

Mrs. Dot Holland



are you a good eater?



<i>PROVISIONS OF FOOD</i>	<i>SOURCES OF GOOD NUTRITION</i>	<i>RESULTS OF POOR EATING HABITS</i>	
Vitamins Vitamin A	Butter Cheese Yellow and green vegetables	Cream Egg yolks	Night blindness. Colds and skin infections. Improper growth in children.
Thiamin (Vitamin B ₁)	Whole grains Yeast Wheat germ Enriched breads	Lean pork Lean meats Fruit Beans and peas	Nervousness, depression, tendency to tire easily. Poor appetite, poor digestion. Slow heart beat.
Riboflavin (Vitamin B ₂)	Liver Yeast Fresh and dried fruit Green and yellow vegetables	Milk Cheese	Red and granulated eyes, dim vision, sensitivity to light. Skin disorders, sores at the corners of the mouth. Tendency to age early. Improper growth in children.
Niacin	Whole grains Yeast Wheat germ Enriched breads	Lean meats Fruit Vegetables	Sores on the skin. Loss of appetite, nausea and vomiting. Pains in the abdomen. Sleeplessness, depression, poor memory. Pellagra in extreme deficiency.
Ascorbic Acid (Vitamin C)	Citrus fruit Cabbage Green vegetables	Tomatoes Potatoes	Tooth decay. Bone changes. Bleeding and sore gums. Weak blood vessel walls. Pains and swelling in joints and limbs. Slow healing of wounds.
Vitamin D	Fish liver oil Egg yolk Liver	Butter Cream Salmon	Poorly formed teeth, tooth decay. Rickets, bow legs, knock knees, pigeon breasts, ill shaped heads. Poor growth.
Minerals Calcium and Phosphorus	Milk Legumes Leafy and green vegetables	Cheese Sweet potatoes Whole grains	Tooth decay. Rickets. Slow blood clotting. Irregular heart beat.
Iron	Lean meats Green leafy vegetables Molasses	Eggs, liver Dried apricots and prunes	Anemia, paleness, weakness, dizziness, loss of weight.
Protein	Milk, eggs Fish, beans, peas Poultry	Cheese Meats Nuts	Edema or dropsy. Low resistance to disease. Slow healing of wounds. Tendency to age early. Slow thinking.
Starches, Sugars and Fats	Vegetables Butter Cereal products	Fruit Fats	Improper growth. Loss of weight. Loss of energy.

THE TEXAS FOOD STANDARD

Eat These Foods Daily for a Good Diet

Score Yourself for a Week

	Perfect Score	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Milk — children — 1 pt. 1 qt. adults — 1 c. 1 pt.	10 or 20 10 or 20							
1 egg	10							
1 serving meat*	10							
1 serving potatoes	5							
1 serving green or yellow vegetable	10							
1 serving other vegetables	5							
1 serving citrus or tomatoes	10							
1 serving other fruit	5							
1 serving whole grain products	5							
Other enriched cereals and breads	5							
Butter or margarine	5							
Some sweets	5							
More of the above or other foods as needed								
6 to 8 glasses of water	5							
Your Eating Grade**								

*For meat or eggs one may substitute dried beans, peas, cheese or nuts without lowering the score.

**Excellent 90-99
 Good 80-89
 Fair 70-79
 Poor Below 69

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 Texas A&M College System

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