

## **Historic, Archive Document**

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## HOW SHALL WE CHOOSE OUR FOOD ?



Every food you eat may be put into one of five groups. Each of these groups serves a special purpose in nourishing your body. You need some food from each group daily. Don't skip any.

1. FRUITS AND VEGETABLES.
2. MILK, CHEESE, EGGS, FISH, MEAT, BEANS, PEAS, PEANUTS.
3. CEREALS—CORN MEAL, OATMEAL, RICE, RYE, WHEAT, FLOUR, BREAD.
4. SUGAR, SIRUPS, JELLY, HONEY, CANDIES.
5. FATS—BUTTER, MARGARINE, COTTONSEED OIL, OLIVE OIL, DRIPPINGS, SUET, BACON, CHOCOLATE.

If you use this food group idea in planning your meals, you may be able to reduce the cost and improve the quality. War Savings Stamps are a good investment for money saved in this way.

To find out how much you need from each group, send for U. S. Thrift Leaflet No. 16.

*Thrift Leaflet No. 15*



UNITED STATES  
DEPARTMENT OF AGRICULTURE & TREASURY DEPARTMENT



## WHY YOU NEED THE FIVE GROUPS

**Vegetables and fruits.** These furnish some of the material from which the body is made and keep its many parts working smoothly. They help to prevent constipation which gives headaches and makes you stupid. The kinds you choose depend upon the season, but remember that the cheaper ones are often as valuable as the more expensive.

**Milk, cheese, eggs, fish, meat, peas, beans.** These help build up the growing body and renew used-up parts. That is their main business. Dried peas and beans make good dishes to use in place of meat, part of the time, but do not leave out these others entirely. Milk is the most important. Buy at least a pint a day for every member of your family, more for young children. No other food can take its place for them. Save on meat if you must, but do not skimp on milk.

**Cereals—Bread and breakfast foods.** These foods, made from grain, flour, and meal, act as fuel to let you do your work, much as the gasoline burning in an automobile engine makes the car go. This you can think of as their chief business. Besides, they give your body some building material.

**Sugar and sirups.** These, too, are fuel. They also give flavor to other foods. They are valuable food, but many people eat more of them than they need, and we could get along better without this group than without any of the others. Sweet fruits, especially dried ones like dates and raisins, contain much sugar and are better for the children than candy.

**Fats.** These are fuel. Some are needed especially by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings from bacon and other left-over fats. Do not let your butcher keep the trimmings from your meat, they belong to you. Children need some butter fat. Give it to them in plenty of whole milk or in butter.

## HOW TO SPEND YOUR MONEY FOR FOOD

### DIVIDE YOUR FOOD DOLLAR INTO FIFTHS

Out of every dollar spent

use

20 cents, more or less, for vegetables and fruits.

20 cents, or more, for milk and cheese.

20 cents, or less, for meat, fish, eggs, etc.

20 cents, or more, for bread and cereals.

20 cents, or less, for sugar, fat, tea, coffee,  
chocolate, flavoring.

If you raise part of your food, pay yourself for it  
at the market price. Count this in as part of  
the money spent.

### SAVE MONEY

By using the less expensive foods in each group, with only enough of those that cost more to give flavor and texture. You may exchange one food for another in the same group. For example, vegetables may be used instead of fruits; eggs, cheese dishes, or sometimes beans, may be used instead of meat; and oatmeal instead of wheat; but neither oatmeal nor wheat can take the place of milk.

Cottage cheese made from skim milk is an inexpensive substitute for meat and may be used in many other ways also.

Use both milk and cereals.

Cereals are usually your cheapest fuel food.

Foods in the group with milk give fuel, too, and so do the vegetables and fruits, but we depend upon starchy foods and fats for most of the fuel in our diet.

SPEND WISELY



SAVE SANELY

CHECK UP YOUR FOOD PURCHASES WITH THIS LIST OF FOODS FROM EACH OF THE FIVE GROUPS

Group I. VEGETABLES AND FRUITS

*Less Expensive Foods*

Most fresh vegetables up to 5c a pound  
Potatoes up to 6c a pound  
Greens at 5c a pound  
Fresh fruit up to 5c a pound  
Dried fruits up to 28c a pound

*Medium Priced Foods*

Dried fruits up to 40c a pound  
Potatoes over 8c a pound  
Spinach up to 12c a pound  
Squash up to 4c a pound  
Fresh tomatoes up to 5c a pound  
Home canned fruit and vegetables

*More Expensive Foods*

Oranges over 50c a dozen  
Bananas over 45c a dozen  
Grapes over 12c a pound  
Asparagus, celery, head lettuce at ordinary city market prices.  
Most canned vegetables and fruits not canned at home.

Group II. MILK, EGGS, MEAT

Milk  
Skim milk  
Cheese up to 40c a pound  
Cottage cheese  
Beef heart and liver  
Dried beans and peas at ordinary prices

Eggs up to 50c a dozen  
Fowl up to 35c a pound  
Fish up to 20c a pound  
Lean beef up to 40c a pound  
Lean pork chops up to 45c a pound  
Salt cod up to 30c a pound

Porterhouse steak  
Young chicken  
Oysters  
Lobster

Group III. CEREALS

Bread up to 11c a pound  
Wheat flour  
Cornmeal and hominy  
Oatmeal

Bread at 12c a pound  
Macaroni at 17c a pound  
Rice at 15c a pound

Prepared cereals in packages at 20c or more a pound.

Group IV. SUGARS

Sugar  
Molasses up to 38c a quart  
Raisins up to 18c a pound

Maple sugar at 18c a pound  
Table sirups at 30c a quart  
Marmalade, jellies made at home.

Maple sirup over 50c a quart.  
Most marmalades and jellies when purchased  
Honey at 22c or more a pound.

Group V. FATS

Table and cooking fats up to 30c a pound  
Cooking oils up to 75c a quart.

Butter up to 70c a pound  
Bacon up to 50c a pound  
Chocolate up to 55c a pound

Olive oil at \$1.50 or more a quart.  
Butter over 70c a pound  
Heavy cream at 70c or more a quart.

BY WISE CHOICE YOU MAY HAVE BETTER FOOD FOR LESS MONEY

THEN BUY WAR



SAVINGS STAMPS