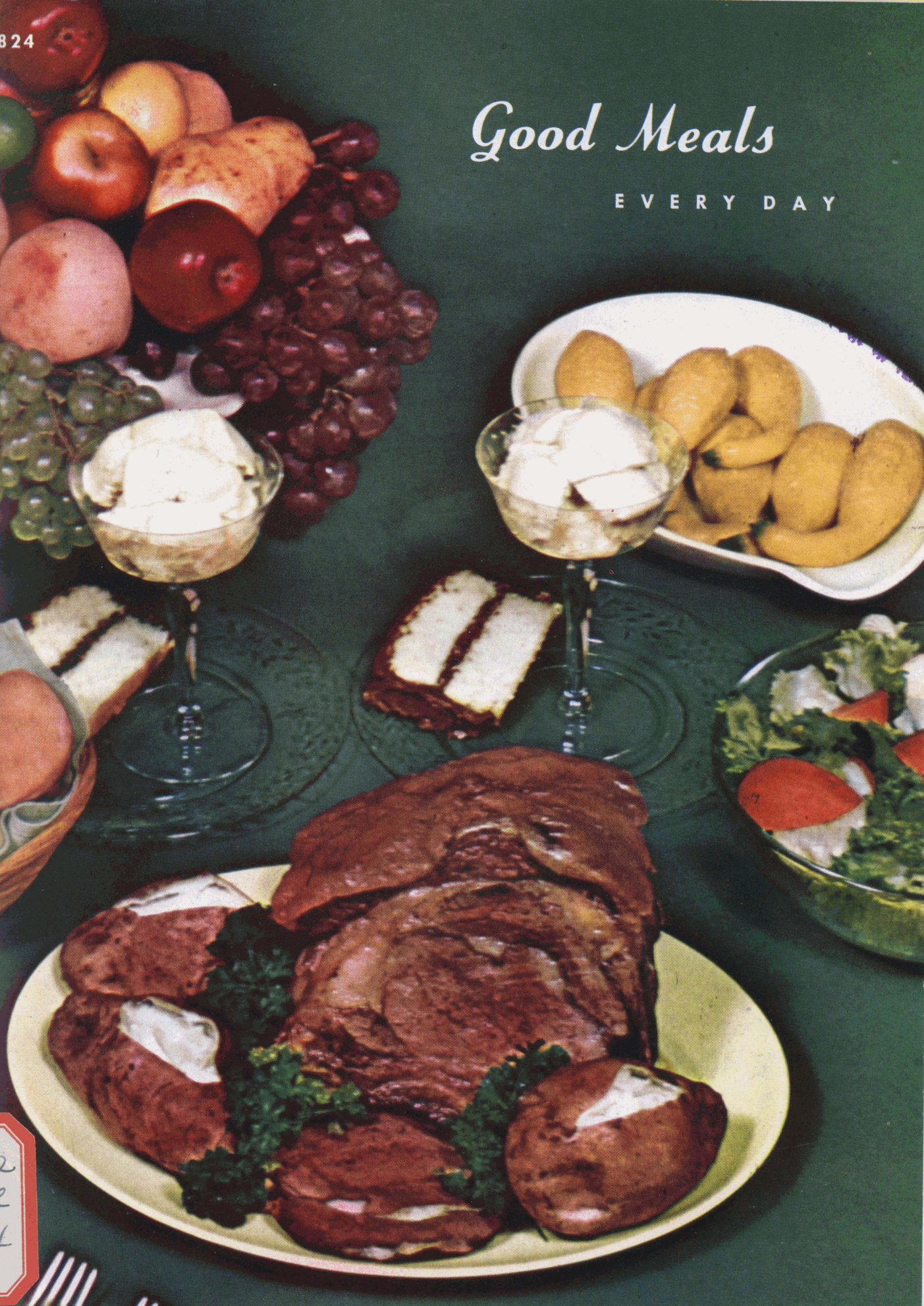


# Good Meals

EVERY DAY



2  
2  
4

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# Good Meals Every Day

LOUISE MASON  
JIMMIE NELL HARRIS

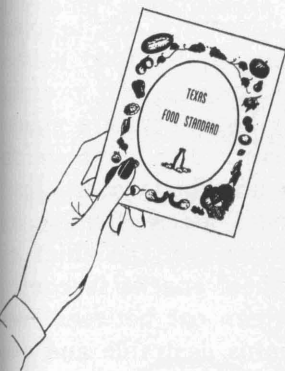
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PLEASANT MEAL TIMES are cornerstones of happy and healthy family life. When the homemaker observes her family relaxing and enjoying a good meal, she feels that the time and effort put into careful planning, wise marketing and skillful preparation were well spent. There is a still deeper satisfaction in knowing that the well-balanced meals she provides spell good health, vigor and greater resistance to disease for her family.

It takes more than being a good cook to see that each family member gets all the food nutrients required daily. Even the most experienced homemaker finds it helpful to check a simple guide regularly. The Texas Food Standard, pages 10-11, will make the planning of well-balanced, appetizing meals easier and quicker.

## **The Texas Food Standard— Daily Food Guide**



Nutritional needs are determined scientifically in terms of calories, proteins, minerals and vitamins. It takes time and a good deal of "know how" to calculate these needs. However, the homemaker can be fairly certain that her family gets a good diet if all foods listed on the

Texas Food Standard are included in the three meals served each day.

Since most people get fats, cereals, potatoes and sugar in sufficient amounts, there are only about seven items to watch closely—milk,

eggs, meat, green or yellow vegetables, other vegetables, citrus fruits and other fruits.

## **Planning with the Texas Food Standard**

The Texas Food Standard is a handy yardstick to use in planning and checking daily meals. There are many steps in the planning, purchase, preparation and serving of meals. Good meals that are healthful and appetizing don't just happen. They must be planned carefully.

The wise homemaker studies the Texas Food Standard to see how it works. She sets a definite time and place to plan meals and grocery orders, if possible, for a whole week. With the Texas Food Standard as a reminder of the foods a family needs each day, she begins working out a daily meal plan. In general, each of the three meals should provide about a third of the daily food needs.

The best way to become skilled in menu planning is to practice it. It is worth a woman's best efforts. The dignity and joy of the home, as well as the health of the family, depend a great deal on the family dinner table.

## **Breakfast**

Breakfast is one of the easiest and quickest meals to prepare, but unfortunately it often is neglected—even at the risk of health. Twelve to 14 hours have elapsed since the last regular meal. The body has used up most of the fuel provided by the meal the night before. The body needs fresh supplies of energy for the day's work. Many studies show that persons who eat a good breakfast are more effi-



**BREAKFAST**

cient than those who eat a poor one. Here is an easy guide for planning a nourishing breakfast:

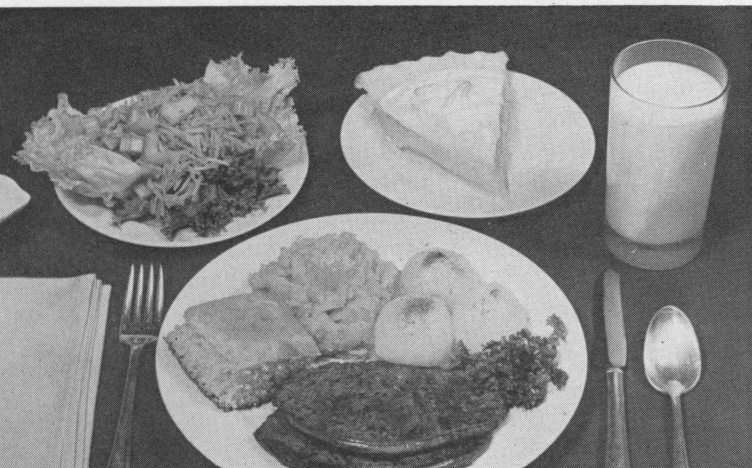
- Fruit or fruit juice
- An egg and perhaps bacon, sausage or ham and/or
- Ready-to-eat or cooked cereal
- Bread—whole grain or enriched
- Butter or margarine
- Milk for children and adults
- Coffee or tea for adults

## Dinner

Dinner usually is the main meal of the day in most homes. Plan dinner with breakfast and supper in mind so that the total food needs are met. It is not nutrition-wise to cut down on breakfast and supper and try to make up the missing nutrients with a big dinner. Here is a guide for planning a dinner:

- Meat or meat alternate
- Potatoes—sweet or Irish
- Vegetable—green or yellow
- Salad containing other vegetables or fruit

**DINNER**



**SUPPER**

- Bread—whole grain or enriched
- Butter or margarine
- Dessert or fruit
- Milk, tea or coffee

## Supper

Even though supper is on the "light" side for many families, plan it to supply about a third of the day's quota of nutrients. A good supper pattern might include:

- Main dish—could be same as served for dinner
- Vegetables—cooked or raw in salad
- Bread—whole grain or enriched
- Butter or margarine
- Fruit or dessert
- Milk, tea or coffee

## Between-meal Snacks

Growing, active children and adults engaged in heavy work often require food between meals to satisfy a real hunger. For preschool children, this need may be met with a glass of milk or a serving of fruit. For older children and those engaged in strenuous activities, it may be a sandwich and a glass of milk, fruit or fruit juice. For grownups, the chief consideration in between-meal snacks is controlling weight. A person can eat between meals as long as weight remains desirable and other food needs of the body are met.

