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# The food we live by

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# The food we live by

*For use by young people interested in their own food and nutrition problems*

**We can't all** be marines, soldiers, sailors, WACS, or WAVES. We can't all ferry bombers across the ocean. A lot of us can't go into war industries because we are too young or too old. But nevertheless everyone in America today has a war job to do! We must eat right to be strong, conserve the food we have, and share it with our fighting men and our allies.

It is up to every person in the United States to put himself into the best possible physical condition so that he can do his task, whatever it is, more effectively. The doctors have their hands full; the nursing profession is taxed to the limit. We must help them conserve their time by staying well. We can make a very real contribution to the war effort if every one of us sees to it that he is strong and healthy so that he can do more and better work and keep cheerful.

Why are health and strength so essential? Simply because, for most of us, good health means greater enjoyment in life, less fatigue from work and play, greater resistance to disease, better appearance, and longer life. We gamble with all these when we consider our food a matter of chance or of whim. Those of us who wish to help our country win the war cannot afford to risk efficiency, pep, good looks, charm, and vigor by indulging in poor choices of food. If we want to feel right, we must eat right! But before we can judge whether our food choices are good or bad we must know what we should eat and why.

So our Number 1 job these days is to see that our food is selected according to the principles of good nutrition. Our Government has made it easier by giving us a chart to use as a guide. Yet it still isn't easy, not when we must do it day in and day out and in spite of shortages. But when did good Americans ever refuse to do something because it wasn't easy!

## **We eat to live**

How can we supply food for all the needs of our body? Put into a very simple form, our need for an adequate diet will be met if we see to it that we get the following foods every day:

**Group 1**—*Green and yellow vegetables—some raw, some cooked—1 serving.*

**Group 2**—*Oranges, tomatoes, grapefruit, or raw cabbage or salad greens—1 serving.*

**Group 3**—*Potatoes and other vegetables and fruits—2 or 3 servings from this group.*

**Group 4**—*Milk and milk products (fluid, evaporated, dried milk, or cheese)—at least a pint of milk or its equivalent for everyone.*

**Group 5**—*Meat, poultry, fish, or eggs or dried beans, peas, nuts, or peanut butter—1 serving of meat, fish, poultry, or dried beans or peas—3 or 4 eggs a week.*

**Group 6**—*Bread, flour, and cereals—natural whole-grain or enriched or restored. Cereal or bread with each meal.*

**Group 7**—*Butter or fortified margarine (with vitamin A added) at each meal.*

These aren't the only combinations of food that will meet our needs, but these are foods we know well and use widely in this country. During wartime variations in these standards may be necessary. It is much easier to check up on yourself if you follow some such daily plan as this.

If you would like the "why" for these foods, you will be interested in the following. The foods we need may be divided as follows:

Some foods which help to give us vigor and health (the vitamins and minerals) are:

Dairy products	Fruits	Vegetables		
		Green	Yellow	Other
<i>Butter</i>	<i>Apples</i>	<i>Cabbage</i>	<i>Carrots</i>	<i>Beets</i>
<i>Cheese</i>	<i>Bananas</i>	<i>Green beans</i>	<i>Pumpkin</i>	<i>Cauliflower</i>
<i>Whole milk</i>	<i>Dried fruits</i>	<i>Lettuce</i>	<i>Squash</i>	<i>Celery</i>
<i>Evaporated milk</i>	<i>Grapefruit</i>	<i>Vegetable greens</i>	<i>Yellow turnip</i>	<i>Onions</i>
	<i>Lemons</i>	<i>Peas</i>	<i>Sweet-potatoes</i>	<i>Parsnips</i>
	<i>Oranges</i>			<i>Tomatoes</i>
	<i>Pineapple</i>			<i>Turnips</i>
	<i>Berries</i>			<i>Eggplant</i>
	<i>Cherries</i>			<i>Potatoes</i>
	<i>Rhubarb</i>			<i>Corn</i>
	<i>Melons</i>			
	<i>Grapes</i>			
	<i>Peaches</i>			
	<i>Pears</i>			

The body-building foods listed below, and whole-grain or enriched bread, also give us needed vitamins. If we want to be both good looking and popular we can't afford to neglect any of these foods.

