

COOPERATIVE EXTENSION WORK
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HOME
DEMONSTRATION
MEALS

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HOME DEMONSTRATION MEALS

Meal planning is "both a science and an art."

"Can we think of anything we do as often as one thousand times a year that is as important as serving food?"

"Is it worth while to have a plan for everything that we do so frequently and that is so important?"

"Do we realize that over one thousand meals a year are a tremendous power for making or breaking health? That homemakers have the power in their hands?"

"Meal planning should be taken seriously, just as sending children to school or spending money."

"We should be as eager to secure for our families the greatest value that food can contribute to their welfare and happiness, as we are to give them the value of education or of money well spent."

Meals carefully planned, well prepared, simply and neatly served are an index to the homemaker's standard of living.

"Happy is he who sits down to the dinner provided for him without thought of what he must leave out, with a mind free for social pleasure, secure in the skill and knowledge of his cook. Happier still the children brought up under the watchful eye of a mother who understands the laws of health and holds them in the highest regard."—Mary Swartz Rose.

A WELL BALANCED DIET

The first and most important thing to consider in planning meals for a well balanced diet is to select an adequate amount of the right kind of food. To do this we must maintain a good balance of carbohydrates (starch and sugar), fats, protein (tissue-building materials), and regulatory elements, such as minerals, cellulose or fiber, water and vitamins.

No one food furnishes all of these necessary elements, and it is not always possible to secure all of them in one meal. For this reason it is a better plan to consider the menus for the day as a unit rather than a single meal. However, for convenience we will consider the meal as a unit in this discussion.

The home demonstration meal should provide:

1. Not more than one protein food in addition to milk. The chief protein foods are: Milk, eggs, cheese, lean meats and dried peas and beans.

2. Not more than one starchy food in addition to bread, except in deserts, occasionally. The chief starchy foods are: Potatoes, rice, cereals, macaroni, bread, dried peas and beans. (See guide.) Why spend time and energy in preparing a number of dishes for a meal that serve the same purpose to the body, such as Irish and sweet potatoes, potatoes and macaroni, potatoes and rice.

3. Limited amount of fats. Chief fats are: Butter, cream, bacon, lard, salad oils, etc. (See guide.)

4. Limited amount of sweets, such as sugar, syrup, honey, preserves, cake, and other very sweet desserts.

5. A generous supply of mineral salts, especially lime, iron and phosphorus. The chief sources are: Fruits, vegetables, milk, eggs, lean meats, whole grain cereals, etc. (See guide.)

6. A generous supply of roughage. Chief sources are: Green and succulent vegetables, fruits, whole grain cereals, etc. (See guide.)

7. A generous supply of vitamin foods. Milk, eggs, leafy and other vegetables, cod liver oil, etc. (See guide.)

Good Meals

Roast Beef	Slaw
Potatoes	Bread and butter
Green string beans	Baked custard

In this meal we have one protein food (meat) in addition to milk, one starchy food (potatoes) in addition to bread, fat enough in the butter for bread and seasoning on beans and possibly in the dressing on the slaw. Something sweet to end the meal with in the custard. Mineral in the meat, potatoes, beans, slaw and the milk and eggs in the custard. Roughage in the beans and cabbage slaw. Vitamins chiefly in the raw cabbage, the milk and eggs in the custard, and in the meat.

Should you desire a more elaborate meal, you might add another vegetable as carrots or tomatoes or fruit. The dessert might be changed to a fruit dessert with cream. A pickle or jelly might also be added.

FINE POINTS IN MEAL PLANNING

A balanced meal does not necessarily mean an artistic one. However, a well balanced diet, even if monotonous will be more satisfying in the end than an ill balanced one that happens to be more attractive. It is quite possible to have both by giving the matter a little thought and study. The following suggestions may help you in providing attractive meals:

1. **Simplicity.** Do not serve too many foods at one time. Only one relish, one jelly or jam, one meat, one dessert, should be served in a single meal. Have variety in the day's meals rather than all in one meal.

2. **Seek contrast in color.** Use natural color for foods. Avoid too many colors in a single meal. Work for harmony in color. Garnish simply and attractively.

