New Foods and Flavors

Dorothy Will
Iowa State College

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**by Dorothy Will**

*Technical Journalism Junior*

For instance, two students from India were Hindus and could not eat any form of animal food. A typical noon or evening meal in India would be:

- **Fish Curry and Rice**
- **Pulses**
- **Fried Potatoes**
- **Vegetable Curry**
- **Strong Pickles**
- **Coffee**
- **Tea**
- **Fresh Milk**
- **Buttermilk**

In her study, Miss Concepcion found that 72 per cent of the students had increased their intake of milk and milk equivalents since coming to this country. A Peruvian, who now drinks six glasses of milk a day as compared to one and one-half glasses at home, explained that “milk does not taste good in Peru.”

Miss Concepcion added that milk drinking habits vary throughout the world. She explained that in Iraq, the natives drink sour milk; in Egypt, people prefer cultured milk; and in Equador, instead of putting cream into their coffee, the people put three or four drops of coffee into their milk.

**Acquire American habits**

Pointing out that the students from abroad participating in the study have been eating in the Memorial Union cafeteria from 1½ to 48 months, Miss Concepcion remarked that some have acquired American habits. Many have learned to drink coffee and enjoy the typical American breakfast of toast or doughnuts with coffee.

“Limited income seems to be the most important factor which influences the choice of food by students,” said Miss Concepcion. She added that lack of knowledge in the nutritive value of various foods was found to affect the diets of some students.

**Studies nutrient content**

Working with and studying foods is not new to Miss Concepcion. In her job at the Philippine Islands Institute of Nutrition, she studies the actual nutrient content of food. She came to Iowa State to learn the techniques needed to analyze the amino acids. While studying in the Department of Foods and Nutrition, she also became acquainted with the American methods of studying diets by calculating nutritive values from food composition tables. She explained that this method has not as yet been used in the Philippines.

By conducting the foreign student dietary study, Miss Concepcion not only received practical experience in using American methods, but she also helped the foreign students. She taught them the nutritive values of various foods so that they can eat better-balanced meals both in America and in their homeland.