

National Academy of Sciences—National Research Council RDA values.”

You can expect that in due time the FDA will decrease U.S. RDA values for protein, ascorbic acid, vitamin E, and vitamin B<sub>12</sub> to reflect the 1973 revision of the RDA. The rules and regulations for applying the U.S. RDA in nutrition labeling are discussed in another chapter in this section of the yearbook.

VITAMINS AND MINERALS  
U.S. RECOMMENDED DAILY  
ALLOWANCES  
(U.S. RDA)

NUTRIENT	U.S. RDA
Vitamin A .....	5,000 I.U.
Vitamin C (ascorbic acid) ....	60.0 mg.
Thiamin (vitamin B <sub>1</sub> ) .....	1.5 mg.
Riboflavin (vitamin B <sub>2</sub> ) .....	1.7 mg.
Niacin .....	20.0 mg.
Calcium .....	1.0 g
Iron .....	18.0 mg.
Vitamin D .....	400 I.U.
Vitamin E .....	30 I.U.
Vitamin B <sub>6</sub> .....	2.0 mg.
Folacin (folic acid) .....	0.4 mg.
Vitamin B <sub>12</sub> .....	6.0 mcg.
Phosphorus .....	1.0 g.
Iodine .....	150 mcg.
Magnesium .....	400 mg.
Zinc .....	15 mg.
Copper .....	2.0 mg.
Biotin .....	0.3 mg.
Pantothenic acid .....	10.0 mg.

NOTE: The first seven nutrients require label listing; others may be included on labels. (See earlier table for explanation of abbreviations).

You should bear in mind that U.S. RDA are being used to give you information about the nutrient content of foods. Hints on how consumers can use this information are given in the chapter beginning on page 73.

FOR FURTHER READING:

Food and Nutrition Board. *Recommended Dietary Allowances*, eighth revised edition, for sale by National Academy of Sciences, 2101 Constitution Ave., N.W., Washington, D.C. 20418.

Food and Drug Administration. *Food Labeling*, Federal Register, Vol. 38, No. 13, Jan. 19, 1973.

## Combining Foods To Your Own Best Advantage

**Y**OU CAN EAT any food you like if you know how to combine it with other foods to provide yourself a desirable diet. And it is easy to learn to do this.

Furthermore, it is to your advantage to learn to select and eat a diet that you enjoy and that at the same time promotes nutritional health. Good nutrition not only adds to the joy of living but makes a difference in how you look, how you feel, and how well you can work and play.

It is not necessary that everyone make the same food choices. Lifestyles, national origins, religious beliefs, individual tastes, prices, and shopping and preparation time all influence the choices we make. We are fortunate to have a wonderfully abundant and varied food supply made up of foods at many price levels.

We can buy foods fresh, frozen, canned, dried, partially prepared, completely prepared, fortified with nutrients, and even fabricated foods such as fruit-flavored beverages with vitamin C added. All these foods are temptingly displayed and lavishly recommended. It is no wonder, then, that some people make better choices than others as far as meeting individual nutrient and energy needs is concerned.

Scientists have established human requirements and made recommendations for amounts of a number of nutrients and for calories for people of all ages. Nutritionists have translated these recommendations into kinds and amounts

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of food needed for a good nutritional foundation. These translations are known as food guides. If followed, they provide an easy way to make desirable food choices.

*Food for Fitness—a Daily Food Guide* (Leaflet 424) is a reliable one. It was developed by U.S. Department of Agriculture nutritionists and is for sale by the Superintendent of Documents, Washington, D.C. 20402. It groups foods into four broad categories and allows for innumerable choices within the groups. They are as follows:

### *Milk and milk products*

Foods included:

Milk—fluid whole, evaporated, skim, skim dry, buttermilk

Cheese—cottage, cream, Cheddar type (natural or processed)

Ice cream

Amount recommended:

Some milk every day for everyone

Recommended amounts are given below in terms of whole fluid milk:

*8-ounce cups*

Children under 9 . . . . . 2 to 3

Children 9 to 12 . . . . . 3 or more

Teenagers . . . . . 4 or more

Adults . . . . . 2 or more

Pregnant women . . . . . 3 or more

Nursing mothers . . . . . 4 or more

Part or all of the milk may be fluid skim milk, buttermilk, evaporated milk, or dry milk.

