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AGRICULTURAL EXTENSION SERVICE, THE OHIO STATE UNIVERSITY
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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 these foods every day:

1. **Milk**—One quart for each child.
At least a pint for each adult.
2. **Vegetables**—At least two besides potatoes.
A green, leafy vegetable four or five times a week.
3. **Potatoes**—At least once a day. Oftener if desired.
4. **Fruits**—Two servings, one of which should be fresh and uncooked. More may be used.
5. **Cereal Products**—Cereal breakfast foods.
Breadstuffs. Use a whole cereal product at least twice a day.
6. **Meat, Egg, Fish, Poultry, Cheese**—At least once a day.
7. **Butter, Lard, Oils, or Other Fats**.—(See text, page 8).
8. **Sugar and Other Sweets**—In small amounts.

THREE MEALS A DAY

MOST homemakers now realize that well-selected, well-prepared food is an important factor in keeping the members of the family in good health. If, by her wise selection of food, the homemaker has kept her family well and strong, she may feel repaid for her efforts. If, in addition, she can make the family meal time 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 which follow are made in the hope of helping the homemaker in her important work of planning the daily meals. It is seldom possible to use, without change, menus others have planned. Like clothes, menus must suit the individuals and occasions for which they are intended. Such menus are suggestive, however, and the ones found in current magazines and papers often are very helpful.

Planning Meals for the Day

In planning meals it is wise to take a day as a unit and then, day by day, plan all the meals for a week at a time. By this planning ahead of time, effort in preparation can often be saved and variety 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 other things, such as reading, recreation, and community service.

Planning Meals to Save Fuel and Personal Energy

For example, when the fire has to be kept for some such purpose as ironing, the heat of the oven may be utilized and the dinner baked while the homemaker is doing the ironing. Baked pork chops, baked potatoes, baked squash, baked apples, with bread and butter and a beverage, make a palatable and nutritious meal. If the children are too young to eat the pork chops, an egg might be baked for each of them and the food needs of the entire family met. Meat hash with scalloped tomatoes, entire wheat bread, canned pears and cookies, with milk for children and either milk or tea for the adults, makes another meal easily prepared for which the heat of the oven can be utilized. Using the oven in this way


implies planning ahead of time, but does save time and strength for other things.

Or 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 meal suggested for Saturday evening—baked beans, cabbage salad, Boston brown bread, with fruit, and sugar cookies—requires very little preparation at the time of serving. The beans and the brown bread may be in the oven or in the fireless cooker, the cabbage and the salad dressing ready. It will require a very short time to set the table, to mix the cabbage with the dressing, take up the beans and brown bread, and so have a nutritious and satisfying supper ready for all except the small children. Their needs for this meal may be very satisfactorily met by giving them some of the cereal saved from breakfast and reheated, milk, bread and butter, and the fruit and cookies.

Foods That Are Needed Daily

Although set menus can seldom be used, it is comforting to know that all normal persons have the same general food needs, and such differences as may exist are mainly ones of quantity. For example, the actively exercising man, such as the farmer, needs more food than the one engaged in a sedentary occupation, such as the college professor. Both men need the same dietary factors or principles which are obtained from food. This being the case, it seems wise to consider the specific foods which will provide for all the food needs of all the members of the family. The following foods should be used every day:

 **M**ILK—Milk is a food of such importance that each member of the family should use a liberal amount of it each day. A quart of milk daily for each child and a 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, or in milk soups, puddings, 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 for the growing child's need of this important building and regulating substance. For this reason alone, milk should be included in the diet. But it also contains other needed minerals and, in addition, is an excellent source of protein. The young child who is getting a quart of milk a day is receiving a protein excellent in quality as well as in quantity.

Moreover, in its butter fat, milk is a good source of vitamin A, the vitamin necessary for normal growth and as a protection against disease. 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 pretty good rule to follow.



VEGETABLES—An increased use of vegetables will probably lead to increased good health. Vegetables as well as milk are termed “protective foods” and should be used freely. A green, leafy vegetable such as lettuce, cabbage, spinach, beet greens, or Swiss chard, once a day is highly desirable. In fact, one of the dietary rules of a scientist who has spent many years in investigation of food values is “green vegetables every day.”

