

SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

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THINK
VARIETY

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Eat a variety of foods — It's your best health insurance!

Everyday, eat foods from these six groups, and you will get what you need for healthy living.

1. BREADS and CEREALS

4 or more servings every day of enriched or whole grain breads, cereals, and other cereal and grain products.

2. VEGETABLES and FRUITS

Those rich in Vitamin A (green and yellow vegetables and fruits) — 4 servings a week.

Those rich in Vitamin C (tomatoes, cabbage, canned grapefruit juice, etc.) — 1 serving a day.

3. MEATS, BEANS or NUTS

2 or more servings every day:

Meat — Canned, fresh, or frozen

Fish — Canned, fresh, or frozen

Poultry, eggs

Dried beans, peas, peanut butter, cheese

4. MILK, CHEESE
and ICE CREAM

The best source of calcium.

Milk Needed Every Day

Children, 3 to 4 cups

Teenagers, 4 cups

Adults, 2 cups fresh, canned, or nonfat dry milk.

Cheese and ice cream may take the place of milk:

1 inch cube cheese = $\frac{1}{2}$ cup milk

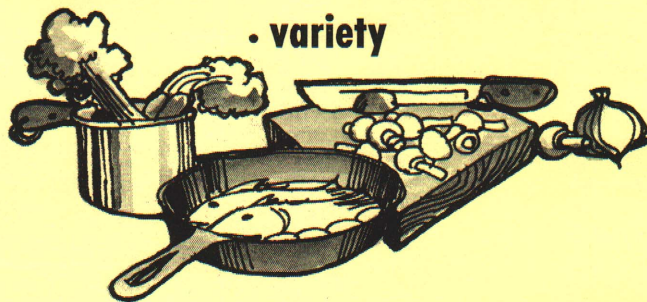
$\frac{1}{2}$ cup cottage cheese = $\frac{1}{3}$ cup milk

$\frac{1}{2}$ cup ice cream = $\frac{1}{4}$ cup milk

5. FATS and OILS

Butter, margarine, cooking fats and oils supply energy (calories) and contribute flavor and crispness and give you that

BUY MORE • **health** • **pep** • **satisfaction** • **variety** **WITH YOUR FOOD MONEY**



feeling of satisfaction and fullness. Include some vegetable oil among the fats used. (If you need to lose weight, cut down on the amounts of fats you use.)

**6. STARCHES, SUGARS,
and SWEETS**

Sugars; sweets; unenriched, refined breads and crackers; unenriched, refined cereals, and flours (doughnuts, cake and sweet rolls) are included in this group. They supply mainly energy (calories). Watch these if you are overweight!

CHICKEN AND RICE SKILLET SUPPER

6 servings

3½ pounds of chicken pieces	½ cup to 1 cup sliced onions
2 teaspoons salt	3 cups chicken broth or water
½ teaspoon pepper	1 cup sliced carrots
¼ cup cooking oil	1½ cups raw rice (not instant)

Sprinkle chicken pieces with salt and pepper. Flour lightly, if desired.

Heat oil in a large heavy skillet.

Brown chicken quickly in oil.

Lower heat and push chicken to one side of skillet.

Fry onion slices lightly in oil until clear and tender.

Stir in chicken broth or water, carrots, and raw rice.

Cover and cook over medium heat 25 minutes.

Simmer uncovered for 5 minutes. Do not stir.

This dish is rich in protein (chicken), Vitamin A (carrots), and Vitamin B (enriched rice). Serve it with a glass of milk (calcium) and your favorite dessert.

(You could use 1½ pounds of pork instead of chicken).