

Nutrition for Nurses

Nutrition and Human Welfare

By

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Caloric Value of Foods

After calculating the daily caloric requirement, we must know how to get those calories from foods. Many of our foods have been analysed for their caloric content. All foods except water, salts and some vitamins yield calories. Reference should be made to Health Bulletin No. 23 for the caloric value of Indian foods. A few figures are given below :

	<i>Calories per ounce</i>
All cereals	87 to 106
All pulses	91 to 118
Soya bean	123
Green leafy vegetables	10-20 (Agathi, curry leaves, drumstick and gram leaves 25-40)
Carrots	13
Colocasia	29
Onions	14-17
Potato	28
Radish	6-10
Sweet Potato	37
Tapioca	45
Yam	22-33
Other vegetables (stems, gourds, brinjal, cauliflower, chochor, beans and lady finger)	5-17
Peas	31
Double beans	29
Almonds	186
Cashew nuts	169
Coconut dry	126
Gingelly seeds	160
Groundnuts	110-120
Juicy fruits	10-30
Bananas	43
Dates	80
Beef	32
Eggs	50
Fish	26-28

Liver	43
Mutton (Muscle)	55
Fowl	71
Milk—cow's	18
Buffalos	33
Jaggery	109
Sugar	110
All oils	250

Food Calories—over weight and under weight

If a person consumes more food than what is needed for his activities, some of that food will be deposited as extra fat in the body. Those foods are most fattening which contain the most calories. Individuals vary in their propensity to get fat, usually because of the differences in their daily activities. In general, if people wish to become thinner they can do so by two methods :

1. By decreasing their caloric intake from food without decreasing the essential nutrients and their bodily activities.
2. By increasing the bodily activities without increasing their caloric consumption.

Daily Nutritional Requirements

For proper health and efficiency an individual must eat adequate quantities of all the nutrients and calories so far discussed. The following table summarises the daily requirements for Indians living under different conditions of life. Each nutrient will be just enough to maintain normal health in individuals. Our aim should be to get 'Optimum amounts' which will maintain complete dietary health in the different types of people and

provide more than the minimum requirements.

TABLE I
Daily Requirements of Calories and Some Essential Nutrients

	Net Calories	Protiens	Calcium	Fe. Iron	Vit. A I. U.	Thiamin Vit. B1.	Ascorbic Acid Vit. C	Vit. D I. U.
		g.	g.	mg.		mg.	mg.	
Man (55 KG. or 120 lbs.)								
Light or sedentary work	2,400	82	1.0					
Moderate work	3,000	82	1.0					
Very hard work	3,600	82	1.0					
Woman (45 kg. or 100 lbs.)								
Light or sedentary work	2,100	67						
Moderate work	2,500	67		20 to 30	3,000 to 4,000	1.0 to 2.0	50	400 to 800
Very hard work	3,000	67						
Pregnancy	2,100	101	1.5					
Lactation	2,700	112	2.0					
Children								
Under 1 year	100Kg. 3.5 Kg.							
1 to 3 years	900 ,, 3.5 ,,							
3 to 5 years	1,200 ,, 3.5 ,,		1.0	10 to 30	3,000 to 4,000	0.5 to 1.0	30 to 50 and over	400 to 800
5 to 7 years	1,400 ,, 3.0 ,,		to					
7 to 9 years	1,700 ,,		1.5					
9 to 12 years	2,000 ,, 2.5 ,,							
Adolescents								
12 to 15 years	2,400 ,,							
15 to 21 years	2,400 ,, 2.0 ,,							

N.B. The estimates of the protein requirements of children and adolescents are given in terms of grams per kilogram because adequate data about average weight in the various age groups were not available to the Sub-Committee. Fats should be consumed in liberal amounts. (Reference Page 15 Health Bulletin 23).

(To be continued)

Nursing Education Section — (Contd. from page 44)

Adolescent students may prefer to have the entire material presented to them in the form of problems for their solution, problems which arouse curiosity and intellectual powers, which challenge imagination and creative ability.

In fine, by a careful study of the needs, desires, and urges of the post-adolescent student, her past experience

and background, we can work and plan how to motivate her learning and arouse her keen interest. Motivation of the student requires careful thought and study in every course, every unit, every lesson and every bit of field experience. This is the first principle in all teaching.

(To be continued)