Good Eating" and "Good for You" are phrases which truly apply to the recipes here presented for variety meats, including liver, kidneys, heart, tongue, sweetbreads and others. Long regarded by many as delicacies, these meats in recent years have been accorded outstanding recognition by nutritionists, because of the nutrients they provide in extraordinary amounts.

The recipes on these pages are all substantial dishes about which meals may be planned. Years of use have established their taste appeal beyond doubt. Every recipe was selected originally from the treasured file of a homemaker whose family had acclaimed its goodness. They are offered here to be shared with homemakers everywhere to bring variety and health to every American home.

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407 South Dearborn Street, Chicago 5, Ill.
Beef, pork, lamb and veal heart are all excellent foods. The hearts of pork, lamb and veal are smaller than the beef heart. One beef heart is sufficient for 10 to 12 servings. A lamb heart will make a good individual serving. A pork heart will serve one to two persons; and a veal heart will serve two.

This variety meat should be washed and the hard parts trimmed off. This is a less-tender meat and will require long, slow cooking in moisture. Beef heart will take longer to cook than pork, veal or lamb heart.

**BRAISED HEART WITH APPLES**

(Use beef, pork, lamb or veal heart)

1 beef heart, 3 pork hearts, 4 lamb hearts or 2 veal hearts
Salt and pepper
Flour
2 tablespoons drippings
4 apples
1/2 cup brown sugar
8 cloves
2 bay leaves
1/2 sliced lemon
1/2 cup water

Wash and trim the heart. Season and roll in flour. Brown in hot drippings. Arrange unpeeled, quartered apples around the heart and sprinkle with brown sugar, cloves and crushed bay leaves. Place slices of lemon on top and add water. Cover tightly and braise in a slow oven (300° F.) or let simmer until heart is tender. A beef heart of 3 3/4 pounds requires at least 4 hours, and will serve 12. Pork, lamb and veal hearts will require 2 to 2 1/2 hours cooking time.

**SWEET-SOUR BEEF HEART WITH NOODLES**

1 beef heart
1 8-ounce package noodles
1/4 cup drippings
Water
Salt
Pepper

Wash and trim the heart. If it has been cut, sew into original shape. Cook noodles in boiling salted water. Drain and combine with one-half the melted drippings. Fill heart with cooked noodles and place skewers across opening during cooking. Brown on all sides in remaining drippings. Add a small amount of water. Season with salt and pepper, cover closely and continue cooking until tender. Add more water when necessary. The average size beef heart (3 3/4 pounds) will require about four hours for cooking. Remove from liquid and make Sweet-Sour Sauce. Return to sauce to re-heat. Heat remaining noodles and serve with heart. A 3 3/4 pound heart serves 12.

**Sweet-Sour Sauce**

2 tablespoons butter
2 tablespoons flour
2 cups liquid in which heart was cooked
4 tablespoons vinegar
2 tablespoons brown sugar
1 bay leaf
1/8 teaspoon thyme
2 whole cloves
Salt and pepper

Melt butter, add flour and stir until smooth. Gradually add the liquid, stirring constantly. Cook until thick. Add the vinegar, sugar and seasonings and allow to simmer for 15 minutes. Remove the bay leaf and cloves and serve in a gravy boat.
VEAL HEARTS WITH RICE

Cut hearts in half and wash well. Dredge with flour and brown in hot fat. Add onions, water and seasonings. Cover and simmer 2 hours, or until tender. Cook rice in boiling salted water, being careful not to overcook. Drain, rinse, season and place on chop plate. Arrange meat on rice and pour liquid remaining in pan over all. Serves 6 to 8.

BRAISED HEART SPECIAL

(Use pork, lamb or veal heart)

Wash heart and cut into ½-inch slices. Soak in buttermilk overnight. Dip slices into mixture of flour, salt and pepper. Brown in hot drippings. Add ½ cup buttermilk in which heart was soaked; cover and cook slowly for 1 hour or until tender. Serves 4 to 6.

HEART FRICASSEE

(Use beef, pork, lamb or veal heart)

Wash the heart and trim off hard parts, if necessary. Slice across grain. Dredge in flour and brown in bacon drippings. Season. Add onion and brown. Add carrots and tomatoes and cover tightly. Simmer about 1 ½ to 2 ½ hours, or until tender. Serves 6 to 8.

