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# Eat the RIGHT Food

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Help keep  
you Fit

**Try to include in your meals  
every day - - -**

**MILK**

For a growing child,  $\frac{3}{4}$  to 1 quart.

For an expectant or nursing mother, 1 quart.

For other family members, 1 pint or more.

**LEAFY, GREEN, OR YELLOW VEGETABLES**

1 or more servings.

**TOMATOES, ORANGES, GRAPEFRUIT . . ANY RAW  
FRUIT OR VEGETABLE RICH IN VITAMIN C**

1 or more servings.

**POTATOES, OTHER VEGETABLES, OR FRUIT**

2 or more servings.

**EGGS**

1 (or at least 3 or 4 a week).

**LEAN MEAT, POULTRY, FISH**

1 or more servings.

**CEREALS AND BREAD**

At least 2 servings of whole-grain products.

**FATS**

**SWEETS**

As needed to satisfy the appetite.

**WATER**

6 or more glasses.



Use fluid whole or skim milk, buttermilk, evaporated milk, dry milk, cheese—on the table and in cooking.

Count 1 pint of undiluted evaporated milk (a little more than 1 tall can), or  $\frac{1}{4}$  pound of dry milk, or  $\frac{1}{8}$  pound of cheese as having about the same food value as 1 quart of fluid milk.

■ Use green leafy vegetables often—spinach, kale, chard, collards, mustard greens, beet or turnip tops, or wild greens such as dandelion, lambsquarters, dock, cress, purslane.

Save vitamins and minerals in all vegetables by not cooking any longer or in more water than necessary. Use the cooking water or juices. Do not use soda in cooking vegetables.

■ Eat eggs poached, scrambled, fried, or cooked in the shell—and count the eggs used in custards and sauces and in baking.

■ Choose different kinds of meats, fish, poultry for variety of food values and flavor. Occasionally, use liver, kidney, and such salt-water fish as salmon, herring, and mackerel.

In economical diets use dried beans or peas as the main dish several times a week.

■ Include plenty of whole-grain bread or cereals, such as dark rye or whole-wheat bread, rolled oats, cracked wheat, whole-ground corn meal. Count spaghetti, macaroni, noodles, grits, and white rice along with white bread and cereals—not as vegetables.

■ Count salt pork, fatback, and bacon as fat—not as meat. Use butter or other vitamin-rich fat every day.

■ Use sweets in moderation to make the diet palatable, but not enough to spoil the appetite for other foods. Count very sweet desserts, molasses, sirups, honey, jellies, jams, sugars, and candies as sweets.

■ Form a regular water-drinking habit and drink plenty of water, especially in summer. When perspiration is excessive, use an abundance of water and extra salt.

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Remember that infants and growing children need fish-liver oil, direct sunshine, or some other rich source of vitamin D.



## The right food - - -

- Builds and repairs your body.
- Keeps it in good running order.
- Gives you energy for work and play.
- Helps prolong your prime of life.
- Is a basis for good health.

*Issued by*

BUREAU OF HOME ECONOMICS  
United States Department of Agriculture

with the cooperation of

CHILDREN'S BUREAU  
United States Department of Labor

and

OFFICE OF EDUCATION

and

PUBLIC HEALTH SERVICE  
Federal Security Agency



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## Help your community strengthen national defense by sponsoring:

The teaching of nutrition and physical fitness at all school levels.

Adult education in nutrition and food buying and preparation.

Extension of infant and child health conferences.

School lunches for all children.

Community gardens for school lunches and for low-income families.

Community canning centers.

Home food production.

Wider use of surplus foods.

Call on various organizations and agencies such as those listed below to take part in nutrition programs to further national defense:

School administrators, classroom teachers, and instructors in home economics and agriculture.

Extension Service, Farm Security, Public Health, Social Welfare, Work Projects Administration, and National Youth Administration workers.

Parent-teacher associations, women's organizations, church groups, chambers of commerce, men's civic clubs, and other organizations and agencies.

