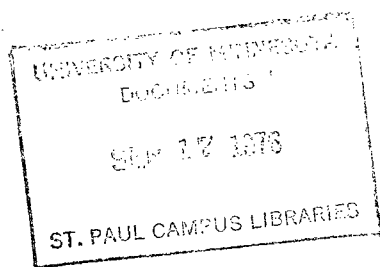


MAGR
GOVS
MN 2000 EP-no.93

University of Minnesota
Agricultural Extension Service
pamphlet 93



Know Your Food Needs

This archival publication may not reflect current scientific knowledge or recommendations.
Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>.

KNOW YOUR FOOD NEEDS



UNIVERSITY OF MINNESOTA
Agricultural Extension Service
U. S. DEPARTMENT OF AGRICULTURE

Food Needs for Health

Calcium builds blood, tooth and bone tissue; regulates the heart and protects nerves.

Phosphorus is necessary for building every living cell in the body.

Iodine prevents goiter.

Iron is needed for red blood and strong muscles.

Roughage is needed for normal elimination.

Water is essential for building and regulating every living cell.

Vitamin A is needed for normal growth, health, reproduction, normal skin, and normal mucus membranes. It prevents night blindness.

Vitamin B₁ (thiamin) is necessary for normal growth; it gives protection to nerves; and it is important for lactation, keen appetite, good digestion, and normal muscle. **Vitamin B₂** is needed to secure the full amount of energy from foods.

Vitamin C (ascorbic acid) is needed for growth and health; it is necessary for normal blood vessels, gums, teeth, and bones. **Vitamin C** prevents scurvy.

Vitamin D is necessary for growth and health and for building strong teeth and straight bones. **Vitamin D** prevents rickets.

Vitamin G (riboflavin) is needed for growth and robust health at all ages. It is required to burn foods in the body.

Nicotinic acid (niacin) is necessary for normal digestion, skin, and nervous system. It helps prevent pellagra.

Proteins build muscles and blood and keep them healthy.

Fats and sweets give power to work or play and keep the body warm. An oversupply is stored as fat.

Have One or More from Each Group in Your Daily Diet

Keep a Record For Three Days
Mark No. Servings Each Day

CALCIUM									
Cheese.....									
Milk.....									
Molasses.....									
Dark leafy greens.....									
Dry peas, beans, nuts.....									
Ice cream, cream.....									
Cottage cheese.....									
PHOSPHORUS									
Milk.....									
Cheese.....									
Nuts.....									
Meat, fish, eggs.....									
Dry peas, beans, peanuts.....									
Cereals.....									
IODINE									
Seafish.....									
Iodized salt.....									
IRON									
Liver, oysters.....									
Lean meats.....									
Whole grain cereals.....									
Dark green leafy vegetables.....									
Egg yolk.....									
Dried peas, beans.....									
Molasses, sorghum.....									
Potatoes baked or steamed.....									
Dried fruit.....									
Rhubarb.....									
WATER (No. of glasses).....									
ROUGHAGE									
Vegetables.....									
Fruits.....									
Whole grain cereals.....									
VITAMIN A									
Dark leafy greens.....									
Liver.....									
Yellow vegetables and fruit.....									
Dried peaches, apricots, prunes.....									
Butter, cheese, cream.....									
Egg yolk.....									
Fish liver oils.....									
Tomatoes.....									

Keep a Record For Three Days
Mark No. Servings Each Day

VITAMIN B₁									
Brewer's yeast.....									
Wheat germ.....									
Lean pork.....									
Whole grains.....									
Liver, kidney.....									
Dry peas, beans, peanuts.....									
VITAMIN C									
Green pepper, broccoli.....									
Citrus fruit.....									
Raw cabbage and rutabagas.....									
Strawberries, fresh.....									
Tomatoes.....									
Melons.....									
Dark leafy greens.....									
VITAMIN D									
Sunlight.....									
Fish liver oil.....									
Eggs.....									
Cream, butter.....									
VITAMIN G									
Yeast.....									
Wheat germ.....									
Liver, kidney.....									
Whole milk.....									
Dark leafy greens.....									
Cheese.....									
Eggs.....									
Dry peas, beans, peanuts.....									
PROTEIN									
Cheese.....									
Eggs.....									
Lean meat, fish, poultry.....									
Cereals.....									
Dried peas, beans, nuts.....									
STARCH AND SUGAR									
Bread, cereals.....									
Cakes, cookies, pastry.....									
Sugar, honey, candy.....									
Preserves, jellies.....									
Potatoes.....									
FAT									
Butter, cream.....									
Bacon.....									
Nuts and salad oils.....									
Cooking fats.....									

