

A food plan

(Quantities for

Kinds of food	For children 1 to 6 years	For children 7 to 12 years	For girls 13 to 20 years
Leafy, green, and yellow vegetables	2-2½ pounds	2½-3 pounds	3½ pounds
Citrus fruits, tomatoes	2-2½ pounds	2½-3 pounds	3 pounds
Potatoes, sweetpotatoes	½-1 pound	1½-2 pounds	2½ pounds
Other vegetables and fruits	2 pounds	2½ pounds	3½ pounds
Milk, cheese, ice cream (milk equivalent)¹	6 quarts	7 quarts	6-7 quarts ²
Meat, poultry, fish³	1-1¼ pounds	2 pounds	2½-3 pounds
Eggs	6-7 eggs	7 eggs	7 eggs
Dry beans and peas, nuts	1 ounce	2 ounces	2 ounces
Baked goods, flour, cereals (flour equivalent)¹ Whole-grain, enriched, or restored	1-1½ pounds	2-3 pounds	2½-3 pounds ²
Fats, oils	¼ pound	½-1 pound	¾ pound
Sugar, sirups, preserves	¼-½ pound	¾ pound	1 pound

¹ For explanation of milk-equivalent and flour-equivalent foods see pp. 17 and 18.

² Larger quantities are for the younger girls.

for good nutrition

one week)

For boys 13 to 20 years	For women		For men, all activities	Total suggested for your family
	All activities	Pregnant and nursing		
3½-4 pounds	3½-4 pounds	4 pounds	3½-4 pounds	
3-3½ pounds	2½-3 pounds	3½-4½ pounds	2½-3½ pounds	
3½-4½ pounds	2-3 pounds	2-3 pounds	3-5 pounds	
3½ pounds	3-4 pounds	3-3½ pounds	3-4 pounds	
7 quarts	5 quarts	7½-10½ quarts	5 quarts	
3 pounds	2½-3 pounds	3 pounds	3-3½ pounds	
7 eggs	6-7 eggs	7 eggs	6-7 eggs	
4-6 ounces	2-4 ounces	2 ounces	4 ounces	
4-5 pounds	2-4 pounds	2-2½ pounds	3-7 pounds	
1-1½ pounds	¾-1 pound	¾ pound	1-2 pounds	
1-1½ pounds	¾-1 pound	¾ pound	1-1½ pounds	

³ To meet the iron allowance needed by children 1 to 6 years, girls 13 to 20, and pregnant and nursing women, include weekly 1 large or 2 small servings of liver or other organ meats.

What's in each food group

Here are common foods grouped as in the plan on pages 14 and 15. Foods in each group can be used similarly in meals, so within the group there is room for variety. Foods in each group provide about the same nutrients but some are better providers than others.

Leafy, green, and yellow vegetables

Leafy, green, and yellow vegetables are rich in vitamin A value, especially the dark green leafy kinds, and carrots. They also provide worth-while amounts of riboflavin, iron, and some calcium; and cabbage, broccoli, brussels sprouts, and greens offer vitamin C.

Plan to use: 1 or more servings daily.

The food plan provides: 10 to 12 servings per week.

All kinds of greens—collards, kale, turnip greens, spinach, and many others, cultivated and wild; carrots, peas, snap beans, okra, green asparagus, broccoli, brussels sprouts, green lima beans, pumpkin, yellow squash, green cabbage.

Citrus fruits, tomatoes

Citrus fruits and tomatoes are mainstay sources of vitamin C.

Plan to use: 1 or more servings daily.

The food plan provides: 7 to 10 servings a week.

Oranges, grapefruit, tangerines, other citrus fruit, tomatoes.

The following foods are also good sources of vitamin C and may be used as alternates:

If eaten raw—cabbage, salad greens, green peppers, turnips, strawberries, pineapple, cantaloup. If cooked briefly, in very little water—cabbage, broccoli, brussels sprouts, greens.

Potatoes, sweetpotatoes

Potatoes and sweetpotatoes contain a number of nutrients. Because of the quantities in which they are eaten white potatoes can become quite important as a source of vitamin C. Sweetpotatoes are valuable for vitamin A in addition to vitamin C.

Plan to use: 1 or more servings daily.

The food plan provides: 7 to 9 servings a week.

Other vegetables and fruits

These vegetables and fruits help toward a good diet with vitamins and minerals.

Plan to use: 1 or more servings daily.

The food plan provides: 10 to 12 servings a week.

Beets, cauliflower, corn, cucumbers, onions, sauerkraut, turnips, white cabbage, apples, peaches, bananas, berries, rhubarb, dried fruit—all vegetables and fruits not included in other groups.

