

A DOZEN HINTS ON CONSERVATION

1. Plan meals for the week with alternate choices to use foods available.
2. Try new foods when usual foods are scarce.
3. Buy fresh fruits and vegetables before spending ration points on canned foods.
4. Plan on a weekly basis to meet just your family needs in all perishable products.
5. Cover fresh meat loosely. Wipe with damp cloth just before cooking. If ground, store in extra cool place and cook soon.
6. Store each food where it will keep in best condition until ready for use.
7. Serve some fruits and vegetables raw; cook others in their skins, jackets, or natural covering.
8. Cook vegetables in small amounts of water and only until tender.
9. Serve vegetables in water in which they were cooked or use this water in soups, gravies, and sauces. Use left-over juice from canned or cooked fruit for cold drinks.
10. Use every scrap—bread crumbs in stuffing; meat bones and remnants for soup stock; vegetables in pies and hash; cooking water for soups.
11. Don't take more food on your plate than you will eat.
12. Waste no fats. Store butter and other table fats in tightly covered dishes in a cold dark place away from strong odors. To keep fats, strain fat drippings and store in clean, covered jars in a cool, dark place until used.



NATIONAL WARTIME NUTRITION GUIDE



UNITED STATES DEPARTMENT OF AGRICULTURE
War Food Administration
Nutrition and Food Conservation Branch
Washington, D. C.
July 1943

NFC-4



GROUP FIVE

MEAT, POULTRY, FISH, OR EGGS

or dried beans, peas, nuts, or peanut butter

Meat, poultry, fish Eggs

Fresh, canned, or cured

Fresh, dried, or frozen

Meat—Beef

Lamb

Miscellaneous meats—bologna, etc.

Mutton

Pork (except bacon and fat back)

Variety meats—liver, heart, etc.

Veal

Poultry—chicken, duck, goose, guinea, squab, turkey

Fish—fresh or salt water, shellfish, other sea food

Game—Rabbit

Dried beans, peas

Great northern beans

Kidney beans

Lima beans

Navy beans

Pinto beans

Soybeans

Black-eyed peas

Cowpeas

Field peas

Split peas

Other dried beans and peas

Lentils

Nuts, peanut butter

If meats are scarce, use more poultry, fish, eggs, dried beans or peas, nuts, and foods from Group 4.



GROUP SIX

BREAD, FLOUR, AND CEREALS

Natural whole-grain—or enriched or restored

Breads

Enriched-white

Oatmeal bread

Pumpernickel (whole-rye).

Rolls or biscuits made with whole-wheat or enriched flour

Whole-wheat

Crackers

Flour and meal

Enriched-white

Whole corn meal

Whole-wheat

Other whole grains

Cereals

Brown rice

Mixed whole-grain

Prepared cereals—whole-grain, re-stored

Rolled oats

Whole-wheat



GROUP SEVEN

BUTTER AND FORTIFIED MARGARINE

Butter, Margarine (with vitamin A added)

If foods in Group 7 are scarce, use more from Groups 1 and 4.

Foods commonly used but not included in the seven food groups

In buying foods from this list, remember that they furnish mostly calories and few minerals, vitamins, or good quality proteins.

FATS AND OILS

(Other than butter and fortified margarine)

Bacon

Lard

Mutton tallow

Salad oils, French dressing, mayonnaise, other salad dressings

Salt pork or fat back

Suet

Other fats and oils not listed

MILLED CEREALS AND PRODUCTS MADE FROM THEM

Cornstarch

Crackers (white flour not enriched)

Macaroni, spaghetti, and other pastes

White bread or rolls (not enriched)

White corn meal, hominy grits

White flour (not enriched)

White rice

SUGARS, SIRUPS

Candy

Honey

Preserves, jams, jellies

Sirups—

cane sirup

corn sirup

maple sirup

molasses*

sorghum *

Sugar

*Contains iron.

