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## EC9910 Satisfying Meals

Florence J. Atwood

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Extension Circular 9910

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# SATISFYING MEALS

The University of Nebraska Agricultural College Extension Service  
and United States Department of Agriculture Cooperating  
W. H. Brokaw, Director, Lincoln

Approved by Dr. Rebekah Gibbons, Head of the  
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## Satisfying Meals

FLORENCE J. ATWOOD

IT IS A real joy for a homemaker to be able to observe a satisfied after-dinner expression on the faces of the various members of the family after they have partaken of a meal. It gives her confidence that the meal has been an occasion of joy and that the foods which she has spent time and energy in preparing, have met with the approval of her family. Satisfying meals mean more, however, than merely satisfying the appetite.

The average individual desires to be well, to have the ability to do a reasonable amount of work, and to exercise without fatigue. To obtain this goal, both good food and good health habits are essential. They should be started early in childhood and continued through life. The earlier such habits are established, the better the opportunity for individuals to possess and radiate buoyant, positive health.

Some individuals are fortunate in possessing a state of good nutrition and are unaware of how or why it has been obtained. Others less fortunate are seeking relief from real or imaginary ills because of being in a state of poor nutrition. There is no doubt, however, that certain factors have been influential in determining the condition for each group of people.

Food habits are of paramount importance in determining the nutritional state of any individual. While these habits have become a daily routine, they have been influenced to a certain extent by customs, economic status, age, activities, and personal likes and dislikes. Other factors which influence the nutritional state of the body are sufficient fresh air, sunshine, rest, exercise, and plenty of pure water. Being free from colds, headaches, and constipation are some of the benefits enjoyed when one is in a good state of nutrition.

### Food Constituents Which Are Essential

A living body is made up of a group of organs which are continuously in action. Some of the functions which these organs perform are digestion of food, circulation of the blood, respiration, proper elimination, and gland secretion. A variety of food is required to carry on these activities. Some kinds are needed to build *bone, blood, muscle*, and the *other body tissues*; some to keep the body in *good condition*; and still others are needed to supply the *energy* required to carry on the life processes within the body and the day's activities such as work or play. Table I lists foods frequently used and classifies them according to their function.

TABLE I  
SOME COMMONLY USED FOODS CLASSIFIED ACCORDING TO THEIR FUNCTIONS  
Roughly Arranged With The Better Sources Per Serving Listed First

(1) Energy Foods	(2) Tissue Building Foods	(3) Tooth and Bone Building Foods	(4) Blood Building Foods	(5) Protective Foods	
				Vitamin A	Vitamin C
Lard	Heart, liver	Milk (skim)	Liver	Liver	Tomatoes
Butter, oleomargarin	Milk, cheese	Milk (whole)	Navy beans	Cod-liver oil	Oranges
Bacon, salt pork	Lean meat, fish	Buttermilk	Heart	Greens	Strawberries
Peanut butter	Navy beans	Milk (evaporated)	Greens	Snap beans	Grapefruit
Cheese	Peanut butter	Cheese (cheddar)	Molasses	Carrots	Greens
Sugar	All cereals	Greens	Whole grain cereals	Eggs	Bell peppers
Molasses	Oatmeal	Figs	Oatmeal	Cheese	Cabbage (raw)
All cereals	Whole wheat	Molasses	Whole wheat	Butter	Apple
Oatmeal	Corn meal	Navy beans	Graham flour	Milk (whole)	Banana
Whole wheat	Macaroni	Spinach	Eggs	Sweet potatoes	Onion (raw)
Corn meal	Flour	Cottage cheese	Dried fruits	Yellow squash	Potatoes
Macaroni	Breads	Cabbage	Prunes	Prunes	Rutabagas (raw)
Flour		Carrots	Figs	Tomatoes	Turnips (raw)
Tapioca			Dates	Dried peaches	Carrots (raw)
Breads			Peaches		Watermelon
Navy beans			Lean meats		Cantaloupe
Dried fruits			Potatoes		
Potatoes			Peanut butter		

The body does not use bread or meat or milk or any food commodity as it is, but uses the chemical substances of which these foods are composed. These chemical constituents are proteins, minerals, vitamins, carbohydrates, and fats. The food groups 2, 3, 4, and 5 in Table I furnish the body with proteins, minerals, and vitamins. These are the substances needed for body building and proper functioning. The first group of foods in Table I are the chief energy foods. A safe measure is to be sure to include foods from Group 3, tooth and bone building foods, Group 4, blood building foods, and Group 5, protective foods, and then add foods from the other groups until the necessary energy requirement is met.