After the daily three meals and snacks are planned, check them with the Texas Food Standard to be sure all the necessary foods are included. Since people differ in food requirements because of age, size, amount of work

and exercise and surroundings, some may eat more than the amount listed on the food standard. This is all right as long as the person's weight is near normal.

## **Basic Factors in Meal Planning**

There are factors to be considered in meal planning other than those the Texas Food Standard lists.

1. **Family Size — Children and Adults.** Appetites, tastes and food tolerances of children and adults differ; however, a single meal may be planned to meet the nutritional needs of the entire family, except when a family member requires a special diet as in the case of diabetes, various heart diseases, allergies and other diseases affected by diet.

2. **Family Activities—Work and Play.** Fathers engaged in heavy physical labor use more food energy than those doing office work. Mothers employed outside the home and those who do heavy housework and care for young children also may need extra food energy.

3. **Family Income — Amount of Money Allotted to the Food Budget.** The lower the budget, the more carefully the homemaker should plan meals. A moderate income rules out many so-called luxury foods, but it does not prevent the serving of appetizing, nourishing meals. Many foods high in nutritive value are relatively low in cost.

4. **Family Customs — Special Likes and Dislikes.** Homemakers like to please their fam-

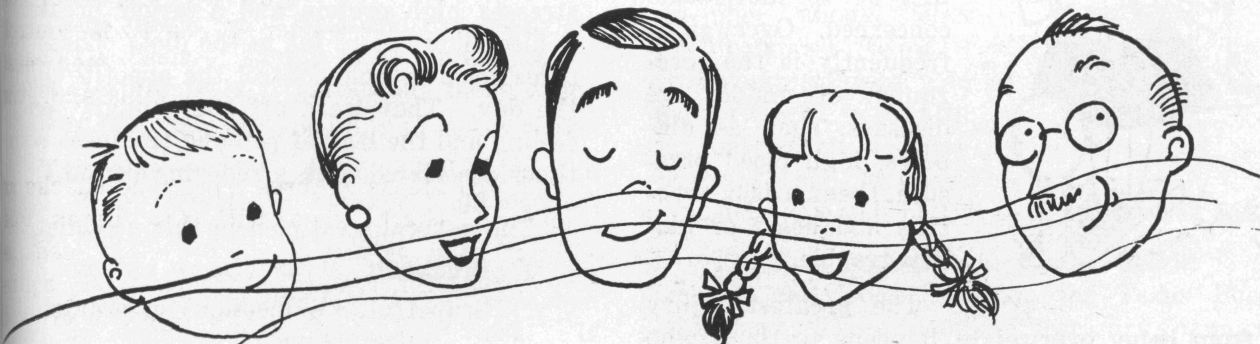


**BETWEEN-MEAL SNACK**

ilies with certain favorite dishes and meals, but alert meal planners frequently introduce new and different foods. Variety keeps appetites eager, delights the family and usually results in improved food habits. Food dislikes often may be overcome by serving the same food in a different form. The best way to get family members to eat foods is to make them taste good and look good. If food is colorless, add garnishes and seasonings. Combine soft, crisp and chewy foods in the menu to avoid monotony in texture.

5. **Season and Locality — Time of Year and Geographic Location.** The seasons directly influence appetites for certain foods and the planning of hot or cold-weather meals. Foods in season and locally grown usually are more plentiful and less expensive. Smart homemakers use these foods often while in season.

6. **Special Diets — During Infancy, Illness, Pregnancy and Lactation.** In cases calling for special diets, the homemaker should seek the advice of her physician and dietitian.





## ***Planning for the Teen-age Family Member***

Many teen-agers, especially girls, have the reputation of being poor eaters. This is the stage of growth when they need food with adequate calories and nutrients. Emphasis is placed on their drinking from 1 to 1½ quarts of milk a day, eating three adequate meals regularly, and selecting snacks that include fewer sweets and carbonated drinks and more fruits and vegetables. The teen-age boy likely needs to eat more food because of his rapid growth and development.

## ***Planning for the Overweight and Underweight Family Member***

### **Overweight**



The problem of overweight people generally is recognized as a serious threat to the health of the nation as well as to individuals concerned. Overweight frequently is the forerunner of middle age diseases, such as diabetes, high blood pressure, rheumatism, arthritis and heart or kidney trouble.

The greatest injury from being overweight happens to those who

gained excessively after they stopped growing, because the bones, heart and other organs did not grow proportionately to take care of the additional weight.

It is important that all reducing diets be based on the Texas Food Standard to protect one's health.

### **Special Precautions in Reducing Diets**

*Consult* a doctor before beginning a reducing schedule.

*Beware* of fad reducing diets.

*Gradual* reduction in weight is the only safe method.

*Eat* three well-balanced meals each day.

One basic principle to follow while reducing is to eat slightly less food than the body needs to carry out all its activities. In that way, it will have to call upon other sources of energy—stores of fat in the body. These will be used to provide the rest of the energy needed, and weight loss will result.

This cut in food consumption should not be made indiscriminately. To be safe, eat adequately. The daily diet should include a variety of foods as listed on the Texas Food Standard. A good variety insures a sufficient supply of all the nutrients needed for good health. Since reducing needs to be a fairly long-time project, this variety keeps the diet from becoming tiresome.

Generally avoid all the extras—cream, sugar, salad dressings, cream sauces, fried foods, rich desserts (concentrated calories but minus many other important nutrients). Each food in a reducing diet should contribute more than calories; it should provide minerals, vitamins and possibly protein. One of the newer reducing plans, based on scientific research, stresses high protein and a larger breakfast. It also allows more fat in the diet. These features seem to help control the appetite during the day. They ward off that hungry, empty feeling and the lack of pep and tiredness sometimes associated with a reducing period.

The general meal plan in this new diet is:

#### **1. Breakfast**

Grapefruit (½ medium) or orange juice (½ cup)

Eggs (2, cooked any way)  
Bread (1 slice)  
Butter ( $\frac{1}{2}$  tablespoon)  
Milk ( $\frac{3}{4}$  cup)

## 2. Lunch or Supper

Meat ( $\frac{1}{4}$  pound)  
Vegetable ( $\frac{2}{3}$  cup) or salad (1 cup  
with small amount of dressing)  
Milk ( $\frac{3}{4}$  cup)

## 3. Dinner

Meat ( $\frac{1}{4}$  pound)  
Vegetable ( $\frac{2}{3}$  cup with  $\frac{1}{2}$  table-  
spoon butter)  
Fruit ( $\frac{1}{2}$  cup, unsweetened or can-  
ned in light sirup)  
Milk ( $\frac{3}{4}$  cup)

It's important to eat all these foods. Meals should be spaced regularly; none should be skipped. The full breakfast is an important part of the plan. Follow this plan and select the foods according to the Texas Food Standard. For instance, be sure that one of the vegetables during the day is from the green leafy or yellow group. The meats can be varied to suit the taste—hamburger, lean pork chop, steak, roast beef, chicken or fish. Avoid salted meats such as ham and bacon, and use a minimum of salt in other foods. Cheese may be used for part of a meat serving.

This diet is planned with whole milk. If preferred, one may drink skim milk. In this case use another  $\frac{1}{2}$  tablespoon of butter for each cup of skim milk. Tea or coffee, unsweetened and without cream (unless skim milk is used instead of whole milk for drinking), may be added to the meals. These should not replace the milk.

These meals are simple and can easily be made the basis of family meals or can be ordered readily from a restaurant menu when "eating out."

This plan provides about 1,400 calories a day. Many persons of average build and activity will be able to lose weight on this diet. The average woman needs 2,000 to 2,400 calories a day. If one eats 500 calories less each day, he should lose 1 pound per week. If

one eats 1,000 calories less per day, the weight loss should be about 2 pounds per week. (**Caution**—Do not reduce calorie intake below 1,000 calories unless prescribed and supervised by a physician.) A man of average activity may be able to reduce on about 1,800 calories. He should use the same basic plan and add more foods chosen from the Texas Food Standard until he reaches this total number of calories.

The amounts of food may have to be adjusted slightly to produce weight loss. Don't expect too much change the first few days. It takes a little time for the body to begin using the stored fat for energy. About 2 pounds a week is a safe rate to lose weight. Weight loss may not be regular, but more like stair steps. A person may go along without losing much for awhile, then lose rather rapidly. That's why it takes will power and persistence. Weigh about once a week at the same time of day, wearing the same type of clothing.

