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Three Meals a Day

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Outline of Daily Food Needs

To provide for your family's food needs and to make meal planning easy, use some food from each of the following groups daily.

The Basic Seven

- Group I**—Leafy green and yellow vegetables; raw, cooked, canned, or frozen.
- Group II**—Citrus fruits, tomatoes, or other rich sources of vitamin C.
- Group III**—Other fruits and vegetables, including potatoes.
- Group IV**—Milk and milk products; fluid, evaporated, dried milk, or cheese.
- Group V**—Meat, poultry, fish, eggs, soybeans, beans, peas, and nuts.
- Group VI**—Bread, flour, and cereals; natural whole grain or enriched.
- Group VII**—Butter and fortified fat.

In addition to the Basic 7, such foods as sugar and other sweets, fats other than butter and fortified fats, such cereal products as corn meal, hominy grits, macaroni, spaghetti, and rice may be used.

Three Meals A Day

Most homemakers realize that well selected, well prepared food is important in keeping the family in good health. Most homemakers also realize the importance of food in national as well as international welfare and the need for careful conservation of food. In the farm home, where a large percentage of food used is produced on the farm, the homemaker's task is to use enough of the home-grown cereal products, milk, fruits, and vegetables to insure an adequate and well balanced diet.

In a recent study of foods used by rural families, the important fact was brought out that, in the year when the money value of the food produced on the farm for home use was largest, the nutritive value of the diet was the highest. Even in the city, where practically all the food used in the home must be purchased, home gardens have brought improvements in the diets of many families. The vegetables produced increased the city family's intake of minerals and vitamins.

The homemaker who, by her wise selection of food, has kept her family well and strong may feel repaid for her efforts. If, in addition, she can make the family mealtime one of good cheer and fellowship, a time when the members of the family are happy together, surely she has done a good piece of work.

The suggestions in this bulletin are made to help the homemaker in planning the daily meals. It is seldom possible to use without change, the menus others have planned. Like clothes, menus must suit the individuals and the occasions for which they are intended. Menus are suggestive, however, and those found in current magazines and papers often are very helpful.

Planning Meals for the Day

In planning meals, take a day as a unit and then plan each day's meals for a week at a time. By planning ahead, effort in preparation often can be saved and variety can be secured more easily than if only one meal is planned at a time. Simple meals, well planned and well prepared will meet all the food needs of the family, will save time in preparation and in dish washing, and will give the homemaker leisure for reading, recreation, and community service.

Plan Meals to Save Homemaker's Time and Energy

When coal or wood is used as fuel and the fire has to be kept for some purpose such as ironing, the heat of the oven may be utilized and the dinner baked while the homemaker is ironing. Baked pork chops, baked potatoes, baked squash, baked apples, with bread and butter, a salad such as cole slaw, and a beverage, make a palatable and nutritious meal.

If the children are too young to eat pork chops, an egg might be baked for each of them and the food needs of the entire family will be met. Meat hash with scalloped tomatoes, apple, celery, and nut salad, entire wheat bread, canned pears and cookies, with milk for children and either milk or tea for adults, makes another meal for which the heat of the oven can be utilized. Using the oven this way requires planning ahead of time but does save time and strength for other things.

Perhaps, the homemaker wishes to attend some afternoon meeting or social affair and will enjoy her outing more if she has arranged for an evening meal which requires little preparation at the time of serving. If she has this outing in mind when she makes her week's food plan, it is not difficult to plan a supper for that day which can be prepared in advance.

The suggested Saturday evening meal of baked beans, cabbage salad, Boston brown bread, with fruit, and sugar cookies (See page 7), requires very little preparation at the time of serving. If it seems desirable, mashed potatoes left from a previous meal may be beaten up with egg and milk or cream, put into a baking dish, and reheated in the oven. Perhaps, baked or scalloped potatoes may be preferred. The beans and the brown bread may be in the oven, the potatoes ready to slip into the oven, the cabbage and the salad dressing ready.

