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BUDGETING . . .

for good meals

and

good nutrition



FAMILY FOOD BUDGETING

*for good meals
and
good nutrition*

*Prepared by
Consumer and Food Economics
Research Division
Agricultural Research Service*

Family food planning and buying is a challenging job. To shop wisely in today's supermarket takes knowledge, good judgment, and a keen sense of food values in relation to food costs.

In this bulletin are workable, up-to-date guides to family food budgeting at different cost levels. These readymade food plans, prepared by nutritionists, can help you choose the right foods in the right amounts at a price you can afford.



FIVE FOOD PLANS AT DIFFERENT COSTS

Five family food plans are presented on pages 6 to 10. They include—

- An economy plan (table 1).
- Two low-cost plans (tables 2 and 3).
- One moderate-cost plan (table 4).
- One liberal plan (table 5).

Each plan gives the weekly amounts of different groups of food that together supply an adequate diet. Amounts are figured for different age, sex, and activity groups within the family.

Table 6, on page 11, estimates the cost of 1 week's food for the five family plans.

The economy plan is the least expensive of all the plans. It is designed for temporary or emergency use when funds are low.

Families using the economy plan will have food that costs about 20 percent less than the basic low-cost plan.

Food Groups in Plans

Generally, it will cost 30 to 35 percent more to follow the moderate-cost plan than the basic low-cost plan (table 2). The liberal plan is 10 to 20 percent higher in cost than the moderate-cost plan.

Small families usually find that they cannot buy and use food as economically as can large families. Allowance is made for this in estimating the costs of food for the plans for small families and for large families.

Choose Foods You Enjoy

Use the plan you choose as a yardstick for estimating food needs and food costs for your family. The kinds and amounts of food suggested in each plan can be made into appetizing meals that will promote growth for children and maintain good health for both children and adults.

From the food groups in the plans, choose the foods that your family enjoys and that give you good value for money spent. How you use these foods and in what combination is up to you.

Quantities of food in the liberal plan do not differ much from those in the moderate-cost plan. A greater variety of foods and more out-of-season and specialty foods are possible when the food budget is liberal. This does not mean that food in the liberal plan is necessarily more nutritious, but it does allow more expensive and varied food choices.

Consider Ease of Preparation

A homemaker who is a skillful cook and has time will prepare many foods from basic ingredients, and be able to serve attractive, nourishing, low-cost meals from the less expensive foods.

A homemaker who is employed, is in poor health, or has numerous activities outside the home may prefer to buy processed and convenience foods to save time and energy.

Some so-called convenience foods, such as heat-and-serve meals, and partly prepared foods, such as mixes and brown-and-serve items, have extra services built into them and may cost more than the same foods prepared at home from basic ingredients. Other convenience foods may cost no more or even less than similar products made at home.

Foods for the family plans are arranged in 11 groups. Except for potatoes and eggs which stand alone, each of the groups offers a selection of foods that are similar in food value and that have similar uses in a meal.

For example, all meat, poultry, and fish are grouped together in one group. These foods generally are served as main dishes in meals.

A family can make its own choices within the group and thus adapt the plan to its needs and preferences.

The 11 food groups, the common foods in each, and the number and size of servings provided per person in the plans follow:

Group 1: Milk, cheese, ice cream

Milk may be in any form acceptable to the family—fresh fluid whole, skim, dry (whole or nonfat), evaporated, or buttermilk; or as cheese or ice cream.

Daily servings:

Children under 10 years.—About 3 cups for low-cost plans; $3\frac{1}{2}$ cups for moderate-cost and liberal plans.

Boys and girls 10-19 years.— $3\frac{3}{4}$ to 4 cups.

Pregnant women.—1 quart.

Nursing mothers.— $1\frac{1}{2}$ quarts.

Other adults.—2 cups for low-cost and moderate-cost plans; $2\frac{1}{4}$ cups for liberal plan.

Count the following as equivalent to a quart of fluid whole milk: Evaporated milk, 16 ounces; nonfat dry milk, 3 ounces; cheese, Cheddar-type, processed, 6 ounces; cheese, cottage, creamed, $2\frac{1}{2}$ pounds; ice cream, $1\frac{2}{3}$ quarts.

The equivalents are figured on the basis of calcium content because calcium is one of the important contributions of milk to the diet.

Group 2: Meat, poultry, fish

This group includes all kinds of meat, liver, and other variety meats; it includes all kinds of poultry and fish.

Bacon and salt pork should be limited to not more than $\frac{1}{3}$ pound for each 5 pounds of other meats.

This limitation is imposed because bacon and salt pork contain only small amounts of protein which is abundantly present in poultry, fish, and the more meaty types of meat.

Weekly servings from this group :

4 or 5 for economy plan.

6 to 9 for other low-cost plans.

9 to 13 for moderate-cost plan.

10 to 14 for liberal plan.

Count 3 ounces of lean, cooked, boneless meat as a serving—a little less for small children, more for men and adolescent boys. One pound as purchased makes 1 or 2 servings for cuts with much bone, such as short ribs, poultry, and whole fish; 2 or 3 servings for meat with medium amounts of bone, such as beef round, ham slices, chops, and shrimp; and 4 to 5 servings of boneless cuts, such as lean ground meat, canned ham, luncheon meats, and fish fillets.

