

FOOD AND FEED GUIDE

L-21

1943

Prepared by
Food and Feed Committee
of the Texas A. and M. College
Extension Service

Here Is a Good Diet for One Person

The Texas Food Standard

<i>Daily</i>		<i>Yearly</i>
1 pt. to 1 qt.	milk	41 to 91 gal.
1 $\frac{3}{4}$ T.	butter, or margarine with vitamins added	20 lbs.
1	egg	30 doz.
1 serving	meat, poultry fish or cheese lamb 20 lbs. beef 55 lbs. pork 55 lbs. fat 15 lbs. poultry 20 lbs. fish 10 lbs.	175 lbs. (and fat for cooking)
1 serving	Irish or sweet potatoes	200 lbs.
1 serving	green or yellow vegetables	200 lbs.
1 serving	other vegetable	200 lbs.
1 serving	citrus, tomatoes, raw cabbage, straw- berries, or melons	100 to 200 lbs.
1 serving	other fruit	200 lbs.
1 serving	whole grain products, in- cluding bread; other ce- reals and bread as de- sired, preferably enriched	170 lbs.
Some	sweets	70 lbs.
More of the above or other foods as needed, such as dried peas and beans.		15 lbs.

6 to 8 glasses water

Children under 16 need $\frac{3}{4}$ to 1 quart of milk.
Dried beans or peas may be substituted for meat, eggs, the other
serving of vegetables or potatoes.
Nuts may be substituted for meat or eggs.

To Produce Food for Ourselves and Others Our Family Plans to Have

For Home
Use

For
Market

.....	dairy cows
.....	laying hens
.....	young chickens
.....	hogs
.....	beef
.....	sheep and goats
.....	green and yellow vegetables
.....	other vegetables
.....	tomatoes
.....	acres potatoes
.....	row feet peas and beans
.....	berry vines
.....	strawberries
.....	blackberries
.....	dewberries
.....	grape vines
.....	fruit trees
.....	apples
.....	peaches
.....	pears
.....	plums
.....	cherry plum
.....	citrus
.....	figs
.....	hills melons
.....	cantaloupes
.....	watermelons
.....	gallons syrup
.....	bushels whole grains

NOTE

This publication was prepared before the point system of rationing was started. Quantities available during wartime may have to be less.

Cooperative Extension Work in Agriculture and Home Economics,
Agricultural and Mechanical College of Texas and United States
Department of Agriculture Cooperating.

Use This Guide for Your Production

Cows—Advisable to have 2 dairy cows for a continuous supply of milk and butter. 131 gal. of milk will supply milk and butter for one person.

8 hens—to furnish 30 dozen eggs and 3 hens for eating: (Start 20 baby chicks for each person to make replacements of hens and to supply fryers.)

1 lamb—on foot—95 lbs. yields 45 lbs. meat.

1 beef —on foot—500 lbs. yields 270 lbs. meat.

1 hog —on foot—250 lbs. yields 115 lbs. meat.

(Above 3 will furnish meat for 3 people over 12 years and for one child under 6 years.)

Irish potatoes—seed, $\frac{1}{4}$ to $\frac{1}{2}$ bushel.

Sweet potatoes—slips, 300 to 600.

Green or yellow vegetables—200 to 400 row feet.*

Other vegetables—200 to 400 row feet.*

Tomato plants—25 to 50; **cabbage plants**—20; **cantaloupe hills**—5; **watermelon hills**—6; **strawberry plants**—75.

Fruit trees—3 to 8—Select kinds adapted to section: Apples, peach, pears, plum, cherry plum, citrus, figs; 10 to 24 berry vines (black or dew), 2 grape vines, 3 rhubarb plants.

Whole grains—1 or more bu.

Syrup—1 to 5 gal.

Honey—1 gal.

Field peas or beans—300 ft.

*Depending on locality.

These Are Feed Needs for Livestock

1 DAIRY COW

Pasture—2 acres*
Hay—1 ton
Corn or grain sorghum
17½ bu.**
or
Oats—40 bu.
Cottonseed meal—350 lbs.
Silage—3 tons.

1 MEAT HOG

Birth to 250 lbs.
Pasture—¼ acre*
Corn or grain sorghum or
wheat or barley — 14
bu.**
Cottonseed meal or peanut
meal—50 lbs.
Tankage—50 lbs.

1 BEEF

Birth to 500 lbs.
(Creep fed 6 months)

Pasture—2 or more acres*
Corn or grain sorghum—
500 lbs**
Cottonseed meal—100 lbs.

1 LAMB

Birth to 90 lbs.

Pasture—¼ acre*
Hay—400 lbs.
Corn or grain sorghum—
2 bu.**
Cottonseed meal—50 lbs.

or

1 BEEF

To increase wt. from 400
lbs. to 600 lbs.
(Self or hand fed 100 days)

Pasture—2 or more acres*
Corn or grain sorghum—
1000 lbs.**
Cottonseed meal—200 lbs.
Roughage—800 lbs.

100 HENS ***

Pasture—1 acre*
Corn or grain sorghum—
52 bu.**
Wheat—40 bu.
Oats—40 bu.
Protein supplement—1600
lbs.

1 WORK ANIMAL

Pasture—3 acres*
Hay—1½ tons
Corn or grain sorghum or
equivalent—80 bu.**

*Number acres of pasture varies with section of state.

**Shelled or thrashed.

***Start 3 chicks for each pullet wanted the following year for production. To produce a 2-lb. fryer about 9 lbs. of feed will be needed.

U. S. DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
WASHINGTON, D. C.
OFFICIAL BUSINESS

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