Meals that Satisfy

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Eating for Health is more important than for the mere pleasure and satisfaction of eating. But why not plan your meals for both? The corner stone of the family's health and happiness and ultimate success is found in the kind of meals served.

The old saying "Tell me what you eat and I'll tell you what you are" contains a whole lot of truth.

TO PREPARE MEALS THAT SATISFY, MOTHER MUST KNOW:

1. The Food Needs.
2. Value of different foods in diet.
3. Cost and season of food.
4. How to make meals interesting.

Review of the food needs for the normal person.

... Food for growth, strength, regulatory needs and health.

1. Milk - a quart a day for children
   a pint a day or more for adults.
2. Eggs - at least three times a week.
3. Fruit - Twice a day or oftener
4. Vegetables - Two or more a day besides potatoes and
   including leafy vegetables once a day.

B. Food for host and energy - to be taken according to the individuals
   activities and needs.

   1. Starches) The first two being the
   2. Fats) most easily taken care
   3. Sugar) of in the body.

C. Water an absolute necessity - at least 8 glasses a day.

What the principal foods contribute in taking care of the food needs.

A. Milk important source of

   1. Protein ) In a class by itself as
   3. Vitamins ) Energy
   5. Also has favorable influence upon the bacterical condition in
      digestive tract.

B. Meats (including fish and poultry)

   1. Good source of:
      a. Protein
      b. Fat

   2. Deficient in:
      a. Minerals
      b. Vitamins

      (Popular flavor - moderate amount stimulates appetite)

C. Eggs

   1. Source of:
      a. Protein
      b. Minerals
      c. Vitamins
      d. Fat

      (Eggs seem to occupy a place between milk and meat - all three
       supply protein that is efficient in supplementing proteins of
       cereals. The mineral and vitamin content of eggs superior to
       meat but inferior to milk. Milk especially superior in lime content).
D. Fruits and Vegetables

1. Very important sources of:
   a. Minerals
   b. Vitamins
   c. Good factor in intestinal hygiene; in elimination of waste.
   d. Very greatly in protein and energy value.

E. Cereals

1. Economical source of:
   a. Energy
   b. Proteins

2. Deficient in:
   a. Minerals
   b. Vitamins

F. Sugars and Fats

1. Important source of energy to supplement the other foods.
2. Some fats important sources of vitamin A, especially cream and butter.
   
   (Fats in cooking give food a richness. A great deal of sugar in diet has tendency to satisfy appetite and energy need without the other food needs adequately taken care of. This should be avoided, especially in children's diets.)

From above review it is seen that breadstuffs and cereals can better be supplemented with milk, vegetables and fruit than meat.

Main deficiencies in diet:

1. Vitamin content
2. Mineral deficiencies
3. Factors having to do with intestinal hygiene and elimination of waste.

Furnished by:
- Milk
- Vegetables
- Fruits

GOOD MEAL PLANNING IN SIMPLE TERMS

I. Provide first foods which are good sources of minerals, vitamins, and those influencing intestinal hygiene and elimination of waste which are: milk, vegetables and fruit.

II. Cover by other foods as desired the remainder of protein and energy needs.

Or we may say:

Provide:

First adequate supply of

a. Milk
b. Vegetables and fruits
Then add breadstuffs, cereals, eggs, meats, fats, sweets according to:

a. Protein and energy required
b. Taste
c. Purse
d. Individual digestive powers

We can insure sufficient quantity of minerals and vitamin content in the diet by budgeting the money spent for food as follows:

1. Spend as much for milk in its various forms as for all flesh food.
2. Spend as much money for vegetables and fruits as for fish and meat.

TO MAKE THE MEAL INTERESTING

1. Because of the varied food needs there is a demand for contrasts between foods of different courses or dishes of a meal. It is not wise to serve the same food twice in a meal, even though it is prepared in different ways, e.g., apple salad or apple baked, or bean soup and baked beans. This leads to monotony rather than variation or contrasts. Neither is it desirable to serve the same preparation, e.g., scrambled eggs, for breakfast and luncheon, or hash for breakfast and luncheon on the same day.