Group 3: Eggs

Weekly servings :

5 or 6 eggs by themselves or in cooking in low-cost plans.

6 or 7 eggs by themselves or in cooking for moderate-cost and liberal plans.

Group 4: Dry beans, peas, nuts

Weekly servings :

2 or 3 for low-cost plans.

1 or 2 for moderate-cost and liberal plans.

One pound (2 to 2½ cups) of dry beans or lentils yields 10 to 11 servings of ½ cup each.

Group 5: Flour, cereal, baked goods

This group includes flour or meal made from any grain, cooked and ready-to-serve cereal, rice, hominy, noodles, macaroni, spaghetti, breads, rolls, cakes, and other baked goods.

Daily servings : All plans provide for bread in some form at every meal and a cereal dish each day. The low-cost plans have these foods in larger quantity than other plans. Count 1½ pounds of bread and other baked goods as 1 pound of flour or cereal. Loaf bread has about 20 slices to the pound. Allow 1 ounce per serving of ready-to-serve and ½ to ¾ cup of cooked cereal, macaroni, spaghetti, or other pastes and rice.

Group 6: Citrus fruit, tomatoes

Included in this group are fresh, canned, and frozen citrus fruit and juices—oranges, grapefruit, lemons, tangerines; and fresh and canned tomatoes.

Weekly servings :

5 or 6 for low-cost plans.

7 or 8 for moderate-cost plan.

8 or 9 for liberal plan.

Serving size is about ½ cup (4 fluid oz.) or amount as ordinarily served—as 1 medium orange, ½ medium grapefruit or 1 medium tomato. For canned juices, count 2 servings to an 8-ounce can; 4 or 5 servings to a No. 2 can (1 pint, 2 oz.) or 12 servings to a No. 3 cylinder can (46 oz. or 1 quart, 14 ounces); frozen fruit juice concentrate, 6 servings to a 6-ounce can with 3 cans of water added; 12 servings to a 12-ounce can with 3 cans of water added.

Group 7: Dark-green and deep-yellow vegetables

This group includes broccoli, chard, collards, spinach, other dark greens; green peppers, carrots, pumpkin, yellow winter squash, sweet-potatoes.

Servings : 1 dark-green or deep-yellow vegetable at least every other day for all plans. Serving size is about ½ cup.

Group 8: Potatoes

The size and number of servings will depend on age, sex, and activity of person. Usually count 3 medium-size potatoes to a pound. Potatoes may be served daily and sometimes twice daily for the low-cost plans, about 6 times a week for the moderate plan and 5 times a week for the liberal plan.

Group 9: Other vegetables and fruits

This group is made up of all fruits and vegetables not in other groups and includes the following: Asparagus, beets, brussels sprouts, cabbage, cauliflower, celery, corn, cucumbers, green lima beans, snap beans, lettuce, okra, onions, peas, rutabagas, sauerkraut, summer squash, turnips, apples, avocados, bananas, berries of all kinds, cherries, dates, figs, grapes, melons, peaches, pears, plums, and pineapple.

The size and number of servings from this group depend on age and activity of individual. Adult serving size is ½ cup or 1 piece of fresh fruit of medium size.

Daily servings :

2 for low-cost plans.

2 or 3 for moderate-cost plan.

3 or 4 for liberal plan.

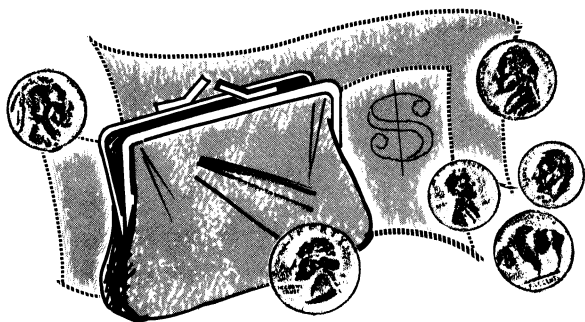
Group 10: Fats and oils

Fats and oils for cooking and table use include butter, margarine, salad oil, salad dressing, shortening, lard, and meat drippings. Exact servings are not figured.

Group 11: Sugar, sweets

Included in this group are all sugars—granulated, powdered, brown sugar (beet or cane), molasses, sirups, honey; jams, jellies, preserves; candy; and powdered and prepared desserts.

The quantities of these foods in the weekly plans provide for day-to-day table and cooking use. More sugar will be needed for canning or preserving food at home.



SELECTING YOUR FAMILY FOOD PLAN

One of the five food plans will probably fit your family situation. See table 6 on page 11 for the estimated weekly costs of following the plans. Select the plan that costs approximately the amount you are able to spend for food each week.

The actual cost of following a food plan may be more or less than the amount estimated, de-

pending on current prices, buying habits of the family, and whether the family produces food at home.

The two low-cost plans are designed to fit the pocketbooks of most low-income families.

If you must spend less money for food than the amount needed for the basic or the second low-cost plan, you may want to follow the economy plan (table 1).

