

**Your food : how does it rate for health? / Metropolitan Life Insurance Company.**

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# YOUR FOOD

HOW DOES IT RATE FOR HEALTH?











TODAY YOUR GOOD HEALTH IS BOTH  
A PERSONAL AND A NATIONAL ASSET

*Help to protect it by eating the  
right kind of food*

*Food gives you . . .* Energy for work and play;  
material to build and repair your blood, muscles, skin, and all  
other parts of your body; and the elements you need to keep  
your body running smoothly and to protect your health . . .



## Does your food rate 100 percent?

FOODS	DAILY QUANTITY FOR EACH PERSON	SCORING HINTS	PRINCIPAL AIDS TO HEALTH
<b>MILK</b> 	1 pint for adults. $\frac{3}{4}$ to 1 quart for children.	Count all milk used in cooking and as a beverage—pasteurized whole milk, skim milk, buttermilk, evaporated milk, or dried milk. One third of a pound of hard cheese, like American or Swiss, may be counted as 1 quart of fluid milk.	The only dependable source of calcium needed to protect bones and teeth, the health of nerves, and the action of muscles.
<b>POTATOES and other VEGETABLES</b> 	One or more servings.  Two servings.	Count both sweet and white potatoes. If you use cooked yellow or green-leaf vegetables three or four times a week and raw vegetables on other days, your score is 100 percent. Vegetables may be fresh, quick frozen, or canned. Give preference to fresh, unrationed vegetables.	Vitamin A, which protects the eyes and guards against infection. Iron for blood. Roughage for good elimination.
<b>FRUITS</b> 	Two servings.	For a 100-percent score on fruits, every day use citrus fruits, like oranges and grapefruit, or tomatoes, fresh or canned; or, in season, berries, cantaloupe, or watermelon. Use one other fruit—dried, fresh, or canned.	Vitamin C, for strong blood vessels and sound gums and teeth. Roughage for good elimination.
<b>EGGS</b>  <b>MEAT, FISH, or POULTRY</b> 	One (at least 3 or 4 during the week).  At least one serving.	Count eggs used in puddings, cakes, and custards as well as those used alone. Liver and other glandular organs are especially high in iron and vitamins. Dried peas, beans, lentils, or peanuts are similar to meat in food value and may be used occasionally to economize on meat ration points.	Protein, for building and repair of body tissue. Iron. Thiamin (vitamin B <sub>1</sub> ) and riboflavin (vitamin G), for good digestion and protection of the nerves.
<b>CEREAL and BREAD</b> 	One or both at every meal.	Use whole-grain or enriched bread and cereals. Macaroni and rice combined with milk, eggs, meat, or vegetables are high in food value and make rationed foods go further.	Calories, for energy. Thiamin and iron from whole-grain or enriched products.
<b>BUTTER and other FATS</b> 	2 to 3 tablespoonfuls.	In addition to butter or vitamin-enriched margarine, moderate amounts of cooking fats and salad oils may be used. Fat back, bacon, and salt pork are classed as fats.	Calories, for energy. Vitamin A from butter and enriched margarines.
<b>WATER</b> 	4 to 8 glasses.		

Young children should have cod-liver oil or one of the other fish-liver oils every day for vitamins A and D. •

Sugar, sirup, molasses, honey, and jellies are used to give flavor to other foods.

Even with a small amount of money to spend for food, good selection will help you to make a perfect score.



## *Making the Most of the Food You Buy*

1. Prepare vegetables as near cooking time as possible. They lose food value rapidly after they are peeled and cut up.
2. Preserve color, flavor, and food value in vegetables by cooking them in small amounts of boiling water barely long enough to make them tender.
3. Use the water from cooked vegetables and the liquid from canned ones.
4. Cook meat at moderate temperature to preserve tenderness and prevent shrinkage.
5. Never discard any edible food. Leftovers can be combined in many attractive ways. Take leftover fats which cannot be used in cooking to your butcher to be used in war production.
6. Keep perishable foods covered in the refrigerator. Vegetables and fruits should be washed before putting away.

### TO HELP

#### WIN THE WAR:

Use only your share of food—hoarding is unpatriotic and creates scarcities.

When one food is scarce learn to use alternative foods.

Be open-minded about trying unfamiliar foods.

When possible use foods grown locally or in your Victory Garden.

### OTHER AIDS

#### TO HEALTH

Adequate sleep and rest

Outdoor exercise each day

Taking some time out each day for doing what you like best to do

Regular elimination

Periodic check-up by a physician and dentist

### METROPOLITAN LIFE INSURANCE COMPANY

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Canadian Head Office: Ottawa