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OREGON
COLLECTION

Food

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By Mabel C. Mack,
Extension Nutritionist

BETTER FAMILY LIVING FOR VICTORY

Cooperative Extension Work in Agriculture and Home Economics
Wm. A. Schoenfeld, Director
Oregon State College and United States Department of Agriculture,
Cooperating
Printed and distributed in furtherance of the Acts of Congress of May 8
and June 30, 1914

FOOD FOR HEALTH

SCORE YOUR FOOD HABITS

Every Normal Person Needs the Following Foods Daily:



(A serving is $\frac{1}{2}$ to $\frac{3}{4}$ cup.)
MILK—Children, 3 to 4 cups.
Adult, 2 cups.

TOMATOES, ORANGES, GRAPEFRUIT, STRAWBERRIES, MELONS, GREEN CABBAGE, or RAW SALAD GREENS—1 serving.

LEAFY, GREEN, OR YELLOW VEGETABLES—1 serving.

POTATOES—1 serving.
OTHER VEGETABLES OR FRUIT, AS APPLES, PRUNES—2 servings

EGGS—1 (at least 3 or 4 per week).

MEAT, FISH, POULTRY, OR CHEESE—1 serving.

CEREALS AND BREAD—2 servings of whole grain or "enriched" products.

BUTTER — 1 to 5 table-spoons.

SWEETS, FATS, to complete the calories.

WATER—6 or more glasses.

FISH LIVER OIL OR DIRECT SUNSHINE, for growing children.

WHAT DID YOU EAT?

Breakfast

Lunch

Dinner

Perfect Score

My Score

20

15

15

5

10

10

10

5

5

5

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★ WHY EAT THESE FOODS? ★

They provide the nutritive factors needed for good nutrition which means more buoyant health, greater strength, and energy.

Nutritive Factor	What it does for you	Good food sources
Protein	Builds and repairs body tissues.	Milk, milk products; meats, fish, poultry, eggs; dried beans or peas.
Calcium	Helps build bones and teeth and improves the quality of heart muscle and nerves.	Milk, cheese, greens, soybeans, dried beans, eggs, green vegetables.
Iron	Builds red blood cells and prevents anemia.	Liver, dried beans, greens, beef, molasses, pork, potatoes, prunes, whole grain cereals or enriched bread, and egg yolk.
Vitamin A	Stimulates growth and general well-being. Protects against nutritional night blindness and builds healthy mucous membranes.	Greens, liver, butter, cream, yellow and green vegetables, yellow fruits, egg yolk, tomatoes.
Vitamin C (ascorbic acid)	Helps build healthy teeth, gums, bones, and blood vessels. Helps prevent pain and swelling of joints and hemorrhages.	Oranges, grapefruit, lemons, tomatoes, raw cabbage, strawberries, melons, and raw greens.
Vitamin B ₁ (Thiamin)	Helps prevent fatigue and mental depression; helps maintain normal muscle tone and steady nerves.	Whole grain cereals, whole wheat or enriched bread, pork, soybeans, liver, chicken, dried beans, yellow and green vegetables, milk.
Vitamin B ₂ (Riboflavin)	Helps maintain healthy skin and eyes and general good health.	Liver, greens, milk, cheese, eggs, beef, pork, wheat germ, soybeans, yellow and green vegetables, and fruits.
Niacin	Helps to prevent fatigue, mental depression, digestive and skin disturbances.	Liver, salmon, beef, green and leafy vegetables, tomatoes, wheat germ, peanuts, milk, whole wheat or enriched bread.
Vitamin D	Helps body use minerals in building bones and teeth.	Fish liver oils, salmon, butter, liver, egg yolk.