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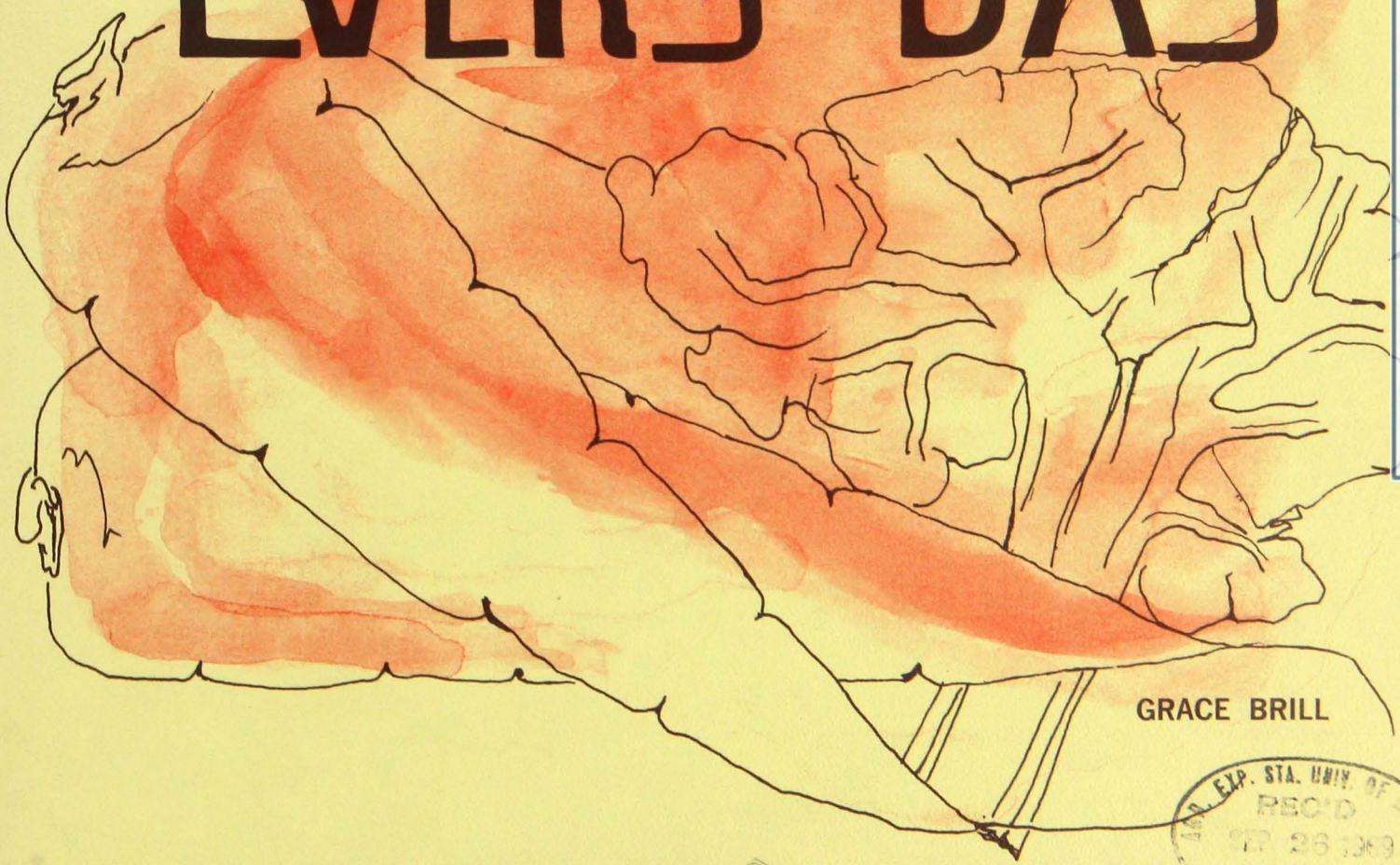
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Extension Bulletin 360

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# GOOD MEALS EVERY DAY



GRACE BRILL

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*Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Roland H. Abraham, Director of Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55101.*

15M-7-69

# 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:  $\frac{1}{2}$  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

Fruits and vegetables are valuable chiefly because of the vitamins and minerals they contain. In this plan, this group is counted on to supply nearly all the vitamin C needed and over half of the vitamin A.

