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**Goiter is Widespread**

For as long as we have records, goiter has occurred among people all over the world. In the United States we have a wide goiter belt stretching across the country where the soil is low in iodine. Goiters occur most frequently around the Great Lakes and in the Northwestern States. Southern Gulf and eastern seaboard States seem to have enough iodine naturally.

In 1917 two doctors examined all girls from the fifth to the twelfth grades in Akron, Ohio. Goiter tends to occur in adolescence and is six times more frequent in girls than boys. They found that over half the girls had enlarged thyroid glands. Over 2,000 volunteered to take small doses of iodine. As a result of 2 1/2 years' treatment, only 5 of the more than 2,000 girls treated showed a further increase in their thyroids. In contrast, nearly 500 of a similar group of girls who were not treated developed enlarged thyroids during the same time.

In sections where iodine is low in the soil, iodized salt is the best way that has been discovered to get the iodine needed to prevent simple goiter. About the same proportion of iodine is restored to table salt as is lost during refining.

If you live in the goiter belt, be sure to use iodized salt, unless your doctor advises against it. About half the salt sold is now iodized, but many people do not know of its benefits.

While simple goiter can be prevented by regular use of iodized salt or other dietary means, cure of goiter is a medical problem.

**Iodized Salt Proves Beneficial**

In Michigan, where goiter was most common, salt manufacturers cooperated with the State Medical Society and the State Board of Health to make iodized salt the chief salt used. After 10 years the percentage of goiter cases was reduced from about 40 percent in 1924 to 8 percent in 1935. In Midland County, where one-third of the children had well-established goiters and practically every child had some enlargement, goiter was practically stamped out and 90 percent of the children became normal.

As a result of the Michigan study, a committee on goiter control of the American Public Health Association is now working to stamp out goiter in the whole country. The committee's success depends largely on continued cooperation of the manufacturers in making iodized salt available, and also on the help of nutrition leaders in reeducating people in regard to the need for using iodized salt.





## VITAMIN D MILK

Pasteurized milk, fortified with 400 units of vitamin D to the quart, is on the market. Practically the entire supply of evaporated milk is also fortified to give 400 units of vitamin D to the quart when reconstituted with an equal amount of water.

### Milk for Young and Old

Milk is the most essential food of childhood, but it would also be hard for adults to do without it. Milk products furnish more calcium and riboflavin in our national food supply than any other group of foods. In fact, in 1944 three-fourths of the calcium and two-fifths of the riboflavin we got came from milk and its products. Milk is also a good source of phosphorus.

While most of the calcium in our bodies occurs in the bones and teeth, calcium is also needed to maintain the vitality of the whole body. It is especially important for women to have plenty of calcium during pregnancy and lactation. From the mother's store of calcium, the fetus draws its supply for the development of its skeleton.

The need for riboflavin has already been discussed, but a plentiful supply is especially desirable during pregnancy to help insure the normal development of the fetus.

In addition to these two factors, milk products other than butter yielded in 1944 almost a fourth of

the protein and a sixth of the vitamin A in our national food supply. An increasing use of milk is desirable because "no other food exceeds milk in the possibilities it holds for the improvement of human life through better nutritional well-being."

### The Value of Vitamin D

The value of vitamin D in the diet is closely related to that of milk, for it aids in the body's use of calcium and phosphorus so abundant in milk. Sufficient vitamin D prevents the childhood disease of rickets, influences the rate of growth of children, and is important in tooth formation. It means better built bodies and freedom from the faulty pelvic bones that have handicapped many women in childbirth.

We know most about the requirements of infants for vitamin D. The recommended allowance of the National Research Council for infants calls for 400 to 800 units of vitamin D per day. While we know little about the needs of other age groups, 400 to 800 units is also suggested for pregnant and nursing



women. Adults ordinarily get the vitamin D they need by exposure to sunshine.

One can get vitamin D from fish-liver oils and from some foods as one gets other vitamins, or vitamin D can be produced in the skin by direct sunlight. When the ultraviolet rays from the sun or an ultraviolet lamp shine on the skin, vitamin D is formed in the body.

#### **Why Vitamin D is Added to Milk**

Since only a few common foods contain vitamin D in significant quantities, it is usually difficult for children to obtain enough vitamin D from food, especially in the winter. Then fish-liver oils or some other form of vitamin D should be supplied in the diet. Vitamin D is soluble in fat and occurs abundantly in the liver and the oils of many fish. While there may be small amounts in the fat of egg yolk, cream, and butter during the summer, they cannot be depended upon to supply enough.

Since milk is the main food of children at the age when they are most susceptible to rickets, it has been agreed upon as the logical food to fortify with vita-

min D. In this way the three nutrients, calcium, phosphorus, and vitamin D, in good proportions would be consumed together.

Vitamin D may be produced in the milk by irradiation or may be added in the form of products made from fish-liver oils or various vitamin D concentrates. Vitamin D may be produced in milk by giving cows feed of high vitamin D content.

Such vitamin D milk is very desirable for children who are not obtaining vitamin D regularly from sunshine and other sources. For infants and children under 2 years of age, an additional source of vitamin D may be required, because they are breast-fed or are not taking a full quart of milk per day. All premature infants are considered by physicians to need more than the minimum allowance of 400 units recommended by the National Research Council.

For older children who take a quart of milk a day, vitamin D milk, containing 400 units to a quart, will probably supply sufficient vitamin D in all but exceptional cases. When other vitamin D preparations, such as fish-liver oils or viosterol, are taken regularly, it is not necessary to use the vitamin D milk.

#### **"NATURAL ENRICHMENT" OF FOODS**

While at present it seems desirable to return to some foods a few of the values that have been taken away during commercial processing, the result is often not equal to the original.

The work of the nutrition teacher and the scientist has only begun. There are still many more nutrients to be saved in food than we have dreamed of. For

instance, food tables can give little credit to milk as a source of vitamin C. Yet the cows of this country in the 10-year period 1932-41 produced three-fourths as much vitamin C as the citrus fruit orchards. At present much of this vitamin is lost, but through improved methods in pasteurizing and handling milk it may some day be saved.



A much greater use could also be made of natural food materials for "enrichment." Bread and cereals are examples. Since they are fundamental in the low-cost diet, why not make them as nourishing as possible? Adding iron and three B vitamins to white flour is only an approach to whole wheat. The full grains contain still other vitamins, minerals, and more protein of a better nutritional quality.

With grain foods affording over a fourth of the protein in our national food supply, the fullest possible use should be made of this protein. This could be done with "natural enrichment," using such a good protein supplement as milk to supply the missing amino acids. In addition to its protein, milk also enriches grain products liberally with calcium and riboflavin, and with vitamin A if the whole milk is used. The use of a liberal amount of milk solids in bread should be encouraged just as much as ever, even though the bread is enriched with B vitamins and iron.

Besides adding milk as a way of naturally improving grain products, there are large potential supplies of wheat germ, corn germ, soy flour, brewers' yeast,

and dried egg that might be added. All these offer valued minerals and vitamins. Small quantities of any of these foods will also improve the protein and therefore the growth-promoting values of white flour. For instance, by adding just 5 percent of soy flour to 95 percent of white flour the protein is increased 19 percent and the combination gives twice the growth-promoting value of the wheat flour alone. This small amount of soy flour makes little change in the flavor or appearance of the baked products. Experiments have shown that small amounts of the other protein foods will also improve white flour.

But it is not enough for science to discover these facts. Nutritionists must keep working to overcome the prejudices of people and help them to substitute good food habits for poor ones, so that it will be possible for all people to secure the foods they need. National food habits have changed, but we still know more about nutrition than we are now practicing. By using the information that we have now to improve the quality of our food, the Nation can achieve greater vigor, increased length of life, and greater agricultural prosperity for its citizens.

Prepared by

BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS

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The Best Meals  
Your Money Can Buy!

Department  
City Health Department  
Houston, Texas



TEXAS STATE DEPARTMENT OF HEALTH  
AUSTIN 2, TEXAS

8619



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was prepared by the Texas  
State Nutrition Council

## THE BEST MEALS YOUR MONEY CAN BUY!

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How to get the most for our money is a problem that interests everyone. Much of most people's money goes for food; therefore how to get the most for the money we spend for food is a question of great importance.

Uncle Sam is interested in helping us spend our food money wisely for he needs strong, healthy citizens. He asked some of his experts to work a plan that would show how much of each of the different kinds of food it takes to give a boy or girl, man or woman what is needed to supply all the various things (calories, protein, minerals, and vitamins) that science has shown are necessary to keep people strong and well. The little folder "Family Food Plans" or the sheet which has been given to you does just this.

If you will keep an account of all the food you use during a week and compare the amounts of foods used with the amounts suggested for a family the size of yours, you can judge whether or not your family is being fed well.

Just because you do not have a lot of money to spend for food does not mean that you cannot be well-fed. The menus given in this leaflet were planned by a special committee of your State Nutrition Council, an organization interested in better health for the people of Texas.

These menus meet the standards set up in "Family Food Plans" which means that they supply everything needed for the body to help it grow and to keep it in good working order.

We are also giving you some general suggestions for planning meals so that you can change the food combinations from week to week. Then, too, there are also some hints for buying and cooking food. If you follow these simple suggestions, you may feel certain that you are getting the best meals your money can buy!



## SUGGESTIONS FOR MEAL-PLANNING

### BREAKFAST

Fruits may be used for breakfast each day. Use citrus fruit or juice at least four times and dried fruit (such as, prunes, raisins) three times. On days when citrus fruit is not used for breakfast, be sure to include raw cabbage or tomatoes in one of the other meals.

Cooked cereals are cheaper and usually more nutritious than ready-to-eat ones; however for variety ready-to-eat cereals may be used occasionally. Pour off about one cup of top milk from each two quarts bought and use on cereal.

Complete breakfast with toast and a beverage (milk for children and coffee for adults). Only one-half teaspoon of sugar may be used on cereal or in coffee and the same amount of oleo for each slice of toast, and stay within amounts allowed.

### LUNCH

Select as a main dish something containing egg, cheese, peanuts, or peanut butter, dried beans, or peas. With this serve a vegetable salad, containing a raw vegetable if possible, some kind of bread, and milk for the children. Hot breads make this meal attractive and are inexpensive. (Only one-half teaspoon of oleo is allowed for each slice of bread.)

### SUPPER

By selecting the cheaper cuts of meat and by using dishes that are made of meat and vegetables, it is possible to have some meat for each supper. Potatoes and at least one other vegetable should be included in this meal. Bread, again with one-half teaspoon of oleo per slice, a dessert, and milk complete the meal.

## SUGGESTIONS FOR BUYING FOODS

- (1) Buy evaporated milk containing vitamin D for cooking. Dilute with an equal amount of water and use whenever milk is called for.
- (2) Buy fresh fruits and vegetables that are in full season.
- (3) In some markets, it is possible to buy day-old bread for several cents a loaf less than the fresh. It is just as good as bread which has been kept in the home for a day and has many other uses, such as for toast, puddings, and bread crumbs.
- (4) Dried beans and peas and peanuts have high food value for the money spent for them.
- (5) Fortified margarine (with Vitamin A added) can be used instead of butter without sacrificing any food value.
- (6) Cottage cheese is an excellent buy for low-cost meals. American cheese is cheaper if bought in bulk rather than in packaged form.
- (7) Sorghum sirup and molasses have a high iron content and should be used frequently instead of sugar.
- (8) Ready-to-eat cereals cost more than those which require home cooking.
- (9) Whether buying fresh milk for drinking from a grocery or a dairy, the consumer should insist on pasteurized milk if she is to get a safe supply. Raw milk may be a health hazard unless used for cooking.
- (10) Butter and cheese may not be safe unless made from pasteurized cream or milk.

Note: The suggested meals given in this bulletin were prepared for a family of four: a man, a woman, and two children - one in the 4-6 age group and one in the 7-9 age group. The food for these meals for one week cost \$9.85 in Austin, in the Spring of 1945.



These are low-cost menus. Perhaps they cost no more than you are spending for your food now. If you will try them, you will find that they are also good to eat. Remember, the foods that are best for you usually cost the least amount of money! Here are the menus for you to try, we hope you like them!

BREAKFAST

Grapefruit Halves  
Cornmeal Griddle Cakes  
Molasses and Oleo  
Milk for Children  
Coffee for Adults

Stewed Prunes  
Oatmeal-Top Milk-Sugar  
Whole Wheat Toast-Oleo  
Milk for Children  
Coffee for Adults

Grapefruit Juice  
Shreddies-Top Milk-Sugar  
Toast - Oleo  
Milk for Children  
Coffee for Adults

Cream of Wheat with Raisins  
Whole Wheat Toast-Oleo  
Milk for Children  
Coffee for Adults

Grapefruit Juice  
Oatmeal-Top Milk-Sugar  
Toast-Oleo  
Milk for Children  
Coffee for Adults

LUNCH

Beef Pot Roast  
Potatoes and Carrots  
Beet Pickles  
Whole Wheat Bread-Oleo  
Victory Spice Cake  
Milk for Children

Potato-Spinach Soup  
Raw Turnip & Onion Salad  
Toasted Cheese Sandwiches  
Milk for Children

Baked Beans with Pork  
Pickled Beet & Onion Salad  
Cornbread-Oleo  
Molasses Cookies  
Milk for Children

Peanut and Carrot Loaf  
Scalloped Potatoes  
Whole Wheat Bread - Oleo  
Left-over Cookies  
Cocoa

Scalloped Potatoes and Cheese  
Cabbage and Peanut Salad  
Whole Wheat Bread-Oleo  
Milk for Children

SUPPER

Egg Sandwiches  
with Whole Wheat Bread  
Left-over Cake  
Milk for All

Broiled Hamburger on Buns  
Sweet Potatoes and Turnips  
Cabbage Slaw  
Caramel Rice Pudding with Raisins  
Milk for All

Meat Stew with Vegetables  
Turnip Greens  
Left-Over Cornbread  
Coffee Cake  
Milk for All

Baked Pork Liver with Tomatoes  
Creamed Potatoes  
Bread-Oleo  
Left-over Coffee Cake  
Milk for Children

Baked Pork Spareribs  
Sweet Potatoes and Applesauce  
Mustard Greens  
Bread - Oleo  
Gingerbread  
Milk for All



AND THE MENUS FOR THE OTHER TWO DAYS

<b>BREAKFAST</b>	<b>BREAKFAST</b>
Grapefruit Juice	Prunes
Shreddies-Top Milk-Sugar	Oatmeal-Top Milk-Sugar
Toast-Oleo	Toast-Oleo
Milk for Children	Milk for Children
Coffee for Adults	Coffee for Adults

<b>LUNCH</b>	<b>LUNCH</b>
Soybean Loaf-Tomato Sauce	Black-Eyed Peas with
Carrot and Raisin Salad	Salt Pork
Oatmeal Hurry-ups-Oleo	Cabbage Slaw
Milk for Children	Corn Pone-Oleo
	Milk for Children

<b>SUPPER</b>	<b>SUPPER</b>
Salmon Loaf with Creamed Peas	Brisket of Beef with
Baked Potato-Oleo	Vegetables & Dumplings
Toasted Hurry-ups	Left-over Corn Pone
Gingerbread & Applesauce	Raisin Bread Pudding
Milk for All	Milk for All

COOKING SUGGESTIONS

- (1) Cook all foods in the shortest time possible. This is especially important for fruits and vegetables.
- (2) Whenever possible, cook fruits and vegetables whole and with their outside covering. If peeling them, do so thinly.
- (3) Cook beet and carrot tops for greens. These are good served alone or mixed with other greens.
- (4) In general, use as little water as possible in cooking vegetables and fruits. This does not apply to cabbage and onions.
- (5) Cook dried fruits and dried beans and peas in the water in which they have been soaked.
- (6) Soda should not be used in cooking vegetables or fruits, since this practice destroys vitamins.

HERE ARE RECIPES FOR SOME OF THE DISHES USED

1 C = 1 Cup  
 1 T = 1 Tablespoon  
 1 t = 1 Teaspoon

VICTORY SPICE CAKE

2 C Flour	1/2 C Sugar
2 t Baking Powder	3/4 C Dark Corn Syrup
1/2 t Cloves	2 Eggs, Well-beaten
1/2 t Allspice	3/4 C Milk
1/2 t Nutmeg	1/2 C Shortening
1/2 t Salt	

Sift flour and measure. Add baking powder, salt and spices and sift together twice. Cream fat and add sugar slowly. Stir in corn syrup slowly. Add eggs. Add a little flour mixture and then a little milk, beating well each time. Pour into greased pan and bake in a moderately hot oven about 25 minutes. Spices may be left out and 1 t of vanilla used.

POTATO-SPINACH SOUP

2 T Chopped Onion	1/2 lb. spinach, chopped
1 T Oleo	1 1/2 C Milk
1 1/2 Medium Potatoes, diced	

Cook chopped onion in oleo 5 minutes without browning. Add water, potatoes and salt and cook slowly until potatoes are tender. Add spinach and cook 5 minutes longer. Add milk and serve hot.

PEANUT AND CARROT LOAF

1/4 C Bread Crumbs	1/2 C Peanuts
2/3 C Cooked Rice	2 T Oleo
2 Medium Carrots	1 t Salt
2/3 C Canned Peas	2/3 C Canned Toms

Mix all ingredients except bread crumbs which should be sprinkled over top. Cook in greased pan in moderate oven for about 45 minutes.



### SCALLOPED POTATOES AND CHEESE

- |                   |                    |
|-------------------|--------------------|
| 4 Medium Potatoes | 2 T Flour          |
| 1 C Milk          | ½ C Cheese, grated |
| 2 T Fat           | ¼ C Bread Crumbs   |

Slice potatoes and put a layer in baking dish. Dot with fat and sprinkle with flour and cheese. Put in another layer of potatoes and treat in same way. Pour milk over the mixture and cook in moderate oven until potatoes are soft.

### SOY-BEAN LOAF WITH TOMATO SAUCE

- |                               |                  |
|-------------------------------|------------------|
| ¾ C Cooked or Canned Soybeans | 1 Egg, Beaten    |
| ¼ Small Onion                 | ¾ C Bread Crumbs |
| 2 T Chopped Peanuts           | ¼ C Milk         |

Mix together and cook in greased pan in slow oven about 30 minutes. For sauce: melt 1 T Oleo and mix in 2 T flour; add ½ C canned tomatoes. Cook until thick and pour over loaf.

### BAKED PORK LIVER WITH TOMATOES

Soak 2/3 lb. of liver in cold salted water for at least 30 minutes; remove membrane which covers liver if it is tough. Roll liver in flour to which 1 t salt and ¼ t pepper, has been added. Brown in fat and place in baking dish. Add a bit of bay leaf and a few cloves and dot with oleo. Pour 1 C canned tomatoes over liver and bake in moderate oven for about 1 hour.

### SALMON LOAF WITH CREAMED PEAS

- |                   |                 |
|-------------------|-----------------|
| 1 C Salmon        | 1 T Oleo        |
| ½ C Bread Crumbs  | ½ C Milk        |
| 1 Egg, beaten     | ¼ t Salt        |
| 1 T Chopped Onion | 2 t Lemon Juice |

Mix ingredients and bake in greased pan in moderate oven for about 30 minutes. Make sauce by melting ½ T Oleo and mixing in 1 T Flour and adding ½ C Milk. Cook until thick and add 1 C canned peas. Pour around loaf after it is done and turned out of pan.

### CARAMEL RICE PUDDING WITH RAISINS

- |          |             |
|----------|-------------|
| ½ C Rice | 4 T Sugar   |
| 3 C Milk | ½ C Raisins |
|          | ½ t Salt    |

Wash rice and add to mixture of milk, raisins, and sugar. Turn into greased baking dish and bake slowly until rice is tender (about 2 hours). Stir occasionally.

### OATMEAL HURRY-UPS

- |                   |                |
|-------------------|----------------|
| 1 C Flour, sifted | 3 T Shortening |
| ½ C Oatmeal       | 1½ C Milk      |
| 3 t Baking Powder | ½ t Salt       |

Sift flour, salt, and baking powder together. Add oatmeal, cut in shortening and stir in milk. Drop by teaspoons on well-greased baking sheet. Bake in fairly hot oven for 15 minutes.

### MOLASSES COOKIES

- |                    |              |
|--------------------|--------------|
| ½ C Shortening     | 1 t Cinnamon |
| ¾ C Molasses       | ¼ t Soda     |
| 1 Egg, well-beaten | ¼ C Raisins  |
| 2 C Flour          | ¼ C Peanuts  |
| 2 t Baking Powder  |              |

Cream shortening. Add molasses and egg. Mix flour, baking powder, cinnamon and soda and mix together. Add to first mixture. Then add chopped raisins and peanuts. Bake in moderate oven about 15 minutes.

### COFFEE CAKE

- |                   |                    |
|-------------------|--------------------|
| 2 C Sifted Flour  | 6 T Shortening     |
| 2 t Baking Powder | 1 Egg, well-beaten |
| ¾ t Salt          | ½ C Milk           |
| ½ C Sugar         |                    |

Sift flour and measure. Add baking powder, salt and sugar and sift again. Cut shortening. Combine eggs and milk; add to flour mixture and stir until mixture is blended. Turn into greased pan and spread with a mixture of ½ T oleo (melted), 4 T sugar, 1 T flour, and ½ t cinnamon. Bake in hot oven for about 30 minutes.



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## THE TEXAS FOOD STANDARD

Prepared by

Texas State Nutrition Council

## FOR A GOOD DIET, I NEED DAILY:

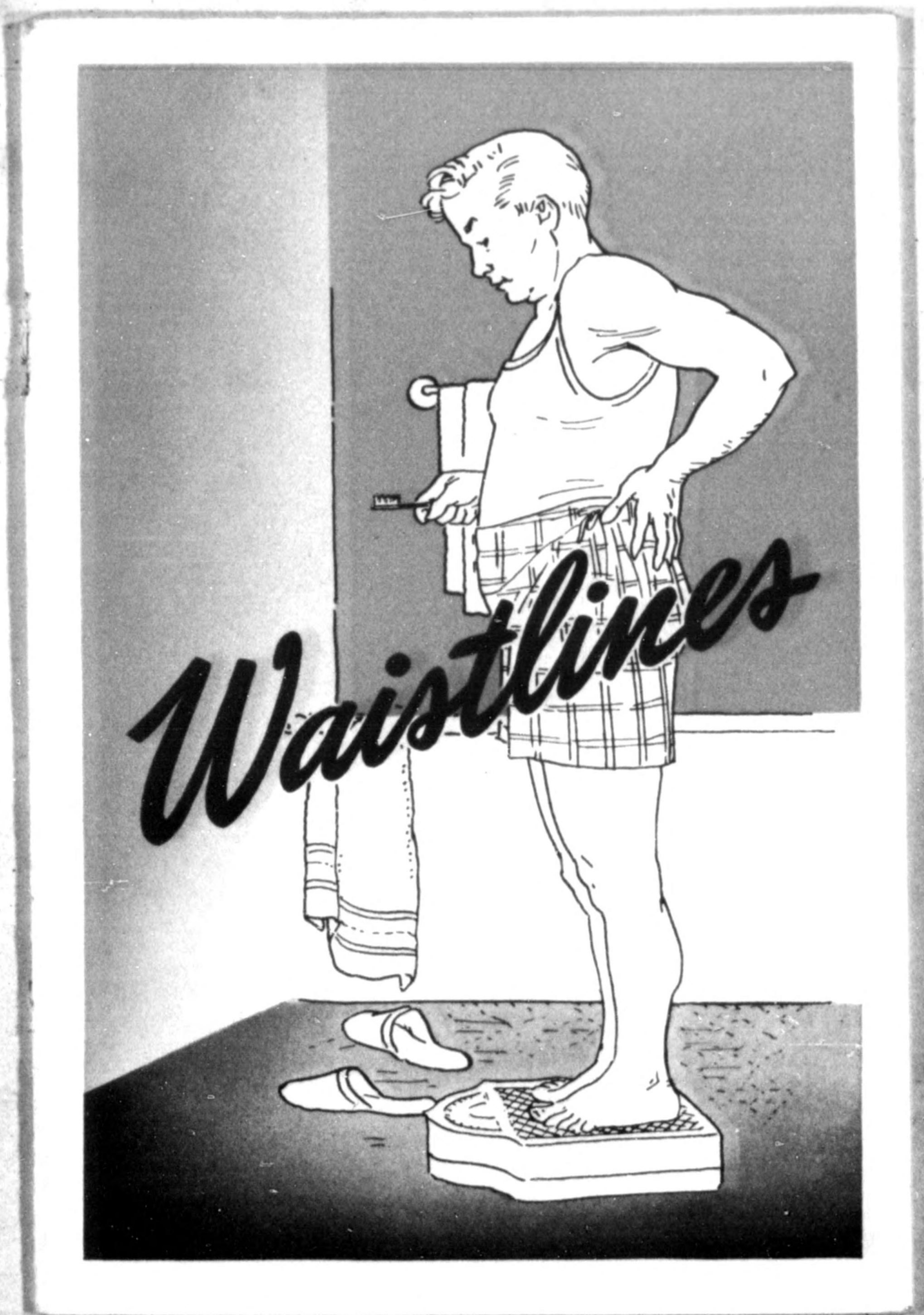
- 1 pt. to 1 qt. milk\*
- 1 egg
- 1 serving\*\*meat including poultry and fish\*\*\*
- 1 serving potatoes\*\*\*\*
- 1 serving green or yellow vegetables
- 1 other serving vegetables\*\*\*\*
- 1 serving citrus or tomatoes, raw cabbage, strawberries, melons
- 1 other serving fruit
- 1 serving whole grain products
- Other enriched cereals and bread
- Butter, or margarine with vitamins added
- Some sweets
- More of the above or other foods\*\*\*\* as needed
- 6 to 8 glasses of water

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**Notes:**

- \*Children under 16 need 3/4 to 1 qt. milk.
- \*\*Average serving about 1/2 cup.
- \*\*\*Cheese, eggs, or nuts may be used instead of meat.
- \*\*\*\*Dried peas or beans may be used instead of meat, eggs, the other serving of vegetables or potatoes.







# **WAISTLINES**

BY

**W. W. BAUER, M.D.**

LIFE CONSERVATION SERVICE OF THE  
**JOHN HANCOCK MUTUAL LIFE**  
**INSURANCE COMPANY**  
OF BOSTON, MASSACHUSETTS



## WAISTLINES

NATURE seems to have decreed that longer lifelines shall go with shorter waistlines. Repeated studies have revealed beyond doubt that people of average weight live longer, as a rule, than those who become overweight. Not only do they live longer, but during life they suffer less from certain chronic diseases. They feel better and look better.

Before the age of thirty, it is safer to weigh a little more rather than less than the average. After that age, the spare figure is better than the ample one. But human nature being what it is, we find those people under thirty who could profit by a little weight determined to reduce or remain lightweights at all costs, while those who have passed the age of thirty all too often allow fat to accumulate, weighing themselves down heavily in the race for success.

### EFFECT OF OVERWEIGHT

OVERWEIGHT is due for the most part to eating too much and exercising too little. The exceptions, where some disease or glandular disturbance is responsible are relatively uncommon.

Overweight shortens life, reduces efficiency and lessens the satisfactions one gets from living.



Fat accumulates about the heart and the digestive organs, seriously interfering with their work. Excessive fatty tissue burdens the circulation with extra and needless miles of tiny blood vessels (the capillaries). The lungs must supply more oxygen to fatty tissues and this interferes with their normal activity.

The principal serious diseases which menace overweight persons more than those of average weight are

*In most cases, eating too much and exercising too little is the cause of large waistlines.*



diabetes, high blood pressure, breakdowns of heart and blood vessels, and stroke. These are the conditions which most often shorten the lifelines of people.

Finally, too much food and too sedentary a life stimulate a greater appetite and compel a still less active existence, thus creating a vicious circle from which escape is difficult.

### WHAT YOU SHOULD WEIGH

TABLES of average weight for persons of various ages of both sexes are given below. It is important to remember that they are only averages. Racial and family traits affect the individual's build and thus greatly influence the relation of his weight to his height.

TABLE OF AVERAGE WEIGHTS  
(Ages 30-40 years)

Height	Weight in Pounds		Height	Weight in Pounds	
	For Men	For Women		For Men	For Women
5 ft.	128	122	5 ft. 7 in.	150	146
5 ft. 1 in.	130	124	5 ft. 8 in.	155	150
5 ft. 2 in.	132	127	5 ft. 9 in.	160	154
5 ft. 3 in.	135	130	5 ft. 10 in.	165	157
5 ft. 4 in.	138	134	5 ft. 11 in.	170	160
5 ft. 5 in.	142	138	6 ft.	176	163
5 ft. 6 in.	146	142			

Roughly, it may be said that an excess of not more than 20 per cent above the average may be considered



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5 ft. 5 in.	142	138	6 ft.	176	163
5 ft. 6 in.	146	142			

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within normal limits. Especially is this true of the younger ages. After thirty it is better to be below rather than above the average.

### CAUSES OF OVERWEIGHT

WHEN certain organic (glandular) disturbances occur, weight may be abnormal despite diet, but there are also other signs, which are discoverable when a physician makes a thorough examination of the patient. Such cases are not common, but they are important, because they are the only exceptions to the general rule, that in most cases of overweight the control of weight becomes a question of diet, exercise, and determination. When organic disease exists which changes the normal bodily activities, no amount of dieting alone will overcome obesity. Dieting may still be needed as part of the treatment, but the main factor in these cases is medical treatment.

The existence of this group of abnormal overweights is one of the reasons for a physical examination before reducing is begun, and why medical supervision throughout is necessary.

In those who have no organic disturbance, losing weight is a problem of adjusting the intake and outgo of energy. As reducing is the object, there must be a shortage of energy taken in as food, compared with the output in the form of activity. If an even weight is all

that is desired, diet need be restricted only to the point that there will be no surplus for the storing of fat. Dieting and exercise together accomplish the desired result, but the greater of these is dieting.

If it were necessary only to reduce the intake below the output, or to strike a happy balance, the rest would be easy. But that is not enough. Health and strength must be maintained even while weight is being lost. That is why so many of the novelty and fad diets are dangerous; they succeed in taking off weight, but they ignore the more important necessity of keeping up bodily strength through proper balance in the diet. The only reason some of the more popular but badly unbalanced diets do not do more harm than they do is because so few have the heroic but foolish determination to stick to them.

