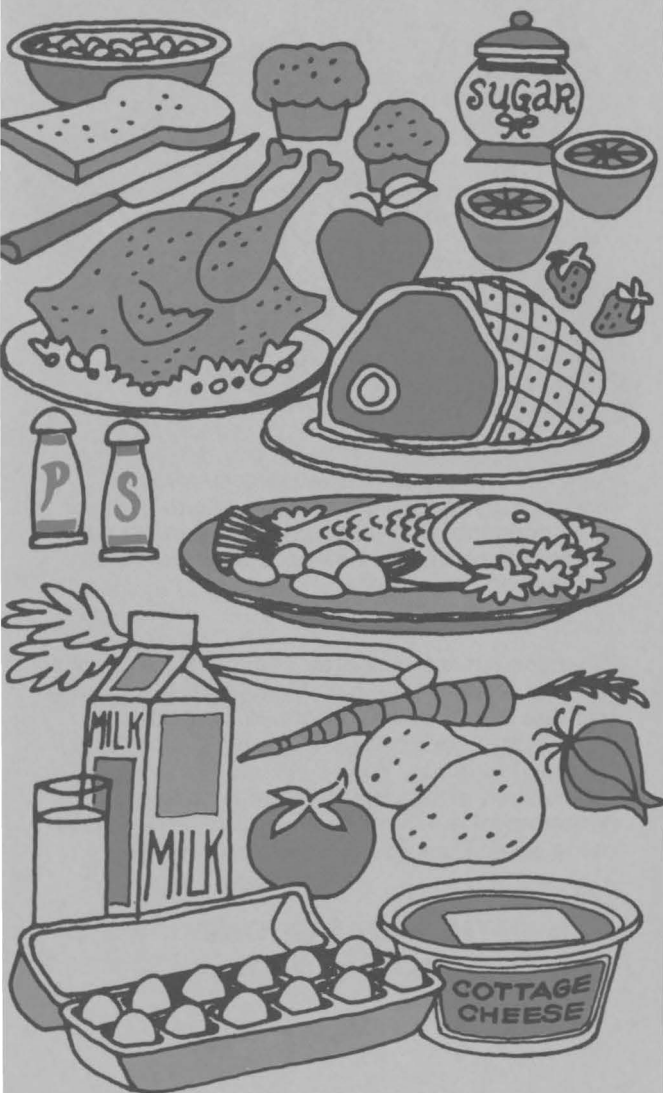


if YOU know what's GOOD FOR YOU

(The Basic Four Food Groups)



I'VE BEEN FEEDING
THAT BROOD OF MINE FOR
A LITTLE LONGER THAN YOU
MIGHT THINK, AND I NEVER
KNEW MUCH ABOUT ANY "FOOD
GROUPS." YOU REALLY MEAN
I'VE BEEN DOING
SOMETHING
WRONG?



Probably not. If you've been conscientiously feeding your family, chances are you're doing a fairly good job. But health and nutrition are such important subjects, we feel people should learn all they can about them.

H-m-m-m-m.

What you eat is an important factor in the way you feel and the way you look. Most foods fit naturally into one of four basic categories. Using these Basic Four Food Groups, it is easy to plan for balanced nutrition. You've probably been using this method to balance meals without being conscious of it. I think we should go through each of the Basic Four Food Groups one by one.

Well, if you think so . . .

The first is **THE MEAT GROUP.**

What do you mean "group"? Meat is meat.

The meat group is comprised of protein-rich foods. These foods are also sources of iron and certain B vitamins. We include in this group:

Meat, poultry, fish or eggs
and as occasional substitutes:
Dried peas, beans, lentils or nuts

We need 2 or more servings from the meat group daily. Pregnant women and nursing mothers need three or more servings every day.

Well then, how much is one serving?

Good question.

MEAT:

2 to 3 ounces of cooked lean meat, not counting the bone and fat. (For example, that could be 2 thin slices of beef, veal, lamb, pork, ham, liver or the other organ meats. One hamburger patty — 3" x 1/2", 1 thick or 2 thin chops, 2 or 3 slices of Canadian bacon or 2 frankfurters.)

POULTRY:

2 to 3 ounces of poultry without the skin and not including the bone and fat. (For example, that could be 2 medium slices of chicken, turkey, duck or game hen. One small chicken leg or thigh, or half of a small chicken breast would also count as a serving.)

FISH:

2 to 3 ounces of fish or shellfish, not counting the bones or shells. (For example, that could be one fresh or frozen fillet, 4 fish sticks, 1/3 cup canned tuna or salmon, 6 sardines, 12 to 18 medium shrimp, 3/4 cup oysters, 1/2 cup cooked crabmeat or lobster, about 4 large or 9 small clams.)

EGGS:

2 medium eggs

THE OCCASIONAL SUBSTITUTES:

1 cup of cooked dried peas, beans or lentils,
1/2 cup of nuts (cashews, almonds or walnuts),
1/3 cup of peanuts, 4 tablespoons of those
vegetable protein chips or 4 tablespoons of
peanut butter.