3. **Seek contrast in texture** by having something soft and something to chew, something smooth and something crisp or succulent, something solid and something liquid, etc. There should always be a good balance between soft and solid foods.

4. **Seek variety in flavor.** Use the natural flavor, well seasoned. Do not repeat the same flavor in the same meal, as tomato soup and tomato salad, or creamed cabbage and cabbage slaw, etc. Do not serve more than one strong flavored food in a meal, as onions, cabbage, etc. Food should not be all acid or all sweet. Acids sharpen the appetite, and should be used at the beginning of a meal. Sweets dull the appetite and should be used at the close of the meal. Plan meals which have at least one or two dishes of outstanding flavor. Certain flavors go naturally together, as apple with pork, tomatoes with veal, cranberries with poultry, mint with lamb. Egg and cheese dishes go well with most vegetables, especially peas, asparagus, celery, cauliflower, potatoes, turnips, tomatoes and onions. However, avoid over used combinations of the same kind of meat, potatoes and dessert. For example, gooseberries are quite as good with chicken and turkey as are cranberries; apples are good with beef as well as pork, etc.

5. **Use irritating foods sparingly,** such as burnt fats and burnt sugar, and highly seasoned foods. Overseasoning and poor cooking destroy natural flavor.

6. **Plan meals so that both hot and cold foods are served.** Even in the summer time one hot dish is desirable.

7. **Make your meal easy of digestion** by not serving more than one food that is difficult to digest.

8. **Serve light desserts with heavy meals,** and the heavier desserts with light meals.

9. **Make your left-overs attractive** by changing their form when they appear the second time on the table. For example: Swiss steak for dinner on Monday may be served in Irish stew on Tuesday.

A simple meal that is interesting, attractive, and palatable:

Ham
Brown potatoes
Scalloped tomatoes
Lettuce salad
Bread and butter
Coffee
Baked apple

This is not only a satisfying meal, but shows contrast of form between ham and potatoes; of texture, part being to chew, part soft, part crisp, and succulent; color emphasized by lettuce and apple; flavor emphasized in ham, tomatoes and apple.

A meal that is equally palatable but uninteresting and unattractive:

Scalloped eggs
Mashed potatoes
Creamed carrots
Banana salad
Bread and butter
Coffee
Lemon jell-o

This meal should be satisfying enough as far as nourishment is concerned, but it is uninteresting to the eye and possibly to the palate. It is characterless because of the lack of contrast in form and texture. Everything being soft and mushy, and having the same form. It is decidedly colorless and there is a sameness in flavor throughout which characterizes it as "bland in flavor."

THE MEAL A SOCIAL HOUR

The festive board has come down through the centuries as the center of social life. The meal hour affords about the only opportunity of promoting the social life of the family in many homes, since this is the only time of the day when the family as a group meets together for any appreciable length of time. It is important, then, that a spirit of happy companionship and a feeling of leisure prevails during this period. Conversation at this time should be free from quarrels, petty troubles and unpleasant topics. An unhappy atmosphere at the table may be the cause of many digestive disorders. If children are taught to behave at the table at home, there need be no awkward slip when company is present. N. Beth Baily says, "In ideal family life, table service, table manners, and table conversation should be essentially the same whether there is company or whether there is just the family group."

A GUIDE FOR MEAL PLANNING

Body Building and Regulating Foods

(Foods which will build muscles, bone and teeth, and regulate body functions)

PROTEIN	LIME OR CALCIUM	IRON	PHOSPHORUS	ROUGHAGE
Whole milk	Milk	Spinach and other greens	Milk	Green vegetables
Skim milk	Cheese	Dried beans	Cheese	Fruits
Eggs	Buttermilk	Dried peas	Fish	Beans (green)
Cheese	Cottage cheese	Bran	Lean beef	Cabbage, raw
Lean meat	Chard	Molasses	Whole cereals	Celery
Fish	Carrots	Dates	Egg yolk	Turnips
Dried beans	Cauliflower	Prunes	Spinach	Squash
Dried peas	Cabbage—	Figs	Chard	Asparagus
Nuts	Rutabagas	Raisins	Cauliflower	Onions
Cereals	Turnips	Egg yolks	Cabbage	Whole cereals
	Figs	Red meat	Asparagus	Dates
	Oranges	Lettuce	Celery	Prunes
	Lemons	Rhubarb	Dried beans	Apples
	Onions	Other fruits	Peas	Raisins
	Asparagus	Carrots	Lettuce	
	Lettuce	Tomatoes	Egg plant	
	Parsnips	Onions	White potatoes	