### WHAT THE BODY MUST HAVE

THE PROBLEM is to cut down the intake of food without sacrificing those materials which the body must have. About 40 chemicals enter into the composition of the human body. Roughly these may be divided into six groups: water, carbohydrates, proteins, fats, minerals and vitamins. All must be present in amounts needed for bodily maintenance, otherwise sooner or later the diet will undermine health.



We have learned a great deal about the composition of foods through research in chemistry, biology and physics. Some of the more important, and fortunately simple, facts which science has demonstrated must be made clear, if dieting is to be followed intelligently.

(a) Water makes up about 70 per cent of the weight of the human body, and is necessary for all its functions. Just plain pure water is the best way to take it, and for the normal person thirst is a satisfactory guide to the amount required.

(b) The body needs some sweets and starchy foods (carbohydrates like bread, cereals, potatoes) to furnish quick energy and heat. When they are taken in excess the body stores them as fat. Carbohydrates are the foods most strictly limited in reducing diets.

(c) The body needs some fatty foods like butter, shortening and oil to furnish heat and energy. But these foods, too, are stored in the tissues and under the skin as fat if they are taken in excess. These, too, must be limited rigidly in a reducing diet.

(d) Protein foods like meat, eggs, fish, cheese, peas and beans are needed by the body for building and maintaining tissues and organs. Consequently they are needed in larger quantities in youth than in older persons. Proteins also can be used by the body as a source of energy when carbohydrates and fats are not eaten in sufficient amounts.

(d) Minerals enter into the structure of the bones and teeth principally but are not absent from other tissues;

in amounts varying from large (calcium) to minute (iodine), they are needed for normal health; they are found in milk, fruits and vegetables and to a lesser extent in other foodstuffs, especially whole-grain cereals.

(f) Vitamins furnish no materials for body building or maintenance, nor do they supply energy, as far as we now know, yet they are essential in various ways for the maintenance of normal health; they vary widely in chemical nature; they are found mainly in fresh fruits and vegetables, whole grains, butter, cream, milk, cod liver oil.

#### DIETING TO REDUCE

WHEN a dieting program has been grimly decided upon, the first step is an examination by a physician. The amount of excess weight to be taken off is determined. But that is only the start, for organic disease must first be ruled out, treated, or allowance made for its effects. Only then may the campaign against the excess poundage begin.

Not too much weight should be lost in too short a time, since undesired weakness will result. About two pounds a week is enough. Drugs, if any, should be used only on medical prescription and under close medical supervision. Seeing a doctor once and taking a drug on repeated refills of the prescription is not medical supervision. For at least a few weeks, the doctor should be seen frequently for weighing, general looking over, advice and encouragement. Later the



visits may be spaced farther apart if the doctor so agrees.

The first and most important characteristic of a reducing diet is that it supplies all the necessary materials in sufficient amounts to maintain health. The body requirements in proteins, vitamins and minerals must be met fully, while the energy foodstuffs, the carbohydrates and fats, must be limited so as to require the body to draw on its own reserve stores of energy. This can be done with ordinary foods. Special foods offered for reducing are either needless or harmful, depending upon how they are used.

A typical menu for a reducing diet is given here with the repeated caution that no weight reduction should be undertaken without medical advice. Tables of food values and sample diets are intended to help persons



*A reducing breakfast can give the day a good start.*

wishing to reduce to work with the physician and not to encourage unwise self-treatment.

### MEASURING THE FOOD INTAKE

THE QUESTION of calories cannot be ignored, for food values are measured in calories. Caloric values are included with the sample menus tabulated\*. The average person weighing 155 pounds is estimated to require about 2,600 calories per day if engaged in average activities, neither strenuous nor very limited. A person weighing more would require more calories in proportion to the greater weight; if doing heavy labor, he may need 5,000 calories per day. Reducing diets usually call for less than 1,800 and sometimes as little as 1,400 or even 1,200 calories for a time. Because of the great difference, extremely low-calorie diets like the one set forth on the next page require exact calculation under medical supervision. The doctor will determine the proper caloric intake.

At the beginning, it is better to weigh all food, using an inexpensive scale. After the person intent on reducing becomes familiar with the values of the usual

\*A calorie (small) is a unit of heat which will raise one gram of water one degree centigrade. A calorie (large), which is the basis for food values, is 1000 small calories. A gram is one-thirtieth of an ounce; an ounce is thirty grams. A teaspoonful holds four grams of water and practically the same amount of sugar, flour or other solid when levelled off.



amounts of food, weighing may no longer be necessary. For practical purposes most of what needs to be known about caloric values of foodstuffs is given in the table below:

Foodstuff	Calories per Ounce	Foodstuff	Calories per Ounce
Vegetables or fruits, 5%.....	6	Lean chicken, cooked. ....	59
Vegetables or fruits, 10%.....	10	Egg, each.....	78
Potato.....	28	Cheese.....	131
Bread.....	84	Bacon.....	155
Oatmeal, dry weight.....	118	Cream, 20% (Coffee cream).....	62
Milk.....	19	Cream, 40% (Whipping cream).....	116
Lean meat, cooked.....	77	Butter.....	225
Fish, fat-free varieties.....	24	Oil.....	270

### THE "WHYS" OF THE REDUCING DIET

THE SAMPLE meals listed, and the choice of vegetables shown, indicate that a sensible reducing diet is not too much of a hardship for any one who really means to reduce. Preferably the day's food intake should be divided into three nearly equal parts. It is not wise to omit one meal entirely or limit it only to beverages and foods with little food value.

The first effects of limiting the diet are not as bad as one might expect. The old sense of fullness is absent but it does not take long before one feels better than when so much heavy food was eaten. As dieting continues, there is a lessening of the appetite; most persons find themselves unable to take the meals which formerly they enjoyed. However, this desirable state of affairs can be undone by a very short period of return to overeating, for bad diet habits are easily resumed when care is relaxed.

The only persons who have real difficulty with such a diet are those whose digestive organs will not tolerate large amounts of vegetable because of its "roughage." For that same reason the substitution of bran for cereal, sometimes recommended, should depend on medical advice. Bran, useful and necessary in certain diets, is not tolerated by all.

If any dessert other than fruit is substituted, the por-



tion must be very small. A third of a cup of custard or a piece of plain cake two and a half inches square and an inch thick is all that may be included in dessert. Rich pastries, iced cakes, pies, are so high in calories and the appropriate serving would be so tiny that they have no practical place in a reducing diet.

**FOR BREAKFAST**

**T**HE FIRST MEAL of the day should include about one-quarter of the day's food intake to provide energy for the morning's activities.

Food	Amount	Calories	Values
Fruit, fresh (choice of one kind)	apple, medium	100	minerals, vitamins; fruit acid, roughage
	peach	35	
or	orange, large	100	
	½ grapefruit	100	
	berries, ½ cup	50	
Fruit, cooked	4 prunes	100	
	10 apricots (halves)	100	
		100	
Cereal or Bread or toast	½ cup cooked	100	bread and cereal are source of energy supply
	¾ cup prepared	100	
	1 slice (4x4x½")	100	
Butter	½ "pat"	25	pure fat (18% water) vitamin
Coffee or tea		0	no food value
Milk, whole (3%)	1 glass incl. that on cereal	160	protein, sugar, fat, minerals, vitamins
Sugar	1 teaspoon, level	15	energy only
Egg, any way except fried	1	75	protein, carbohydrate, fat, minerals, vitamins
Total calories (approximate).....513-578			

**FOR LUNCHEON  
(Home or Restaurant)**

**T**HE NOON MEAL may be light, but it must contribute its share to the daily nutritional requirements. Starchy food should be limited to the single slice of bread.

Food	Amount	Calories	Values
Vegetable, very little butter	1 large serving spoon	50	minerals, vitamins, roughage if meat is added, protein is also furnished
or Salad of raw vegetables or lean meat, dressing of vinegar or made with mineral oil	1 large serving	100	
Bread, white, whole wheat or rye as desired	1 slice (4x4x½")	100	carbohydrate, some protein and in case of whole wheat some vitamins and roughage
Milk or Buttermilk	1 glass	160	protein, minerals, vitamins. Fat in whole milk, none in buttermilk
	1 glass	100	
Total.....		400-510	



*A reducing luncheon can keep up the day's energy.*



FOR DINNER

THE EVENING MEAL is the heaviest. It contains more of the day's protein needs and less of the quick-energy foods (carbohydrate). Clear soups help to stop the pangs of hunger, and furnish little food value.

Food	Amount	Calories	Values
Soup, clear	cupful	27	mainly flavor
or Vegetable soup	cupful	190	minerals, vitamins, roughage
Beef or lamb or Lean fish or Beans or Macaroni and cheese	4x2x1/4" 3x2 1/2x1" 1/2 cupful 1/2 cupful	100 100 100 120	protein for body repair and maintenance. Meat or fish may be cooked any way but fried. If milk is used, it must be counted
Potato, boiled	1 medium	100	carbohydrate
Vegetable, of 5% list, with very little butter	1 large serving spoon	50	minerals, vitamins, roughage, and not enough calories to worry about. Helps to satisfy appetite
Tea or coffee	as desired	0	no food value
Milk, or Buttermilk	1 glass incl. that used in tea or coffee	160 100	see above
Dessert, fruit is best, or Pudding	see breakfast 2 level table- spoons;	100 100	see breakfast carbohydrate
Cake Cookie	very small	100	carbohydrate
Total.....		536-720	
TOTAL CALORIES FOR THE DAY. 1400-1804			

TOTAL FOR THE DAY: All necessary foodstuffs are represented, but total caloric value is low enough to cause a normal person to lose weight gradually but steadily. Enough food is allowed to prevent real hunger

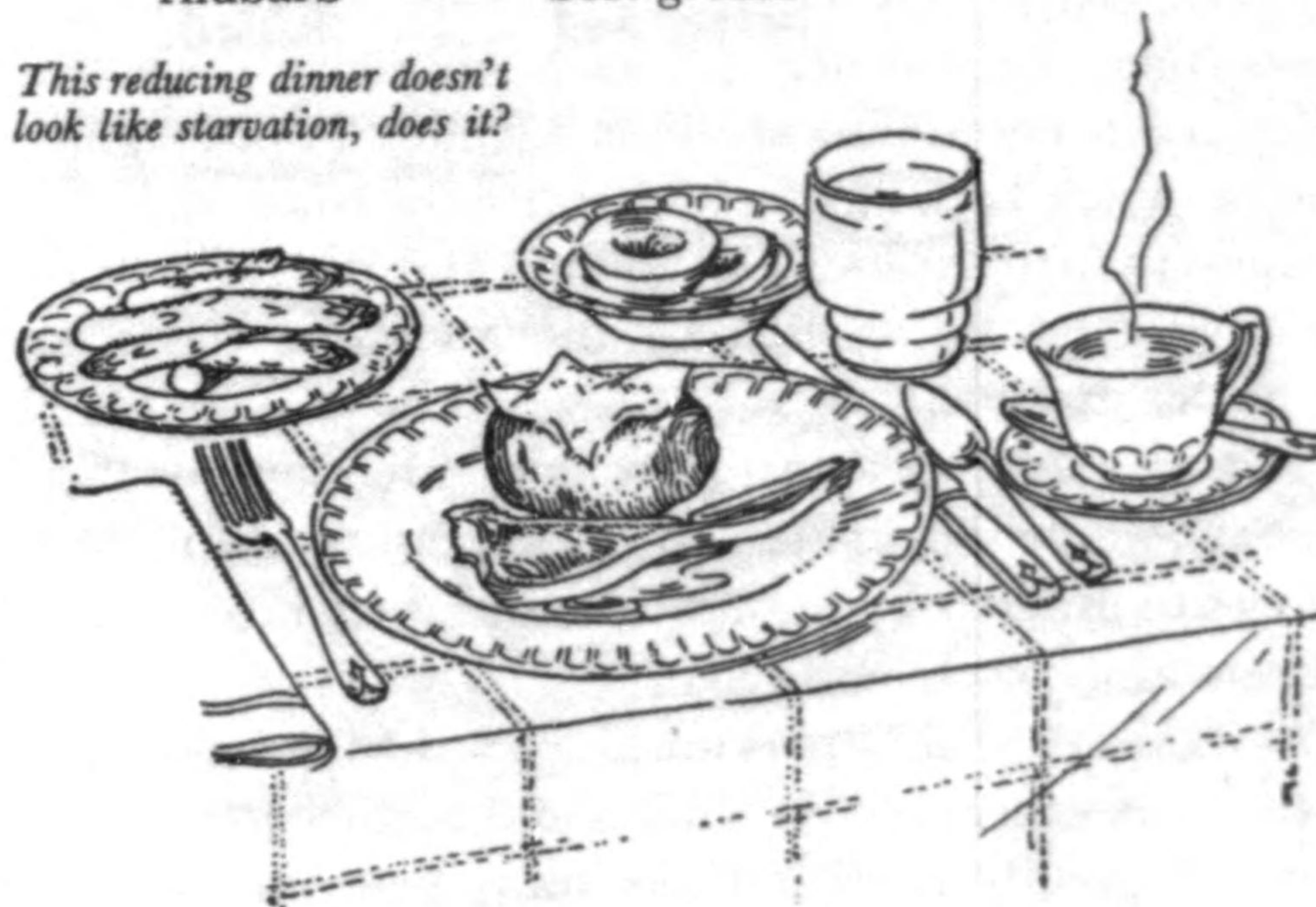
after the first day or two. This diet, or any reducing diet, must be judged on the whole day's intake, not just one meal.

NOTE: Five per cent vegetables are those containing about that proportion of carbohydrate and therefore very low in caloric value. They are best suited for a reducing or strict maintenance diet. They include the following:

One to Three Per Cent

- |           |             |             |
|-----------|-------------|-------------|
| lettuce   | endive      | dandelions  |
| cucumbers | marrow      | Swiss chard |
| spinach   | sorrel      | celery      |
| asparagus | sauerkraut  | mushrooms   |
| rhubarb   | beet greens |             |

This reducing dinner doesn't look like starvation, does it?





**Three to Five Per Cent**

tomatoes	eggplant	string beans
watercress	cabbage	broccoli
sea kale	radishes	French
cauliflower	leeks	artichokes

Grapefruit is the only five per cent fruit; ten per cent fruits include strawberries, lemons, cranberries, peaches, blackberries, oranges, currants.

**SOME WORDS OF WARNING**

**E**XERCISE without diet is useless. The amount of exercise required to accomplish any real reduction, without dieting, is very great. Most persons who require weight loss would, in the very nature of their condition, be harmed by such strenuous exertion. Gymnastic enthusiasts are often offenders in this regard, doing much harm to their clients even when they are honest in their errors. The amount and kind of exercise needed must be advised by the attending physician after his examination.

Drugs may play a part in weight reduction but their use should be strictly limited to circumstances in which they are ordered by a physician and their use checked up by him closely and often.

Vitamins are as important to the reducing individual as for any other well individual and neither more so or less. A greatly restricted diet may, however, cause a

reduction in vitamin intake. The physician will undoubtedly take this into consideration and may prescribe vitamins in tablet, capsule or other form. If he does so it is for the purpose of supplementing the diet, not for reducing: vitamins will not cause loss of weight. Indiscriminate taking of vitamins in the hope of making up for deficiencies in unbalanced diets is a questionable procedure. The reducing individual should get all the vitamins he can from his regular diet and should take additional vitamins on the advice of his physician only.

**IN A NUTSHELL**

**T**O SUM IT ALL UP, weight reduction is possible to most overweight persons, but it requires the exercise of will power. It is usually achieved by dieting and exercise, mainly dieting. It sometimes requires medical treatment. It always requires prior medical examination and medical supervision. The plan is simple:

- (a) Have an examination by a physician.
- (b) Have the physician prescribe diet and other necessary treatment suited to your age, the extent of your overweight, and your habits of living.
- (c) Weigh all foods you eat until you grow accustomed to choosing your diet; calculate caloric values, and stay within the calorie limits prescribed every day.
- (d) Keep a record of your daily food intake.



(c) Weigh yourself regularly at the same time each week and keep a record of weights, but avoid more frequent weighings.

(f) Get enough exercise and rest.

(g) Never take any reducing drug not ordered by your physician.

(h) Avoid fads, frauds, fallacies and follies; you can recognize them because they promise you something for nothing, that is, weight loss without dieting or other effort on your part.

*Moderate exercise helps  
the reducing diet.*



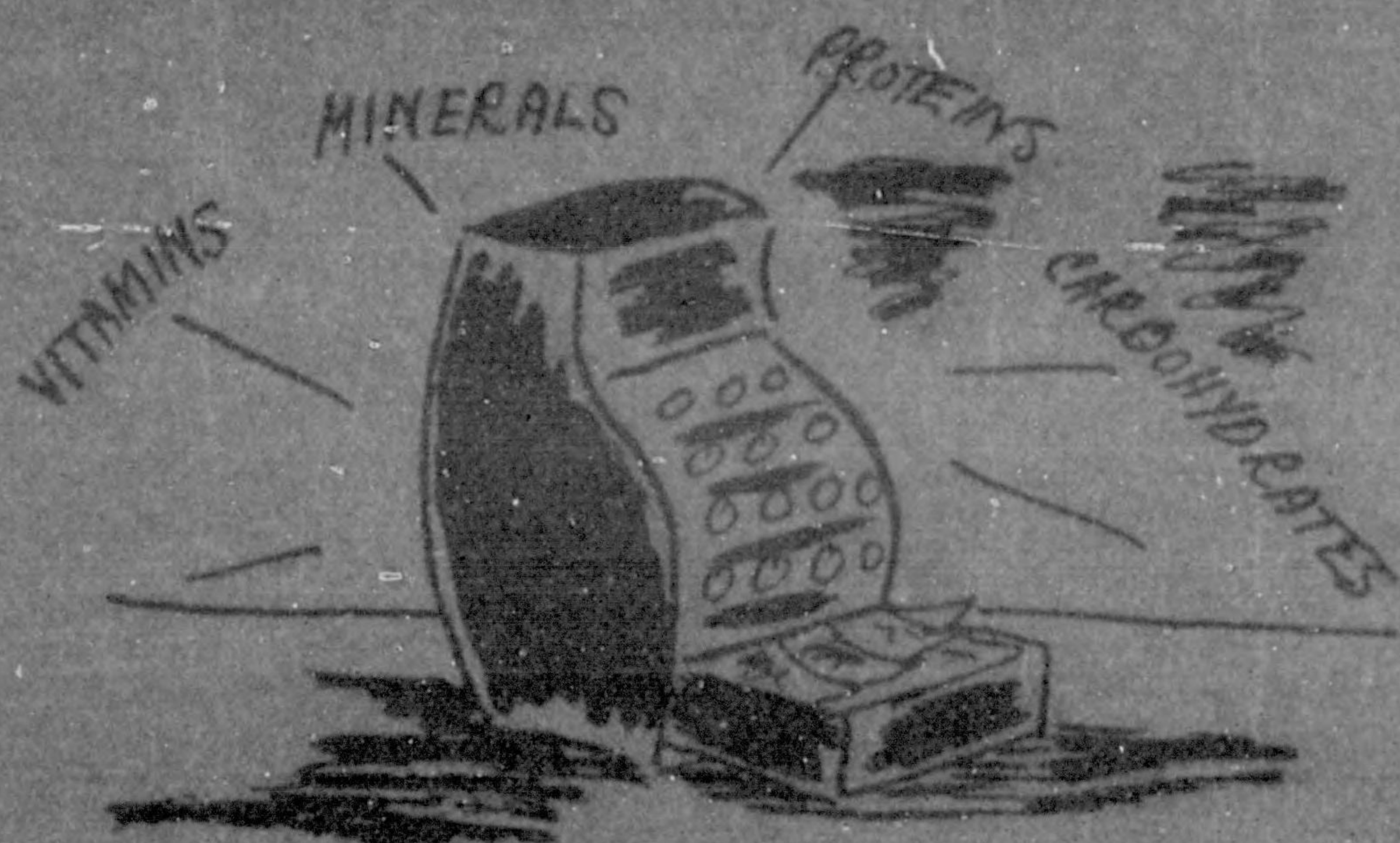






Economy-wise housewives and mothers know that no single food is as important in their families' daily diet, for no other food gives so much nutritional value at such low cost.

The less money in your family kitty to spend for food, the more important milk becomes in your meals.



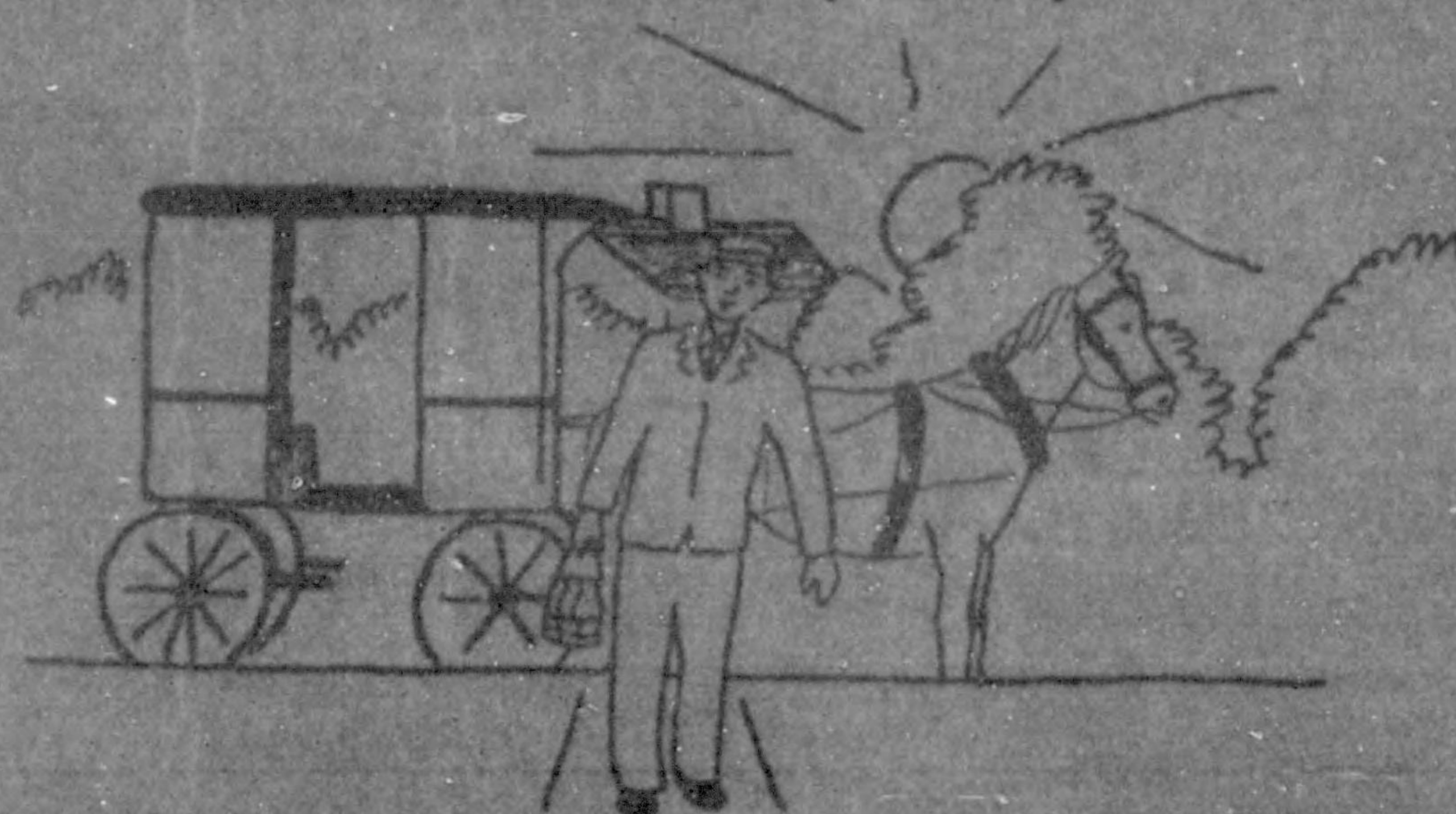
Milk helps your children to grow by aiding in the building of firm muscles, strong bones and healthy teeth. Grownups as well as children, however, need milk. Just because you have reached adulthood, you have not outgrown your need for this food which is so helpful in maintaining a high standard of health.

### Daily Requirements

Growing children need one quart daily, and surely not less than one pint.

Pregnant and nursing women should also have one quart each day.

Adults should drink one pint daily.



Milk is a versatile food and can appear in many varieties in your daily menu. It can be used as a drink, plain or in beverages; on cereals; or in cooked dishes such as cream soups, creamed vegetables, custards, puddings, and pies. Milk products, such as cheese and ice cream will give your menu a lift and should be used several times a week.



## Use Only Safe Milk

Pasteurized, boiled, evaporated, and dried milk is safe as it does not transmit milkborne diseases.

When pasteurized milk is not available, the milk may be made safe by this method in the home:

Place milk in sauce pan over a low flame. Bring to the simmering point and remove from stove. Stir milk continuously while it is being heated. Cool milk immediately by placing in a pan of cold water. Change water frequently.

If you have a thermometer to test the temperature of the milk, heat the milk to 165°F. and follow directions above for stirring and cooling.



## Recipes Using Milk

### HOT COCOA—4 Servings

4 cups milk  
3/4 cup boiling water  
3 level teaspoons cocoa

3 tablespoons sugar  
Pinch of salt

Mix sugar and cocoa in sauce pan. Add water slowly. Boil one minute. Stir until smooth. Add milk. Heat over low fire. Beat with egg beater. Serve at once.

### CEREALS COOKED IN MILK

Milk may be substituted for all or part of water used in cooking cereals. If all milk is used, prepare in double boiler.

### CREAM OF VEGETABLE SOUP—4 Servings

1 cup thin white sauce  
1 cup vegetable stock (water in which vegetables were cooked)

1 cup cooked vegetable (onion may be added for flavoring)  
Salt and pepper

Add vegetables and vegetable stock to white sauce. Strain through sieve if so desired. Grated cheese sprinkled over soup when served adds to the flavor. Such vegetables as carrots, potatoes, spinach, peas, and corn may be used.

## Care of Milk in the Home

Don't let milk stand on the porch. Light destroys riboflavin or vitamin B-2 content. Keep it clean and covered in the colder part of the refrigerator (below 50°F.). Even dried milk keeps longer in the refrigerator, and it is well to keep opened condensed milk there, too.

When using milk in cooking, take out only the amount needed, allowing the rest to stay cold. Never pour leftover milk back into the bottle. Put milk away immediately after each meal, keeping odorous foods such as fish, onions, cabbage and melons, at a distance.

Wash top of milk bottle or can in running water before opening, and use suds and sun on all milk containers, scalding often.



### CREAMED VEGETABLES

Use 1/2 cup medium white sauce to 1 cup cooked vegetable. Combine, heat, and serve.

### CREAMED EGGS ON TOAST—4 Servings

4 eggs  
1 1/2 cups cream sauce

3/4 teaspoon salt  
1/8 teaspoon pepper

Cook eggs hard; cut in slices or eighths. Add white sauce, seasonings, and serve on toast. Green pepper, parsley, or paprika may be used for garnish.

### BAKED CUSTARD—5 Servings

2 eggs  
2 tablespoons sugar  
2 cups milk

1/2 teaspoon vanilla  
Nutmeg

Beat egg slightly, add sugar, milk, and vanilla. Pour into baking cups, add nutmeg if desired. Place cups in pan of hot water and bake in slow oven until custard is firm.



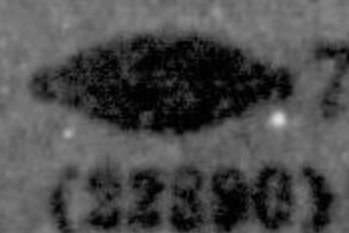
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DEPARTMENT OF PUBLIC HEALTH

ROLAND R. CROSS, M.D., Director

SPRINGFIELD

Educational Health Circular No. 182

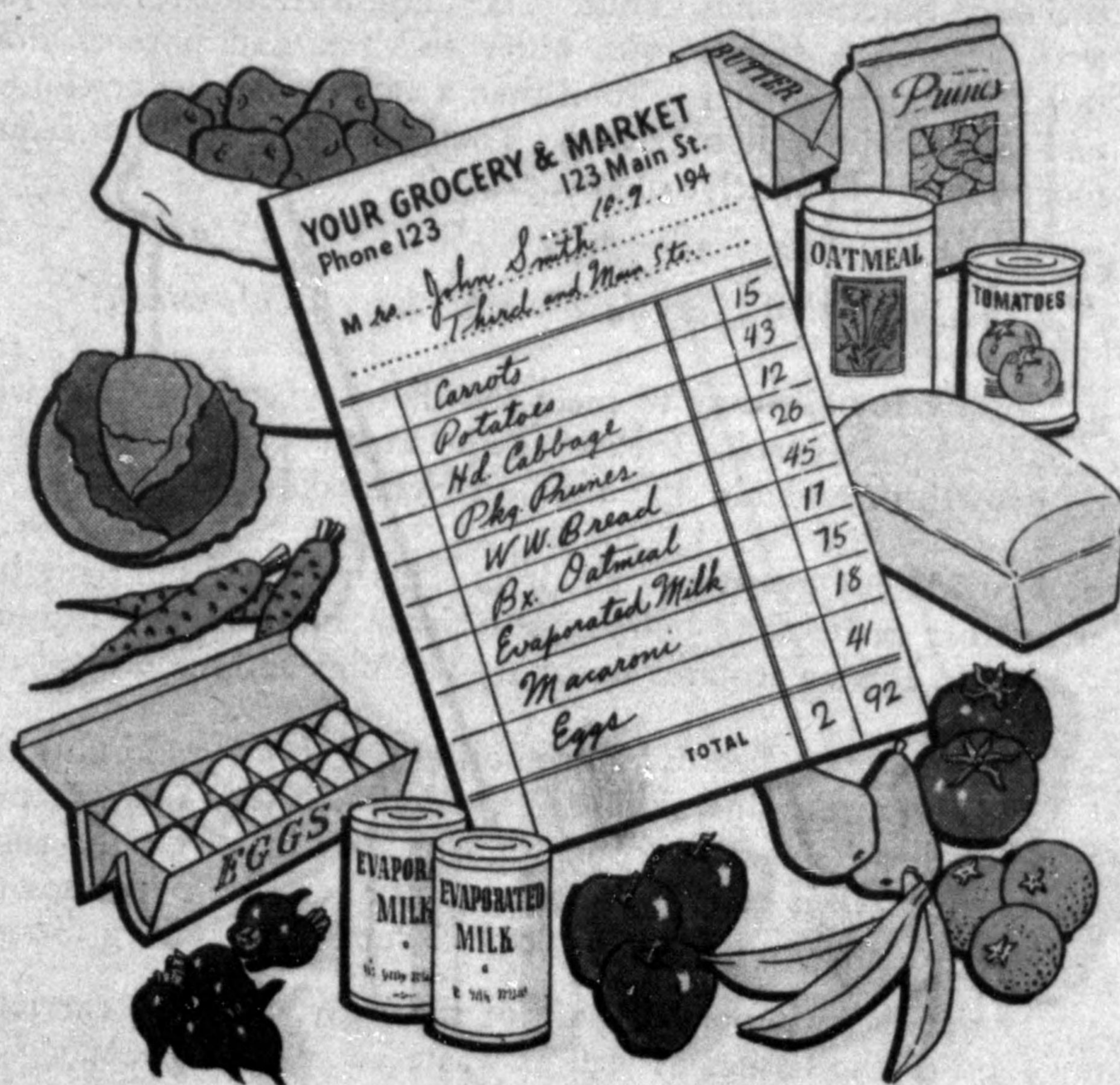


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# FEEDING A FAMILY AT LOW COST



Republished in the interest of the  
National Nutrition Program



## Feeding a Family at Low Cost

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### I. Essential Food for a Family

**T**HE food needs of a well-nourished family will be the sum of the food needs of all the people in it. A single family contains people of different ages—infants, children and adults. Their activities vary from the liveliest of children and adults to the most inactive ones. Thus, some families require more food than others. A family with older children and parents doing manual labor needs more food than a family of smaller children and parents doing lighter work. Young growing children require more food than inactive old people.

