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Do not assume content reflects current scientific knowledge, policies, or practices.

Check your meals against these rules—

1. Leafy, green, and yellow vegetables
One or more servings daily
2. Citrus fruit, tomatoes, raw cabbage, and other high vitamin C foods
One or more servings daily
3. Potatoes and other vegetables and fruit
Two or more servings daily
4. Milk, cheese, ice cream
(See directions inside for replacing part of milk with cheese or ice cream)
Children through teen age: 3 to 4 cups milk daily
Adults: 2 or more cups milk daily
Pregnant women: At least 1 quart milk daily
Nursing mothers: About 1½ quarts milk daily
5. Meat, poultry, fish
One serving daily, if possible
Eggs . . . Four or more a week
Dried beans, peas; nuts, peanut butter
Two or more servings a week
6. Bread, flour, and cereals
(Whole-grain or enriched or restored)
Every day
7. Butter and fortified margarine
Some daily

This is the Basic 7 guide for well-balanced meals. In time of emergency, you need to eat less of the scarce foods, more of the plentiful.

**FOOD IS NEEDED TO FEED THE HUNGRY—
DON'T WASTE IT**

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NATIONAL FOOD GUIDE



U. S. DEPARTMENT OF AGRICULTURE

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Guide to Good Eating

All kinds of food are good . . . but for health we need variety. Our bodies are made of many materials which must be supplied in the food we eat. We must have foods that yield energy . . . foods that supply the materials for growth and upkeep . . . and foods to keep our bodies in good running order.

You can get all the right kinds of food needed for health by using this simple guide—the Basic 7. Be sure to include in your meals each day at least the minimum number of servings from each group shown on the chart. And make it a point to provide extra large servings to teen-agers and very active adults.

Foods within each group are much alike in food value, so one can replace another and give many choices in each group. A few foods are in more than one group. Though all of the food groups could, and often do, appear in one meal, this is not necessary. It's the total for the day that counts. Be sure one serving of food is not counted twice, even though it is listed in more than one group.

Keep in mind the Basic 7 when you plan your garden and what other foods to produce, store and can.

Follow the Basic 7 when you eat out.

Make lunches and lunch boxes contribute a share of the day's Basic 7.



1 LEAFY, GREEN, AND YELLOW VEGETABLES

Raw, cooked, frozen, canned

One or more servings daily

Asparagus, green	Okra
Beans, snap, green	Peas, green
Beans, lima	Peppers, green and red
Broccoli	Spinach
Brussels sprouts	Turnip greens
Cabbage, green	Wild greens
Chard	Other greens, including salad greens
Collards	
Endive, green	Carrots
Escarole	Pumpkins
Kale	Squash, winter yellow
Lettuce, leaf	Sweetpotatoes
Mustard greens	



2 CITRUS FRUIT, TOMATOES, RAW CABBAGE, other high vitamin C foods

One or more servings daily

Grapefruit	Cabbage, raw
Grapefruit juice	Greens, salad
Kumquats	Peppers, green, raw
Lemons	Turnips, raw
Limes	
Oranges	A large serving of the above vegetables can be substituted for the fruits listed in this group
Orange juice	
Tangerines	
Tomatoes	
Tomato juice	
Cantaloups (muskmelons)	If foods in Group 2 are hard to get, use more, especially raw, from Groups 1 and 3.
Pineapples, raw	
Strawberries, raw	



3 POTATOES AND OTHER VEGETABLES AND FRUIT

Raw, cooked, frozen, canned, dried

Two or more servings daily

Potatoes	Apples
Sweetpotatoes	Apricots
	Avocados
Artichokes	Bananas
Beets	Berries
Cabbage, white	Cherries
Cauliflower	Cranberries
Celery	Currants
Corn, sweet	Dates
Cucumbers	Figs
Eggplant	Grapes
Leeks	Peaches
Lettuce, head	Pears
Mushrooms	Persimmons
Onions	Pineapple, conned
Parsnips	Pineapple juice, canned
Radishes	Plums
Rutabagas	Prunes
Salsify, or oysterplant	Raisins
Sauerkraut	Rhubarb
Squash, summer	Watermelons
Turnips	

Also, vegetables and fruits not listed elsewhere

4

MILK, CHEESE, ICE CREAM

MILK . . . whole, skim, evaporated, condensed, dried, buttermilk

Children through teen age: 3 to 4 cups daily

Adults: 2 or more cups daily

Pregnant women: At least 1 quart daily

Nursing mothers: About 1½ quarts daily

On the basis of calcium content, the following may be used as alternates for 1 cup of milk: Cheddar-type cheese, 1 oz.; cream-type cheese, 4 oz.; cottage cheese 12 oz.; ice cream, 2 to 3 large dips.

5

MEAT, POULTRY, FISH, EGGS, DRIED BEANS AND PEAS, NUTS

MEAT, POULTRY, FISH

Fresh, canned, or cured

One serving daily, if possible

Beef	Variety meats, such as liver, heart, kidney, brains, tongue, sweet-breads
Veal	
Lamb	
Mutton	Game
Pork (except bacon and fat back)	Poultry, such as chicken, duck, goose, turkey
Lunch meats, such as bologna	Fish and shellfish

EGGS . . . Four or more a week

DRIED BEANS AND PEAS; NUTS AND PEANUT BUTTER

Two or more servings a week

Dried beans	Peanuts
Dried peas	Peanut butter
Lentils	Nuts of all kinds
Soybeans	
Soya flour and grits	

6

BREAD, FLOUR, AND CEREALS

Whole-grain or enriched or restored

Every day

Breads:

Whole-wheat

Dark rye

Enriched

Rolls or biscuits made with whole-wheat or enriched flour

Oatmeal bread

Crackers, enriched, whole-grain, soya

Flour, enriched, whole-

wheat, other whole-grain

Corn Meal, whole-grain or enriched

Grits enriched

Cereals:

Whole-wheat

Rolled oats

Brown rice

Converted rice

Other cereals, if whole-grain or restored

7

BUTTER AND FORTIFIED MARGARINE

Some daily

ENERGY FOODS

Basic 7 foods give energy and protect health. The foods listed below give chiefly energy. They may be eaten in addition to the Basic 7 foods, but not in place of them.

Bacon	Corn meal, degerminated
Drippings	Cornstarch
Lard, other shortenings	Hominy grits
Mutton fat	Macaroni
Poultry fat	Noodles
Salad dressings	Rice, white
Salad oils	Spaghetti
Salt pork, fat back	
Suet	Unenriched:
	Crackers
Honey	White bread, rolls
Jams	White flour
Jellies	
Molasses	Cakes
Preserves	Candy
Sirup	Chocolate
Sorghum	Cocoa
	Cookies
	Pastries
	Sugar
	Other sweets

THE BASIC 7 FOOD GROUPS