The foods for body building and repair are:

<i>Cheese</i>	<i>Milk</i>	<i>Poultry</i>	<i>Dried beans and peas</i>
<i>Lean meat</i>	<i>Eggs</i>	<i>Fish</i>	<i>Nuts</i>

These are the "building blocks" for our bodies.

The foods for pep and energy include:

Breads and cereals	Sweets	Fats	Starchy vegetables
<i>Breads (whole-grain or enriched)</i>	<i>Sugar</i>	<i>Butter</i>	<i>Potatoes</i>
	<i>Molasses</i>	<i>Cream</i>	<i>Dried beans or peas</i>
	<i>Sirup</i>	<i>Cheese</i>	
<i>Cereals (whole-grain or re-stored)</i>	<i>Honey</i>	<i>Fat of meats</i>	
	<i>Preserves</i>	<i>Lard</i>	
	<i>Jellies</i>	<i>Salt pork</i>	
<i>Crackers</i>	<i>Candy</i>	<i>Bacon</i>	
<i>Macaroni</i>	<i>Cake</i>	<i>Oleomargarine</i>	
<i>Spaghetti</i>	<i>Cookies</i>	<i>Peanut butter</i>	
<i>Rice</i>	<i>Desserts</i>	<i>Chocolate</i>	
<i>Hominy</i>	<i>Pie</i>	<i>Nuts</i>	
<i>Tapioca</i>		<i>Olive oil</i>	

If we want energy for work and play, we mustn't forget these.

## Diets make a difference

Jim "Pep" Watson really wanted to find out whether he was getting an adequate diet. As a check on this, he listed all the food he'd eaten the previous day:

Breakfast	Dinner	Supper
<i>Sliced orange</i>	<i>Pork chop</i>	<i>Creamed eggs on</i>
<i>Cooked whole-grain</i>	<i>Baked potato</i>	<i>toast</i>
<i>cereal with raisins</i>	<i>String beans</i>	<i>Buttered beets</i>
<i>Toast and butter</i>	<i>Mixed vegetable</i>	<i>Enriched bread and</i>
<i>Milk</i>	<i>salad</i>	<i>butter</i>
	<i>Whole-wheat biscuits</i>	<i>Baked apple</i>
	<i>and butter</i>	<i>Milk</i>
	<i>Rice pudding</i>	
	<i>Milk</i>	

In examining the day's menu, Pep found that he had had the following:

- Group 1**—*1 serving green vegetable (string beans) cooked.*
- Group 2**—*1 serving orange and 1 serving of lettuce in salad.*
- Group 3**—*1 serving potatoes, 1 serving beets, 1 baked apple, and mixed vegetable salad.*
- Group 4**—*Milk (3 glasses and on cereal and in pudding).*
- Group 5**—*1 serving of meat (pork chop); 1 egg.*
- Group 6**—*Cereal or bread at each meal, some whole-grain; some enriched.*
- Group 7**—*Butter (at each meal).*

"Oh boy," rejoiced Pep, "it's really just about O. K.," for he could see that for that particular day, at least, his diet had been more than adequate by our standard. Of course, in order to make any statement as to the general "goodness" of his diet, Pep would have had to keep such a record over a period of time.

When Bruce "Pudge" Baxter examined his diet, he found that the results were far from satisfactory. Pudge recorded the meals and the between-meal snacks of the previous day.



The record read as follows:

Breakfast	Lunch	Dinner	Snacks
<i>Corn flakes, milk</i>	<i>"Coke"</i>	<i>Bologna</i>	<i>Candy bar be- tween break- fast and</i>
<i>Coffee</i>	<i>Candy bar</i>	<i>Fried potatoes</i>	<i>lunch, 2 be- tween lunch</i>
	<i>Hamburger</i>	<i>Biscuits and butter</i>	<i>and dinner.</i>
		<i>Pumpkin pie</i>	
		<i>Coffee</i>	

First of all, Pudge put down the requirements for a good diet that he had met.