*For good nutrition every family must have foods which:*

1. **Supply food energy** to meet the daily expenditure for work and play. A surplus for storage is eaten only when needed for growth or to build up an underweight adult.
2. **Provide for growth** of children. This requires sufficient high quality proteins to build muscle tissue and replace daily body losses. It also requires necessary vitamins and minerals.
3. **Help maintain health** by promoting a state of good nutrition. This requires mineral elements and all of the needed vitamins. Each has its own function for which no other can be substituted. Each is related to the regulation of life processes as a whole. Any failure of an adequate supply may bring disaster.

Water is an important part of the body. It is the carrier of food to the tissues as well as waste away from them.

4. **Build, maintain and repair** the body structure of bone, muscle and blood, and build resistance to disease. The adult may endure a shortage of vitamins, proteins and minerals for some time before showing injury. The child, under the added strain of growth, is apt to show harmful effects more quickly.





## II. Daily Food Requirements

*For good nutrition eat these foods every day:*

**MILK**—Three to four cups of milk a day for each child up to twelve years of age. Boys and girls thirteen to twenty years of age need at least one quart. The expectant mother should have a quart. The nursing mother will need one and one-half quarts. Each other adult will need two to three cups each day. These amounts include milk for drinking and for use in cooked foods. Two cups of evaporated milk meet the needs of those requiring a quart of milk each day. One cup meets the needs of those requiring a pint of milk each day.

**MEAT, POULTRY, FISH, CHEESE, EGGS, DRIED BEANS, PEAS AND NUTS**—A good plan is to provide meat or poultry four to six times a week, fish once or twice, and cheese, beans or peas two to four times. One egg daily for everyone if possible is a good rule. A minimum of three or four every week, especially for children.

**VEGETABLES**—Two in addition to potatoes every day. It is well to have one or more half-cup servings of a green leafy or yellow vegetable and one raw vegetable each day. Also a half-cup of another vegetable if possible.

**POTATOES AND SWEET POTATOES**—At least once each day and generally twice.

**FRUITS**—One orange, a half grapefruit, or 1 cup tomatoes (raw or canned) should be eaten each day. Have one other fruit three or four times a week and every day, if possible. Use the less expensive fruits in season, canned fruit or dried fruit.

**CEREALS AND BREAD**—Bread in some form is suggested for every meal and a cereal dish once and sometimes twice each day. Choose the inexpensive whole grain cereals such as cracked whole wheat and oatmeal, or the restored ones. Use whole wheat and enriched white breads.

**BUTTER AND OTHER FATS**—As needed in an otherwise balanced diet.



### III. Minimum Food Requirements

GOOD growth and development and general well-being require the right foods in the right amounts. These foods should be prepared to preserve their greatest nutritive value. Shortages may change the foods that are available but the foods needed for good nutrition do not change. Thus buying must be done wisely. Cost alone is not a measure of the best returns in nutrition and health. Low cost foods chosen wisely for needed food values may be far better than more expensive foods chosen thoughtlessly.

MILK

MILK is superior to any other food for bone and muscle building. It is an important, inexpensive source of calcium and phosphorus which are needed for bones and teeth. It furnishes vitamins A and riboflavin, which are needed for growth and to prevent certain nutrition disorders. It also supplies high quality muscle-building proteins and calories for body warmth and energy. Milk is the basis around which an adequate diet can be economically built. The less money there is, the more important milk becomes.

*Evaporated milk* may be the entire milk supply. Six or seven tall cans every week will furnish each child with the milk he needs. Children up to six years and boys and girls from thirteen to twenty years will need a little more than children six to thirteen. The expectant mother needs about eight tall cans and the nursing mother twelve. Other adults need four to five tall cans.



Evaporated milk is good, whole cow's milk. In preparing it, only clean, fresh milk can be used. Plants are located near the source of supply where the best milk is most abundant. The milk is first reduced to half its original volume by evaporation of part of the water content. It is then homogenized to distribute the fat evenly through the milk; thus there is no cream line. The milk is filled into clean, new cans. It is then sterilized by heat, which insures that no harmful bacteria could possibly be present.

Evaporated milk has all the nutritive properties of the original milk. It supplies all of those vitamins that milk can be depended upon to supply for growth, general well-being and to prevent certain nutrition disorders. The important milk minerals are used by the body easily and completely. The protein for muscle growth is made more readily digestible by the heat of sterilization.



The ready digestibility, uniformity and safety of evaporated milk make it an unsurpassed milk for infant feeding. Because of these same qualities it is good milk for the toddler and older children as well as every other member of the family.

Evaporated milk may be used just as it comes from the can to put more milk in the diet. It may be mixed with an equal amount of water for use wherever milk is needed. It is especially useful in cases of malnutrition, where extra food is required. Evaporated milk is convenient because it requires no refrigeration until after the can is opened. It is economical because it usually costs less than any other whole milk.

**M**EAT, FISH, POULTRY, EGGS AND CHEESE supply proteins of excellent quality. They also furnish minerals and vitamins. They add flavor and interest to the diet.

When food costs have to be reckoned with, inexpensive cuts of meat should be used when available. These are just as nutritious as more expensive ones. All meats, including kidney, heart and liver, are good sources of minerals, particularly iron. They also furnish vitamins A, thiamine, riboflavin and niacin. Pork especially is an excellent source of thiamine. If possible, lean meat or poultry should be used at least four to six times each week.

*Fish*, as does meat, helps build muscles and may well be served at least once a week. Salt water fish are rich in iodine. Salmon, sardines and mackerel are usually inexpensive. They contain vitamin D which helps the body use the calcium and phosphorus from foods.

One *egg* a day for every child and every nursing and expectant mother is a good rule. A minimum allowance is three or four eggs a week for every person. Eggs are rich in proteins of high nutritive value. They supply good amounts of iron and phosphorus and of vitamin A needed in growth. They also provide some of the "sunshine" vitamin D.

*Cheese* should likewise supplement the other protein foods. It is an excellent source of calcium, and if made from whole milk, of vitamin A. Since cheese is a concentrated, highly nutritious protein food, serve it several times a week and thus save meat.

MEAT  
FISH  
POULTRY  
EGGS  
CHEESE and  
LEGUMES





*Dried beans and peas, soy beans and other legumes* are inexpensive protein foods, important also for their iron and thiamine. The protein of these legumes is of fair quality but not adequate for growth. If combined with evaporated milk they become excellent protein foods for body building and growth. Dried beans and peas or nuts may be used two to four times each week.

VEGETABLES  
and  
FRUITS



VEGETABLES AND FRUITS are essential for good nutrition and well-being. They are good sources of certain minerals, particularly iron, and vitamins A, thiamine and C. They vary in their energy-giving value.

Leafy vegetables, such as green cabbage or greens, and yellow vegetables, as carrots, are the best and most economical sources of vitamin A. Root vegetables, such as onions, beets and turnips, are good "protective foods" and usually inexpensive. A good general rule is one or two servings of vegetables in addition to potatoes, each day. Use some of the vegetables raw, as in salad, three or four times a week. When vegetables are boiled, the cooking water contains valuable minerals and vitamins. By using this cooking water with evaporated milk for creaming or for making soups, flavor and valuable nutrients are saved.

*Potatoes or sweet potatoes* once or twice a day is a good plan. They are an inexpensive source of iron and vitamin C. Since much of the nutritive value is just under the skin, it is wise to cook potatoes in their jackets where possible. When potatoes are low priced, they may take the place of part of the cereals and bread.



*Tomatoes*, either fresh or canned, depending upon the cost, or oranges or grapefruit, should be provided daily. Expectant and nursing mothers should have one or two servings each day. Tomatoes, raw cabbage, oranges or other citrus fruits are especially valuable for vitamin C. They also furnish other vitamins essential for growth, normal appetite, and general well-being.

Fruits in some form, fresh, dried or canned, should be eaten once and, if possible, twice each day. They contain minerals, especially iron, and vitamins C and thiamine.

*Dried fruits*, such as apples, apricots, peaches, prunes, raisins, figs and dates, are usually less expensive in winter than the fresh or canned fruits. Prunes, raisins and figs provide the most nourishment for the money. They must be supplemented with tomatoes, or other foods known to be rich in vitamin C.



When the family has to watch the food money, allow fresh fruit in season three or four times a week. Dried fruits may be used three times a week. Keep a watchful eye for sales.

**B**READ, CEREALS AND OTHER GRAIN PRODUCTS are economical sources of energy, protein, phosphorus and iron. If they are made from whole grain, they are good sources also of the vitamins thiamine, riboflavin and niacin. Much of the refined flour and white bread is now enriched with these vitamins and iron. Cereals are essential in any low cost diet. Since their proteins need to be supplemented with proteins of higher quality, cereals are best used with milk.

## CEREALS

Use at least one serving, and sometimes two, of cereal every day. Preferably use the dark, whole grain cereals, such as oatmeal and cracked wheat, or the restored ones. Others, such as cornmeal, rice, flour and macaroni may be used in soups, puddings and main dishes. A hot, cooked cereal served with evaporated milk helps to make an inexpensive nourishing breakfast.



Serve bread with every meal. If bread is purchased instead of flour, count one and one-half pounds of bread as one pound of flour. Use enriched and some whole grain bread in addition to whole grain and restored cereals.

**F**ATS are important primarily as low or moderate cost sources of food energy in concentrated form. Some fats are also important for their vitamin content. Butter is very readily digestible. It furnishes high caloric value along with vitamin A and a small amount of vitamin D. It is outstanding because of flavor acceptability. Fats such as side meat, lard, suet and bacon drippings contain no vitamin A. They may be used when the family receives the needed whole milk such as evaporated milk and some green leafy or yellow vegetables every day.

## FATS

**S**WEETS add palatability to the diet. They are valuable as sources of food energy. They should be eaten as a part of the meal, preferably at the end in order not to destroy the appetite for the more nourishing foods. Dried fruits are inexpensive sweets. They furnish iron and certain vitamins along with food energy. Molasses furnishes iron and other minerals in addition to food energy. A pint of molasses is equal in fuel value to a pound of sugar. Cookies, cake, candy, jellies and preserves are high in food energy and are good sweets.

## SWEETS



IV. Suggested Food Order for a Low Cost Adequate Diet for One

FOOD	CHILDREN					GIRLS		WOMEN		
	9 to 12 Months	1 to 3 Years	4 to 6 Years	7 to 9 Years	10 to 12 Years	13 to 15 Years	16 to 20 Years	Moderately Active	Very Active	Pregnant
Evaporated milk tall cans†	8	6	6	6	7	7	6	5½	6½	8
Cereals and flour‡	½	1½	2	2½	3¼	4	3½	3½	4¾	3
Potatoes and sweet potatoes	½	1	1½	2½	3	3½	3	3	4	2
Dried peas, beans and nuts	—	—	2	2	2	4	4	6	12	6
Citrus fruits and tomatoes	2	1¾	1½	1½	1½	1¾	1¾	1½	1½	2
Leafy green and yellow vegetables(a)	1½	1½	1½	1½	1½	1½	1½	1½	1½	2
Other vegetables and fruit(b)	½	1	1½	2½	2½	2½	2½	2½	2½	2½
Eggs	5	5	5	5	5	5	5	4	4	6
Lean meat, fish and poultry(c)	2 ounces	½	1	1½	2	2	2	2	2	2½
Fats and oils(d)	1 ounce	4 ounces	6 ounces	¾	¾	1	¾	¾	1	¾
Sugar and sweets§	1 ounce	2 ounces	½	½	¾	¾	¾	¾	¾	¾

\*Adapted from "War Time Diets for Good Nutrition"—Table 1. Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture. August 1943.

- (a) Such as green cabbage, greens, snap beans and carrots.
- (b) Such as apples, bananas, peaches, onions, celery and corn.
- (c) Do not include bacon and side meat.
- (d) Include bacon, side meat, butter and other fats.

†One tall can of evaporated milk furnishes the day's ration.  
‡Count 1½ pounds of bread as 1 pound of flour. Use whole wheat or enriched products.

§Includes all jellies, preserves, honey, molasses, and syrups, which together with the family sugar ration will equal the amounts recommended in the above table.



Suggested Food Order for a Low Cost Adequate Diet for One Week\*

CHILDREN					GIRLS		WOMEN				BOYS		MEN	
9 to 12 Months	1 to 3 Years	4 to 6 Years	7 to 9 Years	10 to 12 Years	13 to 15 Years	16 to 20 Years	Moderately Active	Very Active	Pregnant	Nursing	13 to 15 Years	16 to 20 Years	Moderately Active	Very Active
8	6	6	6	7	7	6	5½	6½	8	12	7	7	6	7
½	1½	2	2½	3¼	4	3½	3½	4¾	3	3	5	7	4¾	9
½	1	1½	2½	3	3½	3	3	4	2	4	4	5	4	7
—	—	2	2	2	4	4	6	12	6	6	8	12	12	16
2	1¾	1½	1½	1½	1¾	1¾	1½	1½	2	3	1¾	1¾	1½	1½
1½	1½	1½	1½	1½	1½	1½	1½	1½	2	3	2	2	1½	1½
½	1	1½	2½	2½	2½	2½	2½	2½	2½	3½	3	3	2½	2½
5	5	5	5	5	5	5	4	4	6	6	5	5	4	4
2 ounces	½	1	1½	2	2	2	2	2	2½	2½	2	2	2	2
1 ounce	4 ounces	6 ounces	¾	¾	1	¾	¾	1	¾	¾	1⅛	1⅓	1	1⅓
1 ounce	2 ounces	½	½	¾	¾	¾	¾	¾	¾	¾	¾	¾	¾	¾

\*Good Nutrition"—Table 1. Bureau of Human S. Department of Agriculture. August 1943.   
 †One tall can of evaporated milk furnishes the day's calcium needs.   
 ‡Count 1½ pounds of bread as 1 pound of flour. Use chiefly whole grain, restored or enriched products.   
 §Includes all jellies, preserves, honey, molasses, sorghum, cane and corn syrups which together with the family sugar ration will usually be sufficient to meet the amounts recommended in the above table.



## V. A Plan for Meals

FOODS should be prepared to conserve their nutritive values as much as possible. Also they should be combined into three well planned, attractive and satisfying meals. Habit, taste, economy in nutritive values and foods available will determine the choice of meals.

Meals must be appealing as well as nourishing. Contrast of color makes a meal more tempting. Crisp and soft foods in the same meal give a contrast of texture. A bland food such as fish, served with a strong flavored one such as tomatoes, gives contrast in flavor. All these add to the attractiveness of the meal.

In planning meals, variety is very important. Endeavor to distribute the foods through the day. Plan so that no one meal will have a very large amount of any one kind of food-stuff nor have the same flavor repeated. Evaporated milk is one food on which it is not a mistake to repeat. It has food values that fill in almost every kind of gap if other foods run short. On the days the family is given meat they will not need baked beans. They will want beans on a meatless, an eggless or a fishless day. Meat served with a cheese dish is too much protein in one meal. Potatoes with rice gives too much starch; and fried foods and pie too much fat.

It is well to plan so that the basic meal includes bread, butter and milk. Also have one dish rich in protein, one starchy dish and one green leafy vegetable or fruit. The butter, bread, and sugar in the fruit or dessert fill out the fat and carbohydrate needs for the day.

About half of the protein should come from milk or milk products, eggs, meat, poultry or fish. Lean meat, such as muscle, liver and kidney, furnishes protein. Fat meat, such as bacon, salt pork and fat back, furnishes chiefly calories. Therefore, proteins are not repeated when salt pork or bacon is used with eggs, dried legumes or other protein-containing foods. If a protein dish cannot be managed every day, let everybody in the family have a glass or two of evaporated milk in some form. For example, serve an evaporated milk soup which is a good protein dish. It furnishes also the important milk minerals and vitamins.



The following guide for planning meals will be helpful:

#### BREAKFAST

Fruit	Butter
Hot cooked cereal	Milk or cocoa
Bread or toast	Coffee or tea for adults

#### DINNER

Main dish ( <i>choose one</i> )	or Fish or Meat Dish
Thick Vegetable Milk Soup	Fish and vegetable stew
Lentil, pea or bean	Fish loaf
Bean and barley	Fish salad
Rice, oatmeal or noodle	Creamed, scalloped, baked or
Potato, cabbage or other	boiled fish
vegetable	Creamed meat
Borscht	Meat loaf or meat cakes
or Baked or Stewed Vegetable Dish	Scrapple
Stuffed peppers or cabbage with	Meat pies
tomato sauce	Potatoes, unless in main dish
Creamed or scalloped vegetable	Cooked or raw vegetable or salad
Vegetable stews	Bread and butter
Rice and bean or lentil loaf	Milk or Milk Drink <i>such as</i>
or Egg or Cheese Dish	Cocoa
Omelet	Fruit milk shake
Creamed eggs with potatoes,	Spiced milk
rice or noodles	Tomato milk drink
Scalloped eggs	Molasses milk drink
Macaroni, spaghetti, rice,	Dessert if desired
noodles or potatoes with	
cheese	

#### LUNCH OR SUPPER

Main dish ( <i>choose one</i> )	Simple Dessert <i>such as</i>
Thick milk soup	Cornstarch or cereal pudding
Stew	Plain cookies or cake or
Creamed or scalloped dish	gingerbread
Salad	Stewed fruit
Bread	Fruit whip
Butter	Custard
Milk or milk drink	



## VI. Suggested Menus for the Week

THE following menus suggest good use of foods included in the food order, and provide variety in meals. All milk dishes listed here may be made with evaporated milk. It is suggested also that hot cereals be cooked in evaporated milk mixed with water. Evaporated milk as it pours from the can, just as top milk, or cream, may be used on cereals. Children like to drink evaporated milk. It may be mixed with an equal amount of water and served hot or cold, or flavored.

The recipes for foods suggested below may be obtained from the Evaporated Milk Association.



BREAKFASTS	LUNCHES OR SUPPERS	DINNERS
Oranges	Creamed eggs and potatoes	Meat loaf
Oatmeal	Stewed tomatoes	Creamed cabbage
Milk	Whole wheat bread	Baked squash
Toast	Butter	Bread
Butter	Spiced milk	Butter
Cocoa for children	Peanut cookies	Hot apple dumpling and sauce
Coffee for adults		
Stewed prunes	Vegetable milk soup	Bean loaf
Cornmeal mush	Ground meat sandwich	Scalloped tomatoes
Milk	Scalloped potatoes	Wilted spinach
Whole wheat toast	Gingerbread	Corn bread
Butter	Sauce	Butter
Milk for children		Fruit
Coffee for adults		Milk
Apple sauce	Scrapple	Baked stuffed heart
Poached egg	Cole slaw with sour cream dressing	Creamed onions
Toast	Whole wheat bread	Grapefruit salad with boiled dressing
Butter	Butter	Biscuits
Fruit milk shake for children	Peanut cookies	Butter
Coffee for adults	Milk	Chocolate bread pudding with vanilla sauce
		Milk



BREAKFASTS	LUNCHESES OR SUPPERS	DINNERS
Grapefruit juice Whole wheat griddle cakes Syrup Butter Milk for children Coffee for adults	Cream of onion soup Whole wheat bread and butter sandwich Potatoes with cheese sauce Carrot sticks Apple sauce Cookies	Shepherd's pie Buttered onions Corn bread Butter Milk drink Prune whip with custard sauce
Tomato juice Scrambled eggs Toast Butter Milk for children Coffee for adults	Vegetable stew Corn muffins Butter Caramel blanc mange Milk	Liver loaf Mashed potatoes Scalloped cabbage Rye bread and butter Prune whip Cookies
Prunes Milk toast Milk for children Coffee for adults	Cabbage and potato soup Toasted bread cubes Lemon rice pudding Milk	Fish String beans with brown sauce Stuffed baked potatoes Muffins Butter Fruit whip Milk
Fruit juice Creamed eggs Toast Butter Spiced milk or cocoa for children Coffee for adults	Fish chowder Carrot and raisin salad Oatmeal bread Butter Plain cake Milk for children	Meat pie, potato crust Buttered spinach or other greens Bread Butter Stewed apples Soft ginger cookies Milk





## VII. How to Save in Buying

**I**N many homes a large share of the family's income is spent for food. Careful planning and wise spending are required to provide good nutrition for the family. This is especially true when the budget is limited and when there may be food shortages. The following marketing suggestions will help keep the food bills down:

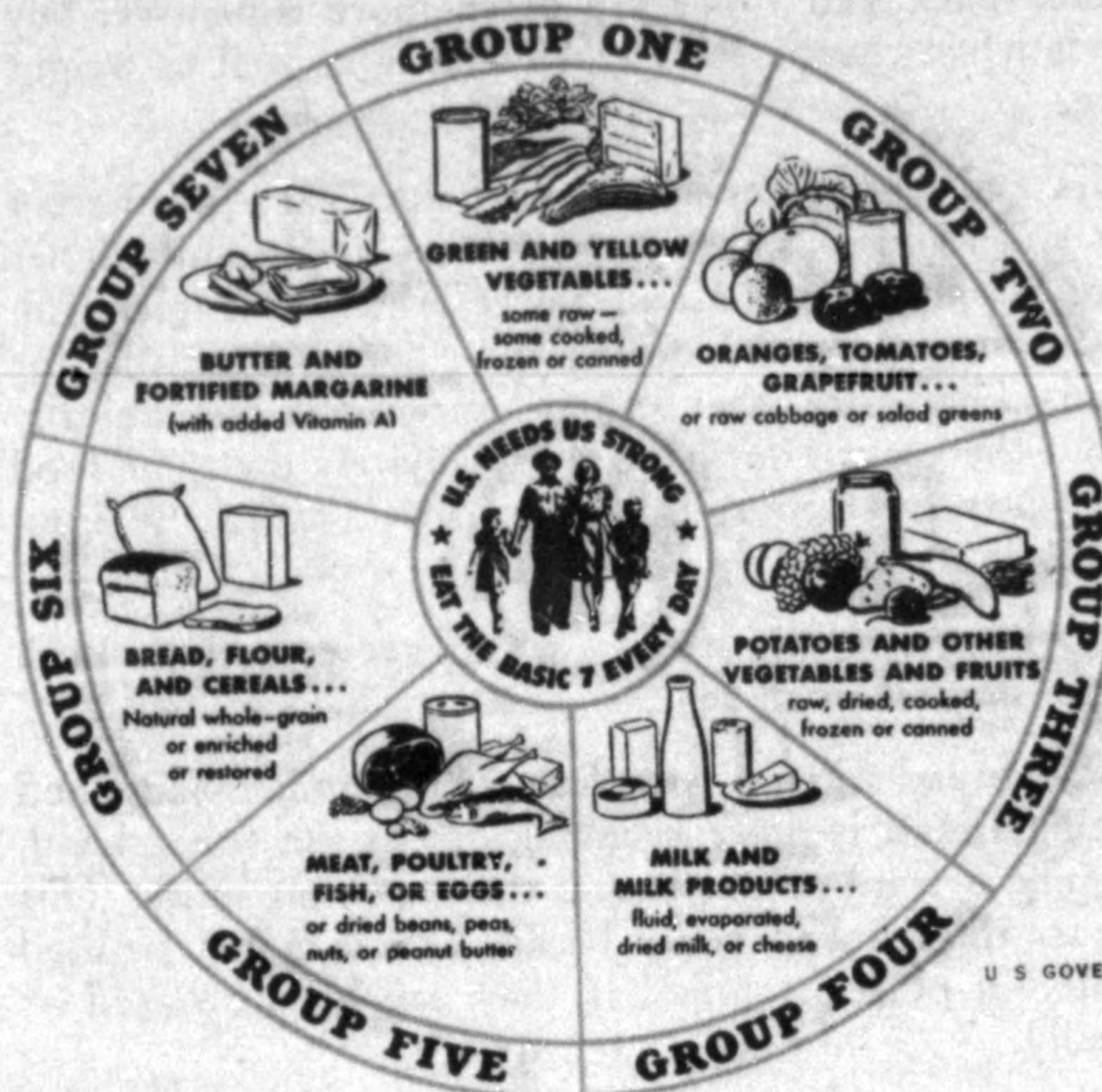
1. Plan meals for the whole day rather than each meal separately. Plan meals several days in advance. This results in better balanced meals and less monotony. It saves money for food can be bought to better advantage. It saves time in food preparation. Double amounts of food may be cooked at one time, half to be used in a different form if desired on the following day.
2. Make out a market list at the beginning of each week. This saves time in shopping. Fewer trips to the store are necessary. Keep a record of how the money is spent and on this basis plan future purchases. A budget helps to keep within the family income. It is also helpful in proportioning the foods to the needs of the family.
3. Shop around to learn where the best buys are. Compare prices of foods with equal food values. Choose less expensive food of equal nutritive value—as for example, bread instead of rolls, cabbage instead of Brussels sprouts.
4. Perishable foods should be purchased only in quantities for immediate consumption. Watch for week-end sales or end-of-the-day bargains in the case of perishable fruits, vegetables and fish.
5. Buy in bulk if storage permits. Large amounts of non-perishable foods cost less per unit. Buying in small quantities is expensive because the grocer must charge more for handling and bookkeeping. Save pennies by buying a peck of potatoes instead of a few pounds. When possible, buy three tins of canned goods for twenty-five cents rather than single cans at ten cents, and butter in pounds instead of quarter pounds. Buy by weight, not a dime's worth or a dollar's worth.



6. Read weights on labels of cans and packages to compare costs. Since packaged foods are often more expensive, buy bulk foods when cheaper. Compare quality as well as weight and price.
7. Buy fruits and vegetables in season. Prices vary in different localities and from season to season. They are usually higher when the supply is scant and lower when it is plentiful. Canned foods are packed during the "harvest" season for each food. Therefore, they can be purchased economically throughout the year. They have approximately the same food value as when fresh-cooked. Dried fruits are usually inexpensive.
8. Buy either brown or white eggs, whichever costs less. Both provide the same nourishment.
9. Buy day-old bread when it costs less. Many homemakers find that making bread is more economical. On the other hand, if the family is fond of hot bread, they may eat more. This will increase the total spent for bread. Crackers may be used occasionally in place of bread if they can be purchased as economically.
10. Use evaporated milk as it pours from the can or mixed with an equal amount of water. It costs less, generally, than other types of whole milk. It keeps perfectly in the sealed can. The milk may be left in the can after opening but should be put in a clean, cool place. Evaporated milk is sterilized by heat. Therefore it is a safe, easily-digested whole milk for general family use as well as for infants.
11. Remember that home-cooked foods cost less than those ready to serve when purchased. Canned soups, prepared cereals and desserts cost more than those made at home. Cole slaw, potato salad, macaroni and cheese, and similar foods are less expensive when prepared at home.
12. After you have shopped so carefully for foods, try to prevent losses in food values during storage and cooking. Fresh vegetables lose food values when stored too long. Some other foods are in danger of spoiling if not kept cold. Valuable minerals and vitamins may be lost if cooking water is thrown away. Foods properly cooked are more attractive, more palatable, and more nourishing.