Liver Recipes

Beef, pork, lamb and veal liver are all exceptional sources of essential food nutrients. Pork liver is especially high in food value and is the economy buy. In preparation, scalding is not necessary for any kind of liver. If liver is to be ground, it should be dropped into hot water and simmered for a few minutes. This makes grinding much easier.

Beef and pork liver are especially adapted to braising methods, while lamb and veal liver may be successfully broiled.
BRAISED LIVER WITH VEGETABLES
(Use beef, pork, lamb or veal liver)

1 1/2 pounds sliced liver
2 tablespoons bacon drippings
6 carrots

2 pounds sliced liver
2 green peppers
6 small onions
6 medium chopped green peppers

Dredge liver with flour. Brown in hot drippings. Clean and dice vegetables. Arrange in piles on slices of liver. Season. Add water. Cover and cook slowly until both the vegetables and liver are done. Beef liver will take about 45 minutes; the pork, lamb and veal liver about 30 minutes. Serves 8.

LIVER FRICASSEE
(Use beef, pork, lamb or veal liver)

1 pound sliced liver
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup flour
1/4 cup bacon drippings
2 cups canned tomatoes
2 medium chopped green peppers

6 small chopped white onions
1/4 teaspoon celery salt
1/2 teaspoon poultry seasoning
Cooked rice


LIVER ROLLS
(Use beef, pork, lamb or veal liver)

1 pound liver
2/3 pound bulk pork sausage

Salt
Pepper
1/2 cup water

Have liver sliced one-fourth inch thick. Trim away coarse membrane and cut into pieces about 3 x 3 inches. Shape sausage into small rolls and wrap each with a slice of liver. Fasten with a wooden pick. Place in a baking dish, season and add water. Bake covered for 45 minutes in a moderate oven (350°F.). Remove cover last 15 minutes to brown. Serves 6.

DELICIOUS LIVER CASSEROLE
(Use beef, pork, lamb or veal liver)

1 pound sliced liver

1/2 cup sliced olives
1/4 teaspoon paprika
1 tablespoon Worcestershire Sauce
2 hard-cooked eggs
1/2 cup buttered bread crumbs

Water

1/4 cup sliced olives
1 teaspoon salt
1/4 teaspoon paprika
1 tablespoon Worcestershire Sauce
2 hard-cooked eggs
1/2 cup buttered bread crumbs

1/2 cup sliced olives
1 teaspoon salt
1/4 teaspoon paprika
1 tablespoon Worcestershire Sauce
2 hard-cooked eggs
1/2 cup buttered bread crumbs

Drop liver into water and simmer 5 minutes. Drain. Cut into 1/4-inch cubes. Melt butter, add flour and gradually pour in liquid, stirring until thickened. Add liver, celery, olives, seasonings and mashed hard-cooked egg yolks. Pour into casserole. Sprinkle first with bread crumbs, then with chopped egg white. Bake uncovered in a moderate oven (350°F.) 20 minutes or until thoroughly heated. Serves 6.
FRENCH FRIED LIVER
(Use beef, pork, lamb or veal liver)

1 pound liver  Pepper
Flour  Lard
Salt


LIVER PANCAKES
(Use beef, pork, lamb or veal liver)

1 pound sliced liver 1 teaspoon salt
Water  1/8 teaspoon pepper
1 onion  2 tablespoons milk
6 crackers  2 eggs
1/4 cup lard or bacon drippings


LIVER LOAF
(Use beef, pork, lamb or veal liver)

1 1/2 pounds liver  1/4 teaspoon pepper
2 slices bacon  1/2 teaspoon marjoram
1 medium onion  1 cup cracker crumbs
2 eggs  1 1/2 cups liquid
1 teaspoon salt  1/2 cup catsup

Cook liver slowly 5 minutes in water to cover. Reserve liquid. Put liver through food chopper with bacon and onion. Add all other ingredients except the catsup. Tomato juice, milk, bouillon or liquid in which the liver was cooked may be used for moisture. Mix thoroughly. Pour the catsup into a well-greased loaf pan. Pack meat mixture over catsup. Bake in a moderate oven (350°F.) for 1 hour. Serves 8.