He had had:

**Group 1**—*1 serving yellow cooked vegetable (pumpkin).*

**Group 3**—*1 serving potatoes.*

**Group 4**—*Small amount of milk in pie.*

**Group 5**—*2 servings of meat (hamburger and bologna). Some egg in pie.*

**Group 6**—*Bread or cereals at each meal—none whole-grain, enriched, or restored.*

**Group 7**—*Butter at one meal.*

He had not had:

**Group 2**—*Oranges, tomatoes, or raw cabbage or salad greens.*

**Group 3**—*Enough vegetables or fruit from this group.*

**Group 4**—*Enough milk.*

**Group 5**—*Egg, except for a little in pie.*

**Group 6**—*Whole-grain or restored cereal or whole-grain or enriched bread.*

What a lunch!





Pudge in search of a "better lunch."

Pudge found his diet was short on vitamins and minerals and too strong on sweets, breads, and cereals. "Gosh," he exclaimed, "what do you know about that! I thought it wasn't what you ate so much as how much you ate. And I've always eaten a lot, and goodness knows I'm fat enough, so I supposed I was eating O. K. Gosh, somehow I don't feel so good." And perhaps he didn't.

Pudge looked thoughtful for a few minutes; then, turning to Jim, he said, "Well, heck, it's easy for you to eat right because you go home for your lunches. I ask you—what's a guy to do if he can't get home but has to eat in some joint downtown? You can't get good lunches if you eat at Tony's snack shack!"

Pep laughed, "You're probably right Pudge—at any rate partly right. But I bet you could find something that was better for you than a candy bar if you tried, even at Tony's."

Pudge, still a little "put out," answered, "I 'spose I could. I guess Tony does have milk and vegetable soup and other kinds of sandwiches. Well, 'spose I could have a better lunch, so what! That wouldn't fix up my meals at home. My Mom doesn't know about all these new-fangled ideas about food and she's having hard enough time to keep within our ration points as it is."

But Pep wasn't to be discouraged. "Pudge," he kept on, "I'll bet your Mom would like to know what you should eat. She wants you to be strong and healthy; I'm sure she does. You could tell her about it. I'll bet she'd really like knowing about the kind of food her family ought to eat and I know that she could get the right food within her ration points if she just knew what they were. My mother used to dish out meals that weren't well-planned too, before she learned about the right food at the P. T. A. meeting. And anyway you could go to the library and borrow some bulletins on what to eat, or you might even send for some which your mother could keep. You could do that, couldn't you, Pudge?"

"Oh, sure, sure, I could do that and it would do some good, too, if we had lots of money. But Mom can't afford to buy us oranges and butter. We Baxters aren't millionaires."

"She could buy tomato juice or she might even can some. You sometimes have a garden in the summer, don't you? Even if you don't usually, you should this summer to help out with the food shortage. My mother says tomato juice is just as good for you as orange juice, only you have to drink more of it! She could use oleomargarine with vitamin A added. It's a good spread and it costs less than butter.



Pudge collects some material on nutrition for his Mom.

Pudge Baxter, you could do something about your diet if you weren't so doggone lazy. You know you could!"

Pudge didn't answer this last challenge. He preferred to keep a sulky silence. But the idea had begun to soak in. Pudge just needed a little time to think about improving his diet.

One morning, 2 weeks later, Pudge greeted Pep by saying, "Hello, wise guy! You think you're the only fellow around here who knows what he should eat. Well, take a look at that!" Whereupon Pudge shoved a crumpled piece of paper into Pep's hands. This is what it said:

The meals of Pudge Baxter on February 4, 1943

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<i>Tomato juice</i>	<i>Hamburger</i>	<i>Pork roast</i>
<i>Oatmeal with milk</i>	<i>Milk</i>	<i>Baked potatoes</i>
<i>Fried egg</i>	<i>Apple</i>	<i>Green beans</i>
<i>Toast (whole-wheat)</i> <i>and fortified mar-</i> <i>garine</i>		<i>Carrot salad</i>
<i>Milk</i>		<i>Milk</i>
		<i>Rice pudding</i>
		<i>Enriched bread and</i> <i>butter</i>

