GOOD MEALS EVERY DAY

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GOOD MEALS
EVERY DAY

The kinds of food as well as the amount of food family members eat affect their health. It makes a difference in the way they look, feel, and act. Farmers have known for many years that the kind and amount of feed fed to livestock makes a big difference in animal growth and reproduction. It is the same with people.

WHAT DO STUDIES IN THE UNITED STATES SHOW?

Family diets in the United States have not improved in the past 10 years, according to a nationwide survey of 7,500 families made by the Agricultural Research Service of the USDA. The preliminary report of this study, "Dietary Levels of Households in the U. S., Spring 1965," indicated that only 50 percent of the families studied had diets considered to be good; while in 1955, 60 percent of the families had good diets. Twenty percent of the families studied in 1965 had diets which were considered to be poor, compared with 15 percent in 1955. Decreased use of milk and milk products and of vegetables and fruits was considered to be chiefly responsible for the smaller percentage of good diets in 1965. Unsatisfactory diets were found among families in all income levels, and more frequently in low income families. About one-third of the families with incomes below $3,000 had poor diets, in comparison with approximately one-tenth of the families with incomes of $10,000 or above.

Many studies of children’s diets have shown that the percentage of young people with poor diets increases sharply from childhood to teenage years. Many nutritionists have attributed teenagers’ poor diets to failure to eat breakfast, poor selection of snacks, failure to include sufficient milk, and fear of becoming overweight.

Grace Hendel (University of Minnesota graduate student in Home Economics) studied the nutrient intake of 144 low income elderly persons in 1968 and found many diets low in calcium and vitamin C. Women’s diets rated lower than men’s in calcium while men’s diets rated lower than women’s in vitamin C.

WHAT DO FOODS DO FOR US?

1. Food provides material for the building and repair of the body. This requires generous amounts of protein and minerals.

2. Food provides regulators that enable the body to use other materials and run smoothly. For this we depend upon the vitamins, with some help from minerals, and protein.

3. Food provides fuel for the body’s energy and warmth. All foods furnish some energy, measured in calories.

What foods are needed each day?

Vegetable-Fruit Group

One serving of a good source of vitamin C or two servings of a fair source daily, one serving of a dark-green or deep-yellow vegetable or a fruit rich in vitamin A every other day, and other fruits and vegetables to total four or more servings daily.

Count as one serving: ½ cup vegetable or fruit; or ordinarily served portion, such as 1 medium apple or potato, half a medium grapefruit, or cantaloupe.

Foods in This Group

Dark-green or deep-yellow vegetables and a few fruits important for vitamin A: apricots, broccoli, cantaloupe, carrots, chard, pumpkin, spinach, sweet potatoes, winter squash.

Good Health Reasons for Eating These Foods

You need vitamin A to:

1. Help eyes adjust to dim light.
2. Help keep skin smooth.
3. Help keep inner linings of body healthy and resistant to infection.
4. Promote normal growth.
**What foods are needed each day?**

**Vegetable-Fruit Group**

Citrus fruit or other fruit or vegetables important for vitamin C daily.

**Good sources**—Grapefruit or grapefruit juice, orange or orange juice, cantaloupe, raw strawberries, broccoli, Brussels sprouts, green pepper, sweet red pepper.

**Fair sources**—Honeydew melon, lemon, tangerine or tangerine juice, watermelon, asparagus tips, raw cabbage, kohlrabi, potatoes and sweet potatoes cooked in the jacket, spinach, tomatoes or tomato juice.

Other fruits and vegetables. All fruits and vegetables not specified as sources of vitamin A or C.

**Milk Group** — Milk daily in these amounts:

- Children under 9, 2 to 3 cups.
- Children 9 to 12, 3 or more cups.
- Teenagers, 4 or more cups.
- Adults, 2 or more cups.
- Pregnant women, 3 or more cups.
- Nursing mothers, 4 or more cups.

Cheese and ice cream may replace part of the milk as sources of calcium.

Common portions of various kinds of cheese and of ice cream and their milk equivalents in calcium are:

- 1 inch cube cheddar cheese = ½ cup milk
- ½ cup cottage cheese = 1/3 cup milk
- 2 tablespoons cream cheese = 1 tablespoon milk
- ½ cup ice cream = ¼ cup milk

**Foods in This Group**

Milk, cheese, ice cream, and milk sherbet.

Milk, cheese, ice cream, and milk sherbet.

**Good Health Reasons for Eating These Foods**

You need vitamin C to:

1. Help hold body cells together and strengthen walls of blood vessels.
2. Help to heal wounds.
3. Help to resist infection.

