

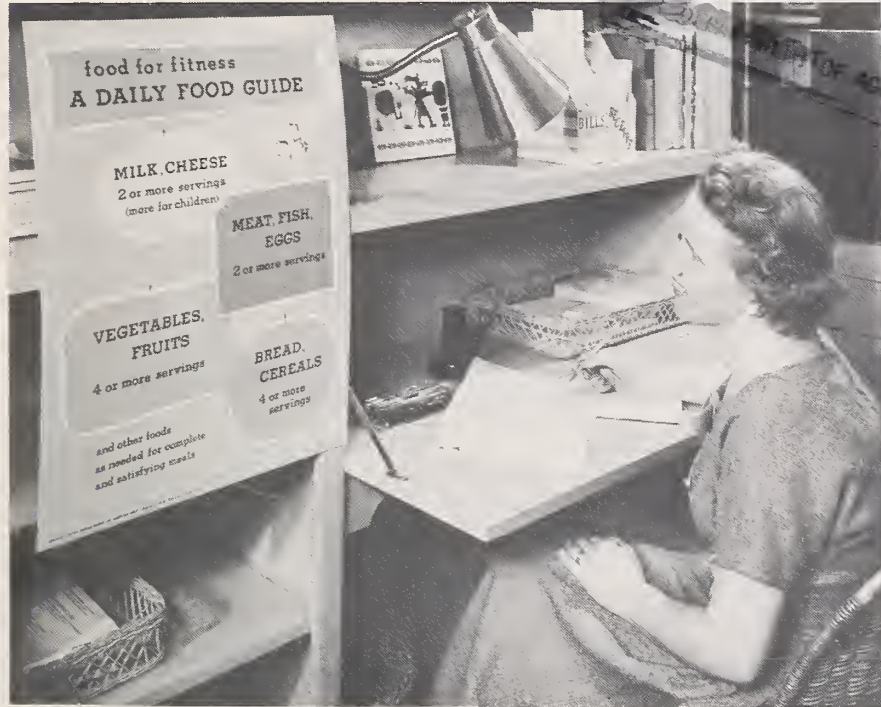
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Food For Fitness



Dn - 1353 - - Mrs. Calvin R. Drake of Washington, D. C., plans her meals and makes out her market list following the new USDA daily food guide, Food for Fitness. Her family includes her husband, a teen-age daughter and a son 11 years old.



N - 24671 - - Milk to supply the calcium needed for strong teeth and bones tops Mrs. Drake's list. She provides at least 3 quarts of milk or its equivalent in other forms daily to serve recommended amounts for her family.

A new daily food guide developed by nutritionists of the U. S. Department of Agriculture makes it easy for you to select nutritious meals, whether you eat at home or out. In a colorful, 4-Page Folder entitled "Food for Fitness... A Daily Food Guide" the specialists suggest that you base your daily diet on four kinds of foods: (1) Milk, (2) Meat or alternate, (3) Vegetables and Fruits, stressing those rich in vitamins A and C (4) Breads and Cereals, whole grain, enriched or restored. When eaten daily in the amounts recommended these foods can supply all the nutrients you need to keep fit.

Other foods not specified--fats, oils, sugars, unenriched refined grain products--are often ingredients in baked goods and mixed dishes. Sugars and fats may also be added to other foods during preparation or at the table. The nutritionists point out that everyone will use some of these foods to satisfy individual taste and diet needs.

Single copies of Leaflet No. 424, Food for Fitness... A Daily Food Guide, may be obtained free by writing to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

In the photographs shown here Mrs. Calvin R. Drake, a Washington, D. C. housewife, applies the new daily food guide in planning meals for her family.



N - 24672 - - Mrs. Drake selects enough fruit and vegetables for 4 or more servings a day for each member of the family. She plans on serving a citrus fruit or other fruit or vegetable important for vitamin C every day. Frequently during the week she serves a dark green or deep yellow vegetable for vitamin A.

Magazines and newspapers may obtain glossy prints of any of these photographs from the Photography Division, Office of Information, U. S. Department of Agriculture, Washington 25, D. C. Others may purchase prints, at 85¢ each, from the same address.



Dn - 1351 -- In the meat group the new USDA daily food guide lists a choice of meat, fish, poultry, eggs, dry beans, peas and nuts. Two or more daily servings from this group are recommended by the USDA nutritionists.











Dn - 1355 -- The bread and cereal group furnishes worthwhile amounts of protein, iron, several of the B-vitamins, and food energy. Four servings a day from this group are recommended. Mrs. Drake checks labels when she buys to be sure the items are whole grain, enriched, or restored.



Dn - 1347 -- The USDA daily food guide suggests that part of milk consumed may be whole or skim milk, buttermilk, evaporated or dry milk. Some may be served as a beverage . . . some in a main dish or dessert.

