

A FOOD GUIDE FOR MENU PLANNING

Include One or More from Each of the Basic Foods Each Day

BASIC FOODS	RECOMMENDED DAILY (For 1 Man)	NUTRITION HIGHLIGHTS
<i>Milk and Milk Products:</i>		
Fresh fluid, evaporated or dehydrated milk, and cheese.	1 pint (liquid) or equivalent.	Milk furnishes protein of good quality, high content of calcium, phosphorus, vitamins A, G (riboflavin), and considerable B ₁ (thiamin). Cheese: Five ounces of American cheddar cheese is about equal to 1 quart of milk in calcium, phosphorus, and protein content.
<i>Eggs:</i>		
Fresh, frozen, or dehydrated.	1 egg	Eggs are especially valuable for their complete proteins, iron, phosphorus, and vitamin A.
Butter	1 to 2 ounces.....	Butter is especially valuable for its vitamin A and fat content.
<i>Meat, Fowl, Fish:</i>		
Fresh, frozen, or canned..	1 or more servings of meat, fish, or fowl.	Meat furnishes complete proteins, phosphorus, iron, B ₁ (thiamin), and G (riboflavin). Liver is especially high in vitamin A. Fish are important for protein and phosphorus. Salt water fish furnish iodine.
<i>Legumes:</i>		
Dried kidney, lima and Navy beans; dried peas; also peanut butter.	Once or twice a week.	Legumes are chiefly important as a source of energy, proteins, phosphorus, iron, thiamin. Because they are not a source of complete proteins, legumes should be used only as a supplement and not as a total substitution for the animal proteins.
<i>Cereals and Bread:</i>		
Cereals, whole grain or restored to whole grain value. Bread, enriched.	2 or more servings....	Cereals, with whole grain value, and bread, enriched, furnish energy, protein, bulk, iron, phosphorus and vitamins B ₁ , G, and niacin.
<i>Fruits:</i>		
Fresh, frozen, canned, dried or dehydrated.	2 or more servings 1 fresh fruit when possible. Citrus fruit often.	Fruits supply vitamins, minerals and bulk. Citrus fruits are high in vitamin C. Yellow fruits supply generous amounts of vitamin A.
<i>Vegetables:</i>		
Fresh, frozen, canned, dried or dehydrated.	2 or more servings. besides potato. 1 green or yellow vegetable each day and greens, cooked or in salads, often. Tomatoes often.	Vegetables furnish valuable vitamins, minerals and bulk. Some more than others. Green and yellow vegetables are valuable for vitamin A and iron. Use the outer dark green leaves of lettuce and cabbage in salads and soups. To save nutrients, use water in which vegetables are cooked for soups and gravies. Tomatoes, fresh or canned, are especially valuable for their vitamin C. Use them often, fresh or canned.

NOTE.—Other foods in form of desserts, sirups and sugar may be used to supplement the

diet. Sugar supplies energy but makes no other dietary contributions.