It will require a very short time to set the table; mix the cabbage with the dressing; take up the beans, brown bread, and potatoes to have a nutritious and satisfying supper ready for all except young children. If potatoes are not included in the menu, the children's needs may be very satisfactorily met by giving them some cereal saved from breakfast and reheated to be served with milk, bread and butter, and the fruit and cookies.

Foods That Are Needed Daily

Although set menus seldom can be used, it is comforting to know that all normal persons have the same general food needs and that such differences as may exist are mainly one of quantity. For example, a man who is engaged in strenuous physical activity needs more food than one who is engaged in sedentary occupation, such as teaching; both men need the same dietary factors.

This being the case, it seems wise to consider the specific foods which will provide all food needs of the family. It is suggested that one or more foods from the following food groups be used every day. These groups are called the "Basic 7" because of their importance in the daily food plans.

All vegetables and fruits are important as foods but some of these make special contributions. For this reason, vegetables and fruits are discussed in groups 1, 2, and 3.

Group I—This group contains vegetables and fruits which are green or yellow. Among others are green asparagus, green beans, broccoli, Chinese cabbage, chard, kale, leaf lettuce, green peas, spinach, greens, carrots, pumpkin, yellow squash, sweet potatoes, apricots, and yellow peaches. These colorful foods contribute carotene from which vitamin A is manufactured in the body. Vitamin A, so important for health and well being, may be stored in the body when vitamin A rich foods, such as the green vegetables, are plentiful. This store is helpful when vitamin A rich foods are not abundant.

Group II—This group contains vegetables and fruits which are rich sources of vitamin C. Grapefruit, lemons, oranges, tomatoes, cantaloupe, raspberries, strawberries, raw cabbage, and others are included in the group. Vitamin C is easily destroyed, so it is good practice to use uncooked fruits and vegetables frequently.

Group III—Potatoes, fruits, and vegetables other than those included in Group I and Group II are placed in the third group. These “other vegetables and fruits” provide variety and make meal planning easier. They also add to the nutritive value of the diet. Potatoes and apples, for example, are usually plentiful and inexpensive, are well liked by most persons, can be prepared in a variety of way, or may be stored for future use. Fruits such as peaches, pears, and berries of various sorts may be used raw during the season and may be canned or frozen for future use.

Group IV—Group IV contains whole milk, skimmilk, buttermilk, condensed milk, and cheese. Using dried milk in the preparation of many foods is a growing practice. Milk is a food of such importance that each member of the family should use a liberal amount of it each day. Three-fourths to 1 quart of milk daily for each child and 1 pint for each adult is the generally accepted rule, although it would probably be better for the adult if he, too, had a quart a day.

This milk may be used as a beverage; in milk soups, and puddings; in creamed dishes, such as vegetables and meats; in gravies; or in any way the inclination suggests. The simplest way of using milk, however, is as a beverage. The child who uses a glass of milk in this way at every meal is forming a food habit which will be of value to him all his life.

This habit of using milk freely is worth cultivating because milk is such a valuable food. It supplies the calcium or lime necessary for normal bone and tooth development and for proper growth and nutrition. A quart of milk a day provides the growing child's need of this important building and regulating substance. For this reason alone, milk should be included in the diet. Milk also contains other needed minerals, and, in addition, is an excellent source of

