

FILE NAME: New York State & NY Times (NY)

DATE: 1951 Mar

DOC#: NY099

DOCUMENT DESCRIPTION: NY Dept of Labor Monthly Review - Industrial Nutrition for Defense

...the residue of sugar cane after extraction. This material has been extensively used in the manufacture of insulating board and other building materials. It shades readily when

3. Jotten, K. W.: Pneumoconiosis and Tuberculosis in Dusted Lungs. Beihefte 7 Zentralbl. f. Bacteriologie, 1948.
- W. & Gregorius, F.: Cancer of the Respiratory System in the United States Chromate-Producing Industry. Public Health Reports 63:1114 (1948).

cted by U.S. (

New York State Department of Labor

(DOCUMENT SECTION)

MONTHLY REVIEW

Division of Industrial Hygiene & Safety Standards

Vol. 30

March, 1951

No. 3

INDUSTRIAL NUTRITION FOR DEFENSE

Florence F. Brener, Nutritionist

Medical Unit

ARMY
MEDICAL
MAY 4 1951

Industrial expansion for defense, as for war, immediately involves shortages in manpower, which are reflected in the need for longer hours, a faster pace, more night shifts and the employment of an increasing number of women. These special conditions inevitably result in added physical stresses and strains. The physical needs of the body to withstand this additional strain may, in part, be met by having good wholesome food available in the plant. In industrial establishments, desirous of maintaining optimum production and good worker morale, serious consideration should be given to providing the best in-plant feeding facilities practicable. This need not necessarily be a cafeteria. A lunch counter or a rolling cart may, under certain circumstances, adequately meet the needs of the particular plant situation.

The foods served should be selected to provide maximum nutrition at low cost. Menus should be adapted to the particular type of feeding facilities available in the plant. They should be planned with an understanding of food values, good nutrition and a knowledge of the dishes which are popular with plant personnel. The foods served should present eye and appetite appeal. The menu should always include the standard basic seven nutrients required for good health, while consideration is also given to the caloric needs of workers — a higher calorie menu for those doing heavy work or working unusually long hours (3000 - 4000 calories per day); a menu of lower caloric content for workers on light assembly jobs or sedentary white collar workers (2500 - 3000 calories per day). A low calorie diet for workers is not to be confused with a reducing diet. In general, the food eaten during the lunch hour, in the plant, should provide 1/3 to 1/2 of the worker's total food requirements for the day. Milk is always the beverage of choice, whether one is considering a high or low calorie menu, because it is an unusually nutritious food.

The menu is not only the bill of fare or list of dishes available to patrons; it also provides the basic pattern from which the food is purchased, prepared and served. The menu should be planned at least a week in advance; preferably two weeks ahead. When planning menus for industrial cafeterias or other in-plant feeding facilities it is necessary to be guided by the number of work shifts or whether the plant will be working overtime. Con-

sideration should also be given to the season of the year, holidays and pay days. Experience has shown that during periods of heavy production or overtime work, and on pay day (particularly if the checks are cashed on the premises) the industrial feeding facilities are patronized more than on other days.

In plants where the majority of workers are engaged in heavy production, the caloric needs are high and should be met by properly planned menus offering hearty foods which will supply a high total caloric intake. This may be obtained by introducing into the menu, foods which are high in fats, starches, and sugar. Examples of foods high in fats are: fat meat or bacon; butter or margarine, gravies, mayonnaise or other salad dressings made with oil; and cream, either sour, sweet or whipped. Foods high in starches and sugars include such foods as: bread or bread products; waffles and griddle cakes; puddings, pies and other pastries; maple syrups, jellies, jams, preserves, sugar and candy. It is not usually sufficient, however, merely to offer the high calorie foods; portions must be large if a high total caloric content for the meal is to be obtained.

With increased hours of work, special attention should be given to mid-morning and mid-afternoon rest periods. Snacks delivered by rolling carts during these rest periods, or otherwise available to workers, will contribute greatly to reduction of fatigue and to increase production. The same principles apply to industries where heavy seasonal activities are the rule. The following is an example of a high calorie lunch menu:

- Cream of tomato soup or other creamed soup
- Roast pork or other fat meat, with gravy
- Fried potatoes or candied sweet potatoes
- String beans, carrots or other green or yellow vegetable
- Waldorf or banana salad with chopped peanuts or mayonnaise
- Bread or rolls with plenty of butter or margarine
- Pudding with whipped cream or pie a la mode
- Milk
- Tea or coffee with sugar and cream or hot chocolate with whipped cream

The high calorie foods in the above are the creamed soups, fat meat with gravy, fried white or sweet potatoes, salad with nuts and mayonnaise,

The material on this page was copied from the collection of the National Library of Medicine by a third party and may be protected by U.S. Copyright law.