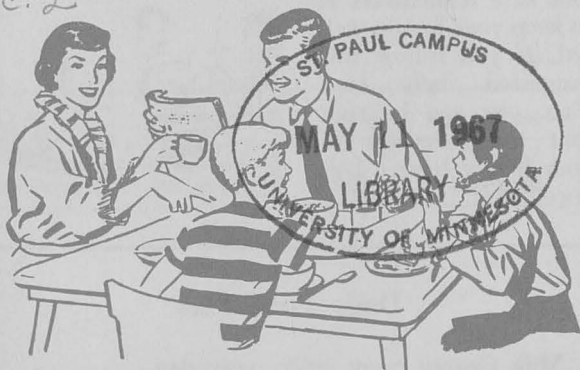


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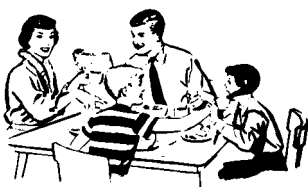
Planning Your Family's Food

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One of your biggest jobs as a homemaker is to keep your family well fed. If you follow this suggested daily food plan, you can be sure that the members of your family have a balanced diet.



Daily Food Plan

Milk Group: Some milk every day

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

You can serve cheese and ice cream in place of part of the milk; see the second footnote under the table at the right.

Meat Group: 2 or more servings daily

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

Vegetable-Fruit Group: 4 or more servings daily

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

A dark-green or deep-yellow vegetable rich in vitamin A at least every other day.

Other fruits and vegetables, including potatoes.

Bread-Cereal Group: 4 or more servings daily

Whole grain, enriched, or restored breads and cereals.

The minimum servings listed above form the foundation for a good diet. To round out meals and satisfy appetites, you'll want to serve more of these foods and foods that are not listed (butter and other fats, sugars, and unenriched refined grain products).

Number in family

Adults _____

Children _____

FAMILY FOOD PLAN for 19__*

Food	Approximate amount per person per day	One person should use approximately		Our family should use		Last year we used		This year we will use	
		Per week	Per year	Per week	Per year	Per week	Per year	Total	Home produced
Milk, cheese, and ice cream† Children under 9 Children 9-12 Teenagers Adults Pregnant women Nursing mothers	2 to 3 cups 3 or more cups 4 or more cups 2 or more cups 3 or more cups 4 or more cups	5 quarts	260 quarts						
Meat, poultry, and fish	1 serving	4 pounds	210 pounds						
Eggs	1 egg	7 eggs	30 dozen						
Dry beans, peas, and nuts	2 servings per week	¼ pound	15 pounds						
Citrus fruits and tomatoes	1 serving	2½ pounds	130 pounds or approximately 2½ bushels						
Dark-green and deep-yellow vegetables	1 serving every other day	¾ pound	40 pounds or approximately 1 bushel						
Potatoes	1 serving	2 pounds	100 pounds or approximately 2 bushels						
Other vegetables and fruits	2 or more servings	5 pounds	260 pounds or approximately 5 bushels						
Flours, cereals, and baked goods‡	At every meal	2½ pounds	130 pounds						
Fats and oils	At every meal	¾ pound	35 pounds						
Sugars and sweets	As used in menus	1 pound	50 pounds						

* This family food plan is a moderate-cost plan based on the needs of a family with two adults and two school age children in the 7-9 and 10-12 age groups. If you have children under school age, you will use slightly less food. If you have teenagers, you will use more food.

† Quantities equivalent (in terms of calcium) to 1 cup of milk: cheddar cheese, 1½ ounces; cottage cheese, 1½ cups; ice cream, 2 cups.

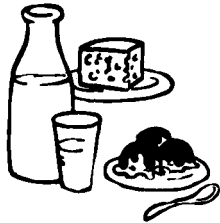
‡ Count 1½ pounds of bread and baked goods as 1 pound of flour.

