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Market lists for moderate-cost and liberal meals. sl.rev. Oct.1942.

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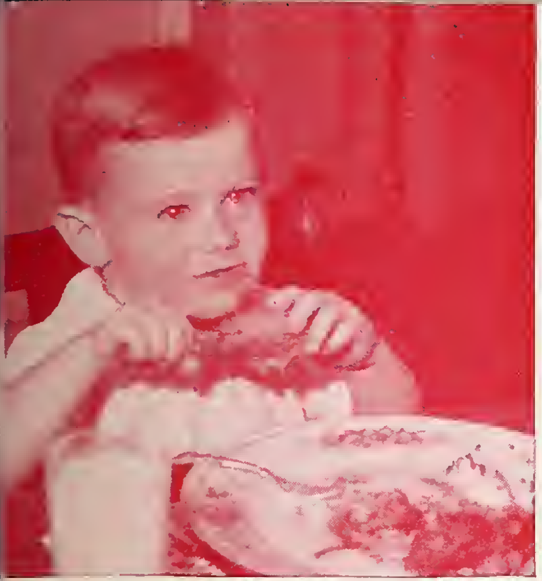

Market lists for moderate-cost and liberal meals

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U.S. **BUREAU OF HOME ECONOMICS** Slightly Revised October 1942
UNITED STATES DEPARTMENT OF AGRICULTURE

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HOW TO USE THESE LISTS:

1. On the blank lines at the bottom of the list, write down the name of each person who eats at your table. Put the name of one person on each line.
2. Find the line in the table that describes each person. For example, if Susan is 14 years old, the foods she needs are on the line "Girls: 13–15 years."
3. Now, beside each name you write down, fill in the quantities of foods which the table recommends for a person of that sex, age, and activity. (Susan, again, would need 7 quarts of milk on the moderate-cost diet plan.)
4. When all the quantities are filled in, add up each column. Remember: 1 pound = 16 ounces.
5. There you have your family's marketing list for the week.

Market list for moderate-cost meals

FAMILY MEMBERS	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
	Milk [1]	Potatoes, sweet-potatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, and yellow vegetables [2]	Other vegetables and fruit [3]	Eggs	Meat, poultry, fish [4]	Flour, cereals [5]	Fats and oils [6]	Sugars, sirups, preserves
	Qt.	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*	*No.*	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*
Children:											
9–12 months	7	0 — 8		2 — 0	1 — 8	0 — 8	5	0 — 2	0 — 8	0 — 1	0 — 1
1–3 years	7	1 — 2		1 — 8	1 — 8	1 — 8	6	0 — 6	1 — 2	0 — 2	0 — 2
4–6 years	7	1 — 8	0 — 1	1 — 8	2 — 0	2 — 0	6	0 —12	1 —14	0 — 5	0 — 5
7–9 years	7	1 —12	0 — 2	1 — 8	3 — 0	3 — 0	6	1 — 8	2 — 2	0 — 8	0 — 8
10–12 years	7	2 — 8	0 — 2	1 —12	3 — 8	4 — 0	6	2 — 0	3 — 4	0 —12	0 —12
Girls:											
13–15 years	7	2 —10	0 — 3	1 —12	3 — 8	3 — 4	6	2 — 8	3 — 4	1 — 2	0 —14
16–20 years	7	2 — 4	0 — 2	2 — 0	3 — 8	4 — 4	6	2 — 8	2 — 8	0 —12	0 —12
Women:											
Moderately active	5	2 —10	0 — 3	2 — 0	3 — 8	4 — 0	5	2 — 8	2 — 8	1 — 0	1 — 0
Very active	5	3 — 2	0 — 4	2 — 0	3 — 0	4 — 0	5	3 — 0	3 —12	1 — 4	1 — 4
Sedentary	5	1 —12	0 — 2	2 — 0	3 — 8	3 — 8	5	2 — 8	2 — 2	0 —12	0 —12
Pregnant	7½	1 —12	0 — 2	2 — 0	4 — 0	4 — 8	6	2 — 8	2 — 2	1 — 0	1 — 0
Nursing	10½	2 —10	0 — 2	3 — 8	4 — 0	5 — 0	6	2 — 8	2 —12	1 — 0	1 — 0
Boys:											
13–15 years	7	3 — 2	0 — 3	2 — 0	3 — 0	5 — 0	6	2 —12	4 — 8	1 — 2	1 — 2
16–20 years	7	4 — 0	0 — 4	2 — 0	3 — 0	5 — 8	6	3 — 0	5 — 0	1 — 9	1 — 9
Men:											
Moderately active	5	3 — 2	0 — 4	2 — 0	3 — 0	4 — 0	6	3 — 0	3 —12	1 — 4	1 — 4
Very active	5	5 — 6	0 — 8	2 — 0	3 — 0	5 — 0	6	3 —12	7 — 0	2 — 1	2 — 1
Sedentary	5	2 —10	0 — 3	2 — 0	3 — 8	3 — 4	6	2 — 8	2 — 8	1 — 0	1 — 0
TOTAL											