Cheese and ice cream may replace part of the milk. The amount required to replace a given quantity of milk is figured on the basis of calcium content. Common portions of various kinds of cheese and of ice cream and their milk equivalents in calcium are:

1-inch cube Cheddar-type cheese = ½ cup milk

½ cup cottage cheese = 1/3 cup milk

2 tablespoons cream cheese = 1 tablespoon milk

½ cup ice cream or ice milk = 1/3 cup milk

Contribution to diet:

Milk is our leading source of calcium, which is needed for bones and teeth. It also provides high-quality protein, riboflavin, vitamin A, and many other nutrients.

Calcium:

Calcium is the most abundant mineral element in the body. Teamed up with phosphorus, it is largely responsible for the hardness of bones and teeth. About 99 percent of the calcium in the body is found in these two tissues.

The small amount of calcium in other body tissues and fluids aids in the proper functioning of the heart, muscles, and nerves, and helps the blood coagulate during bleeding.

- Calcium is not absorbed into the body completely.

- The extent of absorption varies with individuals and conditions.

- Human adults can be expected to absorb from 20 to 50 percent of calcium in a mixed diet.

Milk is outstanding as a source of calcium. Appreciable amounts are contributed by cheese (especially the Cheddar types), ice cream, certain dark-green leafy vegetables (collards, kale, mustard greens, turnip greens), and canned sardines (if the bones are eaten).

Riboflavin—one of the B vitamins:

- Helps cells use oxygen to release energy from food.

- Helps keep eyes healthy.

- Helps keep skin around mouth and nose smooth.

### *Fruits and vegetables*

Foods included:

All vegetables and fruit. This guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

Amount recommended:

Choose four or more servings every day, including:

One serving of a good source of vitamin C, or two servings of a fair source.

One serving, at least every other day,



*(Top) fruits and vegetables, one of the basic food groups. (Above) bread and cereals, another of the basic food groups.*

of a good source of vitamin A. If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of a vitamin A food may be omitted.

The remaining one to three or more servings may be of any vegetable or fruit, including those that are valuable for vitamin C and vitamin A.

Count as one serving:  $\frac{1}{2}$  cup of vegetable or fruit, or a portion as ordinarily served, such as one medium apple, banana, orange, or potato; half a medium grapefruit or cantaloupe; or the juice of one lemon.

#### Contribution to diet:

Fruits and vegetables are valuable, chiefly because of the vitamins and minerals that they contain. In this plan, these foods are relied on to supply nearly all the vitamin C needed and over one-half of the vitamin A.

Vitamin C is needed for healthy gums and body tissues. Vitamin A is needed for growth, normal vision, and healthy

condition of skin and other body surfaces. Vitamin C:

- Helps hold body cells together and strengthens walls of blood cells.
- Helps build bones and teeth.
- Helps in healing wounds.
- Helps resist infection.

Sources of vitamin C:

Good sources—Grapefruit or grapefruit juice, oranges or orange juice, cantaloupes, guava, mangoes, papaya, raw strawberries, broccoli, brussels sprouts, green peppers, and sweet red peppers.

Fair sources—Honeydew melons, lemons, tangerines or tangerine juice, watermelons, asparagus tips, raw cabbage, cauliflower, collards, garden cress, kale, kohlrabi, mustard greens, potatoes and sweet potatoes cooked in the jacket, rutabagas, spinach, tomatoes or tomato juice, and turnip greens.

Vitamin A:

- Helps eyes adjust to dim light.
- Helps keep lining of mouth, nose, throat, and digestive tract healthy and resistant to infection.
- Keeps skin healthy.
- Promotes growth.