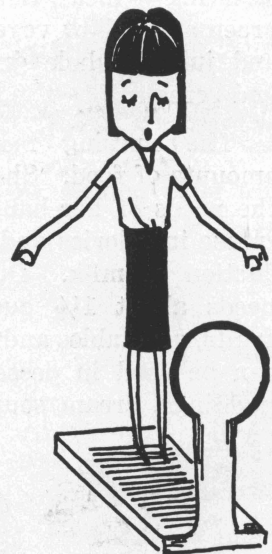
After having lost the desired amount of weight, one can begin to eat more food. However, add foods gradually and watch the scales to see how much can be eaten and still maintain the new figure.

## Underweight

Anyone 15 percent or more below his ideal weight is considered underweight. An individual whose weight is too far below normal is more likely to suffer from fatigue and have less physical endurance. Resistance to infection is lowered.

The homemaker with an underweight family member should plan well-balanced meals with more calories. The underweight person should take in more calories than he uses, so that some will be left over to store as fat.

The first essential in gaining weight is to include the foods listed on the Texas Food Standard. These foods are necessary for max-



imum health regardless of weight. The simplest way to add extra calories is to eat more at each meal, perhaps a second helping of most of the foods served. If the appetite is easily satisfied and larger quantities of food are not wanted, additions may be made of heavy cream to cereals and beverages, extra cream and eggs to many kinds of desserts and generous servings of salad dressings; and foods may be seasoned generously with butter, margarine or other fats.

Between-meal snacks help in gaining weight, provided they do not interfere with adequate eating at regular meals.

## ***Planning for the Pregnant and Lactating Woman***

The pregnant or nursing homemaker need not have a special diet, if the family meals are planned carefully from the Texas Food Standard.

The pregnant woman has reasons for eating slightly more foods than normally. The foods to increase are milk—1 quart a day for the pregnant woman, and 1½ quarts for the lactating — meat, fish, eggs, dried beans, more green and yellow vegetables, more citrus fruits and juices, whole grain and enriched breads and cereals.

The nursing mother requires increased amounts of food. She needs good food to meet the needs of her baby; there has to be an increase in calories and protein food for the production of milk. During lactation a mother needs about 1½ quarts of milk, plus more fruits, vegetables and meats. A part of the milk can be used in desserts, custards, ice cream, puddings, cream soups, cream sauces, etc.



Consult the family physician as to desirable weight and a guide for controlling weight during pregnancy and lactation.

## ***Planning for the Older Family Member***

It's commonplace nowadays to have a long life. Many men and women, however, who have had 60 birthdays . . . or 70 . . . or more . . . are not as healthy and happy as they might be if they made a strong ally of food, letting it help in every possible way.



Complaints from the older person of a chronic tired feeling . . . gloomy outlook on life . . . anxiety over small things . . . and loss of sleep often are caused from being badly nourished. The right food helps the body to be at its best and, in event of illness, a well-nourished body responds better to treatment than one in a run-down condition.

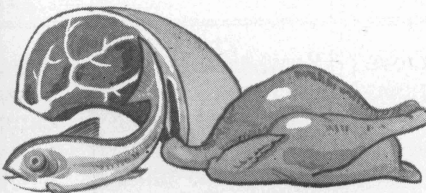
Age does not alter the kinds of food required by the body for proper functioning. Problems, such as loss of teeth, ill-fitting dentures, poor appetite, physical disability or food dislikes, require that some adjustments be made for the older person. The Texas Food Standard is a reliable guide in planning such meals.

Elderly people can be divided into two groups: those who are well but less active than in younger years; and those whose bodies have become worn, infirm, disabled or sick. Men and women in either group are likely to need fewer calories than in their more active years. Overweight may become a problem if activities decrease but the same amount of food is eaten. A good plan is to cut down on the amount of food eaten but not to cut out any food as long as it does not cause discomfort.

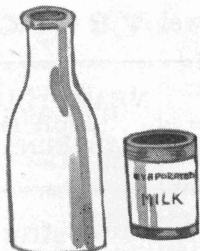
Persons who show physical aging generally need food that is easy to chew and digest. A good rule in declining years is to eat oftener and less at a time — but regularly.



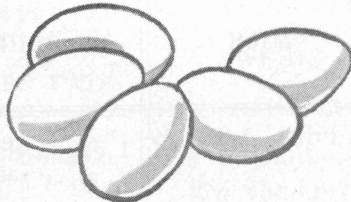
# For A Good Diet I Need Daily



One serving of meat including poultry and fish



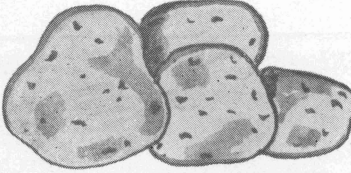
One pint to 1 quart milk



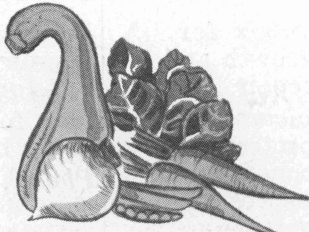
One egg



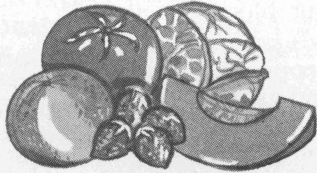
One other serving vegetables



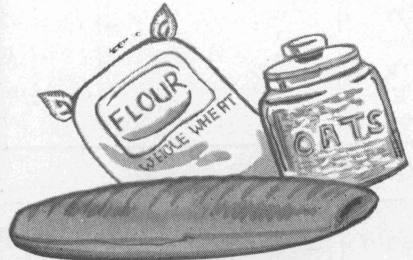
One serving potatoes



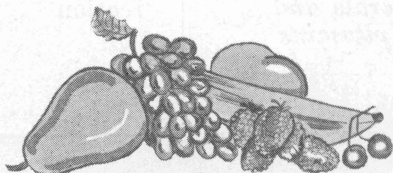
One serving green or yellow vegetables



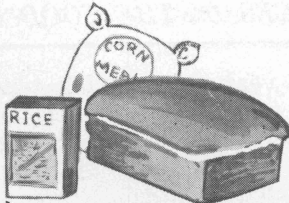
One serving citrus or tomatoes, raw cabbage, strawberries, melons



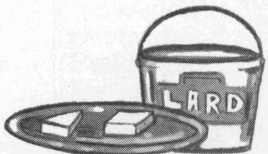
One serving whole grain products



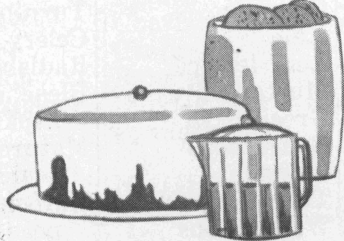
One serving other fruits



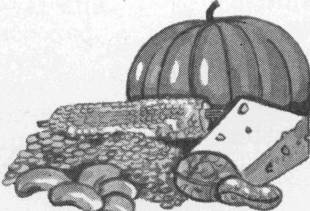
Other enriched cereals and bread



Butter, or margarine with vitamins added



Some sweets



More of the above or other foods as needed



Six to 8 glasses of water

# Everyone Needs To Eat by the

| MILK   | EGGS        | MEAT, POULTRY, FISH and ALTERNATES  | SWEET or IRISH POTATOES | GREEN or YELLOW VEGETABLES                           | OTHER VEGETABLES                                     |
|--|-------------|---|-------------------------|--|--|
| Adults—1 to 1½ pt.<br>Pregnant women—1 qt.<br>Nursing women—1½ qt.<br>Children—¾ to 1½ qt. | 1 egg a day | Fresh, frozen, canned, cured or table-ready—1 serving (4 ounces) or more each day | ½ cup or more each day  | Raw, cooked, frozen or canned—½ cup or more each day | Raw, cooked, frozen or canned—½ cup or more each day |

## THESE FOODS GIVE YOU ESPECIALLY

|   |  |   |   |   |  |
|---|--|---|---|---|--|
| <p><i>Protein</i> for growth and repair<br/> <i>Calcium</i> for the protection of bones, teeth, nerves and muscles<br/> <i>Vitamin B<sub>2</sub></i> or <i>Riboflavin</i> essential for growth and health of skin<br/>                     Also other minerals and vitamins</p> | <p><i>Protein</i> for growth<br/> <i>Fat</i> for energy<br/> <i>Iron</i> for building blood<br/> <i>Phosphorous</i> for good bones, teeth and soft tissues<br/> <i>Vitamin A</i> to protect eyes and skin and to guard against infection</p> | <p><i>Protein</i> for growth in children and repair of tissue in everyone<br/> <i>Iron</i> for building blood<br/> <i>Phosphorous</i> for proper bone and tooth development, essential in all body tissues<br/> <i>Vitamins</i> for good digestion and protection of health generally</p> | <p><i>Carbohydrates</i> (starch and sugar) to provide heat and energy<br/>                     Sweet potatoes have a high content of <i>Vitamin A</i></p> | <p><i>Vitamin A</i> essential for growth, maintenance of good health, normal eye functioning, healthy skin and mucous membrane linings of body, resistance to infection</p> | <p>Essential vitamins and minerals</p> |
|---|--|---|---|---|--|

