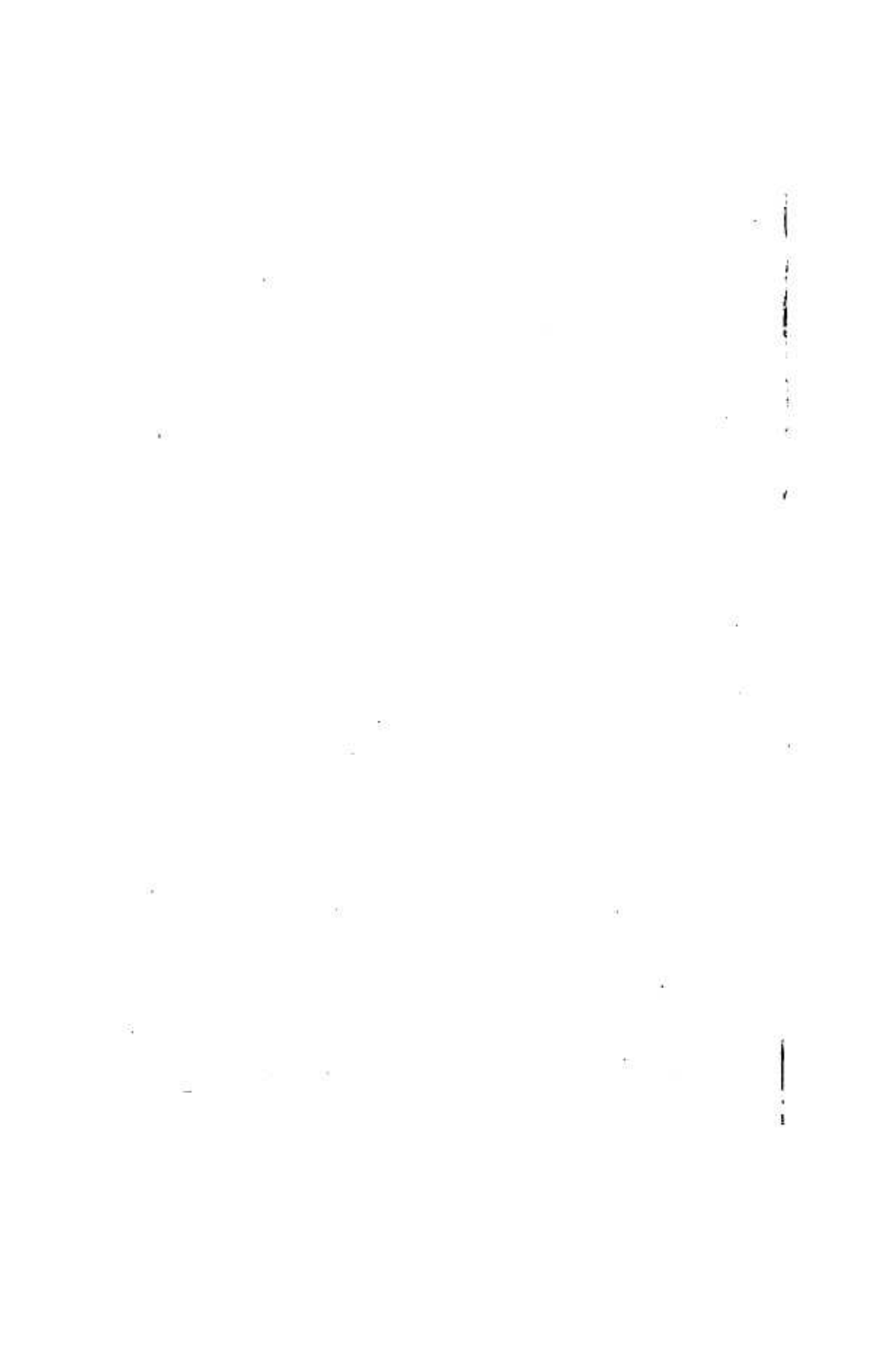
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I

FOOD

Section I—Kinds of Food

The body needs fuel, just as an engine needs fuel.

An engine must have the right kind and the right amount of fuel, or it can not work well. And the human body also must have the right kind and amount of food or it can not work well.

The human body is doing some work all the time, even in sleep, in sickness, and when resting. Heart, muscles and lungs are always "on the job."

An engine has to be built and repaired, to be stoked, to be oiled and regulated. It is the same with the human body: We need

- A. FUEL FOOD
- B. BUILDING or REPAIR FOOD
- C. REGULATING FOOD

A. FUEL FOODS

A worker at a desk or at a machine where he does no hard labor requires only about half the fuel that is necessary for a very hard-working man, a woodsawyer for example. A farmer needs about one-third more fuel than the average desk-worker. The average woman taking little exercise needs about one-third less fuel than the average man who has more muscular tissue and is

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more active. Children need a lot of fuel as they burn it quickly. A girl fourteen to seventeen years of age will need as much or more than a full-grown woman, and a boy of the same age more than a full-grown business man. So people vary in their fuel needs just as different types of automobiles vary in the amount of gasoline they need.

The following list shows the main fuel foods. These are the great foundation foods of the diet, the foods that supply energy for muscular work. Mental work requires so little extra fuel that it is not necessary to consider it specially.

There are three groups of fuel foods.

Here they are in order of cost per calory, *i.e.*, those giving most energy for the money heading the list.

| 1. Starchy Foods | 2. Sugars | 3. Fats |
|--------------------|-------------|---------------|
| Cornmeal | Sugar | Drippings |
| Hominy | Corn syrup | Lard |
| Broken rice | Dates | Salt pork |
| Oatmeal | Candy | Oleomargarine |
| Flour | Molasses | Nutmargarine |
| Rice | Most fruits | Peanut butter |
| Macaroni | | Milk |
| Spaghetti | | Bacon |
| Cornstarch | | Butter |
| Dried lima beans | | Cream |
| Split peas, yellow | | |
| Dried navy beans | | |
| Bread | | |
| Potatoes | | |
| Bananas | | |

About 85 per cent. of the fuel (calories, see Section 2) should come from this group, using starchy foods in largest amounts, fats next and sugars least.

Fats, starchy foods and sugars are almost pure fuel, like coal, while cereal foods also contain some building and regulating material.

B. BUILDING AND REPAIR FOODS

The body is continually rebuilding worn parts, and needs several kinds of food for this purpose. In general, building foods fall into two classes, called "Proteins" and "Mineral Salts."

1. **Protein Food or "Body Bricks."** Proteins may be compared to building bricks and are represented in the diet by lean meat of all sorts (including fish, shell food and fowl), milk, cheese, eggs, dried peas and beans, lentils and nuts.

There is also a fair amount of protein in cereals and bread (about 10 per cent.), which are both building and fuel foods. Eggs and flesh foods need to be limited in quantity because too much of them may make trouble for the human machine, leaving in the body, when burned (digested), wastes that may be likened to "clinkers" in the furnace.

Most foods contain some protein, but those here mentioned are richest in protein, and hence are termed building or repair foods.

Protein foods for building and repair in order of their cost, those giving most building and repair value for the money heading the list.