*For Health...eat some food from each group...every day!*



IN ADDITION TO THE BASIC 7... EAT ANY OTHER FOODS YOU WANT

**AMOUNTS OF THE BASIC 7 TO EAT EACH DAY**

*Adapted from recommendations of Lydia J. Roberts, Ph.D. and Mildred Kemmer  
Department of Home Economics, University of Chicago*

**GROUP I** Green and Yellow Vegetables  
1 or more 1/2 cup servings  
"Greens," twice a week if possible

**GROUP II** Oranges, Tomatoes, Grapefruit or Raw Cabbage or Salad Greens  
1 orange or  
1/2 grapefruit or  
1 cup tomatoes or  
3 or 4 ounces raw cabbage or salad greens  
(1 cup freshly chopped)

**GROUP III** Potatoes and Other Vegetables and Fruits  
1 or more potatoes (cooked in skin) and  
1/2 cup other vegetables and  
1/2 cup other fruit  
(raw, cooked or canned)

**GROUP VII** Butter and Fortified Margarine  
3 tablespoons

**GROUP IV** Milk and Milk Products  
2 cups evaporated milk for children  
1 cup evaporated milk for adults

**GROUP V** Meat, Poultry, Fish, Eggs, Dried Peas and Beans or Nuts  
3 servings  
1 serving meat, poultry or fish and  
1 egg and  
1 serving other protein food as dried beans or peas or nuts or cheese or extra 1/2 cup evaporated milk

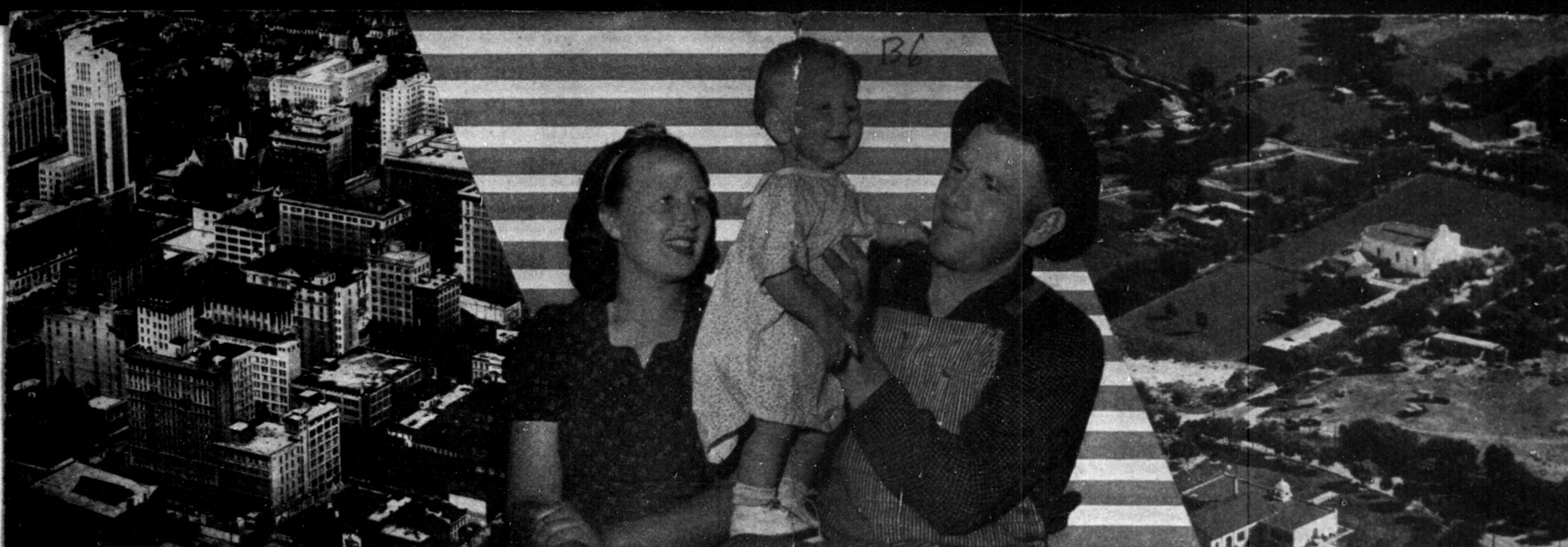
**GROUP VI** Bread, Flour and Cereals  
3 or 4 large servings  
Whole grain, enriched or restored

*For Additional Copies, write to:*

**EVAPORATED MILK ASSOCIATION, 307 North Michigan Avenue, Chicago 1, Illinois**

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# 3 market lists for low-cost meals

BUREAU OF HOME ECONOMICS

UNITED STATES DEPARTMENT OF AGRICULTURE

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## HOW TO USE THESE LISTS:

- 1 On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
- 2 Find the line in the table that describes each person. (For example, if Susan is 14 years old, the foods she needs are on the line "Girls: 13-15 years.")
- 3 Now, beside each name you write down the foods which the table recommends and activity. (Susan, again, would be on low-cost plan A.)
- 4 When all the quantities are filled in, you have your family's market list.
- 5 There you have your family's market list.

# Market list A for low-cost meals

FAMILY MEMBERS	KINDS AND QUANTITIES OF FOOD FOR A WEEK							
	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegetables and fruit <sup>3</sup>	Eggs	Meat, poultry, fish <sup>4</sup>
	Qt.	Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.	No.	Lb. oz.
<b>Children:</b>								
9-12 months.....	7	0-8		2-0	1-8	0-8	5	0-2
1-3 years.....	5½	1-8		1-8	1-4	1-0	5	0-4
4-6 years.....	5	2-8	0-2	1-8	1-8	1-8	5	0-6
7-9 years.....	5	3-0	0-4	1-8	1-12	1-8	5	0-12
10-12 years.....	6	3-8	0-6	1-8	2-0	2-0	4	1-8
<b>Girls:</b>								
13-15 years.....	6	4-0	0-8	1-8	2-8	2-0	5	1-12
16-20 years.....	6	3-8	0-8	1-8	2-8	2-0	5	1-12
<b>Women:</b>								
Moderately active.....	4½	4-0	0-8	1-8	2-0	2-0	4	1-8
Very active.....	4½	5-0	0-12	1-8	2-4	2-0	3	2-0
Sedentary.....	4½	4-0	0-4	1-8	2-0	2-0	4	1-8
Pregnant.....	7½	3-0	0-6	2-0	3-0	2-0	6	1-12
Nursing.....	10½	5-0	0-4	3-8	3-0	3-0	4	1-8
<b>Boys:</b>								
13-15 years.....	6½	5-8	0-8	2-0	2-8	2-8	4	1-12
16-20 years.....	6	7-0	0-12	2-0	2-8	2-8	3	1-12
<b>Men:</b>								
Moderately active.....	4½	5-0	0-12	1-8	2-4	2-0	3	2-0
Very active.....	4½	7-8	1-0	1-8	2-8	2-0	3	2-8
Sedentary.....	4½	4-0	0-8	1-8	2-0	2-0	3	1-8
.....								
.....								
.....								
.....								
<b>TOTAL.....</b>								

<sup>1</sup>Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of butter, or 17 ounces of evaporated milk are about equivalent to 1 quart of fluid whole milk.

<sup>2</sup>Suc



S :

Now, beside each name you write down, fill in the quantities of foods which the table recommends for a person of that sex, age, and activity. (Susan, again, would need 6 quarts of milk on the low-cost plan A.)

When all the quantities are filled in, add up each column.

There you have your family's marketing list for a week.

**For a family planning to produce** the whole more of various kinds of food needed throughout the quantities that the family needs for a week something extra (from one-fourth to one-half) margin of safety.

**How much it will cost** to follow any diet plan depends on family size, the general level of food prices, within various food groups, and the skill and who buys the food and prepares it.

# meals

## REMEMBER

1 pound = 16 ounces • 1 pint = 16 ounces • 1 quart = 2 pints • 1 pint = 2 cups

QUANTITIES OF FOOD FOR A WEEK

Other vegetables and fruit <sup>3</sup>		Eggs	Meat, poultry, fish <sup>4</sup>		Flour, cereals <sup>5</sup>		Fats and oils <sup>6</sup>		Sugars, sirups, preserves	
Lb.	oz.	No.	Lb.	oz.	Lb.	oz.	Lb.	oz.	Lb.	oz.
0-8		5	0-2		0-8		0-1		0-1	
1-0		5	0-4		1-0		0-4		0-3	
1-8		5	0-6		2-0		0-6		0-8	
1-8		5	0-12		2-8		0-12		0-10	
2-0		4	1-8		3-4		0-14		0-12	
2-0		5	1-12		3-8		1-0		1-0	
2-0		5	1-12		2-12		0-12		0-12	
2-0		4	1-8		3-8		0-13		1-0	
2-0		3	2-0		4-4		1-0		1-4	
2-0		4	1-8		2-8		0-12		0-11	
2-0		6	1-12		2-12		0-12		0-12	
3-0		4	1-8		2-12		0-15		1-0	
2-8		4	1-12		4-8		1-2		1-0	
2-8		3	1-12		6-0		1-5		1-4	
2-0		3	2-0		4-4		1-0		1-4	
2-0		3	2-8		8-4		1-6		1-12	
2-0		3	1-8		3-8		0-13		1-0	

FAMILY MEMBERS		Milk <sup>1</sup>	Potatoes, sweetpotatoes
		Qt.	Lb. oz.
<b>Children:</b>			
9-12 months.....		7	0-8
1-3 years.....		5	1-0
4-6 years.....		5	1-8
7-9 years.....		5	1-8
10-12 years.....		5	1-8
<b>Girls:</b>			
13-15 years.....		5	2-0
16-20 years.....		5	2-0
<b>Women:</b>			
Moderately active.....		4½	2-0
Very active.....		4½	3-0
Sedentary.....		4½	2-0
Pregnant.....		7	2-0
Nursing.....		9	2-8
<b>Boys:</b>			
13-15 years.....		5	2-8
16-20 years.....		6	3-0
<b>Men:</b>			
Moderately active.....		4½	3-0
Very active.....		4½	4-0
Sedentary.....		4½	2-0
<b>TOTAL.....</b>			

<sup>1</sup> 1 quart of whole milk, or 1 quart of skim milk and 1½ ounces of butter, or 3½ ounces of dry skim milk.  
<sup>2</sup> Such as green cabbage, kale, snap beans, carrots.

<sup>3</sup> Such as apples, bananas, peaches, onions, corn, celery.  
<sup>4</sup> Exclude bacon and salt side.



**For a family planning to produce** the whole amount of any one or more of various kinds of food needed throughout the year: Multiply the quantities that the family needs for a week by 52. Then add something extra (from one-fourth to one-half) for guests and for a margin of safety.

**How much it will cost** to follow any diet plan depends on four things—family size, the general level of food prices, the food choice made within various food groups, and the skill and thrift of the person who buys the food and prepares it.

**For a family that must buy** all of three low-cost diet plans would (price levels)—

From \$6 to \$7 for a  
From \$9 to \$11 for  
From \$15 to \$18 for

**Families producing a considerable amount** usually can have more liberal diets.

**REMEMBER**

16 ounces • 1 quart = 2 pints • 1 pint = 2 cups

**Market list B for low-cost diet plans**

FAMILY MEMBERS	KINDS AND QUANTITIES OF FOOD FOR A WEEK							
	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegetables and fruit <sup>3</sup>	Eggs	Meat, poultry, fish <sup>4</sup>
	Qt.	Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.	No.	Lb.
<b>Children:</b>								
9-12 months.....	7	0-8		2-0	1-8	0-8	5	0-
1-3 years.....	5	1-0		1-8	1-8	1-0	5	0-
4-6 years.....	5	1-8	0-2	1-8	2-0	1-8	5	0-
7-9 years.....	5	1-8	0-4	1-8	2-8	2-0	5	0-1
10-12 years.....	5	1-8	0-6	1-8	3-0	2-8	4	1-
<b>Girls:</b>								
13-15 years.....	5	2-0	0-8	1-8	3-8	2-8	4	1-
16-20 years.....	5	2-0	0-6	1-8	4-0	3-0	4	1-
<b>Women:</b>								
Moderately active.....	4½	2-0	0-8	1-8	3-0	3-0	3	1-
Very active.....	4½	3-0	0-12	1-8	3-8	3-0	3	2-
Sedentary.....	4½	2-0	0-4	1-8	3-0	3-0	3	1-
Pregnant.....	7	2-0	0-4	1-8	3-8	3-8	4	1-
Nursing.....	9	2-8	0-4	3-0	4-0	4-0	4	1-
<b>Boys:</b>								
13-15 years.....	5	2-8	0-8	1-8	4-0	3-8	3	1-
16-20 years.....	6	3-0	0-12	1-8	4-0	3-8	3	1-
<b>Men:</b>								
Moderately active.....	4½	3-0	0-12	1-8	3-8	3-0	3	2-
Very active.....	4½	4-0	1-0	1-8	4-0	3-0	3	2-
Sedentary.....	4½	2-0	0-8	1-8	3-0	3-0	3	1-
<b>TOTAL</b> .....								

<sup>1</sup> Such as apples, bananas, peaches, onions, corn, celery.  
<sup>2</sup> Exclude bacon and salt side.

<sup>3</sup> Count 1½ pounds of bread as 1 pound of flour. Use chiefly whole-grain or enriched products.

<sup>4</sup> In



**For a family that must buy all of its food:** To follow any one of the three low-cost diet plans would probably cost (at June 1942 food price levels)—

- From \$6 to \$7 for a family of two.
- From \$9 to \$11 for a family of four.
- From \$15 to \$18 for a family of seven.

**Families producing a considerable share** of their food at home usually can have more liberal diets than these plans suggest.

# Market list B for low-cost meals

KINDS AND QUANTITIES OF FOOD FOR A WEEK

oz.	Tomatoes, citrus fruit		Leafy, green, or yellow vegetables <sup>2</sup>		Other vegetables and fruit <sup>3</sup>		Eggs	Meat, poultry, fish <sup>4</sup>		Flour, cereals <sup>5</sup>		Fats and oils <sup>6</sup>		Sugars, sirups, preserves	
	Lb.	oz.	Lb.	oz.	Lb.	oz.	No.	Lb.	oz.	Lb.	oz.	Lb.	oz.	Lb.	oz.
	2-0		1-8		0-8		5	0-2		0-8		0-1		0-1	
	1-8		1-8		1-0		5	0-4		1-8		0-5		0-3	
2	1-8		2-0		1-8		5	0-6		2-4		0-6		0-8	
4	1-8		2-8		2-0		5	0-12		2-8		0-12		0-11	
6	1-8		3-0		2-8		4	1-8		4-0		0-13		0-12	
8	1-8		3-8		2-8		4	1-8		4-8		0-15		0-14	
6	1-8		4-0		3-0		4	1-8		3-4		0-14		0-12	
8	1-8		3-0		3-0		3	1-8		3-8		0-14		1-0	
12	1-8		3-8		3-0		3	2-0		5-0		0-14		1-0	
4	1-8		3-0		3-0		3	1-8		2-12		0-11		0-12	
4	1-8		3-8		3-8		4	1-8		3-0		0-14		0-14	
4	3-0		4-0		4-0		4	1-8		3-8		0-15		1-0	
8	1-8		4-0		3-8		3	1-8		5-8		1-2		1-0	
12	1-8		4-0		3-8		3	1-8		6-8		1-5		1-4	
12	1-8		3-8		3-0		3	2-0		5-0		0-14		1-0	
0	1-8		4-0		3-0		3	2-8		9-0		1-6		1-12	
8	1-8		3-0		3-0		3	1-8		3-8		0-14		1-0	

Count 1½ pounds of bread as 1 pound of flour. Use chiefly whole-grain or enriched products.

<sup>6</sup> Include bacon and salt side.



**New diet guides** announced at the 1941 National Nutrition Conference for Defense show our needs for calories, protein, minerals, and vitamins. Meals providing them can be prepared from many different assortments of food. Plan A includes more potatoes, dairy products, and somewhat more meat than either plan B or plan C. Plan B includes more grain products and leafy, green, and yellow vegetables than plans A or C. Plan C includes more dry beans, fat, and eggs than plans A or B. Which of these three low-cost diet plans a family chooses to follow will depend on the kinds of foods preferred.

**Whether a family will choose** to follow a diet will depend upon income, how much and the importance that the family attaches to spend more for their meals than low-cost. To follow moderate-cost or liberal diet plan, flavor as well as somewhat higher nutrition can be obtained by writing to the Bureau of Nutrition, Department of Agriculture, Washington.

# Market list C for low-cost meals

FAMILY MEMBERS	KINDS AND QUANTITIES OF FOOD FOR A WEEK							
	Milk <sup>1</sup>	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegetables and fruit <sup>3</sup>	Eggs	Meat, poultry, fish <sup>4</sup>
	Qt.	Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.	No.	Lb. oz.
<b>Children:</b>								
9-12 months	7	0-8		2-0	1-8	0-8	5	0-2
1-3 years	5	0-12		1-8	1-0	1-8	6	0-3
4-6 years	4½	0-12	0-4	1-8	1-4	2-12	6	0-4
7-9 years	4½	1-0	0-8	1-8	1-6	2-12	6	0-10
10-12 years	4½	1-2	0-12	1-8	1-8	3-4	5	1-4
<b>Girls:</b>								
13-15 years	5	1-4	1-0	1-8	2-0	3-4	6	1-6
16-20 years	5	1-4	1-0	1-8	2-0	3-4	6	1-6
<b>Women:</b>								
Moderately active	3½	1-4	1-0	1-8	1-8	3-4	5	1-4
Very active	3½	1-8	1-8	1-8	2-0	3-4	4	2-0
Sedentary	3½	1-4	0-10	1-8	1-8	3-4	5	1-4
Pregnant	7	1-0	0-12	2-0	2-8	3-4	7	1-4
Nursing	9	1-8	0-10	3-8	2-8	5-4	5	1-4
<b>Boys:</b>								
13-15 years	5	1-12	1-0	2-0	2-0	4-4	5	1-6
16-20 years	4½	2-4	1-8	2-0	2-0	4-4	4	1-6
<b>Men:</b>								
Moderately active	3½	1-8	1-8	1-8	2-0	3-4	4	2-0
Very active	3½	2-4	2-0	1-8	2-0	3-4	4	2-8
Sedentary	3½	1-4	1-0	1-8	1-8	3-4	4	1-4
<b>TOTAL</b>								

<sup>1</sup> Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart of skim milk and 1½ ounces of butter, or 3½ ounces of dry skim milk and 1½ ounces of butter, or 17 ounces of evaporated

milk are about equivalent to 1 quart of fluid whole milk.

<sup>2</sup> Such as green cabbage, kale, snap beans, carrots.

<sup>3</sup> Such as apples, bananas, peaches, onions, corn, celery.

<sup>4</sup> Exclude bacon and salt side.

<sup>5</sup> Count 1½ pound whole-grain or enriched

<sup>6</sup> Include bacon and



1941 National Nutrition Conference for protein, minerals, and vitamins. Meals from many different assortments of food. Dairy products, and somewhat more meat. Plan B includes more grain products and leafy, plans A or C. Plan C includes more dry or B. Which of these three low-cost diet depend on the kinds of foods preferred.

**Whether a family will choose** to follow a low-cost or a more expensive type of diet will depend upon income, how many persons the income must support, and the importance that the family attaches to food. Those who can afford to spend more for their meals than low-cost diets require probably will wish to follow moderate-cost or liberal diet plans. These provide more variety and flavor as well as somewhat higher nutritive value. Guides for such diets may be obtained by writing to the Bureau of Home Economics, United States Department of Agriculture, Washington, D. C.

# C for low-cost meals

KINDS AND QUANTITIES OF FOOD FOR A WEEK

Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, or yellow vegetables <sup>2</sup>	Other vegetables and fruit <sup>3</sup>	Eggs	Meat, poultry, fish <sup>4</sup>	Flour, cereals <sup>5</sup>	Fats and oils <sup>6</sup>	Sugars, sirups, preserves
Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.	No.	Lb. oz.	Lb. oz.	Lb. oz.	Lb. oz.
0-8		2-0	1-8	0-8	5	0-2	0-8	0-1	0-1
0-12		1-8	1-0	1-8	6	0-3	1-8	0-4	0-3
0-12	0-4	1-8	1-4	2-12	6	0-4	2-4	0-8	0-6
1-0	0-8	1-8	1-6	2-12	6	0-10	2-8	0-14	0-8
1-2	0-12	1-8	1-8	3-4	5	1-4	3-4	1-0	0-10
1-4	1-0	1-8	2-0	3-4	6	1-6	3-8	1-2	0-12
1-4	1-0	1-8	2-0	3-4	6	1-6	2-12	0-14	0-10
1-4	1-0	1-8	1-8	3-4	5	1-4	3-8	1-0	0-12
1-8	1-8	1-8	2-0	3-4	4	2-0	4-8	1-2	1-0
1-4	0-10	1-8	1-8	3-4	5	1-4	2-12	0-14	0-10
1-0	0-12	2-0	2-8	3-4	7	1-4	2-12	0-14	0-10
1-8	0-10	3-8	2-8	5-4	5	1-4	3-4	0-15	0-12
1-12	1-0	2-0	2-0	4-4	5	1-6	4-12	1-6	0-12
2-4	1-8	2-0	2-0	4-4	4	1-6	6-4	1-8	1-0
1-8	1-8	1-8	2-0	3-4	4	2-0	4-8	1-2	1-0
2-4	2-0	1-8	2-0	3-4	4	2-8	8-8	1-12	1-6
1-4	1-0	1-8	1-8	3-4	4	1-4	3-8	1-0	0-12

1. Milk, or dry milk. 2. Such as green cabbage, kale, snap beans, carrots. 3. Such as apples, bananas, peaches, onions, corn, celery. 4. Exclude bacon and salt side. 5. Count 1 1/2 pounds of bread as 1 pound of flour. Use chiefly whole-grain or enriched products. 6. Include bacon and salt side.



HL  
B6

# DAILY FOOD GUIDE

*For Health...* eat some food from each group...every day!



**IN ADDITION TO THE BASIC 7...  
EAT ANY OTHER FOODS YOU WANT**

STATE OF ILLINOIS  
 DWIGHT H. GREEN, Governor  
 DEPARTMENT OF PUBLIC HEALTH  
 ROLAND R. CROSS, M.D., Director  
 SPRINGFIELD  
 Educational Health Circular No. 218



**DAILY FOOD GUIDE****Green and Yellow Vegetables**

1 or more  $\frac{1}{2}$  cup servings  
Greens twice a week if possible

**Oranges, Tomatoes, Grapefruit or Raw Cabbage or Salad Greens**

1 orange or  $\frac{1}{2}$  grapefruit, or  
1 cup tomatoes, or  
3 to 4 ounces cabbage or salad greens (1 cup freshly chopped)

**Potatoes and Other Vegetables and Fruits**

1 or more potatoes (cooked in the skins) and  
 $\frac{1}{2}$  cup serving of other vegetables, and  
 $\frac{1}{2}$  cup serving of fruit (raw, cooked or canned)

**Milk and Milk Products**

1 quart milk (or 2 cups evaporated milk) for each child  
1 pint milk or 1 cup evaporated milk for each adult  
1 quart, or more, milk or 2 cups, or more, evaporated milk for each pregnant and nursing mother

**Meat, Poultry, Fish or Eggs or Dried Beans, Peas, Nuts, or Peanut Butter**

1 serving meat, poultry or fish, and  
1 egg (at least 3 to 5 each week)  
1 serving other protein food as:  
dried peas or beans or nuts or cheese, or  
1 extra cup milk or  $\frac{1}{2}$  cup evaporated milk

**Bread, Flour, and Cereals**

3 to 4 large servings cereals and breads (whole grain, enriched, or restored)

**Butter and Fortified Margarine**

3 tablespoons butter or fortified margarine (vitamin A added)





B5



What  
about  
your **FOOD?**



**CHECK THE FOOD YOU EAT**  
 - One day each week - - -

Milk - 1 quart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green or yellow vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oranges, tomatoes or their "kin" foods 2 servings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other vegetables and fruit 2 servings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lean meat or a meat alternate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An egg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole grain or enriched bread and cereal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cod liver oil or other sources of Vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**YOUR FOOD SCORE FOR THIS MONTH IS ~**

Excellent	<input type="checkbox"/>	Fair	<input type="checkbox"/>
Good	<input type="checkbox"/>	Poor	<input type="checkbox"/>

**TO THE EXPECTANT**

**TO GET ENOUGH OF THE RIGHT KINDS OF FOOD YOU AND YOUR BABY - EVERY DAY**  
*include*

- MILK (one Quart)** - sweetened condensed milk to drink and in cooked foods
- GREEN & YELLOW VEGETABLES** - at least two servings. Use green leafy vegetables each week.
- ORANGES-TOMATOES**, grapefruit, or melons - two servings
- OTHER VEGETABLES** (including potatoes) - more servings
- LEAN MEAT**, fish, poultry, or eggs - large serving
- EGGS** - one or more
- WHOLE GRAIN OR ENRICHED BREAD AND CEREAL** - use enriched white flour and whole grain flour
- COD LIVER OIL** or other sources of Vitamin D

**EAT ENOUGH OF THE RIGHT KINDS OF FOOD THROUGHOUT PREGNANCY.**

} *for* **BETTER**  
**BETTER**



EAT

# TO THE EXPECTANT MOTHER

TO GET ENOUGH OF THE RIGHT KINDS OF FOOD FOR YOU AND YOUR BABY - *EVERY DAY* IN YOUR MEALS *include*

**MILK (one Quart)** - sweet milk, buttermilk, evaporated milk, to drink and in cooked foods.

**GREEN & YELLOW VEGETABLES** - at least one, preferably two servings. Use greens at least three or four times each week.

**ORANGES-TOMATOES**, grapefruit, raw cabbage, raw turnips or melons - two servings

**OTHER VEGETABLES (including Potatoes) & FRUIT** - two or more servings

**LEAN MEAT**, fish, poultry, dried beans or peas - at least one large serving

**EGGS** - one or more

**WHOLE GRAIN** OR ENRICHED FLOUR, BREAD, CEREAL use enriched white flour and home ground meal

**COD LIVER OIL** or other sources of Vitamin D

EAT ENOUGH OF THE RIGHT KINDS OF FOOD THROUGHOUT-PREGNANCY..

*for*

**BETTER HEALTH** for you now and after the baby arrives.

**BETTER HEALTH** for your baby both at birth and after.



**YOUR PHYSICIAN OR  
PUBLIC HEALTH NURSE  
WILL ADVISE WITH  
YOU . . . .**



**BRING THIS WITH YOU FOR  
YOUR NEXT APPOINTMENT**

**ON** \_\_\_\_\_

**AT** \_\_\_\_\_ **O'CLOCK**

**DATE** \_\_\_\_\_

**PLACE** \_\_\_\_\_

\_\_\_\_\_  
**M. D.**

- (1) See your physician as soon as you think you are pregnant—not later than the third month.
- (2) Have blood tests for anemia and syphilis early in pregnancy.
- (3) Have a chest x-ray for tuberculosis early in pregnancy.
- (4) See your dentist early in pregnancy—repeat visits as he advises.
- (5) Spend at least two hours a day in the open air and sunshine.
- (6) Light work and exercise during pregnancy are good for you.
- 1 A. (7) Drink 6 to 8 glasses of fluids—  
1 Coff water, milk, and fruit juices—a  
2 Tea day.  
2 Milk
- (8) Get eight hours sleep at night and rest at least one hour in bed during the day.
- (9) Wear comfortable clothing and low-heeled shoes.

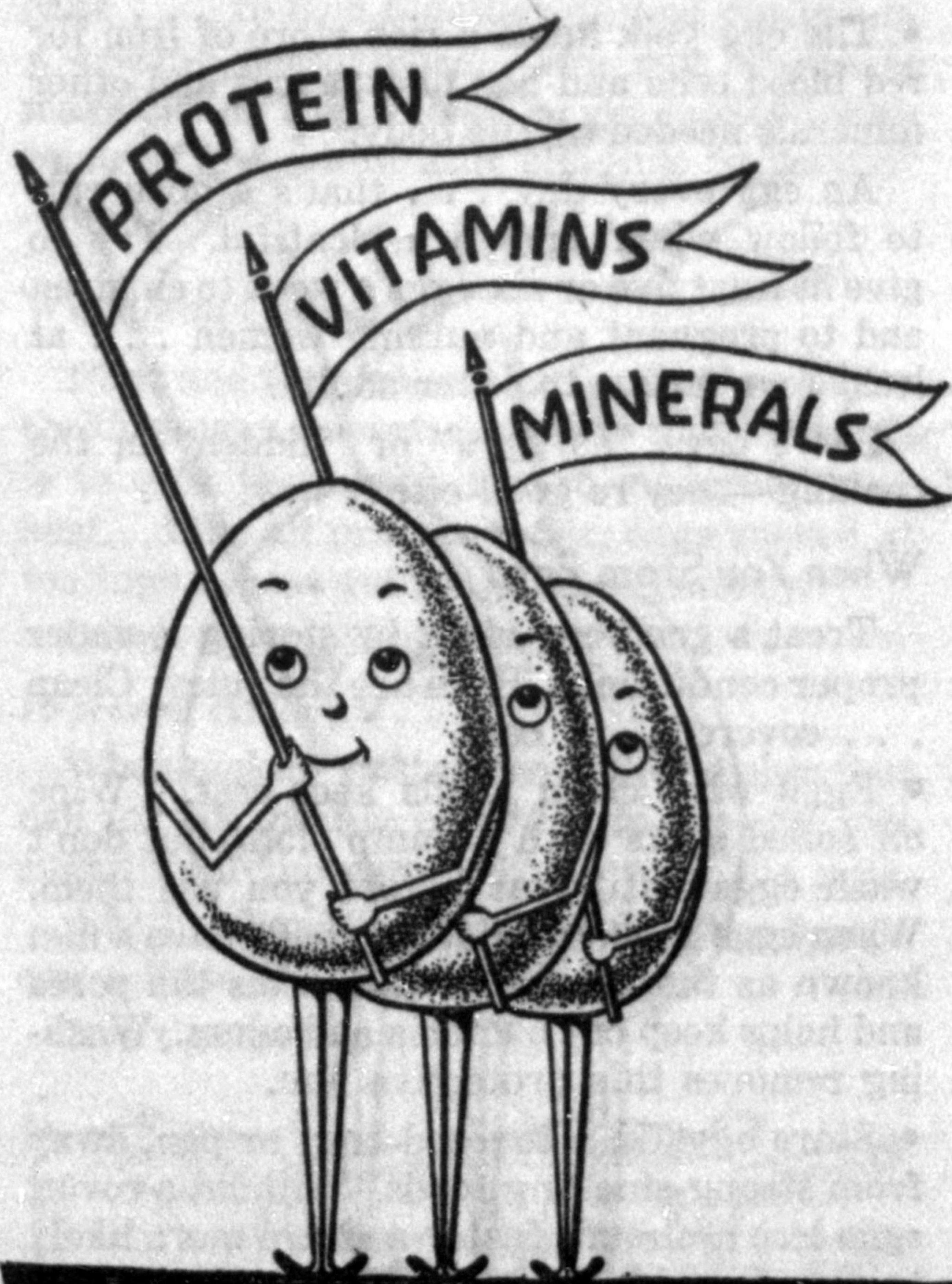
**MISSISSIPPI STATE  
BOARD OF HEALTH**

**FELIX J. UNDERWOOD, M. D.**  
*Executive Officer*  
**JACKSON, MISS.**



B6

# EGG dishes for any meal



U.S. DEPARTMENT OF AGRICULTURE

AWI-89





### Protein . . . Vitamins . . . Minerals

No wonder we say "a good egg." Eggs have—

- Protein in the top class with foods like meat and milk for building and repairing body tissues.
- Two of the B vitamins—thiamine and riboflavin—plus vitamins A and D, to help protect health.
- The egg yolk holds a rich store of iron for red blood cells and has phosphorus and other minerals needed by the body.

An egg every day . . . that's a good rule to follow when eggs are plentiful. Try to give at least five or six eggs a week to children and to pregnant and nursing women . . . at least four or five to other adults.

Serve eggs "as eggs" or "hidden" in the cooking—they're good either way.

### When You Store Eggs

Treat a good egg right by storing it under proper conditions. Here are the rules: Clean . . . covered . . . cold.

