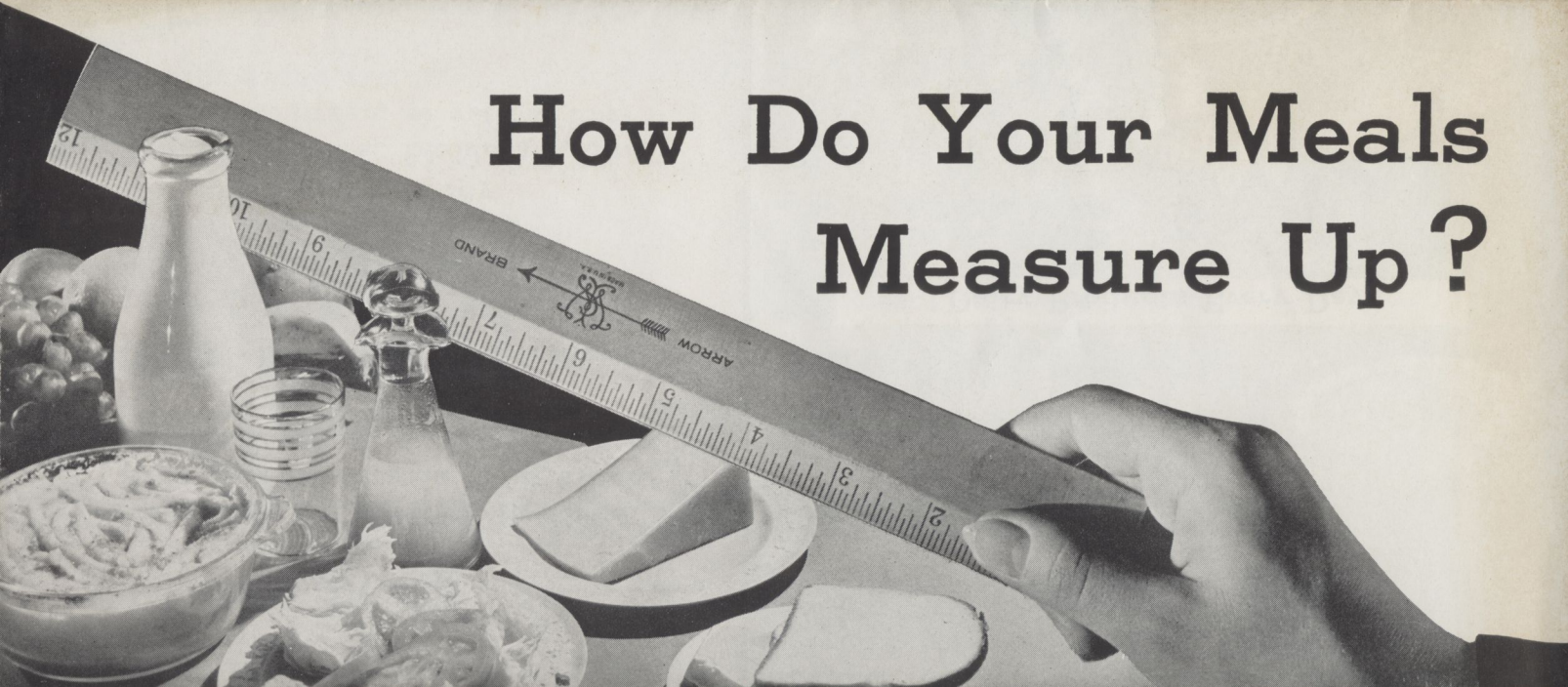


How Do Your Meals Measure Up?



PEOPLE of all ages require certain food essentials every day in order to be well nourished. The day's meals supply, or fail to supply, these needs depending upon the quantity and quality of foods chosen. To what extent they meet the family's needs can be told only by the application of a dietary measuring stick.

A suggested measure of this type for the homemaker is presented here—one which converts dietary standards into terms of common foods and suggests a workable pattern for planning palatable and satisfying meals.

Milk and Cheese

Milk is the best buy on the food list no matter how great the need to economize for it is our chief protective food. Use milk for drinking, in soups, main dishes and desserts, on cereals and puddings. Some milk may be taken in the form of ice cream and cheese.