The economy plan does not provide as nutritious a diet as the other plans. However, it will meet the nutritional needs of most families. It suggests less milk, meat, poultry, fish, eggs, fruits, and vegetables than the other plans. Cereal products supply a larger share of the energy value, protein, calcium, and vitamins (with the exception of vitamin C) than in the other plans. Enough vitamin C is provided in fruits and vegetables to meet the needs of most individuals.

The iron content of the economy plan may be slightly low for adolescent girls and women unless special choices are made in the meat-fish-poultry group. A serving of liver each week or additional servings of dark-green vegetables are recommended for adolescent girls and women using the economy plan.

The basic low-cost plan (table 2) will probably suit the needs of most U.S. families wishing to have a relatively low-cost diet. The second low-cost plan (table 3) may be particularly useful to families with food habits common to the southeastern section of the United States. These families normally consume larger quantities of cereal products and fewer potatoes than do families in other sections. Families using this plan may use more flour, fat, and home-baked breads and, consequently, buy less bread than families using the basic low-cost plan.

Both plans provide each family member with food that is nutritionally adequate, but the second low-cost plan costs less.

TABLE 1.—ECONOMY FAMILY FOOD PLAN

[Least expensive of any of the food plans: Designed for temporary use when funds are limited]

Sex-age group	Weekly quantities of food ¹ for each member of family																			
	Milk, cheese, ice cream ²		Meat, poultry, fish ³		Eggs	Dry beans, peas, nuts		Flour, cereals, baked goods ⁴		Citrus fruit, tomatoes		Dark-green and deep-yellow vegetables		Potatoes		Other vegetables and fruits		Fats, oils		Sugars, sweets
	<i>Qt.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>No.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>
Children:																				
7 months to 1 year.....	5½	0	8	4	0	0	0	12	1	0	0	4	0	8	1	0	0	1	0	0
1-3 years.....	5	0	12	4	0	1	1	8	1	0	0	4	1	0	2	0	0	4	0	4
4-6 years.....	5	1	0	4	0	4	2	4	1	4	0	4	1	8	2	0	0	6	0	6
7-9 years.....	5	1	8	5	0	6	2	8	1	8	0	8	2	4	3	0	0	10	0	10
10-12 years.....	6	1	12	5	0	8	3	4	1	12	0	8	2	12	3	4	0	10	0	12
Girls:																				
13-15 years.....	6½	2	0	5	0	8	3	4	1	12	0	12	3	0	3	8	0	12	0	10
16-19 years.....	6½	2	0	5	0	8	3	0	1	12	0	12	2	12	3	4	0	8	0	10
Boys:																				
13-15 years.....	6	2	0	5	0	10	4	8	2	0	0	12	3	4	3	8	0	14	0	12
16-19 years.....	6	2	8	5	0	12	5	8	2	0	0	12	4	12	3	8	1	0	0	14
Women:																				
20-34 years.....	3	1	4	4	0	4	3	0	1	12	0	12	3	0	3	0	0	8	0	12
35-54 years.....	3	1	4	4	0	4	3	0	1	12	0	12	2	12	2	12	0	6	0	12
55-74 years.....	3	1	4	4	0	4	2	8	1	12	0	12	2	8	2	8	0	6	0	6
75 years and over.....	3	1	4	4	0	4	2	4	1	12	0	12	2	4	2	4	0	6	0	6
Pregnant.....	7	2	0	7	0	4	2	8	3	0	1	8	2	8	4	0	0	6	0	8
Nursing.....	10	2	0	6	0	4	3	4	4	0	1	8	3	12	4	8	0	10	0	12
Men:																				
20-34 years.....	3	2	0	5	0	10	4	12	1	12	0	12	4	4	3	8	0	14	1	2
35-54 years.....	3	2	0	5	0	10	4	4	1	12	0	12	3	8	3	0	0	12	0	14
55-74 years.....	3	2	0	5	0	6	4	0	1	12	0	12	3	0	2	12	0	12	0	12
75 years and over.....	3	2	0	5	0	6	3	8	1	12	0	12	2	12	2	8	0	10	0	12
Total																				

¹ Food as purchased or brought into the kitchen from garden or farm.² Fluid whole or its calcium equivalent in cheese, evaporated milk, dry milk, ice cream (see p. 3).³ Bacon and salt pork should not exceed ¼ pound for each 5 pounds of meat group.⁴ Weight in terms of flour and cereal. Count 1½ pounds bread as 1 pound flour.

