1936

EC9909 Food Guide

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FOOD GUIDE

Serve for every meal
Milk to children
Bread to all members of family

Serve once each day
Whole grain cereal (porridge, pudding)
Potatoes (twice if available)
Tomatoes for children
A green or yellow vegetable
A fruit or additional vegetable
Milk to adults

Serve twice each day
Meat or its equivalent

Serve two to four times a week
Tomatoes for adults
Dried beans, peas or peanuts
Eggs (especially for children)

Enough other foods to maintain or attain satisfactory weight
This gives opportunity for personal preferences of foods, economy,
and to use foods which are available.

Plenty of water at all times

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