Vitamin A occurs only in foods of animal origin. However, many vegetables and fruits—particularly the green and yellow ones—contain a substance called carotene that the body can change into vitamin A.

Liver is outstanding for vitamin A. Important amounts are found also in eggs, butter, margarine, whole milk, and cheese made with whole milk. Carotene is found in largest amounts in dark-green and deep-yellow vegetables and in deep-yellow fruits.

Fiber:

Fiber provides bulk in diets and promotes motility and health of the gastrointestinal tract.

Foods that are bulky, coarse, or watery crisp are sources of fiber. Sometimes, foods as we know them are fine or smooth, but are also sources of fiber. Examples are cocoa and chocolate that have been ground. Other good fiber sources include fruits and vegetables such as apples, plums, pineapples, car-

rots, celery, and cabbage; legumes, such as dried peas and beans; and whole-grain cereals.

### *Bread and Cereals*

Foods included:

All breads and cereals that are whole grain, enriched, or restored; check labels to be sure.

Specifically, this group includes: breads, cooked cereals, ready-to-eat cereals, cornmeal, crackers, flour and grits, macaroni and spaghetti, noodles, rice, rolled oats, and quick breads and other baked goods, if made with whole-grain or enriched flour. Parboiled rice and wheat may also be included in this group.

Amounts recommended:

Choose four servings or more daily; or if no cereals are chosen, have an extra serving of breads or baked goods. This will make at least five servings from this group daily.

Count as one serving: One slice of bread; 1 ounce ready-to-eat cereal;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

Contribution to diet:

Foods in this group furnish worthwhile amounts of protein, iron, several of the B vitamins, and food energy. Small amounts of many other nutrients may also be present.

Food energy:

- Energy is needed to support the many functions of the body at work or play.

- Energy comes from fats, carbohydrates, and proteins in the food you eat.

- Fat is the most concentrated source of energy—it supplies more than twice as much energy for a given weight as protein or carbohydrate.

- Energy is measured in calories.

- Alcohol also supplies energy and ranks next to fat as a source—providing about three-fourths as much energy as an equal weight of fat.

All foods furnish calories, some much less in a given serving than others. Foods that contain appreciable amounts

of water are relatively low in calories, because water has no caloric value and thus dilutes the energy-yielding nutrients. Many fresh fruits and vegetables are in this category. However, when sugar, fats, or cream are added to them, calories increase.

Foods rich in fat, starch, or sugar, and beverages high in alcohol, are rich in calories.

### *Meat or alternates*

Foods included:

Beef, veal, lamb, pork, variety meats such as liver, heart, and kidneys.

Poultry and eggs.

Fish and shellfish.

As alternates—dry beans, dry peas, lentils, nuts, peanuts, peanut butter.

Amounts recommended:

Choose two or more servings every day.

Count as a serving: 2 to 3 ounces (not including bone weight) cooked lean meat, poultry, or fish.

Count as alternates for  $\frac{1}{2}$  serving meat or fish: one egg;  $\frac{1}{2}$  cup cooked dry beans, dry peas, or lentils; or 2 tablespoons peanut butter.

Contribution to diet:

Foods in this group are valued for their protein, which is needed for growth and repair of body tissues—muscle, organs, blood, skin, and hair. These foods also provide iron, thiamin, riboflavin, and niacin and other nutrients.

Protein:

- Builds and repairs all tissues.
- Helps form antibodies to fight infection.
- Supplies food energy.
- Helps to make hemoglobin, the blood protein that carries oxygen to the cells and carries carbon dioxide away from the cells.
- To have daily meals rank well in protein quality, only part of the protein must come from animal sources. Combining cereal and vegetable foods with a little meat or with another source of animal protein will improve the protein value of the meal. Examples of nourish-

ing combinations are cereal with milk, rice with fish, spaghetti with meat sauce, and vegetable stew with meat. You could simply have milk as a beverage along with foods of plant origin. It is a good idea to have some food from animal sources at each meal.

• You need protein all through life for the maintenance and repair of body tissues. Children urgently need protein for normal growth.



