BETTER FAMILY LIVING FOR NATIONAL DEFENSE

FOOD
To Keep You Fit

Prepared by
MABEL C. MACK
Extension Nutritionist

Oregon State System of Higher Education
Federal Cooperative Extension Service
Oregon State College
Corvallis

Extension Bulletin 562 Home Economics Series

September 1941
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**—1½ 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,¹ Fish,² 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,³ dried beans,
or left-over meats)
Vegetables
Whole wheat bread   Butter
Fruit or milk dessert
Milk for all

¹ Meat (1 oz. for children at 1 year up to 3 oz. or more for adults). Occasionally use liver, heart, or kidney.
² Serve salt water fish as salmon, halibut, tuna, or cod, occasionally and also use iodized salt.
³ 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

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,² 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)

¹ For use in shopping, multiply the amount for one person by the number in the
   family.
² Count 1½ lbs. of bread as 1 lb. of flour.