Dairy Products Every Day

Vegetables and Fruits

Vegetables and fruits are also protective foods. Leafy vegetables as cabbage and lettuce; green vegetables as peas and beans; and yellow vegetables as carrots and rutabagas; citrus fruits and tomatoes—have special protective qualities.



Vegetables and Fruits Every Day

Cereal Grains

Cereals are called the staff of life because they are inexpensive sources of energy. The greater the need for economy the more important it is to buy the "unskimmed" products such as dark breads, whole grain breakfast cereals, brown rice and dark crackers.



Bread and Cereals Every Day

Fats and Sweets

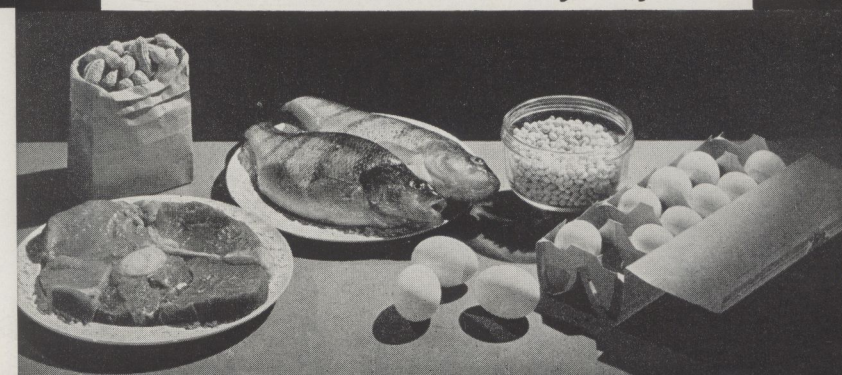
Butterfat is superior to other food fats because it is rich in vitamin A. Concentrated sweets should be used sparingly to protect the appetite for more important foods. Fresh and dried fruits, dark molasses and simple desserts are wholesome sweets.



Fats and Sweets Every Day

Meat, and Substitutes

These muscle building foods lend flavor, variety and satisfaction to meals. Eggs are protective foods and therefore should be used often—daily for children, when possible. To economize choose inexpensive cuts of meat. Meat organs have superior food value.



Meat or Substitutes Every Day

A GOOD RULE

To apply
in planning
your meals

MILK — Every Day.

One quart for each child and for pregnant or nursing mothers. One pint or more daily for other adults.

CHEESE — Each week, once or more.

VEGETABLES — Every day.

Two if possible, beside potato. One leafy, green, or yellow. Preferably some raw.

FRUITS — Every day.

Two if possible. One citrus fruit or tomato, at least for children.

CEREAL GRAINS — Every meal.

In form of bread of any kind, other breadstuffs, crackers, or breakfast foods. At least one-half as whole grain products.

FATS — Every Day.

About one pound per person each week. Preferably one-half or more as butter.

SWEETS — Every day.

About one-half pound per person per week, as sugar.

MEAT OR SUBSTITUTES — Every day.

One or more daily of lean meat, fish, eggs, nuts, dried peas, beans or lentils.



Dairy Products Every Day



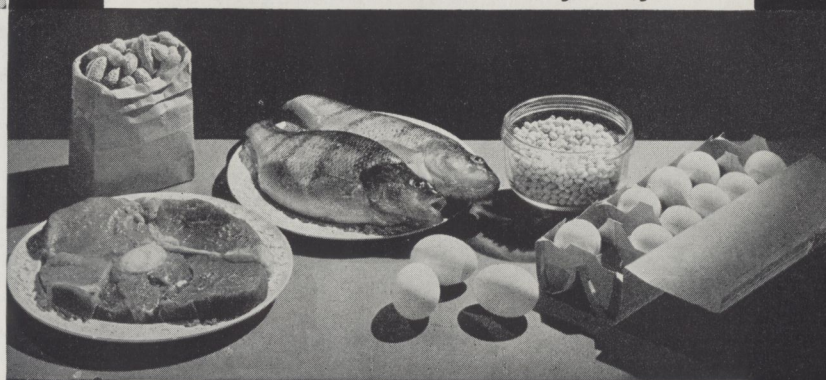
Vegetables and Fruits Every Day



Bread and Cereals Every Day



Fats and Sweets Every Day



Meat or Substitutes Every Day

