

What foods do you choose? : variety in foods gives tasty meals and helps to protect your health and that of your family.

Contributors

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What Foods do **You** choose?



*Variety in foods gives tasty meals and helps
to protect your health and that of your family*

Daily Food Needs for Each Person



MILK and CHEESE
1 pint of milk
for adults
 $\frac{3}{4}$ to 1 quart
for children

POTATOES
One or more servings
OTHER VEGETABLES
Two servings

**FRUITS and
TOMATOES**
Two servings

**MEAT, FISH or
POULTRY** At least
one serving
EGGS One (at least
3 or 4 during week)

**CEREALS and
BREADS**
One or both
at every meal

**BUTTER and
other FATS**
2 to 3
tablespoonfuls

**SUGAR, SIRUPS
and PRESERVES**
In moderate
amounts

Suggestions for choice and use

Milk may be fluid
(whole, skimmed,
or buttermilk),
evaporated, or
dried.

Use as a beverage
and in cooking.

One third of a pound
of hard cheese
may be counted as
1 quart of milk.

Potatoes may be
sweet or white.

Use cooked green or
yellow vegetables
three or four times
a week and raw ones
on other days.

Vegetables may be
fresh, quick frozen,
or canned.

Fruit servings should
include citrus fruits,
like oranges and
grapefruit, or
tomatoes fresh or
canned; or, in
season, berries,
cantaloupe, or
watermelon; and
one other fruit—
dried, fresh, or canned.

Meat, fish, and
poultry may be used
interchangeably.

Liver, heart, and
other similar meats
are especially good.

Dried peas, beans,
lentils, and peanuts
are similar to meat
in food value.

Eggs may be used alone
or in cakes, custards,
and puddings.

Whole-grain and
enriched bread and
cereals give the best
return in food value.

Macaroni and rice
combine well with
meat, eggs, milk,
cheese, or vegetables to
make tasty dishes.

Fats include butter
and vitamin-enriched
margarine, which may
be used interchange-
ably, and in addition
moderate amounts of
salad oils and
cooking fats.

Bacon, salt pork, and
fat back fall into
this group also.

Use various kinds
of sweets to provide
flavor for bland food,
such as cereals and
bread, and to combine
with milk and eggs
in desserts.

These foods give you especially

The calcium needed to
protect bones, teeth,
and nerves, and to
regulate muscle action.
Also, other minerals,
and vitamins.

Vitamin A to protect
eyes and skin and to
help guard against
infection.

Iron for blood.

Roughage for
good elimination.

Vitamin C for
strong blood vessels.

Roughage for
good elimination.

Protein for growth in
children and repair of
body tissue in everyone.
Iron for building blood.

Vitamins for good di-
gestion and protection
of health generally.

Calories for energy.

Vitamins, iron, and
roughage, from whole
grain products.

Calories for energy.

Vitamin A from butter
and enriched
margarine.

Calories for energy.

Iron and calcium
from molasses.



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



Everyone should have from 4 to 8
glasses of water a day.

Getting the **MOST** from the food you buy

- 1 Proper care of food in the home is just as important as food selection in the market.
- 2 Prepare vegetables as near cooking time as possible. They lose important food elements when soaked or allowed to stand after they have been peeled and cut up.
- 3 Preserve minerals, vitamins, color, and flavor in vegetables by cooking them in small amounts of boiling water in a tightly covered pan only long enough to make them tender.
- 4 Lettuce, celery, and other vegetables to be used raw should be washed, drained, and kept in a covered pan in the refrigerator. All vegetables keep better when stored in a cool place.
- 5 Berries and other small fruits should be kept in the refrigerator and washed just before using.
- 6 Cook meat at moderate temperature to preserve tenderness and prevent shrinkage.
- 7 Store eggs in the refrigerator or other cool place. Do not wash them before storing.
- 8 Keep dry foods, such as cereals, flour, and dried vegetables, in tight containers to protect them against dust, moisture, and vermin.
- 9 Never discard any edible food. Leftovers can be combined in many attractive ways.

Other Aids to Health

Adequate sleep and rest.

Outdoor exercise each day.

Regular elimination.

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

Periodic check-up by a physician and dentist.

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