TABLE 2.—BASIC LOW-COST FAMILY FOOD PLAN

Sex-age group	Weekly quantities of food ¹ for each member of family																				
	Milk, cheese, ice cream ²		Meat, poultry, fish ³		Eggs	Dry beans, peas, nuts		Flour, cereals, baked goods ⁴		Citrus fruit, tomatoes		Dark-green and deep-yellow vegetables		Potatoes		Other vegetables and fruits		Fats, oils		Sugars, sweets	
	Qt.	Lb.	Oz.	No.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	
Children:																					
7 months to 1 year.....	5½	1	0	5	0	0	0	12	1	8	0	2	0	8	1	0	0	1	0	2	4
1-3 years.....	5½	1	4	5	0	1	1	4	1	8	0	4	0	12	2	4	0	4	0	4	0
4-6 years.....	5½	1	8	5	0	2	2	0	1	12	0	4	1	4	3	4	0	6	0	6	0
7-9 years.....	5½	2	0	6	0	4	2	4	2	0	0	8	2	0	4	4	0	8	0	10	0
10-12 years.....	6½	2	4	6	0	6	3	0	2	4	0	8	2	8	5	0	0	8	0	12	0
Girls:																					
13-15 years.....	7	2	8	6	0	4	3	0	2	4	0	12	2	8	5	0	0	10	0	12	0
16-19 years.....	7	2	8	6	0	4	2	12	2	4	0	12	2	4	4	12	0	6	0	10	0
Boys:																					
13-15 years.....	7	2	8	6	0	6	4	4	2	8	0	12	3	4	5	4	0	12	0	12	0
16-19 years.....	7	3	4	6	0	8	5	4	2	8	0	12	4	12	5	8	0	14	0	14	0
Women:																					
20-34 years.....	3½	2	8	5	0	4	2	8	2	0	0	12	2	0	5	0	0	6	0	10	0
35-54 years.....	3½	2	8	5	0	4	2	8	2	0	0	12	1	8	4	8	0	4	0	10	0
55-74 years.....	3½	2	8	5	0	4	2	4	2	0	0	12	1	4	3	8	0	4	0	6	0
75 years and over.....	3½	2	8	5	0	4	2	0	2	0	0	12	1	4	3	0	0	4	0	6	0
Pregnant.....	7	2	8	7	0	4	2	8	3	8	1	8	2	0	5	0	0	6	0	8	0
Nursing.....	10	3	4	7	0	4	3	0	4	8	1	8	3	4	5	8	0	8	0	10	0
Men:																					
20-34 years.....	3½	3	12	6	0	6	4	4	2	4	0	12	3	4	5	8	0	12	1	0	0
35-54 years.....	3½	3	8	6	0	6	3	12	2	4	0	12	3	0	5	0	0	10	0	12	0
55-74 years.....	3½	3	4	6	0	4	3	8	2	4	0	12	2	8	4	12	0	10	0	10	0
75 years and over.....	3½	3	4	6	0	4	3	4	2	0	0	12	2	4	4	8	0	8	0	10	0
Total.....																					

¹ Food as purchased or brought into the kitchen from garden or farm.

² Fluid whole or its calcium equivalent in cheese, evaporated milk, dry milk, ice cream (see p. 3).

³ Bacon and salt pork should not exceed ½ pound for each 5 pounds of meat group.

⁴ Weight in terms of flour and cereal. Count 1½ pounds bread as 1 pound flour.

TABLE 3.—SECOND LOW-COST FAMILY FOOD PLAN

[Especially adapted for southeastern food habits]

Sex-age group	Weekly quantities of food ¹ for each member of family																			
	Milk, cheese, ice cream ²		Meat, poultry, fish ³		Eggs	Dry beans, peas, nuts		Flour, cereals, baked goods ⁴		Citrus fruit, tomatoes		Dark-green and deep-yellow vegetables		Potatoes		Other vegetables and fruits		Fats, oils		Sugars, sweets
	<i>Qt.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>No.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>	<i>Lb.</i>	<i>Oz.</i>
Children:																				
7 months to 1 year.....	5½	0	12	5	0	0	0	12	1	8	0	2	0	8	1	0	0	1	0	1
1-3 years.....	5½	1	0	5	0	1	1	8	1	8	0	4	0	8	2	0	0	4	0	4
4-6 years.....	5½	1	4	5	0	2	2	4	1	8	0	4	0	8	3	0	0	8	0	6
7-9 years.....	5	1	12	6	0	6	2	12	1	12	0	8	1	8	4	0	0	10	0	10
10-12 years.....	6	2	0	6	0	8	3	8	2	0	0	8	2	0	4	12	0	10	0	12
Girls:																				
13-15 years.....	7	2	0	6	0	6	3	8	2	4	0	12	2	0	4	12	0	12	0	12
16-19 years.....	7	2	0	6	0	6	3	4	2	4	0	12	1	12	4	8	0	8	0	10
Boys:																				
13-15 years.....	6½	2	0	6	0	8	4	12	2	4	0	12	2	12	5	0	0	14	0	12
16-19 years.....	6½	2	12	6	0	10	5	12	2	4	0	12	4	4	5	4	1	0	0	14
Women:																				
20-34 years.....	3½	2	0	5	0	6	3	0	1	12	0	12	1	0	4	12	0	8	0	10
35-54 years.....	3½	2	0	5	0	6	3	0	1	12	0	12	1	0	4	4	0	6	0	10
55-74 years.....	3½	2	0	5	0	4	2	8	1	12	0	12	1	0	3	0	0	6	0	6
75 years and over.....	3½	2	0	5	0	4	2	4	1	12	0	12	1	0	2	12	0	6	0	6
Pregnant.....	7	2	4	7	0	4	3	0	3	4	1	8	1	0	4	12	0	8	0	8
Nursing.....	10	2	12	7	0	6	3	8	4	8	1	8	2	4	5	4	0	12	0	8
Men:																				
20-34 years.....	3	3	4	6	0	8	4	12	2	0	0	12	2	12	5	4	0	14	1	0
35-54 years.....	3	3	0	6	0	8	4	4	2	0	0	12	2	8	4	12	0	12	0	12
55-74 years.....	3	2	12	6	0	6	4	0	2	0	0	12	2	0	4	4	0	12	0	10
75 years and over.....	3	2	12	6	0	6	3	8	2	0	0	12	2	0	4	0	0	10	0	10
Total.....																				

