Recommended Daily Allowance Chart

The Recommended Daily Allowances shown below are the average daily intakes needed by a healthy person in the United States. This chart shows only a few of the nutrients people need each day. More information on nutritional needs is available through the U.S. Food and Drug Administration.

	Age (yr.)	Weight (lb.)	Height (in)	Calories (kcal)	Protein (g)	Calcium (mg)
Infants	0.0-0.5	13	24	650	13	400
	0.5-1.0	20	28	850	14	600
Children	1-3	29	35	1300	16	800
	4-6	44	44	1800	24	800
	7-10	62	52	2000	28	800
Males	11-14	99	62	2500	45	1200
	15-18	145	69	3000	59	1200
	19-24	160	70	2900	58	1200
	25-50	174	70	2900	63	800
	51+	170	68	2300	63	800
Females	11-14	101	62	2200	46	1200
	15-18	120	64	2200	44	1200
	19-24	128	65	2200	46	1200
	25-50	138	64	2200	50	800
	51+	143	63	1900	50	800
Pregnant				+300	60	1200
Lactating	1st 6 months			+500	65	1200
(Nursing)	2nd 6 months			+500	62	1200

Survivors Remember...

Holocaust survivor Noemi:

"The only food they gave us was so-called black coffee, what most of us used for washing our face. Water was not available. Later on, we got a little bread. We had to stand in line, 5 of us in one row and they put in the hand of the first one a big pail. Some vegetables, some dried vegetable, and something was swimming in that water. And without any cup or utensil, some of them had to drink it, give it to the next one, and give it to the next one. Most of the time, I didn't even taste them."

Holocaust survivor Livia:

"Lunch was a soup that had all kinds of vegetables in it, including grass, pebbles—the meat must have been horse meat if any...if we were lucky, we had potatoes. One of the vegetables...turnips. I can't stand them. They were cut up in whatever was in it. You see, in Hungary, as I knew it, turnips were eaten by animals.... Supper time, I remember having a black piece of bread with a little square of margarine. Uh...but it got very bad later on.

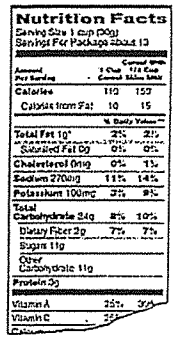
Name: **Period:**

HOMEWORK: Nutrition Connection

Part 1: One-Day Calorie Count

Directions: Keep track of everything you eat and drink for one day. Add all of your calories together for one day in order to understand better how the Nazis used food as a weapon.

To track your calories, read the "Nutrition Facts" on the labels of the foods you eat or consult a "calorie counter" website like "caloriecount.about.com." For example, if you eat cereal for breakfast, find the "serving size" at the top of the "Nutrition Facts" panel and measure out your cereal. Then read the number of calories per serving. Record that number of calories on your chart. You will have to estimate the calories for some foods. At the end of the day, add all of the calories together to find out how many calories you consumed that day.



Meal	Food	Calories
Breakfast		
Lunch		
Dinner		
Snacks		
	Total Calories for One Day	

Part 2: Nutrition: Food as a Weapon

During World War II (1939-1945), the Nazis used food as a weapon in their efforts to punish or kill their enemies. For Jewish ghetto residents, food rations (or allowances) were as low as 300 calories for each person per day. In concentration camps, most prisoners were allowed about 500 calories per day as they were forced to do hard labor.

Directions: Using the information in the chart below about common foods and their calories, list food combinations that would have been possible for Jews in the ghettos and in the concentration camps to eat based on the number of calories in their food rations (listed above). Pay close attention to the amounts (cups, pieces, etc.) for each food. One combination is done for you as an example.

Food	Calories	Food	Calories
Apple	116	Chicken (1 cup)	231
Banana	105	Turnip (1 cup)	34
Carrot	52	Doritos (11 chips)	140
Potato	258	KitKat Bar (2 pieces)	100
Bread (1 slice)	69	Pepsi (1 cup)	100
Spaghetti (1 cup)	221	Tastykake Butterscotch Krimpets (2 cakes)	240
Pizza (1 slice)	140		
Turkey (2 slices)	45		

Jewish ghetto residents could eat:

1 apple, 1 banana, and 1 slice of bread = *290* calories

_____ = _____ calories

_____ = _____ calories

_____ = _____ calories

_____ = _____ calories

_____ = _____ calories

Concentration camp prisoners could eat:

_____ = _____ calories

_____ = _____ calories

_____ = _____ calories

_____ = _____ calories

_____ = _____ calories

_____ = _____ calories

Name: Period:

Nutrition During the Holocaust & World War II

Part 1: Nutrition Math and Analysis

Directions: Answer the following questions by reading the two ration charts about bread and potatoes in Nazi Europe.

1. Which group(s) had the highest ration of potatoes? Of bread?

   Highest potato ration: _____ **Highest bread ration:** _____

2. Which group had the smallest ration of potatoes? Of bread?

   Smallest potato ration: _____ **Smallest bread ration:** _____

3. Which group had the second smallest ration of potatoes? Of bread?

   Second smallest potato ration: _____ **Second smallest bread ration:** _____

4. How many total pounds of potatoes were rationed each week? Of bread?

   _____ **total pounds of potatoes** _____ **total pounds of bread**

5. What percentage of the total potato ration was for Jews? What percentage of the total bread ration was for Jews?

   _____**% of potato ration for Jews** _____**% of bread ration for Jews**

Part 2: Nutrition: Food as a Weapon

Directions: Answer these questions using your One Day Calorie Tally and information you have learned in the reading.

1. Compare your total calories to that of a Jewish prisoner in a concentration camp. What is the difference between the number of calories you ate compared to a person in a concentration camp?

   _____ – _____ = _____

   (# of calories I ate) *(# of calories Jewish prisoner ate)* *(difference)*

2. What foods could you have eaten on a 300 calorie diet?

3. What foods could you have eaten on a 500 calorie diet?

4. What foods could you have eaten on a 1,100 calorie diet?

Part 3: Recommended Daily Allowances

Directions: Answer the following questions using the Recommended Daily Allowances Chart and information in the Nutrition: Food as a Weapon reading.

1. What are the total daily calories recommended for you based on your age and sex?