CHOPPED LIVER SPREAD
(Use beef, pork, lamb or veal liver)

1/2 pound liver  Pepper
Water  3 tablespoons melted butter
2 medium onions  Greens
6 hard-cooked eggs
Salt

Simmer liver in water until tender. Drain. Chop in chopping bowl or put through food chopper with fine knife. Chop onions and 5 hard-cooked eggs. Combine all with salt and pepper to season and melted butter to make a thick paste. Pack into mold and chill thoroughly. Turn onto chilled platter and garnish with sliced hard-cooked egg and greens. Serve as a luncheon meat or spread on toast or crackers, or make into sandwiches. Yield: 2 cups.
Sweetbreads have long been regarded a delicacy and are favorite party fare. They are often creamed with chicken or veal, but are equally good when served alone.

Sweetbreads are pre-cooked if to be creamed or made into a salad. If not to be used immediately after purchase, they should be pre-cooked, regardless of the method of preparation. To pre-cook, they are washed and simmered for 20 minutes in water to which one teaspoon of salt and one tablespoon of vinegar and seasoning have been added for each quart of water used. Any membrane can be removed after pre-cooking.

**BREADED SWEETBREADS**

<table>
<thead>
<tr>
<th>1/2 pound sweetbreads</th>
<th>1 beaten egg</th>
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</thead>
<tbody>
<tr>
<td>1 quart water</td>
<td>2 tablespoons drippings</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1 tablespoon vinegar</td>
<td>1/8 teaspoon pepper</td>
</tr>
</tbody>
</table>

Wash sweetbreads and simmer 20 minutes in water to which salt and vinegar have been added. Drain and detach any membrane. Roll in egg, diluted with water, and bread crumbs. Brown in hot drippings. Season. Serves 4.

**SWEETBREADS SUPREME**

<table>
<thead>
<tr>
<th>1 pound sweetbreads</th>
<th>Salt and pepper</th>
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</thead>
<tbody>
<tr>
<td>1 can mushrooms</td>
<td>1 cup cooked or canned peas</td>
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<tr>
<td>4 tablespoons butter</td>
<td>3 slices toast</td>
</tr>
<tr>
<td>6 tablespoons flour</td>
<td></td>
</tr>
<tr>
<td>2 cups liquid from mushrooms and milk</td>
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</tr>
</tbody>
</table>

Simmer sweetbreads 20 minutes in water to which one teaspoon salt and one tablespoon vinegar have been added for each quart. Drain and detach any membrane. Break into small pieces. Brown well drained mushrooms in butter. Stir in flour. Add liquid and seasonings. Cook until thick, stirring constantly. Add peas and sweetbreads. Serve hot on toast. Serves 8.

**SWEETBREAD SALAD**

<table>
<thead>
<tr>
<th>1/2 pound sweetbreads</th>
<th>3/4 cup mayonnaise</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups diced celery</td>
<td>1 1/2 teaspoons lemon juice</td>
</tr>
<tr>
<td>2 chopped tomatoes</td>
<td>Salt and pepper</td>
</tr>
<tr>
<td>1 cup cooked or canned peas</td>
<td>Lettuce</td>
</tr>
</tbody>
</table>

Wash sweetbreads. Simmer 20 minutes in water to which one teaspoon salt and one tablespoon vinegar have been added for each quart. Cool. Detach any membrane. Break into small pieces. Combine with other ingredients, using enough mayonnaise to moisten. Chill. Serve in lettuce cups. Serves 6 to 8.
Kidneys are prized highly by the epicure. Stew, steak pie, and many other kidney dishes have become famous. The chef recognizes the value of the delicacy and flavor of kidneys, and the housewife can profit by his example and use them more frequently in her menus. Like all variety meats, kidneys are highly nutritious. Beef, pork, lamb and veal kidneys can all be used to good advantage.

The kidney should be washed and split through the center. The tubes should be removed before cooking. Marinating kidneys in a well-seasoned French dressing may improve the flavor.