- Eggs with clean shells keep best. Wipe off soiled spots with a damp cloth, but don't wash eggs until just before you use them. When eggs are first laid, the shells have a film known as the "bloom" which seals the pores and helps keep out bacteria and odors. Washing removes this protective film.
- Store eggs in a covered bowl or pan, away from strong-smelling foods. Without a cover, eggs lose moisture faster and are more likely to absorb odors.

This pamphlet supersedes Unnum. Publ. Egg Dishes at Low Cost.

- Keep eggs in the refrigerator or other cold place. Stored at room temperature, eggs may lose as much in quality in 3 days as those kept 2 weeks in a good refrigerator.
- If any of the eggs have cracked shells, use them first.
- To keep leftover egg yolks or separated whites until they can be used, place yolks in a dish or cup and add just enough cold water to cover. Put egg whites in a jar or dish and cover tightly. Be sure to keep them cold.

### Use Eggs Many Ways

"The egg is the cement that holds the castles of cookery together," once said a famous chef. You may use eggs to thicken a custard or sauce . . . to leaven, or lighten, a souffle or cake . . . to hold together oil and vinegar in a creamy mayonnaise. Use egg whites to make cloudy soups clear, or an eggshell with some of the white still clinging to "settle" muddy coffee.

### When You Cook Eggs

First and fundamental rule whether you're cooking eggs in water, frying pan, or oven, is to cook them with low to moderate, even heat. Like all protein foods, eggs cooked at too high a heat get tough and leathery.

Other egg-cooking rules:

#### To prevent curdling . . .

When making custards or other dishes that call for hot milk to be added to the egg, mix sugar with the egg and not with the milk.

Add hot liquids or mixtures to the beaten egg a little at a time.

Don't overcook.





**To beat egg whites . . .**

Let whites stand a while . . . they whip up best when they're as warm as room temperature.

For a larger foam, add a pinch of salt before beating.

**To combine beaten egg whites with other mixtures . . .**

Fold—don't stir—using a light under-and-over motion. And for omelets and souffles fold the heavy mixture into the beaten egg white—not the whites into the other mixture.

Don't overmix or you'll lose some of the air you've beaten into the egg whites.

**To make a meringue . . .**

Beat egg whites and salt until the foam forms soft, moist peaks. Add sugar, 1 tablespoon at a time—allowing 2 tablespoons sugar for each egg white—and beat thoroughly each time to dissolve sugar. After all the sugar has been added, beat until meringue piles well.

For a whiter meringue that cuts well and is flavorful, add lemon juice before beating.

When you top a pie with meringue, be sure to cool pie filling first . . . this helps prevent wateriness.

To help prevent shrinking, spread meringue to edges of pastry so it has something to cling to during baking.

Bake meringue in moderate oven (325° F.) 15 to 20 minutes.

**Egg Recipes to Fit Your Supply**

With the recipes in this pamphlet you can make your favorite dishes whether eggs are scarce or plentiful.

The smaller number of eggs called for in a recipe will give you a good, tasty dish. But when you have an abundance and can use the larger number of eggs, you will get more food value. And some egg dishes, such as custards and puddings, will be smoother and richer.

Recipes in this folder are for 6 servings.

**EGGS AS YOU LIKE THEM****Eggs in the Shell**

Cover eggs completely with cold water and bring gradually to simmering (just below boiling). Do not let the water boil.

**For soft-cooked eggs.**—Simmer 3 to 5 minutes. Break hot into cup for serving; season.

Another way to soft-cook eggs is to bring water to boiling, put the eggs in carefully, and take the pan off the stove at once. Cover pan to hold steam, and let the eggs cook in the hot water 5 to 8 minutes.

**For hard-cooked eggs.**—Simmer 25 to 30 minutes. Serve hot in the shell. Or plunge eggs into cold water and remove the shells.

**Fried Eggs**

Break eggs into a saucer and slip into a frying pan containing melted fat. Cook over low heat until the whites are firm. To cook over the top, dip the hot fat over the eggs . . . or cover tightly with a lid . . . or flip the eggs over after they've begun to "set." Sprinkle with salt and pepper and serve at once.

**Poached Eggs**

Break eggs into a saucer and slip into gently boiling, salted water—enough to cover the eggs—in a shallow pan. Bring to simmering, remove from heat, and cover. Let stand about 5 minutes, or until eggs are as firm as you want them. Remove eggs carefully and serve on toast. Add salt and pepper to taste, and if you like pour a little fat over them.

Or serve poached eggs on a bed of seasoned, cooked rice or spinach or other greens.

**Baked Eggs**

Break the eggs into a shallow greased baking dish; add 1 tablespoon of milk for each egg and dot with fat. Season with salt and pepper. Cover and bake in a moderate oven (325° F.) 20 to 25 minutes, or until as firm as desired.

*For variety,* omit the milk and sprinkle the eggs with fine, dry bread crumbs. Bake uncovered until eggs are set and crumbs are lightly browned. If desired, mix grated cheese with the crumbs.



**Scrambled Eggs**

For each egg, use 1 tablespoon of milk, and beat them together slightly. Season with salt and pepper. Pour the mixture into a frying pan containing melted fat, and stir constantly over low heat until it thickens. Serve at once.

Or, if preferred, cook the eggs in a double boiler or pan over hot water. Melt a little fat in the pan, pour in the egg mixture, and stir constantly until thickened.

For a "different" flavor or to space out eggs when they're scarce try scrambled eggs—

**With bread crumbs.**—Use 4 eggs, beat slightly with 4 tablespoons milk, season with salt and pepper. Brown 1 cup soft bread crumbs in a little fat in a frying pan. Pour the egg mixture over the crumbs and cook over low heat, stirring constantly, until eggs are thickened. For added flavor, stir chopped onion or green pepper into the egg mixture before cooking.

Or try scrambled eggs with cooked rice, noodles, or cereal in place of the bread crumbs.

**With tomatoes.**—Beat 4 eggs and add 1 cup cooked tomatoes. Season with salt and pepper. Cook as you would plain scrambled eggs. Serve on toast.

**Creamed Eggs**

1/4 cup flour  
1/4 cup fat, melted  
2 cups milk

6 hard-cooked eggs,  
quartered  
Salt and pepper

Blend flour thoroughly with melted fat. Add milk and cook over low heat, stirring constantly until thickened. Add eggs to sauce, season, heat, and serve on toast.

If desired, add to the fat 2 teaspoons Worcestershire sauce or grated onion, or 1/4 to 1/2 teaspoon curry powder.

**With fish, poultry, meat.**—Make a thin white sauce by reducing the fat and flour in the above recipe to 2 tablespoons each. Use fewer eggs, if desired, and add 1 to 2 cups flaked cooked fish, chopped cooked meat or poultry.

**As an egg sauce for fish.**—Add 3 finely chopped hard-cooked eggs to the thin white sauce, and serve hot over fried or baked fish.

• 6 •

**OMELETS****FLAT . . .****OMELETS****FLUFFY**

Flat omelets . . . fluffy omelets—whichever you like—the ingredients are the same: One or two eggs for each person, 1 tablespoon of milk for each egg, and salt and pepper to taste. To make omelets fluffy, beat the egg yolks and whites separately. For a flat omelet, beat all ingredients together.

**Plain Omelet**

Beat the eggs slightly with 1 tablespoon milk for each egg, season with salt and pepper. Pour into a frying pan containing melted fat and cook over low heat. Lift the egg mixture with a knife, to let the uncooked part run underneath until the omelet is cooked through. Brown lightly on the bottom, fold or roll the omelet, and turn onto a hot platter.

**Fluffy Omelet**

Separate the eggs and beat the yolks thoroughly. Add 1 tablespoon milk for each egg. Beat together the

egg whites and a little salt until stiff but not dry. Gradually fold in the egg-yolk mixture. Pour into a frying pan containing melted fat. Cook over low heat until the omelet is lightly browned on the bottom. Cover and cook until set.

Or when it is lightly browned on the bottom, finish cooking the omelet by baking in a moderate oven (350° F.) 10 to 15 minutes, or until browned on top.

Crease through the center, fold over, and roll the omelet onto a hot platter.

**Many Ways to Serve**

- Dress up an omelet with a mushroom sauce, tomato, cheese, or Spanish sauce, or top with creamed vegetables or meat.
- For a sweet omelet, add jelly or citrus marmalade just before rolling the omelet.
- For a tomato omelet, use tomatoes instead of milk for the liquid.

• 7 •



• Add potatoes or rice to omelet—this makes a tasty dish and is a good way to space out eggs if they're scarce. Add 1½ cups mashed potatoes or cooked rice to the egg mixture before cooking. Be sure to beat the potatoes until they are light and smooth before adding them. For fluffy omelet add the potatoes or rice to egg-yolk mixture before folding into beaten egg whites.

• Add to the egg mixture before it is cooked or sprinkle over the top of the cooked omelet just before folding about 1 cup chopped cooked meat or leftover cooked vegetables, a little grated cheese, or chopped parsley. If you're adding them to a fluffy omelet before cooking, be sure to mix them with the egg-yolk mixture before folding into beaten whites.

### EGGS WITH VEGETABLES

#### Egg and Potato Scallop

2 tablespoons fat, melted	Pepper
2 tablespoons flour	6 medium-sized cooked potatoes, sliced
2 cups milk	4 to 6 hard-cooked eggs, sliced
1 tablespoon minced parsley or water cress, if available	1 cup soft bread crumbs
½ teaspoon salt	

Blend melted fat and flour thoroughly. Add the milk. Cook over low heat, stirring constantly, until thickened. Add the parsley or water cress, salt, and pepper. Place alternate layers of potatoes and eggs in a greased baking dish and pour the white sauce over the top. Sprinkle with the bread crumbs. Bake in a moderately hot oven (375° F.) 15 to 20 minutes or until the crumbs are browned.

For variety, use cooked peas or sliced green beans in place of the potatoes.

#### Egg Vegetable Cutlets

3 or 4 eggs, beaten	1 tablespoon chopped onion
3 cups mixed cooked vegetables	1 teaspoon salt
¾ cup uncooked oatmeal	Pepper
	2 tablespoons fat

To the beaten eggs, add the vegetables, oatmeal, onion, salt, and pepper. Melt the fat in a frying pan and drop in the vegetable mixture by spoonfuls. Brown on both sides. Makes 12.

#### Shirred Eggs on Spinach

Place 2 cups hot cooked spinach in a greased baking dish. Season with salt and pepper and a little fat. For added flavor stir in a little chopped, cooked bacon. Drop eggs on top, sprinkle with bread crumbs and bake in a moderate oven (350° F.) 20 to 25 minutes or until eggs are firm and the crumbs browned. Serve at once.

If desired, sprinkle grated cheese over the crumbs for the last 10 minutes of baking.

#### Corn Pudding

2 or 3 eggs	2 cups milk
1 cup soft bread crumbs (omit when using 3 eggs)	2 cups drained whole-kernel corn (or dried corn, soaked and cooked)
2 tablespoons melted fat	Salt and pepper

Beat eggs, add bread crumbs, fat, milk, and corn. Season with salt and pepper. Pour into a greased baking dish, set in a pan of hot water, and bake in a moderate oven (350° F.) 50 to 60 minutes or until set. Serve at once.

With cream-style corn.—Use 1 egg, 1 cup soft bread crumbs (or 2 eggs and omit the crumbs), 2½ cups cream-style corn, ½ cup milk, 1 teaspoon sugar, 1 teaspoon salt, and pepper to taste. Omit the fat, if desired.

#### Vegetable Souffle

1 tablespoon minced onion	¼ cup milk
1 tablespoon finely chopped green pepper	3 or 4 eggs, separated
2 tablespoons finely chopped celery	1 cup diced cooked vegetables
2 tablespoons fat, melted	¼ cup fine dry bread crumbs
2 tablespoons flour	¾ teaspoon salt
	Pepper

Brown the onion, green pepper, and celery lightly in the melted fat. Blend in the flour and add the milk. Cook over low heat, stirring constantly, until thickened. Beat egg yolks. Add the sauce, then the vegetables, crumbs, salt, and pepper. Beat egg whites until stiff but not dry; fold in the vegetable mixture. Pour into a greased baking dish and bake in a moderate oven (325° F.) 50 to 60 minutes or until set. Serve with tomato, cheese, or mushroom sauce if desired.

For cheese souffle.—Omit vegetables and bread crumbs and add 1 cup grated cheese.



### EGGS WITH CEREALS FOR A MAIN DISH

#### Egg Croquettes

1 tablespoon minced onion	4 to 6 hard-cooked eggs, chopped
¼ cup minced celery, if available	1 tablespoon minced parsley, if available
3 tablespoons fat, melted	Salt and pepper
6 tablespoons flour	¼ teaspoon poultry seasoning or thyme
1½ cups milk	Fine, dry bread crumbs
2 cups cooked macaroni (about ½-inch pieces)	

Cook the onion and celery in the melted fat until lightly browned. Blend in the flour. Add the milk and cook over low heat, stirring constantly, until thickened. Stir in the macaroni, eggs, parsley, and seasonings; then spread evenly in a shallow pan. When thoroughly chilled, shape into croquettes and roll in bread crumbs. Cook in a little fat in a frying pan until brown on all sides.

Or place on a greased baking sheet and bake in a moderately hot oven (375° F.) for 30 minutes. Turn the croquettes until brown on all sides. Recipe makes 12 croquettes.

#### Eggaroni

2 tablespoons fat	2 teaspoons minced onion
2 tablespoons flour	4 to 6 hard-cooked eggs, quartered
2 cups milk	2 cups cooked macaroni
1 tablespoon horseradish, if desired	Salt and pepper

Melt the fat and blend in the flour. Pour in the milk and cook over low heat, stirring constantly, until thickened. Add horseradish, onion, eggs, and macaroni. Season with salt and pepper. Sprinkle with grated cheese if desired, and serve with toast.

**For a baked dish.**—Pour the mixture into a greased baking dish, top with fine, dry bread crumbs mixed with a little melted fat, and bake in a moderate oven (350° F.) 20 to 30 minutes.

If desired, mix 1 cup grated cheese with the bread crumbs before sprinkling them over the top of the dish.

For a dash of color, quarter two medium-sized tomatoes, and press the cut sides into the top of the mixture so that the skin side is exposed. Sprinkle with bread crumbs and bake until tomatoes are tender.

#### Eggs Creole

¼ cup chopped onion	2 cups water
¼ cup chopped green pepper	1 cup uncooked rice
2 tablespoons fat, melted	Salt and pepper
2½ cups tomatoes	6 eggs

Cook the onion and green pepper in the fat until onion is lightly browned. Pour in tomatoes and water; bring to boiling. Add the rice and cook slowly until rice is tender (25 to 30 minutes). Add more water if rice becomes dry. Season with salt and pepper. Drop in the eggs, cover, and simmer about 10 minutes or until eggs are firm.

If preferred—instead of the poached eggs—quarter 4 to 6 hard-cooked eggs and serve on top of the creole rice.

#### SALADS AND SALAD DRESSING



#### Egg Slaw

4 or 5 hard-cooked eggs, sliced	1 tablespoon grated onion
½ cup chopped celery	2 tablespoons chopped pickle
2 cups shredded cabbage	¼ cup salad dressing
½ cup diced tomatoes	½ teaspoon salt
2 tablespoons chopped green pepper	Pepper

Combine all ingredients. Serve on lettuce or other salad greens.

#### Molded Egg Salad

1 tablespoon unflavored gelatin	2 tablespoons chopped green pepper
¼ cup cold water	2 tablespoons chopped pickle or pickle relish
1½ cups boiling water	1 tablespoon chopped pimiento
2 tablespoons lemon juice	1 tablespoon grated onion
1 teaspoon salt	
4 to 6 hard-cooked eggs, sliced	
½ cup chopped celery	

Soften the gelatin in the cold water. Add boiling water, lemon juice, and salt. When the gelatin begins to stiffen, add the other ingredients. Pour into a mold that has been rinsed with cold water, and chill until firm. Serve with salad dressing on lettuce or other salad greens.



**Deviled Egg Salad**

Cut hard-cooked eggs in half, lengthwise or crosswise. Scoop out and mash yolks while hot; season with salt, pepper, melted fat, a little mustard, and vinegar. Or mix mashed egg yolks with salad dressing, salt and pepper. Fill the whites with the mixture.

Serve with salad dressing on lettuce or other salad greens.

**Cooked Salad Dressing**

1 or 2 eggs	$\frac{1}{2}$ teaspoon sugar
3 tablespoons vinegar	$\frac{1}{2}$ teaspoon dry mustard
$\frac{1}{3}$ cup milk	Dash of paprika
1 tablespoon table fat	$\frac{1}{8}$ teaspoon celery seed
$\frac{1}{2}$ teaspoon salt	

Beat together the egg and vinegar until smooth. Add the other ingredients. Cook over hot water, stirring constantly, until the mixture has just thickened (about as thick as heavy cream). Makes  $\frac{3}{4}$  cup.

If you have 3 or 4 egg yolks left from other cooking, use them in place of whole eggs.

**BREADS AND SANDWICHES****Egg Toast**

Add  $\frac{3}{4}$  cup milk and  $\frac{1}{4}$  teaspoon salt to 1 or 2 beaten eggs. Mix thoroughly. Dip both sides of bread slices quickly into the egg mixture. Melt a little fat in a frying pan, and brown bread on both sides over moderate heat. Makes 10 to 12 slices.

**Spoon Bread**

2 cups milk	$1\frac{1}{2}$ teaspoons salt
1 cup water	2 tablespoons fat
1 cup corn meal	1 to 3 eggs, beaten

Combine the milk, water, corn meal, salt, and fat. Cook over boiling water, stirring constantly, until thickened. Gradually add corn-meal mixture to beaten eggs. Pour into a greased baking dish and bake in a moderately hot oven (375° F.) 45 to 60 minutes or until set. Serve at once.

**Eggs in Sandwiches**

- Mix scrambled eggs, hot or cold, with catsup or cooked tomatoes.

- Combine sliced or chopped hard-cooked eggs, chopped pickle, and salad dressing to moisten.

- For a hearty "western" sandwich, beat 3 eggs. Add 3 tablespoons cold water and beat again. Brown  $\frac{1}{2}$  cup chopped onion in 2 tablespoons fat. Mix 1 cup finely chopped cooked meat with the eggs, and season with salt and pepper. Add to the onion, stir, and cook over moderate heat until the egg is set.

- To chopped hard-cooked eggs, add chopped leftover cooked meat or fish, pickles, and salad dressing.

- Combine chopped hard-cooked eggs, celery, grated carrot, and salad dressing.

- For a tasty luncheon sandwich, spread toast slices with peanut butter, add a slice of tomato that has been rolled in bread crumbs and fried in a little fat, and top with a poached egg. Sprinkle with salt and pepper.

**CUSTARDS AND OTHER DESSERTS****Baked Custard**

3 cups milk	3 or 4 eggs beaten
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
6 tablespoons sugar	Nutmeg

Heat the milk over boiling water. Add salt and sugar to beaten eggs. Gradually add the milk to the egg mixture. Add the vanilla, and pour into custard cups. Sprinkle lightly with nutmeg. Place custard cups, in a rack if you have one, in a pan of hot water, and bake in a moderate oven (350° F.) 25 to 35 minutes or until the custards are set (when the point of a silver knife comes out clean). Serve either hot or cold in the custard cups.

If desired, top each custard with a spoonful of jelly just before serving.

**Caramel custard.**—Omit sugar and nutmeg and add  $\frac{1}{3}$  cup caramelized sugar sirup with the vanilla. To make caramelized sugar—melt  $\frac{2}{3}$  cup granulated sugar in frying pan over low heat; stir constantly until melted and a rich brown. Add  $\frac{2}{3}$  cup hot water and continue to stir over heat until smooth and slightly thickened.

If desired, place 2 or 3 slices of peaches in bottom of custard cup before pouring in plain or caramel custard mixture.



**Bread or Rice Pudding**

3 cups milk	$\frac{1}{2}$ cup sugar (increase to $\frac{1}{2}$ cup when using rice)
$\frac{1}{2}$ cup soft bread crumbs or $1\frac{1}{2}$ cups cooked rice	$\frac{1}{4}$ teaspoon salt
1 tablespoon fat	2 or 3 eggs, beaten

Heat the milk over boiling water. Add bread crumbs or rice and fat. Add sugar and salt to beaten eggs, then gradually add milk mixture. Pour into a greased baking dish, set in a pan of hot water, and bake in a moderate oven (350° F.) 1 hour or until set.

*For variety*, add  $\frac{1}{2}$  cup raisins or 1 teaspoon vanilla before baking, or serve with a jelly or orange sauce.

**Soft Custard**

3 cups milk	2 to 4 eggs, beaten
$\frac{1}{4}$ cup sugar	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	Cinnamon or nutmeg

Heat the milk over boiling water. Add sugar and salt to beaten eggs. Gradually add the milk to the egg mixture. Cook over hot, not boiling water, and stir constantly until the mixture coats the spoon. Remove from the hot water at once. Cool; add the vanilla and sprinkle a little cinnamon or nutmeg on each serving.

*As a sauce.*—A soft custard made with 2 eggs or 4 egg yolks makes a nice sauce for fruit, flavored gelatin, cake, or pudding.

**Floating Island**

Use the soft custard recipe above. When using 4 eggs, save out 2 or 3 egg whites and make a custard of the remaining ingredients.

With 2 eggs add 1 tablespoon cornstarch, with 3 eggs add 2 teaspoons cornstarch to the ingredients for soft custard. Separate eggs and proceed as follows:

Mix sugar, cornstarch, and salt. Add the hot milk and cook over boiling water, stirring constantly, until mixture thickens. Cover and cook 15 minutes longer. Gradually add the milk mixture to the beaten egg yolks. Cook over boiling water, stirring constantly, for 2 to 3 minutes. Remove from water at once, cool, and add vanilla.

Top each serving with a meringue made from the egg whites. Beat the whites with a few grains of salt until stiff, but not dry. Gradually add 2 tablespoons sugar for each

egg white, beating well after each addition. Pile lightly on a greased baking sheet in 6 large or 12 small mounds. Bake in a moderate oven (325° F.) 10 to 15 minutes or until set and browned. Place on custard hot or cold.

Another way to cook the beaten egg white is to drop mounds of it on simmering water. Cover and cook 10 to 15 minutes or until set. Remove from water immediately.

**Prune Whip**

Press cooked prunes through a sieve until you have about  $\frac{2}{3}$  cup pulp. Mix with  $\frac{1}{3}$  cup prune liquid. Add 2 tablespoons sugar, and heat. Fold the hot fruit pulp into stiffly beaten whites of 2 or 3 eggs, with  $\frac{1}{4}$  teaspoon salt added. Add 1 tablespoon lemon juice. Chill before serving.

**Lemon Sponge Pudding**

$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup lemon juice
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ teaspoon grated lemon rind
$\frac{1}{8}$ teaspoon salt	2 or 3 eggs, separated
1 tablespoon melted table fat	$1\frac{1}{2}$ cups milk

Mix together sugar and flour. Add salt, fat, lemon juice, and lemon rind. Beat egg yolks well, and add milk. Combine with sugar mixture. Beat egg whites until stiff but not dry, and fold into milk mixture. Pour into greased custard cups or a baking dish. Place in a shallow pan of hot water. Bake in a moderate oven (350° F.) 40 to 45 minutes.

**Hot Milk Sponge Cake**

$1\frac{1}{4}$ cups sifted cake flour	2 or 3 eggs
2 teaspoons baking powder (decrease to $1\frac{1}{2}$ teaspoons when using 3 eggs)	1 cup sugar
$\frac{1}{4}$ teaspoon salt	1 tablespoon lemon juice or 1 teaspoon vanilla
	$\frac{1}{2}$ cup hot milk

Sift together three times the flour, baking powder, and salt. Beat the eggs until very thick and light (about 10 minutes). Gradually add the sugar, beating constantly. Add flavoring. Fold in dry ingredients, a small amount at a time. Add milk, mixing quickly until batter is smooth. Pour into an ungreased 9-inch tube pan. Bake in a moderate oven (350° F.) 35 to 45 minutes. Remove from oven and turn pan upside down on a rack until cake is cold.



### AN EXTRA EGG FOR FLAVOR . . . RICHNESS

**Quick egg noodles.**—Beat 1 or 2 eggs with a little salt until foamy. Blend with 2 tablespoons flour per egg. Pour in a thin steady stream into simmering broth, stirring constantly. Cook 2 minutes. Serve at once.

**Chicken pie gravy.**—To make a clear, slightly thick gravy for chicken pie, beat an egg thoroughly, add a little hot chicken broth slowly, and stir mixture into remaining broth.

**Custard for a vegetable plate.**—Use meat broth or vegetable liquid in place of part or all of the milk in a plain baked custard (and omit sugar, vanilla, and nutmeg). Serve with vegetables as the main dish, and cut any left-over custard into cubes to float on soup.

**Rich white sauce.**—For a sauce with added color, richness, and flavor, first make a white sauce. Add a small amount to a well beaten egg. Stir mixture into rest of white sauce.

**To stretch whipped cream.**—Fold in a meringue made of 1 egg white and 2 tablespoons sugar to 1 cup whipped cream.

*Issued by*

**BUREAU OF HUMAN NUTRITION AND  
HOME ECONOMICS**

**Agricultural Research Administration**

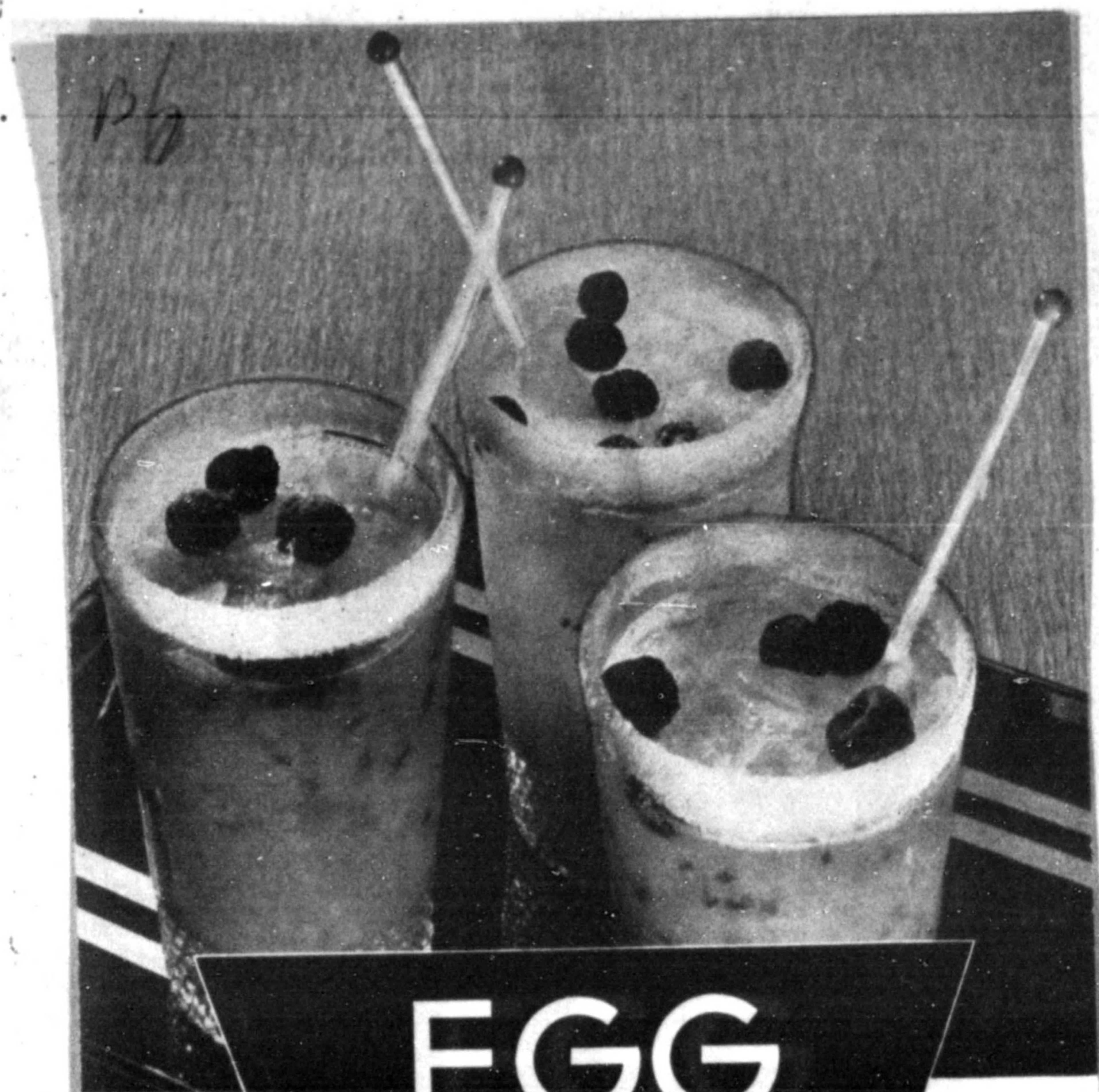
**U. S. Department of Agriculture**

**Washington, D. C.**

**Issued June 1944**

**Slightly revised February 1946**





# EGG DRINKS

*Refreshing and Healthful*



# OH, SO GOOD...

*and Good For You!*

For the simple meal or snack at home, for the flying stop at the lunch counter, or in the thermos bottle of the factory employee, these nourishing egg drinks are practically heaven-sent. They satisfy pleasingly and fully.

The husky eater, or the dainty luncher, will drink heartily of these irresistible beverages. The body will be fortified with natural foods, eggs, milk and fruit with highly rated, valuable minerals and vitamins. The ingredients of these beverages are protective foods—the heart and soul of fine nutrition. Of these none is more vitalizing than eggs.

For year around meals these egg drinks, as stick-to-the-ribs as solid food, will prove wise economies and will add sparkle to your table.

### ELIXIR OF GOLD

1 egg well beaten  
few grains salt  
1/2 to 1 cup orange juice

Add salt and juice to egg. Beat or shake. Serves 1.

### PEPTAIL

2 eggs or 2 yolks  
1/8 teaspoon salt  
1 tablespoon sweetening  
1 cup milk  
1 cup orange juice

Combine eggs, salt, sweetening and milk. Blend. Add orange juice. Beat or shake. Garnish top with cinnamon, ginger or nutmeg. Serves 2 or 3.

### LEMONEGG

1 egg well beaten  
few grains salt  
2 tablespoons sweetening  
3/4 cup cold water  
2 tablespoons lemon juice

Combine egg, salt, sweetening and water. Add lemon juice. Beat or shake. Serves 1.

