

Table 4. Stomach emptying time for various foodstuffs⁽⁶⁾

Foodstuff (100-g portions unless otherwise stated)	Number of observations	Emptying time	
		(hr)	min
Bread and cereals	25	3	00
Cakes	29	3	00
Eggs and egg dishes	90	2	40
Ice cream	7	3	15
Meat			
Fish	75	2	50
Chicken	20	3	15
Veal	7	2	50
Beef	25	3	00
Mutton	25	3	00
Pork	31	3	15
Turkey	2	3	30
Jellies (fruit)	5	2	00
Vegetables	124	2	15
Water ices	4	2	35
Yoghurt	4	2	25
Tarts	29	2	30
Milk			
cow's, 400 ml	50	2	30
cow's, 75 ml	3	1	15
human, 150 ml	5	1	40
human, 225 ml	2	2	25
Nuts (25-50 g)	22	3	30
Milk puddings	23	2	20
Sugar and confectionery (candy)	28	2	05