Your Daily Food

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YOUR DAILY FOOD

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What do you hope to accomplish from the meals you serve yourself and your family? Good nutrition? Pleasure? Both are vital. Good planning should make it easier to provide them in your situation.

Plan for Good Nutrition

The food you have eaten is now you. It has affected your size, your beauty, your vitality, your physical age, your thinking, your temperament and your abilities. Consider the present you. Have your food choices been to your best advantage? Good nutrition is eating what is right for you.

How do you know what food is right for you and your family? When you decide what the family will eat, you have a tremendous responsibility. You try to be sure that the best possible choice is available. You also want to help the members of your family learn how to choose their own food wisely. As Junior grows up, fewer and fewer of his meals will be eaten under your watchful eye. You protect him best by guiding him carefully in his early years.
LEAFY, GREEN AND YELLOW VEGETABLES
At least 1 serving

CITRUS FRUITS, STRAWBERRIES, TOMATOES
At least 1 serving

POTATOES AND OTHER VEGETABLES AND FRUITS
2 or more servings other vegetables and fruits
1 or more servings potatoes

MILK, CHEESE, MILK PRODUCTS
At least 2 c. milk for adults
3 to 4 c. for children

MEAT, POULTRY, FISH AND EGGS
Also dried peas, beans, nuts
At least 3 to 4 eggs a week, and 1 serving meat daily

BREAD, FLOUR AND CEREALS
3 or more servings

TABLE FATS
2 tablespoons

Additional foods to meet individual needs

BASIC SEVEN RULE

Variety is the most important thing to remember in choosing food. Use the BASIC 7 rule to help you select a good variety. Consider all the food for one day as a unit. Use a variety of foods within each group throughout the week. Choose from every group every day.

The Food You Eat Is For You

Does it fulfill your needs? How efficiently your body uses food and the activity and strain your body must endure makes a difference.

Age. Food for good nutrition is basically the same for all age groups.

The chief difference in feeding infants is in the functional immaturity of the digestive tract, and the large
amount of food required in relation to the infant’s body size. Introducing a variety of foods toward the end of the first year is desirable. It helps the child learn to eat many different foods. Highly seasoned foods, sweets, fat-rich foods and stimulating beverages are best restricted throughout childhood.

Nutritional needs are greater in adolescence than any other age group. The adolescent boy’s energy food (calorie) demands are especially high. You marvel at how he can store so much food away. He doesn’t, really. He uses it. He is growing rapidly, and he is always on the move. A good supply of proteins, minerals and vitamins is also necessary. Following the Basic 7 rule helps you to know that these are supplied.

The adult no longer needs food for growing. Maintaining about the same weight all the time indicates that you have adjusted your eating to your energy needs.

Older people use less calories. Internal activities slow down. Physical activity is lessened. Eating should be adjusted to maintain body weight within the desirable range. Good nutrition is important. Fears that certain wholesome foods cause digestive upsets should be re-examined. They may be an indication that the nutrition is poor and a better variety of food is needed. The sense of taste and smell becomes less keen. Give attention to flavor combinations and seasonings that will stimulate an interest in eating.

Faulty teeth may cause the stomach to have to “chew” food, too, with resultant discomfort. Cook meats, vegetables and fruits until they are sufficiently tender. Cube, chop, grind, mash or strain foods if necessary. Do include foods from each of the 7 Basic groups in your daily eating.

Sex. Boys and men tend to eat more food than girls and women. Growth patterns, ordinary activities and emotional reactions of each of the sexes are probably largely responsible for the differences.

Special demands peculiar to women greatly affect food needs. Choice of food is of great importance during pregnancy and lactation. Yet the same foods are required as any woman needs for good health. During the latter half of pregnancy slightly more food is needed. Milk intake is best increased to 1 quart. A larger serving of meat, liver at least once a week, an additional fruit
and vegetable and a little more bread will take care of
the additional needs.

Food demands are at an all time high during lacta-
tion. Recommendations at this time are for 1000 calories
more than required for the normal adult woman. One
and one-half quarts of milk daily, more meat and eggs
and additional foods from the other food groups to ful-
fill the body's demands is recommended. A good diet
during pregnancy and lactation does much toward
guaranteeing a healthy mother and child.

**Occupation.** The greater the physical activity, the
more calories used. Work done in a sitting position af-
facts food needs but little. Mental activity has almost no
effect on calories used. Changes in occupation should be
accompanied by changes in eating habits.

**Individual problems.** Do you need to lose weight?
Then use more servings of leafy, green and yellow vege-
tables, citrus fruits and tomatoes, milk and cheese, and
meat, poultry, fish and eggs. Restrict the servings of
bread, potatoes, cereals and many of the other fruits and
vegetables, but do not eliminate these foods from your
diet. Avoid the foods rich in fats, the sweets and the very
starchy foods. These are the high calorie foods
which produce poundage.

Do you need to gain weight? Eat more. Choose
food from each of the 7 Basic food groups daily. In addi-
tion, eat more of the fat rich foods, sweets and starchy
foods. Let yourself enjoy eating.