### MISS SIMPLICITY

1 egg well beaten  
few grains salt  
1 to 2 tablespoons sweetening  
1 cup milk  
1 teaspoon lemon or vanilla flavoring

Combine all ingredients. Beat or shake thoroughly. Serves 1 or 2.

### WONDER PUNCH

12 eggs separated  
1/2 teaspoon salt  
1 cup sugar  
2 quarts milk  
2 tablespoons flavoring  
1 pint heavy cream  
or ice cream

Beat egg yolks until thick, adding salt and sugar gradually. Add milk, flavoring. Blend. Chill 4 hours, or overnight, in refrigerator. To serve, turn into punch bowl. Fold in stiffly beaten egg whites, and cream whipped until stiff. 50 punch glasses.

### SPIZZERINKTUM

1 egg, well beaten  
1/8 teaspoon salt  
2 tablespoons sweetening  
juice of 1/2 orange  
1 cup cranberry juice  
1 tbsp. lemon juice  
cracked ice

Combine egg, salt and sweetening. Blend. Slowly add orange, cranberry, and lemon juice. Beat or shake thoroughly. Pour into tall glasses half filled with cracked ice. Serves 1 or 2.

### SUGGESTIONS FOR *Mixing*

1. Eggs, fruit juices and milk should be refrigerator-cold.
2. Sweetening in egg drinks may be honey, maple syrup, molasses, sugar, or corn syrup, or a combination of these.
3. Use a deep bowl with beater, jar with tight fitting cap, or shaker for mixing.
4. If desired pour beverage into freezing tray. Freeze until ice crystals form. Scrape or pour into glasses.
5. For a frothy drink, separate egg, fold in stiffly beaten egg white last or just before serving.
6. If desired garnish the top with a spoonful of whipped cream, fruit ice, ice cream, or sherbet.

### FRUIT FLOAT

2 eggs well beaten  
1/8 teaspoon salt  
1/2 cup sugar  
1/2 cup water  
1/2 cup raspberries  
juice of 1 orange  
juice of 2 lemons  
cracked ice

Combine eggs, salt, sugar, water and raspberries. Mix to dissolve sugar. Add orange and lemon juice. Beat or shake thoroughly. Pour into tall glasses half filled with cracked ice. Garnish with a few whole berries. Serves 4.



**EGGS ARE INCLUDED IN THE U.S. OFFICIAL FOOD RULES**



## When to Serve EGG DRINKS

1. Serve at any time of the day. Have an egg drink in the refrigerator for emergency needs—children's in-between-meal or after-school snacks and for meals in-a-minute.

2. Serve with cookies, crackers, snacks, or sandwiches for late afternoon and evening party and for simple luncheon and supper menus.

3. Deviled eggs, cheese, or cold cuts are a nice addition to such luncheon and supper menus when more food is desired.



### EGG DRINKS

- ★ are kind to the waistline
- ★ a real builder-upper
- ★ include nutritional foods
- ★ easy to prepare ★ a meal in itself

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Prepared by  
POULTRY AND EGG NATIONAL BOARD  
Consumer Information Service  
308 West Washington Street, Chicago, Illinois

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## WHAT YOU SHOULD KNOW ABOUT EGGS

### Why Eggs Are Important

Eggs are important in a well-balanced diet because they contain elements necessary for abundant health. They are a source of protein, which promotes proper growth of the young and aids in the building and repair of muscles in adults. Found hidden in the yolk (or yellow) is iron, which is so vital in the building of red blood. Also concealed in the yolk are vitamins which make strong eyes, aid in keeping the skin healthy, stimulate growth and help in attaining general well-being.

### How Often to Use Eggs in the Diet

Eggs should be used freely when they are cheap and abundant. If possible, every individual should eat an egg daily. If not possible, at least 3 eggs per week should be served to adults and 5 to children. The eggs used in custards, sauces and in baking should be counted in the daily allotment.

### How to Purchase

1. Select clean eggs as they do not deteriorate as quickly as soiled ones.
2. Select eggs with chalky, rough shells; old eggs are smooth and shiny.
3. Shake the egg. If it is fresh you cannot feel the inside of the egg move back and forth.
4. Select heavy eggs. As an egg ages it loses some of its water content and becomes lighter.

### Characteristics of a Fresh Egg

1. The yolk of a fresh egg is upstanding, well centered, not stuck to the shell and not easily broken.
2. The white of a fresh egg is clear and thick, not watery.
3. A fresh egg has a good flavor and no unpleasant odor.
4. The fresh egg will sink in water; the old egg will float.

### Home Storage

As soon after purchasing as possible, place eggs in the refrigerator or some cool place. Do not wash the eggs until you are ready to use them. They have a protective coating, or membrane, which helps to keep

out bacteria and this coating is removed by washing.

Egg whites may be kept for several days if no water is added and they are kept in covered glass in the refrigerator. If egg yolks are unbroken, they may be covered with water and kept several days in the refrigerator.

### Hints in Egg Cookery

1. Cook eggs slowly at a moderate heat; 250 to 350 degrees F. is recommended for oven cooking.
2. When cooking in water, cook below the boiling point.
3. Remember that frying is the poorest method to use in cooking eggs.
4. Add salt to water before poaching eggs. The addition of salt hastens the coagulation of egg protein and prevents its spreading too much.

### Eggs Cooked in the Shell

To keep the white tender in either soft-cooked or hard-cooked eggs, start the eggs in enough cold water to cover. Heat water gradually to simmering point (just below boiling point) but do not let it boil. Boiling temperature toughens white of egg.

For soft-cooked eggs, remove from fire when the water simmers, cover the pan and let stand for 7 minutes. For hard-cooked eggs, remove from fire when water simmers, cover the pan and let stand for 30 minutes.

The dark ring around the yolk on a hard-cooked egg may be prevented by plunging egg into cold water immediately after cooking.

### Egg in the Baby's Diet

Egg yolk is usually introduced into the baby's diet when he is 3½ months old. Start with 1 teaspoonful of egg yolk at the 2:00 P. M. feeding. Gradually increase until the baby is receiving ½ of egg yolk at 4 months.

To prepare egg for the baby, grate yolk of hard-cooked egg and mix with cereal or dissolve in small amount of formula.

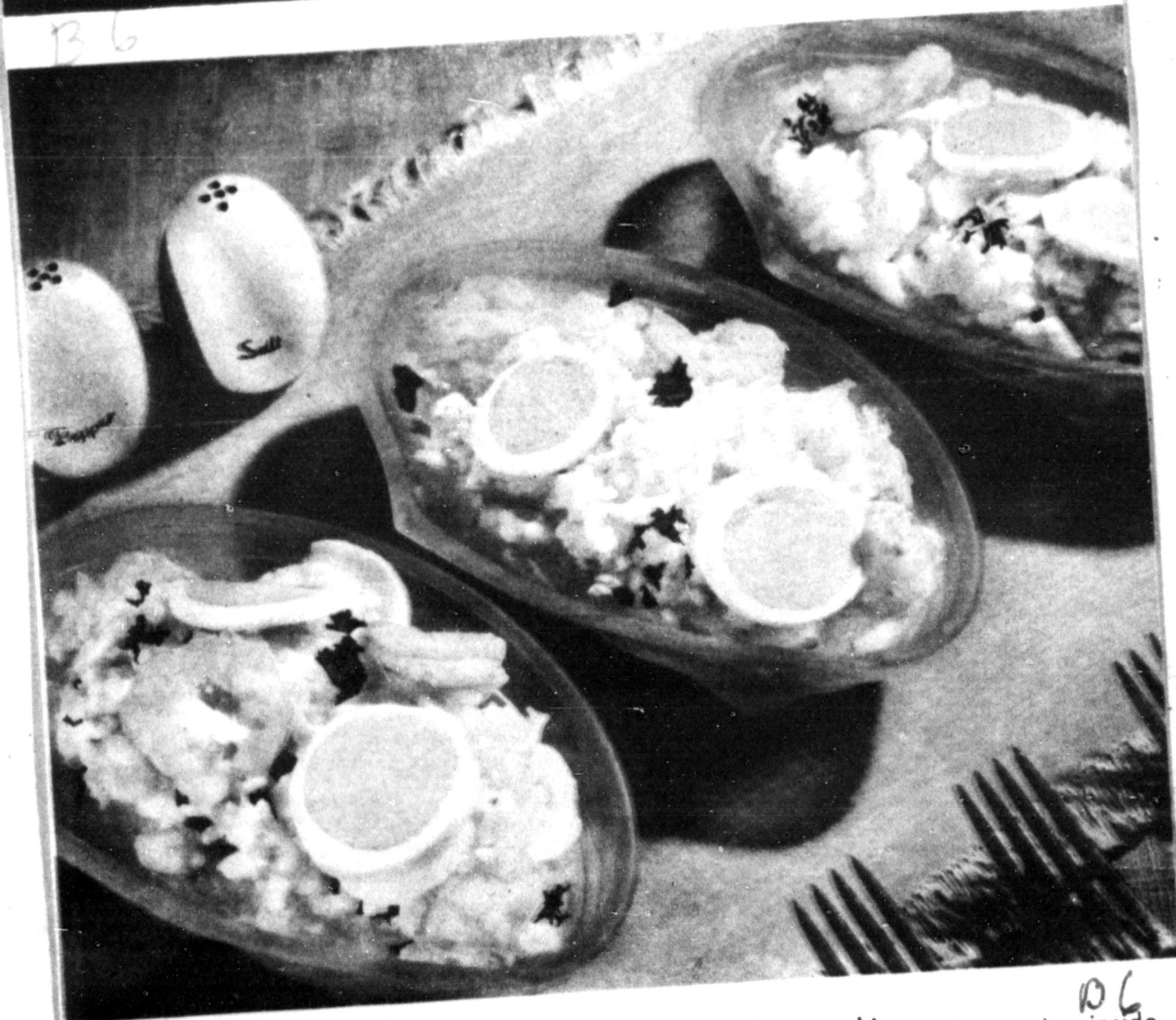


# EGGS

*Versatile*

*Delicious*

*Nutritious*



**"KEDJEREE"**—Early Seafarers Favorite... See recipe inside.

DL



# Eggs



## CAN BE DELIGHTFULLY DIFFERENT!

For many years eggs were considered chiefly an item on the breakfast menu—fried, scrambled, "boiled" or poached. But now, eggs have taken their place as a principal food at every meal. Many appetizing recipes have been developed for serving eggs in every course—from salad to dessert.

Here are several delightfully different recipes.



### SHIRRED EGGS WITH SPAGHETTI

Empty 1 can prepared spaghetti with tomato sauce into greased casserole(s) and heat in moderate oven, 350° F., for about 20 minutes. Separate 4 eggs keeping each yolk in one of the egg shell halves set upright. Add ½ teaspoon salt to egg whites, beat until stiff and almost dry. Pile egg white on top of spaghetti making 4 individual piles. With spoon make deep well in center of each. Slip one yolk into each well. Season yolk with a dash of salt and pepper. Sprinkle with ½ cup buttered crumbs if desired. Bake in a moderate oven, 350° F., until yolks are cooked to taste. Ten to 12 minutes will give quite soft yolks. Serves 4.

### EGG SHORTCAKE

Prepare a sauce of butter, flour, milk, salt, and pepper as follows: Melt 3 tablespoons butter, add 3 tablespoons flour, ½ teaspoon salt, and ¼ teaspoon pepper. Stir over low heat until blended. Add 2 cups cold milk all at once. Stir and cook until thickened. Add 5 hard cooked eggs, coarsely chopped, reserving 1 more egg for garnish. Each egg should not be cut into more than 5 pieces. Heat thoroughly over hot water.

Meanwhile prepare biscuit dough (using 2 cups flour). Roll about ½ inch thick. Cut in any desired shape to make 12 pieces uniformly sized. Place on ungreased baking sheet. Bake in a very hot oven, 450° F., until nicely browned, 12 to 15 minutes. Add 1 tablespoon chopped parsley and 1 teaspoon minced onion to creamed eggs. Season well to taste. Arrange 2 biscuits, one topping the other, with a spoonful of creamed eggs between them. Top with more creamed eggs. Garnish with a slice of hard cooked egg. Serves 6, each serving having 2 biscuits and ½ cup creamed eggs.

### KEDJEREE

*(Illustrated on Front Cover)*

Cook until tender ½ cup rice in 3 cups boiling water, to which 1½ teaspoons salt have been added. Drain. Remove 1 or 2 center slices from 4 hard cooked eggs and set aside for garnish. Cut remainder of eggs into large pieces. Cook 1 tablespoon onion, finely chopped, in 4 tablespoons butter or margarine until soft but not browned. Add cooked rice, 1 can drained shrimp, 2 tablespoons chopped parsley, eggs, ¼ teaspoon pepper, ¼ teaspoon curry powder, and 1 teaspoon salt. Add 1 tablespoon or more cream or evaporated milk to moisten slightly. Heat thoroughly, stirring cautiously with 2 forks. Taste and add more seasoning if desired. Serve very hot garnished with egg slices. Serves 4.



Every DAY Eat EGGS Some WAY

**There's Appeal In Every Meal . . .**

when eggs are served at breakfast, lunch, or dinner. Eat eggs in the morning as sunny starters for the day; at noon to give punch to your salad or sandwich lunch; or at dinner for a light satisfying dessert.

**There's Reward In Refrigerator Care . . .**

when eggs are properly stored. The original fine quality of eggs is preserved by refrigeration. Keep them cool—temperatures between 45° and 55°F. are best. Keep them covered—eggs retain their delicate flavor when protected from the odor of other foods.

**There's More Than Flavor In Their Favor**

When eggs are included in the daily meals you are sure of getting balanced protein. Egg protein furnishes all 10 of the essential amino (ā-mēē-nō) acids. Eggs also provide health-giving minerals and vitamins.

*Consumer Information Service*

**POULTRY & EGG NATIONAL BOARD**

308 West Washington Street

Chicago 6, Illinois

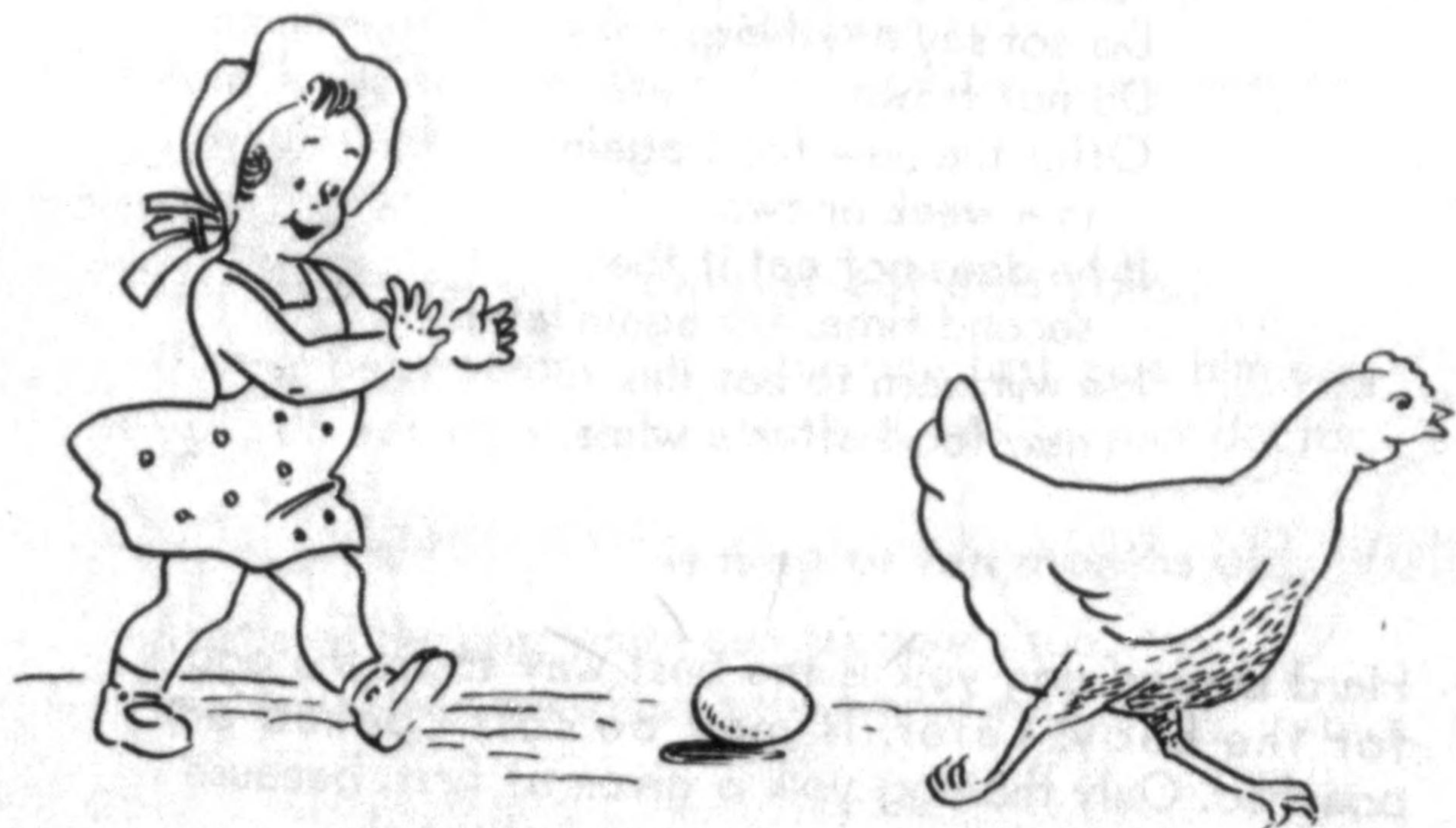


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**YOUR  
CHILD**

*needs*

**AN EGG A DAY**



*Begin at 4 months*

MISSISSIPPI STATE BOARD OF HEALTH



# *Your* BABY NEEDS SOME EGG *Every* DAY!

**BEGIN EGG YOLK** when your baby is about four months old.

Egg yolk has iron.  
Egg yolk has vitamins.  
Egg yolk has protein for good muscles.

**EGG YOLK** will be a new food for your baby.

Give a new food to your baby only when he is well. Give a very small amount at first. Be sure that the food is cooked in the right way. Be sure the food is warm—not hot and not cold.

**IF YOUR BABY DOES NOT EAT THE NEW FOOD:**

Take the food away.  
Do not say anything.  
Do not frown.  
Offer the new food again in a week or two.  
If he does not eat it the second time, try again later.  
He will learn to eat the new food after a while.

**HOW TO COOK YOUR BABY'S EGG:**

Hard cooked egg yolk is the best way to fix the egg for the baby. Later, it may be soft cooked or poached. Only the egg yolk is given at first, because the egg white might make a young baby sick.

**TO HARD COOK AN EGG:**

Wash the egg. Put it in a pan of cold water. Heat until the water begins to simmer. Let it simmer for twenty minutes. Do not let the water boil! Boiling makes the egg tough. Take the egg out of the water. Separate the yolk from the white. Mash the yolk up with a fork for the baby.

**TO SOFT COOK AN EGG:**

Let the egg simmer for about three or four minutes.

**HOW TO BEGIN EGG YOLK:**

Give a taste (one-fourth of a teaspoonful) at the beginning of the two o'clock feeding. Add a little more each day until the baby gets the whole yolk.

**A FEW BABIES** cannot eat egg yolk.

If your baby seems sick after you first give him egg yolk, do not try it again. Instead, talk to your doctor.

**WHEN THE BABY** is nine or ten months old,

a little of the egg white can be given, too. In a few weeks, he will eat the whole egg.

**FINELY GROUND COOKED LEAN MEAT**

may be given to your baby when he is eight or nine months old.

*Do not* LET THE BABY TASTE FOOD THAT IS *not* GOOD FOR HIM!



## A SUGGESTED FEEDING SCHEDULE FOR YOUR BABY\*

### In addition to milk — he needs these foods:

- At two weeks — 2 teaspoonsful tomato juice\*\*  
cod liver oil
- At one month — 2 ounces tomato juice  
cod liver oil
- At two and three months — 6 ounces tomato juice  
cod liver oil
- At four months — 6 ounces tomato juice  
cod liver oil  
cereal (such as oatmeal)  
egg yolk
- At five and six months — 6 ounces tomato juice  
cod liver oil  
cereal  
egg yolk  
vegetables
- At seven months — 6 ounces tomato juice  
cod liver oil  
cereal  
egg yolk  
vegetables  
fruit
- At eight to twelve months — 6 ounces tomato juice  
cod liver oil  
whole egg  
vegetables  
fruit  
lean meat  
dry toast as soon as the baby has some teeth

\*This schedule as well as the other suggestions is given as a guide for feeding the well baby. Your physician will know if the suggestions fit your baby's needs. Follow the physician's advice.

\*\*If you use orange juice, use half as much orange juice as tomato juice.



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## FOOD AFTER FIFTY

A machine wears out prematurely if it is not properly fueled and lubricated. It is reasonable to believe that the human machine wears out prematurely too if it is not properly nourished. Dr. Sherman, of Columbia University, says that if an *average* diet is replaced with an *adequate* diet, one gets a ten per cent increase in the active length of the normal adult life.

An individual at fifty, though not "old" in body and mind, has more than likely reduced his muscular activities from what they were when he was thirty. He is usually more content to watch a ball game than play on the team; he rides where formerly he walked. This tendency to take less exercise is accompanied by a slowing up of the body processes, with the result that fewer calories are needed. On the average 1800 to 2400 calories daily are sufficient to take care of body activities.

The appetite may be as keen as ever and the eating habits acquired in youth are unconsciously followed. This accounts in a large measure for the tendency of many middle-aged and older people to gain weight. Such excess weight is a liability and not an asset, because it puts an extra strain on vital organs, particularly the heart and kidneys. It is wise to determine one's correct weight for one's height at the age of thirty and maintain that weight throughout life.

The following diet suggestions will help maintain health and vigor through the after fifty years:

1. Eliminate foods rich in sugar.
2. Reduce the intake of bread, salt, pepper and highly seasoned foods.
3. Slightly lower the protein intake, especially the amount of meat consumed.
4. Use milk, eggs and cheese in the diet as good sources of protein.
5. Use fats sparingly and omit rich cakes, puddings, pastry, sauces and fried foods.

If loss of teeth cause difficulty in chewing, eat chopped or minced meats and soft vegetables that do not contain too much fiber or roughage. Substitute potatoes and cereals for bread, as they require less chewing.

A diet for individuals over fifty should be high in minerals and vitamins and low in calories. Special emphasis should be placed on all protective foods such as milk, eggs, fruits, and vegetables. Green, leafy vegetables should be used freely, as they are good sources of vitamins and minerals.

As older people are less likely to be exposed to sunlight than younger adults, the regular inclusion of some source of vitamin D, such as cod liver oil, seems wise.

For those who have difficulty in sleeping, some form of nourishment at bedtime, such as hot milk, soup or cereal, may be found helpful in inducing sleep.

### SAMPLE 2,043 CALORIE MENU

Breakfast	Measure	Calories	Lunch		
Tomato juice.....	1/2 cup	28	Baked fish.....	1 av. serving	125
Oatmeal.....	1/2 cup	79	Baked potato, white.....	1	84
Cream, light.....	1/4 cup	124	Butter.....	2 pats	102
Sugar.....	2 t.	40	String beans.....	1/2 cup	42
Poached egg.....	1	79	Bread, whole wheat.....	1 slice	74
Bacon, medium fat.....	1 strip	31	Milk, 8 ounces.....	1 lg. glass	165
Toast, whole wheat.....	1 slice	74	Apple, baked.....	1 large	181
Butter.....	1 pat	51			
Coffee.....	1 cup	---			773

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### Dinner

Broiled meat ball.....	1 medium	125
Lettuce & tomato salad.....	1 lg. leaf	2
	1 tomato	12
Peas, fresh, shelled.....	1/2 cup, scant	101
Buttered carrots.....	1/2 cup	32
Muffin, cornmeal.....	1 medium	125
Milk, 8 ounces.....	1 lg. glass	165
Baked custard.....	1/2 cup	202

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## PREVENTING CONSTIPATION

## EAT VEGETABLES AND FRUITS GENEROUSLY

Vegetables, raw and cooked

Beets	Escarole	Celery
Snap beans	Lettuce	Dandelions
Broccoli	Onions	Spinach
Cabbage	Peas	Tomatoes
Carrots	Potatoes	Turnips

Fruit, fresh and dried

Apples	Peaches
Apricots	Pears
Figs	Prunes
Mixed dried	Rhubarb
Oranges	Grapefruit

## USE WHOLE GRAIN CEREALS AND BREADS

Wholewheat cereal	Wholewheat bread
Oatmeal	Dark rye bread
Brown rice	Cornmeal

## DRINK WATER FREELY

1 cup before breakfast; 1 cup before going to bed; 2 or 3 cups during the day.

## AVOID THESE FOODS

Candy, sweets rich pastries, fried foods, and tea.

## SUGGESTIONS

1. Eat skins of baked and boiled potatoes.
2. Eat skins of such fruit as apples, pears, plums.
3. Fruit taken a half-hour before breakfast may be helpful.
4. Use bran cautiously if at all.
5. Use molasses spread on bread, or in gingerbread or cornmeal pudding.

## PLAN FOR MEALS

Breakfast

Fruit: fresh or dried, raw or cooked  
 A whole grain cereal, as oatmeal, wheatsworth, or dark farina  
 Wholewheat bread or toast and butter  
 Milk for children  
 Coffee for adults, if desired

Lunch or Supper

Vegetable: cooked; in soup; or raw as in salad  
 Bread, preferably whole grain  
 Milk for children  
 Fruit, stewed or fresh

Dinner

Potato (cook with skin on when possible)  
 Cooked vegetable, large serving  
 Bread, preferably whole grain  
 Meat or fish, egg, cheese, dried beans or peas  
 Simple dessert if desired, as gingerbread or apple sauce

July, 1943

Nutrition Bureau  
 Community Service Society  
 New York City



PLAN FOR DAILY MEALS

BREAKFAST

- Hot cereal with milk
- Bread or toast
- Fresh or cooked fruit when possible
- Milk or cocoa
- Coffee or tea for adults if desired

DINNER

A Main Dish

- Dried beans or peas )
- Eggs in some form )
- A cheese dish ) choose one
- Meat or fish )
- A hearty soup )

- Potatoes (unless used in above dish)
- Cooked vegetable or salad
- Bread
- Milk or cocoa for children
- Simple dessert sometimes, if possible
- Custard - stewed fruit - pudding - muffins

LUNCH or SUPPER

- Soup or scalloped dish or salad or sandwiches
- Cereal for young children
- Bread
- Milk or cocoa
- Tea for adults if desired

August, 1943

Nutrition Bureau  
Community Service Society  
New York City



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# FUNCTIONS OF FOOD *in Nutrition*


