Are You Anemic?

Dorothy Anderson
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
Anderson, Dorothy (1932) "Are You Anemic?," The Iowa Homemaker: Vol. 12 : No. 3 , Article 10.
Available at: http://lib.dr.iastate.edu/homemaker/vol12/iss3/10

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Are You Anemic?

By Dorothy Anderson
Hospital Dietitian

DIET plays an important part in a great many diseases. In most cases these diseases are those which last over a period of months or years, and the patient is not bedridden. In fact, if he gets plenty of physical and mental rest and modifies what he eats to suit his particular condition he may feel as well and be as efficient in his work as any other person. And in many of the so-called minor ailments, correct eating will help to maintain good health.

Spring is almost over and the season of epidemics is behind us for another year. None the less, colds and the "flu" are still common so a word about them is still in place. If you have a cold, eat lightly, taking many fluids, especially fruit juices, unless the temperature is very high. Toast, eggs, vegetables, fruit, cereals, should be used, at least lightly, taking many fluids, especially if they are up and working, is very unwise. The body becomes weakened with the double drain of infection from the cold and insufficient food, and the period of convalescence is long. This is one of the reasons why they do not recover from colds for weeks and sometimes longer. It is as essential to keep the body nourished during a cold as any other time, but one should do so by eating the simplest foods, including liberal amounts of fruits, vegetables and fruit juices.

CONSTIPATION is the great American disease and is due largely to our habits of living and diet. Exercise is necessary. If your work is such that you do not do much bending, twisting or rapid walking, you should plan to do certain bending or twisting exercises every day.

Then watch your diet. Many fluids are necessary. Drink the equivalent of eight or ten glasses a day. Some of this may be in the form of tea, coffee, milk or soups. A glass of warm or hot water on rising is beneficial. Many fruits and vegetables should be used, at least eight servings a day, not counting potatoes. Among the best are figs, raisins, oranges, grapefruit, prunes, all berries (except blackberries), tomatoes, cabbage, dried beans (lima or kidney), lettuce, celery, onions, and all raw vegetables. The skins of apples and baked potatoes should not be removed, but eaten. Honey, molasses and buttermilk are also good. Whole wheat bread and whole wheat cereals should be used at all times, instead of white bread and the more highly refined cereals. Oatmeal is very good.

A certain amount of bran may be helpful, but it is actually harmful to some people, so if it seems scratchy and irritating do not use bran. If it causes no trouble some bran may be used as the breakfast cereal, or added to some other cereal. You may prefer to use bran muffins instead of whole wheat bread. You may have your own bran muffin recipe, but I have one I wish to give you because it contains so many of the things which help to prevent constipation. Here is the recipe:

- 3 tb. shortening
- 1 tsp. salt
- 1 c. white flour
- 1 tsp. baking soda
- 2 c. bran
- ½ c. molasses
- 2 tb. brown sugar
- 1 c. milk
- 1 slightly beaten egg

Sift dry ingredients together, add molasses, milk and molten shortening. Last of all, add the slightly beaten egg. This makes ten muffins. One-half cup raisins, dates or figs may be added for variety.

Mineral oil is good and may be used in salad dressing instead of the regular oil. This has a double advantage in having no food value, so even those who are overweight may safely use it.

If bran is too irritating, you may find agar-agar healthful. This is a gelatinous substance made from seaweed. When liquid is added to it, it swells to many times its original bulk. A spoonful or two of agar can be put on top of the breakfast cereal. It is not a drug or cathartic. It merely forms bulk, which is lacking in most diets.

Then You Must Eat Liver

ULCERS require constant attention to diet. Milk and cream always have an important place in the diet of a person with ulcers. These people should never over-eat. They should eat small meals, and drink a glass of milk between times, if necessary. The diet should consist of eggs, cottage cheese, bread at least 24 hours old, baked or mashed potatoes, simple puddings such as rice, tapioca, cornstarch, custards and jelly. About four or five ounces of orange juice diluted with water should be taken during the day. The diet can be liberal. Mild apple sauce also may be used. If the case is severe, all vegetables should be cooked and then forced through a sieve. Scraped beef, broiled lamb chop and white meat of chicken also may be used. Later roast beef or tender steak may be added. Certain foods should never be eaten by people with ulcers. They are fresh pork, any fried food, hot breads, doughnuts, pie and pastry, and highly spiced or seasoned food.

Canned soups should be used often. They are a good way to use milk and cream and also to add vegetables to the diet. Hot cereals are nourishing and easily digested, so they should be used several times a day, especially in severe cases.

