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Family **FOOD PLANS**



for
**Good
Nutrition**

**U. S. DEPARTMENT
OF AGRICULTURE
AWI-78**

What's in Each Group

Milk—

Fresh, evaporated, dried, or as cheese, buttermilk, cream, or ice cream.

Potatoes, Sweetpotatoes

Dry Beans and Peas, Nuts—

Including soybeans and soya products, cowpeas, lentils, peanut butter.

Citrus Fruit, Tomatoes—

Oranges, grapefruit, tangerines, other citrus fruit, and tomatoes . . . fresh or canned.

Green and Yellow Vegetables—

Many kinds . . . such as collards, kale, spinach, other greens, cultivated and wild . . . carrots, peas, okra, green asparagus, broccoli, pumpkin, snap beans, yellow squash, green cabbage.

How to Figure Servings

Use at least this much every day: For a child, 3 to 4 cups; an expectant mother, 4 cups; a nursing mother, 6 cups; other adults, about 3 cups. (A quart of fluid milk makes 4 cups.)

The following can be counted the same as a quart of fluid whole milk:

- 17 ounces (by weight) evaporated milk.
- 1 quart skim milk and 1½ ounces (3 tablespoons) butter.
- 5 ounces (about ½ pound) American cheese.

Serve 11 or 12 times a week by low-cost plan; 9 or 10 times by moderate-cost plan.

One pound makes 3 or 4 servings.

Serve 3 or 4 times a week by low-cost plan; 1 or 2 times by moderate-cost plan.

One pound (2 cups) of dry beans or peas equals 5 to 6 cups when cooked and makes 8 to 10 servings.

Serve at least this often: A child under 4, once a day; an expectant mother, 6 or 7 times a week; a nursing mother once or twice a day; others in the family 4 or 5 times a week.

Number of servings to the pound:

- Fresh oranges or grapefruit "as is" or juiced—2 to 3.
- Canned oranges or grapefruit in sections or as juice—about 4.
- Fresh tomatoes—3 to 4.
- Canned tomatoes, whole or as juice—about 4.

There's more vitamin C in citrus fruit than in tomatoes. So, if you use all tomatoes, use half again as much as the weekly list recommends.

Serve 6 or 7 times a week by low-cost plan; 12 times by moderate-cost plan.

Number of servings to the pound:

- Kale, spinach, fresh peas or lima beans, pumpkin, yellow squash—2 to 3.
- Head lettuce, red or green peppers—5.
- Leaf lettuce, raw salad greens—8.
- Canned or frozen limas, green snap beans, peas, carrots—4.

What's in Each Group

Other Vegetables, Fruit—

Beets, cauliflower, cucumbers, corn, onions, sauerkraut, turnips, apples, bananas, berries, peaches, rhubarb, dried fruits—all the vegetables and fruits not included in other groups.

Eggs

Lean Meat, Fish, Poultry—

All kinds, including liver, heart, and other variety meats. Count bacon and salt side in with fats.

Flour, Cereals—

Flour or meal made from any grain—wheat, buckwheat, rye—cooked cereals, ready-to-eat cereals, rice, hominy, noodles, macaroni, breads.

Fats, Oils—

Butter, oleomargarine, salad oils, suet, shortening, lard, bacon, salt side, meat drippings.

Sugar, Sirups, Preserves—

Including any kind of sugar—beet, cane, corn, maple, and brown—molasses or any kind of sirup or honey, jams and jellies, candy.

How to Figure Servings

Serve 8 or 9 times a week by low-cost plan; 12 or 13 times by moderate-cost plan.

One pound of fresh fruit and vegetables makes 3 to 4 servings.

One pound of dried fruit makes about 10 servings.

Serve 4 or 5 a week for each person by low-cost plan; 5 or 6 by moderate-cost plan. Use eggs more liberally if you have your own hens, or when eggs are cheap.