¹ Food as purchased or brought into the kitchen from garden or farm.² Fluid whole or its calcium equivalent in cheese, evaporated milk, dry milk, ice cream (see p. 3).³ Bacon and salt pork should not exceed ½ pound for each 5 pounds of meat group.⁴ Weight in terms of flour and cereal. Count 1½ pounds bread as 1 pound flour.

TABLE 4.—MODERATE-COST FAMILY FOOD PLAN

Sex-age group	Weekly quantities of food ¹ for each member of family																			
	Milk, cheese, ice cream ²	Meat, poultry, fish ³		Eggs	Dry beans, peas, nuts		Flour, cereals, baked goods ⁴		Citrus fruit, tomatoes		Dark-green and deep-yellow vegetables		Potatoes		Other vegetables and fruits		Fats, oils		Sugars, sweets	
	Qt.	Lb.	Oz.	No.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.
Children:																				
7 months to 1 year.....	6	1	4	6	0	0	0	12	1	8	0	2	0	8	1	8	0	1	0	2
1-3 years.....	6	1	12	6	0	1	1	0	1	8	0	4	0	12	2	12	0	4	0	4
4-6 years.....	6	2	4	6	0	1	1	12	2	0	0	4	1	0	4	0	6	0	10	0
7-9 years.....	6	3	0	7	0	2	2	0	2	4	0	8	1	12	4	12	0	10	0	14
10-12 years.....	6½	4	0	7	0	4	2	12	2	8	0	12	2	4	5	8	0	10	0	14
Girls:																				
13-15 years.....	7	4	8	7	0	2	2	12	2	8	0	12	2	4	5	12	0	12	0	14
16-19 years.....	7	4	4	7	0	2	2	8	2	8	0	12	2	0	5, 8		0	10	0	12
Boys:																				
13-15 years.....	7	4	12	7	0	4	4	0	2	12	0	12	3	0	6	0	0	14	1	0
16-19 years.....	7	5	8	7	0	6	5	0	3	0	0	12	4	4	6	4	1	2	1	2
Women:																				
20-34 years.....	3½	4	4	6	0	2	2	4	2	8	0	12	1	8	5	12	0	8	0	14
35-54 years.....	3½	4	4	6	0	2	2	0	2	8	0	12	1	4	5	4	0	8	0	12
55-74 years.....	3½	4	4	6	0	2	1	12	2	4	0	12	1	4	4	4	0	6	0	8
75 years and over.....	3½	3	12	6	0	2	1	12	2	4	0	12	1	0	3	12	0	6	0	8
Pregnant.....	7	4	4	7	0	2	2	4	3	8	1	8	1	8	5	12	0	8	0	12
Nursing.....	10	5	0	7	0	2	2	12	5	0	1	8	2	12	6	4	0	12	0	12
Men:																				
20-34 years.....	3½	5	8	7	0	4	4	0	2	12	0	12	3	0	6	8	1	0	1	4
35-54 years.....	3½	5	4	7	0	4	3	8	2	12	0	12	2	8	5	12	0	14	1	0
55-74 years.....	3½	5	0	7	0	2	3	4	2	12	0	12	2	4	5	8	0	12	0	14
75 years and over.....	3½	5	0	7	0	2	2	12	2	8	0	12	2	0	5	4	0	10	0	12
Total.....																				

¹ Food as purchased or brought into the kitchen from garden or farm.
² Fluid whole or its calcium equivalent in cheese, evaporated milk, dry milk, ice cream (see p. 3).

³ Bacon and salt pork should not exceed ½ pound for each 5 pounds of meat group.

⁴ Weight in terms of flour and cereal. Count 1½ pounds bread as 1 pound flour.