Energy-Giving Foods

	STARCHES	SUGAR	FATS	
	Bread	Sugar	Butter	
	Crackers	Molasses	Cream	
	Macaroni	Syrup	Cheese	
	Rice	Honey	Lard	
	Tapioca	Preserves	Bacon	
	Corn starch	Candy	Salad oils	
	Cereals	Jellies	Salt pork	
	Potatoes	Dried fruits	Chocolate	
	Beans	Cake	Peanut butter	
	Peas	Cookies		
		Other desserts		

Vitamins, Growth Promoting and Protective Foods

A	B	C	D	E
Whole milk	Whole milk	Oranges	Cod liver oil	Wheat germ
Cream	Egg yolk	Lemons	Egg yolk	Cereals
Butter	Spinach	Tomatoes, fresh or canned	Butter	Green leaves
Egg yolks	Whole grain cereals	Leafy vegetables	Milk	Lean meat
Spinach and other greens	Cabbage	Lettuce	Green leaves	Cream
Carrots	Dandelion greens	Grape fruit		Butter
Lettuce	Other greens	Raw cabbage		
Kidney	Dried beans	Raw carrots		
Liver	Dried peas	Raw onions		
Sweet potatoes	Beets	Raw rutabagas		
Yellow corn	Lettuce	Raspberries, fresh or canned		
Tomatoes	Onions	String beans		
String beans	Tomatoes	Rhubarb		
Cod liver oil	Carrots			
	Cauliflower			
	Turnips			
	Yeast			
	Grape fruit			
	Lemons			
	Nuts			
	Potatoes			
	Oranges			
	String beans			
	Liver			

**TABLE OF FOODS INDICATING NEUTRAL-ASH, ACID-ASH
AND ALKALINE-ASH FOODS**

NOTE: 1. These tables have been prepared from Sherman and Gettler's work, and are a copy of those published by Dr. Sansum.

(2) In general we say that:

(a) Meats, cereals, eggs, fish, peanuts and several fruits (cranberries, plums, and prunes), are acid forming foods.

(b) All vegetables, nuts, fruits (except the above named) and milk are alkaline-ash foods.

Neutral-Ash Foods		Alkaline-Ash Foods	
Butter	Cream	Food	Degrees of Alka-
Lard	Cornstarch		linity per Gram
Sugar	Tapioca	Almonds	12.38
Acid-Ash Foods		Apples	3.76
Food	Degree of Acidity	Asparagus81
	per 100 Grams	Bananas	5.56
Bread (white) ..	7.1	Beans, dried	23.87
Bread (whole wheat) ..	7.3	Beets	10.86
Corn (sweet and dried) ..	5.95	Beans, lima (dried)	41.65
Crackers	7.81	Cabbage	4.34
Cranberries	*	Cauliflower	5.33
Eggs	11.10	Carrots	10.83
Egg white	5.24	Celery	7.78
Egg yolk	26.69	Currants	5.97
Fish (haddock) ..	16.07	Lemons	5.45
Fish (pike)	11.81	Lettuce	7.37
Meat (beef, lean) ..	13.91	Milk (cow's)	2.37
Meat (pork, lean) ..	11.87	Muskmelon**	7.47
Meat (chicken) ..	17.01	Oranges**	5.61
Meat (veal)	13.52	Peaches	5.04
Oysters	30.0	Peas	7.07
Oatmeal	12.93	Potatoes**	7.19
Peanuts	3.9	Raisins	23.68
Prunes	*		
Rice	8.1		

**These foods have been found experimentally to be very efficient in reducing acidity in the urine.

*The ash of these foods is alkaline, but because of contained substances which form hippuric acid in the body, they increase the acidity of the urine.