1. Supply vitamins A and C in smaller amounts as well as contributing to the supply of other vitamins and minerals.

This group furnishes the body with minerals, vitamins, and protein. Milk and milk products are excellent sources of calcium and of the B vitamin, riboflavin. Minimum amounts of milk suggested provide more than one-fourth the recommended amount of protein for an adult and as much as half that recommended for children. Whole milk and cheese made with whole milk contribute appreciable amounts of vitamin A.

Vitamin D added to milk makes a contribution to daily vitamin D requirements.

You need calcium to:

1. Build bones and teeth.
2. Help blood to clot.
3. Help nerves, muscle, and heart to function properly.

You need riboflavin to:

1. Help cells release energy from food.
2. Help keep skin around mouth and nose smooth.
What foods are needed each day?

**Meat Group** — Two or more servings

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.

**Bread-Cereals Group** — Four servings or more daily. Or, if no cereals are chosen, have an extra serving of breads or baked goods which will make at least five servings from this group daily.

Count as one 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.

**Foods in This Group**

Beef, veal, pork, lamb, poultry, fish, eggs with dry beans and peas and nuts as alternates.

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, and quick breads and other baked goods made with whole-grain or enriched flour. Parboiled rice and wheat also are included in this group.

**Good Health Reasons for Eating These Foods**

This group is important for the amount and quality of protein. In addition, these foods provide iron, thiamine, riboflavin, and niacin.

You need protein to:
1. Build and repair all tissues.
2. Form an important part of enzymes, hormones, and body fluids.
3. Supply energy.

You need iron to:
1. Combine with protein to make hemoglobin, the red substance in blood that carries oxygen to the cells.

You need niacin to:
1. Help cells use oxygen to produce energy.
2. Help keep skin, tongue, digestive tract, and nervous system healthy.

You need thiamine to:
1. Help body cells obtain energy from food.
2. Promote good appetite and digestion.
3. Help keep nerves in healthy condition.

This group provides an economical source of calories and of some protein, and contributes worthwhile amounts of iron and of the B vitamins, thiamine, riboflavin, niacin. Proteins from food in this group are better used when combined with animal protein, such as bread with milk.

These foods help to furnish needed calories.
To round out meals and to satisfy the appetite, 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.

These “other” foods supply calories and can add to total nutrients in meals.

About 5 to 8 cups of fluids are needed each day. More will be necessary in a dry or hot climate or when physical activity is greatly increased.

Iodized salt is recommended for use in Minnesota since its soil and water is deficient in iodine.

Vitamin D, sometimes known as the “sunshine vitamin,” is needed by children and by pregnant and nursing mothers. A few foods, such as egg yolk and salmon, contain vitamin D. Some foods are fortified — 1 quart of vitamin D enriched milk provides a day’s supply of this vitamin.

**PLANNING MEALS FOR THE DAY**

Planning ahead helps to insure nutritious meals, saves time in marketing and in food preparation.

Plan meals and snacks for 1 or more days at a time to include the recommended servings from the four food groups daily. Vitamin A is stored in the body so a good source is recommended every other day. Planning meals for 2 days to a week would help to insure the inclusion of foods, every other day, which are rich in vitamin A.

In planning a meal, choose your main dish first and then build the rest of the meal around it. Main dishes are usually selected from the meat group. Foods from the other three food groups would need to be considered in planning appetizers, beverages, salads, desserts, breads, and cereals. Plan meals which utilize equipment in the home, such as the broiler and oven of the range as well as top of the range burners, portable equipment, and outdoor equipment.

Plan interesting and tasty meals to include color, flavor, texture, form, temperature, and variety.

**MEAL COLOR** is important since most of us tend to “eat with our eyes.” Many foods are colorful so it is easy to combine them with foods that lack color. Garnishes can add appropriate color and flavor.

**FLAVOR VARIETY** is needed in every meal to provide contrast between bland foods and strong-flavored tangy, zippy foods.

**TEXTURE** adds interest to meals. Food can be crisp, chewy, hard, or soft. Raw fruit and vegetables, as well as crisp breads and meats, can contrast with soft foods in a meal.

**FORM** is important. Combining foods of different sizes, shapes, and proportions adds interest to meals.

**TEMPERATURE** is very important to most people, so hot foods should be served hot and cold foods, cold. It is suggested that all meals contain hot and cold foods. You might plan more hot foods for winter month meals and more cold foods for summer months.