## CHOICES IN THE FOOD GROUPS

|   |   |   |  |  |
|---|---|---|--|--|
| <p>Milk may be fluid—whole, skimmed, buttermilk—evaporated or dried</p> | <p>Beef, veal<br/>                     Pork (except bacon and salt pork)<br/>                     Chicken<br/>                     Turkey<br/>                     Variety meats<br/>                     Duck<br/>                     Goose<br/>                     Lamb<br/>                     Wild game<br/>                     All kinds of fish<br/>                     Dried beans and peas<br/>                     All kinds of nuts<br/>                     Peanut butter<br/>                     Cheese<br/>                     Chevon<br/>                     Mutton</p> | <p>Irish potatoes<br/>                     Sweet potatoes</p> | <p>Green asparagus<br/>                     Green snap beans<br/>                     Broccoli<br/>                     Brussel sprouts<br/>                     Green cabbage<br/>                     Chard<br/>                     Collards<br/>                     Kale<br/>                     Leaf lettuce<br/>                     Mustard greens<br/>                     Green okra<br/>                     Green peas<br/>                     Spinach<br/>                     Turnip greens<br/>                     Wild greens<br/>                     Carrots<br/>                     Pumpkin<br/>                     Cushaw<br/>                     Yellow squash<br/>                     Green lima beans<br/>                     Yellow corn</p> | <p>Eggplant<br/>                     Beets<br/>                     Cauliflower<br/>                     Cucumber<br/>                     White corn<br/>                     Onions<br/>                     Turnips<br/>                     Celery<br/>                     Radishes<br/>                     Bleached asparagus<br/>                     Mature string beans<br/>                     Half-mature peas &amp; beans<br/>                     White squash<br/>                     Bleached cabbage<br/>                     White velvet okra</p> |
| <p>Water—6 to 8 glasses per day</p>                                     |   |   |  |  |

# Texas Food Standard Every Day

| FRUIT FRUITS,<br>TOMATOES,<br>CABBAGE,<br>RASPBERRIES,<br>MELONS | OTHER<br>FRUITS  | WHOLE-GRAIN<br>PRODUCTS           | OTHER<br>ENRICHED<br>CEREALS<br>and BREADS | BUTTER or<br>MARGARINE<br>and<br>OTHER FATS | SOME<br>SWEETS  |
|--|--|-----------------------------------|--|---|---|
| 1 cup or more<br>each day  | Raw, cooked<br>frozen, can-<br>ned or<br>dried— $\frac{1}{2}$<br>cup or more<br>each day | 1 or more<br>servings<br>each day | 1 or more<br>servings<br>each day          | 2 to 3 table-<br>spoons each<br>day         | The amounts<br>per day vary<br>according to<br>individual<br>needs and<br>kinds of<br>sweets served |

## THESE FOODS GIVE YOU ESPECIALLY

|   |                                       |  |   |  |                               |
|---|---------------------------------------|--|---|--|-------------------------------|
| <i>Vitamin C</i> or<br><i>ascorbic</i><br>acid for<br>healthy gums,<br>and strong<br>teeth and<br>blood vessels,<br>quick heal-<br>ing of<br>wounds | Essential<br>vitamins and<br>minerals | <i>Protein</i><br><i>Calories</i><br>for energy<br><i>Vitamin B<sub>1</sub></i> or<br><i>thiamine</i> es-<br>sential for<br>normal diges-<br>tion and<br>elimination,<br>growth, nor-<br>mal function-<br>ing of nerves,<br>appetite<br><i>Vitamin B<sub>2</sub></i> or<br><i>riboflavin</i> and<br><i>niacin</i> for<br>growth, health<br>of skin and<br>eyes | <i>Calories</i> for<br>energy<br>Provides some<br>nutrients as<br>in whole grain<br>cereals<br>Enriched with<br><i>Vitamin B<sub>1</sub></i><br>or <i>thiamine</i> ,<br><i>Vitamin B<sub>2</sub></i><br>or <i>riboflavin</i><br>and <i>niacin</i> ,<br><i>iron</i> —read<br>labels for<br>enrichment<br>information | <i>Vitamin A</i> to<br>protect eyes<br>and skin and<br>to help guard<br>against in-<br>fection<br>Butter and mar-<br>garine may be<br>used inter-<br>changeably<br><i>Calories</i> for<br>energy | <i>Calories</i> for<br>energy |
|---|---------------------------------------|--|---|--|-------------------------------|

## CHOICES IN THE FOOD GROUPS

|  |  |   |   |   |
|--|--|---|---|---|
| Apricots<br>Peaches<br>Apples<br>Pears<br>Pineapple<br>Plums<br>Cherries<br>Grapes<br>Bananas<br>Berries<br>Prunes<br>Figs<br>Nectarines | Whole wheat<br>flour<br>Whole grain<br>corn-meal<br>Whole wheat<br>bread<br>Oats<br>Brown rice<br>Rye bread<br>Certain ready-<br>to-eat and<br>uncooked<br>cereals<br>Popcorn<br>Millet bread<br>Pumpernickel<br>bread | Enriched corn-<br>meal<br>White bread<br>Macaroni<br>Spaghetti<br>Noodles<br>Grits<br>Rice<br>Ready-to-eat<br>wheat, oat,<br>corn and<br>rice cereals<br>Enriched<br>flour<br>Tortillas | Other fats:<br>salad oils,<br>cooking fats,<br>bacon, salt<br>pork, fat<br>back | Cakes<br>Cookies<br>Pies<br>Frozen fruit<br>and gelatin<br>desserts<br>Custards<br>Puddings<br>Ice creams<br>Sherbets<br>Preserves<br>Jellies<br>Jams<br>Sirup<br>Sugar |
|--|--|---|---|---|

# 4 Seasons

## WITH THE TEXAS FOOD STANDARD



The breakfast - dinner-supper meal guide and the Texas Food Standard are convenient tools for planning nourishing family meals. The following weekly menus — one for each of the four seasons of the year — were planned with these guides. If substitutions are made, be certain that the food substituted comes from the same food group.

### Spring Meals

#### SUNDAY

##### *Breakfast*

Orange and Grapefruit Juice  
Baked Eggs in Toast Cups  
Milk      Tea or Coffee

##### *Dinner*

Fried Chicken      Gravy  
Mashed Potatoes      Fresh Peas  
Tomato and Cottage Cheese Salad  
Whole Wheat Biscuits      Butter or Margarine  
Angel Food Cake  
with Strawberries and Cream  
Milk      Tea

##### *Supper*

##### **(In Backyard)**

Broiled Hamburgers on Buns  
Corn on Cob      Sliced Tomatoes  
Relishes  
Chocolate Brownies  
Fruit Punch

#### MONDAY

##### *Breakfast*

Fresh Berries with Cream and Sugar  
Soft Cooked Eggs      Bacon  
Whole Wheat Toast      Butter or Margarine  
Milk      Tea or Coffee

##### *Dinner*

Broiled Fish Fillets  
Creamed New Potatoes  
Buttered Beets  
Mixed Vegetable Salad  
Bread      Butter or Margarine  
Plum Cobbler  
Milk

##### *Supper*

Ham and Scalloped Potatoes  
String Beans  
Cabbage and Green Pepper Slaw  
Whole Wheat Bread      Butter or Margarine  
Plum Cobbler (Left over from dinner)  
Milk

#### TUESDAY

##### *Breakfast*

Strawberries      Cream      Sugar  
with Prepared Cereal  
Toasted Banana Bread  
Butter or Margarine  
Milk      Tea or Coffee

##### *Dinner*

Swiss Steak  
Scalloped Potatoes  
Yellow Squash  
Fruit Salad  
Bread      Butter or Margarine  
Frozen Custard  
Milk

##### *Supper*

Steak Sandwiches  
(Made from leftover Swiss steak)  
Stewed Tomatoes  
Buttered Okra  
Whole Wheat Bread      Butter or Margarine  
Frozen Custard

## WEDNESDAY

### *Breakfast*

Fresh Berries      Cream      Sugar  
Scrambled Eggs      Bacon  
Biscuits      Butter or Margarine  
Milk      Tea or Coffee

### *Dinner*

Meat Loaf      Tomato Sauce  
String Beans      Buttered Beets  
Garden Salad  
(Lettuce, radishes, onions)  
Cornmeal Muffins      Butter or Margarine  
Custard Pie  
Milk