Are you ready to move on?

Ready! So far, so good.

Next is

THE FRUITS AND VEGETABLES GROUP.

This group is comprised of all fruits and vegetables. Foods in this group are some of the best sources of vitamin C and vitamin A.

Oh? How many servings of this group should we have each day?

We need four or more servings each day. This should include a citrus fruit or some other good source of vitamin C. Then every other day, include a dark-green or deep-yellow vegetable or fruit as a good source of vitamin A.

Now you're going to ask me how much is in a serving, right?

Right.

One serving is equal to one medium fruit (such as an apple), 2 small fruits (such as 2 plums), 1/2 banana, 1/4 cantaloupe, 10 to 12 grapes or cherries, 1 cup fresh berries, 1/2 cup fruit juice, 1/2 cup cooked vegetables or 1 cup raw leafy vegetables.

And every day I need one good source of vitamin C, and every other day a good source of vitamin A.

YES. HERE ARE GOOD SOURCES OF VITAMIN C:

cantaloupe	orange-grapefruit juice
grapefruit	papaya
grapefruit juice	strawberries
orange	broccoli
orange juice	brussels sprouts

AND HERE ARE SOME GOOD SOURCES OF VITAMIN A:

cantaloupe	pumpkin
mango	spinach
carrot	sweet potato
collard greens	turnip greens
mustard greens	winter squash



The next group is

CEREALS AND BREADS.

We need four or more servings each day. This group is a good source of carbohydrates, iron, B vitamins and protein. It includes things such as cereals, breads, cornmeal, macaroni, noodles, rice and spaghetti. Look for products that are *whole-grain* or have been *enriched*, *restored* or *fortified*.

One serving equals:

- 1 ounce (about 1 cup) ready-to-eat cereal
- 1/2 to 3/4 cup cooked cereal, cornmeal, grits or rice
- 1/2 to 3/4 cup cooked macaroni, spaghetti, noodles or other pasta
- 1 slice whole wheat or enriched bread
- 1 roll, biscuit or muffin
- 1 pancake (4")
- 1 waffle (5 1/2")
- 1 popover
- 1 bagel (3")
- 2 rye wafers (1 7/8 x 3 1/2")
- 6 Graham crackers (2 1/2" square)
- 2 tortillas (6")
- 1 wedge pizza crust (5 1/2" or 1/8 of 14" diameter pie)
- 1 doughnut (cake or raised)
- 1 square corn bread (2")
- 3 tablespoons enriched or whole-grain flour
- 1 tablespoon wheat germ

Got that?

Sure do. What's next?

THE MILK GROUP.

Here we include milk and dairy products. The foods in this group are good sources of calcium, phosphorus, protein, riboflavin, vitamin A and vitamin D. Look for milk that is fortified with vitamin D. If you buy low fat milk, make sure it's been fortified with vitamins A and D.

Four servings a day?

Not this time. In general, our daily needs vary according to age and special conditions. I'll list the number of 8-ounce cups different age groups need:

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

Pregnant women or nursing mothers need 4 or more cups. Remember this is just a rough guide, but it gives you some idea.

That's fine for milk itself, but what about the other dairy products?

For the other dairy products, we compare their calcium content to that of milk. Then using the guide below it's easy to substitute them for milk.

That makes sense.

1 cup buttermilk = 1 cup milk

1 cup chocolate-flavored milk drink = 1 cup milk

1/3 cup cream (half-and-half, light or sour)

= 1/4 cup milk

1 cup plain yogurt = 1 cup milk

1/2 cup ice cream = 1/4 cup milk

1 cup baked custard = 1 cup milk

1/2 cup pudding (made with milk) = 1/3 cup milk

1 slice (1 ounce) Swiss cheese = 1 cup milk

1 slice (1 ounce) American process cheese

= 1/2 cup milk

1/2 cup creamed cottage cheese = 1/3 cup milk

1 cube (1") Cheddar-type cheese = 1/2 cup milk

That covers the Basic Four Food Groups. If you plan your family's eating around the suggested number of servings for each group you'll probably do a good job of providing proper nutrition.

That's good to know. But I have an absolute *thing* for butterscotch! Do I have to give up desserts, candies, sauces and things like that?

Absolutely not. These foods we call
THE FIFTH DIMENSION.

Their function in providing our daily nutrition is not as important as the foods in the Basic Four Food Groups, but they do add flavor and variety to meals. Here are the fun foods that make eating a lot more enjoyable:

butter	gravies, sauces
margarine	candies, jams, jellies,
oil	sugars, syrups
salad dressings	alcoholic and carbonated
dips	beverages

The danger is that we may eat too many of these foods. When it's time to cut back, these should be the first to go.

Any questions?

No, not really.

There's a lot more to understanding nutrition than what you've just learned. Be sure to read the other pamphlets in the General Mills' nutrition series. The more you know about nutrition, the better off you and your family will be.

Thank you. I think it'll really help.



General Mills

Consumer Center & Nutrition Department