**VARIETY** is important in planning single meals as well as the total day’s meals. Some reducing diets have been recommended which include few foods causing peoples’ appetites to wane. This may result in less food for the day and thus cutting calories. It is not a recommended way to lose weight since foods from all four groups should be included.
Here is a suggested day’s meal pattern:

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH OR SUPPER</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Meat (or alternate)</td>
<td>Meat (or alternate)</td>
</tr>
<tr>
<td>Cereal with milk and/or egg</td>
<td>Salad or vegetable</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Bread and butter</td>
<td>Bread and butter</td>
<td>Salad and/or vegetable</td>
</tr>
<tr>
<td>Beverage</td>
<td>Dessert (fruit)</td>
<td>Bread and butter</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Dessert</td>
</tr>
</tbody>
</table>

Milk is desirable for children at every meal and for adults at least once or twice a day. It is possible, however, to provide the day’s milk supply in the form of cheese, ice cream, or cooked foods containing milk.

In checking these meals, you will find the recommended servings for the four food groups. The five servings of vegetables and fruits would provide the recommended amounts of vitamins C and A. Orange juice is a good source of vitamin C, and a baked potato is a fair source. Glazed carrots are a good source of vitamin A. Milk, as a beverage and in the preparation of tuna casserole and pineapple sherbet provides the day’s need for milk. Milk on cornflakes is additional. The three protein dishes would provide the recommended servings for meat group. A bowl of cornflakes, one cornmeal muffin (made with enriched cornmeal), single slices of enriched white and whole wheat bread provide the four servings for bread-cereals group.

Eating between meals is an accepted practice today. The 1965 Household Food Consumption Survey in the United States showed that snack foods such as ades, punches, crackers, and frozen milk desserts had increased between 1955 and 1965 thus suggesting more between-meal eating by many people. Snacks should provide some of the recommended servings for the four food groups. Beverages and desserts could easily be omitted from regular meals and served for snacks. This might help people who are trying to maintain or reduce their weight, cut calories.

**A Daily Food Guide**

- **Milk Group**: Some milk for everyone
- **Vegetable/Fruit Group**: 4 or more servings
- **Meat Group**: 2 or more servings
- **Bread/Cereal Group**: 4 or more servings
- **Plus other foods as needed to complete meals and to provide additional food energy and other food values**
# SUGGESTED MENU PLANNING

<table>
<thead>
<tr>
<th>Meat and meat alternates</th>
<th>Dark-green and deep-yellow vegetables and a few fruits</th>
<th>Citrus fruits, tomatoes, etc. for vitamin C</th>
<th>Other fruits vegetables</th>
<th>Milk and dairy products</th>
<th>Cereals and breads</th>
<th>Desserts</th>
<th>Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Apricots</td>
<td>Asparagus tips</td>
<td>Apples</td>
<td>Buttermilk</td>
<td>Buckwheat</td>
<td>Cake</td>
<td>Butter</td>
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<tr>
<td>Cold cuts</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Avocado</td>
<td>Cheese</td>
<td>Corn</td>
<td>Cream</td>
<td>Mayonnaise</td>
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<td>Eggs</td>
<td>Cantaloupe</td>
<td>Brussels sprouts</td>
<td>Banana</td>
<td>Condensed, sweetened</td>
<td>Oats</td>
<td>Cheese and crackers</td>
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<tr>
<td>Fish, canned</td>
<td>Carrots</td>
<td>Cauliflower</td>
<td>Beets</td>
<td>milk</td>
<td>Rice</td>
<td>Custards</td>
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<tr>
<td>Fish, fresh</td>
<td>Chard</td>
<td>Celery</td>
<td>Cranberries</td>
<td>Dried skim</td>
<td>Rye</td>
<td>Fruits</td>
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<td>Game</td>
<td>Pumpkin</td>
<td>Corn</td>
<td>Cranberries</td>
<td>Dried whole</td>
<td>Soy</td>
<td>Ice cream</td>
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<tr>
<td>Kidney beans</td>
<td>Spinach</td>
<td>Eggplant</td>
<td>Head lettuce</td>
<td>Evaporated</td>
<td>Wheat</td>
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<td>Lamb</td>
<td>Sweet potatoes</td>
<td>Kohlrabi</td>
<td>Lima beans</td>
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<td>Pie</td>
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<td>Lima beans</td>
<td>Winter squash</td>
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<td>Organ meats:</td>
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<tr>
<td>Brain</td>
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<td>Strawberries</td>
<td>Peaches</td>
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<tr>
<td>Kidney</td>
<td></td>
<td>Sweet potatoes and Irish potatoes in the</td>
<td>Pears</td>
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<tr>
<td>Liver</td>
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<td>jacket</td>
<td>Pineapple</td>
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<td>Sweetbreads</td>
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<td>Tangerines</td>
<td>Plums</td>
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<td>Tomatoes</td>
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<td>Rabbit</td>
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# SUGGESTED PREPARATION METHODS

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<td>Creamed</td>
<td>Dessert</td>
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<td>Vegetables</td>
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<td>Scalloped</td>
<td>Ice cream</td>
<td>Waffles</td>
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