### *Supper*

Cold Meat Loaf  
Creamed New Potatoes  
Orange-Grapefruit Salad  
Bread      Butter or Margarine  
Oatmeal Cookies  
Milk

## FRIDAY

### *Breakfast*

Fresh Berries with  
Prepared Cereal      Cream      Sugar  
Cheese Toast  
Milk      Tea or Coffee

### *Dinner*

Broiled Liver  
Mashed Potatoes      Buttered Onions  
Carrot and Celery Salad  
Corn Bread      Butter or Margarine  
Lemon Pie  
Milk

### *Supper*

Ham      Deviled Eggs  
Potato Cakes  
(Made from leftover potatoes)  
Fresh Spinach and Mustard Salad  
Bread      Butter or Margarine  
Brownies      Fruit Punch

## THURSDAY

### *Breakfast*

Orange Juice  
Poached Eggs      Ham  
Drop Biscuits      Butter or Margarine  
Milk      Tea or Coffee

### *Dinner*

Salmon Loaf with Cream Sauce  
Fresh English Peas      Buttered New Potatoes  
Fresh Vegetable Platter  
(Onions, radishes, carrot strips)  
Whole Wheat Bread      Butter or Margarine  
Berry Cobbler  
Milk

### *Supper*

Hot Deviled Eggs  
Wilted Lettuce Salad  
Stewed Tomatoes  
Cheese Bread  
Butter or Margarine  
Custard      Milk

## SATURDAY

### *Breakfast*

Orange Juice  
Scrambled Eggs      Bacon  
Whole Wheat Muffins      Butter or Margarine  
Milk      Tea or Coffee

### *Dinner*

Baked Beans      Frankfurters  
Fresh String Beans  
Lettuce and Tomato Salad  
Corn Bread Sticks      Butter or Margarine  
Fruits in Gelatin  
Milk      Iced Tea

### *Supper*

Hamburgers  
Lettuce, Tomatoes, Onions, Pickles  
French Fried Potatoes  
Ice Cream  
Milk



## Summer Meals

### MONDAY

#### Breakfast

Grapefruit Juice  
 Ready-to-eat Cereal with Sliced Bananas  
 Whole Wheat Muffins      Bacon  
 Butter or Margarine  
 Milk      Coffee or Tea

#### Dinner

Meat Loaf  
 Mashed Potatoes      Buttered Beets  
 Cabbage Slaw  
 Corn Bread Sticks      Butter or Margarine  
 Lemon Chiffon Pie  
 Milk      Tea

#### Supper

Sliced Meat Loaf (Cold)  
 Buttered Whole Kernel Corn  
 Molded Carrot Salad  
 Beet Pickles  
 Bread      Butter or Margarine  
 Fruit Compote  
 Milk

### SUNDAY

#### Breakfast

Fresh Peaches and Cream  
 Poached Eggs      Bacon  
 Whole Wheat Toast      Butter or Margarine  
 Milk      Tea or Coffee

#### Dinner

Fried Chicken      Cream Gravy  
 Rice or Potatoes  
 Buttered English Peas and Celery  
 Head Lettuce Salad — French Dressing  
 Sliced Tomatoes  
 Bread      Butter or Margarine  
 Strawberry Sundae  
 Milk      Tea or Coffee

#### Supper

Bacon and Cheese Sandwiches  
 Carrot and Celery Salad  
 Watermelon Slices

### TUESDAY

#### Breakfast

Cantaloupe  
 Scrambled Eggs      Ham  
 Drop Biscuits      Butter or Margarine  
 Milk      Tea or Coffee

#### Dinner

Beef Stew with Potatoes,  
 Carrots and Onions  
 Relish Tray  
 Cornmeal Muffins      Butter or Margarine  
 Pineapple Sherbet  
 Milk

#### Supper

Cheese Omelet  
 String Beans      Sliced Tomatoes  
 Whole Wheat Bread  
 Butter or Margarine  
 Date-Nut Bars  
 Milk

## WEDNESDAY

### *Breakfast*

Prepared Cereal with Assorted Toppings  
French Toast      Jelly or Jam  
Milk      Tea or Coffee

### *Dinner*

Liver Mexicana  
Baked Irish Potatoes      Buttered Cabbage  
Tossed Green Salad  
Whole Wheat Rolls      Butter or Margarine  
Peach Cobbler  
Milk      Tea or Coffee

### *Supper*

Macaroni and Cheese Casserole  
Buttered Carrots  
Fruit Salad  
Bread      Butter or Margarine  
Apple Sauce  
Butterscotch Cookies  
Milk

## FRIDAY

### *Breakfast*

Tomato Juice  
Soft-cooked Eggs      Bacon  
Toast      Butter or Margarine  
Milk      Tea or Coffee

### *Dinner*

Salmon Loaf with Tomato Sauce  
Buttered Peas      Creamed Onions  
Celery and Carrot Sticks  
Hot Rolls      Butter or Margarine  
Ice Cream  
Milk

### *Supper*

Frankfurters  
Mashed Potatoes  
Tossed Vegetable Salad  
Bread      Butter or Margarine  
Fresh Fruit  
Oatmeal Cookies      Milk

## THURSDAY

### *Breakfast*

Cantaloupe  
Waffles      Butter or Margarine  
Sirup  
Milk      Tea or Coffee

### *Dinner*

Steak      Gravy  
Buttered Potatoes      Black-eyed Peas  
Okra  
Cucumber and Onion Salad  
Corn Pone      Butter or Margarine  
Fruit Pie  
Iced Tea

### *Supper*

Scrambled Eggs      Bacon  
Sliced Tomatoes      Green Celery  
Whole Wheat Bread  
Butter or Margarine  
Gelatin with Fruit  
Milk

## SATURDAY

### *Breakfast*

Orange and Grapefruit Juice  
Creamed Ham and Hard-cooked Eggs  
Served on Whole Wheat Toast  
Butter or Margarine  
Milk      Tea or Coffee

### *Dinner*

Roast Beef      Gravy  
Baked Irish Potatoes  
Asparagus or Squash  
Combination Vegetable Salad  
Bread      Butter or Margarine  
Apricot Ice Cream  
Cake  
Iced Tea      Milk

### *Supper*

Beef Sandwiches  
Potato Salad  
Relish Tray  
Watermelon Slices



## Fall Meals

### MONDAY

#### *Breakfast*

Hot Cereal      Stewed Prunes  
Toasted Oatmeal Bread      Butter or Margarine  
Milk      Tea or Coffee

#### *Dinner*

Broiled Liver  
Onion Rings  
Baked Irish Potatoes  
Turnip Greens      Relish Tray  
Bread      Butter or Margarine  
Baked Apples  
Milk

#### *Supper*

Scalloped Cheese and Hominy  
Buttered Peas and Carrots  
Cabbage Slaw  
Bread      Butter or Margarine  
Chocolate Fudge Bars      Milk

### SUNDAY

#### *Breakfast*

Orange Juice  
Poached Eggs      Bacon  
Biscuits      Butter or Margarine  
Milk      Tea or Coffee

#### *Dinner*

Baked Ham  
Sweet Potato Souffle  
Fresh Green Lima Beans  
Tossed Vegetable Salad      French Dressing  
Whole Wheat Bread      Butter or Margarine  
Pineapple Sherbet  
Angelfood Cake      Milk

#### *Supper*

Ham Sandwiches  
Fruit Salad  
Butterscotch Cookies  
Milk

### TUESDAY

#### *Breakfast*

Grapefruit  
Soft-cooked Eggs      Sausage  
Whole Wheat Toast      Butter or Margarine  
Milk      Tea or Coffee

#### *Dinner*

Pork Chops      Gravy  
Mashed Potatoes  
String Beans  
Cabbage, Apple and Celery Salad  
Cornmeal Muffins      Butter or Margarine  
Baked Pears      Milk

#### *Supper*

Barbecued Hamburgers on Buns  
Lettuce, Tomatoes, Onions, Pickles  
French Fried Potatoes  
or Potato Chips  
Cocoa



## WEDNESDAY

### *Breakfast*

Fresh Grapes  
Poached Eggs      Bacon  
Bran Muffins      Butter or Margarine  
Milk      Tea or Coffee

### *Dinner*

Baked Beans with Wieners  
Tossed Vegetable Salad  
Corn Bread      Butter or Margarine  
Custard Pie  
Milk

### *Supper*

Potato Hot Cakes  
Canadian Bacon      Sirup  
Butter or Margarine  
Grapefruit and Orange Slices  
Cup Cakes      Milk

## FRIDAY

### *Breakfast*

Grapefruit  
Oatmeal in Milk  
Biscuits      Bacon  
Milk      Tea or Coffee

### *Dinner*

Ham Shank with Lima Beans  
Buttered Carrots  
Fresh Mustard, Spinach and  
Hard-cooked Egg Salad  
Corn Pone      Butter or Margarine  
Apple Tarts  
Hot Tea