Milk, cheese, ice cream

Milk—whole, skim, evaporated, condensed, dry, buttermilk—is our leading source of calcium. Milk also provides high-quality protein, riboflavin, vitamin A, and many other vitamins and minerals.

Plan to use, as the food plan provides, the following amounts of milk daily. Include milk used for drinking as well as cooking:

Children through teen age: $3\frac{1}{2}$ to 4 cups.

Adults: $2\frac{1}{2}$ to 3 cups.

Pregnant women: A little more than 1 quart.

Nursing mothers: $1\frac{1}{2}$ quarts.

On the basis of calcium they contain, the following may be used as alternates for 1 cup of milk: Cheddar cheese, $1\frac{1}{2}$ ounces; cream cheese, 15 ounces; cottage cheese, 11 ounces; ice cream, 2 to 3 large dips.

Meat, poultry, fish

Meat, poultry, and fish are important primarily for high-quality protein. Foods in this group also provide iron, thiamine, riboflavin, niacin, vitamin A.

Plan to use: 1 serving daily, if possible.

The food plan provides: 7 to 8 servings a week.

All kinds, including liver, heart, and other variety meats. Count bacon and salt pork in with fats.

Eggs

Eggs are a source of high-quality protein, iron, vitamin A, riboflavin, vitamin D, and provide some calcium and thiamine.

Plan to use: 4 or more a week.

The food plan provides: 6 or 7 a week.

Dry beans and peas, nuts

Dry beans and peas and nuts contain good protein, also some calcium, iron, thiamine, riboflavin, and niacin.

Plan to use: 1 or more servings a week.

The food plan provides: 1 to 2 servings a week.

Dry beans of all kinds, dry peas, lentils; soybeans, soya products; peanuts, other nuts; peanut butter.

Baked goods, flour, cereals

Whole-grain cereals, or those with added vitamins and minerals or restored to whole-grain value, provide significant amounts of iron, thiamine, riboflavin, niacin. Foods in this group also help out with protein and calories.

Plan to use as the food plan provides: Some every day.

Flour or meal made from wheat, corn, oats, buckwheat, rye; cooked and ready-to-eat cereals; rice, barley, hominy, noodles, macaroni; breads, other baked goods.

Quantities suggested in the food plan are in terms of pounds of flour and cereal. Bread and other baked goods average two-thirds flour by weight. Therefore, count $1\frac{1}{2}$ pounds of bread and other baked goods as 1 pound of flour.

Fats, oils

Butter and fortified margarine are rich in vitamin A value. Like all fats they furnish many calories.

Plan to use as the food plan provides: Some table fat daily; other fats as needed in cooking.

Butter, margarine, salad oil, shortening, bacon, salt pork, lard, suet, drippings.

Sugar, sirups, preserves

Sugar, sirups, preserves are useful mainly for the calories they provide for bodily energy.

The food plan includes for the average person about a pound a week.

Any kind of sugar—granulated (beet or cane), confectioner's, brown, and maple; molasses or any kind of sirup or honey; jams and jellies; candy.



Servings and pounds

How much meat to buy for dinner? How many servings will come from a pound of fresh beans, a No. 2½ can, or a frozen package? The food shopper with an eye to thrift and good management learns to buy carefully just what she can use.

The figures below and on the following page can help you decide how much to buy and, when reading market ads, you can use these figures to help decide what are real bargains.

The amount of meat, poultry, and fish per serving varies with the amount of bone and fat. It also varies with the amount of extenders—such as stuffing, potatoes, rice—used with the meat.

Size of serving for each fruit and vegetable is given for whichever way it is most commonly served—cooked or uncooked. Size of serving for dry beans and peas and for cereals and cereal products—except flaked and puffed—is given for the cooked form.

Meat, poultry, fish

MEAT

	Amount to buy per serving
Much bone or gristle	.. $\frac{1}{2}$ to 1 pound
Medium amounts of bone $\frac{1}{3}$ to $\frac{1}{2}$ pound
Little bone $\frac{1}{4}$ to $\frac{1}{3}$ pound
No bone $\frac{1}{5}$ to $\frac{1}{4}$ pound

POULTRY

	Amount to buy per serving
Chicken:	
Broiling $\frac{1}{4}$ to $\frac{1}{2}$ bird
Frying, roasting	... $\frac{2}{3}$ to $\frac{3}{4}$ pound
Stewing $\frac{1}{4}$ to $\frac{2}{3}$ pound
Ducks $\frac{3}{4}$ to 1 pound
Geese $\frac{2}{3}$ to $\frac{3}{4}$ pound
Turkeys About $\frac{1}{2}$ pound

Chicken:

POULTRY

	Amount to buy per serving
ready-to-cook weight ¹	

FISH

Whole or round 1 pound
Dressed, large $\frac{1}{2}$ pound
Steaks, fillets $\frac{1}{4}$ pound

¹ Number of servings obtained from a bird depends on the kind, weight, age, sex, grade, and fatness of the bird and the way it is prepared.