TABLE 5.—LIBERAL FAMILY FOOD PLAN

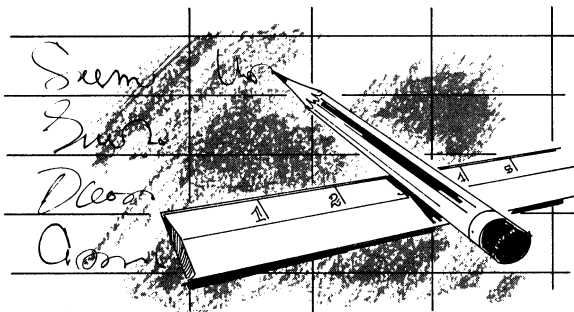
Sex-age group	Weekly quantities of food ¹ for each member of family																					
	Milk, cheese, ice cream ²		Meat, poultry, fish ³		Eggs	Dry beans, peas, nuts		Flour, cereals, baked goods ⁴		Citrus fruit, tomatoes		Dark-green and deep-yellow vegetables		Potatoes		Other vegetables and fruits		Fats, oils		Sugars, sweets		
	Qt.	Lb.	Oz.	No.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.	Lb.	Oz.		
Children:																						
7 months to 1 year.....	6	1	4	7	0	0	0	12	1	12	0	2	0	8	1	8	0	2	0	2	0	2
1-3 years.....	6	2	4	7	0	1	1	0	1	12	0	4	0	12	2	12	0	4	0	4	0	4
4-6 years.....	6	3	0	7	0	1	1	8	2	4	0	8	0	12	4	8	0	8	0	8	0	12
7-9 years.....	6	3	12	7	0	2	1	12	2	12	0	8	1	8	5	4	0	10	1	0	1	0
10-12 years.....	6½	4	12	7	0	4	2	12	3	0	0	12	2	4	6	0	0	10	1	0	1	0
Girls:																						
13-15 years.....	7	5	8	7	0	2	2	8	3	0	0	12	2	4	6	0	0	12	1	2	1	2
16-19 years.....	7	5	4	7	0	2	2	4	3	0	0	12	1	12	5	12	0	10	1	0	1	0
Boys:																						
13-15 years.....	7	5	8	7	0	4	4	0	3	4	0	12	3	0	6	8	0	14	1	4	1	4
16-19 years.....	7	6	4	7	0	6	5	0	3	8	0	12	4	4	7	4	1	4	1	2	1	2
Women:																						
20-34 years.....	4	4	12	6	0	1	2	0	3	0	0	12	1	4	6	4	0	8	1	2	1	2
35-54 years.....	4	4	12	6	0	1	1	12	3	0	0	12	1	0	6	0	0	8	1	0	1	0
55-74 years.....	4	4	12	6	0	1	1	8	3	0	0	12	1	0	4	8	0	6	0	12	0	12
75 years and over.....	4	4	4	6	0	1	1	8	3	0	0	12	0	12	4	0	0	6	0	10	0	10
Pregnant.....	7	4	12	7	0	1	2	0	4	8	1	8	1	4	6	4	0	8	1	0	1	0
Nursing.....	10	5	12	7	0	2	2	12	5	8	1	8	2	8	6	4	0	12	1	2	1	2
Men:																						
20-34 years.....	4	6	0	7	0	4	3	12	3	0	0	12	2	12	7	12	1	0	1	8	1	8
35-54 years.....	4	5	8	7	0	4	3	8	3	0	0	12	2	4	6	8	0	14	1	4	1	4
55-74 years.....	4	5	4	7	0	2	3	4	3	0	0	12	2	0	6	0	0	12	1	2	1	2
75 years and over.....	4	5	4	7	0	2	2	12	2	12	0	12	1	12	5	12	0	10	1	0	1	0
Total.....																						

¹ Food as purchased or brought into the kitchen from garden or farm.

² Fluid whole or its calcium equivalent in cheese, evaporated milk, dry milk, ice cream (see p. 3).

³ Bacon and salt pork should not exceed ½ pound for each 5 pounds of meat group.

⁴ Weight in terms of flour and cereal. Count 1½ pounds bread as 1 pound flour.



HOW TO FOLLOW YOUR FOOD PLAN

After choosing the food plan you wish to follow, you can make a plan for your own family.

Begin by writing down the name of each person who eats at your table daily. You can write the names on the blank lines provided at the bottom of the tables, one name to a line.

Find the line on the food plan that describes each person. Suppose Johnny is 11. You will find his food needs on the line "Children: 10-12

years." If Johnny is having a spurt of growth, he may need more food than the average 11-year-old boy. If this is the case, use line "Boys: 13-15 years."

The quantities of food for adults are based on the needs of "moderately active" persons. Such persons spend about 8 hours daily at light industrial or office work, 3 to 4 hours at moderate exercise or housework, and 4 to 5 hours in sedentary activities, such as watching television, sewing, or reading. Or such persons may spend 8 hours in such activities as carpentry, light agricultural jobs, laboratory work, store clerking, teaching, or housework, 1 to 2 hours in light exercise, and 6 to 7 hours in sedentary activities.

If your activities or those of your family are more or less than those specified, food quantities may need to be increased or decreased accordingly. Adjustments in the quantities of fats and oils, and in sugars and sweets, are easily made to take care of minor variations in activity.

TABLE 6.—ESTIMATED COST OF 1 WEEK'S FOOD AT HOME¹

[United States average, December 1970]

