

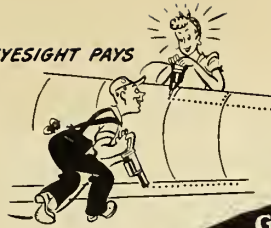
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Eat the Basic 7... EVERY DAY!



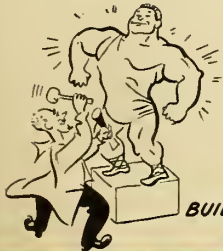
GOOD EYESIGHT PAYS



FIGHT THAT TIRED FEELING



TEN STRIKE
FOR ENERGY



BUILDS MUSCLE



PROTECT YOURSELF
FROM ILLNESS



HELPS YOU DISH IT OUT



FOR STRONG BONES
AND TEETH

**FEEL BETTER...
WORK SAFER!**

Prepared by
U. S. DEPARTMENT OF AGRICULTURE WAR FOOD ADMINISTRATION
Food Distribution Administration
Nutrition and Food Conservation Branch
Washington, D. C. Issued August 1943

CHECK YOUR MENUS AGAINST THIS CHART

Group	BREAKFAST	Group	PACKED LUNCH	Group	DINNER
2 6, 4 5 6, 7	One-half grapefruit Rolled oats with milk Egg Whole-wheat toast Coffee	5 2 6, 7 5 6, 7 1 2, 3 4	American cheese and tomato sandwich on enriched bread Baked-bean and chopped-peanut sandwich on whole-wheat bread Carrot strips Gingerbread Fruits in season Milk	5 3 1 2 6, 7 4 4	Fish or poultry Potatoes, baked in skins Baked Hubbard squash Cabbage slaw Enriched bread Rice pudding with thin cream Milk
2 6, 4 6, 7	Whole orange Shredded wheat with milk French toast Sirup Coffee	5, 6, 7 3, 2 5 6, 7 5, 1 6, 7 3 4	Meat-loaf sandwich Chopped celery, green pepper, and cottage cheese sandwich on whole-wheat bread Peanut butter and shredded carrot on enriched bread Apple Molasses cup cake Milk	5 3 2 1 6, 7 4, 5	Braised pork liver Potatoes boiled in skins Raw tomato or stewed tomatoes Green vegetable salad Whole-wheat bread Baked custard

Spread all bread with butter or fortified margarine (with added Vitamin A)



Other Sandwich Fillings That Pack a Punch

Baked beans with minced onion and pickle
Ground Cheddar cheese with green pepper
Cottage cheese with shredded raw carrot
Chopped egg and sweet relish
Flaked fish with chopped cabbage and salad dressing

Peanut butter with jelly
Peanut butter with chopped apple
Peanut butter with cooked prune pulp

THE BASIC 7 FOOD GUIDE—eat something from each group EVERY DAY

GROUP 1

Green and Yellow Vegetables (Raw, cooked, frozen or canned)

Green Vegetables
Artichokes, French
Asparagus
Beet greens
Broccoli
Brussels sprouts
Chard
Collards
Endive
Green peppers

Kale
Mustard greens
Okra
Green peas
Snap or string beans
Spinach
Turnip greens
Other greens
Yellow Vegetables
Carrots

Pumpkins
Rutabagas
Squash, winter or Hubbard
Squash, yellow summer
Sweetpotatoes
Wax beans
Yams
Yellow turnips

GROUP 2

Oranges, Tomatoes, Grapefruit, or Raw Cabbage or Salad Greens

Citrus juices
Grapefruit
Kumquats
Lemons
Limes
Oranges
Tangerines

Tomatoes
Tomato juice
Raw Salad Greens
Cabbage*
Chicory*
Dandelion greens*

Escarole*
Green and red peppers
Lamb's-quarters*
Leaf lettuce*
Parsley*
Water cress*
Other raw greens

*Also good alternates for group 1

GROUP 3

Potatoes and Other Vegetables and Fruits (Raw, dried, cooked, frozen or canned)

Other Vegetables
Artichokes, Jerusalem
Beets
Cauliflower
Celery
Corn
Cucumbers
Eggplant
Fresh lima beans
Kohlrabi
Leeks
Mushrooms
Onions
Parsnips
Potatoes
Radishes
Salsify—cyster plant
Sauerkraut
Summer squash