SUGGESTIVE MENUS FOR WEEK

BREAKFASTS

FOOD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fruit	Oranges <i>or</i> Tomato juice	Raw apples <i>or</i> other Fruit in season	Canned fruit <i>or</i> Tomato juice	Stewed rhubarb <i>or</i> Other fruits in season	Prunes <i>or</i> Fresh straw- berries <i>or</i> other fruit in season	Tomato juice, <i>or</i> Half grapefruit <i>or</i> Bananas	Raw apples <i>or</i> Cantaloupe <i>or</i> Oranges
Cereal	Rolled oats Top milk <i>or</i> cream	Cracked wheat Top milk <i>or</i> cream	Whole gr. cereal Top milk <i>or</i> cream	Cornmeal much Top milk <i>or</i> cream	Rolled oats Top milk <i>or</i> cream	Cracked wheat Top milk <i>or</i> cream	Rolled oats Top milk <i>or</i> cream,
Hot dish	Poached egg	Bacon	Omelet	Soft-cooked egg	Broiled ham	Scrambled eggs	Bacon and egg
Breadstuff	Whole wheat <i>or</i> enriched bread either plain <i>or</i> toasted	Whole wheat <i>or</i> enriched bread toasted <i>or</i> plain	Whole wheat <i>or</i> enriched bread either plain <i>or</i> toasted	Whole wheat <i>or</i> enriched bread either plain <i>or</i> toasted	Griddle cakes Toast for children	Whole wheat <i>or</i> enriched bread toasted <i>or</i> plain	Whole wheat <i>or</i> enriched bread toasted <i>or</i> plain
Beverages	Milk for children.			Milk <i>or</i> Coffee for adults			

DINNERS

FOOD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Meat <i>or</i> meat substitute	Baked chicken Dressing Gravy	Pot roast	Roast pork	Meat pie Meat Carrots Onions Potatoes	Liver and bacon	Baked fish <i>or</i> Scalloped cheese	Beef stew Meat Onion Tomato Potatoes
Potatoes	Mashed	Boiled <i>or</i> roasted with meat	Baked	In pie	Creamed	Baked	In stew
Vegetable	Buttered carrots	Buttered beets	Scalloped tomatoes <i>or</i> Baked squash	In pie	Spinach <i>or</i> other greens	Creamed onions	In stew
Salad <i>or</i> second vegetable (if desired)	Spinach <i>or</i> other greens	Raw carrot <i>or</i> turnip strips <i>or</i> celery	Apple salad <i>or</i> baked apples	Cabbage salad <i>or</i> Sliced tomatoes		Vegetable salad	Cole slaw
Dessert (if desired)	Cream pie (small chil- dren have filling only)	Cottage pudding Fruit sauce		Gingerbread Apple sauce	Caramel pudding	Apple brown betty Lemon sauce	Gingerbread Vanilla sauce
Breadstuff	Whole Wheat <i>or</i> Enriched Bread and Butter daily						
Beverages	Milk for children Milk <i>or</i> coffee <i>or</i> tea for adults (if desired)						

SUPPERS

FOOD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main dish	Cold chicken	Cheese fondue <i>or</i> Creamed eggs	Cold meat with sliced tomatoes	Stuffed eggs	Meat hash	Corn chowder Crackers	Baked beans
Vegetable <i>or</i> Vegetable soup	Potato salad with lettuce	Cole slaw <i>or</i> Sliced tomatoes	Creamed potatoes	Lettuce salad <i>or</i> Raw carrot strips and celery	Scalloped tomatoes	Egg salad with lettuce	Cabbage salad <i>or</i> Raw carrot strips <i>or</i> Tossed salad
Breadstuff	Enriched bread and butter	Whole wheat <i>or</i> enriched bread and butter	Cornbread and butter	Whole wheat <i>or</i> enriched muffins and butter	Whole wheat <i>or</i> enriched bread and butter	Whole wheat <i>or</i> enriched bread and butter	Boston brown bread and butter
Dessert	Canned peaches Sponge cake	Stewed rhubarb <i>or</i> other fruit Ginger cookies	Fruit—fresh <i>or</i> canned Sponge cake	Baked apples <i>or</i> Other fruit	Peach-sauce Cookies	Strawberry short- cake <i>or</i> other fruit shortcake <i>or</i> Stewed fruit and cookies	Fruit—fresh <i>or</i> canned Molasses cookies
Beverage	Milk for children Milk <i>or</i> tea for adults						