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[1] Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart skim milk and 1½ ounces butter, or 3½ ounces dry skim milk and 1½ ounces butter, or 17 ounces evaporated milk are about equivalent to 1 quart of fluid whole milk.

[2] Such as green cabbage, kale, snap beans, carrots.

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For a family planning to produce the whole amount of any one or more of the various kinds of food needed throughout the year: Multiply the quantities that the family needs for a week by 52. Then add something extra (from one-fourth to one-half) for guests and for a margin of safety.

Just how much it costs to follow any diet plan depends on four things . . . family size, the general level of food prices, the food choice made within various food groups, and the skill and thrift of the person who buys the food and prepares the meals.

For a family that must buy all of its food: To follow either of the two diet plans presented would probably cost (at June 1942 food price levels)—

For a family of 2:	From $9 to $11 for the moderate-cost diet; $12 or more for the liberal plan.
For a family of 4:	From $15 to $17 for the moderate-cost diet; $18 or more for the liberal plan.
For a family of 7:	From $24 to $27 for the moderate-cost diet; $29 or more for the liberal plan.

Market list for liberal meals

FAMILY MEMBERS	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
	Milk[1]	Potatoes, sweetpotatoes	Dry beans, peas, and nuts	Tomatoes, citrus fruit	Leafy, green, and yellow vegetables[2]	Other vegetables, and fruit[3]	Eggs	Meat, poultry, fish[4]	Flour, cereals[5]	Fats and oils[6]	Sugars, sirups, preserves
	Qt.	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*	*No.*	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*	*Lb.—Oz.*
Children:											
9–12 months	7	0 — 8		2 — 0	1 — 8	0 — 8	5	0 — 2	0 — 8	0 — 1	0 — 1
1–3 years	7	0 —14		2 — 0	1 — 8	2 — 0	6	0 — 6	1 — 0	0 — 2	0 — 2
4–6 years	7	1 — 4		2 — 8	2 — 8	4 — 8	7	0 —12	1 — 4	0 — 6	0 — 6
7–9 years	7	1 — 6		3 — 0	3 — 8	6 — 0	8	1 —12	1 — 8	0 —10	0 —10
10–12 years	7	1 —12	0 — 1	3 — 0	3 — 8	6 — 4	8	2 — 8	2 — 2	1 — 0	1 — 0
Girls:											
13–15 years	7	2 — 0	0 — 2	4 — 0	3 — 8	6 — 4	9	3 — 0	2 — 8	1 — 2	1 — 2
16–20 years	7	2 — 0	0 — 1	4 — 0	3 — 8	7 — 0	9	3 — 8	1 — 6	0 —14	0 —14
Women:											
Moderately active	6	1 —12	0 — 1	5 — 0	3 — 8	6 — 0	9	3 — 0	1 —12	1 — 2	1 — 2
Very active	6	1 —12	0 — 2	5 — 0	3 — 8	6 — 0	9	4 — 0	2 — 6	1 — 8	1 — 8
Sedentary	6	1 — 6	0 — 1	5 — 0	3 — 8	4 — 8	9	2 — 8	1 — 6	0 —14	0 —14
Pregnant	7	1 — 6	0 — 2	6 — 0	4 — 0	6 — 0	9	2 — 8	1 — 8	1 — 2	1 — 2
Nursing	10½	2 — 0	0 — 2	7 — 0	4 — 0	7 — 0	9	3 — 0	1 —12	1 — 2	1 — 2
Boys:											
13–15 years	7	2 — 4	0 — 4	4 — 8	4 — 0	8 — 0	9	3 —12	2 —14	1 — 6	1 — 6
16–20 years	7	3 — 0	0 — 4	5 — 0	4 — 0	9 — 0	9	4 —12	3 — 4	1 —14	1 —14
Men:											
Moderately active	6	1 —12	0 — 2	5 — 0	3 — 8	6 — 0	10	4 — 0	2 — 6	1 — 8	1 — 8
Very active	6	4 — 0	0 — 5	5 — 0	4 — 0	9 — 0	14	4 —12	4 — 8	2 — 4	2 — 4
Sedentary	6	1 —12	0 — 1	5 — 0	3 — 8	6 — 0	9	3 — 0	1 —12	1 — 2	1 — 2
TOTAL											

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[3] Such as apples, bananas, peaches, onions, corn, celery.