The use of green, leafy vegetables should not bar the use of the other vegetables such as carrots, turnips, beets, parsnips, and the like, for these are also serviceable, and by their use minerals as well as vitamin B are added to the diet. Because vegetables are of such value in the diet it is wise to use them liberally. At least two vegetables every day (one of which is a green, leafy vegetable) in addition to potatoes is an excellent rule to follow.

Since the members of one's family do not always respond enthusiastically to any move to increase their use of vegetables, homemakers need to learn to prepare vegetables in palatable ways. In addition, they should know that children must be taught to eat vegetables and that such teaching should be started early.

POTATOES—Although potatoes are vegetables they are generally considered separately, because their use should be in addition to and not as substitutes for other vegetables. Experience has taught that the use of potatoes makes meal planning easier. It seems desirable to use them at least once a day, although they may be used oftener if desired.

SUGGESTIVE MENUS FOR WEEK

BREAKFASTS

FOOD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fruit	Oranges	Raw apples	Canned fruit	Stewed rhubarb	Prunes	Half grapefruit	Raw apples
Cereal	Rolled oats Top milk or cream	Cracked wheat Top milk or cream	Ready-to-eat cereal Top milk or cream	Cornmeal mush Top milk or cream	Rolled oats Top milk or cream	Cracked wheat Top milk or cream	Rolled oats Top milk or cream
Hot dish	Poached egg	Bacon	Omelet	Soft-cooked egg	Broiled ham	Scrambled eggs	Bacon and egg
Breadstuff	Graham bread	Toast	Graham bread	Toast	Griddle cakes Toast for children	Graham bread, toasted	Graham bread, toasted
Beverages		Milk or Milk or	Cocoa for chil Cocoa or Coff	dren ee for adults			

DINNERS

FOOD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Meat or meat substitute	Baked chicken Dressing Gravy	Pot roast	Baked pork chops	Meat pie Meat Carrots Onions Potatoes	Liver and Bacon	Baked fish or Scalloped cheese	Beef stew Meat Onion Tomato Potatoes
Potatoes	Mashed	Boiled	Baked	In pie	Creamed	Baked	In stew

Salad or second vegetable (if desired)	Spinach		Apple salad or Baked apples	Tomato jelly or Sliced tomatoes		Vegetable salad	Apple and celery salad
Dessert (if desired)	Cream pie (small children have filling only)	Apple brown betty		Gingerbread Vanilla sauce	Caramel pudding	Cottage pudding Lemon sauce	Gingerbread Whipped cream
Breadstuff		Bread	and butter				
Beverages (if desired)		Milk for Milk or	children coffee or tea	for adults (if	desired)		

SUPPERS

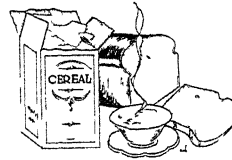
FOOD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main dish	Cold chicken	Cheese fondue or Creamed eggs	Cold meat with sliced tomatoes	Stuffed eggs	Meat hash	Corn chowder Crackers	Baked beans
Vegetable or Vegetable soup	Potato salad with lettuce	Cole slaw	Creamed potatoes	Lettuce salad	Scalloped tomatoes	Egg salad with lettuce	Cabbage salad
Breadstuff	Bread and butter	Graham bread	Cornbread	Graham muffins	Entire wheat bread	Graham bread	Boston brown bread
Dessert	Canned peaches Sponge cake	Stewed rhubarb Ginger cookies	Fruit Sponge cake	Baked apples	Peach sauce Cookies	Jellied Prunes Cream	Fruit Sugar cookies
Beverage		Milk Milk	for children or cocoa or	tea for adults			



FRUIT—Most people enjoy fruit and do not need to be urged to eat it daily. To some, fruit may appear an expensive luxury to be used only occasionally, but fruits are of decided value in the diet and their use in generous amounts is desirable. A very good rule for using fruit is “at least two fruits daily, one of which should be fresh and uncooked.” The fact that vitamin C, found in fresh fruits and vegetables, and valuable in preventing scurvy, is somewhat unstable toward heat makes the use of uncooked fruits a “factor of safety” in the diet. Ohioans are close to the apple supply and need not be stinted for fruit, for what fruit lends itself to a greater variety in ways of using than does the unassuming apple, whose worth is testified to by the saying:

*“An apple a day keeps the doctor away;
An apple at night makes the dentist’s bill light.”*

CEREALS—Cereal products in various forms make up a large part of the day’s food and are the important sources of energy in the diet. Cereal breakfast foods and bread stuffs are inexpensive fuel foods. In addition, they contain considerable protein. Because the whole cereals are richer sources of minerals than the more highly milled ones, it seems wise to use the whole cereals in part at least.