SUGGESTIVE MENUS FOR WEEK

BREAKFASTS

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Cereal	Rolled oats Top milk <i>or</i> cream	Cracked wheat Top milk <i>or</i> cream	Whole gr. cereal Top milk <i>or</i> cream	Cornmeal much Top milk <i>or</i> cream	Rolled oats Top milk <i>or</i> cream	Cracked wheat Top milk <i>or</i> cream	Rolled oats Top milk <i>or</i> cream,
Hot dish	Poached egg	Bacon	Omelet	Soft-cooked egg	Broiled ham	Scrambled eggs	Bacon and egg
Breadstuff	Whole wheat <i>or</i> enriched bread either plain <i>or</i> toasted	Whole wheat <i>or</i> enriched bread toasted <i>or</i> plain	Whole wheat <i>or</i> enriched bread either plain <i>or</i> toasted	Whole wheat <i>or</i> enriched bread either plain <i>or</i> toasted	Griddle cakes Toast for children	Whole wheat <i>or</i> enriched bread toasted <i>or</i> plain	Whole wheat <i>or</i> enriched bread toasted <i>or</i> plain
Beverages	Milk for children.			Milk <i>or</i> Coffee for adults			

DINNERS

FOOD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Potatoes	Mashed	Boiled <i>or</i> roasted with meat	Baked	In pie	Creamed	Baked	In stew
Vegetable	Buttered carrots	Buttered beets	Scalloped tomatoes <i>or</i> Baked squash	In pie	Spinach <i>or</i> other greens	Creamed onions	In stew
Salad <i>or</i> second vegetable (if desired)	Spinach <i>or</i> other greens	Raw carrot <i>or</i> turnip strips <i>or</i> celery	Apple salad <i>or</i> baked apples	Cabbage salad <i>or</i> Sliced tomatoes		Vegetable salad	Cole slaw
Dessert (if desired)	Cream pie (small chil- dren have filling only)	Cottage pudding Fruit sauce		Gingerbread Apple sauce	Caramel pudding	Apple brown betty Lemon sauce	Gingerbread Vanilla sauce
Breadstuff	Whole Wheat <i>or</i> Enriched Bread and Butter daily						
Beverages	Milk for children Milk <i>or</i> coffee <i>or</i> tea for adults (if desired)						

SUPPERS

FOOD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main dish	Cold chicken	Cheese fondue <i>or</i> Creamed eggs	Cold meat with sliced tomatoes	Stuffed eggs	Meat hash	Corn chowder Crackers	Baked beans
Vegetable <i>or</i> Vegetable soup	Potato salad with lettuce	Cole slaw <i>or</i> Sliced tomatoes	Creamed potatoes	Lettuce salad <i>or</i> Raw carrot strips and celery	Scalloped tomatoes	Egg salad with lettuce	Cabbage salad <i>or</i> Raw carrot strips <i>or</i> Tossed salad
Breadstuff	Enriched bread and butter	Whole wheat <i>or</i> enriched bread and butter	Cornbread and butter	Whole wheat <i>or</i> enriched muffins and butter	Whole wheat <i>or</i> enriched bread and butter	Whole wheat <i>or</i> enriched bread and butter	Boston brown bread and butter
Dessert	Canned peaches Sponge cake	Stewed rhubarb <i>or</i> other fruit Ginger cookies	Fruit—fresh <i>or</i> canned Sponge cake	Baked apples <i>or</i> Other fruit	Peach-sauce Cookies	Strawberry short- cake <i>or</i> other fruit shortcake <i>or</i> Stewed fruit and cookies	Fruit—fresh <i>or</i> canned Molasses cookies
Beverage	Milk for children Milk <i>or</i> tea for adults						

protein. The young child who is getting 1 quart of milk a day is receiving a protein excellent in quality as well as in quantity.

The adult as well as the child needs milk, and it is stated that if one wishes to retain one's youthful vigor milk should be used freely. A quart of milk a day is a good rule to follow.

Moreover, the butterfat in milk is a good source of vitamin A. This vitamin is necessary for normal growth and for protection against disease. Other vitamins present in milk also, aid in good nutrition.

