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A Daily Food Guide

ONE OF THE EASIEST, surest, and most pleasant ways to choose the food that best becomes us is to follow the Daily Food Guide that has been developed by the Institute of Home Economics of the United States Department of Agriculture. It gives us as much choice as possible while still assuring us of a balanced diet. Also it gives us a good deal of free choice in selecting some of our calories.

All of the different kinds of foods have been sorted into four broad groups on the basis of their similarity

in composition and nutritive value. Then the Guide specifies the number of servings we need from each food group to supply the recommended allowances for the many nutrients.

On the following pages is the Daily Food Guide — a guide for fitness.

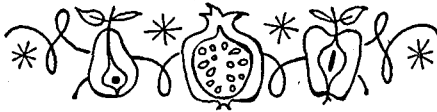
To use this Daily Food Guide:

Select the main part of your diet from these four broad food groups.

Choose at least the number of servings recommended from each group.

Follow the suggestions given for the choices within each group.

Sizes of servings may differ — small for young children, extra large (or seconds) for very active adults or teen-agers. Expectant and nursing mothers also require additional servings, and these will be discussed in later chapters.



BREAD - CEREAL GROUP

Foods Included

All breads and cereals that are whole grain, enriched, or restored; check labels to be sure.

Specifically, this group includes: breads, cooked cereals, ready-to-eat cereals, cornmeal, crackers, flour, grits, macaroni and spaghetti, noodles, rice, rolled oats, quick breads and other baked goods if made with whole-grain or enriched flour.

Amounts Recommended

Choose 4 servings or more daily. Or, if no cereals are chosen, have an extra serving of breads or baked goods, which will make at least 5 servings from this group daily.

Count as 1 serving: 1 slice of bread; 1 ounce ready-to-eat cereal; $\frac{1}{2}$ to $\frac{3}{4}$ cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

MEAT GROUP*Foods Included*

Beef, veal, lamb, pork, variety meats such as liver,
heart, kidney

Poultry and eggs

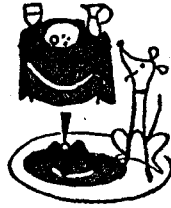
Fish and shellfish

As alternates — dry beans, dry peas, lentils, nuts,
peanuts, peanut butter

Amounts Recommended

Choose 2 or more servings every day.

Count as a serving: 2 to 3 ounces of lean, cooked
meat; poultry or fish — all without bone; 2 eggs;
1 cup cooked dry beans, dry peas, or lentils; 4
tablespoons peanut butter.



MILK GROUP

Foods Included

Milk: fluid whole, evaporated, skim, dry, buttermilk

Cheese: cottage, cream, cheddar-type (natural or processed)

Amounts Recommended

Some milk every day for everyone.

Recommended amounts are given below in terms of whole fluid milk:

	8-ounce cups
Children.....	3 to 4
Teen-agers.....	4 or more
Adults.....	2 or more
Pregnant women.....	4 or more
Nursing mothers.....	6 or more

Part or all of the milk may be fluid skim milk, buttermilk, evaporated milk, or dry milk.

Cheese and ice cream may replace part of the milk. The calcium content of the food is the basis for figuring the amount it will take to replace a given amount of milk. Common portions of various kinds of cheese and of ice cream and their milk equivalents in calcium are:

1-inch cube or 1 ounce	
cheddar-type cheese	= $\frac{2}{3}$ cup milk
$\frac{1}{2}$ cup cottage cheese	= $\frac{1}{3}$ cup milk
2 tablespoons cream cheese	=1 tablespoon milk
$\frac{1}{2}$ cup or $\frac{1}{4}$ pint ice cream	= $\frac{1}{4}$ cup milk

VEGETABLE-FRUIT GROUP*Foods Included*

All vegetables and fruits. This guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

SOURCES OF VITAMIN C: *Good sources:* grapefruit or grapefruit juice, orange or orange juice, cantaloup, raw strawberries, broccoli, green pepper. Also guava, mango, papaya, sweet red pepper.

(Lemon juice has the same vitamin C content as orange and grapefruit juice, but usually is used in much smaller amounts.)

Fair sources: asparagus tips, Brussels sprouts, raw cabbage, collards, garden cress, kale, kohlrabi, mustard greens, potatoes and sweet potatoes cooked in the jacket, spinach, tomatoes or tomato juice, turnip greens, honeydew melon, tangerine or tangerine juice, watermelon.

SOURCES OF VITAMIN A: Dark-green and deep-yellow vegetables and a few fruits, namely: apricots, broccoli, cantaloup, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweet potatoes, turnip greens and other dark-green leaves, winter squash.

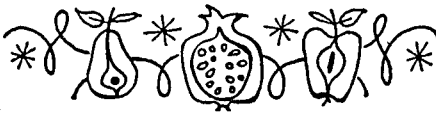
Amounts Recommended

Choose 4 or more servings every day; these should include:

- 1 serving of a good source of vitamin C or 2 servings of a fair source
- 1 serving, at least every other day, of a good source of vitamin A

The remaining 1 to 3 or more servings may be of any vegetable or fruit, including potato.