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



### 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 =  $\frac{1}{2}$  cup milk

$\frac{1}{2}$  cup cottage cheese =  $\frac{1}{3}$  cup milk

2 tablespoons cream cheese = 1 tablespoon milk

$\frac{1}{2}$  cup ice cream =  $\frac{1}{4}$  cup milk

### Foods in This Group

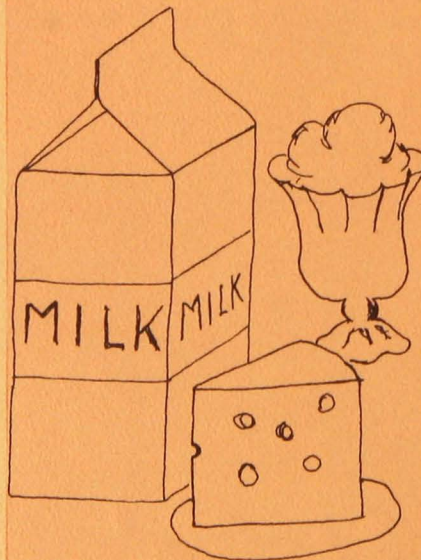
Citrus fruit or other fruit or vegetables important for vitamin C daily.

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, 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.

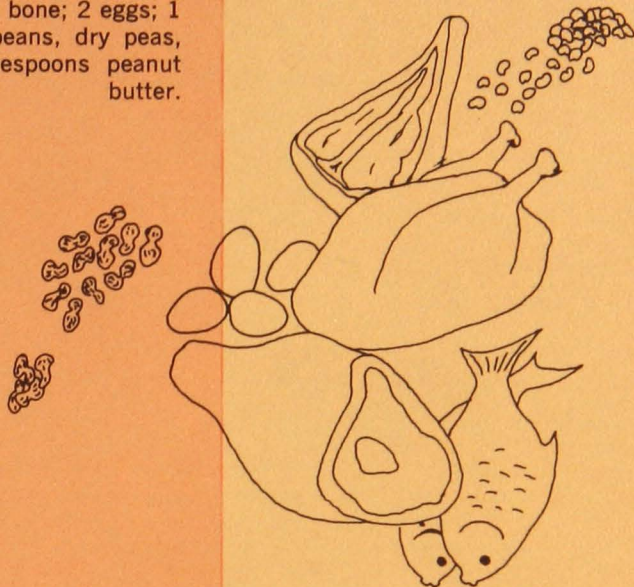
You need riboflavin to:

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.



## Foods in This Group

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

## 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.

**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.

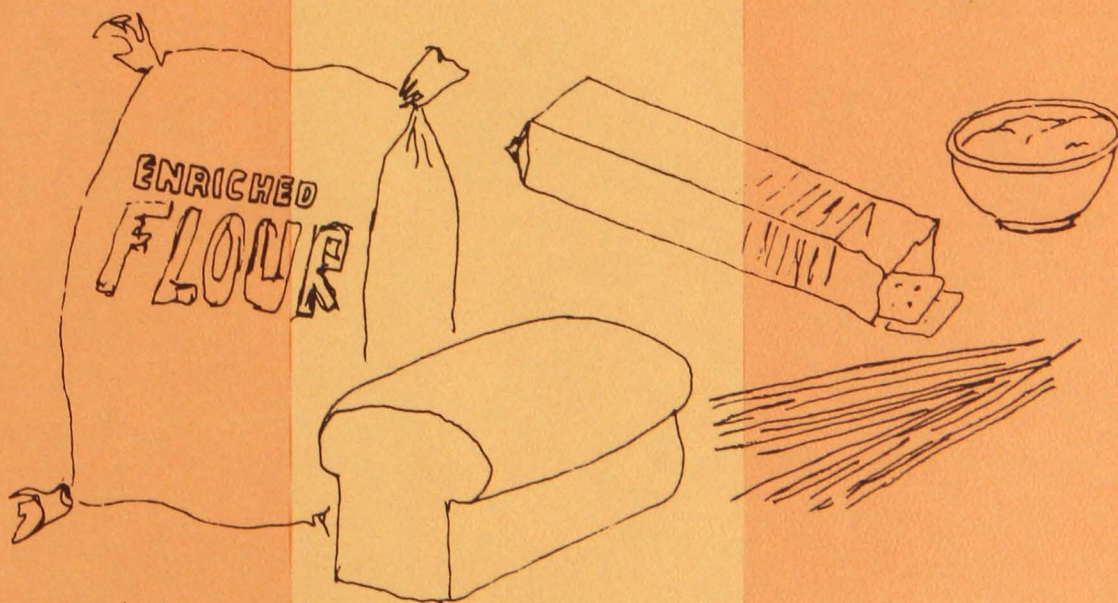
Count as one serving: 1 slice of bread, 1 ounce ready-to-eat cereal,  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

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.

