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The Adequate Food Supply

A MODERATE COST DIET

The good diet at moderate cost provides all the nutrients in sufficient quantity to keep adults and children in good nutritional condition with a surplus for safety, and offers wider selections of food stuffs. If a family can produce or afford to buy more milk, eggs, fruits, vegetables, or meat, the diet will be just that much more abundant in the minerals and vitamins that are so important in developing and maintaining vigorous health. The following gives the daily food supply per person under a moderate cost diet.

Milk:

- (Drink or use in cooked food daily.)
- 1 quart, each child.
- 1 pint, each adult.

Vegetables and fruit:

- 7 servings daily.
- Potatoes—1 serving daily.
- Tomatoes or citrus fruits—1 cup of tomatoes or 1/2 cup orange juice daily.
- Leafy, green, or yellow vegetables—2 servings daily.
- Other vegetables—2 servings per day.
- Fruit—1 serving daily.

Eggs:

- 5-6 a week, adults.
- 1 a day, young children.
- A few in cooking.

Meat, fish, or poultry:

- 10-12 servings per week.

Cereal dish:

- 1 serving daily.

Bread and butter:

- At every meal.

Desserts:

- 1-2 servings. Must not displace protective foods.

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UNIVERSITY OF MINNESOTA

Agricultural Extension Service

U. S. DEPARTMENT OF AGRICULTURE

A LOW COST GOOD DIET

A well planned diet should not only provide foods that produce energy and muscle building material, but should have in addition a sufficient supply of the regulating and protective foods that keep the adult in normal health and meet the needs of the growing child and the pregnant or nursing mother.

The low cost good diet is the least expensive of any combination of foods that can be gotten together that is entirely satisfactory from the nutrition standpoint, for a long period of time.

To plan as economically as possible generous amounts of cereals and milk have been used. Just the least amount of vegetables, fruits, meats, and eggs are used to make up the minimum supply of protein, minerals, and vitamins needed to maintain health. The choice among the foods in a group is limited by cost to those that give most food value for the least outlay.

Milk:

(Drink or use in cooked food daily.)

1 quart, each child under 6 years.

$\frac{3}{4}$ quart, each child over 6.

1 pint, each adult.

Vegetables and fruit:

5-6 servings daily.

Potatoes—1-2 servings daily.

Tomatoes or citrus fruits—3-4 oz. daily.

Leafy, green, or yellow vegetables—2 servings daily.

Dried beans, peas, or peanuts—2 servings per week.

Additional vegetable or fruit— $1\frac{1}{2}$ servings daily.

Eggs:

3-4 a week, adults

4-5 a week, young children.

A few in cooking.

Meat or fish:

1 serving per day. (More if meat is combined with cereal.)

Cereal dish:

1 serving. (Sometimes 2.)

Bread:

At every meal.

Desserts:

1 serving daily. (Cereal pudding, cookies, simple cake, shortcake, inexpensive pastries, fruits.)

FAMILY FOOD LIST AT LOW COST—Supplies for One Week

1. Write opposite his age and sex the name of every person who eats regularly at home.
2. Cross out figures not applying to your family.
3. Add the figures remaining.
4. Subtract from each food the amount on hand. The remainder is the amount to be bought for the week.
5. Find market price per unit and multiply amount to be purchased by this figure. Change ounces to pounds by dividing by 16. Change number of eggs to dozens by dividing by 12.
6. For the monthly food list multiply weekly totals (before amount on hand is subtracted) by 4.3; then subtract amount on hand and proceed as before.

