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Their Diets Are Supervised

Eugenia Crawford explains the student diet tables at Iowa State and Cornell

DIETING has become a cooperative enterprise for Iowa State women who want to meet their individual nutrition problems. A diet table at the College Hospital and one at Alice Freeman Dormitory are designed to help solve the students' difficult problem of selecting the most essential foods and resisting other foods.

A special table in the College Hospital, under the supervision of Miss Ardis Hubbs, dietitian, is arranged for students who have diet problems including diabetes or allergies. Weight-conscious women, anxious to trim off pounds, eat at the diet table in Freeman Hall where their meals are planned by Miss Elsie Ann Guthrie, director of dormitory food service. These diet tables serve a three-fold purpose by providing adequate nourishment, giving students a sense of comradeship and educating them about the foods which they should eat.

There are numerous examples of the benefits received from the diet tables. One Iowa State woman came to the college hospital with an allergy which caused a red rash and a swelling on her face. When she was dismissed from the hospital, the doctor suggested that she eat at the special diet table. "Your companions at the table also have their dietary problems so you needn't feel uncomfortable with yours," the doctor reassured her. With four diabetics as company, this student ate her simple fare which excluded wheat, eggs, milk, all vegetables except peas, green beans and spinach, and all meats except beef and lamb. Now her complexion is almost normal and she "feels wonderful" because of her increased vitality and her regained poise. In the words of one of the patients, "It isn't nearly so bad if you have someone sharing the food with you."

The diet table at Freeman Hall is helping 14 girls who are interested in losing excess pounds. The diet does not threaten the students' health because the meals are carefully planned to include daily require-



Carefully planned meals similar to those prepared in this hospital kitchen are served to students who have special nutrition problems

ments. The loss of weight is gradual. The caloric intake of the students varies between 1,200 and 1,500 calories a day. The menus are basically the same as those served to the other women, but the starches, sweets and fats are replaced by low-calorie vegetables and fruits. The average loss of weight is from two to five pounds over a two-week period. Some lose as much as seven pounds.

Dr. Charlotte Young, M.S. '37, Ph.D. '40, is responsible for another type of nutrition program at Cornell University, Ithaca, N. Y. The program is an integral part of the medical clinic. Dr. Young interprets the doctor's dietary recommendations to the students and helps them put the suggestions into practice. As a member of the clinic she has regular office hours when she consults with the students. During the conference she compiles suitable diet lists according to her nutritional knowledge, pertinent medical history and the doctor's recommendations. Problems referred to her include allergies, gain or loss in weight, diabetes, ulcers, and methods of planning low-cost meals.

The special diet table at Cornell is a cooperative enterprise. The School of Nutrition offers a revolving fund for its support, the College of Home Economics contributes housing facilities and much of the working equipment, and the Department of Clinical and Preventative Medicine gives medical advice and approves all patients at the table.

In addition to the counseling service and special diet tables, studies of the students' eating habits are conducted to acquaint the nutritionist and the medical staff with the students' knowledge of foods.