### *Supper*

Baked Fish Fillets  
Buttered Potatoes  
Carrots and English Peas  
Canned Tomatoes  
Bread      Butter or Margarine  
Cottage Pudding with Caramel Sauce  
Milk

## THURSDAY

### *Breakfast*

Grapefruit Juice  
Cream of Wheat with Raisins  
Whole Wheat Toast      Bacon  
Milk      Tea or Coffee

### *Dinner*

Meat Balls with Spaghetti  
Tossed Vegetable Salad  
French Bread      Butter or Margarine  
Fruit Whip  
Milk

### *Supper*

Tasty Tongue Cakes  
Potatoes in Cream Sauce  
String Beans  
Bread      Butter or Margarine  
Gingerbread Squares      Lemon Sauce

## SATURDAY

### *Breakfast*

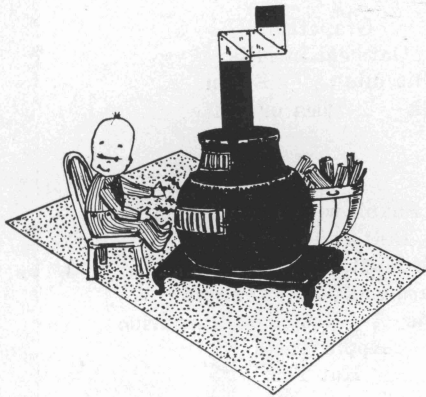
Stewed Prunes  
Potato Hot Cakes      Sausage  
Butter or Margarine      Sirup  
Milk      Tea or Coffee

### *Dinner*

Macaroni and Kidney Beans au Gratin  
Cabbage Slaw  
Bread      Butter or Margarine  
Baked Custard  
Milk

### *Supper*

Creamed Ham and Eggs  
on Whole Wheat Toast  
String Beans  
Cookies      Cocoa



## Winter Meals

### MONDAY

#### Breakfast

Grapefruit Juice  
 Oatmeal      Cream and Sugar  
                   and/or  
                   Ham      Hot Cakes  
 Butter or Margarine      Honey or Sirup  
 Milk      Tea or Coffee

#### Dinner

Ham Shank with Lima Beans  
 Buttered Carrots  
 Fresh Mustard and Spinach Salad  
 Corn Pone      Butter or Margarine  
 Baked Appie  
 Milk

#### Supper

Chili con Carne  
 Rice  
 Lettuce and Tomato Salad  
 Crackers      Butter or Margarine  
 Fruit  
 Milk

### SUNDAY

#### Breakfast

Orange Juice  
 Scrambled Eggs      Ham  
 Biscuits or Quick Coffee Cake  
 Butter or Margarine  
 Milk      Tea or Coffee

#### Dinner

Pork Roast      Gravy  
 Baked Sweet Potatoes      Turnip Greens  
 Tossed Vegetable Salad  
 Whole Wheat Bread      Butter or Margarine  
 Apple Pie  
 Milk

#### Supper

Cream of Potato and Onion Soup  
 Cheese Toast  
 Celery and Carrot Strips  
 Lemon Pudding with Fruit  
 Milk

### TUESDAY

#### Breakfast

Grapefruit  
 Poached Eggs      Sausage  
 Bran Muffins      Butter or Margarine  
 Milk      Tea or Coffee

#### Dinner

Chicken in Corn Bread Ring  
 Buttered Peas  
 Fried Potatoes  
 Tossed Vegetable Salad      French Dressing  
 Pickled Beets  
 Bread      Butter or Margarine  
 Boiled Custard      Cookies  
 Milk

#### Supper

Baked Beans with Frankfurters  
 Buttered Cabbage  
 Bread      Butter or Margarine  
 Butterscotch Cookies      Apricots  
 Cocoa

## WEDNESDAY

### *Breakfast*

Orange Juice  
Hot Cereal Prunes  
Cream Sugar  
Cheese Toast  
Milk Tea or Coffee

### *Dinner*

Meat Balls with Spaghetti  
Apple and Carrot Salad  
Bread Butter or Margarine  
Fruit Whip  
Milk

### *Supper*

Vegetable Soup  
Cornmeal Muffins Butter or Margarine  
Rice Pudding  
Milk

## FRIDAY

### *Breakfast*

Hot Cereal Assorted Toppings  
Whole Wheat Muffins Sausage  
Butter or Margarine  
Milk Tea or Coffee

### *Dinner*

Barbecued Pot Roast  
Greens Baked Sweet Potatoes  
Pineapple and Orange Salad  
Bread Butter or Margarine  
Rice Pudding Milk

### *Supper*

Pot Roast (Leftover)  
String Beans  
Creamed Hominy  
Bread Butter or Margarine  
Ginger Bread Lemon Sauce  
Milk

## THURSDAY

### *Breakfast*

Tomato Juice  
Creamed Eggs Sausage  
Toast Butter or Margarine  
Milk Tea or Coffee

### *Dinner*

Liver and Vegetable Stew  
Celery and Carrot Salad  
Biscuits Butter or Margarine  
Apple Turnovers  
Milk

### *Supper*

Spaghetti DeLuxe  
Cabbage Slaw  
Rye Bread Butter or Margarine  
Grapefruit and Orange Slices  
Milk

## SATURDAY

### *Breakfast*

Orange Slices  
Scrambled Eggs  
Drop Biscuits Butter or Margarine  
Milk Tea or Coffee

### *Dinner*

Hamburger Corn Pone Pie  
Tossed Green Salad  
Prune Whip  
Milk

### *Supper*

Tomato Cheese Sandwiches  
Potato Chips  
Cocoa Pecan Cookies

*Have You Met . . . . .*



. . . . . YOUR COUNTY EXTENSION AGENTS? If not, drop by to see them soon. They represent both the United States Department of Agriculture and The Texas A. & M. College System in your county and they can furnish the latest information on farming, ranching and homemaking.

Most county extension agents have their offices in the county courthouse or agriculture building. Get to know them and take advantage of their services.

This publication is one of many prepared by the Texas Agricultural Extension Service to present up-to-date, authoritative information, based on results of research. Extension publications are available from your local agents or from the Agricultural Information Office, College Station, Texas.

# GOOD MEALS EVERY DAY



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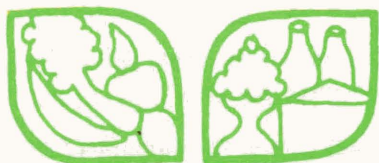
# Good Meals Every Day

Frances Reasonover, Sally Springer, Mary K. Sweeten and Karen Walker\*

Pleasant meal times are cornerstones of happy and healthy family life. The homemaker feels that the time and effort put into careful planning, wise marketing and skillful preparation were well spent when she sees her family relaxing and enjoying a good meal. She experiences still deeper satisfaction in knowing that the well-balanced meals she provides spell good health, vigor and stronger resistance to disease. It takes more than being a good cook to see that each family member gets all the nutrients needed daily. Each day's food should supply us with many nutrients:

- Protein for growth and repair of the body tissues
- Minerals and vitamins for growth and to keep the body functioning properly
- Fats and carbohydrates for heat and energy

No single food contains all the nutrients we need. Therefore, choosing foods wisely means selecting kinds that supply nutrients in the amounts needed.



Eat the basic 4 foods every day.



You'll find it helpful to check a simple food guide regularly. The Food for Fitness Guide will help make planning of well-balanced, appetizing meals easier and quicker. With it, you can get the nutrients needed from a variety of everyday foods.

## Food for Fitness

### A Daily Food Guide

#### Milk Group

Some milk for everyone

|                       |                |
|-----------------------|----------------|
| Children under 9..... | 2 to 3 cups    |
| Children 9 to 12..... | 3 to 4 cups    |
| Teenagers.....        | 4 or more cups |
| Adults.....           | 2 or more cups |

#### Vegetable-Fruit Group

4 or more servings

Include—A citrus fruit or other fruit or vegetable *important for vitamin C*

*A dark-green or deep-yellow vegetable for vitamin A—at least every other day*

Other vegetables and fruits, including potatoes

#### Meat Group

2 or more servings

Beef, veal, pork, lamb, poultry, fish, eggs  
As alternates—dry beans, dry peas, nuts

#### Bread-Cereal Group

4 or more servings

Whole grain, enriched or restored.

Plus other foods as needed to complete meals and to provide additional food energy and other food values.

\*Respectively, Extension foods and nutrition specialists, and former Extension foods and nutrition specialist, The Texas A&M University System.

## How to Use This Guide

In using this Food for Fitness Guide, select the main part of your diet from four broad food groups. Add other foods as needed to make your meals more appealing and satisfying. Some pointers to guide you in using this plan:

- Choose at least the minimum number of servings from each of the broad food groups.

Serving sizes may differ—small for young children, extra large (or seconds) for very active adults or teen-agers. Pregnant and nursing women also require more food from these groups.