Serve 5 or 6 times a week by low-cost plan; 7 or 8 times by moderate-cost plan.

One pound of cuts with bone, such as chops, rib roasts, poultry, or whole fish makes 2 to 3 servings.

One pound of boned or boneless cuts makes about 4 servings; ground meat, 5 servings.

One pound of ready-to-eat meats makes 6 or more servings.

Serve bread at every meal, and also a cereal food once or sometimes twice a day. Whole-grain, enriched, or restored products are best choices.

One pound loaf of bread makes 18 to 20 slices.

"Spread" your fats for cooking and table use, so as to make meals appetizing and give them a stick-to-the-ribs quality. You don't need to figure exact servings.

Quantities in the weekly plans provide for table and cooking use. You may need more for canning and preserving.

What's in Each Group

How to Figure Servings

Milk—

Fresh, evaporated, dried, or cheese, buttermilk, cream, or ice cream.

Use at least this much every day: For a child, 3 to 4 cups; an expectant mother, 4 cups; a nursing mother, 6 cups; other adults, about 3 cups. (A quart of fluid milk makes 4 cups.)

The following can be counted the same as a quart of fluid whole milk:
 17 ounces (by weight) evaporated milk.
 1 quart skim milk and 1½ ounces (3 tablespoons) butter.
 5 ounces (about ½ pound) American cheese.

Potatoes, Sweetpotatoes

Serve 11 or 12 times a week by low-cost plan; 9 or 10 times by moderate-cost plan.

One pound makes 3 or 4 servings.

Dry Beans and Peas, Nuts—

Including soybeans and soy products, cowpeas, lentils, peanut butter.

Serve 3 or 4 times a week by low-cost plan; 1 or 2 times by moderate-cost plan.

One pound (2 cups) of dry beans or peas equals 5 to 6 cups when cooked and makes 8 to 10 servings.

Citrus Fruit, Tomatoes—

Oranges, grapefruit, tangerines, other citrus fruit, and tomatoes . . . fresh or canned.

Serve at least this often: A child under 4, once a day; an expectant mother, 6 or 7 times a week; a nursing mother once or twice a day; others in the family 4 or 5 times a week.

Number of servings to the pound:

Fresh oranges or grapefruit "as is" or juiced—2 to 3.
 Canned oranges or grapefruit in sections or as juice—about 4.
 Fresh tomatoes—3 to 4.
 Canned tomatoes, whole or as juice—about 4.

There's more vitamin C in citrus fruit than in tomatoes. So, if you use all tomatoes, use half again as much as the weekly list recommends.

Green and Yellow Vegetables—

Many kinds . . . such as collards, kale, spinach, other greens, cultivated and wild . . . carrots, peas, okra, green asparagus, broccoli, pumpkin, snap beans, yellow squash, green cabbage.

Serve 6 or 7 times a week by low-cost plan; 12 times by moderate-cost plan.

Number of servings to the pound:

Kale, spinach, fresh peas or lima beans, pumpkin, yellow squash—2 to 3.
 Head lettuce, red or green peppers—5.
 Leaf lettuce, raw salad greens—8.
 Canned or frozen limos, green snap beans, peas, carrots—4.

What's in Each Group

How to Figure Servings

Other Vegetables, Fruit—

Beets, cauliflower, cucumbers, corn, onions, sauerkraut, turnips, apples, bananas, berries, peaches, rhubarb, dried fruits—all the vegetables and fruits not included in other groups.

Serve 8 or 9 times a week by low-cost plan; 12 or 13 times by moderate-cost plan.

One pound of fresh fruit and vegetables makes 3 to 4 servings.

One pound of dried fruit makes about 10 servings.

Eggs

Serve 4 or 5 a week for each person by low-cost plan; 5 or 6 by moderate-cost plan. Use eggs more liberally if you have your own hens, or when eggs are cheap.

Lean Meat, Fish, Poultry—

All kinds, including liver, heart, and other variety meats. Count bacon and salt side in with lats.