The different foods overlap in food values, because most foods contain several essential food nutrients. Since the proportions vary, each class of foods is designated according to its principal food values.

Milk furnishes more kinds of food value than any other food, but is most important for its calcium, phosphorus, vitamins A and G, and its high quality of protein and fat.

Vegetables and fruits supply, to a large extent, other minerals and vitamins which are not found in milk. This is especially true of iron and vitamins B and C.

Meat, fish, poultry, and eggs are the chief protein foods. Some of these are also an excellent source of iron and vitamins A, B, and D. With a diet made up of only milk, vegetables, fruits, and either meat, fish, poultry, or eggs, the energy requirements are lacking. These, however, are provided in foods such as bread, cereals, sugars, and fats.

### Judging Adequacy of Diet

The man who produces livestock profitably gives careful thought to the choice of feeds and to feeding practices. He has gained this knowledge by making a study of this subject. He has sought expert advice and has applied sound principles and methods. Is it not just as valuable to put into practice the best information available for the feeding of human beings? Animals have an obvious money value; likewise, the health of individuals has money value, but this is not as generally recognized. Let us then give human bodies the foods they must have in order that each person may live up to his best possibilities.

Under normal conditions, most farms make a large contribution to the family living in vegetables and fruits, dairy products, eggs, poultry, and meat. When weather conditions interfere, making this contribution impossible, it is frequently necessary to make an adjustment in the diet so as to keep food costs within the range of the cash available. To meet such emergencies, the nutritional needs of the body can be attained by increasing the amounts of cereals and milk. It should be kept in mind that it is advisable to improve the diet as soon as other foods may become available

or can be afforded. Larger quantities of foods recommended for use as soon as conditions permit are: leafy green and yellow-colored vegetables, tomatoes, eggs, cheese, milk, and cod liver oil.

Proper foods, taken together in the day's meals, make up a pattern which should be followed daily. The different foods and the different ways of utilizing each article make possible an endless variety of menus which furnish, as nearly as is known, what the body needs for healthful living or a "balanced diet". How can I know whether or not my family is being adequately fed? The pattern is:

*Serve for Every Meal*

Milk to children

Bread to all members of the family

*Serve Once Each Day*

Whole grain cereal (porridge, pudding)

Potatoes (twice if available)

Tomatoes for children

A green or yellow vegetable (greens, carrots, cabbage, lettuce, squash)

A fruit or additional vegetable

Milk to adults

*Serve Twice Each Day*

Meat or its equivalent (poultry, fish, eggs, cheese, etc.)

*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, economy, and the use of foods which are available.

When the health of the family is at stake, it is important that serious thought be given to providing the right diet. As a help in judging the adequacy of the diet, Table II will be helpful. Here are listed the approximate amounts of foods which, if consumed in a month, will meet the needs of various ages of individuals. These combinations and proportions of food give good returns in health values. By adding together the amounts needed for each individual member of the family, the approximate total amount needed for families with different compositions can be readily computed.