Count as 1 serving: $\frac{1}{2}$ cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium apple, banana, orange, or potato, or half of a medium grapefruit or cantaloup.

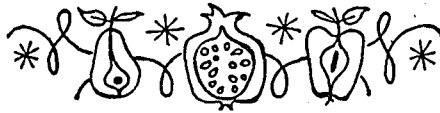


OTHER FOODS

Choose additional foods to add enough calories to complete, but *not to exceed*, your food energy needs for the day. These foods may come both from the different groups and from foods not listed.

Everyone will use some foods not specified (butter, margarine, other fats, oils, sugars, or unenriched refined grain products). These are often ingredients in baked goods and mixed dishes. Fats, oils, and sugars are also added to foods during preparation or at the table to enhance flavor and increase appetite appeal.

These "other foods" supply calories and can add to total nutrients in meals. They are a part of daily meals even though they are not stressed.



VARIETY IS IMPORTANT

Variety, especially in flavor, is a valuable ingredient in all of our meals. We don't want all of the foods to taste sweet or all of them to taste tart, or strong-flavored, or bland. It is the combination with interesting accents and blends that we enjoy.

Variety in the texture of the foods adds great interest to the meal. The crispness of a green salad or raw vegetables is good with the smoothness of mashed potatoes or other cooked vegetables. Lightly cooked vegetables have a semi-crisp texture which is different from the softness of long-cooked vegetables.

Variety in color pleases both the eye and the appetite. For this the colored vegetables and fruits are especially helpful. The temperatures of different foods in the same meal can add variety, as can the shape or form of a serving on a plate.

The best kind of variety is that which is built into good meals as they are planned, however simple the meals may be. It is not a window dressing of frills and fanciness which is added as an afterthought.

Most of the good modern cookbooks devote a good deal of space to meal planning and suggestions for the kinds of foods to serve together for different kinds of meals.

Despite its importance, variety is no substitute for quality. We want food that tastes good, smells good, and looks good!



FROM GUIDE TO MEALS

Arranging foods from the Daily Food Guide into three meals is easy; they almost arrange themselves. Starting with the groups for which the most servings are recommended, we would have:



Bread or some breadstuff or cereal at each meal, and some meals might have both bread and cereal.

Milk for children at each meal and milk for adults usually at two of the meals.

At least one serving from the vegetable-fruit group at each meal. Because our conventional breakfast menu includes fruit, this is one good time to serve the citrus fruit or some other chief source of vitamin C. It could, of course, be served at another meal or for a snack. The three or more other servings from the vegetable-fruit group could then be divided between the noon and evening meals.

One of the servings from the meat group at the evening meal and the other at the noon meal or breakfast, or divided between them. We do need a serving from either the milk group or the meat group at each of the three meals. Often we choose to have a serving of both.

This arrangement of the servings from the Daily Food Guide makes a basic menu pattern which is easy to follow when selecting our meals. It is equally useful when we are planning and preparing meals at home or when eating out and buying our meals ready-made.

BASIC MENU PATTERN FOR AN ADULT

This pattern is not a complete daily menu. It is an assortment of foods that will supply the major part of your needs for good nutrition. To this you can add other foods to round out your meals, or to use for snacks, and to satisfy your calorie need.

<i>Food Group</i>	<i>Number of Servings*</i>	<i>Example of the Kind of Food</i>
BREAKFAST		
Vegetable-Fruit A good source of vitamin C	1	Grapefruit—½
Bread-Cereal	2	Toast Ready-to-eat cerea
Meat <i>or</i>	½	Egg—one
Milk	1	Milk—one cup

LUNCH OR SUPPER

Meat	½ to 1	Luncheon meat
Bread-Cereal	1	Bread for sandwich
Vegetable-Fruit	1	Cabbage slaw <i>or</i> apple
Milk	1	Milk—one cup

DINNER

Meat	1	Baked ham
Vegetable-Fruit A good source of vitamin A at least every other day	1	Mashed sweet potatoes
Other	1	Vegetable <i>or</i> fruit salad
Bread-Cereal	1	Hot biscuit
Milk (if not used at breakfast)	1	Milk—one cup

Also include some butter or margarine and other fat (see Chapter 10, Fats in Food).

The servings that are listed will supply between 1,300 and 1,600 Calories, depending upon the kinds of foods you choose from each food group.

*The size of servings is given in the Daily Food Guide, pages 93-97.

The Basic Menu does not list all of the food we need. It is the foundation of our total food intake for a day — a foundation of the right foods to become us. To this we can add more servings from the four food groups and other foods to round out our meals to suit our needs and preferences.

✓ FOOD IN THE MORNING



Everyone needs to eat good food at the beginning of each day. “Eat a good breakfast to start a good day” is more than a slogan; it is a research fact. Studies have shown that people who eat a good breakfast are more alert and get more done than those who skip the morning meal. Even after lunch the breakfast skippers perk up for only the early part of the afternoon and then slow down again.

