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Planning

Your Family's Food



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One of your biggest jobs as a homemaker is to keep the family well fed at a reasonable cost.

If you follow this suggested daily food plan you will know that your family will have a good diet.

Daily Food Plan

Milk Group: Some milk daily

	Cups
Children	3 to 4
Teen-agers	4 or more
Adults	2 or more
Pregnant Women	4 or more
Nursing Mothers	6 or more

Cheese and ice cream can replace part of the milk. See the starred footnote under the table on pages 3-5.

Meat Group: 2 or more servings

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

Vegetable-Fruit Group: 4 or more servings, including

A citrus fruit or other fruit or vegetable important for vitamin C—daily.

A dark green or deep yellow vegetable important for vitamin A—at least every other day.

Other fruits and vegetables including potatoes, in addition.

Bread-Cereal Group: 4 or more servings

Whole grain, enriched, restored.

The minimum number of servings listed above forms the foundation for a good diet. To round out meals and to satisfy the appetite many people will use more of the above foods and everyone will use foods not listed such as butter, other fats, sugars, and unenriched refined grain products.

Number in family
 adults _____
 children _____

FAMILY FOOD PLAN for 19__

	Approximate servings per person a day	One person should use		Our family should use		We used last year		This year we will use	
		per week	per year	per week	per year	per week	per year	Total	Home produced
Milk (milk products)* Children Teen-agers Adults Pregnant women Nursing mothers	3-4 cups 4 or more cups 2 or more cups 4 or more cups 6 or more cups	5 qts.	260 qts.						
Meat, poultry, fish	1	4 lbs.	210 lbs.						
Eggs	1 egg	7 eggs	30 doz.						
Dry beans, peas, nuts	2 a week	$\frac{1}{4}$ lb.	15 lbs.						
Citrus fruit, tomatoes	1	$2\frac{1}{2}$ lbs.	130 lbs. or approx. $2\frac{1}{2}$ bu.						
Dark green and deep yellow vegetables	1 serving every other day	$\frac{1}{2}$ lb.	40 lbs. or approx. 1 bu.						
Potatoes	1	$2\frac{1}{2}$ lbs.	130 lbs. or approx. $2\frac{1}{2}$ bu.						
Other vegetables and fruits	2 or more	$5\frac{1}{2}$ lbs.	285 lbs. or approx. 6 bu.						
Grain products— flour, cereals Baked goods†	at every meal	3 lbs.	155 lbs.						
Butter, other fats, and oils	at every meal	$\frac{1}{3}$ lb.	35 lbs.						
Sugar, syrup, preserves	as used in menus	1 lb.	50 lbs.						

* Quantities equivalent (in terms of calcium) to 1 cup milk: cheese, cheddar type $1\frac{1}{2}$ ounces, cream cheese 15 ounces, cottage cheese, 11 ounces; ice cream $1\frac{1}{2}$ to $1\frac{3}{4}$ cups.

† Count $1\frac{1}{2}$ pounds of bread and baked as 1 pound flour.

Helps in Planning Your Vegetable-Fruit Group

It is possible to get your vegetable-fruit group by selecting foods within each group depending upon season, availability, and family likes. A suggested plan for a family of four for a week based on the table on pages 3-5 is:

Vitamin C Rich

Oranges 3 lbs.

Grapefruit 2 lbs.

Tomatoes 5 lbs.

Vitamin A Rich

Broccoli 1 lb.

Carrots 1 lb.

Yellow winter squash 1 lb.

Other fruits and vegetables

Potatoes 10 lbs.

Celery 1 lb.

Grapes 1 lb.

Peaches 1 lb.

Prunes 1 lb.

Asparagus 1 lb.

Green beans 2 lbs.

Onions 1 lb.

Peas 3 lbs.

Corn 2 lbs.

Lettuce 2 lbs.

Rutabaga 1 lb.

Apples 2 lbs.

Strawberries 2 lbs.

Raspberries 2 lbs.