Cheese also is a valuable food. One ounce of American cheese is equivalent, in many respects, to one-half pint of milk.

Group V—Meat and other protein-high foods such as poultry, fish, eggs, dried beans (including kidney, lima, and navy), soybeans, peas, peanuts and peanut butter, and nuts of all kinds are included in Group V of the "Basic 7."

Most families use one or more of the protein-high foods such as lean meat, poultry, or fish daily. These three foods are valuable sources of protein, give zest to meals, and help to make them palatable and appetizing. These foods are expensive and care should be taken that the money spent for them does not overbalance that spent for other foods. Meat should not be allowed to crowd milk, fruit, or vegetables out of the diet.

Dried beans, soybeans, peas, nuts, or peanut butter are other protein-high foods which may be used in addition to or in place of meat occasionally.

Group VI—This group includes bread, flour, and cereals, either natural whole grain or enriched. Cereal products in various forms make up a large part of the day's food and are important, inexpensive fuel foods. In addition, they contain considerable protein. The amount of cereal in the diet should be generous when money for foods is limited.

The whole grain cereals are richer sources of minerals and vitamins than the more highly milled ones, so it seems wise to use whole grain cereals, in part at least. The use of the whole grain cereals twice a day is a good rule to follow. If a whole grain cereal, such as rolled oats, is served for breakfast, and whole wheat or enriched bread at each meal, the diet will be better than if white bread and the highly refined breakfast cereals only are used. The use of enriched flour and bread is desirable.

Dark breads, made wholly or in part from whole grain flours, have higher nutritive value than white bread. In the milling of wheat for white flour, a large part of the vitamins and minerals are lost. Millers and bakers are now offering for sale enriched flour containing added minerals and vitamins. When buying, ask for these enriched products.

Group VII—Butter and fortified fats make up this group. These are important as sources of vitamin A as well as of energy. They also serve to make foods palatable.

In addition to the foods included in the Basic 7 list, fats, such as bacon, drippings, lard, salt pork, and poultry fat and such sweets as honey, preserves, jellies, corn and maple sirup, molasses, cakes, pastries, sugar, and candy may be used to add variety to the diet and to provide additional energy.

Summary

The food list for the day should include (1) green and yellow vegetables; (2) citrus fruits, tomatoes, or other rich source of vitamin C; (3) other fruits and vegetables; (4) milk and cheese; (5) meat and other protein-high foods; (6) whole and enriched cereal products; and (7) butter and fortified margarine.

Other fats and sweet foods may be used for the sake of flavor as well as for the energy they provide. Various food adjuncts such as salt, vinegar, extracts, and other seasonings are used for the sake of flavor.

Type Meals

In using these foods for the three meals a day, an excellent plan is the use of what might be called “type” meals, varying from the very light to a heavy meal. Such a device greatly simplifies meal planning. These different types of breakfast, dinner, and lunch are suggested.

Breakfast

Types of breakfast suggested are as follows:

TYPE A	TYPE B	TYPE C	TYPE D
Fruit	Fruit	Fruit	Fruit
Breadstuff	Cereal	Cereal	Cereal
Beverage	Breadstuff	Eggs or meat	Eggs or meat
	Beverage	Breadstuff	Another hot dish
		Beverage	Breadstuff
			Beverage

The type of breakfast to be used depends on the people to be fed. A is suitable only for adults who are engaged in sedentary work. The office worker who has a substantial lunch at noon may be satisfied with an orange, toast, and coffee—or better, cocoa or milk—as the beverage, but for growing boys and girls and for active workers the other types are better.

Either Type B or Type C breakfast is well adapted to the family group. Fresh fruit, cereal, breadstuff, with an egg three or four times a week, and milk provide for the children’s needs. The addi-

tion of eggs or bacon, or both, or meat with or without another hot dish such as potatoes, makes a breakfast sufficient for the most active worker. Coffee may be provided for the adults, but the younger members of the group should have milk.