Foods Included In The Food Groups

Milk Group

- Milk, cheese, ice cream

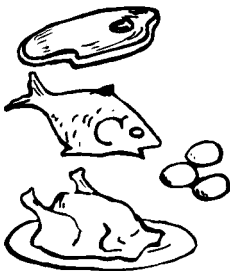
Milk—whole, skim, buttermilk, dry, evaporated, condensed; cheese; cream; ice cream



Meat Group

- Meat, poultry, fish

Beef, veal, lamb, and pork, including bacon and salt pork; variety meats such as liver, heart, tongue; luncheon meats; poultry; fish and shellfish



- Eggs (including those used in cooking)
- 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 fruits, tomatoes

Grapefruit, lemons, limes, oranges, tangerines, tomatoes

- Dark-green and deep-yellow vegetables

Broccoli, chard, kale, collards, green peppers, spinach, 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, lettuce, onions, okra, parsnips, peas, rutabagas, sauerkraut, summer squash, turnips; apples, bananas, berries, cherries, dates,

figs, grapes, peaches, pears, plums, prunes, raisins, rhubarb; all vegetables and fruits not included in other groups



Bread-Cereal Group

● Flour, cereals, baked goods

Flour and meal; cereals, including ready-to-eat cereals; rice, hominy, noodles, spaghetti;



bread, cake, other baked goods; mixtures that are mostly grains

Other Foods

● Fats and oils

Butter, margarine, mayonnaise, salad dressing, salad oil, cooking oils, drippings, lard, shortenings, suet

● Sugar, sweets

Sugar—granulated, powdered, brown, maple; molasses, sirup, honey, candy; jams, jellies, preserves; powdered and prepared desserts

Planning Your Family's Vegetable-Fruit Diet

You can see that your family gets enough and a variety of foods from the vegetable-fruit group by selecting foods according to their availability, the season, and your family's likes. Based on the preceding table, a suggested fruit-vegetable plan for a family of four for a week is:

Vitamin C foods

Oranges, 3 pounds
Grapefruit, 2 pounds
Tomatoes, 5 pounds

Vitamin A foods

Broccoli, 1 pound
Carrots, 1 pound
Winter squash, 1 pound

Other fruits and vegetables

Potatoes, 8 pounds	Onions, 1 pound
Celery, 1 pound	Peas, 2 pounds
Grapes, 1 pound	Corn, 2 pounds
Peaches, 1 pound	Lettuce, 1 pound
Prunes, 1 pound	Rutabaga, 1 pound
Asparagus, 1 pound	Apples, 2 pounds
Green Beans, 2 pounds	Strawberries, 2 pounds
Raspberries, 2 pounds	

Canned And Frozen Vegetables And Fruits

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

Raw	4 servings per pound
Canned	8 servings per quart
Frozen	4 servings per pound

Yield of Canned Fruits And Vegetables

The number of quarts of canned food you can get from a given quantity of fresh food depends upon the quality, variety, maturity, and size of the fruits and vegetables and upon the way you can them. In general, it takes the following amounts of fresh fruits or vegetables to get 1 quart of canned food.

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)	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
Apples	2½ to 3
Berries, except strawberries	1½ to 3
	(1 to 2 quarts)
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

In general, it takes approximately the following amounts to get 1 pint of frozen fruits and vegetables.

Food	Pounds
Asparagus	1 to 1½
Beans, lima (in pods)	2 to 2½
Beans, snap	¾ to 1
Broccoli	1
Corn, sweet (in husks)	2 to 2½
Peas, green (in pods)	2 to 2½
Spinach and other greens	1 to 1½
Squash, winter	1½
Apples	1¼ to 1½
Cherries	1¼ to 1½
Muskmelon	1 to 1¼
Peaches	1 to 1½
Rhubarb	¾ to 1
Strawberries	1½
Raspberries	1
Other berries	1½ to 1½

Grace Brill is an associate professor and extension nutritionist.

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