



50,000 4/25/62 Revised



ARE

You

A GOOD

EATER

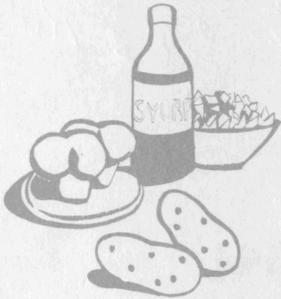
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THE AGRICULTURAL AND MECHANICAL COLLEGE OF TEXAS
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas

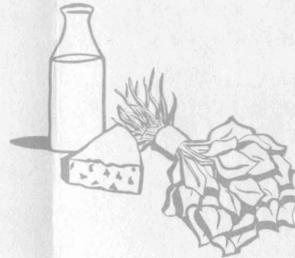
CARBOHYDRATE

To supply food energy
To help the body use other nutrients



CALCIUM

To help build and repair bones and teeth
To help blood to clot
To help the muscles and nerves react normally (relax)



IRON

To combine with protein to make hemoglobin, the red substance in the blood that carries oxygen to the cells



ASCORBIC ACID

To help cement body cells together and to strengthen the walls of the blood vessels
To help resist infection
To help in healing



FAT

To supply a large amount of food energy in a small amount of food
To supply essential fatty acids



Food Nutrients

Most foods contain more than one nutrient. No single food contains all the nutrients in the amounts you need; therefore, choose foods that together will supply the nutrients in the amounts needed to do these three big jobs.

1. Supply heat and energy.
2. Build and repair body tissues.
3. Regulate and coordinate body processes.

This leaflet was written by Extension Foods and Nutrition Specialists of The A&M College of Texas.

RIBOFLAVIN

To help the cells use oxygen
To help keep vision clear
For smooth skin without scaling around mouth and nose or cracking at corners of mouth.

PROTEIN

To build and repair muscles, blood, and all other tissues
To help form antibodies to fight infection
To supply food energy



VITAMIN A

To help keep the skin and mucous membranes healthy and resistant to infection
To protect against night blindness



VITAMIN D

To help the body absorb calcium
To help build strong bones



THIAMINE

For normal appetite and digestion
For a healthy nervous system
To help change substances in food into energy for work and heat



FOOD FOR FITNESS GUIDE

How Do You Score?

Write down the kinds and amounts of food you ate and drank yesterday.

Breakfast

Dinner

Supper

Snacks

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Eat These Foods Daily	Check the number of servings you ate	Perfect Score	Your Score
Milk Group¹ 8 ounce cups Children.....3 to 4 Teenagers.....4 or more Adults.....2 or more	1 cup 2 cups 3 cups 4 cups	25	
Meat Group² 2 or more servings	1 serving 2 servings	25	
Vegetable-Fruit Group³ 1 serving citrus fruit or other fruit or vegetable important for vitamin C 1 serving dark green or deep yellow vegetable for vitamin A, at least every other day 2 or 3 servings of any fruit or vegetable including potatoes	1 serving 1 serving 2 servings 3 servings	30	
Bread and Cereal Group⁴ 4 or more servings whole grain, enriched or restored	1 serving 2 servings 3 servings 4 servings	20	
How do you score?	TOTAL	100	

Do you need to improve?

1. **Children:** Score 25 points for 3 or more cups of milk, 15 for 2 cups and 5 for 1 cup.
Teenagers: Score 25 points for 4 or more cups of milk, 20 for 3 cups, 15 for 2 cups and 5 for 1.
Adults: Score 25 points for 2 or more cups of milk, 15 for 1 cup.
 Count milk in cooked foods, cheese and ice cream, too.
2. Score 25 points for 2 servings of meat, 15 points for 1 serving.
3. Score 10 points for 1 serving citrus fruit or other fruit or vegetable important for vitamin C. Score 10 points for 1 serving dark green or deep yellow vegetable for vitamin A, at least every other day. Score 5 points each for 2 or 3 servings of other fruits and vegetables.
4. Score yourself 5 points for each serving of bread and cereal up to 4 servings.