**Plan for Pleasure**

**Variety Adds Interest**

**Color.** Are you preparing a meal? Then you are the
artist. Consider the dark blues, purples and reds of the
berries, grape, prune, plum and beet; the bright reds of
the pepper, tomato and watermelon; the oranges and
yellows of such foods as the carrot, sweet potato, apri-
cot, peach, and egg yolk; the deep green of the leafy
vegetables, peas, beans and broccoli; the whiteness of
milk, onion, mashed potato and cooked rice kernel; the
luscious warm brown of cooked meat and whole grain
cereals, molasses, chocolate and coffee. Use freely of
this amazing variety of beautiful colors and enjoy them.
Prepare each food carefully to enhance its color, and not
carelessly to destroy.
**Flavor.** The flavor of a food is a combination of taste and smell. Only a few foods are so bland in flavor that they can be served at more than one meal in a day without becoming too monotonous. You continue to enjoy milk and bread and butter two or three times a day, although a variety in the method of serving these foods is welcomed, too.

Some flavors complement each other so that both are enjoyed more when served together than if either is served alone. That is why tart cranberry sauce frequently comes to the table with chicken or turkey. In each meal use some food with a more pronounced flavor along with the bland foods. But take it easy. Fish, onions, cauliflower and cabbage, for example, are all good to eat. But how many of them can you enjoy in one meal? Experiment with flavor combinations which give you and your family the most pleasure. Use spices and herbs discreetly to give an extra special lift.

Some flavors have physiological advantages. Begin your meal with something tart and you get hungrier. A sweet at the end of your meal will dull any appetite remaining, and leave you completely satisfied.

**Texture.** Serve something crisp along with the mealy or creamy foods. To eat only soft foods has no challenge. You become tired and fail to eat enough if too many chewy foods are served in the meal.

**Temperature.** Each meal deserves something hot and something cold. In hot weather you may want more cold foods than hot. In the winter you may prefer more hot foods, but you still appreciate something cold.

**Shape.** You are seldom aware of the need for variety in the shape of foods. But wait until you find yourself confronted by a meal of circles, or a meal of pencil like sticks or a meal of squares and rectangles.

**Method of Preparation.** You will enjoy one creamed dish in a meal, but not two. Or do you tend to fry too many things? Or do you mix everything together? A casserole mixture of macaroni or noodles, meat and vegetables served with a combination vegetable salad and a mixed fruit cup for dessert is an example of the latter. Some single foods such as a wedge of lettuce for the salad and possibly peach halves for dessert, along with the mixed casserole dish, might be less confusing. And whenever several foods are mixed together, leave them in pieces large enough to be identified and still...
easy to manage. Your family likes to know what they are eating.

Serve Attractively

You have created a meal. The foods you used were chosen for their beauty, their interesting flavor and texture and their contribution to the total nutrition for the day. Your meal deserves an attractive setting.

Choose table coverings which are interesting, simple in design and easy to care for. Dishes should be an attractive frame for the food. Crazed or chipped dishes are unsanitary as well as unsightly. Because straight lines are more pleasing, most of the silver is arranged at right angles to the edge of the table. The best rule for table service is convenience to the person eating.

You have created a meal which deserves attractive service AND THE FAMILY'S TIME TO EAT AND ENJOY WHILE THEY ARE ENJOYING EACH OTHER.

Plan for Your Own Situation

Consider Your Family's Budget

For money. You can cut food costs by:

- Selecting the less expensive foods in the 7 Basic groups.
- Using foods in their most economical form—fresh, frozen, canned or dried.
- Using less demanded cuts of meat, properly cooked.
- Using meat drippings and fat trimmings for cooking and seasoning.
- Planning menus in advance.
- Reading package labels and buying according to use.
- Watching for market specials.
- Being sure that a bargain is a bargain.
- Buying in quantities which you can safely store.
- Using foods in season for best quality at lowest price.
- Avoiding waste in preparing vegetables.
- Canning and freezing seasonal foods which are good buys or available from your own garden.
- Using accurate measurements and recipes.
- Storing all foods carefully.
- Planning for use of leftovers.

For time. Plan your meals in advance. Marketing time is saved. Food preparation time can be shortened. More advance preparation is possible. It is easier for the
family to assume responsibilities in meal preparation. Doing things together is a part of being a family, and a child who has scrambled an egg will eat the egg. Keep your meals simple and nutritious. Preparing food is only one of the things you have to do.

**Consider Your Facilities**

Do you have the necessary equipment? Were the knives sharpened? Have you replaced the balky egg beater? Will there be too many appliances in use on one electric circuit? Are you attempting to use the oven for too many things at one time?

**Consider Your Meal Pattern**

Breakfast should supply from one-fifth to one-third of the total day’s food. Otherwise it is almost impossible to get enough food crowded into the other two meals. Lunch or supper should supply another one-third. Dinner is a large meal, but not a time to gorge.

Do you have snacks between meals? If not, you need foods with stick-to-the-ribs quality. Such foods are said to have satiety value. Meat is best. Milk is next. Hard cooked eggs, fish and oysters are good. Butter increases the satiety value of bread. Fat added to any food makes it stay by you longer. Potatoes or bread eaten with meat increases the staying quality of meat even further. Sweets at the end of a meal help to keep you from getting prematurely hungry.

Do you sometimes have unexpected guests. Stock your cupboard shelves, freezer and canned goods supply for such emergencies.

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**You plan your family’s meals.**

**Will you**

**Provide good nutrition for yourself and family?**

**Plan to give your family pleasure?**

**Manage according to your family’s situation?**

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