TABLE II.—APPROXIMATE MONTHLY ESTIMATES FOR INDIVIDUALS OF DIFFERENT AGE AND SEX<sup>1</sup>

Food Items	Unit Meas.	Adult Man	Adult Woman or Girl 13-17	Boy 13-17	Child 8-12	Child 4-7	Child Under 4 Years
Milk or its equivalent.....Gal.		3	3-5 <sup>2</sup>	5	5	6	6
Cream.....Qt.		1½	1½	2½	.	.	.
Butter.....Lb.		4½	4½	5¾	3	2	½
Beef, pork, fish, poultry.....Lb.		5½	4¾	7	3	3	.
Lard.....Lb.		½	½	¾	½	¼	.
Bacon.....Lb.		½	½	¾	½	.	.
Eggs.....Doz.		1½	1½	1½	1¼	1¼	2½
Potatoes.....Lb.		15½	14	20¾	10½	8	5
Tomatoes—Citrus fruit.....Qt.		3	3	5	3	1½	1½
Fresh vegetables.....Lb.		4	4	5½	3	2	2
Canned vegetables.....Qt.		4	4	5½	3	2	2
Dried vegetables.....Lb.		2	2	3	1½	.	.
Fresh fruits.....Lb.		.	.	.	.	.	.
Canned fruits.....Qt.		2	2	3	1½	1	1
Dried fruits.....Lb.		1¼	1	2	1	¾	¾
Flour <sup>3</sup> (½ white—½ dark)..Lb.		15½	13½	21	10½	8	5
Cereal <sup>4</sup> .....Lb.		5	4¾	7	3½	3	2
Syrup—Molasses.....Pt.		¾	¾	¾	½	.	.
Sugar.....Lb.		6	4	8	5	3	½
Cod-liver oil.....Lb.		.	.	.	½	½	½

The quantities of foods listed above, do not allow for waste, spoilage, extra meals served to guests or to seasonal help. At least 25 per cent extra should be allowed if a budget of this type is to be adequate.

<sup>1</sup> Adapted from "Planning Farm Family Living," Bureau of Home Economics, Wash., D. C.

<sup>2</sup> Three gallons for a woman and five for a girl.

<sup>3</sup> Includes crackers. Also bread if purchased.

<sup>4</sup> One-half amount unrefined or dark breakfast cereals.

One-half refined cereals: rice, cream of wheat, corn flakes, macaroni, noodles.

TABLE III.—SOME APPROXIMATE EQUIVALENTS

Commodity	Unit	Equivalent to
Dried fruit.....	1 lb.	4 lbs. fresh fruit
Dried fruit.....	1 lb.	1½ qt. canned fruit
Cheddar cheese.....	5 oz.	1 qt. whole milk
Cream, 40%.....	1 qt.	1 lb. butter
Cream, 30%.....	1½ qt.	1 lb. butter
Whole milk.....	1 gal.	1½ lbs. cottage cheese
Sorghum, preserves, honey....	1 pt. (1½ lbs.)	1 lb. sugar
Bread.....	1 lb.	¾ lb. flour



TABLE IV.—APPROXIMATE OR AVERAGE WEIGHTS OF VARIOUS COMMODITIES <sup>1</sup>

Commodity	Unit	Net weight in pounds	Commodity	Unit	Net weight in pounds
<b>Vegetables</b>			<b>Fresh Fruits</b>		
Beans, snap .....	bu.	30	Apples, fresh .....	bu.	48
Beets, table .....	bu.	52	Cherries, unstemmed .....	bu.	56
Carrots .....	bu.	50	Cherries, stemmed .....	bu.	64
Eggplant .....	bu.	33	Grapes, fresh .....	bu.	48
Lettuce, western .....	crate	75	Peaches, fresh .....	bu.	48
Onion, dry .....	bu.	54	Pears, fresh .....	bu.	50
Parsnips .....	bu.	50	Plums, fresh .....	bu.	56
Peas, fresh unsh. ....	bu.	30	<b>Citrus</b>		
Potatoes, Irish .....	bu.	60	Grapefruit, Fla. ....	box	80
Potatoes, sweet .....	bu.	55	Grapefruit, Calif. ....	box	60
Rutabagas .....	bu.	56	Oranges, Fla. ....	box	90
Spinach .....	bu.	18	Oranges, Calif. ....	box	70
Tomatoes .....	bu.	53			
Turnips .....	bu.	54			

<sup>1</sup> Rearranged from Demonstrator's Record—Yearly Farm Food Supply, Extension Service, Washington, D. C.