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.

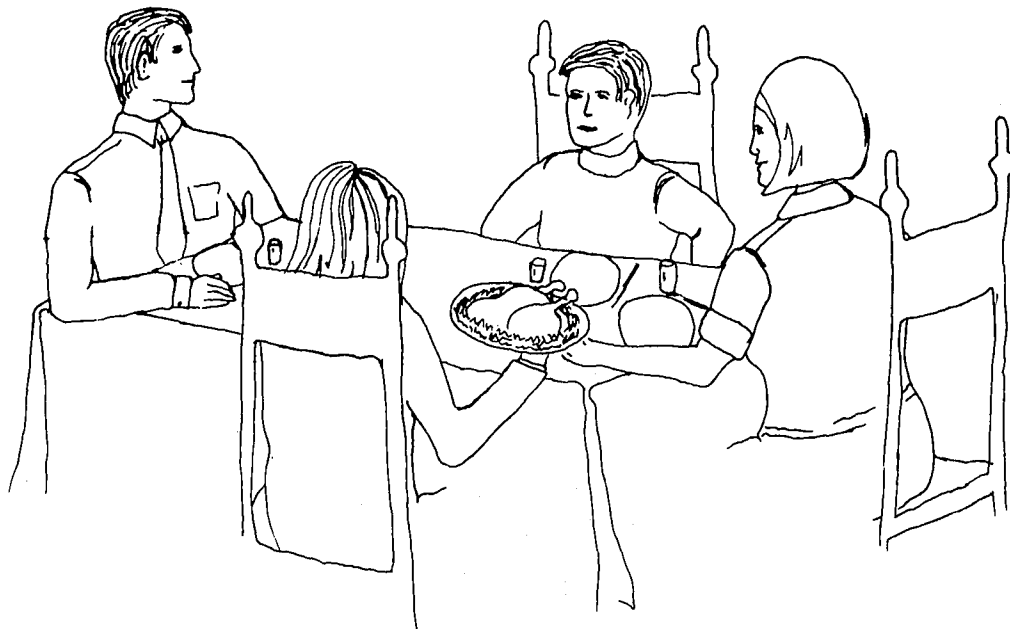
**FLAVOR VARIETY** is needed in every meal to provide contrast between bland foods and strong-flavored tangy, zippy foods.

**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 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:

BREAKFAST	LUNCH OR SUPPER	DINNER
Fruit	Meat (or alternate)	Meat (or alternate)
Cereal with milk and/or egg	Salad or vegetable	Potatoes
Bread and butter	Bread and butter	Salad and/or vegetable
Beverage	Dessert (fruit)	Bread and butter
	Milk	Dessert
		Beverage

Three meals for 1 day could be planned using this suggested pattern:

BREAKFAST	LUNCH OR SUPPER	DINNER
Orange juice	Tuna casserole	Oven-fried chicken
Cornflakes with milk	Tossed green salad	Baked potatoes
Poached egg	Cornmeal muffins	Celery strips
Toast — butter	Baked apples	Glazed carrots
Coffee — adults	Milk — everyone	Whole wheat bread — butter
Milk — children		Pineapple sherbet
		Coffee — adults
		Milk — children

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.