Serve 5 or 6 times a week by low-cost plan; 7 or 8 times by moderate-cost plan.

One pound of cuts with bone, such as chops, rib roasts, poultry, or whole fish makes 2 to 3 servings.

One pound of boned or boneless cuts makes about 4 servings; ground meat, 5 servings.

One pound of ready-to-eat meats makes 6 or more servings.

Flour, Cereals—

Flour or meal made from any grain—wheat, buckwheat, rye—cooked cereals, ready-to-eat cereals, rice, hominy, noodles, macaroni, breads.

Serve bread at every meal, and also a cereal food once or sometimes twice a day. Whole-grain, enriched, or restored products are best choices.

One pound loaf of bread makes 18 to 20 slices.

Fats, Oils—

Butter, oleomargarine, salad oils, suet, shortening, lard, bacon, salt side, meat drippings.

"Spread" your fats for cooking and table use, so as to make meals appetizing and give them a stick-to-the-ribs quality. You don't need to figure exact servings.

Sugar, Sirups, Preserves—

Including any kind of sugar—beet, cane, corn, maple, and brown—molasses or any kind of sirup or honey, jams and jellies, candy.

Quantities in the weekly plans provide for table and cooking use. You may need more for canning and preserving.

WEEKLY QUANTITIES OF FOOD FOR EACH MEMBER OF FAMILY

HOW TO FOLLOW THE PLAN

■ *Name, please.* After you choose between plans, write down the name of each person who eats at your table. Write on the blank lines below the plan, one name to each line.

■ *How old is Johnny?* Find the line on the table that describes each person. Suppose Johnny is 11. Foods he needs are on the line "Children: 10-12 years." However, if he is having a spurt of growing, he may need more than the average 11-year-old. Then use the line "Boys: 13-15 years."

Check Johnny's line on the table, and do the same for all other members of your family.

■ *What kind of work do you do?* If you don't know where some grown-up belongs in the plan, here's what the different terms mean:

"Sedentary" persons do office work or housekeeping for a small family in a city, or clerking in a store—the kind of work that calls for comparatively little muscular effort.

"Moderately active" persons do such work as carpentering, ordinary farm labor, waiting on table, factory work, housekeeping on a farm or for a very large family in a city.

"Very active" persons spend 8 or more hours a day at such work as lumbering, ditch digging, heavy farm labor, or heavy housework for a large family on a farm.

■ *How much food for each?* Now fill in your family's food needs. Take each member in turn and use a ruler or straight line to guide your eye across the table as you pick out the quantities of food in each group.

These plans provide for 3 meals a day—21 a week—for the whole family, including any lunch-box meals. If any of the family regularly gets one of the day's meals away from home, deduct about one-third from his needs for the week.

One week is about the smallest unit in which you can plan meals effectively.

■ *Your plan.* When you have filled in the spaces for everybody, add up each column. There you have your own weekly food plan, giving you the kinds and quantities of food for appetizing meals that insure good nutrition.