Pep saw at a glance that Pudge had had:

**Group 1**—*Green and yellow vegetables (raw carrot, green beans).*

**Group 2**—*Tomato juice and lettuce.*

**Group 3**—*1 serving potato; 1 apple.*

**Group 4**—*3 glasses of milk.*

**Group 5**—*Meat (hamburger, pork roast); 1 egg.*

**Group 6**—*Bread or cereal every meal either whole-grain or enriched.*

**Group 7**—*Butter or fortified margarine at each meal.*

Pep exclaimed, "Pudge, I think that's pretty good."

"Pretty good!" said Pudge, "Howdja get that way. That's perfect!"

"It's sure swell, Pudge. But where's your third vegetable or fruit in group 3?"

"Golly, I had two and according to the list that's enough. Anyhow, I did have another—I know I did! Oh my gosh,



Pudge proves to Jim that he has been eating what he should.

it doesn't show! I had onion on my hamburger, a raw onion. See!"

"I'll bet the rest of the fellows enjoyed being around you yesterday afternoon. Whew!"

Thus ends the story of Pep Watson and Pudge Baxter. It shows us that we can choose the right foods if we know what they are!

## **Other food facts**

Other facts useful in picking out food or planning meals which we should keep in mind are:

*The more active we are, the more food we need.*

*To avoid loss of vitamins in cooking vegetables, a minimum amount of water should be used. Cook as quickly as possible and don't let them stand. Don't add baking soda to preserve their color. It destroys some of the vitamins. The cooking liquids should be used in soups or gravies. Don't throw your minerals and vitamins down the drain.*

*Whole-grain or enriched bread and whole-grain or restored cereals are valuable additions to the diet because of their minerals and vitamins—things most diets lack.*

*The milk we use may be pasteurized whole milk, skim milk, dried milk or unsweetened evaporated milk, or buttermilk. The important thing is to get enough. Milk can be used in cooking or as a drink.*

*Cod-liver oil or other fish-liver oil should be included in our diets. They contain the "sunshine" vitamin.*

## **When we eat**

Here are a few simple rules which will help your body make the most of the food you give it.

*Eat at regular hours.*

*Don't go on a self-prescribed diet. See your doctor first!*

*Don't hurry at meals. Give yourself time to enjoy them and your family.*

*Whenever possible, make eating a social event—a cheerful, happy time. You'll digest your food better if you do.*

*Drink water. Drink at meals if you like, but don't "wash down" your food.*

*Get plenty of exercise, fresh air, sleep, and sunshine. A tired, nervous body makes poor use of its food.*

*You can get a lift from an orange, or a glass of milk, or an apple just as well as you can from a "coke," and they have a wealth of vitamins besides.*

*Don't let food dislikes rule your diet. Usually we dislike vegetables because our father or mother did and so did our "grandpop." Finicky appetites are a social disadvantage.*

*Don't let sweets spoil your appetite for vitamin-rich foods. The best time to eat sweets is after a meal.*

*Don't take more food than you can eat. Don't feed the garbage can. Be patriotic and leave a clean plate.*

Did someone say, "Why is leaving a clean plate patriotic?" Leaving a clean plate is patriotic because we eat food we used to waste. Thus we will have more to send to our allies and our fighting forces. Americans are sharing their food.

## **We share our food**

On a bus in one of our large cities, a pretty 16-year-old girl was complaining, complaining about everything—the



"And it's all because of this old war, too."

busses were too crowded, her family didn't get enough sugar, she had had no potatoes for 2 weeks, she had used all her shoe coupons and still she needed another pair, her mother worked in a war factory and she must do the housework and get the meals. Finally, sighing deeply, she wound up by saying, "And it's all because of this old war, too."

Her companions, a boy and girl of about the same age, did not respond immediately. The boy, Tom Carpenter, was the first to speak. He asked, "Ruth, why do you think we have to ration such things as food?"