**BEEF AND KIDNEY PIE**
(Use beef, pork, lamb or veal kidney)

- 1 pound kidney
- 1\(\frac{1}{2}\) cups water
- 1 pound beef shoulder
- 2 tablespoons lard or drippings
- Salt and pepper
- 2 tablespoons flour
- Water
- Biscuit dough

Wash kidney, remove tubes and cut into pieces. Place in saucepan and add 1 cup water. Cover and cook slowly about 45 minutes or until tender. Cut beef into strips and brown in fat. Add \(\frac{1}{2}\) cup water, cover and simmer 30 minutes. Combine beef and kidney. Season. Thicken gravy with flour mixed with water to form a smooth paste. Line a baking dish with biscuit dough. Pour in cooked meat and gravy. Cover with additional biscuit dough. Bake in hot oven (425°F.) about 30 minutes or until brown. Serves 10.

**KIDNEY ROLLS**
(Use beef, pork, lamb or veal kidney)

- 1 pound kidney
- Water
- Bread dressing
- \(\frac{1}{2}\) pound sliced bacon

Remove all fat from kidneys. Split in half and remove the tubes. Cut kidney into 1-inch cubes. Simmer in water to cover until tender. The pork and lamb kidneys will cook in about 30 minutes. The cubes of beef kidney will require about 1 hour. Drain. Cover kidney with one-fourth-inch coating of bread dressing and wrap with a slice of bacon. Fasten each with wooden pick. Place in baking pan and bake in a moderate oven (350°F.) for 30 minutes or until bacon is crisp and brown. Serves 6.

**Bread Dressing**

- 3 cups fresh bread crumbs
- 1 egg
- 4 tablespoons grated onion
- \(\frac{1}{2}\) teaspoon salt
- 2 tablespoons chopped parsley
- \(\frac{1}{4}\) teaspoon pepper
- Stock or water

Combine bread crumbs, onion, parsley, beaten egg, seasonings and enough stock or water to make a dressing which will hold together.
**KIDNEY LOAF**

(Use beef, pork, lamb or veal kidney)

- 1 pound kidney
- 1 cup milk
- 8 slices bread
- 1/4 cup bacon drippings
- 2 eggs
- 1 minced green pepper
- 1 1/4 teaspoons salt
- 1/4 teaspoon pepper
- 3 tablespoons grated onion
- 1/2 teaspoon powdered sage

Wash the kidney and put through food chopper. Pour milk over bread and soak. Combine all ingredients and mix thoroughly. Pack firmly in loaf pan. Bake in a moderate oven (350°F.) for 1 1/2 hours. Serves 8.

**KIDNEY SPOON CAKES**

(Use beef, pork, lamb or veal kidneys)

- 1 pound kidney
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 eggs
- Sausage or bacon drippings


**KIDNEY STEW**

(Use beef, pork, lamb or veal kidney)

- 2 pounds kidneys
- 1 cup water
- 2 bouillon cubes
- 2 large diced onions
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup tomato juice
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 tablespoon flour
- 1 chopped green pepper
- 1 cup tomato juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon flour
- 1 tablespoon flour

Remove tubes from kidneys and cut into sections. Combine with water, bouillon cubes, onions and seasonings. Cover and allow to simmer 1 1/2 hours. Add carrots and continue cooking until tender. Add lemon juice, then thicken with flour mixed with water to form a smooth paste. Serve in a ring of cooked rice. Serves 10.

**CREOLE KIDNEY**

(Use beef or lamb kidney)

- 1 pound kidney
- Flour
- 6 slices bacon or smoked jowl square
- 2 small chopped onions
- Water
- 1 chopped green pepper
- 1 cup tomato juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Bit of bay leaf
- 1 tablespoon flour

Remove tubes from kidney and cut into half inch slices. Dredge with flour. Brown diced bacon or jowl square. Combine kidneys and bacon. Add onions and green pepper. Stir until the meat is well browned. Add tomato juice, salt, pepper and bay leaf. Cover closely and simmer about 1/2 hour. Mix flour and water to a paste. Add a small portion of the hot mixture, stirring to prevent lumping, then add this to the rest of the hot creole and cook until thickened, stirring constantly. If desired, this may be served on toast points. One pound kidney serves 6 to 8.
BROILED KIDNEYS
(Use lamb or veal kidney)

1 pound kidney  
Salt  
Pepper

Have the meat retailer leave about one-fourth inch of fat on lamb or veal kidneys. Split and place on broiler rack with the fat side up. Broil with the kidneys about 3 inches from the source of heat until the fat is brown and crisp. Season and turn. Continue broiling until done. The kidneys will require about 20 minutes to broil. Serves 6.