- Make choices within each group according to suggestions given on the following pages. Foods within each group are similar, but not identical, in food value.

- Choose the additional foods to round out your meals both from foods in the four groups and from foods not listed in these groups. These additional foods should add enough calories to complete your food energy needs for the day. Children need enough food energy to support normal growth; adults need enough to maintain body weight at a level most favorable to health and well-being.

- Try to have some meat, poultry, fish, eggs or milk at each meal.



### Vegetable-Fruit Group

Foods included:

All vegetables and fruit. This guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

Contribution to diet:

Fruits and vegetables are valuable chiefly because of the vitamins and minerals they contain.

In this plan, this group is counted on to supply nearly all the vitamin C needed and over half of the vitamin A.

Vitamin C is needed for healthy gums and body tissues. Vitamin A is needed for growth, normal vision, and healthy condition of skin and other body surfaces.

### Sources of Vitamin C

*Good sources*—Grapefruit or grapefruit juice; orange or orange juice; cantaloupe; guava, mango; papaya; raw strawberries; broccoli; green pepper; sweet red pepper.

*Fair sources*—Honeydew melon; lemon, tangerine or tangerine juice; watermelon; asparagus tips; Brussels sprouts; raw cabbage; collards, garden cress; kale; kohlrabi; mustard greens; potatoes and sweet potatoes cooked in the jacket; spinach; tomatoes or tomato juice; turnip greens.

### Sources of Vitamin A

Dark-green and deep-yellow vegetables and a few fruits, namely: Apricots, broccoli, cantaloupe, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweet potatoes; turnip greens and other dark-green leaves, winter squash. Amounts recommended:

Choose 4 or more servings every day, including:

One serving of a good source of vitamin C or 2 servings of a fair source.

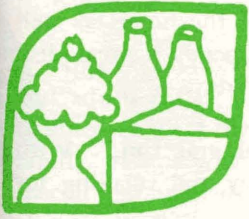
One serving, at least every other day, of a good source of vitamin A.

If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of a vitamin A food may be omitted.

The remaining 1 to 3 or more servings may be of any vegetable or fruit, including those that are valuable for vitamin C and vitamin A.

Count as 1 serving:  $\frac{1}{2}$  cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium apple, banana, orange or potato, half of a medium grapefruit or cantaloupe or the juice of 1 lemon.





## Milk Group

### Foods included:

Milk—fluid whole, evaporated, skim, dry, buttermilk.

Cheese—cottage; cream; cheddar-type—natural or processed.

Ice cream.

### Contribution to diet:

Milk is our leading source of calcium, which is needed for bones and teeth. It also provides high-quality protein, riboflavin, vitamin A, and many other nutrients.

### Amounts recommended:

Some milk every day for everyone.

Recommended amounts are given below in terms of whole fluid milk:

8-ounce cups

|                       |           |
|-----------------------|-----------|
| Children under 9..... | 2 or 3    |
| Children 9 to 12..... | 3 or more |
| Teenagers.....        | 4 or more |
| Adults.....           | 2 or more |
| Pregnant women.....   | 3 or more |
| Nursing mothers.....  | 4 or more |

Part or all of the milk may be fluid skim milk, buttermilk, evaporated milk, or dry milk.

Cheese and ice cream may replace part of the milk. The amount of either it will take to replace a given amount of milk is figured on the basis of calcium content. Common portions of various kinds of cheese and of ice cream and their milk equivalents in calcium are:

|                                    |                        |
|------------------------------------|------------------------|
| 1-inch cube cheddar-type cheese =  | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup cottage cheese = | $\frac{1}{3}$ cup milk |
| 2 tablespoons cream cheese =       | 1 tablespoon milk      |
| $\frac{1}{2}$ cup ice cream =      | $\frac{1}{4}$ cup milk |



## Meat Group

### Foods included:

Beef; veal; lamb; pork; variety meats, such as liver, heart, kidney.

Poultry and eggs.

Fish and shellfish.

As alternates—dry beans, dry peas, lentils, nuts, peanuts, peanut butter.

### Contribution to diet:

Foods in this group are valued for their protein, which is needed for growth and repair of body tissues—muscle, organs, blood, skin and hair. These foods also provide iron, thiamine, riboflavin, and niacin.

### Amounts recommended:

Choose 2 or more servings every day.

Count as a serving: 2 to 3 ounces of lean cooked meat, poultry, or fish—all without bone; 2 eggs; 1 cup cooked dry beans, dry peas, or lentils; 4 tablespoons peanut butter.



## Bread-Cereal Group

### Foods included:

All breads and cereals that are whole grain, enriched, or restored; check labels to be sure.

Specifically, this group includes: Breads; cooked cereals; ready-to-eat cereals; cornmeal; crackers; flour; grits; macaroni and spaghetti; noodles; rice;

rolled oats; and quick breads and other baked goods, if made with wholegrain or enriched flour. Parboiled rice and wheat also may be included in this group.

Contribution to diet:

Foods in this group furnish worthwhile amounts of protein; iron, several of the B-vitamins, and food energy.

Amounts recommended:

Choose 4 servings or more daily. Or, if cereals are chosen, have an extra serving of breads or baked goods, which will make at least 5 servings from this group daily.

Count as 1 serving: 1 slice of bread; 1 ounce ready-to-eat cereal;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

## Other Foods

To round out meals and meet energy needs, almost everyone will use some foods not specified in the four food groups. Such foods include un-enriched, refined breads, cereals, flours; sugars; butter, margarine, and other fats. These often are ingredients in a recipe, or are added to other foods during preparation or at the table.

Try to include some vegetable oil among the fats used.

## Easy Steps to Happy Family Meals

Step one is to follow the Food for Fitness Guide, page 3.

The four vital food groups work as a team to give you the best health value for your money. Serve them at your table every day.

Step two is to make a weekly menu plan.

Set aside a time and place for planning the week's menus. This makes shopping easy and you can make better use of leftovers. In general, each meal should provide about a third of the daily food needs. The dignity and joy of the home, as well as the health of the family depends a great deal on what the family eats every day.

Too often mealtime is "eat and run." With good planning it can be happy and relaxing for the whole family.

Consider foods for *color, flavor, texture, form, temperature* and *variety*.

Why is *color* so important? Pleasing colors in meals stimulate the appetite and make eating a greater pleasure. Vegetables and fruits add color, as do well-chosen garnishes. Garnishes should be simple as well as appropriate in flavor and color.

Food must have *flavor* or appetite appeal as well as eye appeal. Bland foods complement tangy foods. Avoid having more than one strong-flavored food at a meal. Onions and turnips are examples of this.

Use spices and herbs to enhance the natural flavors in foods. Let them blend with the flavor of food—not overwhelm it. Some flavors are made for each other. Here are some combinations that have stood the test of time: turkey and cranberries, fish and tartar sauce, ham and eggs, apples with cinnamon and mint jelly with lamb.

*Texture* means the crispness, crunchiness, hardness, softness, smoothness or chewiness of a food. Meals may be monotonous when foods are all smooth or all crisp. A contrast of textures give a meal personality.

For more interesting meals, combine foods of different sizes, shapes and proportions.

*Temperature* contrast within a meal is essential, regardless of weather. In warm weather, a good menu will include at least one hot food; in cold weather, crisp salads offer contrast for the hot foods served. Generally lukewarm foods have lukewarm appeal. Serve hot foods hot and cold foods cold.

Finally, meals are pleasing when a *variety* of foods is offered within the menu and within the day.

## Basic Factors in Meal Planning

Consider these factors in meal planning:

- Family size—children and adults.

Appetites, tastes and food tolerances of children and adults differ; however, a single meal may be planned to meet the nutritional needs of the entire family, except when a family member requires a special diet as in the case of diabetes, heart disease, allergies and other diseases influenced by diet.

- Family activities—work and play.

Fathers engaged in heavy physical labor need more food than those doing office work. Mothers employed outside the house and those who do heavy homework and care for young children also need extra food energy.

- Family income—amounts of money allotted for food.

The lower the budget, the more carefully the homemaker should plan meals. A low-to-moderate income rules out many so-called luxury foods, but does not forbid the serving of appetizing and nourishing meals. Many foods high in nutritive value are relatively low in cost.

- Special likes and dislikes of family members.

Homemakers like to please their families with certain favorite foods and meals, but alert meal planners frequently introduce new foods or familiar foods prepared in different ways. Variety keeps appetites eager, delights the family and usually results in improved food habits.

- The seasons.

Time of year directly influences appetites for certain foods and the planning of meals. Foods in season and grown locally are generally more plentiful and less expensive. Smart homemakers use these foods often while in season.

- Special diets—during infancy, illness, pregnancy and lactation.

In cases calling for special diets, seek the advice of your physician and dietitian.

