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File copy
Food Calendar
attached

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THE THREE FOOD NEEDS

by

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THE THREE FOOD NEEDS.

(The Basis of Meal Planning).

Each food that is put in the daily meals should be chosen to satisfy at least one of the food needs.

The three food needs are:

I. MATERIAL FOR GROWTH AND REPAIR.

All parts of the body, muscles, bones, nerves, blood, etc., must be supplied with material from which they can grow or make repairs.

The bodies need for building and repair material is like that of an automobile. Materials are needed to build it in the first place, and after that there will be need of constant repairs.

No good machine can be made without the right material, nor can it last long without repairs.

Foods that supply building materials.

There are four conspicuous building materials that you should make it a point to include in your daily meals. If foods containing these four are generously supplied, the other building materials needed will also be taken care of. These four important builders are:

PROTEIN:

Protein is the flesh building material. There are animal proteins and plant proteins. The foods supplying this building material in the greatest quantity is found in Group I, (Food Calendar).

Milk is the best food containing animal protein for children.

"Grown ups" need protein also, but will not suffer so much as children if their supply of animal protein is limited.

LIME:

Lime is a bone and teeth making material. It also serves other useful purposes.

The cheapest and most valuable lime containing food is MILK.

Other foods rich in lime are leaves and stems of plants, foods in Group II, and cheese and eggs.

Lime is especially needed by growing children, by the expectant mother, and by the mother nursing her baby. Children cannot grow without lime, grown persons suffer without it.

A lack of sufficient milk in the diet of children is apt to result in a serious lack of lime.

IRON

Iron is the material that makes red blood.

The most valuable source of iron is green vegetables such as spinach.

Other sources of iron are foods in Group II, eggs and meat.

Iron is necessary for good blood.

Milk does not contain much iron, but the iron it does contain is very valuable. A baby comes into the world with sufficient iron stored in its system to safeguard it during the nine to twelve months of maternal nursing. After that period the baby should be given foods rich in iron.

The expectant mother needs foods rich in iron.

PHOSPHORUS:

Phosphorus is necessary for the growth and repair of bones, teeth and flesh.

Foods especially rich in phosphorus are breakfast foods and breads containing the outer layers of the grain, dried peas, beans, lentils, milk, eggs and meat.

GROWTH PROMOTING SUBSTANCES:

In addition to supplying the building and repairing materials, the growth and health promoting substances called vitamins must also be supplied by the food. The foods containing the vitamins are starred in the food calendar.

II. FOOD FOR FUEL.

Foods that should supply most of the fuel needs are:-

STARCH:

Starch is the cheapest fuel food. The body can use more starch than fat or sugar.

The best starch foods are found in Group III.

FAT:

Too little fat may cause a stunting of growth. This is because of the growth-promoting substance, vitamin, found in certain fats such as cream or butter, fat in eggs, cod-liver oil, and to some extent fat in meats.

Too little fat in the day's food causes the feeling of emptiness, because the food will pass rapidly from the stomach without it.

Too much fat may cause the food to remain too long in the stomach, and may give rise to digestive disturbances.

The more active a person is, the greater the capacity for using fat.

The common fatty foods are found in Group V.

SUGAR:

Foods are more palatable if some of the day's fuel is supplied by foods rich in sugar. Too much sweet foods should be avoided, since it has a tendency to destroy the appetite for mild flavored but more necessary foods. This is especially true of children.

The foods rich in sugar are found in Group IV. Some of the foods in Group II, also supply sugar.

III. BODY REGULATING SUBSTANCES.

The body needs for regulating substances are similar to the need of the automobile for oil, etc. All machines need some regulators. The body machine, though self-built, self-started, self-regulated and self-perpetuated needs the regulators more than any other machine.

Regulating the processes of the body is as important as building its tissues. Even though all substances in food play some part in regulating the body it is necessary to give especial attention to certain regulating substances.

In selecting foods for the day be sure to give attention to the following regulatory requirements.

WATER:

One of the most important body regulators is water. Six or eight glasses of water is needed daily for the healthy adult.

Water aids in digestion and absorption of foods and the elimination of waste. It plays a part in circulation as a carrier for food and waste materials. One prevailing cause of constipation is too little water.

BULK:

A mechanical stimulant is needed by the intestinal muscles. This is supplied by the fibrous material in fruits and vegetables, found in Group II, also in the outer layers of the cereal.