2. In case of breakfast for example, if fresh fruits cannot always be served it is better to alternate the fresh fruit with the canned or stewed rather than to have fresh fruit several days in succession followed by canned or stewed for a number of days. The same can be said in regard to cereals when both cooked and uncooked are used.

3. There should also be variety in the flavor of the food selected as well as in the materials used. For example, potatoes, rice and macaroni, are all high in starch and also resemble each other too closely in consistency and texture as well as being all bland in flavor. Blend dishes should be supplemented with more highly flavored dishes to relieve monotony.

4. When two or more vegetables are used in the same meal they should be different. Sweet potatoes and white potatoes do not belong in the same meal though they are often served together. It would be much better to serve contrasting vegetables such as spinach or cabbage.

5. In addition to the contrasts the foods should have flavors that go well together. This is where the provider's imagination comes into play for the best results.

6. Contrast and harmony in color and general appearance makes meals more interesting.

7. A combination of moist and dry foods, e.g., creamed potatoes is not as good a combination with a meat dish as it is with a broiled steak.

8. Contrast in temperature of dishes also adds interest.
9. The first course for each meal should tend to stimulate the appetite and prepare the digestive tract for the remainder of the meal. This is especially true of breakfast, and fruit is generally used for this purpose. Fruit is also frequently used for the first course in a luncheon or dinner. Soup has stimulating qualities and is used for a first course. The next course should consist of a mild flavored food, for example, in the case of breakfast, a cereal.

This bland flavored course is followed by the main course, which usually contains the principal building and repair foods, (protein) and the energy and heat producing foods, (starch). The salad course then follows in case of a luncheon or dinner, supplying principally body regulating and body building foods in the form of minerals, organic acids, etc. The meal ends with a dessert and beverage. The physiological reason for ending the meal with a dessert is that a pleasant sensation tends to continue digestion. A good habit to get into is less pies and more fruits for desserts.

For everyday living the meals are not usually served in so many courses, as referred to above, and one or more foods mentioned above may also be omitted. The principal of contrasts etc., should be carried out some, how plain or simple the meal is.

A WEEK OF SUGGESTED MENUS SUITABLE FOR THE WHOLE FAMILY

SUNDAY

Breakfast
Oatmeal
Grilled grape fruit with whole milk
Toast with marmalade milk coffee

Dinner
Roast chicken with stuffing
Gravy
Mashed potatoes Buttered turnips
Cabbage and apple salad
Bread and butter
Ice cream wafers
Milk coffee

Supper
Celery Relishes
Egg a la Golden Rod Tart
Celery Relishes
Strawberry sauce Sponge cake
Milk
- 6 -

MONDAY

Breakfast

Stewed Prunes
Broiled Bacon
Chocolate
Cream of Wheat
Muffins and butter

Dinner

Veal Stew
Scalloped tomatoes
Baked potatoes
Cold Slaw
Bread and butter
Current Jelly
Plum Sauce - wafers
Milk --- Coffee

Lunch or Supper

Spinach loaf
Jelly
Deviled eggs
Bread and butter
Milk Gelatine pudding with Fruit
Milk

TUESDAY

Breakfast

Pettijohns
Baked apples
Scrambled eggs
with
Toast
Coffee -- Milk

Dinner

Broiled stock
Hashed turnips
Creamed potatoes
Bread and butter
Onions
Orange Gelatine Pudding
Coffee -- Milk

Lunch or Supper

Tomato Soup
Scalloped potatoes with bacon
Bread and butter
Apple and celery salad
Milk --- Tea
Neufchatel cheese
WEDNESDAY

Breakfast

Orange
Rice cooked in milk and served with whole milk
Poached Egg on Toast
Milk Coffee

Dinner

Stuffed spare ribs
Creamed carrots
Bread and butter
Coffee
Milk

Lunch

Cream of pea soup
Cheese omelet
While wheat Bread and Butter
Crackers
String bean and onion salad
Apples
Milk