Individual by sex and age ²	Economy plan	Basic low-cost plan	Second low-cost plan	Moderate-cost plan	Liberal plan
	Dollars	Dollars	Dollars	Dollars	Dollars
Child:					
Under 1 year.....	2. 90	3. 60	3. 30	4. 50	5. 00
1-3 years.....	3. 80	4. 70	4. 20	5. 90	7. 10
4-6 years.....	4. 60	5. 80	5. 20	7. 40	9. 00
7-9 years.....	5. 50	6. 90	6. 20	8. 80	10. 80
10-12 years.....	6. 30	7. 90	7. 00	10. 20	12. 20
Girl:					
13-15 years.....	6. 60	8. 30	7. 30	10. 60	12. 80
16-19 years.....	6. 70	8. 40	7. 40	10. 50	12. 50
Boy:					
13-15 years.....	7. 50	9. 40	8. 50	12. 20	14. 60
16-19 years.....	8. 20	10. 20	9. 10	13. 00	15. 70
Woman:					
20-34 years.....	6. 20	7. 70	6. 90	9. 80	11. 80
35-54 years.....	5. 90	7. 40	6. 60	9. 40	11. 30
55-74 years.....	5. 00	6. 30	5. 40	8. 10	9. 70
75 years and over.....	4. 60	5. 70	5. 00	7. 20	8. 80
Pregnant.....	7. 30	9. 10	8. 30	11. 40	13. 50
Nursing.....	8. 50	10. 60	9. 70	13. 20	15. 50
Man:					
20-34 years.....	7. 10	8. 90	8. 00	11. 30	14. 10
35-54 years.....	6. 60	8. 30	7. 40	10. 50	12. 90
55-74 years.....	5. 90	7. 30	6. 60	9. 50	11. 50
75 years and over.....	5. 50	6. 90	6. 20	9. 20	11. 00

¹ Costs are estimated quarterly by Consumer and Food Economics Research Division, Agricultural Research Service, U.S. Department of Agriculture, Hyattsville, Maryland 20782. Current cost figures available on request.

² The costs given are for individuals in four-person families. For other size families, the following adjustments are suggested: Family of 1—add 20 percent; family of 2—add 10 percent; family of 3—add 5 percent; family of 5—subtract 5 percent; family of 6 or more—subtract 10 percent.

Fill in your family's food needs in blank spaces opposite each family member's name. Take each member in turn. Use a ruler or straightedge to guide your eye across the table as you pick out the recommended quantities of food in each group.

These plans provide for 3 meals a day, 21 meals a week for each family member, including any lunchbox meals. One week is about the smallest unit for which you can plan food buying effectively. If any member of the family regularly eats one of the day's meals away from home, you will take this into consideration in planning the week's food supply and buy that much less. For example, if you have a child who has his lunch at school 5 days a week, you can make allowance for this in the amount of food you buy for him each week.

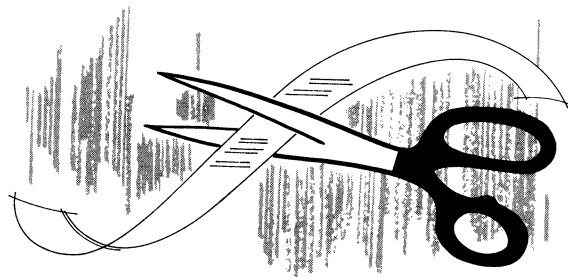
Keep records of foods used from each group. Remember the weight or measure of food you record is as it was purchased, not as it was prepared for serving.

Compare quantities and costs of foods used with the family plan selected. If quantities are similar and cost is much more or less than estimated, the cost difference may be due to—

- Choices of foods within the groups that are more or less expensive than the average assumed for the plans.
- Local food prices that are higher or lower than estimated in plans.
- Large amounts of home-produced food for which you assumed no cost.

If the quantities of any food group are much less than in the plan or are left out entirely, your family's meals may be inadequate. Meals are likely to be unbalanced if the neglected groups are:

- Milk, cheese, ice cream
- Dark-green, deep-yellow vegetables
- Citrus fruits and tomatoes
- Flour, cereals, baked goods, enriched or whole grain.



FOOD COST-CUTTERS

Although food is usually the largest single expense in a family budget, you can generally reduce the amount you spend for food by—

- Checking weekly specials in foodstore advertisements.
- Preparing a grocery list before you shop.
- Comparing costs and buying food in the form—fresh, frozen, or canned—or the weight of package—that gives the most servings for the money. To make an intelligent choice among brands of the same product, test different ones to see which one gives the greatest quality and number of servings for the money.
- Shopping carefully for low-cost foods within each food group.
- Using grades in making your food purchases. Government grades will enable you to be sure of the quality of the food you buy, and you are then better able to compare prices asked.
- Taking advantage of seasonal abundances. Radio, television, and newspapers call attention to foods in plentiful supply, as listed each month by the USDA. These foods will be at their peak of quality, and sometimes will be offered at lower prices.
- Limiting perishable food purchases to amounts that can be used while they are in top quality.

- Preventing food waste by proper storage and by cooking methods that conserve nutrients.

- Increasing skills in cookery.

- Considering family likes and dislikes when food shopping. Thrifty food buys pay off only if your family eats and enjoys the food.

Here are tips that may help you get more food value for your dollars:

- When buying meat, consider the amount of lean meat in the cut, not the cost per pound. Some cuts contain bone, gristle, and fat waste. For example, ground beef and beef short ribs may cost the same per pound but ground beef will give twice as many servings or more per pound as short ribs. Bacon, which is largely fat, is one of the most expensive foods you can buy in terms of protein value.

- Chicken and turkey have a large proportion of bone to lean, but are often bargains compared with other meats. Fish is high in nutrients; often low in cost.

- Eggs are usually a less expensive source of nutrients than most meats. Dry beans and peanut butter are inexpensive alternates for meat.

- Beef, lamb, and pork liver give unusually high nutritive returns for money spent.

- Study bread labels before you buy. Choose bread for weight and food value, not by the size of loaf. Look for bread that is whole-grain or enriched, and that contains milk.