The body needs regular refueling and renourishing to be in top-notch working condition all of the time and to give us health and vigor. It is not like a machine that stops running as soon as the fuel tank is empty. When supplies are lacking, the body will cut down on whatever activities it can, but many living processes must be maintained continuously. For this it has to borrow from its cells, skimp along, and “make do” until food energy and nutrient supplies arrive.

Working all morning without eating breakfast is a little like spending money before we earn it — each meal or pay check must be used to pay off the accumulated debts instead of giving us some working capital for the time ahead. The coffee-break system in offices and factories has had an unfortunate effect on many people’s breakfast habits and on their health, too. It has led them to substitute mid-morning coffee and a

snack for breakfast. Yet the snack they choose often supplies chiefly lone-wolf calories.

Another reason for eating breakfast is to make a start on the important job of eating all of the foods we need each day. If we wait until noon to start, it is difficult to complete the job satisfactorily by the end of the day.

A good breakfast will include servings from at least three of the four food groups in the Daily Food Guide. A breakfast need not be heavy with calories to meet this specification although you do need some food energy to start the day. A half a grapefruit, a slice of toast with a teaspoon of butter or margarine, and a glass of skim milk or a boiled or poached egg would supply 225 to 300 Calories (305 to 380 Calories if you prefer to use whole milk). This is too short on food energy for starting the day unless your total energy need is very small indeed, or unless you are going to have a morning snack.

People differ in how much food they like or get accustomed to eating at the beginning of the day. If you have not been in the habit of eating breakfast, you may need to start with small servings and gradually work up to eating ordinary amounts of the important foods. You will be pleasantly surprised at how much better you will feel at the end of the day as well as at the beginning.

The food we eat in the morning does not need to conform to a conventional breakfast menu. Perhaps we are too unimaginative in choosing the food that "becomes us" at the start of the day. If you are tired of ordinary foods, why not have a new taste adventure? Try cheese and crackers, or baked custard made with

only a little sugar, soups made with milk, cottage cheese served with fruit, a fried egg or egg salad sandwich, or a broiled cheese or hamburger sandwich.

For many who need lots of food at this meal, potatoes are still a favorite accompaniment of ham and eggs.

Whether you call it breakfast or "just eating something," whether you sit at a well-laid table or stand at the counter in your kitchen or at the drug store, be sure that some nutritious food becomes you as you start your day.

THE LATER YEARS

Having a long life is getting to be a habit with us. But many men and women with lots of birthdays behind them are not as healthy and happy as they would like to be and as they could be if they were wise eaters. Food becomes older people just as it does younger ones, but some oldsters seem to retire from their responsibility for being well fed.



Many of the common ills of older people — fatigue, depression, sleeplessness, worry, slow recovery from illness, and even overweight — often can be traced to poor food habits and a poor nutritional state. These handicaps can be removed when people have an adequate diet which provides the nutritional essentials needed for normal functioning of the adult body at every age.

Our bodies and the calendar do not always agree on when we begin to get old. Some people are still young when they are 70 years old, while others are old at 40. Age is judged more by activity, muscular coordination and agility, endurance, and by our attitudes

and outlook on life, than by the number of years we have lived.

In the usual process of aging, our bodies function less efficiently and we have less strength and endurance as we approach and pass the three-score-and-ten milestone. The wise person adjusts his activities to a slower pace and learns to live within his physical budget while still enjoying life and having fun.

As activity decreases, less food energy is needed, but needs for protein, calcium, and the vitamins remain much the same. The Daily Food Guide is still our best standard, but we usually need to cut down on some of the extras, especially the lone-wolf calories. There is less room for sweets, fats, and rich gravies and desserts in our calorie budget than when we were younger.

Many people are not fortunate enough to have good teeth in later years when they particularly need to chew food thoroughly to aid in its digestion. The paring knife, the food chopper or blender, a little extra cooking to soften the sturdy fibers, and sometimes even the food strainer or sieve can substitute for the teeth of younger days. Often raw vegetables cause discomfort because of their rough-and-tumble capers in the intestinal tract. But the same vegetables after being cooked and mashed become dignified and important contributors toward supplying daily food needs. Raw fruits often are tolerated better than raw vegetables; and grinding or chopping meat is particularly helpful in making it ready for digestion.

Many older people need to eat more often than when they were younger. For them smaller meals and be-

tween-meal snacks are more suitable than the conventional three-squares-a-day.

An older person has to exert more effort to be well fed when living alone than when living with a family where generous meals are prepared routinely. People alone often slip into the habit of living on a very limited and inadequate diet — too many meals of just tea and toast or soup and crackers. Such poor food habits start a self-perpetuating merry-go-round of fatigue, physical and mental sluggishness, poor appetite, and lack of interest in food.

Starting early to form good food habits and then keeping them will add greatly to our good health in the pleasant, rewarding “later years.”