Dinner

Whether served at noon or in the evening, dinner may be patterned after one of the listed types of meals.

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| <p>A—Meat or Meat alternate
Potatoes
Another vegetable
Bread and Butter
Milk for children
Milk or Tea or Coffee
for adults (if desired)</p> | <p>B—Meat or Meat alternate
Potatoes
Another vegetable
Bread and Butter
Dessert or Salad
Milk for children
Milk or Tea or Coffee
for adults (if desired)</p> |
| <p>C—Meat or Meat alternate
Potatoes
Another vegetable
Salad of fruit or vegetable or
another vegetable
Bread and Butter
Dessert
Milk for children
Milk or Tea or Coffee
for adults (if desired)</p> | <p>D—Soup or Fruit cup or Tomato juice
Meat or Meat alternate
Potatoes
Another vegetable
Salad of fruit or vegetable or
another vegetable
Bread and Butter
Dessert
Milk for children
Milk or Tea or Coffee
for adults (if desired)</p> |

Of these different types of dinners, probably the one most satisfactory to the average family is "B," which might be carried out as follows:

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|--|---|
| Pot Roast of Beef | Browned Potatoes |
| Parslied Carrots | |
| Whole Wheat or Enriched Bread | Butter |
| Apple Butter Pudding | |
| Milk (for children) | Milk or Tea or Coffee for adults |
| <i>or</i> | |
| Lamb Stew with peas, carrots, potatoes | |
| Whole Wheat or Enriched Bread | Butter |
| Apple Nut and Celery Salad | |
| Milk (for children) | Milk or Tea or Coffee for adults (if desired) |

Supper or Lunch

When the dinner is served at noon, a substantial supper in the evening is generally required for all except the younger children, who should have a rather light supper before their early bedtime. The kind of food served for this third meal, whether eaten at noon or in the evening, may vary greatly.

- | | |
|---|--|
| 1—Cold meat with a hot dish such as
scalloped potatoes
or
Creamed eggs or fish or meat
or
A hot cheese dish
or
Cream soup or chowder | 4—Breadstuff, as bread
or
Muffins
or
Biscuits |
| 2—Vegetable or vegetable salad | 5—Simple dessert, as fresh or
uncooked fruit
or
Stewed fruit
or
Simple pudding
or
Cake or Cookies |
| 3—Beverage: Milk for all
Milk for children
Tea for adults (if desired) | |

Ways of Obtaining Variety

While the same general plan may be followed day after day, the meals need not be monotonous since variety may be obtained within the plan. See Suggestive Menus for the Week (pp. 6-7). Sometimes (see Saturday dinner), the meal may consist of a single dish, with salad, dessert, and bread and butter. On another occasion (see Tuesday dinner), the meal may be prepared entirely in the oven. Any device which will lessen time and effort in preparation may be used, provided the food needs of the family are not neglected.

A point to keep in mind to make simple meals interesting is to provide for variety in texture in a meal, as when apple and celery salad with its crispness of texture is served with the soft-textured stew. Contrast in flavor is also provided by this and by other combinations.

In looking over these menus, it will be seen that *all the foods suggested for daily use are included*. Variety has been obtained, although the same general plan has been followed from day to day. Some slight adaptation would have to be made in some cases; as, when cream pie is used as a dessert, small children should be given something else, perhaps some of the filling saved out before the pie was finished.

For the young children under 8 years, salads probably should not be used, although crisp raw vegetables such as carrots, turnips, and lettuce may be served in small amounts. Older children may have vegetable or fruit salad if a simple dressing such as lemon juice or fruit juice is used, but no highly seasoned salad dressing of any kind is desirable for children. However, in all the meals as planned, enough food suitable for children is included so their food needs are met.

The generous use of milk, fruit, and vegetables is an important point to keep in mind in feeding children. A liberal use of those foods is desirable for adults, who will find that if they set a good example the children will follow it as a matter of course.