Diet is important in nephritis, commonly called "Bright's Disease," and other kidney conditions. Formerly, people with Bright's Disease were forbidden to eat any meat or eggs. But since this leads to anemia, they are now allowed eggs once a day and meat two or three times a week, sometimes even once a day. During severe attacks or while albumen is showing in the urine, it is well to limit the use of egg white and omit all meat, but this diet should not be continued for years. A person with kidney trouble should keep warm and get plenty of rest. The diet should consist of simple meals, simply prepared and eaten at regular hours. It should contain plenty of fluids. Fruits and vegetables are very important, and with the exception of peas and dried beans, as kidney, lima or navy beans, may be taken liberally. Fruit juices are very good. These people should use moderate amounts of salt, as the only seasoning. Condiments such as catsup, Worcestershire sauce, chile and pepper should not be used, as these put extra work on the kidneys. This means that all highly spiced

(Continued on page 14)
fraternities and sororities, or between wards and dormitories, many new friendships are formed.

For those who do not dance, but would like to, there is an opportunity to learn in the social dancing classes taught by one of the outstanding recognized teachers of the dance. Attempts have been made to dignify and vary non-dancing parties for those who are not interested in dancing at all.

A girl graduating from Iowa State College has had the opportunity of being equipped socially by direct teaching and by a wide variety of chance, for practical application. Her college career has not been devoted entirely to chemistry and dietetics and she should be able to fit into any social group with ease and grace.

Even Spinach?
(Continued from page 8)

One of the reasons for food dislike, it is believed, may be an unpleasant association with that particular food. "A changed environment and the chance to prepare food stimulates the child's interest," says Mrs. Lulu Lancaster, head of the Child Development Department. This is manifest in comments - "I went upstairs to cook today," "When can I go up again?" or "Will you take me up today?" - from the children who have been up to "Wee Cookroom."

At the present time the "Wee Cookroom" experiment by the Child Development Department at Iowa State College is the only known one of its kind.

Are You Anemic?
(Continued from page 8)

and highly seasoned foods must be omitted. Instead of cakes, pies and pastry, it is better to use fresh or cooked fruit, and sometimes simple milk puddings.

For high blood pressure, one uses essentially the same type of diet, only the meat is best restricted to small amounts two or three times a week. Simple meals, avoiding overeating at all times, and regular hours for meals are important. Again, fruits and vegetables are good and should be used freely. Highly seasoned and highly spiced foods should be avoided, as in kidney trouble.

Iowa has a large amount of anemia, in fact there are more deaths from pernicious anemia in Iowa than in any other state in the Union. Among the girls who attend Iowa State College, we find many cases of anemia. To be sure, this is not pernicious anemia, but a much milder form, known as secondary anemia. Secondary anemia is the result of low hemoglobin in the blood. Persons having this disease are pale, tire easily, and are often tired all the time. Thus they can not work as well as they should, nor accomplish as much. Liver is the best single food for these people. They should take one-half pound every day at first. Later this can be cut to one-half pound two or three times a week. Occasionally equal amounts of kidney, brains, sweetbreads or the pancreas may be substituted for the liver. One should also take muscle beef once a day, one egg each day and many fruits and vegetables, about eight servings a day. These should include at least one raw fruit and one raw vegetable each day. Oranges or grapefruit once a day and one of the following: peaches, prunes, or apricots. These latter may be fresh, canned, or dried. All green vegetables are very good, but most of us think of spinach only, when we think of iron and anemia. Besides eating properly, one should be outdoors as much as possible.

DIABETES is the disease which requires the most rigid and consistent dieting. With the exception of sugar and very starchy foods, a diabetic may now have almost as wide a variety in his diet as anyone else. How much he may eat of these different foods, of course, depends on his own individual case. I can tell you, in a general sort of way, what to eat for many conditions, and you can secure diet lists from many sources, but for diabetics it is entirely a different story. Just as each individual's eyes need different kinds of glasses, so every diabetic needs a different diet from almost every other diabetic. But his food can be selected largely from the things that are being prepared for the rest of the family. There is no food which will cure diabetes. Perhaps you have heard of the so-called 'diabetic foods.' These usually contain less starch than the ordinary food, but they are not a cure and since many of them contain some carbohydrate they should not be used unless figured into the diet. They are all very expensive and so should be used only occasionally, if at all. I want to say just a word about insulin. It is this wonderful extract which now allows diabetics such a wide variety in diet. Until its discovery about ten years ago, diabetics lived largely on celery, cabbage, lettuce, tomatoes, and other bulky vegetables. Potatoes, carrots, bread and many of the things they have today could not be used then. Children invariably died because they could not secure enough food and the days of the diabetic adult were numbered. Today all this is changed, and the diabetic child has every opportunity to grow to manhood or womanhood; while the adult, if he sticks to his diet, may live longer with diabetes than he ever expected to live without it. Insulin is not a habit forming drug. Neither is it a medicine. It supplies to the diabetic a substance which he cannot manufacture in his own body, but which non-diabetics do manufacture. This substance is neces-
sary for the body to use the sugars and starches. That is why, before its discovery, diabetes had such limited diets. It cannot be taken as one desires; however, if wrongly used, it may cause unconsciousness and even death. It must be taken as prescribed by a physician who knows all about the patient and his diet.