"I don't see *why*! I read in the paper the other day that American farmers were producing more food than ever. They're raising record-breaking crops. I don't understand why rationing is necessary!"

At this juncture, Marjory Crump joined in, "Yes; but they have a record-making demand for it, too. They have to raise enough food so that we can feed our armed forces and send food to our allies. We have to divide what is left fairly among the rest of us—so we ration it."

"The way things are now, you can't get enough food to eat because your ration points run out."

"Ruth Lee, you know that isn't true," exclaimed Marjory.

“It’s quite possible for people to be well nourished in spite of food shortages and rationing. We’re doing it in our family. Of course, it takes planning, but it can be done!”

“Well, I don’t see how you do it,” sighed Ruth. “We’ve tried and tried, but we still run short.”

“Mother and I talked to Miss Randall, the home economics teacher at school, and she gave us some pretty good tips. I’ll try to pass them on to you. First of all, in buying food, you have to consider both its point value and nutritional value. She showed us a chart in which foods were divided into seven groupings. (See p. 2.) You’d better go to her office and copy it. That’s what we did.

“Well all you have to do is to see to it that your family has some foods from each of these seven groupings every day. But they don’t have to have the ones that take the greatest number of points. You see, Ruth, the highest number of points is given to the scarcest food and the fewest points to the most plentiful. Mother and I are careful to buy early in the rationing period the foods which cost the least number of points. We almost always have some points left at the end of the time, too.”

“It sounds easy, but it really isn’t.”



“Tonight I gave my steak to John.”



"It is *easy* if you really *plan*. We plan our meals at least a week ahead. That is, we make a tentative plan. Sometimes we use alternates, of course."

"Even so, I don't see how you can make your meat ration last. You certainly can't have meat for supper every night."

"No, we don't. But there are ways of saving on your meat coupons. Fresh fish and chicken aren't rationed. So by serving these on some days you can make your points go further. Then, too, we sometimes use other things in place of meat. When we're not having meat for supper, we use cheese, nut, egg, and bean dishes as alternates. Miss Randall calls them 'meat alternates' because you use them in the place of meat. And we've learned to fix them up so they're quite tasty, too. Even Dad and Buster like them and say that they don't really miss having meat every night!"

Ruth admitted grudgingly, "Maybe we could do that, too. Would you and your mother give us some recipes?"

"Of course, we would. I'll even come over and help you make some of the meatless dishes, too. And Ruth, if you aren't sure of the best ways of cooking meats or vegetables, why don't you ask Miss Randall about them, too? She says that it is foolish and unpatriotic to spend ration points for food and then either waste or destroy its value by not cooking it right. She'd be glad to help you."

At this point, Tom, who had been listening to the conversation between the girls interrupted, "Ruth, at first I felt just as you feel about rationing. But I've changed since my brother, John, joined the Army and went to the South Pacific. When we have macaroni and cheese for supper instead of steak, I say to myself, 'Tonight I gave my steak to John. He needs it more than I do.' Whenever I see a soldier, I say to myself, 'Fella, you're wearing the shoes I might have had if I hadn't refused to buy the pair I didn't need.' And when I see a big army truck or even a 'jeep' rumbling through the streets, I brag to myself and say, 'There go my tires—the ones I might have used. There they go on their way to help win this war!' It's a swell feeling. Makes you feel as if you were really doing something to help America win."

Tom was right. It is a good feeling to know that we are helping America win the struggle against the dictator powers. When we understand why rationing is necessary we will accept it cheerfully, wholeheartedly, and without complaint whether it be for food or other civilian supplies.

Strong, straight bodies that can carry the load of a hard day's work are built with well-balanced meals. Nerves that are steady, firm, and unafraid are found in bodies fed a well-rounded diet. Life in a wartime world calls for courage and strength from both civilians and soldiers. If we are well fed, we have pep, energy, and strength for our war task, for play, for dating, for fun. Now that we know what we should eat and why, what are we waiting for?

**Let's eat right**

**Let's waste nothing**

**Let's share our food  
with our fighting men and allies**

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