FAMILY MEMBERS		KINDS AND QUANTITIES OF FOODS													
Name	Description	Milk	Potatoes, sweet- potatoes	Tomatoes, citrus fruit	Leafy, green, yellow vege- tables	Dried beans, peas, or nuts	Dried fruit	Other vegetables, fruits	Eggs	Lean meat, poultry, fish	Flour, bread, cereals	Sugars	Butter	Other fats	
		Quarts	Lbs. Oz.	Lbs. Oz.	Lbs. Oz.	Lbs. Oz.	Lbs. Oz.	Lbs. Oz.	Lbs. Oz.	Number	Lbs. Oz.	Lbs. Oz.	Lbs. Oz.	Lbs. Oz.	Lbs. Oz.
	Children under 2	5	1 8	1 4	1 8	0 0	0 0	0 0	4	0 0	1 0	0 1	0 2	0 0	
	Children 2-3	7	1 12	1 4	2 8	0 0	0 1	0 8	5	0 4	1 8	0 2	0 3	0 0	
	Boys:														
	4 to 6	7	2 0	1 4	2 8	0 2	0 2	1 0	5	0 8	2 0	0 4	0 4	0 1	
	7 to 8	5-7	2 4	1 4	3 8	0 3	0 2	1 8	5	1 4	2 12	0 8	0 6	0 1	
	9 to 10	5-7	2 8	1 4	3 12	0 3	0 3	2 0	4	1 8	3 0	0 12	0 6	0 6	
	11 to 12	5-7	2 12	1 4	3 12	0 4	0 3	2 0	4	1 12	3 8	0 12	0 6	0 6	
	13 to 15	5-7	3 0	1 4	3 0	0 4	0 4	2 8	4	2 0	4 8	1 0	0 6	0 10	
	16 to 19	5-7	4 4	1 4	3 0	0 4	0 4	2 8	3	2 12	6 0	1 4	0 6	0 12	
	Girls:														
	4 to 7	7	2 0	1 4	2 8	0 2	0 2	1 0	5	0 8	2 0	0 4	0 4	0 1	
	8 to 10	5-7	2 4	1 4	3 8	0 3	0 2	1 8	5	1 4	2 12	0 8	0 6	0 1	
	11 to 13	5-7	2 8	1 4	3 12	0 3	0 3	2 0	4	1 8	3 0	0 12	0 6	0 6	
	14 to 19	5-7	2 12	1 4	3 12	0 4	0 3	2 0	4	1 12	3 8	0 12	0 6	0 6	
	Men 20 and over:														
	Active work	3½	5 12	1 4	3 0	0 8	0 4	2 8	3	3 0	8 0	1 8	0 6	1 2	
	Moderate work	3½	3 0	1 4	3 0	0 6	0 4	2 8	3	2 8	4 8	1 4	0 6	0 10	
	Inactive	3½-5	2 12	1 4	3 8	0 3	0 3	2 0	4	1 12	3 0	0 12	0 6	0 6	
	Women 20 and over:*														
	Active work	3½	3 0	1 4	3 8	0 4	0 4	2 8	4	2 0	4 8	1 4	0 6	0 10	
	Moderate work	3½	2 12	1 4	3 8	0 4	0 4	2 8	4	1 12	3 8	1 0	0 6	0 6	
	Inactive	3½-5	2 0	1 4	3 8	0 3	0 3	2 0	4	1 12	2 4	0 12	0 6	0 6	
	Weekly quantities for family														
	†Less amount on hand														
	Amount to be purchased														
	Market price per unit														
	Total cost per week														

* The pregnant or nursing mother requires 7 quarts of milk a week.
 † For home-produced food supply see HN-4, Farm First for Family Foods.
 Adapted from Hazel Stiebling—U. S. Bureau of Home Economics.

FAMILY FOOD LIST AT MODERATE COST—Supplies for One Week

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	Children under 2	5	1 0	1 8	1 8	0 0	0 0	0 0	4	0 0	0 12	0 1	0 2	0 0	
	Children 2-3	7	1 12	1 8	2 8	0 0	0 1	1 12	6	0 6	1 4	0 2	0 3	0 0	
	Boys:														
	4 to 6	7	2 0	1 8	2 8	0 1	0 2	2 0	7	0 12	1 8	0 4	0 4	0 1	
	7 to 8	7	2 0	1 8	3 8	0 2	0 3	2 8	7	1 8	2 0	0 8	0 8	0 1	
	9 to 10	7	2 4	1 12	3 12	0 2	0 4	3 4	7	2 0	2 8	0 12	0 8	0 4	
	11 to 12	7	2 8	1 12	3 12	0 2	0 4	4 0	6	2 8	2 8	0 12	0 8	0 4	
	13 to 15	7	3 0	2 0	3 0	0 4	0 5	5 8	6	2 12	3 4	1 0	0 8	0 8	
	16 to 19	7	4 4	2 0	3 0	0 4	0 6	6 0	5	3 0	3 12	1 8	0 8	1 1	
	Girls:														
	4 to 7	7	2 0	1 8	2 8	0 1	0 2	2 0	7	0 12	1 8	0 4	0 4	0 1	
	8 to 10	7	2 0	1 8	3 8	0 2	0 3	2 8	7	1 8	2 0	0 8	0 8	0 1	
	11 to 13	7	2 4	1 12	3 12	0 2	0 4	3 4	7	2 0	2 8	0 12	0 8	0 4	
	14 to 19	7	2 8	1 12	3 12	0 2	0 4	4 0	6	2 8	2 8	0 12	0 8	0 4	
	Men 20 and over:														
	Active work	3½	5 12	2 0	3 0	0 4	0 6	5 8	5	3 12	5 12	2 0	0 8	1 7	
	Moderate work	3½	3 0	2 0	3 0	0 3	0 4	5 0	5	3 0	3 8	1 4	0 8	0 12	
	Inactive	5	2 8	1 12	3 8	0 2	0 3	3 0	6	2 8	2 4	0 12	0 8	0 4	
	Women 20 and over:*														
	Active work	3½	3 0	2 0	4 0	0 4	0 4	5 12	6	3 0	3 4	1 4	0 8	0 12	
	Moderate work	3½	2 8	1 12	4 0	0 2	0 4	4 0	6	2 8	2 12	1 0	0 8	0 8	
	Inactive	5	1 12	1 12	3 8	0 2	0 3	3 0	6	2 8	1 8	0 12	0 8	0 4	
	Weekly quantities for family														
	Less amount on hand														
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