



AN ADEQUATE FOOD SUPPLY

FURNISHES DAILY

for

THE AVERAGE ADULT

30 ONE-HUNDRED CALORIE PORTIONS

OF BODY FUEL

for

THE AVERAGE FAMILY

(2 adults and 3 young children, or 4 average adults)

120 ONE-HUNDRED CALORIE PORTIONS

When the average price is  
1 ct. per 100-calorie por-  
tion the daily cost for the  
family is

\$1.20

When the average price is  
2 ct. per 100-calorie por-  
tion the daily cost for the  
family is

\$2.40

AND SO ON UP!

DO YOU WANT TO KNOW HOW MUCH YOU ARE PAYING PER 100-CALORIE PORTION FOR  
FRUITS, VEGETABLES, MILK, MEATS, CEREALS, FATS, SWEETS AND OTHER FOOD MATERIALS?  
IF SO, YOU MUST KNOW FIRST HOW MANY 100-CALORIE PORTIONS THESE FOODS FURNISH AND  
THEN HOW MUCH YOU ARE PAYING FOR THEM PER POUND, PER DOZEN, OR PER QUART.

SEE THE FOLLOWING CHARTS.

Group I.

VEGETABLES AND FRUITS

As a class supplying fuel in the form of sugar or starch, chiefly.  
also roughage, mineral substances, particularly iron and  
vitamin B. For special uses see notes.

Sample Articles	Number of 100-Calorie Portions	Price in cents.	Cost per 100- Calorie Portions. cents.
Cabbage <sup>1</sup> - 2	1 per lb. as purchased	per lb.	
Spinach <sup>1</sup>	1 " "	" "	
Carrots <sup>2</sup>	1-1/2 per lb.	" "	
Onions	2 per lb.	" "	
Apples	2 " "	" "	
Grapes	3 " "	" "	
Potatoes (white) <sup>2</sup>	3 " "	" "	
" (sweet) <sup>2</sup>	4 " "	" "	
Oranges <sup>2</sup> (8 oz. size)	10 " doz.	" doz.	
Bananas (5 oz. size)	11 " "	" "	
Raisins	14 " lb.	" lb.	
Tomatoes <sup>2</sup>	1 " 16	" "	

100-calorie portions in asparagus, beans (string), beets, cauliflower, celery, corn, cucumbers, lettuce<sup>1</sup>, pumpkins, squash, turnips, lemons<sup>2</sup>, melons, peaches, pineapple, and rhubarb at least 1 per lb.; in lima beans in shell, peas, and pears, at least 2 per lb.; in plums and canned corn, at least 3 per lb.; in dried apples 13, in dried apricots 12, figs and dates 14 per lb. (For other articles and more exact values see Farmers' Bulletin 142)

1 Important for vitamin A essential to growth

2 Raw or slightly cooked juices important for vitamin C which prevents scurvy.

Group II.

MILK, EGGS, CHEESE and FLESH FOODS.<sup>1</sup>

As a class supplying fuel in the form of complete protein and fat chiefly.  
For special uses see notes.

Sample Articles.	Number of 100-Calorie Portions as Purchased.	Price in cents.	Cost per 100-Calorie Portions, cents.
Chicken broilers	2 per lb.	per lb.	
Cod, fresh	2 " "	" "	
" salt	3 " "	" "	
Cheese, cottage	5 " "	" "	
Milk 2 - 3	6 <sup>3</sup> " qt.	" qt.	
Veal, leg	6 " lb.	" lb.	
Fowl	7 " "	" "	
Beef, round	7 " "	" "	
Eggs 2 - 4	9 " doz.	" doz.	
Pork chops	13 " lb.	" lb.	
Cheese, American	19 " "	" "	

