

HOW SHALL WE CHOOSE OUR FOOD?



Every food you eat may be put into one of five groups. Each of these groups serves a special purpose in nourishing your body. You need some food from each group daily. Don't skip any.

1. FRUITS AND VEGETABLES.
2. MILK, CHEESE, EGGS, FISH, MEAT, BEANS, PEAS, PEANUTS.
3. CEREALS—CORN MEAL, OATMEAL, RICE, RYE, WHEAT, FLOUR, BREAD.
4. SUGAR, SIRUPS, JELLY, HONEY, CANDIES.
5. FATS—BUTTER, MARGARINE, COTTONSEED OIL, OLIVE OIL, DRIPPINGS, SUET, BACON, CHOCOLATE.

If you use this food group idea in planning your meals, you may be able to reduce the cost and improve the quality. War Savings Stamps are a good investment for money saved in this way.

To find out how much you need from each group, send for U. S. Thrift Leaflet No. 16.

Thrift Leaflet No. 15

UNITED STATES
DEPARTMENT OF AGRICULTURE & TREASURY DEPARTMENT



WHY YOU NEED THE FIVE GROUPS

Vegetables and fruits. These furnish some of the material from which the body is made and keep its many parts working smoothly. They help to prevent constipation which gives headaches and makes you stupid. The kinds you choose depend upon the season, but remember that the cheaper ones are often as valuable as the more expensive.

Milk, cheese, eggs, fish, meat, peas, beans. These help build up the growing body and renew used-up parts. That is their main business. Dried peas and beans make good dishes to use in place of meat, part of the time, but do not leave out these others entirely. Milk is the most important. Buy at least a pint a day for every member of your family, more for young children. No other food can take its place for them. Save on meat if you must, but do not skimp on milk.

Cereals—Bread and breakfast foods. These foods, made from grain, flour, and meal, act as fuel to let you do your work, much as the gasoline burning in an automobile engine makes the car go. This you can think of as their chief business. Besides, they give your body some building material.

Sugar and sirups. These, too, are fuel. They also give flavor to other foods. They are valuable food, but many people eat more of them than they need, and we could get along better without this group than without any of the others. Sweet fruits, especially dried ones like dates and raisins, contain much sugar and are better for the children than candy.

Fats. These are fuel. Some are needed especially by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings from bacon and other left-over fats. Do not let your butcher keep the trimmings from your meat, they belong to you. Children need some butter fat. Give it to them in plenty of whole milk or in butter.

HOW TO SPEND YOUR MONEY FOR FOOD

DIVIDE YOUR FOOD DOLLAR INTO FIFTHS

Out of every dollar spent

use

20 cents, more or less, for vegetables and fruits.

20 cents, or more, for milk and cheese.

20 cents, or less, for meat, fish, eggs, etc.

20 cents, or more, for bread and cereals.

20 cents, or less, for sugar, fat, tea, coffee, chocolate, ilavoring.

If you raise part of your food, pay yourself for it at the market price. Count this in as part of the money spent.

SAVE MONEY

By using the less expensive foods in each group, with only enough of those that cost more to give flavor and texture. You may exchange one food for another in the same group. For example, vegetables may be used instead of fruits; eggs, cheese dishes, or sometimes beans, may be used instead of meat; and oatmeal instead of wheat; but neither oatmeal nor wheat can take the place of milk.

Cottage cheese made from skim milk is an inexpensive substitute for meat and may be used in many other ways also.

Use both milk and cereals.

Cereals are usually your cheapest fuel food.

Foods in the group with milk give fuel, too, and so do the vegetables and fruits, but we depend upon starchy foods and fats for most of the fuel in our diet.

SPEND WISELY



SAVE SANELY

CHECK UP YOUR FOOD PURCHASES WITH THIS LIST OF FOODS FROM EACH OF THE FIVE GROUPS

Group I. VEGETABLES AND FRUITS

Less Expensive Foods

Most fresh vegetables up to 5c a pound
Potatoes up to 6c a pound
Greens at 5c a pound
Fresh fruit up to 5c a pound
Dried fruits up to 28c a pound

Medium Priced Foods

Dried fruits up to 40c a pound
Potatoes over 8c a pound
Spinach up to 12c a pound
Squash up to 4c a pound
Fresh tomatoes up to 5c a pound
Home canned fruit and vegetables

More Expensive Foods

Oranges over 50c a dozen
Bananas over 45c a dozen
Grapes over 12c a pound
Asparagus, celery, head lettuce at ordinary city market prices.
Most canned vegetables and fruits not canned at home.

Group II. MILK, EGGS, MEAT

Milk
Skim milk
Cheese up to 40c a pound
Cottage cheese
Beef heart and liver
Dried beans and peas at ordinary prices

Eggs up to 50c a dozen
Fowl up to 35c a pound
Fish up to 20c a pound
Lean beef up to 40c a pound
Lean pork chops up to 45c a pound
Salt cod up to 30c a pound

Porterhouse steak
Young chicken
Oysters
Lobster

Group III. CEREALS

Bread up to 11c a pound
Wheat flour
Cornmeal and hominy
Oatmeal

Bread at 12c a pound
Macaroni at 17c a pound
Rice at 15c a pound

Prepared cereals in packages at 20c or more a pound.

Group IV. SUGARS

Sugar
Molasses up to 38c a quart
Raisins up to 18c a pound

Maple sugar at 18c a pound
Table sirups at 30c a quart
Marmalade, jellies made at home.

Maple sirup over 50c a quart.
Most marmalades and jellies when purchased
Honey at 22c or more a pound.

Group V. FATS

Table and cooking fats up to 39c a pound
Cooking oils up to 75c a quart.

Butter up to 70c a pound
Bacon up to 50c a pound
Chocolate up to 55c a pound

Olive oil at \$1.50 or more a quart.
Butter over 70c a pound
Heavy cream at 70c or more a quart.

BY WISE CHOICE YOU MAY HAVE BETTER FOOD FOR LESS MONEY

THEN BUY WAR



SAVINGS STAMPS