Important amounts of protein are found in meat, poultry, fish, milk, cheese, eggs, dry beans, dry peas, and nuts.

Bread, cereals, vegetables, and fruits contain relatively smaller amounts of protein. However, the quantity of bread—and perhaps of cereal—eaten daily may be large enough to make these foods important protein sources.

Iron:

Iron combines with protein to make hemoglobin, the red substance of blood that carries oxygen from the lungs to muscle, brain, and other parts of the body.

Only a few foods contain much iron. Liver is a particularly good source. Lean meats, hearts, kidneys, shellfish, dry beans, dry peas, dark-green vegetables, dried fruit, egg yolks, and molasses also count as good sources. Whole-grain and enriched bread and cereals contain smaller amounts of iron, but when eaten frequently become important sources.

Frequent use of foods that provide important amounts of iron is particularly encouraged for young children, preteen and teenage girls, and for women of child-bearing age. Research shows that these are the groups whose diets are most likely to be low in iron.

B vitamins—thiamin, niacin, and riboflavin:

- Play a central role in release of energy from food.
- Help with proper functioning of nerves, normal appetite, good digestion, and healthy skin.

Generally, foods in the meat group are leading sources of these vitamins. Whole-grain and enriched bread and cereals supply smaller but important amounts. A few foods are outstanding sources—milk for riboflavin, lean pork for thiamin, and organ meats for all three.

Getting enough niacin is not a problem if a good amount of protein is included in daily meals. An essential amino acid—tryptophan—present in protein can be changed by the body into niacin.

### *Other foods*

Most people want and need more food than the minimum servings suggested from the four food groups. To round out meals and satisfy appetites, you can include additional foods from the four groups, as well as other foods not listed in these groups. Such foods include unenriched, refined breads; cereals; flours; sugars; butter; margarine; and other fats. These are often ingredients in a recipe, or are added to other foods during preparation or at the table. Fabricated foods can also be included in this group.

Try to include some vegetable oil among the fats used.

#### Fats:

Fats are concentrated sources of energy. Weight for weight, they give more than twice as much energy, or calories, as either carbohydrates or protein.

Everyone needs some fat. Primarily, the fats supply energy, but they also carry the fat-soluble vitamins A, D, E, and K.

#### Fats also

- Make up part of the structure of cells.
- Form a protective cushion around vital organs.

- Spare protein for body building and repair by providing energy.
- Supply an essential fatty acid, linoleic acid.

The body does not manufacture linoleic acid, so it must be provided by food. It is found in valuable amounts in many oils that come from plants—particularly corn, cottonseed, safflower, sesame, soybean, and wheat germ. These are referred to as “polyunsaturated” fats or oils. Margarines, salad dressings, mayonnaise, and cooking oils are usually made from one or more of these oils. Nuts contain less linoleic acid than do most vegetable oils. Poultry and fish oils have more linoleic acid than do other animal fats, which rank fairly low as sources.

In choosing daily meals, it is well to keep the total amount of fat at a moderate level and to include some foods that contain polyunsaturated fats.

Common sources of fats are: Butter, margarine, shortening, cooking and salad oils, cream, most cheeses, mayonnaise, salad dressings, nuts, and bacon and other fatty meats. Meats, whole milk, eggs, and chocolate contain some fat naturally. Many popular snacks, baked goods, pastries, and other desserts are made with fat or cooked in it.

The task is to combine foods into meals to meet nutrient and energy needs of various family members, taking into account food preferences of family members, cost, and shopping and preparation time. This is how to use the guide—and it makes no difference whether you eat at home or away from home. (See menu plan on page 11.)

Some people make their choices consistent with their religious beliefs. For example, the selections on page 12 might be made by a Jewish homemaker using the specified amounts per serving as listed in the guide.

Then there are those who enjoy the foods associated with their national origins. Perhaps an Italian would make the choices on page 13, using the food guide to help him select the kinds and amounts of food to meet his nutrient and energy needs.