Family Food Plan at Low Cost

FAMILY MEMBERS	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
	Milk ¹	Potatoes, sweet-potatoes	Dry beans and peas, nuts	Citrus fruit, tomatoes	Green, yellow vegetables	Other vegetables and fruit	Eggs	Meat, poultry, fish	Flour, ² cereals	Fats and oils	Sugar, sirups, preserves
	Qt.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.	No.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.
Children under 12 years:											
9-12 months.....	7	0-8		2-0	1-8	0-8	5	0-2	0-8	0-1	0-1
1-3 years.....	5	1-0		1-12	1-8	1-0	5	0-8	1-8	0-4	0-2
4-6 years.....	5	1-8	0-2	1-8	1-8	1-8	5	1-0	2-0	0-6	0-8
7-9 years.....	5	2-8	0-2	1-8	1-8	2-8	5	1-8	2-8	0-10	0-8
10-12 years.....	6	3-0	0-2	1-8	1-8	2-8	5	2-0	3-4	0-12	0-10
Girls:											
13-15 years.....	6	3-8	0-4	1-12	1-8	2-8	5	2-0	4-0	0-14	0-10
16-20 years.....	5	3-0	0-4	1-12	1-8	2-8	5	2-0	3-8	0-12	0-10
Women:											
Moderately active.....	4½	3-0	0-6	1-8	1-8	2-8	4	2-0	3-8	0-12	0-12
Very active.....	5½	4-0	0-12	1-8	1-8	2-8	4	2-0	4-12	1-0	0-12
Sedentary.....	4½	2-0	0-4	1-8	1-8	2-8	4	2-0	2-8	0-12	0-12
Pregnant.....	7	2-0	0-6	2-0	2-0	2-8	6	2-5	3-0	0-12	0-10
Nursing.....	10½	4-0	0-6	3-0	3-0	3-8	6	2-5	3-0	0-12	0-10
Boys:											
13-15 years.....	6	4-0	0-8	1-12	2-0	3-0	5	2-0	5-0	1-2	0-12
16-20 years.....	6	5-0	0-12	1-12	2-0	3-0	5	2-0	7-0	1-6	0-12
Men:											
Moderately active.....	5	4-0	0-12	1-8	1-8	2-8	4	2-0	4-12	1-0	0-12
Very active.....	6	7-0	1-0	1-8	1-8	2-8	4	2-0	9-0	1-10	0-12
Sedentary.....	5	3-0	0-6	1-8	1-8	2-8	4	2-0	3-8	0-12	0-12
.....											
.....											
.....											
.....											
Total.....											

Family Food Plan at Moderate Cost

FAMILY MEMBERS	KINDS AND QUANTITIES OF FOOD FOR A WEEK										
	Milk ¹	Potatoes, sweet-potatoes	Dry beans and peas, nuts	Citrus fruit, tomatoes	Green, yellow vegetables	Other vegetables and fruit	Eggs	Meat, poultry, fish	Flour, ² cereals	Fats and oils	Sugar, sirups, preserves
	Qt.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.	No.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.
Children under 12 years:											
9-12 months.....	7	0-8		2-0	1-8	0-8	5	0-2	0-8	0-1	0-1
1-3 years.....	5	0-8		1-12	2-0	2-0	6	0-8	1-4	0-4	0-2
4-6 years.....	5	1-4	0-1	1-8	2-0	2-0	6	1-0	1-12	0-6	0-8
7-9 years.....	5	2-0	0-1	1-8	2-0	3-0	6	1-8	2-4	0-10	0-8
10-12 years.....	6	2-8	0-2	1-12	2-0	3-0	6	2-0	3-0	0-12	0-12
Girls:											
13-15 years.....	6	3-0	0-2	1-12	2-0	3-0	6	2-8	4-0	0-14	0-12
16-20 years.....	5	3-0	0-2	1-12	2-0	3-0	6	2-8	3-0	0-12	0-10
Women:											
Moderately active.....	4½	2-8	0-4	2-0	3-8	4-0	5	2-8	3-0	0-12	0-12
Very active.....	5½	3-8	0-6	2-0	3-8	4-8	5	2-8	4-0	0-14	0-12
Sedentary.....	4½	2-0	0-2	2-0	3-8	4-0	5	2-8	2-4	0-10	0-12
Pregnant.....	7	2-0	0-2	2-8	4-0	4-0	6	2-12	2-8	0-12	0-12
Nursing.....	10½	3-0	0-4	3-0	4-0	4-8	6	3-0	2-8	0-12	0-12
Boys:											
13-15 years.....	6	3-8	0-4	2-0	3-0	4-0	5	2-8	4-8	1-0	0-12
16-20 years.....	6	4-8	0-8	2-0	3-0	4-0	5	2-8	6-0	1-4	0-12
Men:											
Moderately active.....	5	3-0	0-4	2-0	3-8	4-0	5	3-0	4-8	1-0	0-12
Very active.....	6	5-8	0-8	2-0	3-8	5-0	5	3-0	8-8	1-10	0-12
Sedentary.....	5	2-8	0-4	2-0	3-8	4-0	5	2-8	3-0	0-14	0-12
.....											
.....											
.....											
.....											
Total.....											