[4] Exclude bacon and salt side.

[5] Count 1½ pounds of bread as 1 pound of flour. Use chiefly whole-grain or enriched products.

[6] Include bacon and salt side.

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Whether a family will choose to follow a low-cost or a more expensive type of diet will depend upon income, how many persons the income must support, and the importance that the family attaches to food. However, the amount of money spent for food does not necessarily determine the adequacy of the diet. A family may follow a marketing list for the moderate-cost meals but fail to get its money's worth in food value. This may be due to poor planning, wasteful buying, improper care of food in the home, or waste in preparing and cooking foods. Wise buying and careful preparation and cooking of foods to conserve food values are important, regardless of the type of diet chosen.

Some families may find it necessary or desirable to spend less for food than it takes to buy a moderate-cost diet. They will wish to consider marketing lists that provide comparatively low-cost meals that meet the yardstick for good nutrition announced at the 1941 National Nutrition Conference for Defense. Guides to such market lists may be obtained from the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.

Tips on buying and using food

Buy with care . . .

Plan before you buy; pennies go farther.

Shop around to learn where best buys are.

Compare prices of foods that have equal food values.

Buy in quantity when economies come that way.

Read labels to know what's in food packages.

Compare cost per ounce or pound in containers of different sizes.

Buy by weight, not by a dime's or a dollar's worth.

Buy by grade to get the quality you pay for.

Watch scales to make sure how much you get.

Learn the seasons when different foods are cheapest.

Check your purchases before you leave the store.

Keep up to date about the foods your family needs.

About eggs . . .

Eggs are good at any meal; good by themselves or as mixers.

Use the better grades for frying, poaching, omelets.

For economy, use the lower grades in cooked dishes that feature other food flavors.

Cook eggs slowly, at moderate heat. Fast cooking toughens whites.

Don't store eggs near strongly scented foods.

Keep eggs in a cool place.

About milk . . .

Drink some. Cook with some. Eat some as cheese.

Fluid skim milk has all the food values of whole milk except those in the cream or butter.

One quart of fluid skim milk+1½ ounces of butter=1 quart of whole milk.

For fussy nonmilk drinkers, try concealing the milk quota in soups, sauces, gravies, baked foods, ice cream, puddings.

Cook vegetables and cereals in milk to give them more food value.

Boil unpasteurized milk before drinking.

A good refrigerator will keep pasteurized milk fresh several days; you don't have to buy milk every day.

About vegetables and fruits . . .

Put vegetables—leafy, green, and yellow—at the top of the marketing list.

Use some vitamin-C-rich fruits and vegetables every day—oranges, grapefruit, tomatoes, raw cabbage.

Eat raw fruit or vegetables often.

Wash all fruits and vegetables well before serving raw or cooking.

Cook vegetables in as little water as possible, as quickly as possible—no soda.

Cook root vegetables in their skins.

About meat, fish, poultry . . .

Lean parts of cheaper cuts and grades are as nutritious as the more expensive.

Roast or broil tender meat; pot roast, stew, smother, or grind less tender meat.

Extend meat flavor by combining with mild-flavored foods.

Cook all meat, poultry, or fish slowly, with moderate heat.

Use trimmings and bones in soups and with vegetables.

Liver, kidneys, and heart are higher in food values than some other meat cuts.

Keep meat, poultry, and fish—raw or cooked—in refrigerator.

About cereals and bread . . .

Whole grain breads and cereals have more food values than the highly refined kinds.

"Enriched" breads and flours have more food values than ordinary white breads and flours.

Home-cooked cereals cost less than the ready-to-eat kind; some cereals are higher in food values than others.

About fats and sweets . . .

Fats and sugars are cheap energy-giving foods, and add zest to the eating. But don't overdo them.

Fat-soaked foods are slow to digest.

When frying foods, never let fats smoke.

Save drippings and bacon fat for seasoning other foods.

Store fats and oils in tightly covered containers in a dry, cool, dark place.

Use all the fat trimmings from meats.

Refined sugars and sirups are good only for food-energy and flavor.

Molasses, sorghum, cane and other unrefined sirups have other food values also.

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