OTHER SWEETS

Cakes

Cookies

Doughnuts

Pastries

Sherbets



GROUP ONE

GREEN AND YELLOW VEGETABLES

Raw, cooked, frozen, or canned

Green vegetables

Artichokes	Green peas
Asparagus	Green peppers
Beet greens	Kale
Broccoli	Lamb's-quarters
Brussels sprouts	Leaf lettuce
Cabbage	Mustard greens
Chard	Okra
Chicory	Parsley
Collards	Snap or string beans
Dandelion greens	Spinach
Endive	Turnip greens
Escarole	Water cress
	Other greens

Yellow vegetables

Carrots	Sweetpotatoes
Pumpkin	Wax beans
Rutabagas	Yams
Winter or hubbard squash	Yellow summer squash



GROUP TWO

ORANGES, TOMATOES, GRAPEFRUIT,
or raw cabbage or salad greens

Oranges, tomatoes, grapefruit

Citrus juices
Grapefruit
Kumquats
Lemons
Limes
Oranges
Tomatoes
Tomato juice
Tangerines

Raw salad greens

Cabbage
Chicory
Dandelion greens
Escarole
Green and red peppers
Lamb's quarters
Leaf lettuce
Parsley
Water cress
Other raw greens

If foods in Group 2 are scarce, use more from Groups 1 and 3, especially those that are starred in Group 3.

WHEN MARKETING IN WARTIME

Plan menus so that some foods from each MAIN group are eaten.
If certain foods are not available, or if you cannot afford them, eat other foods from the SAME group which serve similar needs in the diet.



In addition to the basic 7 . . . eat any other food you want.

WHEN MARKETING IN WARTIME

Plan menus so that some foods from each MAIN group are served daily.
If certain foods are not available, or if you cannot afford them in cash or ration points, choose other foods from the SAME group which serve similar needs in food value and in menu planning.



...served daily.
...them in cash or ration points, choose other foods
...value and in menu planning.

ONE



LOW
5...
ked,

STRONG
★

VERY DAY



**MILK AND
MILK PRODUCTS...**

fluid, evaporated,
dried milk, or cheese

GROUP FOUR



**ORANGES, TOMATOES,
GRAPEFRUIT...**

or raw cabbage or salad greens

GROUP TWO



**POTATOES AND OTHER
VEGETABLES AND FRUITS**

raw, dried, cooked,
frozen or canned

GROUP THREE



GROUP THREE

POTATOES AND OTHER VEGETABLES AND FRUITS
Raw, dried, cooked, frozen, or canned

Other vegetables

Artichokes, Jerusalem	Onions
Beets	Parsnips
Cauliflower	Potatoes
Celery	Radishes
Corn	Salsify—oyster plant
Cucumbers	Sauerkraut
Eggplant	Summer squash
Fresh lima beans	Turnips
Kohlrabi	All vegetables not listed elsewhere
Leeks	
Mushrooms	

Other fruits

Apples	Mangoes
Apricots	Nectarines
Avocados	Papayas*
Bananas	Peaches
Blackberries	Pears
Blueberries	Persimmons
Cantaloup*	Pineapple*
Cherries	Plums
Cranberries	Pomegranates
Currants	Prunes
Dates	Quince
Figs	Raisins
Gooseberries*	Rhubarb
Grape juice	Strawberries*
Huckleberries	Watermelon
Loganberries*	Youngberries
Muskmelon	All fruits not listed elsewhere

*Seasonal alternates for Group 2.



GROUP FOUR

MILK AND MILK PRODUCTS

Fluid, evaporated, dried milk, or cheese

Buttermilk	Dried skim milk
Cheese—all kinds	Dried whole milk
Condensed milk	Evaporated milk
Cream	Fluid skim milk
Cultured milk	Fluid whole milk
	Ice cream

If foods in Group 4 are scarce, use more from Groups 1, 5, and 6.

U. S. GOVERNMENT CHART