Brain Recipes

In many homes brains are a traditional Sunday morning breakfast dish. Their mild flavor and tenderness are appreciated by taste experts. They may be scrambled with eggs, a favorite dish, and they lend themselves to many other ways of serving.

Since brains are very tender, they are easier to handle when pre-cooked, and most recipes call for pre-cooking. They should be prepared soon after purchase, as they do not keep well.

To pre-cook the brains, wash and simmer for twenty minutes in water to which one tablespoon of vinegar and one teaspoon of salt have been added for each quart of water used.

BRAIN OYSTERS

1 pound brains  
2 eggs  
1 tablespoon milk  
½ cup bread crumbs  
Salt  
Pepper  
Lard  
Parsley

Wash brains and simmer 20 minutes in a quart of water, to which one teaspoon of salt and one tablespoon of vinegar have been added. Drain and separate into pieces about the size of large oysters. Dip in slightly beaten eggs, diluted with milk, and roll in seasoned bread crumbs. Dip again in egg and again in the crumbs. Fry in deep lard at 350° F. until a golden brown. Serve hot, garnished with parsley. Serves 4.

BREADED BRAINS

1 pound brains  
1 quart water  
1 tablespoon vinegar or lemon juice  
1 teaspoon salt  
Bread crumbs  
1½ tablespoons butter or drippings  
Salt and pepper

Wash brains and simmer for 20 minutes in water to which vinegar and salt have been added. Drain. Roll in bread crumbs and brown in butter or hot drippings. Season. Serves 4.
BRAINS SCRAMBLED WITH EGGS

1 pound brains  
Water  
6 eggs  
½ cup milk  
¾ teaspoon salt  
¼ teaspoon pepper  
3 tablespoons bacon drippings

Wash brains and simmer 20 minutes in water to which 1 teaspoon salt and 1 tablespoon vinegar have been added for each quart of water used. Drain. Beat eggs; add milk, salt and pepper. Brown brains in hot bacon drippings. Add egg mixture and cook slowly, stirring constantly. Serve immediately. Serves 8.

BRAINS A LA KING

1 pound brains  
1 quart water  
1 tablespoon vinegar or lemon juice  
1 teaspoon salt  
4 tablespoons butter  
4 tablespoons flour  
2 cups milk  
½ cup diced celery  
2 chopped green peppers  
2 teaspoons grated onion  
2 tablespoons chopped pimiento  
½ cup water  
½ teaspoon salt  
½ teaspoon pepper  
6 slices toast

Wash brains and simmer 20 minutes in water, to which vinegar and salt have been added. Drain and separate into small pieces. Make a white sauce by melting butter, stirring in flour, adding milk and cooking until thickened. Add celery, green peppers, onion, pimiento, salt and pepper. Add brains and heat thoroughly. Serve on toast. Serves 6 to 8.

Tongue Recipes

Tongue may be made the center of many delicious and hearty meals. Numerous good recipes are available for this variety meat.

Beef and veal tongues are desirable from the standpoint of size. Pork and lamb tongues are small and usually are sold ready to serve. Tongue is sold fresh, pickled, corned or smoked.

Smoked or pickled tongue should be soaked for several hours before cooking. Tongue should be simmered in water until tender. After it is cooked this way it may be reheated, either whole or sliced, in a spicy sauce or served cold.

TONGUE A LA MARYLAND

(Use beef or veal tongue)

1 tongue  
Water  
½ cup butter or drippings  
½ teaspoon salt  
Bay leaf  
¼ cup brown sugar  
1½ cups canned or cooked cherries  
1 cup liquid in which tongue was cooked  
½ sliced lemon

Wash tongue and cover with water. If fresh tongue, add 2 teaspoons salt. Cover and simmer until tender, allowing one hour to the pound. Trim and remove skin. Place in a pan with the remaining ingredients. Let simmer until liquid thickens. A four-pound tongue serves 12.
BRAISED TONGUE WITH VEGETABLE GRAVY
(Use beef or veal tongue)

1 fresh tongue
Water
2 teaspoons salt
1/2 cup diced onions
1 cup diced carrots
1/4 cup diced celery
3 tablespoons flour
1 1/2 cups liquid in which tongue was cooked
1 teaspoon salt
1/4 teaspoon pepper

Wash tongue and cover with water. Add salt. Cover and simmer until tender, allowing one hour per pound. Trim and remove skin. Slice tongue and place in pan with diced onions, carrots and celery. Make a smooth paste of flour and a small amount of water, gradually adding liquid and seasonings. Pour sauce over tongue and vegetables. Simmer for 1 hour. Serve with potatoes boiled in jackets. Four pounds of tongue will serve 12.