Turnips, white
All vegetables not listed elsewhere
Other Fruits
Apples
Apricots
Avocados
Bananas
Blackberries
Blueberries
Cantaloups
Cherries
Cranberries
Currants
Dates
Figs
Gooseberries
Grape juice
Grapes
Huckleberries

Loganberries
Muskmelons
Mangoes
Nectarines
Papayas
Peaches
Pears
Persimmons
Pineapples
Plums
Pomegranates
Prunes
Quinces
Raisins
Raspberries
Rhubarb
Strawberries
Watermelons
Youngberries
All fruits not listed elsewhere

GROUP 4

Milk and Milk Products (Fluid, Evaporated, Dried Milk, or Cheese)

Fluid, whole
Fluid, skim
Buttermilk
Cultured milk

Evaporated milk
Condensed milk
Dried whole milk
Dried skim milk

Cream
Cheese—all kinds
Ice cream

GROUP 5

Meat, Poultry, Fish, or Eggs or Dried Beans, Peas, Nuts, or Peanut Butter

(Fresh, Canned, or Cured)

Beef
Veal
Lamb
Mutton
Pork (except bacon and fat back)
Variety meats, such as liver, heart, kidney, brains, tongue, sweetbreads, tripe
Miscellaneous meats, such as bologna, sausage, lunch meats
Rabbit

Poultry
Chicken
Duck
Guinea
Squab
Turkey

Fish
Fresh water
Salt water
Shellfish
Other sea food
Game

Eggs (Fresh, Dried, or Frozen)
Dried Beans, Peas, Nuts
Black-eyes peas

Cowpeas
Field peas
Split peas
Great Northern beans
Kidney beans
Lima beans
Navy beans
Pinto beans
Soybeans
Other edible types of beans and peas
Lentils
Peanut butter
Nuts of all kinds, including peanuts

GROUP 6

Bread, Flour, and Cereal (Natural Whole-Grain—or Enriched or Restored)

Breads

Whole-wheat
Enriched white
Rolls or biscuits made with whole-wheat or enriched flour
Pumpernickel (whole rye)

Oatmeal bread

Crackers

Whole-grain

Flour and Meal

Whole-wheat
Enriched white
Whole corn meal

Other whole-grain flours and meals

Cereals (Whole-grain or Restored)

Whole-wheat
Mixed whole-grain
Rolled oats or oatmeal
Brown rice

GROUP 7

Butter and Fortified Margarine

Butter

Margarine (with Vitamin A added)

EAT A LUNCH THAT PACKS A PUNCH!

1
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copy

3

steps
to pack a lunch
that packs a punch

To help reduce:
FATIGUE
ILLNESS
ACCIDENTS
ABSENTEEISM

WFA • USDA - NFC-8



PLANNING

Follow the Basic 7 Food Guide
Watch food values, cash values, point values.
A lunch should provide one-third the daily food needs.
When meat is scarce, use fish or poultry, eggs, cheese, baked beans, peas or soybeans, or peanut butter for sandwich fillings.
For variety, use oatmeal or soybean bread, whole-grain or enriched bread or rolls made with enriched flour.
Always include a vegetable and fruit, raw, cooked, or as juice.

PREPARATION

Save food values and time. Use more raw fruits and vegetables.
Fix fruit juice just before pouring into vacuum bottle.
Protect food values from vitamin losses caused by heat, air, and water.
Wash raw vegetables and fruit. Keep in refrigerator.
Raw vegetables should be sliced just before packing.

PACKING

Wrap sandwiches, raw vegetables, and fruit in waxed paper (use bread wrappers).
Pack salads, puddings, and stewed fruit in screw-top glass jar or covered waxed-paper container.
For variety and food values, pack dried fruits and nuts in lunch frequently.
Pack for eye and appetite appeal.
In hot weather, pack lettuce in waxed paper, salad sandwich fillings in containers, buttered bread in waxed paper. Add knife for spreading filling.

TAKE THIS CHART HOME FOR REFERENCE!