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U.S. NEEDS US STRONG



EAT THE BASIC 7 EVERY DAY

**NATIONAL
WARTIME
FOOD
GUIDE**

UNITED STATES DEPARTMENT OF AGRICULTURE
WAR FOOD ADMINISTRATION
Office of Distribution
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THE BASIC 7 FOOD GROUPS

GROUP ONE



GREEN AND YELLOW VEGETABLES...

some raw—some cooked, frozen or canned

GROUP TWO



ORANGES, TOMATOES, GRAPEFRUIT...

or raw cabbage or salad greens

GROUP THREE



POTATOES AND OTHER VEGETABLES AND FRUITS

raw, dried, cooked, frozen or canned

GROUP FOUR



MILK AND MILK PRODUCTS...

fluid, evaporated, dried milk, or cheese

GROUP FIVE



MEAT, POULTRY, FISH, OR EGGS...

or dried beans, peas, nuts, or peanut butter

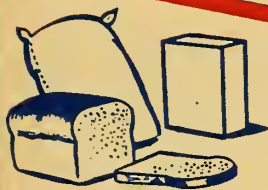
GROUP SEVEN



BUTTER AND FORTIFIED MARGARINE

(with added Vitamin A)

GROUP SIX



BREAD, FLOUR, AND CEREALS...

Natural whole grain— or enriched or restored

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See inside pages for foods in each group

BASIC 7 FOOD GROUPS

All kinds of food are good. It is the way you put them together into meals that makes the difference. To keep healthy and strong, use some food from each of the seven groups every day.

Any food within the same group will take the place of any other. In planning your three meals every day try to use at least one serving of some food from each of the seven groups, not leaving out any single group. Two or three servings each day from Groups Three, Four, and Six would be better.

Use the Basic 7 food lists when deciding what to grow in your garden, what to store and can, and what other foods to raise besides vegetables.

If you buy meals away from home, remember the seven food groups when choosing food.

This guide also may be used in planning meals to be served in lunchrooms or to be carried in the lunch box by school children, war workers, and others.

GROUP ONE



GREEN AND YELLOW VEGETABLES

*(Raw, cooked, frozen,
canned, or dried)*

Asparagus, green
Beans, snap, string, and
green
Broccoli
Cabbage, Chinese
Celery, green
Chard
Collards
Endive, green
Escarole
Kale
Lettuce, leaf
Mustard greens
Okra
Peas, green
Peppers, green
Spinach
Turnip greens
Wild greens
Other greens, including
salad greens

Carrots
Pumpkins
Squash, yellow
Sweetpotatoes
Yams
(Also apricots and yellow
peaches)

GROUP TWO



ORANGES, TOMATOES, GRAPEFRUIT, CABBAGE

(Fresh or canned)

Grapefruit
Grapefruit juice
Kumquats
Lemons
Limes
Oranges
Orange juice
Pineapple juice
Tangerines
Tomatoes
Tomato juice
Cantaloups (muskmelons)
Raspberries
Strawberries

(Raw or slightly cooked)

Cabbage
Brussels sprouts
Cauliflower
Kohlrabi
Rutabagas

*If foods in Group Two are
hard to get, use more, espe-
cially raw, from Groups
One and Three.*

GROUP THREE



POTATOES AND OTHER VEGETABLES AND FRUITS

*(Raw, cooked, dried, fro-
zen, or canned)*

Potatoes, white

Artichokes
Beets
Celery, white
Cucumbers
Eggplant
Leeks
Lettuce, head
Lima beans, fresh
Mushrooms
Onions
Parsnips
Radishes
Salsify or oysterplant
Sauerkraut
Squash, white
Sweet corn
Turnips

Cherries
Cranberries
Currants
Dates
Figs
Gooseberries
Grapes
Huckleberries
Loganberries
Mangoes
Papayas
Peaches, white
Pears
Persimmons
Pineapples
Plums
Prunes
Quinces
Raisins
Rhubarb
Watermelons
Youngberries

*Also, all vegetables and
fruits not listed else-
where.*

Apples
Avocados
Bananas
Blackberries
Blueberries

GROUP FOUR



MILK AND MILK PRODUCTS

Whole milk
 Skim milk
 Buttermilk
 Cultured milk
 Evaporated milk
 Condensed milk

Dried milk solids:
 Dried whole milk
 Dried skim milk
 Cheese—all kinds, including cottage cheese

GROUP FIVE



MEAT, POULTRY, FISH OR EGGS

or dried beans, peas; nuts,
 or peanut butter

*(Fresh, canned,
 or cured)*

Beef
 Veal
 Lamb
 Mutton
 Pork (except bacon and fat back)
 Variety meats, such as liver, heart, kidney, brains, tongue, sweetbreads, tripe
 Lunch meats, such as bologna
 Rabbit
 Chicken
 Duck
 Game
 Goose
 Guinea
 Squab
 Turkey
 Fish and shellfish:
 Fresh-water
 Salt-water

Kidney beans
 Lima beans
 Navy beans
 Pinto beans
 Soybeans
 Soya flour and grits
 Other beans and peas
 Lentils

Peanuts and peanut butter
 Nuts of all kinds

Eggs (fresh, dried, or frozen)

(Dried)

Black-eyed peas
 Cowpeas
 Field peas
 Great Northern beans

GROUP SIX



BREAD, FLOUR, AND CEREALS

(Natural whole-grain or enriched or restored)

Breads:

Whole-wheat
 Enriched-white
 Rolls or biscuits made with whole-wheat or enriched flour
 Pumpernickel (whole-rye)
 Oatmeal bread

Flour, enriched-white, whole-wheat, other whole-grain
 Whole-grain or enriched corn meal
 Enriched grits

Cereals:

Whole-wheat
 Rolled oats
 Brown rice
 Other cereals, if whole-grain or restored

Crackers, enriched-white, whole-grain, soya

GROUP SEVEN



BUTTER, AND FORTIFIED MARGARINE with added Vitamin A

ENERGY FOODS

Basic 7 foods give energy and protect health. The foods listed below give chiefly energy. They should be eaten in addition to the Basic 7 foods, not in place of them.

Bacon
 Drippings
 Lard
 Mutton fat
 Salt pork, fat back
 Suet
 Poultry fat
 Salad oils
 Salad dressings

Macaroni, spaghetti
 Corn meal, white
 Hominy grits
 Rice, white

Unenriched:

Crackers
 White bread, rolls
 White flour

Honey
 Preserves, jams
 Jellies
 Cane sirup
 Corn sirup
 Maple sirup
 Molasses (contains iron)
 Sorghum (contains iron)

Sugar
 Candy
 Cakes
 Cookies
 Pastries
 Other sweets

Cornstarch
 Noodles

CHECK YOUR MEALS AGAINST THE BASIC 7

Make a list of the foods in your meals for 1 day to learn whether you ate foods from all the seven basic groups.

Check the group to which each food belongs. (Use the wheel and the lists on the inside pages as guides.)

FOODS	GROUP						
Example:	1	2	3	4	5	6	7
Potato Soup							
Potatoes			x				
Milk				x			

Did you have food from each of the seven groups?
 Why not check your day's meals again soon to be sure you are getting the Basic 7?