100-calorie portions in other articles, skim milk 3 per qt., oysters 4 per qt.; bass, perch, trout, blue fish, smelts, flounder, tripe, smoked haddock, 2 per lb.; shad and Spanish mackerel 3 per lb.; halibut steak, 4 per lb.; shrimps, liver, tongue, 5 per lb.; beef round, fowl, smoked herring, salmon (fresh), unsweetened condensed milk, dried beef, 7 per lb.; leg of lamb, sweetbreads, canned tuna fish, sardines, pork tenderloin, beef sirloin, 9 per lb., average lamb or beef, 10 per lb.; salt mackerel, 11 per lb.; sweetened condensed milk and ribs of beef, 14 per lb.; plate of beef, 15 per lb.; ham, 16 per lb.; peanuts (in shell) 18 per lb.; and peanuts (shelled) 25 per lb.

- 1 Foods like cream and bacon in which the fuel furnished by protein is less than one-sixth of the total fuel are put in Group V.
- 2 Rich in vitamin A.
- 3 Exceptionally rich in lime.
- 4 Yolk exceptionally rich in iron.  
(For other articles and more exact values see Farmers' Bulletin 142.)

Group III.

CEREALS AND THEIR PRODUCTS.

Supplying fuel in the form of protein and starch chiefly, also mineral substances (lessened by removal of outer coatings) and vitamin B (lessened by removal of germ.)

Sample Articles	Number of 100-Calorie Portions as Purchased	Price in cents	Cost per 100-Calorie Portions, cents
Bread or rolls	11 per lb.	per lb.	
Flour or meal	16 " "	" "	
Rice	16 " "	" "	
Macaroni	16 " "	" "	
Oatmeal	18 " "	" "	
Crackers	18 " "	" "	
Beans, dried	15 " "	" "	

100-calorie portions per lb. in all flours, meals and breakfast foods, 16. For other articles or more exact values, see Farmers' Bulletin 142.

Group IV.

SUGAR AND SUGARY FOODS.

Supplying fuel in the form of sugar chiefly.

Articles	Number of 100-Calorie Portions as Purchased	Price in cents	Cost per 100-Calorie Portions, cents
Sirup, maple	12 per lb.	per lb.	
Molasses	13 " "	" "	
Honey	13 " "	" "	
Sirup, corn	14 " "	" "	
Candy, average	17 " "	" "	
Sugar	18 " "	" "	

Jellies, jams, preserves, and fruit butters about ten 100-calorie portions per lb.

(For other articles and more exact values see Farmers' Bulletin 142.)

Group V.

FATS AND FATTY FOODS

Supplying fuel in the form of fat chiefly

Sample Articles	Number of 100-Calorie Portions as Purchased	Price in cents	Cost per 100-Calorie Portions, cents.
Cream (single) <sup>1</sup> 2	9 per pt.	per pt.	
" (double) <sup>1</sup> 2	17 " "	" "	
California walnut <sup>2</sup> (in shell) <sup>2</sup>	9 " lb.	" lb.	
Bacon and salt pork <sup>2</sup>	26 " "	" "	
Butter <sup>1</sup>	33 " "	" "	
Lard	40 " "	" "	
California walnut meats <sup>2</sup>	33 " "	" "	

100-calorie portions per lb: nuts in shell, hickory, 12, coconut, 14, almond 16; pork sausage 21; chocolate, unsweetened, 27; oleomargarine and nut margarine 33; unrendered suet 36; oil and rendered suet, 40.

1 Valuable for vitamin A.

2 Protein present but furnishing less than 1/6 total fuel.

(For other articles and more exact values see Farmers' Bulletin 142).

COULD YOU SAVE BY CHANGING THE PROPORTION OF YOUR FOOD SUPPLY.  
SEE NEXT CHART.