Do not think from what I have said, that a diabetic may eat anything and everything, just as he pleases. He cannot; his choice is wider than formerly, but the amounts must be very carefully weighed out and his insulin dosage very carefully given, if he needs insulin. Each diabetic is an individual case and he should see a competent physician. The physician should tell him what his diet is, how to figure and how to weigh it, and how much insulin, if any, is to be taken.

Diabetes is not a painful disease, neither is it a wasting disease as tuberculosis. Its rigid diet requirements and the inconveniences it causes make it one which no one wishes to acquire. If you are anxious to avoid diabetes, let me give you some simple rules which will help to prevent its development. Since it usually develops in people over 40 years of age, let me give this warning to those people. Get your weight down to standard and keep it there. Most of the people who become diabetic have been much overweight. Thin people over 40 seldom develop it. If there is a tendency to diabetes in your family, eat only moderate amounts of starches, and very few sweets such as cake, pie, candy, syrup, honey, sorghum, jams, and very sweet canned fruits. In addition, have sufficient exercise and physical and mental rest. We know of no cure for diabetes. If a person sticks loyally to his diet and to his insulin if he needs it, he may be much improved, but so far science has developed no cure; so surely the ounce of prevention in worth the effort.

She Keeps Busy
(Continued from page 9)

assisting to give directions and instruction to them as well as to new students. This responsibility is very closely interwoven with the responsibility of menu making, (supervision of the requisitions, preparation and distribution of food from the main diet kitchen to the ward serving kitchens). Students are also given the responsibility of weighing foods for quantitative diets as well as the serving of all therapeutic diets, when they are assigned to their ward services. This is then followed by supervision of the food service to patients.

There usually are from five to twelve student dietitians in training at a time. New classes are admitted quarterly. Appointments for training are usually made from six months to a year before date of entrance. Qualifications for consideration of applicants are a degree in home economics with a major in foods and nutrition. Applicants whose scholarship and personality records are highest are naturally given preference in the filling of appointments for training. The course offered at the present time is an eight months course, which provides training in all phases of dietetic work. This includes an affiliation with a private hospital in Chicago so that the graduates from our school are familiar with the food service in both a charity and a private hospital. The course has been approved by the Education Section of the American Dietetic Association.

She’s Bomb Editor
(Continued from page 7)

Margaret has sold several, to such magazines as Forecast and Successful Farming. Just the other day Margaret received an invitation to membership in Phi Omicron, national home economics honorary. During her college course, Margaret has been earning a part of her expenses by working in the bulletin room, Agricultural Annex. She is a member of Alpha Gamma Delta sorority.

Another Wedding?
(Continued from page 4)

will probably get "loads" of silverware and two or three waffle irons. Let’s give them something different and original! If the new home boasts a garden, you can win lasting gratitude by contributing some favorite flower or shrub which will blossom this season. If grubbing in the soil holds a fascination for the bride, give her some of the very handy new implements with which to work, and which will keep her hands from looking neglected. Perhaps they are an out-of-door couple, who love picnics, long hikes and camping. There are such clever compact picnic kits and camp aids now, that one no longer need take a trailer to carry a day’s supplies! Such gifts are innumerable, and when given will really be appreciated and used. Just remember the new couple’s hobbies and favorite form of recreation. If silver, china, utensils, glassware or other household equipment are chosen, let the bride know where the gift was purchased, so that she may exchange it for something lacking. Some people prefer to wait until the new home has been furnished, so that they will avoid duplication, and so that the gift will really be appreciated. It is well to send a gift promptly, but often wedding presents do not reach their destination until some time after the marriage has taken place.

Have you ever searched in vain for a frog to fit that favorite vase? Did you know that from a nickel’s worth of Plaster of Paris mixed with some water, you could make your own!