**A Day's Food Intake for an Adult**  
Based on Specific Amounts as Listed in the Food Guide

**EARLY MORNING**

Fruit-flavored beverage—vitamin C added  
Cooked whole wheat cereal with milk  
Toast—jam  
Coffee

**MIDDAY MEAL**

Cream of asparagus soup  
Tuna salad sandwich    Iced tea  
Ice cream

**SNACK**

Pear

**EVENING MEAL**

Broiled chicken  
Parslied potatoes    Spinach  
Lettuce-tomato salad    French dressing  
Apricot-tapioca cream pudding  
Coffee

**EVENING SNACK**

Toast with jam  
Milk

**Nutritional Foundation of This Day's Food**

Milk Group 2 cups	Fruit-Veg. Group 4 servings	Meat or Alternate 2 servings	Bread-Cereal—4 servings (enriched or whole grain)
$\frac{1}{2}$ cup—on cereal $\frac{1}{2}$ cup—in tapioca 1 cup—as beverage	1 serving pear 1 serving potato 1 serving spinach 1 serving salad	1 serving tuna— in sandwich 1 serving chicken	1 serving cooked whole wheat cereal 2 servings in sandwich 1 slice toast

**Foods That Provide Additional Nutrients and Food Energy to Meet Individual Needs**

From the 4 Food Groups	From Other Foods
Milk and asparagus in soup Lettuce in sandwich Apricots and other ingredients in the pudding Toast in evening snack	Fruit-flavored beverage—vitamin C added Jam Sugar in iced tea and coffee French dressing on salad Butter on toast and hot vegetables

A Jewish homemaker's plans for a day's meals:

**EARLY MORNING**

Orange juice  
Poached egg      Bagel with butter  
Coffee

**MIDDAY MEAL**

Chopped chicken liver sandwich—rye bread  
Perfection salad (mixed vegetables in gelatine)  
Watermelon  
Hot tea

**EVENING MEAL**

Broiled halibut  
Baked potato      Glazed carrots  
Pickled beets      Roll and butter  
Cheesecake  
Skim milk

**EVENING SNACK**

Graham crackers      Skim milk

**Nutritional Foundation of This Day's Food**

Milk Group 2 cups	Fruit-Veg. Group 4 servings	Meat or Alternate 2 servings	Bread-Cereal—4 servings (enriched or whole grain)
2 cups as beverage	Orange juice Watermelon Baked potato Carrots	Chicken liver Halibut	1 bagel 2 slices bread 1 roll

**Foods That Provide Additional Nutrients and Food Energy to Meet Individual Needs**

From the 4 Food Groups	From Other Foods
Poached egg Hard-cooked egg and onion in chicken liver spread Perfection salad Pickled beets Cheesecake—enriched Graham crackers—enriched	Butter on roll and bagel Sugar for coffee and tea Dressing on salad

An Italian selection from the four food groups:

**EARLY MORNING**

Banana  
 Sweet sausage Scrambled egg  
 Italian bread (enriched)  
 Coffee

**MIDDAY MEAL**

Minestrone Italian bread  
 Mixed vegetable salad (lettuce, tomato, green pepper,  
 carrot, onion)—French dressing  
 Ice cream  
 Milk

**EVENING MEAL**

Veal Parmesan Spaghetti—tomato sauce  
 Kale Italian bread  
 Zabaglione (soft custard flavored with wine)  
 Coffee

**Nutritional Foundation of This Day's Food**

Milk Group 2 cups	Fruit-Veg. Group 4 servings	Meat or Alternate 2 servings	Bread-Cereal—4 servings (enriched or whole grain)
1 cup as beverage 1/2 cup equivalent in ice cream 1/2 cup in zabaglione	1 serving—banana 1 serving in salad 1 serving—kale 1 serving in minestrone	1 serving—sausage 1 serving—veal	3 servings—Italian bread 1 serving—enriched spaghetti

