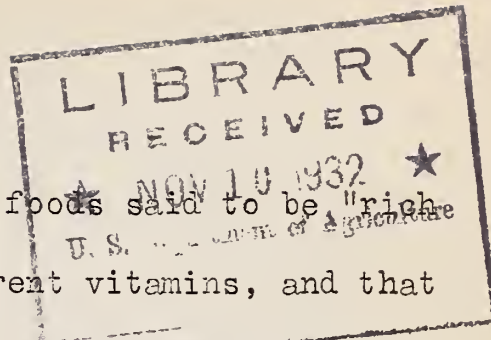


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FOODS TO CHOOSE FOR VITAMIN G  
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When we first heard of vitamins, we eagerly used any foods said to be "rich in vitamins". Later we learned that there are several different vitamins, and that each one does something different for the body. Some foods contain one, some another, and some more than one. Unless we know which foods provide each vitamin, we may make the mistake of leaving one of them out of our menus entirely, and that would never do!

A good safe rule to follow is to give the family plenty of milk and a considerable variety of fruits and vegetables, and at the same time to find out what we can about each of the six vitamins and the foods that supply them. It is almost impossible to carry this information in mind, but the Bureau of Home Economics of the U.S. Department of Agriculture will give it to you in these pages in a series of brief articles which you can clip and file if you wish.

The vitamins have been named by letters of the alphabet as vitamin A, Vitamin B, etc. but it makes no difference in what order they are considered. Each will be discussed eventually. The illustration shows a group of foods which are good sources of vitamin G. In rats, symptoms of a lack of vitamin G are a slowing up of growth and loss of weight, sore mouth, digestive disturbances, and in time a loss of hair and sensitiveness and inflammation of the skin. These symptoms are very similar to those of human pellagra. This disease is very prevalent during the spring and early summer in some parts of the south where the diet during the winter months has been very deficient. Foods that will prevent and cure pellagra have been shown to contain vitamin G. So at the beginning of winter it is well to get into the habit of supplying the family with plenty of foods that are rich in vitamin G.

Vitamin G occurs in many foods in moderate or small quantities, and it is a good thing to eat different ones to be sure of a satisfactory supply. The best sources now known are: Yeast; lean meats; eggs; milk, either whole, or skimmed, fresh, canned, or dried; green leaf vegetables; and the germ portion of cereals, like wheat germ. Among the meats, beef and pork liver, kidney, spleen and heart are good as well as the lean muscle meat; salmon; buttermilk and cheese also contain some vitamin G. Mustard, turnip tops, kale, beet tops, carrot tops, collards, spinach, broccoli and watercress -- all green leafy vegetables -- are good to use for vitamin G. Bananas are also mentioned.

Soda destroys vitamin G, so do not use it in cooking any of these foods.

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MEMORANDUM FOR THE RECORD

On 10/10/2023, the following information was received from the [redacted] regarding the [redacted] project. The [redacted] has been identified as a [redacted] and is currently in the [redacted] phase of the project. The [redacted] is expected to be completed by [redacted].

The [redacted] is a [redacted] project that is currently in the [redacted] phase. The [redacted] is expected to be completed by [redacted]. The [redacted] is currently in the [redacted] phase of the project. The [redacted] is expected to be completed by [redacted].

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