CALCIUM EQUIVALENTS

ICE CREAM		MILK	
	1/2 cup	= 1/4 cup	
CHEESE			
	1" cube cheddar-type	= 2/3 cup	
	1/2 cup cottage	= 1/3 cup	
	2 tbsp. cream cheese	= 1 tbsp.	

Bn - 6122 -- Cheeses and ice cream may replace part of the milk, figured on the basis of the calcium content.



Dn - 1339 -- These count as servings in the meat group: 2 to 3 ounces (figuring without bone) of lean cooked meat, poultry, or fish; 2 eggs; 4 tablespoons peanut butter; 1 cup cooked dry beans or lentils (not shown).



Dn - 1340 -- Good sources of vitamin C: grapefruit, orange, cantaloupe, papaya, raw strawberries, broccoli, green pepper. Good sources not shown are guava, mango, sweet red pepper. The new food guide suggests at least one serving a day from this group.



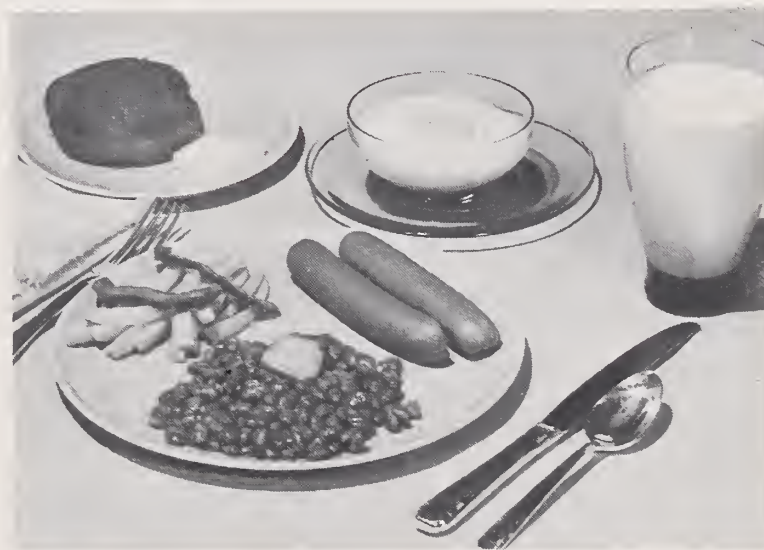
Dn-1346-- or two servings of a fair source of vitamin C: Fair sources shown are: honeydew melon, asparagus, brussels sprouts, cabbage, kale, spinach, turnip greens, potatoes, sweet potatoes, tomatoes. Others are watermelon, tangerine, kohlrabi, garden cress, collards, mustard greens.



Dn-1349-- Good sources of vitamin A. One serving at least every other day is recommended by the new USDA daily food guide. Apricots, broccoli, cantaloupe, carrots, kale, spinach, pumpkin, sweetpotatoes, turnip greens are shown here. Other good sources of vitamin A are winter squash, mango, persimmon, and other dark green leaves.



Dn-1345-- A typical breakfast served by Mrs. Drake: grapefruit half, poached egg on toast, toast, butter or margarine, milk.



Dn-1342-- For lunch it's baked beans with frankfurters, carrot sticks, green pepper strips, brown bread, butter or margarine, banana cream pudding, milk.



Dn-1354-- Dinner may look like this: baked ham, candied sweetpotatoes, buttered broccoli, lettuce wedge with 1000 Island dressing, roll, butter or margarine, chocolate cake with coconut icing (not shown), milk.



Dn-1350-- Shown here at dinner are Mr. and Mrs. Calvin R. Drake, their daughter Sharon, and son Stephen --a well-nourished, healthy, happy Washington, D. C. family.

Additional menus for two days are illustrated here to show the variety of foods Mrs. Drake serves her family by following the new USDA daily food guide, Food for Fitness.



Dn --1341-- Breakfast: orange juice, scrambled eggs with ham, biscuits, butter or margarine, milk.



Dn - 1352-- Breakfast: stewed apricots, cooked cereal such as oatmeal, toast, butter or margarine, milk, sugar (for cereal).



Dn-1348-- Lunch: Chicken soup, with crackers, American cheese sandwich on whole-wheat bread, lettuce and tomatoes, peaches, cookies, milk.



Dn - 1337-- Lunch: meat pie, cole slaw with tomato wedges, roll, butter or margarine, ice cream, cookies, milk.



Dn - 1343 -- Dinner: Broiled fish fillet, buttered carrots, spiced beets, jellied fruit salad with cream dressing, rolls, butter or margarine, cherry pie, milk.



Dn - 1344-- Dinner: Roast leg of lamb, whipped potatoes, spinach, waldorf salad, rolls, butter or margarine, gingerbread with lemon sauce, milk.