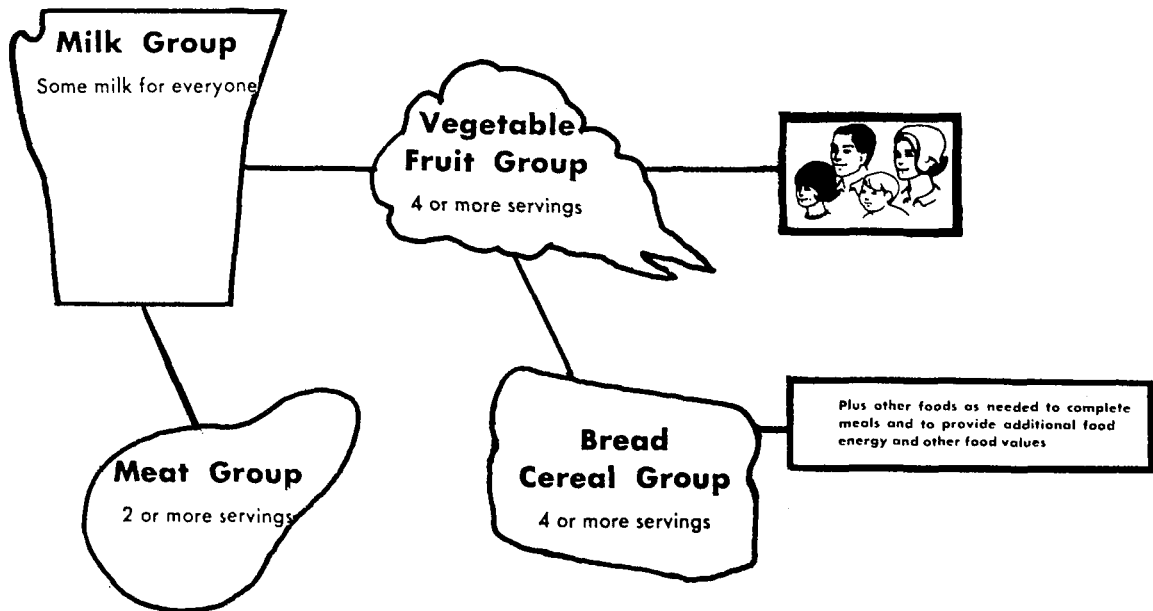
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In checking these meals, you will find the recommended servings for the four food groups. The five servings of vegetables and fruits would provide the recommended amounts of vitamins C and A. Orange juice is a good source of vitamin C, and a baked 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



### SUGGESTED MENU PLANNING

Meat and meat alternates	Dark-green and deep-yellow vegetables and a few fruits	Citrus fruits, tomatoes, etc. for vitamin C	Other fruits vegetables	Milk and dairy products	Cereals and breads	Desserts	Fats
Beef	Apricots	Asparagus tips	Apples	Buttermilk	Buckwheat	Cake	Butter
Cold cuts	Broccoli	Broccoli	Avocado	Cheese	Corn	Cheese and crackers	Cream
Eggs	Cantaloupe	Brussels sprouts	Banana	Condensed, sweetened milk	Oats	Custards	Mayonnaise
Fish, canned	Carrots	Cantaloupe	Beets	Dried skim milk	Rice	Fruits	Salad dressing
Fish, fresh	Chard	Grapefruit	Cauliflower	Dried whole milk	Rye	Ice cream	
Game	Pumpkin	Honeydew melon	Celery	Eggplant	Soy	Ices	
Kidney beans	Spinach	Kohlrabi	Corn	Evaporated unsweetened milk	Wheat	Pie	
Lamb	Sweet potatoes	Lemons	Cranberries	Skim milk		Puddings	
Lima beans	Winter squash	Peppers	Head lettuce	Whole milk		Sherbets	
Navy beans		Raw cabbage	Lima beans	Low fat milk			
Organ meats:		Raw spinach	Okra				
Brain		Strawberries	Onions				
Kidney		Sweet potatoes and Irish potatoes in jacket	Peaches				
Liver		Tangerines	Pears				
Sweetbreads		Tomatoes	Pineapple				
Tongue		Watermelon	Plums				
Oysters			Potatoes, Irish				
Pork			Rhubarb				
Poultry			Sauerkraut				
Rabbit			Snap beans				
Shrimp			Summer squash				
Turkey			Turnips				
Veal							

### SUGGESTED PREPARATION METHODS

Baked	Baked and stuffed	Baked	Buttered	Beverage, cold	Breads
Boiled	Broiled	Buttered	Broiled	Beverage, hot	Breakfast cereals
Broiled	Buttered	Creamed	Baked and stuffed	Creamed vegetables	Desserts
Casserole	Creamed	Dessert	Creamed	Custards	Pancakes
Creamed	Raw	Fresh juice	Desserts	Ice cream	Stuffing
Croquettes	Salad	Meat accompaniment	Juice		Waffles
Fried	Scalloped	Salad	Meat accompaniments		
Loaf			Raw		
Roasted			Salad		
Salad			Scalloped		
Sandwich					
Stewed					