

# EAT THESE EVERY DAY



**MILK** - a pint for adults - more for children  
cheese or evaporated milk or dried milk  
**ORANGES** tomatoes grapefruit - raw cab-  
bage or salad greens at least one of these  
**VEGETABLES** green or yellow - some raw  
some cooked **FRUITS** in season also dried  
and canned fruit **BREAD** and cereal - whole  
grain products or enriched white bread and  
white flour **MEAT** poultry fish - dried beans  
peas or nuts **EGGS** - 3 or 4 a week cooked any  
way you choose or used in prepared dishes -  
**BUTTER** vitamin rich fats and peanut butter  
Then eat any other foods you may choose