- Planning for teenage members

Many teenagers, especially girls, are not well fed. Their diets are particularly low in milk, green and yellow vegetables and citrus fruits. They also make unwise choices of snacks between meals. Many teenagers, especially girls, eat an inadequate breakfast or none at all. This is the stage when the teenage boys and girls need adequate nutrients for rapid growth and development. Encourage your teenagers to eat adequate meals every day, drink from 1 to 1½ quarts of milk and select between-meal snacks that include fewer sweets and carbonated drinks and more fruits and vegetables. The teenage boy likely needs more food than at any other time in his life.

- Planning for the overweight family member.

The problem of obesity generally is recognized as a serious threat to the health of the nation as well as to individuals. Obesity frequently is the forerunner of middle-age diseases, such as diabetes, high blood pressure, arthritis, heart and kidney trouble. The greatest injury from being overweight happens to those who gained excessively after they stopped growing because the bones, heart, muscles and other organs of the body did not grow proportionately to take care of the additional weight.

All reducing diets should be based on sound nutrition practices. The Food for Fitness Guide can be used for reducing diets.

- Planning for the older family member.

Nowadays it is commonplace to expect a long life. Many men and women, however, who have had 70 birthdays or more, could be healthier and happier if they had made a strong ally of food, letting it help in every possible way.

Proper food helps the body to be at its best. In the event of illness, a well-nourished body responds better to treatment than one in a run-down condition. Age does not alter the kinds of food required by the body for proper functioning.

Easy guides to help you plan meals follow.

## Breakfast

Breakfast is easy and quick to prepare, but unfortunately it often is neglected at the risk of good health. The body has used up most of the fuel provided by the meal the night before. The body needs fresh supplies of energy for the day's work.

Many studies show that people who eat a good breakfast are more efficient than those who do not eat breakfast or eat a poor one.

Consider these guides for planning nourishing and interesting daily meals:

Fruit or fruit juice  
Eggs and bacon, sausage or ham and/or  
Ready-to-eat or cooked cereal  
Bread—whole grain or enriched  
Butter or margarine  
Milk for children and adults  
Coffee or tea for adults

### Dinner

Dinner usually is the main meal in most homes. Plan dinner with breakfast and supper in mind so that the total food needs are met. It is not nutrition-wise to cut down on breakfast and supper and try to make up the missing nutrients with a big dinner. The guide is:

Meat or meat alternate  
Potatoes, sweet or Irish  
Vegetable, green or yellow  
Other vegetables and/or fruit in salad or otherwise  
Bread, whole grain or enriched  
Butter or margarine  
Dessert  
Milk, tea or coffee

### Supper

Even though supper may be on the light side for some families, plan it to supply about a third of the day's quota of nutrients. A good supper guide might be:

Main dish—could be the same as served for dinner  
Vegetables—cooked or raw in salad  
Bread, whole grain or enriched  
Butter or margarine  
Dessert  
Milk, tea or coffee

### Between-meal Snacks

Growing children, teenagers and adults engaged in heavy work often require mid-morning and mid-afternoon snacks. Between-meal foods should include some of the foods listed on the Food for

Fitness Guide. Too much dependence on empty calorie foods, such as carbonated drinks, candies or other sweets, over a long period of time will result in an inadequate diet.

Plan between-meal snacks to include milk, fruit juices, assorted crackers, plain cookies and fresh fruits to eat out of hand.

## Typical Menus for a Day

### Breakfast

Orange Juice  
Hot or Cold Cereal with Milk and Sugar  
Poached Eggs on Buttered Toast  
Jam or Preserves  
Milk Coffee

### Mid-morning Snack

Banana and/or Glass of Milk

### Lunch

Vegetable Soup  
Grilled Cheese Sandwiches  
Milk

### Mid-afternoon Snack

Fruit Punch Cookies

### Dinner

Roast Beef Gravy  
Baked Irish Potato  
Stuffed Squash  
Tossed Vegetable Salad  
Cornmeal Muffins  
Butter or Margarine  
Baked Apple  
Tea Milk Coffee

The adaptation of these basic menu patterns to family meals is important to each homemaker. The nutrient needs of family members will vary with their ages to a limited extent and with their activities.

A typical family might consist of father employed by a bank, age 42; mother who is a fulltime homemaker, age 38; a 17-year-old boy; a 3-year-old girl and a grandmother, age 70.

The father requires about 2,600 calories daily; the mother, 1,850; the son, 3,000; the young daughter, 1,400; and the grandmother, 1,700.

Nutrient allowances for various age groups vary widely. These can be met by wise planning of all meals to follow the Food for Fitness Guide.

The basic breakfast of orange juice, hot or cold cereal with milk and sugar, poached eggs on buttered toast, milk and coffee can be adapted for all family members. The father would eat the entire breakfast. The mother and grandmother might eat the same breakfast, selecting the egg or cereal, likely not both; the son would eat the same breakfast with larger servings of food including two eggs, three pieces of buttered toast, milk plus two tablespoons jelly or preserves. The young daughter might omit the egg and eat one piece of toast plus the orange juice, cereal and milk.

The mid-morning snack for the young daughter and the grandmother might be a glass of milk and crackers. The son might have a glass of milk at school.

Suppose the family does not eat the noon meal together. The father is at work and the son eats at the school cafeteria. The father might choose baked fish with creole sauce, string beans, rice, jelled fruit salad, bread and coffee. The son might have smothered liver and onions, mashed potatoes, lettuce salad, bread, ice cream, cookies and milk.

The mother, daughter and grandmother would lunch at home on vegetable soup, grilled cheese sandwich and milk.

The afternoon snack for daughter and grandmother might be fruit punch and a cookie. The son would have the same snack, except larger portions, when he came home from school.

The dinner meal could be adapted easily to food needs of the family. They would all eat the dinner meal with these exceptions: the daughter would have small servings of roast, potato, and squash; no salad, sherbet and milk. The other family members would eat the dinner as planned with large servings or double servings for the father and the son, and smaller servings for the mother and grandmother.

You can meet the nutritional and caloric needs of all family members by careful and thoughtful menu planning with the Food for Fitness Guide. It also makes for fewer trips to the supermarket if menus are planned several days in advance and the food purchased during one trip.

**Step three** for happy family meals is to make a shopping list. Separate the groceries from the other items on the list. Check your staples each week and keep a good supply of canned and frozen foods on hand. Make out a shopping list from your menus and buy for the week, provided you have enough storage space in your refrigerator, freezer and cabinets. You may need to buy milk and bread about mid-week.

**Step four** is to plan your time, money and energy.

Plan your money to save unnecessary spending. With preplanned menus, you can make use of good buys, seasonal foods, and less expensive cuts of meat or other foods. Good planning results in less food wasted.

Plan your time so that you will have some for other things besides preparing three meals every day.

Plan your energy to save yourself. Even the most experienced homemakers who seem to prepare meals with little effort have a plan.

Do not try to do more than one difficult recipe at a time. It is wise to try out a new recipe on your family before serving it to guests.

Plan your meal to feature one food, usually the main dish. With the main dish in mind it will be easier to plan the remainder of the menu.

Plan to include foods that can be prepared ahead of time, whether it be the day before, morning of or an hour before the meal is to be served. A menu that has too many last minute details, such as broiling a steak, mashing potatoes, preparing a sauce for vegetables, ends up with a hurried, frenzied cook.

This menu makes for a calmer cook—pot roast with potatoes and carrots, peach and cottage cheese salad, hot rolls, cookies with sherbet.

Most Americans are time-conscious; however, time limitation is no excuse for unappetizing meals. Many foods with built-in maid service are available in the supermarkets. These are time-savers and also provide good nutrition.

**Step five** to happy family meals is storage of the food.

1. Remove the cellophane wrappings from fresh meat, fish and poultry. Cover loosely with waxed paper or other light wrappings and store in refrigerator.

2. Wash green and leafy vegetables and store in hydrator of refrigerator.

3. Cover eggs and store in refrigerator.

4. Store potatoes and onions in the coolest part of your cabinet.

5. Arrange canned goods according to kind in cabinet space.

**Step six** is one of organizing recipes, cookbooks, leaflets, bulletins and bills.

A homemaker is in business. Every business woman needs a desk to use when planning meals, making out shopping lists, leafing through cookbooks, filing instruction booklets that come with appliances and filing loose recipes and bills. The desk may be arranged in the kitchen, den or family room. It can be portable or a built-in feature in one of the rooms. It should have several small drawers, a place for magazines and cookbooks, a comfortable chair, a telephone nearby and be well lighted.

A combination chalk and cork board might be hung above the desk.

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For more information on meal planning, ask your county Extension agent for copies of:

H&GB No. 74 *Food and Your Weight*

H&GB No. 17 *Food Guide for Older Folks*

B-794 *Eat Well for Less*

B-927 *Quick Meals*

L-1081 *Planning Your Family Meals*

H&GB No. 78 *Storing Perishable Foods in the Home*

H&GB No. 183 *Your Money's Worth in Foods*

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