“Whole cereals twice a day” is a good rule to follow. If a whole cereal such as rolled oats is served for breakfast, and graham or entire wheat bread at one meal, the diet will be better than if white bread and the highly refined breakfast cereals only are used.

PROTEIN FOODS—Most families probably use one or more of the protein foods—meat, eggs, fish, poultry, cheese—daily. They are valuable sources of protein and in addition give zest to meals, making them palatable and appetizing. These foods are expensive, however, 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, fruits, or vegetables out of the diet.

FATS are used in the diet in various ways. Besides having a high fuel value they are of service in making other foods palatable. Butter, lard, oils, or other fats may be used for these purposes.



SUGAR and other **SWEETS**—Sugar and other sweets have a legitimate place in the diet, but are frequently used more freely than is wise. If they are used to excess they not only crowd out the other more necessary foods, but they dull the appetite so that the bland, mild-flavored foods like milk and vegetables and cereals are not relished. It seems unfortunate to mask the really delicious and delicate flavors of cereals and fruits by loading them with sugar. Some sweet at the end of the meal is not objectionable, however, and the practice of serving a dessert is quite sound, provided other necessary foods are not crowded out.

SUMMARY

The foods list for the day, then, should include milk, vegetables, potatoes, fruit, cereals, egg, meat, poultry or fish, fat, and if desired, sugar or other sweets. In addition, various food adjuncts such as salt, vinegar, and extracts of various kinds are also used for the sake of flavor.

Type Meals

In using these foods for the three meals a day an excellent plan is outlined by Mrs. Mary Rose Swartz, who, in her book, "Feeding the Family," suggests the use of what might be called "type" meals, varying from the very light type to a heavy meal. Such a device greatly simplifies meal planning, and can be adapted to each family group according to its needs. Suggestions for different types of breakfast, dinner, and lunch follow.

BREAKFAST

Types of breakfast suggested by Mrs. Rose are as follows:

A—VERY LIGHT	B—LIGHT	C—MEDIUM	D—HEAVY
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 group. 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 the light breakfast or the medium breakfast is well adapted to the family group. Fresh fruit, cereal, breadstuff, and

milk or cocoa provide for the children's needs, and the addition 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 or cocoa.

DINNER

Whether served at noon or in the evening, dinner may consist of one of the following types of meals:

A—Meat or meat substitute.

Potatoes
 Another vegetable
 Bread and Butter
 Milk for children
 Milk or Tea or Coffee
 for adults if desired

B—Meat or meat substitute

Potatoes
 Another vegetable
 Bread and Butter
 Dessert
 Milk for children
 Milk or Tea or Coffee
 for adults if desired

C—Meat or meat substitute

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

D—Soup

Meat or meat substitute
 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

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

Roast Beef		Browned Potatoes
	Spinach	
Bread		Butter
	Apple Batter Pudding	
Milk (for children)		
Milk or Tea or Coffee for adults if desired		

or

Baked Pork Chops	Apple Sauce	Baked potatoes
	Buttered Carrots	
Bread		Butter
	Cottage Pudding, Lemon Sauce	
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 small children, who should have a rather light supper before their early bed-time. The kind of food served for this third meal, whether eaten at noon or in the evening, may vary greatly. A plan somewhat as follows may be used:

- 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
- 2.—Vegetable or vegetable salad
- 3.—Breadstuff as
Bread
or
Muffins
or
Biscuits
- 4.—Simple dessert, as
Fresh, uncooked fruit
or
Stewed fruit
or
Simple pudding
or
Cake or cookies
- 5.—Beverage—Milk or cocoa for all
Milk or Cocoa 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 and dessert, 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 group 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 the apple and celery salad with its crispness of texture is served with the soft-textured stew. Contrast in flavor is also provided for by this and 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, the small children would be given something else, perhaps some of the filling saved out before the pie was finished,

For the young children under 8 years, salads should not be used. The older children may have vegetable, a fruit salad if a simple dressing 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 that their food needs are met.

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