Canned and Frozen Vegetables and Fruits

Approximately 80 to 100 quarts of canned and frozen vegetables and fruits will provide a year's supply for each person in your family. Approximate number of $\frac{1}{2}$ cup servings in each pound or quart are:

Fruit, raw	4 servings per pound
canned	8 servings per quart
frozen	4 servings per pound
Vegetables, raw	4 servings per pound
canned	8 servings per quart
frozen	4 servings per pound

Foods Included in Food Groups

Milk Group

- Milk, milk products

Milk—whole, skim, buttermilk, dry, evaporated, condensed; cheese; ice cream



Meat Group

- Meat, poultry, fish

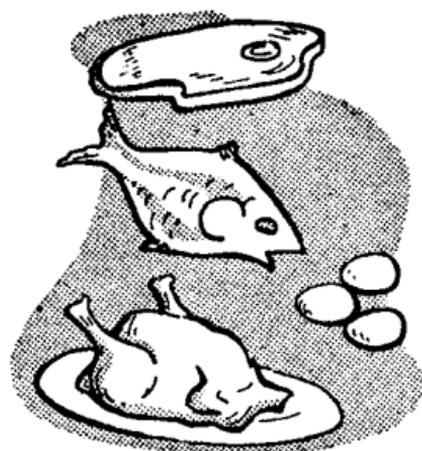
Beef, veal, lamb, pork, including bacon and salt pork

Variety meats such as liver, heart, tongue

Luncheon meats

Poultry

Fish, and shellfish



- Eggs
- Dry beans and peas, nuts
Dry beans of all kinds, dry peas, lentils
Soybeans and soya products
Peanuts, peanut butter, and tree nuts

Vegetable-Fruit Group

- Citrus fruit, tomatoes

Grapefruit, lemons, limes, oranges, tangerines
Tomatoes

- Dark green and deep yellow vegetables

Broccoli, chard, kale, collards, green peppers, spinach, and other dark greens

Sweet potatoes, carrots, pumpkin, yellow winter squash

- Potatoes

● Other vegetables and fruits

Asparagus, snap beans, green lima beans, beets, cabbage, cauliflower, brussels sprouts, celery, corn, cucumbers, leaf and head lettuce, onions, okra, parsnips, peas, rutabagas, sauerkraut, and turnips

Apples, bananas, berries, cherries, dates, figs, grapes, peaches, pears, plums, prunes, raisins, rhubarb



Bread and Cereal Group

● Grain products—flour, cereals, baked goods

Flour and meal

Cereals, including ready-to-eat cereals

Rice, hominy, noodles, macaroni, spaghetti

Bread, cake, other baked goods



Other Foods

● Butter, other fats and oils

Butter, margarine, mayonnaise, salad dressing, salad oil, shortening

Lard, suet

● Sugar, syrup, preserves

Sugar, granulated, powdered, brown, maple

Molasses, syrup, honey

Jams, jellies, preserves

Powdered prepared desserts

Yield of Canned Fruits and Vegetables from Fresh Products

The number of quarts of canned foods you can get from a given quantity depends somewhat upon the quality, variety, maturity, size of fruit and vegetables, and the way it is canned. In general for 1 quart of canned food it takes the following amounts of fresh fruit or vegetables:

Vegetables

Food	Pounds
Asparagus	2½ to 4½
Beans, lima in pods	3 to 5
Beans, snap	1½ to 2½
Beets, without tops	2 to 3½
Carrots, without tops	2 to 3
Corn, sweet, in husks (canned, whole kernel style)	3 to 6
Peas, green in pods	3 to 6
Pumpkin or winter squash	1½ to 3
Spinach and other greens	2 to 6
Squash, summer	2 to 4

Fruits

Food	Pounds
Apples	2½ to 3
Berries, except strawberries	1½ to 3 or (1 to 2 quart boxes)
Cherries	2 to 2½
Peaches	2 to 3
Pears	2 to 3
Plums	1½ to 2½
Tomatoes	2½ to 3½

Yield of Frozen Fruits and Vegetables from Fresh Products

In general for 1 pint of frozen fruits and vegetables it takes approximately the following amounts:

Vegetables

Food	Pounds
Asparagus	1 to 2
Beans, lima (in pods)	2 to 2½
Beans, snap	¾ to 1
Broccoli	1
Corn, sweet (in husks)	2 to 2½
Spinach and other greens	1 to 1½
Peas	2 to 2½
Winter squash	1½

Fruits

Food	Pounds
Apples	1¼ to 1½
Cherries, sweet or sour	1¼ to 1½
Muskmelon	1 to 1¼
Peaches	1 to 1½
Rhubarb	¾ to 1
	Pints
Strawberries	1½
Other berries	1½ to 1¾
Raspberries	1

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