TONGUE WITH RICE AND SPINACH

1 fresh beef tongue or 1 No. 2 1/2 can spinach, or
2 fresh veal tongues 2 cups cooked rice
Water
2 teaspoons salt

Cover tongue with water and add salt. Cover. Allow to simmer about one hour to the pound, or until tender. Drain and remove skin. Arrange on platter with spinach and rice. Four pounds of tongue will serve 12.

JELLIED TONGUE
(Use beef or veal tongue)

1 tongue
Water
1 large onion
1 tablespoon whole cloves
2 bay leaves
2 tablespoons gelatin

Wash tongue and cover with water. If fresh tongue add 2 teaspoons of salt. Add onion, cloves and bay leaves. Cover and simmer until tender, allowing one hour to the pound. Remove skin and trim. Place in mold. Strain liquid and dissolve gelatin in it. Bring liquid to boiling point and pour over tongue. Allow to cool. A four pound tongue will serve 12.

TONGUE ROLLS FLORENTINE
(Use beef or veal tongue)

16 slices boiled tongue
2 pounds spinach
2 tablespoons melted butter
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon flour
4 tablespoons grated horseradish
1 cup top milk

The tongue slices should be one-eighth inch thick and unbroken. Carefully wash spinach. Remove stems and cook covered with only the water which clings to the leaves. Cook only until the leaves wilt. Drain well, chop fine. Add melted butter and seasonings. Place a spoonful of spinach on each slice of tongue. Roll and fasten with a wooden pick. Place in a greased casserole. Combine flour, horseradish and milk and pour over tongue. Cover. Cook in a moderately hot oven (400° F.) for 20 minutes. Serves 8.
Tripe Recipes

Tripe may be purchased fresh, pickled or canned. Fresh tripe is usually partially cooked before selling. Further cooking in water is preliminary to all ways of serving, at least two hours' cooking at a simmering temperature being required to make it tender.

**TRIPE A LA CREOLE**

- 1 pound tripe
- 3 tablespoons chopped onion
- 3 tablespoons butter or drippings
- 3 tablespoons chopped green pepper
- 1 1/2 cups tomatoes
- 1 teaspoon salt
- 1/4 teaspoon pepper

Cover tripe with water and simmer two hours, or until the cut surface has a clear, jelly-like appearance. Drain and cut into two-inch pieces. Melt fat and cook green pepper and onion in it until tender. Add flour, stir until smooth, then add tomatoes, stirring constantly until thickened. Season and add tripe. Simmer 10 minutes. Serves 6.

**BREADED TRIPE**

- 1 pound tripe
- 2 tablespoons lard or drippings
- 1 egg
- 1 tablespoon milk
- 1/2 cup bread crumbs
- Salt
- Pepper

Cover tripe with water and simmer two hours, or until the cut surface has a clear, jelly-like appearance. Drain and cut into serving pieces. Dip in slightly beaten egg, diluted with milk, and then in bread crumbs. Brown in hot fat. Season. Serve hot garnished with parsley. Serves 4.

**PERCENTAGE OF THE DAILY RECOMMENDED DIETARY ALLOWANCES SUPPLIED BY A 4-OUNCE SERVING OF VARIETY MEATS**

<table>
<thead>
<tr>
<th>Food Constituent</th>
<th>Liver</th>
<th>Kidney</th>
<th>Heart</th>
<th>Brains</th>
<th>Sweetbreads</th>
<th>Tongue</th>
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<td>28%</td>
<td>24%</td>
<td>23%</td>
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<tr>
<td>Phosphorus</td>
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<td>25%</td>
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<td>Iron</td>
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*Above percentages are based on recommended allowances for a moderately active man. Percentages in Bold Face were calculated on basis of the vitamin content of meat after cooking. Blank spaces indicate that figures are not yet available.

*This is the percentage for beef liver; veal and lamb liver contain about half and pork liver about twice as much.