Vegetables and fruits

FRESH	Size of serving	Servings per pound ²
Asparagus:		
Cut.....	1/2 cup	4
Spears.....	4-5 stalks	4
Beans, lima.....	1/2 cup	³ 2
Beans, snap.....	1/2 cup	6
Beets, diced.....	1/2 cup	4
Broccoli.....	2 stalks	3-4
Brussels sprouts.....	1/2 cup	5-6
Cabbage:		
Raw, shredded...1/2 cup		7-8
Cooked.....1/2 cup		4-5
Carrots:		
Raw, shredded...1/2 cup		8
Cooked.....1/2 cup		5
Cauliflower.....	1/2 cup	3
Celery, cooked....	1/2 cup	3-4
Collards.....	1/2 cup	2
Corn, cut.....	1/2 cup	⁴ 2
Eggplant.....	1/2 cup	4
Onions, cooked....	1/2 cup	4
Parsnips.....	1/2 cup	4
Peas.....	1/2 cup	³ 2
Potatoes.....	1/2 cup	4-5
Spinach.....	1/2 cup	3-4
Squash.....	1/2 cup	2-3
Sweetpotatoes....	1/2 cup	3-4
Turnips.....	1/2 cup	4

Cereals and cereal products

	Size of serving	Servings per pound		Size of serving	Servings per pound
Flaked corn cereals..	1 cup	18-24	Oatmeal.....	3/4 cup	13
Other flaked cereals.	3/4 cup	21	Hominy grits.....	1/2 cup	20
Puffed cereals.....	1 cup	32-38	Macaroni and		
Corn meal.....	3/4 cup	16	noodles.....	3/4 cup	12
Wheat cereals:			Rice.....	1/2 cup	16
Coarse.....	3/4 cup	12	Spaghetti.....	3/4 cup	13
Fine.....	3/4 cup	16-22			

FRESH	Size of serving	Servings per pound ²
Apricots.....	2 medium	5-6
Berries, raw.....	1/2 cup	4-5
Cherries, pitted,		
cooked.....	1/2 cup	2
Plums.....	2 large	4
Rhubarb, cooked...1/2 cup		4

For apples, bananas, oranges, and pears, count on about 3 to a pound; peaches, 4 to a pound.

DRY		
Dry beans.....	3/4 cup	9
Dry peas, lentils....	3/4 cup	7

CANNED		Per can
8-ounce can.....	1/2 cup	2
No. 2 can.....	1/2 cup	4-5
No. 2 1/2 can.....	1/2 cup	6-7
No. 3 cylinder		
(46 oz.).....	1/2 cup	11-12

FROZEN		Per package
Family-size		
packages.....	1/2 cup	3-4
Juices, concentrated,		
6 fluid ounces....	1/2 cup	6



Smart buying

Meat

It is not easy for household buyers to judge quality of meat.

Best guides for selecting the meat you want are the U. S. Department of Agriculture grades—which more retail stores will use as consumers request graded meat. The grades you are most likely to find on the market are Choice, Good, and Commercial.

The Federal grade name appears in purple on most of the retail cuts of meat.

Another purple stamp which may appear on retail cuts is the round one indicating that the meat has been inspected and passed as wholesome food. All graded meat is inspected, but not all inspected meat is graded.

Meat packers, wholesalers, or retailers may use their own brand names, not to be confused with USDA grades. Letters such as AA and A are never used as meat grades by the USDA.

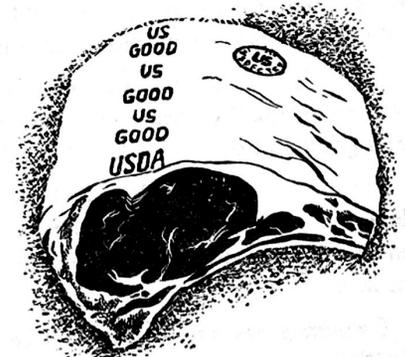
You may find on your market Federally graded beef, lamb, mutton, veal, and calf. Pork is not usually graded. But beef is the meat you will most often find with a USDA grade stamp.

Beef grades

U. S. Choice.—Excellent quality and flavor, tender and juicy, good distribution of fat through the lean meat.

U. S. Good.—Very acceptable quality and flavor. This grade is popular because it combines a moderate amount of fat with desirable eating quality. If you find graded beef at your butcher's, it is most likely to be U. S. Good.

U. S. Commercial.—Varies in fatness and tenderness. Some Commercial meat comes from young animals and may therefore be moderately tender.



² As purchased. ³ In pod. ⁴ In husk.