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FOOD CHARTS

Please read before ordering. The following four series of food charts have been prepared by the Bureau of Home Economics, United States Department of Agriculture. No copies are now available for free distribution, but they may be bought at the prices listed.

To expedite the filling of orders, please send them direct to the office selling the charts, rather than to this bureau. This saves your time and ours.

Charts issued in sets can be supplied only in that way. Sets can not be broken to supply individual ones.

The food selection and meal planning and 100-calorie portion charts can be colored with crayons or water colors, making them much more attractive for use in lectures or for general display. The art department in the school or college is often glad to cooperate in this.

Composition of food material. 1916. Set of 15 colored charts, each about 24x18 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, \$1.00.

Contents: 1. Milk and milk products. 2. Eggs and cheese. 3. Meat fresh and cured. 4. Fish, fish products, and oysters. 5. Butter and other fat-yielding foods. 6. Cereal grains. 7. Bread and other cereal foods. 8. Sugar and similar foods. 9. Roots and succulent vegetables. 10. Legumes and corn. 11. Fresh and dried fruits. 12. Fruits and fruit products. 13. Nuts and nut products. 14. Composition, functions, and other uses of food. 15. Dietary standards.

Food selection and meal planning. 1921. Set of 8 black and white charts, each about 18x23 inches. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., per set, 50 cents.

Contents: 1. A week's supply of food for an average family. 2. A week's supply of vegetables and fruits for an average family. 3. A week's supply of milk, meat, and similar foods for an average family. 4. A week's supply of cereal foods for an average family. 5. A week's supply of sugar and other sweets for an average family. 6. A week's supply of fat and fat foods for an average family. 7. Counting the cost of a week's food supply. 8. Figures for estimating food supplies for individuals and for families differing from the average.

Children's diet. 1919. 2 sets of 4 photographs each in two sizes. For sale by the OFFICE OF PUBLICATIONS, U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

Set 1. White children:

Contents: 1. 15033-C Start the day with a good breakfast. 2. 15036-C Little children need food between meals. 3. 15034-C The chief meal should come at midday. 4. 15035-C Simple suppers are best. Photographic prints. 8x10 inches, per set of 4, 72 cents. Enlarged photographs about 15x20 inches, per set of 4, \$8.00.

Set 2. Colored children:

Contents: 1. 15037-C Start the day with a good breakfast. 2. 15040-C Little children need food between meals. 3. 15038-C The chief meal should come at midday. 4. 15039-C Simple suppers are best. Photographic prints, 8x10 inches, per set of 4, 72 cents. Enlarged photographs, about 15x20 inches, per set of 4, \$8.00.

100-calorie portions of a few familiar foods. 1923. 1 chart about 23x17 inches, showing pen and ink sketches of 20 foods. For sale by the SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON, D. C., 10 cents.