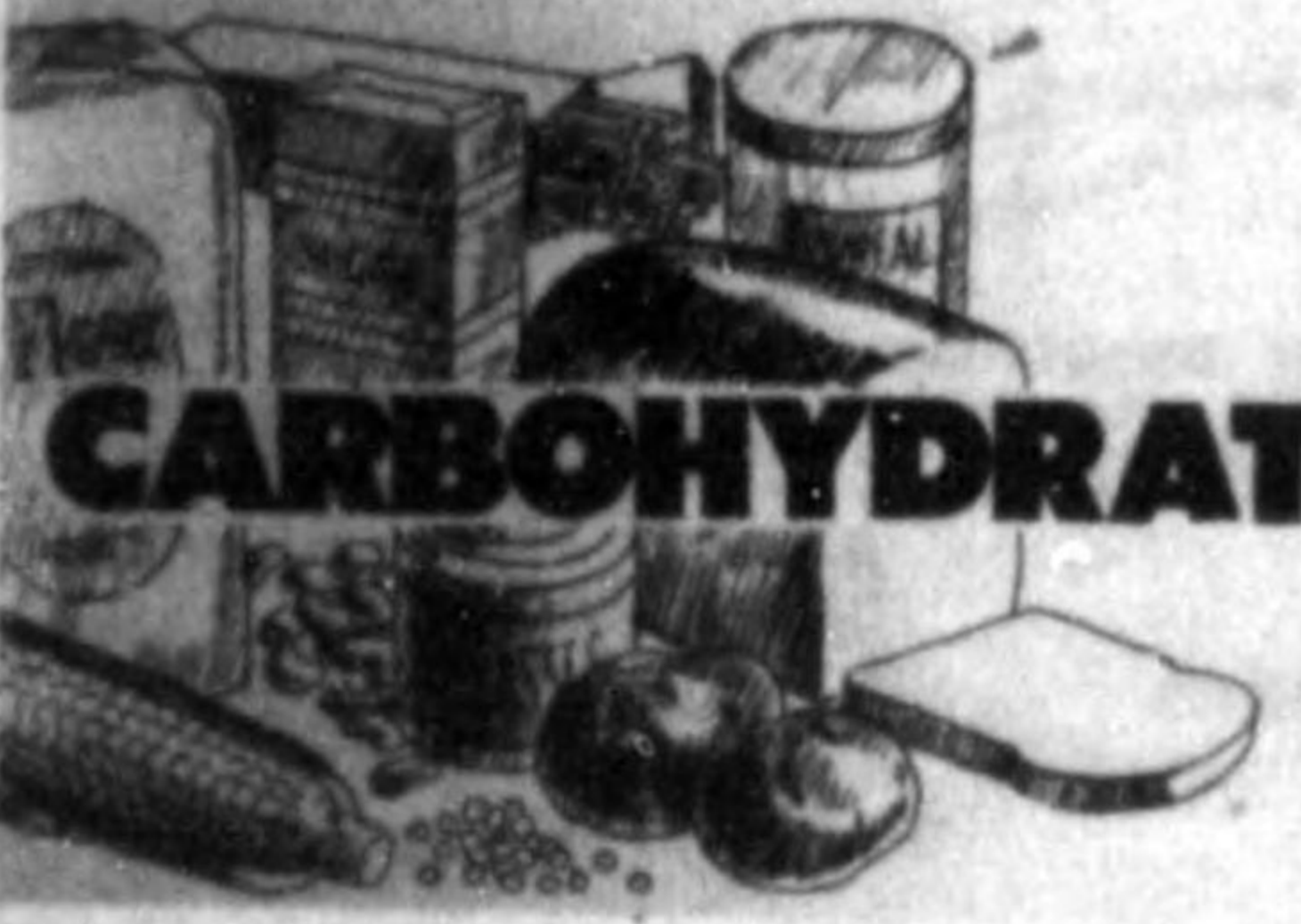

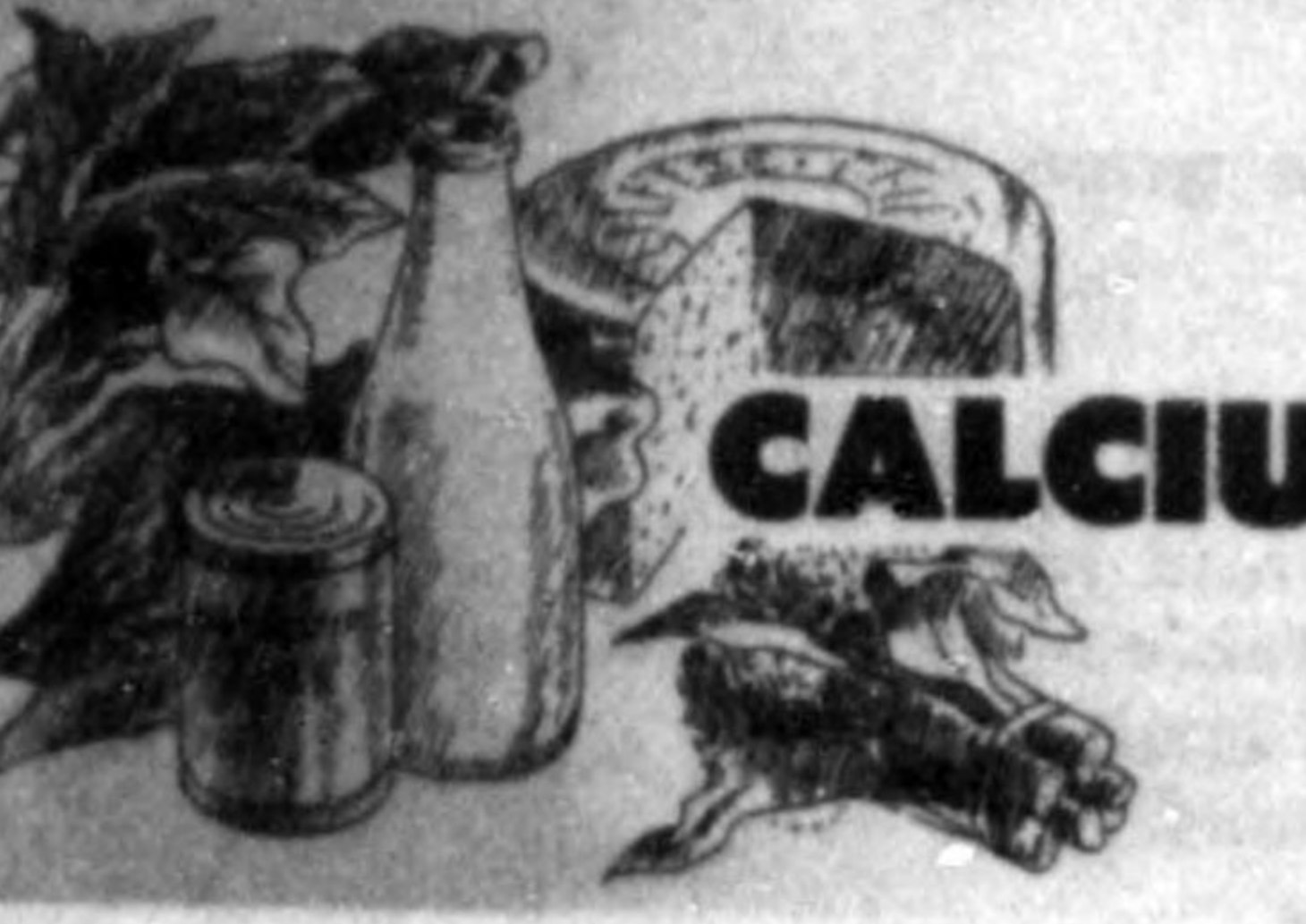
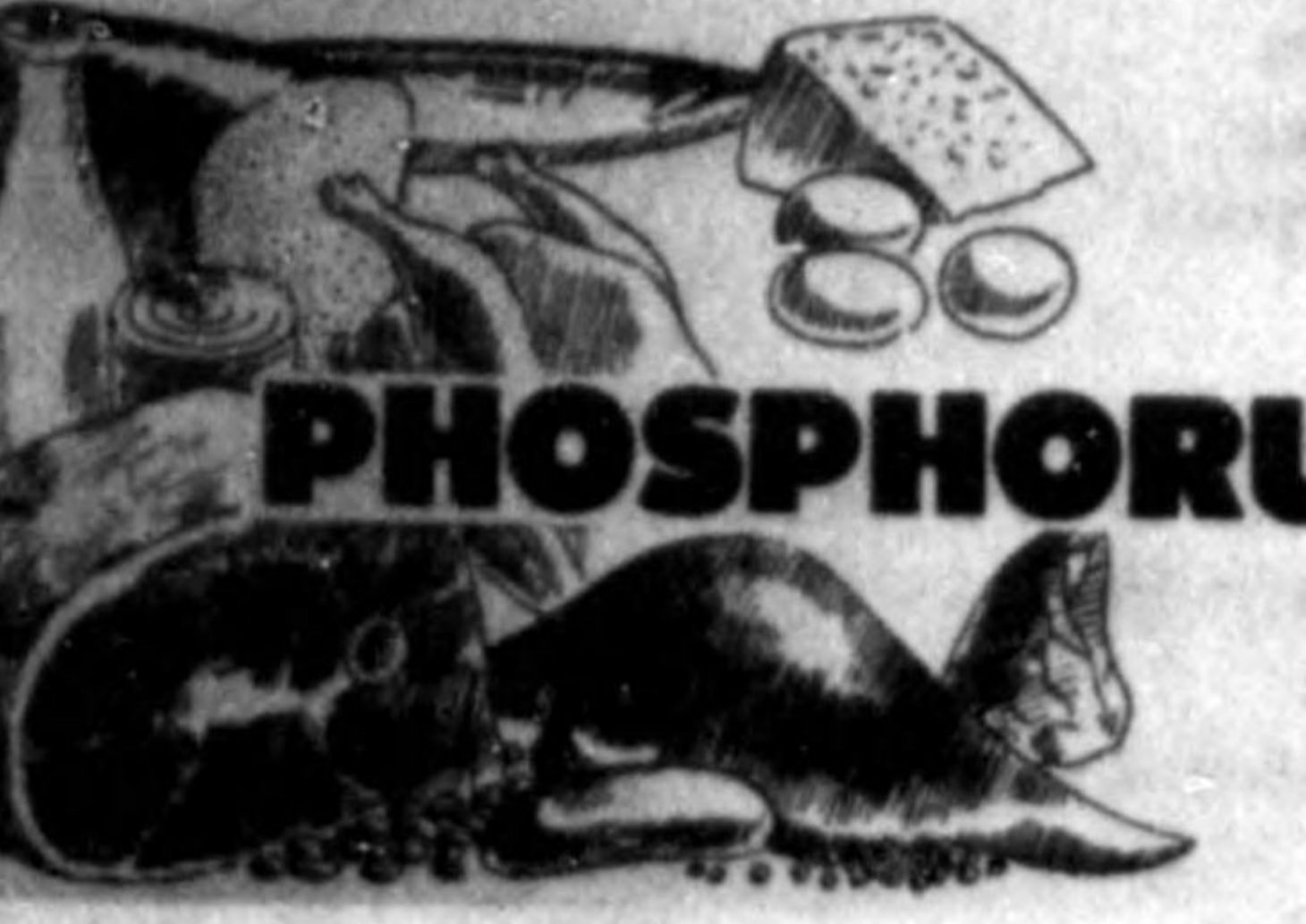
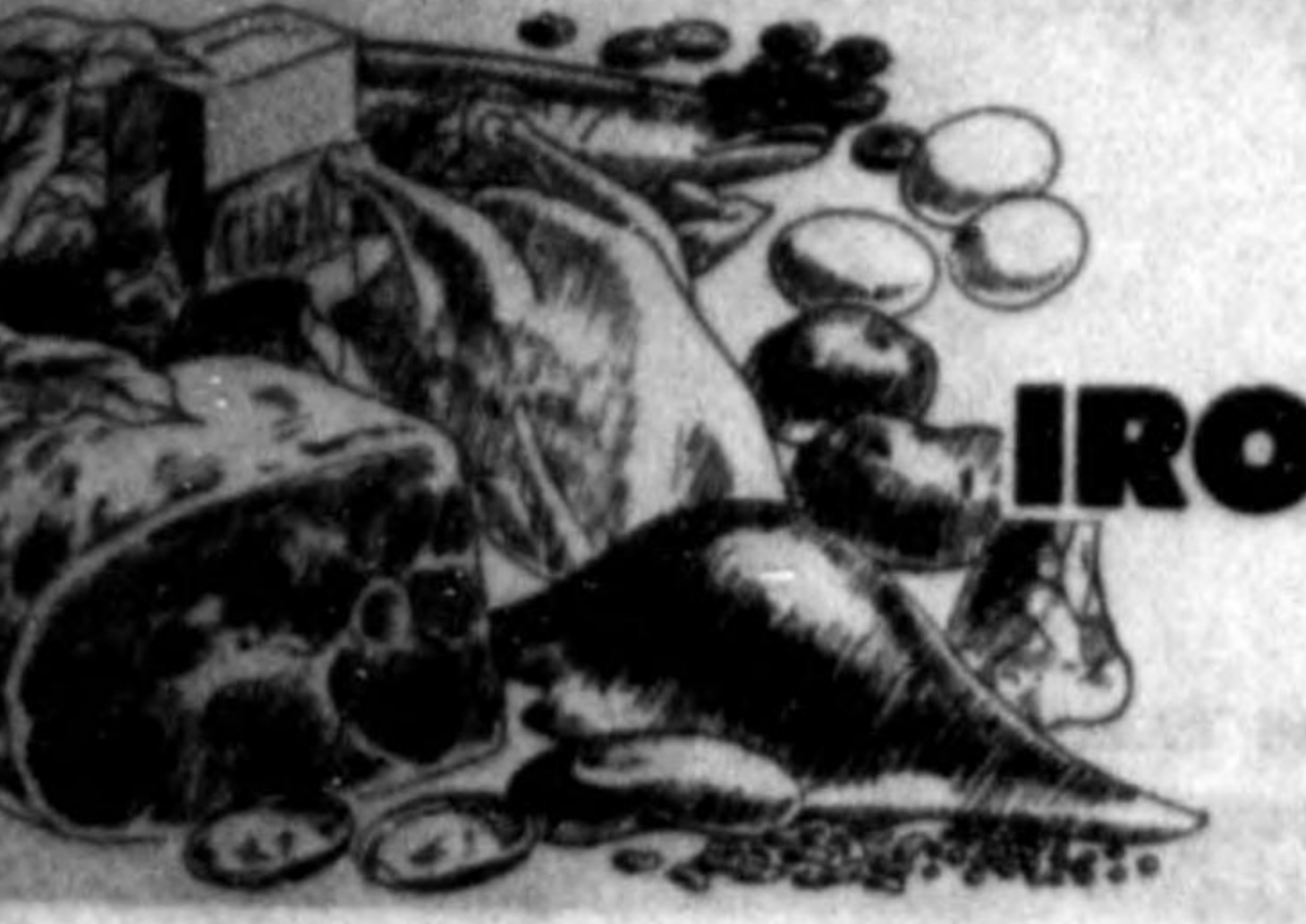

FUNCTION CLASSIFICATION FOODS THAT FURNISH

FUNCTION	CLASSIFICATION	FOODS THAT FURNISH
<b>FURNISH ENERGY</b>	<b>CARBOHYDRATES</b>	
	<b>SUGARS</b>	sugars syrups molasses
	<b>STARCHES</b>	butter lard and lard substitutes margarine meat fats bacon oils nuts cheese cream
<b>BUILD AND REPAIR THE BODY</b>	<b>FATS</b>	variety meats meat fowl fish soybeans milk eggs cheese legumes bread and cereals nuts
	<b>PROTEINS</b>	
	<b>MINERALS</b>	milk cheese vegetables (greens)
	<b>CALCIUM</b>	variety meats meat fowl fish soybeans milk cheese legumes eggs whole grain products
	<b>PHOSPHORUS</b>	
<b>REGULATE BODY PROCESSES</b>	<b>IRON</b>	variety meats oysters meat vegetables (greens) legumes fowl potatoes dried fruits eggs fish whole grain or enriched products
	<b>VITAMINS</b>	
	<b>A</b>	fish liver oils liver and kidney vegetables (green and yellow) fruits (yellow) tomatoes butter margarine (fortified) cream cheese egg yolk
	<b>THIAMINE</b>	pork variety meats meat soybeans oysters melons potatoes milk whole grain or enriched products vegetables (greens) fowl
	<b>B</b>	
	<b>RIBOFLAVIN</b>	variety meats meat soybeans milk oysters vegetables (greens) eggs fowl
	<b>NIACIN</b>	variety meats meat fowl fish peanut butter potatoes whole grain or enriched products
<b>C</b>		
<b>D</b>	fish liver oil fat fish liver milk (fortified) eggs irradiated foods	
		citrus fruits melons berries other fruits tomatoes vegetables (especially raw)



# Food Nutrients

## THEIR FUNCTIONS AND IMPORTANT SOURCES

NUTRIENT	BEST SOURCES	FUNCTION	DEFICIENCY SYMPTOMS
 <p><b>PROTEINS</b></p>	<ul style="list-style-type: none"> <li>variety meats</li> <li>meat</li> <li>fowl</li> <li>fish</li> <li>soybeans</li> <li>milk</li> <li>eggs</li> <li>cheese</li> <li>legumes</li> <li>bread and cereals</li> <li>nuts</li> </ul>	<ul style="list-style-type: none"> <li>build, repair, and maintain body tissues</li> <li>build resistance to disease</li> <li>build regulating substances</li> <li>furnish heat and energy</li> </ul>	<ul style="list-style-type: none"> <li>poor physical tone</li> <li>slow mental reactions</li> <li>lowered resistance to disease</li> <li>tissue degeneration</li> <li>premature old age</li> <li>edema</li> </ul>
 <p><b>CARBOHYDRATES</b></p>	<ul style="list-style-type: none"> <li>sugars:</li> <li>sugars</li> <li>syrups</li> <li>molasses</li> <li>starches:</li> <li>flour and flour products</li> <li>bread</li> <li>crackers</li> <li>cereals</li> <li>potatoes</li> <li>other starchy vegetables</li> </ul>	<ul style="list-style-type: none"> <li>furnish heat and energy</li> </ul>	<ul style="list-style-type: none"> <li>loss of weight</li> </ul>
 <p><b>FATS</b></p>	<ul style="list-style-type: none"> <li>butter</li> <li>lard and lard substitutes</li> <li>margarine</li> <li>meat fats</li> <li>bacon</li> <li>oils</li> <li>nuts</li> <li>cheese</li> <li>cream</li> </ul>	<ul style="list-style-type: none"> <li>furnish heat and energy</li> <li>carry fat soluble vitamins</li> <li>supply essential unsaturated fatty acids</li> <li>spare thiamine (vitamin B<sub>1</sub>)</li> </ul>	<ul style="list-style-type: none"> <li>loss of weight</li> <li>retarded growth</li> <li>abnormal skin</li> </ul>
 <p><b>CALCIUM</b></p>	<ul style="list-style-type: none"> <li>milk</li> <li>cheese</li> <li>vegetables (greens)</li> </ul>	<ul style="list-style-type: none"> <li>essential for:</li> <li>normal development and maintenance of bones and teeth</li> <li>regulating body processes</li> <li>clotting of the blood</li> <li>normal action of the heart</li> <li>health of the nerves</li> <li>normal activity of the muscles</li> </ul>	<ul style="list-style-type: none"> <li>dental decay</li> <li>rickets</li> <li>slow clotting time of blood</li> <li>porous bones</li> </ul>
 <p><b>PHOSPHORUS</b></p>	<ul style="list-style-type: none"> <li>variety meats</li> <li>meat</li> <li>fowl</li> <li>fish</li> <li>soybeans</li> <li>milk</li> <li>cheese</li> <li>legumes</li> <li>eggs</li> <li>whole grain products</li> </ul>	<ul style="list-style-type: none"> <li>essential for:</li> <li>formation of normal bones and teeth</li> <li>cell structure</li> <li>maintenance of normal reaction of the blood</li> <li>output of nervous energy</li> <li>normal activity of the muscles</li> <li>metabolism of carbohydrates and fats</li> </ul>	<ul style="list-style-type: none"> <li>retarded growth</li> <li>rickets</li> <li>dental decay</li> <li>porous bones</li> </ul>
 <p><b>IRON</b></p>	<ul style="list-style-type: none"> <li>variety meats</li> <li>oysters</li> <li>meat</li> <li>vegetables (greens)</li> <li>legumes</li> <li>fowl</li> <li>potatoes</li> <li>dried fruits</li> <li>eggs</li> <li>fish</li> <li>whole grain or enriched products</li> </ul>	<ul style="list-style-type: none"> <li>essential for:</li> <li>formation of red blood cells</li> </ul>	<ul style="list-style-type: none"> <li>anemia, characterized by:</li> <li>weakness</li> <li>dizziness</li> <li>loss of weight</li> <li>gastric disturbances</li> <li>pallor</li> </ul>
 <p><b>COPPER</b></p>	<ul style="list-style-type: none"> <li>oysters</li> <li>liver</li> <li>mushrooms</li> <li>fowl</li> <li>legumes</li> <li>meat</li> <li>fish</li> <li>potatoes</li> </ul>	<ul style="list-style-type: none"> <li>essential for:</li> <li>formation of red blood cells</li> </ul>	<ul style="list-style-type: none"> <li>anemia (see iron)</li> </ul>



# Vitamins

## THEIR FUNCTIONS AND IMPORTANT SOURCES

VITAMIN	BEST SOURCES	FUNCTION	DEFICIENCY SYMPTOMS
 <p><b>VITAMIN A</b></p>	fish liver oils liver and kidney vegetables (green and yellow) fruits (yellow) tomatoes butter margarine (fortified) cream cheese egg yolk	essential for: growth health of the eyes structure and functioning of the cells of the skin and mucous membranes	retarded growth night blindness gross anatomical changes in the eye lowered resistance changes in skin and membranes defective tooth formation
 <p><b>THIAMINE (B<sub>1</sub>)</b></p>	pork variety meats meat soybeans oysters potatoes melons milk whole grain or enriched products vegetables (greens) fowl	essential for: growth carbohydrate metabolism functioning of the heart, nerves, and muscles	retarded growth loss of appetite and weight nerve disorders
 <p><b>RIBOFLAVIN (B<sub>2</sub>)</b></p>	variety meats meat soybeans milk oysters vegetables (greens) eggs fowl	essential for: growth health of the skin and mouth cell activity functioning of the eyes carbohydrate metabolism	retarded growth lesions at corners of the mouth dimness of vision cataract-like symptoms intolerance to light inflammation of the tongue
 <p><b>NIACIN</b></p>	variety meats meat fowl fish peanut butter potatoes whole grain or enriched products	essential for: growth carbohydrate metabolism health of the skin functioning of the stomach and intestines functioning of the nervous system	glossitis (smoothness of the tongue) skin eruptions digestive disturbances mental disorders
 <p><b>PYRIDOXINE</b></p>	meat (muscle tissue) variety meats fish whole grain products milk legumes	specific function unknown probably essential for: growth health of the skin functioning of the muscles and nervous system protein metabolism	possible symptoms: skin eruptions vague symptoms: insomnia irritability muscular rigidity
 <p><b>PANTOTHENIC ACID</b></p>	liver meat milk whole grain products	specific function unknown probably essential for: growth health of the skin normal hair production	undetermined
 <p><b>VITAMIN C</b></p>	citrus fruits melons berries other fruits tomatoes vegetables (especially raw)	essential for: growth cell activity maintaining strength of the blood vessels development of the teeth formation of supporting tissues	sore gums hemorrhages around the bones tendency to bruise easily
 <p><b>VITAMIN D</b></p>	fish liver oil fat fish liver milk (fortified) eggs irradiated foods sunshine	essential for: growth regulating calcium and phosphorus metabolism building and maintaining normal bones and teeth	soft bones poor tooth development dental decay
 <p><b>VITAMIN E</b></p>	seed germ oils vegetables (greens)	specific function unknown probably essential for: growth normal reproduction normal functioning of the muscles and nervous system	undetermined
 <p><b>VITAMIN K</b></p>	vegetables (greens) cabbage cauliflower soybean oil tomatoes orange peel	essential for: normal clotting of the blood	hemorrhages



# VITAMINS

## Common Foods as Sources of Vitamins



Selected Serving (raw edible portion)	Measure as Eaten	A Internat'l Units	B			C Milligrams	D Internat'l Units
			Thiamine Milligrams	Riboflavin Milligrams	Niacin Milligrams		
LIVER	4 oz (2 slices 3 1/2 x 2 1/2 x 1/2)	23,100	.4	3.2	18.4	20	36
HEART	4 oz (1/2 heart 3" long)	*	.5	1.1	7.3		
KIDNEYS	4 oz (2 slices 5 1/2 x 2 1/2 x 1/2)	1,133	.4	2.3	9.9	8	
SWEETBREADS	4 oz (1 piece 4 x 3 x 1/4)	*	—	.8			
BRAINS	4 oz (2 pieces 2 1/2 x 1 1/2 x 1")	*	.2	.3	6.5	15	
BEEF	4 oz (1 slice 3 1/2 x 2 1/2 x 1/2)	60	.2	.2	7.2		
LAMB	4 oz (1 slice 5 x 3 x 1/2)	*	.2	.3	7.0		
VEAL	4 oz (1 slice 5 x 3 x 1/2)	*	.3	.3	8.2		
PORK	4 oz (1 slice 5 x 3 x 1/2)	*	1.1	.3	6.0		
FOWL	4 oz (1/2 cup)	*	.2	.2	7.5	2	
OYSTERS	3 1/2 oz (5 medium)	225	.3	.5	.7	3	5
COD LIVER OIL	1/4 oz (1 1/2 teaspoons)	4,440 <sup>1</sup>				0	629 <sup>1</sup>
EGGS	1 1/2 oz (1 medium)	520	.1	.2	—	0	46
MILK <sup>2</sup>	7 oz (1 glass)	385	.1	.4	.2	4	2
BUTTER	1/3 oz (1 pat)	199					4
CHEESE	1 oz (1 slice)		.1	—	.4		
OATMEAL	2/3 oz (1 cube)	600	—	.1	—		
APPLES	2/3 oz (1/2 cup (cooked))		.2	—	.3		
ORANGES	5 oz (1 (3" dia.))	99	.1	—	.7	9	
BANANAS	5 1/3 oz (1 (2 1/2" dia.))	310	.1	—		59	
GRAPEFRUIT	3 1/2 oz (1 (6" long))	280	.1	.1	.6	8	
PRUNES	3 1/2 oz (1/2 (3 1/2" dia.))	21	.1	.1		40	
SPINACH	1 oz (4 medium)	468	.1	.1		1	
POTATOES	3 1/2 oz (1/2 cup)	15,800	.1	.2	.7	36	
TOMATOES	5 1/3 oz (1 (4 x 2 1/2"))	60	.2	.1	1.8	13	
PEAS	4 1/2 oz (1 (2 1/2" dia.))	1,506	.1	.1	.8	26	
CARROTS	2 oz (1/2 cup (scant))	713	.2	.1	.8	9	
CAULIFLOWER	3 1/2 oz (2 (5" long))	10,000	.1	.1	1.5	4	
	3 1/2 oz (2/3 cup)	48	.1	.1	.6	71	

Figures in heavy type represent the amount of the vitamin retained after cooking by standard methods.

\* (Asterisk) not determined but present in small amounts.

— (Dash) present but in negligible quantity (too little to appear on this table).

Abbreviations: oz. = ounce, dia. = diameter.

<sup>1</sup> Minimum required by U. S. Pharmacopeia.

<sup>2</sup> Evaporated milk diluted with an equal amount of water has the same food value as pasteurized whole milk.

<sup>3</sup> Whole wheat bread is higher in niacin than enriched bread; other vitamins are approximately the same.



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# The Diet of the Expectant and Nursing Mother



Prepared by  
DIVISION OF CHILD HYGIENE  
MINNESOTA DEPARTMENT OF HEALTH

A. J. CHESLEY, M.D.  
Secretary and Executive Officer

Approved by the  
MINNESOTA SOCIETY OF OBSTETRICS AND GYNECOLOGY

*Drink More Milk, Eat More Butter—For Your Health and Prosperity*

6058—6-3-42—50M



## THE EXPECTANT MOTHER'S DIET

At no other time in adult life will a good diet bring such valuable returns as when eaten by the women upon whom an infant is dependent for all its nourishment.

A woman may live in fair health on a diet upon which she cannot nourish an unborn or nursing infant and keep her health.

**Expectant mothers enjoy the health benefits of a well-planned diet!**

**Protect your health and your infant's welfare with a good diet.**

Your infant depends upon you for all the necessary materials to grow and develop into a well-nourished, vigorous baby at birth.

Your health, which is of great importance in bringing you through pregnancy and labor in the best possible manner, may suffer if your diet lacks the necessary materials you need.

Preparation for the nursing period begins with a good diet during pregnancy.

**Eat a good mixed diet which meets your own and your baby's needs.**

The quality of your diet is very important.

If you have been accustomed to eating a good diet before you became pregnant only a few changes are necessary.

Foods that supply materials to build the baby's bones, blood, muscles and other body tissues and provide protection for your own are very important in your daily meals.

### PLAN YOUR DAILY MEALS AROUND THE "PROTECTIVE FOODS"

These foods, especially milk and milk products (as butter and cheese), eggs, and green leafy and yellow vegetables and fruits, as well as the lean red meats, "dark" breads and "whole grain" cereals contain a wealth of important materials which you and your infant need.

### USE THESE "PROTECTIVE FOODS" IN YOUR DAILY MEALS

(Unless your physician orders otherwise.)

Milk*	1 quart	To drink and in cooked and baked foods
Egg	1	
Vegetables, green, leafy and yellow	1 or more servings	A raw vegetable or green salad Another vegetable, green or yellow

\*Part of the milk may be eaten as cheese (1¼ oz. American Cheddar Cheese equals approximately 1 cup whole milk in food value).

Citrus Fruit and Tomatoes	1 serving	An orange, half a grapefruit or large serving of tomatoes (fresh or canned)
Meat, Fish or Poultry	1 serving	Use lean red meats, and especially liver, kidney and glandular meats often
Whole grain cereals Dark breads	2 or more servings of either	(Unless your physician orders otherwise)
Butter	At each meal	On bread and as seasoning for vegetables

**Be sure your daily diet includes these important foods.**

Select additional foods as more fruit, potatoes, bread and others to suit your desires.

**Do not overeat!**

**Cod or other fish liver oil is an important addition to your diet.**  
(Your physician will prescribe the amount you need).

**Sea foods and cod liver oil in your diet aid in supplying iodine which is lacking in water and in foods grown in Minnesota.**

**Watch your weight!**

*Overeating is harmful* and will result in an undesirable gain in your weight.

If you are an average woman you can expect to gain about 20 to 25 pounds during pregnancy; you will lose this weight after your baby is born.

Consult your physician at once if you gain weight suddenly; it may be a danger signal.

**Drink plenty of liquids!**

Plenty of water and other liquids (fruit juices, milk, etc.) in your diet will help your bowels, kidneys and skin remove waste products and aid in preventing constipation. (You may need to reduce the amount of liquids used if your feet begin to swell; consult your physician about it.)

Moderate use of tea and coffee is not harmful to most women. *Do not let them take the place of milk.*

**Extreme moderation in the use of all alcoholic beverages and tobacco is necessary.**

**Help your body make good use of the materials in the foods you eat.**



Good digestion and use by your body of the foods in your diet are very important to you and your baby.

Outdoor sunshine, moderate exercise, plenty of rest and freedom from worry will help you make the best use of the foods you eat.

Simple dishes, well-prepared and properly, but not highly seasoned are the best. Use salt in moderation in seasoning foods.

Do not leave the "protective foods" out of your diet, if they cause you discomfort, without first consulting your physician. He will advise you of substitutions to make. He will also prescribe special preparations as needed.

### WELL PLANNED MEALS FOR A DAY FOR THE EXPECTANT MOTHER

#### Breakfast

Orange or 1/2 grapefruit	Stewed apricots
Oatmeal—milk	Dark farina—milk
Whole wheat toast—butter	Poached egg on toast
Cocoa	Cocoa

#### Dinner

Baked potato	Browned potatoes—gravy
Broiled liver	Pot roast of beef
Creamed carrots	Stewed tomatoes
Bread—butter	Whole wheat bread—butter
Baked custard	Butterscotch pudding
Milk to drink	Milk to drink

#### Lunch or Supper

Cream of tomato soup	Macaroni and cheese
Scrambled egg	Cabbage and red apple salad
Combination (raw) vegetable salad	Whole wheat raisin muffins—butter
Bread—butter	Sliced bananas—top milk
Baked apple stuffed with raisins— top milk	Milk to drink
Milk to drink	

Milk may be taken as nourishment between meals and before retiring, rather than at meal time, if desired, but the amount used daily should total one quart.

### THE NURSING MOTHER'S DIET

Successful nursing demands a quiet, contented life in which the mother chooses foods intelligently and enjoys in her daily living plenty of rest, some exercise out of doors in the fresh air and sunshine, and mental diversion.

The first few months are critical in the life of a baby.

Set aside less important interests to insure your baby's having the best possible chance to live and have a good running start in life.

Protect your health so your baby may have the best possible start in life.

Make it possible for your baby to have the food which meets his needs best—his own mother's milk.

Conserve your health and strength with a good diet or your milk supply may suffer.

Insure good quality milk for your baby through eating a good diet.

The same good diet recommended in pregnancy serves as a basis for planning your diet during the nursing period.

The amounts and number of servings of certain foods may need to be gradually and slightly increased to insure the necessary supply of materials for good quality milk.

Some foods especially the "protective foods" supply your body with a wealth of important materials needed to produce milk.