**Foods That Provide Additional Nutrients and Food Energy to Meet Individual Needs**

From the 4 Food Groups	From Other Foods
Scrambled egg Milk in coffee Remaining ingredients in minestrone Tomato sauce	Butter or margarine on bread Sugar in coffee French dressing

A day's food intake for a "snacker" might look like this:

- 7:30 a.m. **Instant breakfast (instant breakfast powder+1 cup milk)**
- 10:00 a.m. **Two doughnuts (enriched)      Milk**
- 11:00 a.m. **Apple**
- 12:30 p.m. **Hamburger (onion, relish, tomato slice), French fries, Cola**
- 3:00 p.m. **Plain Danish (enriched)      Milk**
- 4:30 p.m. **Hard-boiled egg      Saltines**
- 6:00 p.m. **Lasagna, Coleslaw, Iced tea**
- 8:30 p.m. **Cheese dip with assorted raw vegetables (carrot strips, tomato wedges, cauliflower flowerets, broccoli flowerets)**

### Nutritional Foundation of This Day's Food

Milk Group 2 cups	Fruit-Veg. Group 4 servings	Meat or Alternate 2 servings	Bread-Cereal—4 servings (enriched or whole grain)
1 cup in instant breakfast 1 cup as beverage	Apple—1 serving French fries—1 serving Coleslaw—1 serving Raw veg.—1 serving	Hamburger—1 serving Lasagna—1 serving (meat in it)	2 doughnuts—2 servings Hamburger roll—1 serving Danish—1 serving

### Foods That Provide Additional Nutrients and Food Energy to Meet Individual Needs

From the 4 Food Groups	From Other Foods
<ul style="list-style-type: none"> <li>Onion, relish, tomato</li> <li style="padding-left: 20px;">Served on hamburger</li> <li>Hard-boiled egg</li> <li>Saltines—enriched</li> <li>Lasagna noodles (enriched) and sauce</li> <li>Cheese dip</li> <li>Milk in coffee</li> </ul>	<ul style="list-style-type: none"> <li>Instant breakfast powder</li> <li>Sugar in coffee</li> <li>Cola</li> <li>Dressing on coleslaw</li> </ul>

**EARLY MORNING MEAL**

Pineapple juice  
 Wheat flakes with milk  
 Doughnut (enriched)  
 Coffee

**MID-MORNING**

Peach

**MIDDAY MEAL**

Hard-cooked eggs—cream sauce  
 Whole-wheat bread—butter or margarine  
 Brussels sprouts  
 Molasses cookies    Milk

**EVENING MEAL**

Vegetarian baked beans  
 Green pepper stuffed with rice and tomato sauce  
 Tossed green salad    French dressing  
 Raisin pie  
 Milk

**Nutritional Foundation of This Day's Food**

Milk Group 2 cups	Fruit-Veg. Group 4 servings	Meat or Alternate 2 servings	Bread-Cereal—4 servings (enriched or whole grain)
1 cup as beverage 1/2 cup with cereal 1/2 cup in cream sauce	1 serving—pine-apple juice 1 serving—peach 1 serving—brussels sprouts 1 serving—green pepper	1 serving—2 eggs 1 serving—vegetarian baked beans	1 serving wheat flakes 1 serving doughnut 1 serving whole-wheat bread 1 serving rice

**Foods That Provide Additional Nutrients and Food Energy to Meet Individual Needs**

From the 4 Food Groups	From Other Foods
Milk as beverage and in coffee Remaining ingredients in cream sauce Molasses cookies—enriched Tomato sauce Tossed green salad Raisin pie	Butter or margarine with bread Sugar in coffee French dressing

Meal plan for a strict vegetarian (text page 17):

#### EARLY MORNING

Orange .....	1 medium
Bulgur .....	1 cup
with brewer's yeast .....	1 tablespoon
Toasted wheat-soy bread .....	1 slice
with honey .....	1 tablespoon

#### MID-MORNING SNACK

Shelled almonds .....	¼ cup
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#### MIDDAY MEAL