THURSDAY

Breakfast

Cream of Rhubarb with Dates
Rhubarb Conserve Toast
Coffee Milk

Dinner

Beef Birds
Rice
Pickles Boot Greens
Fruit Gelatine Pudding
Coffee Milk

Lunch or supper

Macaroni Leaft with tomato sauce
Vegetable salad Creamed beans
Bread and butter
Canned peaches with cream cookies
FRIDAY

Breakfast

Apple
Milk Toast
Ham and Potato Patties
Cocoa -- Coffee

Dinner

Salmon cutlets
Creamed peas
Glazed sweet potatoes
Carrots, dates and cabbage salad
Bread and Butter
Lemon pie
Cottage cheese
Coffee-Milk

Lunch

Cream of corn soup with Crutons
Fried parsnips
Scalloped potatoes with bacon
Pineapple and cottage cheese salad
Bread and butter
Milk

SATURDAY

Breakfast

Stewed prunes
Oatmeal and whole milk
Waffles
Maple syrup
Milk -- Coffee

Lunch

Creamed dried beef
Stewed tomatoes
Apple betty with soft custard
Baked potatoes
Rolls -- butter
Milk

Dinner

Liver and bacon
Creamed spinach
Escalloped potatoes
Plum preserves
Bread and butter
Orange and celery salad
Milk -- Tea
FOOD HABIT SCORE CARD

Mary A. Dolve
Foods and Nutrition Specialist

<table>
<thead>
<tr>
<th>DAILY CREDITS</th>
<th>DATE:</th>
<th>DATE:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sun</td>
<td>Mon</td>
</tr>
<tr>
<td>MILK - Children:</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>MILK - Adults:</td>
<td>1 cup</td>
<td>15</td>
</tr>
<tr>
<td>VEGETABLES other than potatoes</td>
<td>Once a day</td>
<td>10</td>
</tr>
<tr>
<td>FRUITS</td>
<td>Once a day</td>
<td>10</td>
</tr>
<tr>
<td>GREENS OR LEAFY VEGETABLES</td>
<td>Included in vegetable allowance</td>
<td>10</td>
</tr>
<tr>
<td>FRESH FRUITS OR CANNED TOMATOES</td>
<td>Included in fruit allowance</td>
<td>5</td>
</tr>
<tr>
<td>CEREALS Whole grain, bread or breakfast cereals</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>WATER</td>
<td>Per day - 4 glasses</td>
<td>10</td>
</tr>
</tbody>
</table>

TOTAL CREDITS

DEDUCTION: Drinking tea or coffee Children: 10 | Adults more than two cups: 10 | Going without breakfast: 10 | Sweets between meals: 10 | No bowel movement: 10 |

TOTAL DEDUCTION

AVERAGE SCORE (Add daily scores and divide by number of days score is kept)

NUTRITION SIGN POST (Answer Yes or No)

10% underweight? -- Headaches? -- Constipation? -- Colds --
15% overweight? -- Indigestion? --

If scoring is done for both adults and growing children, highest possible score 120
If scoring is done for either adults or growing children, highest possible score 100
This score card does not cover a complete diet, but seeks to show user where he stands in relation to important food habits


NAME __________________________ ADDRESS: ______________________ COUNTY ___________ CLM: ____________
1. In what way has this demonstration series of meetings been of value to you?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

2. How could this series of demonstrations be improved?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

3. Has the work resulted in better balanced meals? ___________ In using more milk? ___________ In using more vegetables? ___________ In using more fruits? ___________ In using more cooked or whole cereals?

4. Are you using the recipes demonstrated for milk dishes? ______ vegetables and fruits? _______ eggs? _______ meat? _______ cereals?

5. Are the packed school lunches better? ___________ Is the hot lunch served in your school?

6. Did you use the fruit and vegetable budget as an aid in planning the garden

Are you going to use it in your canning and storing for winter use? __________

Remarks: ________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________