



BETTER  
FAMILY LIVING  
FOR NATIONAL DEFENSE

# FOOD

## To Keep You Fit

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Food to keep you fit is one of the first lines of defense for American homes. The right food builds and repairs your body, keeps it in good running order, gives you energy for work and play, helps prolong your prime of life, and is a basis for good health.

The nutrition of the nation depends in large part on the tables set by the nation's homemakers!

## DOES EACH PERSON IN YOUR FAMILY HAVE THESE FOODS DAILY?



**MILK**— $1\frac{1}{2}$  pts. to 1 qt. for a growing child—  
1 pt. or more for adults



**TOMATOES, ORANGES, GRAPEFRUIT, STRAWBERRIES, MELONS, GREEN CABBAGE, RAW SALAD GREENS**—  
1 or more servings



**LEAFY GREEN or YELLOW VEGETABLES**—1 or more servings



**POTATOES**—1 or more servings.



**OTHER VEGETABLES or FRUIT**—2 or more servings (as apples, prunes, etc.)



**EGGS**—1 (or at least 3 or 4 per week)



**MEAT, FISH, POULTRY or CHEESE**—  
1 or more servings



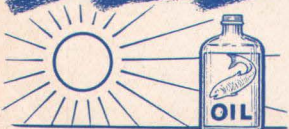
**CEREALS and BREAD**—at least 2 servings of whole grain products or "enriched" bread.



**BUTTER**—1 to 5 tablespoons



**SWEETS, FATS, ETC.**—to complete the calories



**WATER**—6 or more glasses

**FISH LIVER OIL, DIRECT SUNSHINE,** or other sources of vitamin D for growing children



## A PATTERN FOR YOUR MEALS

### BREAKFAST

Fruit (tomato, orange, or grapefruit juice, or  
raw fruit in season)

Whole grain cereal with milk

or

Egg, with bacon or ham, if desired

Toast                      Butter

Milk for children

Coffee for adults

### DINNER

Meat,<sup>1</sup> Fish,<sup>2</sup> or Poultry

Potatoes                      Green or Yellow Vegetable

Raw salad or second vegetable

Bread                      Butter

Dessert, if desired

Milk for children

### SUPPER or LUNCH

Main Dish or Soup

(Eggs, cheese, dried peas,<sup>3</sup> dried beans,  
or left-over meats)

Vegetables

Whole wheat bread      Butter

Fruit or milk dessert

Milk for all

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<sup>1</sup> Meat (1 oz. for children at 1 year up to 3 oz. or more for adults). Occasionally use liver, heart, or kidney.

<sup>2</sup> Serve salt water fish as salmon, halibut, tuna, or cod, occasionally and also use iodized salt.

<sup>3</sup> Dried beans or peas may be used as the main dish for the adults and older children several times a week.

## FOR ONE WEEK YOU NEED ABOUT<sup>1</sup>

MILK .....	3½ to 7 qts.
EGGS .....	3 to 7
MEAT, POULTRY, FISH, OR CHEESE.....	1½ to 3 lbs.
VEGETABLES AND FRUITS	
Potatoes .....	4 to 5 lbs.
Tomatoes (fresh or canned), citrus fruit, raw cabbage, melons, or strawberries.....	2 to 3 lbs.
Green or yellow vegetables.....	2 to 3 lbs.
Other vegetables and fruits.....	6 to 8 lbs.
Dried beans and peas, peanut butter and nuts.....	½ lb.
FLOUR, BREAD, <sup>2</sup> CEREALS.....	4 to 6 lbs.
BUTTER .....	½ lb.
OTHER FATS .....	½ to ¾ lb.
SWEETS .....	1 to 1½ lbs.
(White or brown sugar, molasses, sirups, jams, jellies, honey)	

<sup>1</sup> For use in shopping, multiply the amount for one person by the number in the family.

<sup>2</sup> Count 1½ lbs. of bread as 1 lb. of flour.

**DEFEND  
YOUR HEALTH  
WITH  
PROTECTIVE  
FOODS**