**PLAN YOUR DAILY MEALS TO INCLUDE THESE "PROTECTIVE FOODS"**

Milk	1½ quarts	To drink, in cooked and baked foods and as cheese
Eggs	1 or more	
Vegetables Green leafy and yellow	2 or more servings	A raw vegetable or green salad, another vegetable, green or yellow
Citrus Fruit and Tomatoes	1-2 servings	Oranges, grapefruit or tomatoes (fresh or canned) as juice or fruit
Meat, Fish or Poultry	1 serving	Use lean red meats, especially liver, kidney and other glandular meats often
Butter	At each meal	On bread and as seasoning for vegetables
Whole Grain Cereals Dark Breads		A generous serving of either at each one of the daily meals

Select additional foods as more fruit and vegetables (fresh, canned or stewed), potatoes once or twice daily, simple, easily digested desserts and others to round out the day's meals, to make them interesting and attractive and to satisfy the appetite.

**Cod or fish liver oils may be taken daily during the winter months.  
(Your physician will prescribe the amount you need.)**

**Drink plenty of liquids!**

Plenty of water and other liquids in your diet will supply that needed for the milk, to aid in digesting the food you eat and help your bowels, kidneys and skin remove waste products, and aid in preventing constipation.

A glass or bowl of hot milk with bread or crackers, malted milk, egg nog or fruit juice taken before nursing the baby at mid morning and mid afternoon supplies both extra food and water and is beneficial to many mothers.

**Specific foods have no effect in "making" milk other than that some foods supply more materials needed for milk than others.**

A wholesome diet ample in all dietary essentials which includes plenty of the "protective foods" is the best for good milk production.

If certain foods disagree with digestion in mother or baby they are best omitted from the diet. Consult your physician if the "protective foods" cause discomfort. He will advise you of substitutions to make or prescribe special preparations as needed.

**WELL PLANNED MEALS FOR A DAY FOR  
THE NURSING MOTHER**

**Breakfast**

Orange, grapefruit or tomato juice	Fresh fruit in season
Dark farina with raisins—milk	Oatmeal—milk
Toast—butter	Scrambled egg
Cocoa or milk	Toast—butter
	Cocoa or milk

**Dinner**

Liver loaf	Beef stew with vegetables (carrots, onions, potatoes)
Baked potato	Cabbage and apple salad
Creamed peas	Whole wheat bread—butter
Whole wheat or rye bread—butter	Gingerbread
Apple betty—top milk	Milk to drink
Milk to drink	

**Lunch or Supper**

Cream of vegetable soup	Peanut butter soup
Baked eggs with cheese	Baked rice with tomatoes and cheese
Raw carrot and raisin salad	Raw turnip, rutabaga or carrot strips
Whole wheat bread—butter	Stewed mixed dried fruit
Caramel pudding	Milk to drink
Milk to drink	

Additional milk to total 1½ quarts, fruit juices and other easily digested foods may be eaten before nursing the baby mid-morning and mid-afternoon and before retiring.

DECLASSIFIED E.O. 12065 SECTION 3-402/NNDG NO. 775013



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# WHAT TO EAT

## Before the Baby Comes



Georgia Department of Public Health  
Atlanta, Ga.

AP 10,008



## DAILY DIET FOR THE EXPECTANT MOTHER



**Milk**—At least 1 quart daily.

**Butter**—One tablespoonful at each meal.

**Eggs**—One daily, beside those used in the preparation of food.



**Vegetables**—Two daily, beside potatoes:

One serving of the very green or very yellow vegetables—such as turnip greens, collards, mustard, kale, cabbage, carrots, yellow squash, yellow turnips, lettuce, and other leafy vegetables.



One serving of white or sweet potatoes daily, preferably baked.

One serving of any other vegetable, eaten raw or only slightly cooked.

**Fruits**—Two servings daily:

One raw: Oranges, grapefruit, tomatoes, bananas, apples.

The other cooked: Prunes, apricots, peaches, pears, and apples.

Or canned: Grapefruit juice, orange juice or tomato juice—when fresh fruit is not available.



**Meat or Fish**—One serving daily:

Fish,  $\frac{1}{4}$ -lb. twice a week.

Liver,  $\frac{1}{4}$ -lb. once or twice a week.

Lean meat,  $\frac{1}{4}$ -lb. three to four times a week.



**Cereals**—One serving daily of any **WHOLE GRAIN** cereal such as oatmeal, dark farina, yellow cornmeal, and cracked wheat. Rice and grits have little mineral or vitamin value.



**Bread**—Three servings daily (1 slice at a serving). Preferably bread made of whole wheat flour, whole cornmeal, cracked wheat, or other whole grain breads should be used.

**Desserts**—One serving daily of a simple dessert, such as baked or boiled custards, fresh or stewed fruits, simple cakes, cornstarch and tapioca puddings, ice cream. Pies and cakes with icings should be avoided. Candy and soft drinks should be used very sparingly.



**Cod liver oil**—As prescribed by physician.



**Tea and coffee**—Not more than one cup of tea or coffee should be taken daily. Do not let them take the place of milk.

**Water**—Drink four or more glasses daily, or as recommended by your physician.



### WATCH YOUR WEIGHT!

A woman who enters pregnancy with a normal weight should expect to gain an average of 20 pounds throughout pregnancy (an average of  $\frac{1}{2}$  lb. per week). Unusual increase in weight should be brought promptly to the doctor's attention.



**SPECIAL HINTS TO THE EXPECTANT MOTHER:**

1. Avoid fried foods. They often cause heartburn and distress.
2. Avoid spices or all highly seasoned foods.
3. Use additional salt very sparingly.
4. Eat your eggs poached, scrambled, soft-cooked—but not fried.
5. Over-eating of energy foods (starch, sugar or fats) is harmful.
6. Select vegetables that are in season.
7. Cook vegetables in a small amount of water, little fat, and for a short time.
8. A glass of milk and a cracker at bedtime sometimes keeps the mother from being sick in the morning and might relieve wakefulness.
9. Water and other liquids (fruits, milk) in the diet will help your bowels, kidneys, and skin remove waste products, and will aid in preventing constipation. (You may need to reduce the amount of liquids used if your feet and legs begin to swell; consult your physician about it.)
10. The poor, finicky appetite is not normal. Consult your physician.

**PATTERN MENU FOR ONE DAY****Breakfast**

Tomato Juice  
Rolled Oats  
Toast, Butter  
Milk

**10 A. M.**

1 Glass Milk  
Cod Liver Oil

**Dinner**

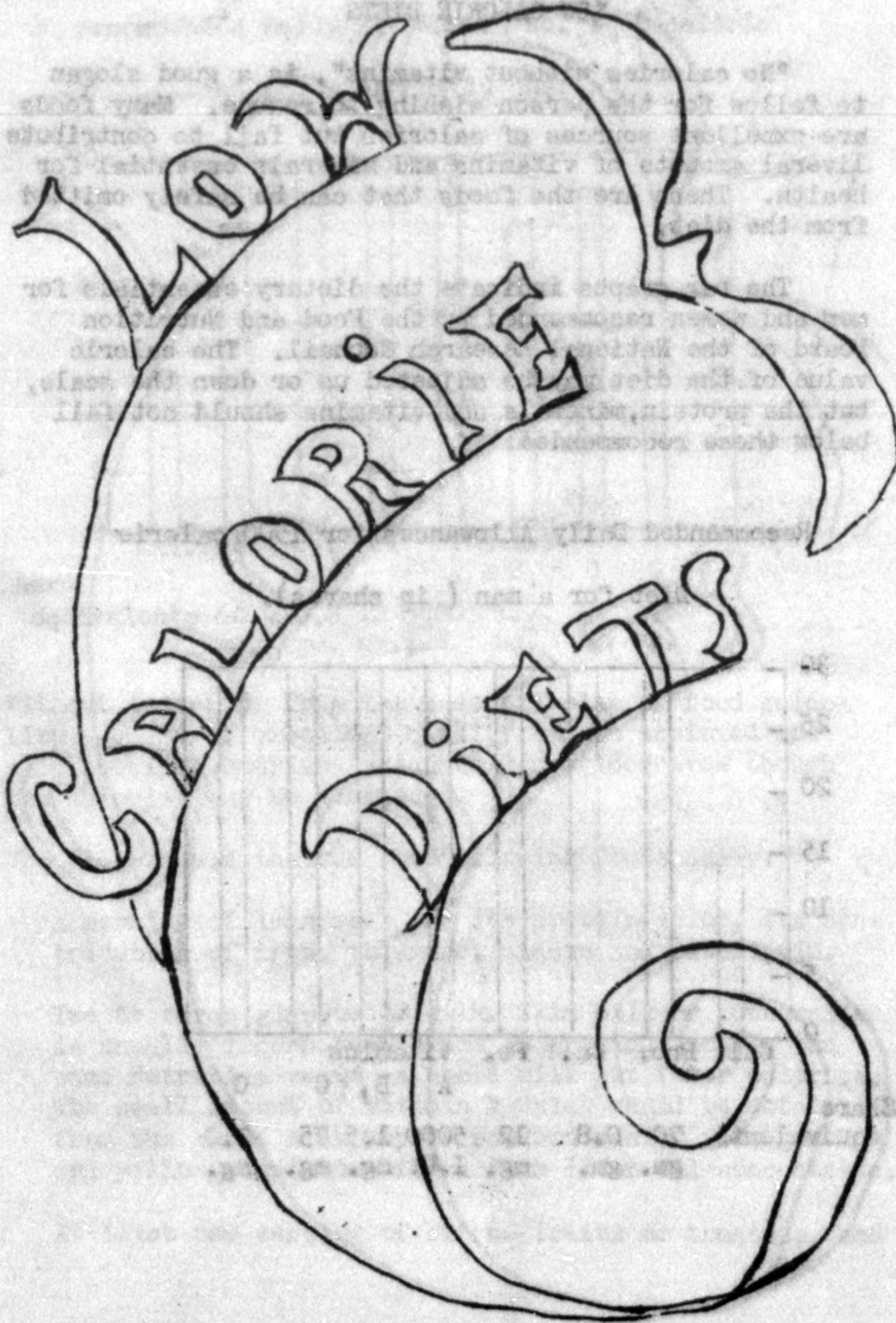
Meat Loaf  
Baked Potato  
Turnip Greens  
Carrot Strips  
Whole Wheat Bread  
Butter  
Baked Custard

**Supper**

Cream of Pea Soup  
Scrambled Eggs  
Cabbage Slaw  
Whole Wheat Bread  
Milk  
Applesauce



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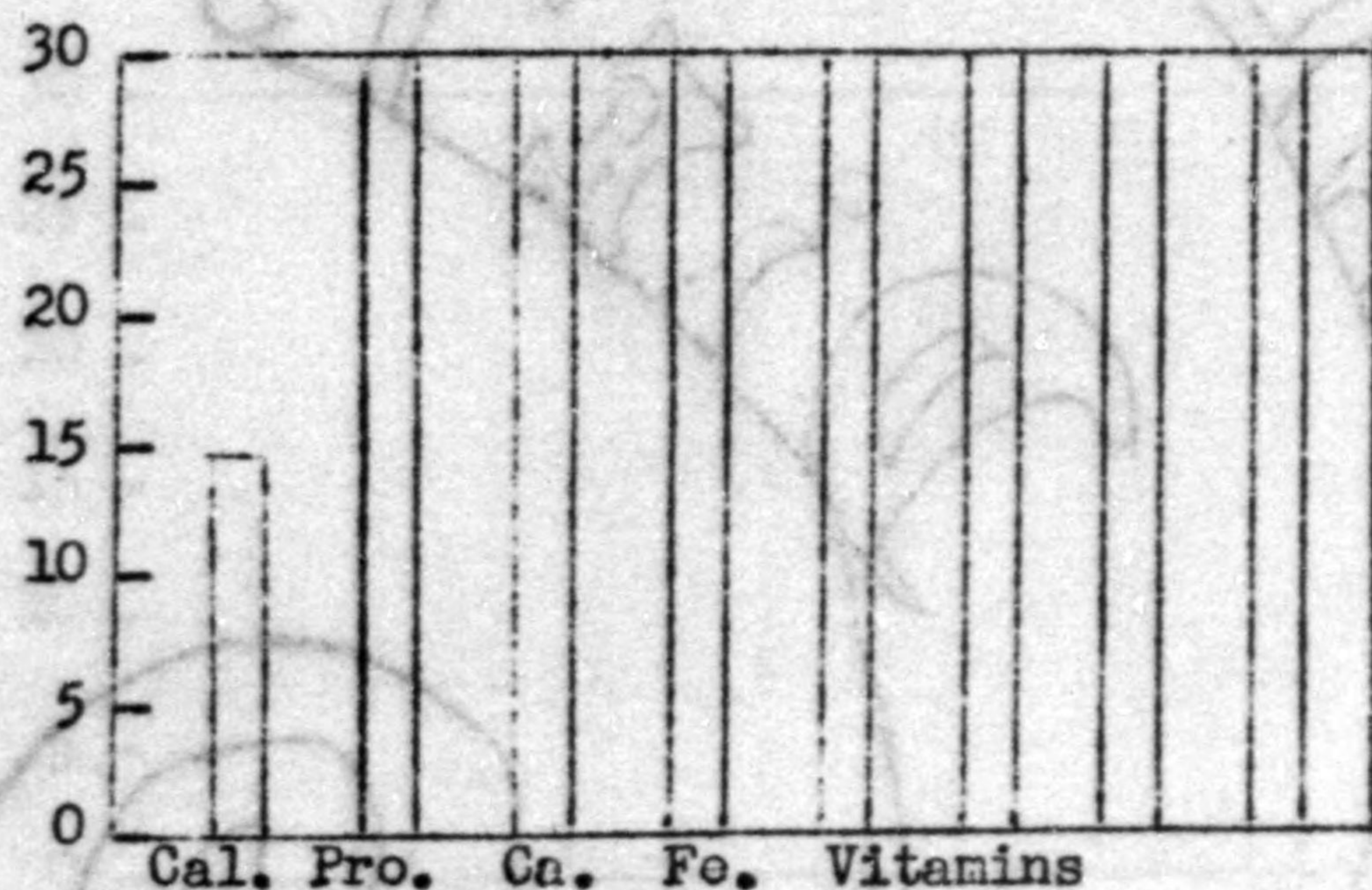
## LOW CALORIE DIETS

"No calories without vitamins", is a good slogan to follow for the person wishing to reduce. Many foods are excellent sources of calories but fail to contribute liberal amounts of vitamins and minerals essential for health. These are the foods that can be safely omitted from the diet.

The bar graphs indicate the dietary essentials for men and women recommended by the Food and Nutrition Board of the National Research Council. The caloric value of the diet may be adjusted up or down the scale, but the protein, minerals and vitamins should not fall below those recommended.

### Recommended Daily Allowances for 1500 calorie

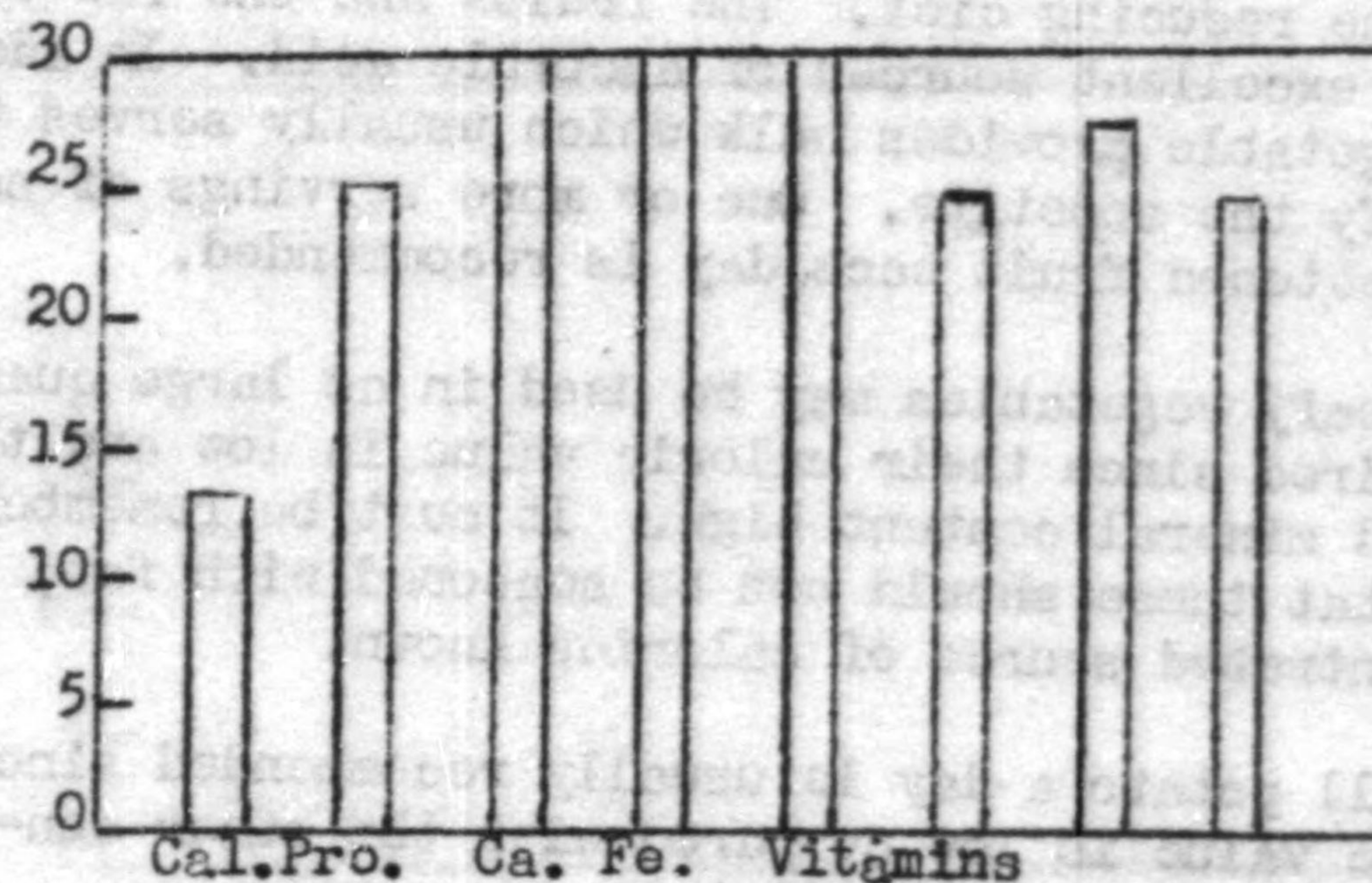
Diet for a man ( in shares).



Share equivalent	Cal.	Pro.	Ca.	Fe.	Vitamins A	B	C	G
	70	0.8	12	5000	1.5	75	2.0	2.0
	gm.	gm.	mg.	mg.	I.U.	mg.	mg.	mg.

### Recommended Daily Allowances for 1200 calorie

Diet for a woman (in shares).



Share equivalent	Cal.	Pro.	Ca.	Fe.	Vitamins A	B	C	G
	60	0.8	12	5000	1.2	70	1.6	1.6
	gm.	gm.	mg.	mg.	I.U.	mg.	mg.	mg.

Without departing from the accepted plan of food selection, a diet of excellent quality can be achieved and each specific nutrient adequately provided even though the calories may be limited.

The Plan should include the following foods daily:

A serving of lean meat for its protein value, its contribution of iron, thiamine, niacin and riboflavin.

Two to three glasses of milk. Skim milk or buttermilk is usually recommended since it provides nearly the same nutritive value as whole milk but fewer calories. The small amount of vitamin A which would be obtained from the whole milk may be secured easily from green and yellow vegetables for a fish liver oil concentrate.

At least one serving of citrus fruits or tomatoes, and



a serving of a raw vegetable such as cabbage serve two purposes in the reducing diet. The fruits and the raw vegetables are excellent sources of ascorbic acid. In addition the raw vegetable provides bulk which usually serves to help satisfy the appetite. One or more servings of some other unsweetened fruit each day is recommended.

Green leafy vegetables may be used in as large quantities as desired since their caloric value is low and their vitamin and mineral content high. It must be remembered, however, that these should not be seasoned with fat, the most concentrated source of calories known.

One small potato a day is usually recommended since its caloric value is low compared with the other contributions it makes to the diet.

One egg a day provides a good share of vitamins and minerals for its calories, if it is not cooked in fat.

The following foods contribute chiefly calories and are, therefore, usually omitted from a reducing diet.

Refined cereal products such as grits, macaroni, rice candy, sugar, honey, syrup jelly, jam, preserves, sweet sauces; desserts made with flour, fats, sugar such as cake, pie and puddings; bottled drinks, milk shakes, ice cream sodas; cream (in or out of coffee) gravies, fried foods, foods seasoned with fat of any kind.



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A DIET  
TO HELP  
YOUR BLOOD





DIET FOR ANEMIA

If the doctor tells you that you "have anemia" or that you "are anemic" he means that your blood is weak and pale. The only way to get iron, the material you need to make your blood strong and red, is by eating the right foods.

Be sure to include a generous serving of some food from each of these Basic Seven Food Groups in your meals each day.

BASIC SEVEN FOOD GROUPS

- Group One - green and yellow vegetables
- Group Two - oranges, tomatoes, grapefruit
- Group Three - potatoes and other vegetables and fruit
- Group Four - milk and milk products
- Group Five - meat, poultry, fish, or eggs
- Group Six - bread, flour and cereals
- Group Seven - butter and fortified margarine

\*\*\*\*\*

Try to eat two servings of lean meat, fish, chicken, or dried peas or beans each day. Liver, kidney, and heart are especially good for the blood and should be eaten often, daily if possible. Dark green leafy vegetables, potatoes, and fruits are also good for the blood and should be eaten daily as listed above. Use only whole wheat bread and cooked whole wheat cereal or oatmeal. Avoid concentrated sweets and rich desserts. The best sweet you can eat for your blood is molasses.

HERE IS A PLAN FOR YOUR DAILY MEALS

Breakfast:

- Fruit - 1 orange, 1/2 grapefruit, or 1 tomato or 1/2 to 1 cup of one of their juices.
- Oatmeal or a cooked whole wheat cereal.
- Egg - 1 or 2, cooked any way you like.
- Whole wheat toast - 2 slices.
- Butter or margarine - 2 tablespoons.
- Milk - 1 glass.
- Coffee or tea if you like.

Dinner:

- Liver, kidney, or heart - 4 oz. serving.
- Potatoes - generous serving (1/2 cup or more)
- A dark green leafy vegetable - generous serving (1/2 cup or more)
- Whole wheat bread - 2 slices.
- Milk - 1 glass.
- Fruit for dessert (stewed prunes or peaches often)

Supper:

- Lean beef, pork, fish, or chicken or dried peas or beans.
- A raw vegetable salad.
- Whole wheat bread - 2 slices.
- Butter or margarine - 2 tablespoons.
- Milk - 1 glass.
- Fruit for dessert.



NOTES

N. C. STATE BOARD



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## EXPECTANT MOTHER'S DIET

Your food should be planned to meet your baby's needs as well as your own. This does not mean that you should eat a large amount of food. It means that you should eat the foods that will protect your health and give your baby the best possible start in life. Gain should not be over 20 pounds during the entire pregnancy, or one-half pound a week.

Unless your doctor orders a special diet, each day's food should include:

MILK - 1 quart, either as a drink or in food. Milk may be used on cereals and creamed vegetables, in cocoa, milk, soups, puddings, bread and milk, cereals, cooked in milk. Buttermilk, skim milk, dried milk may be used instead of whole sweet milk, with an additional serving of butter. Cheese is also a good substitute for milk. Evaporated milk is whole sweet milk that has had one-half of the water removed.

EGG - One egg daily. Eggs may be eaten plain or in cooking.

VEGETABLES - At least one liberal serving of raw vegetables and one of cooked vegetables daily besides one potato. Select one from this group: Cabbage, chard, watercress from unpolluted water, spinach, lettuce, poke greens, dandelion greens, beet greens, turnip greens. Select one from this group: Turnips, carrots, green beans, green peas, beets, dried beans, dried peas, parsnips, onions.

FRUIT - Two servings of fruit daily. One should be orange, grapefruit, or tomato (raw or canned). The other should be dried, canned, or fresh fruit, such as apples, prunes, raisins, apricots, berries, peaches, pears, bananas, grapes, melons.

WHOLE GRAIN PRODUCTS - At least two servings of whole grain bread or cereal. Whole grain breads - wholewheat bread, corn bread, rye bread, graham bread, cracked wheat bread. Whole grain cereals - oatmeal, cracked wheat, cornmeal, brown rice.

MEAT - One serving of lean meat or fish. (Fat meat should not be eaten.) Liver should be eaten at least once a week.

\*The diet as outlined is the best for an expectant mother; however, if you cannot afford to have all of the foods as they are listed, you should be sure to include daily the foods underlined.

(Over)



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SUGGESTIONS TO THE OVERWEIGHT

1. Do not eat fried foods, gravies, fat meats, mayonnaise, or vegetables seasoned with fat meats.
2. Do not eat more than one piece of bread at a meal. It should be whole grain.
3. Omit candy, pies, cakes, syrups, sugar, and sweet desserts.
4. Eat small servings of starchy foods, and large servings of fruits and leafy vegetables.
5. Drink skimmed milk.
6. If hungry between meals, drink skimmed milk or eat fruit.

TO PREVENT CONSTIPATION

1. Have regular habits.
    - A. Go to the toilet at the same time each day. The best time is just after breakfast.
    - B. Eat meals at regular hours - do not omit breakfast.
    - C. Take exercise daily.
  2. Drink water.
    - A. Drink a glass of water before breakfast.
    - B. Drink 8 to 8 cups of water daily.
  3. Eat laxative foods.
    - A. Whole grain bread and cereals, cooked and raw vegetables, fresh and dried fruits, are laxative foods.
    - B. Eat some laxative foods at every meal.
-



# THREE NEW MEAD PRODUCTS

*Advertised only to the  
medical profession\**

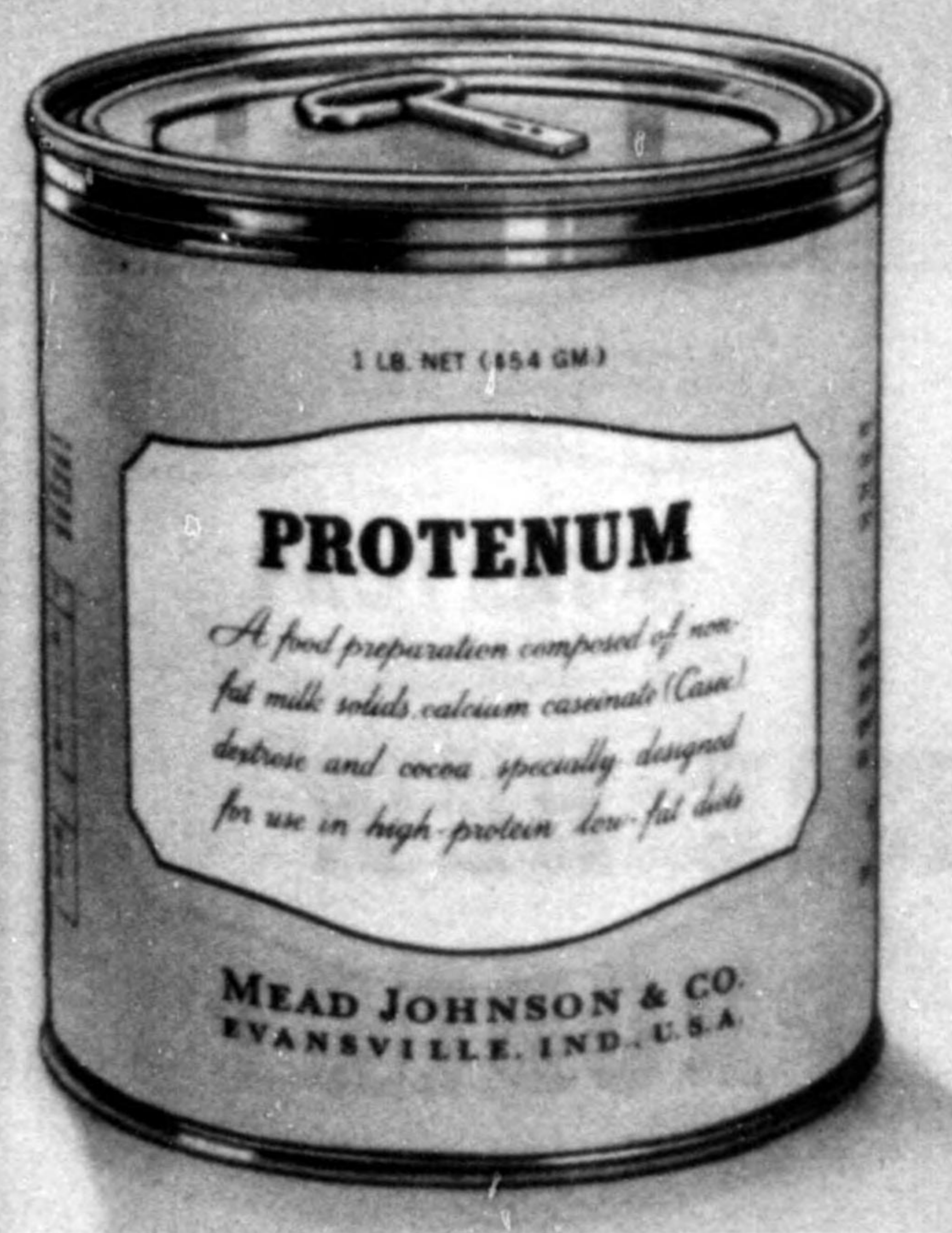
\*If you like our products and our policy,  
please specify **MEAD'S**



When requesting samples of these new Mead products, please  
mention the name of your favorite druggist.

**MEAD JOHNSON & COMPANY**  
EVANSVILLE 21, INDIANA, U.S.A.





**PROTENUM** is composed of non-fat milk solids and calcium caseinate (Casec) flavored with dextrose and cocoa.

**A high protein food of low fat content, unusually palatable, PROTENUM is suitable for persons of all ages.**

PROTENUM is useful in the formulation of high protein diets and the correction of protein-deficient diets.\*

\*When for any reason intact protein cannot be digested, Protolysate (orally) or Amigen (intravenously) may be used.



**LONALAC** is nutritional-ly similar to powdered whole milk but contains only a negligible amount of sodium.

**When sodium must be restricted, LONALAC permits the formulation of an adequate diet.**

LONALAC may be used in low sodium diets to replace (in whole or in part) milk and other protein foods high in sodium.

**SUPPLIED AT DRUG STORES IN 1 POUND TINS AND TO HOSPITALS IN 5 POUND TINS.**