¹ Qt. its equivalent in cheese, evaporated milk, or dry milk.

² Count 1½ pounds of bread as 1 pound of flour.

IF YOU GROW PART AT HOME

These plans will fit a family that must buy all of its food, or a family that grows part at home.

Farm families often produce all or some kinds of food. So, to find out how much the family needs for a year of any type of food you produce, multiply the weekly total for that group by 52. Then add something extra—from one-fourth to one-half—for guests and for a margin in case the harvest is poor or there is much loss in storage.

THE WEEKLY FOOD BILL

Just what it costs to follow either plan in your community depends somewhat on how much food you produce, local prices, whether you buy in quantity and choose the plain or the fancy, and the skill and thrift of the cook.

For families of different size that must buy all their food, cost of using either plan (at September 1943 food price levels) would probably be:

	Low-Cost Plan	Moderate-Cost Plan
Family of 2 persons.....	\$ 7 to \$ 8	\$10 to \$12
Family of 4 persons.....	\$12 to \$13	\$16 to \$18
Family of 7 persons.....	\$19 to \$22	\$26 to \$29





Ready-made Guides for Many Good Meals

Here are two wartime plans for spending the week's food money—or using home-grown foods if you have them—to keep a family well fed. One plan is for low-cost meals, one for moderate-cost meals. Both plans take into account probable supplies and ration allowances.

These are not the only plans that could be made that would measure up to the yardstick of good nutrition for American people. To measure up, any marketing plan must bring into the kitchen the makings of meals that offer recommended amounts of food energy, protein, vitamins, minerals. Either of the plans will do this for you.

Room for Choosing

Either plan is flexible enough to fit any season, any place, and your family tastes as well.

Foods are in groups. Eggs stand alone in one group, but in some groups there's a long list to choose from—foods similar in food value and often used the same way in meals.

The moderate-cost plan provides somewhat larger quantities of meat, eggs, fruits, vegetables. This gives you more minerals and vitamins—an extra margin for good nutrition. Also the moderate-cost plan allows for more variety and flavor in meals. For still greater variety, though not necessarily more nourishment, you can use the more expensive items in a group . . . that is, fancy rolls instead of plain bread—choice meats—out-of-season foods.

The low-cost plan relies more heavily on the cheaper kinds of food . . . potatoes, dry beans, grain products. Following this plan, you may also have to use the cheaper when there's a choice among

items within a group. Best way to get variety into low-cost meals is to try different combinations of foods and flavors. There's many a way to make familiar foods attractive.

At times a betwixt-and-between plan is wanted. Suppose your garden or poultry flock does surprisingly well, or family income rises, so that you might step up use of vegetables, fruit, or eggs from the low-cost to the moderate-cost quantities. By all means do so, even if otherwise you keep to the guidelines of low-cost marketing.

Before and After

Before choosing between plans, it may be helpful to keep a record for a week or two of your food buying now. Then compare that with the two plans measuring up to the nutrition yardstick, and you will have a better idea of changes you need to make to insure good nutrition.

Quantities "As Brought Into Kitchen"

Quantities called for in these plans are in terms of foods as brought into the kitchen from store or farm. This allows for discarding rinds, bone, and other inedible parts but not for careless waste.

You can economize, and help yourself and your country, by fighting food waste all along the line. That means: Buy carefully and buy no more than you can use. Store foods properly, so they won't spoil or lose food value needlessly. Prepare foods so as to get the good that's in them. And last, but not least, use all that's usable in fat drippings and leftovers.