Split pea soup .....	2 cups
Peanut butter sandwich:	
Peanut butter .....	2 tablespoons
Whole wheat bread .....	2 slices
Honey .....	1 tablespoon
Fruit-sunflower seed salad:	
Apple .....	½ medium
Banana .....	½ medium
Sunflower seeds .....	¼ cup
Lettuce .....	1 leaf

#### SNACK

Peach .....	1 medium
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#### EVENING MEAL

Soybeans .....	1 cup
Brown rice cooked .....	1 cup
fried in oil .....	2 tablespoons
with chestnuts .....	2 tablespoons
with sesame seeds .....	2 tablespoons
Collards .....	1 cup
Pear .....	1 medium

#### EVENING SNACK

Raisins .....	¼ cup
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An increasing number of people seem to be cutting down on the size of meals and satisfying appetites with snacks of various types and nutritional qualities. Many are shortchanging themselves on nutrients. With a little record-keeping or a good memory, these individuals can eat well when and where they choose with the help of the food guide. (See plan on page 14.)

In recent years, there has been an increase in the number of individuals who subscribe to vegetarian diets, particularly among young adults.

To many people, a vegetarian diet is one that does not contain meat, poultry, or fish. However, vegetarian diets differ in the kinds of foods that they contain. They usually include some or all of the following foods—vegetables, fruits, enriched or whole-grain breads and cereals, dry beans and peas, lentils, nuts and nut-like seeds, peanuts, and peanut butter. They may also include other foods, but some diets are more strict than others in the foods permitted. For example:

- A pure or strict vegetarian diet. This diet excludes all foods of animal origin—meat, poultry, fish, eggs, all dairy products such as milk, cheese, and ice cream.

- An ovo-lacto-vegetarian diet. This diet includes eggs and dairy products, but excludes meat, poultry, and fish.

- A lacto-vegetarian diet. This diet includes dairy products, but excludes meat, poultry, fish, and eggs.

The ovo-lacto and the lacto-vegetarians can select a good diet using the four food groups plus other foods as a guide. On page 15 is an example of an ovo-lacto-vegetarian diet which provides a good nutritional foundation plus other foods to meet individual needs.

The strict vegetarian must choose from only three of the four groups—that is, fruits and vegetables, breads and cereals, and meat group alternates such as dry beans, peas, lentils, and nuts. Foods from the milk group are omitted altogether. In order to have a desirable diet, a strict vegetarian must have more knowledge of food composition than the average person has plus

great skill in applying that knowledge. Nutritionist Nancy Raper (USDA) gives the following example and caution:

“The volume of food required to meet energy and nutrient needs may be greater with a vegetarian diet than with a traditional diet. This is because many foods of animal origin are more concentrated sources of energy and certain nutrients than are foods of vegetable origin; and when these are omitted from the diet, a larger quantity of food is needed to replace them.

“Eating large quantities of food may be particularly difficult for young children. This is another reason for including milk and other foods of animal origin in a child’s diet, if at all possible.

“Although foods such as fats, oils, sugars, and sweeteners are good sources of energy, their use in a vegetarian diet may need to be curtailed in order to achieve a well-balanced diet. Their nutritional contribution in relation to number of calories supplied is often quite small.”

Vitamin B<sub>12</sub> is not believed to occur in foods of vegetable origin. This means that a person eating a pure vegetarian diet will need to take a vitamin preparation containing this vitamin or to include vitamin B<sub>12</sub> fortified foods in his diet—for example, some breakfast cereals have this vitamin added.

With the coming of nutritional labeling, nutrition educators will have a new tool with which to help people gain a depth of understanding of the nutrient and energy value of the foods they eat. Nutritional labeling and its use are discussed in two other chapters in this section of the Yearbook.

However, a good food guide such as the one discussed earlier is sufficient at this time to help you choose a good diet that you can enjoy. Make your choices good ones. Bon appetit!

FOR FURTHER READING:

U.S. Department of Agriculture, *Food For Fitness*, Pamphlet 424, for sale by Superintendent of Documents, Washington, D. C. 20402.