- Buy packaged cereals or any other packaged food by weight, not by the size of the package. To compare prices, first look for the weights listed on the labels and note the prices. Then figure the costs for an ounce or a pound.

- Ready-to-serve cereals in multipacks of small boxes may cost two or three times more per ounce than the same cereal in a larger box.

Sugar-coated, ready-to-serve cereals cost more per ounce than many common, unsweetened ones, and furnish more calories but less other food value.

- Cereals you cook yourself (particularly the kinds that take longer to cook) are nearly always less expensive than the ready-prepared ones.

- Baked goods made at home usually cost less than ready-baked ones.

- Nonfat dry milk and evaporated milk cost considerably less per quart when reconstituted than whole fluid milk, and supply comparable amounts of calcium and protein. Reconstituted nonfat dry milk is an excellent beverage for most persons and generally can be substituted for whole fluid milk in cooking. For baking and preparing many other foods, nonfat dry milk does not need to be reconstituted before using. A glass of whole fluid milk usually costs three times as much as a glass of reconstituted nonfat dry milk.

- Choose the type of pack or grade in a canned product that is appropriate to your cooking method. It is thrifty to buy canned tomatoes of low market grade for stews and sauces. A can of solid white meat tuna costs more than the same size can of grated light meat tuna. You may prefer the solid pack for a salad and the grated pack for casseroles and sandwich fillings.

- Consider your time and the quality of the finished product in deciding whether to buy convenience foods (those partially or fully prepared). Also consider price in deciding if it pays to prepare a product yourself from basic ingredients; sometimes it does not. How much you enjoy cooking and how much time you have for it will influence your choice.

for health . . .

for buoyancy . . .

Eat Wisely Every Day

You look and feel best when you eat wisely—not when you overeat or undereat. Certain food nutrients are leaders in the day-by-day nourishment and upkeep of the body. Eating well-chosen foods in the right amounts regularly helps keep you—and your family—strong and healthy.

Your family food plan, followed faithfully, supplies the foods needed by the body. It provides food for energy—food for growth and repair—food to regulate body processes—and food to keep body parts functioning efficiently.

You can put nutrition to work for your family by making sure your daily meals include the key nutrients in these food groups:



Milk, Cheese, Ice Cream Group

Milk is our leading source of calcium. Unless milk is used regularly it is difficult to get enough calcium in the diet. Calcium is needed for building bones and teeth, keeping body frames strong, blood clotting, and maintaining muscle tone. Milk also provides high-quality protein, riboflavin, vitamin A, and other nutrients.



**Meat, Poultry, Fish Group; Egg Group;
Dry Beans, Peas, Nut Group**

These foods supply protein, which is needed for building and repairing all body tissues—muscle, organ, blood, skin, and hair; for energy; and for the formation of antibodies in the blood to fight infection. Foods in these groups also contain iron, and the B vitamins.



Vegetable and Fruit Groups

Fruits and vegetables are mainstay sources of many vitamins and minerals, particularly of vitamin C and vitamin A. Vitamin C is needed for growth and repair—particularly of bones and teeth—for healthy blood vessels, firm gums, and healing of wounds and fractures. Vitamin A is needed for growth, normal vision, and a healthy condition of skin and other body surfaces. Foods rich in vitamin A also aid the body in delaying aging and fighting disease.



Flour, Cereal, Baked Goods Group

Foods from this group furnish protein, and if whole grain, enriched, or restored, supply iron and several of the B vitamins, notably thiamine, riboflavin, and niacin. Iron is needed to make red cells and to help the cells use oxygen. The B vitamins contribute to steady nerves, normal appetite, good digestion, healthy skin, and general well-being. All foods in this group also furnish worthwhile amounts of food energy.

In addition, some foods from the fat-oils and sugar-sweets groups will be used daily to round out meals and satisfy appetite.



IF YOU PRODUCE SOME OF YOUR FOOD

Families who garden, milk a cow, or have a home meat supply will need to make allowances for these home-produced foods in their food plans. Because of these foods, the direct cash outlay will be less than the amounts estimated in the cost table on page 11.

For example, if you raise your own beef, pork, lamb, or poultry for home use, you will probably buy these foods only when your locker or home freezer supply is exhausted.

If you raise your own vegetables or fruit, you may want to use these foods in amounts similar to the moderate-cost or liberal plan even though you follow a low-cost plan for other foods. You will probably serve these homegrown foods often when they are at the peak of their goodness, and, perhaps, can or freeze the surplus for future use.

The food plans can serve as guides in estimating the amounts of food to produce in the family garden, the size of the poultry flock, and the number and size of farm animals that will need to be butchered to fill or supplement the family's meat needs for a given length of time.

The amounts of food from each of the 11 groups needed by your family for a week when multiplied by 52 (the number of weeks in a year) will give the family's yearly food supply. To this amount, add a margin of one-fourth to one-third for guests, and to cover a possible poor growing season, or losses in storage.

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This is a *Consumer Service* of USDA

Washington, D.C.

☆ U.S. GOVERNMENT PRINTING OFFICE: 1971 O-424-630

Issued January 1964
Slightly revised September 1971

For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402
Price 15 cents
Stock Number 0100-1377