Size of Servings of Foods

1 serving, fruit or vegetables.....	½ cup
1 large serving, meat.....	3½ ounces or 2" x 3" x ¾"
1 serving, milk.....	1 cup or ½ pint

1 serving, cheese.....	1½ ounces or 2" x 1" x ¾"
1 serving, bread.....	1 slice
1 serving, fats.....	1 tablespoon
1 serving, sugar, molasses, jam.....	1 tablespoon

Plan to Use These Each Day

MILK

4 cups for children
3 cups for adults
4 cups for expectant mothers
6 cups for nursing mothers

BUTTER AND OTHER FATS

At each meal

VEGETABLES AND FRUITS

Potatoes, one to two servings
Dry peas, beans or nuts, three times per week
Leafy green or yellow vegetables, one or more servings
Citrus fruit, tomatoes, or raw fruits or vegetables, one serving
Other vegetables and fruits, two servings

BREAD AND CEREALS

Cereals, bread, or baked products (whole grain or enriched), every meal

EGGS

Three to five per week
One per day for children

MEAT

Lean meat, fish, poultry, or cheese, one serving

SWEETS

Just enough to make other foods attractive. Not more than three tablespoons

WATER

Four to six glasses for children
Eight glasses for adults

NOT FOOD ALONE

Good food alone does not insure good health. We need in addition: sunshine, fresh air, good posture, exercise, good emotional habits, and sufficient sleep and rest.

Increase Your Vitamin C

Tomato Juice

To one quart of tomato juice add 1 tbsp. lemon juice and 1 tsp. salt or celery salt. Mix ingredients and chill.

Raw Vegetable Plate

1 carrot	1 Spanish onion
¼ rutabaga	1 green pepper
½ bunch celery	½ small cauliflower

Wash vegetables. Crisp in cold water for a short time. Turn cauliflower upside down in a bowl of salt water for a few minutes to draw out any insects. Cut carrot and rutabaga in strips, slice onion, break off little bunches of flowers from cauliflower. Cut off cap of green pepper and scoop out seeds. Cut in rings or strips.

RAW FRUIT AND VEGETABLE SALADS

Michigan Salad—(Serves 4-6)

2 cups shredded carrots	¼ cup sugar or honey
1 lemon, ground, rind and oil	salt

Add salt to carrots, combine with lemon and sugar, and let stand one hour in a cool place.

Orange Onion Salad

1 sweet Spanish onion	1 orange of approx. same size
-----------------------	-------------------------------

Peel onion and orange; cut in thin slices. Arrange in alternate slices on lettuce, if available. Serve with French dressing.

Cabbage and Carrot Salad

2 cups shredded cabbage	1 cup grated carrots
-------------------------	----------------------

Mix cabbage and carrots and moisten with sour cream dressing.

Sour Cream Dressing

1 cup sour cream	2 tbsp. vinegar
¼ cup brown sugar	¼ tsp. salt

Add dry ingredients to cream; add vinegar gradually.

Extension Pamphlet 93

February 1942

UNIVERSITY FARM, ST. PAUL, MINNESOTA

Cooperative Extension Work in Agriculture and Home Economics, University of Minnesota, Agricultural Extension Division and United States Department of Agriculture Cooperating, Paul E. Miller, Director. Published in furtherance of Agricultural Extension Acts of May 8 and June 30, 1914. 50M-2-42

UNIVERSITY OF MINNESOTA



3 1951 D02 961 936 M