THE FOLLOWING DAILY ALLOWANCES

OF

100-CALORIE PORTIONS

MAKE

A GOOD FOOD SUPPLY

		For the Average Family With Children	For the Average Adult
Group I.	Vegetables and fruits.....	2+ (20% of total)	: 6 (20% of total)
Group II.	Milk, eggs, cheese and flesh foods	30 (25% " " )	: 6 (20% " " )
Group III.	Cereals and cereal products.....	36 (30% " " )	: 9 (30% " " )
Group IV.	Sugar and Sugary foods.....	12 (10% " " )	: 3 (10% " " )
Group V.	Fats and fatty foods.....	<u>16</u> (15% " " )	: <u>6</u> (20% " " )
	Total	120	Total 30

IF THE FOODS OF GROUPS III, IV, and V ARE CHEAPEST  
(AS THEY USUALLY ARE) IT IS SAFE TO INCREASE THEM  
SOMEWHAT AND LESSEN THE FOODS FROM GROUPS I AND II.

The following is a safe guide for most purposes:

Group I.	Vegetables and fruits.....	10 to 30% of the total fuel
* Group II.	Milk, eggs, cheese and flesh foods	15 to 25% " " " "
Group III.	Cereals and cereal products.....	15 to 45% " " " "
Group IV.	Sugar and sugary foods.....	0 to 15% " " " "
Group V.	Fats and fatty foods.....	10 to 30% " " " "

\* Provided this permits of the use of 1-1/2 pints of milk for each child under 6 and 1 pint for each child over 6.

### CHECKING UP.

If the household food account book is arranged in accordance with the food grouping given above it is a comparatively easy matter to estimate the number of 100-calorie portions in the food supply as a whole and also the number of 100-calorie portions provided by each of the five groups. The results can then be compared with the standards given on page 6. If this is done and if care is taken to see that milk, green vegetables, or butter fat in some form (preferably all three), is used regularly no further checking up is necessary. The protein, for example, cannot fall below or exceed the desired amount if the number of 100-calorie portions from Groups II and III is kept within the limits given.

It may be desirable sometimes, however, to estimate the amount of protein, fat, and carbohydrates used. For this reason the following quick method is given.

#### To Estimate the Number of Calories Supplied by Protein, Fat, and Carbohydrate.

Unless the food supply is very monotonous and includes a very few foods from each of the five groups the following method may be safely used in estimating the number of calories provided by protein, fat, and carbohydrate.

Group I. Vegetables and Fruits. It is safe to estimate that of the total number of calories provided by these foods, 10 per cent are protein calories and the remainder (90 per cent) carbohydrate calories.

Group II. Milk, Eggs, Cheese, and Flesh Foods. From the total number of calories in this group, subtract 192 for each quart of milk used. These are carbohydrate calories. Of the remaining calories about 30 per cent are protein calories and 70 per cent fat calories. Better results will usually be obtained by using 28 and 72 per cents instead of 30 and 70 per cents in calculating protein and fat calories, but these figures are less easy to use.

Group III. Cereals and Their Products. Of the total number of calories supplied by the foods of this group, about  $12\frac{1}{2}$  per cent ( $1/8$ )

are protein calories: about 5 per cent (1/20) fat calories, and the remainder carbohydrate calories.

Group IV. Sugar and Sugary Foods. Practically all the calories provided by these foods are carbohydrate calories.

Group V. Fats and Fat Foods. All the calories in such foods as butter, lard, and suet are fat calories. In bacon and salt pork about 6 per cent are protein calories and the remainder are fat calories. The calories in such foods as cream, fat nuts, and chocolate which seldom form a very large part of the diet may be ~~added~~ *estimated* together. Roughly 10 per cent of these calories are protein calories, 10 per cent carbohydrate calories, and the remainder fat calories.

*weight*  
TO DETERMINE THE ~~PER~~ OF THE NUTRIENTS FROM  
THE CALORIES.

To determine the number of grams of protein, divide the number of protein calories by 4.

To determine the number of ounces of protein, divide the protein calories by 113.

To determine the number of grams of fat, divide the fat calories by 9.

To determine the number of ounces of fat, divide the fat calories by 255.

To determine the number of grams of carbohydrate, divide the carbohydrate calories by 4.

To determine the number of ounces, divide the number of carbohydrate calories by 113.