ACIDS AND SALTS:

The acids and salts found in fruits and vegetables are needed to stimulate the flow of the digestive juices and the activity of the muscles of the intestinal tract.

GROWTH AND HEALTH PROMOTING SUBSTANCES, VITAMINES:

These substances are required for growth and health.

Children cannot grow or thrive without vitamins. They need more of these substances than the adult.

A child's diet poor in whole milk is very apt to lack in these important health and growth regulating substances.

Grown people can depend upon their supply to quite an extent from leafy vegetables and stems, because of their larger capacity for coarse food.

PALATABILITY:

Palatability is an important regulatory factor because the way the food appeals to us will determine to some extent the way we can utilize the food. Some of the factors determining palatability are; the way the food is prepared, variety, service, and the atmosphere during the meal hour.

WHAT TO REMEMBER.

1. Meals must supply body building materials from Group I and II.
2. Meals must supply fuel materials from Groups III, IV, and V.
3. Meals must supply body regulating substances from Group II.
4. At least six glasses of water should be taken daily because it is need for:

Absorption of food in solution.
Removes wastes.
A part of the body.

5. Each food group contains both expensive and inexpensive foods.
The most expensive foods are those especially fine in flavor and texture.
Generally speaking, place your selection on food value rather than on flavor and texture.
6. Foods in the same group may be substituted one for the other.
7. The building foods of Group I, should be supplied for building purposes, and not for fuel, though they can be utilized by the body for fuel but not as advantageously from the body standpoint, as Group III, IV and V.
8. The cheaper foods come from Group III and together with Groups IV and V, should be depended on for supplying the fuel need.

SERVING AN IMPORTANT PART OF THE MEAL.

"To teach the child how to eat is almost as important as to teach him what to eat".

No one can afford to slight the study of good manners. The basis of all good manners is kindly consideration of others.

Graceful and easy table manners and the knowledge of how to serve and be served add to the comfort as well as the pleasure of those present in the dining room.

The dining table is the social meeting place for the family. Each member of the family should contribute some good cheer and hospitality to the meal.

Good service is simple, consistent, and attractive. The service used may be varied as the occasion demands. The kind of service should meet the needs of the family for which it is used. Use a type which requires as few interruptions of the meal as possible.

The children should be taught to help in serving the meals, to set the table, and to place and remove courses.

Simple meal serving is in good form and taste. A two or three dish meal served from a well laid table, with clean linen and good cheer and hospitality is the correct service.

Household equipment which will save energy, time, and labor is worthy of consideration.

A SIMPLE GUIDE FOR TAKING CARE OF THE THREE FOOD NEEDS.

(Have some food from each group in each day's meals)

Energy giving foods.			Body Building and Regulating Foods.				Protective foods.		
			Muscle	Bone, Teeth and regulating			Vitamin		
Starches	Sugars	Fats	Proteins	Lime or Calcium	Iron	Roughage	A	B	C
Breads	Sugar	Butter	Milk	Cheese	Spinach	Beans	Cream	Cream of	Oranges
Crackers	Molasses	Cream	Eggs	Milk	Greens	Peas	Butter	cereal	Lemons
Macaroni	Sirup	Cheese	Cheese	Butter-	Molasses	Cabbage	Egg yolk	Spinach	Tomatoes
Rice	Honey	Lard	Lean meat	milk.	Bran	Turnips	Spinach	Cabbage	Rhubarb
Tapioca	Preserves	Salt pork.	Fish	Cottage	Beans	Squash	and other	Beets	Raw cabbage
Sago	Jellies	Bacon	Beans	cheese.	Egg yolks	Cellery	green	Tomatoes	Raw turnips
Breakfast	Dried fruit	Margarines	Peas		Lentils	Asparagus	leaves.	Carrots	Raw carrots
foods.	Candy, cake	Vegetable	Nuts		Whole	Lettuce	Carrots	Turnips	Raw rutaba-
Other	and cookies	and nut			cereals.	Spinach	Tomatoes	Beans and	gas.
cereal	Other	oils.			Prunes	Onions	Glandular	other veg-	Raw onions.
products.	desserts.	Peanut butter			Dates	Raisins	organs	etables	
Potatoes					Figs	Dates	Yellow	if water	
Beans and					Raisins	Prunes	corn	in which	
peas.					Red meat.	Apples	Sweet po-	they are	
						Bran	tatoes.	cooked is	
							Rutabagas	used.	

EVERY PERSON SHOULD DRINK FROM 6 TO 8 GLASSES OF WATER DAILY.