

1943

Meal Planning- Chinese Version

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A chief defect in Chinese diets is the lack of protein which is abundantly supplied by meat, eggs, milk and dairy products

Meal Planning—

Chinese Version

THE Chinese choice of food and methods of preparation are an interesting contrast to the American diet, according to C. L. Feng, a graduate student at Iowa State.

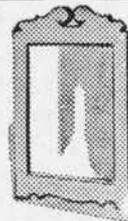
Mr. Feng, who arrived in the United States in July, is an agronomy graduate from the University of Nanking. "Chinese food is mainly starch," he comments, "and the chief defect in our dietary habits is the lack of protein. The quality and quantity of the food are both responsible for the nutritional deficiencies in China. Drought, flood, everything conspires against the farmer in my country."

The people of the North eat more fruits and vegetables because they are inexpensive and plentiful in that region. Melons, cucumbers, onions and fruits are available at low prices. The staple diet consists mainly of wheat flour; more bread is consumed than rice.

The provinces south of the Yangtze River receive few northern fruits and vegetables because of the lack of transportation facilities. In South China rice assumes a role of importance in the diet of the average citizen.

These dietary differences may be the main reason the northern Chinese is a larger person than the Southerner. In North China the people are relatively tall and heavy; many men average 5 feet 10 inches and weigh 150 pounds or more. In the South, the average height is 5 feet 3 or 4 inches, and the weight 120 pounds. Whenever wheat and cereals other than rice are the staple foods, the people grow larger and heavier.

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