“Eat the right foods in the right amounts and at the right time” is a good nutrition rule for old and young alike. Those who apply this rule to everyday living usually have more vigor and vitality and no doubt more enjoyment of life. They add “years to life as well as life to years.”

As a person grows older he should continue to live by this rule of good nutrition for the best health and vigor. The amount and kind of food he needs every day usually will depend upon how much food he has been in the habit of eating, how much work he is doing and how much exercise he is having. However, as the years go by he usually becomes less active. He takes his time, moves more slowly. Hearty meals may become more difficult to digest. As this happens, there is less need for the foods that furnish energy, but about the same need as before for foods containing minerals, vitamins and proteins to protect health and keep the body functioning and in repair.

The right amounts of milk, vegetables, fruits, meats, fish, poultry, eggs and whole grain, enriched or restored cereals will furnish the minerals, vitamins and proteins that the older person normally needs. Each mineral and each vitamin has its own special work to do in the body. No one mineral can take the place of another nor can one vitamin take the place of another. Good nutrition requires all of them.
A Good Plan to Follow in Choosing Foods Each Day

Good food properly prepared and attractively served is enjoyed and appreciated by any normal, well nourished person. As a person grows older he may need foods in simpler combinations—those that are easily digested.

To be well nourished, to have more zest for living, the older person should eat the following foods each day:

*Milk*—At least two cups or a pint as a drink or in food. Milk is just as useful when eaten in foods as when an equal amount is taken as a drink.

Milk is an excellent source of calcium and phosphorus needed for bones and teeth. It is an important source of proteins of good quality, needed to repair the daily wear and tear on muscles, and of vitamins A and riboflavin, needed for good nutrition. Because milk is so nearly a complete food, containing almost all of the necessary food substances, it helps fill in the gaps left from taking too little of other foods.

Evaporated milk is good whole cow's milk concentrated to half its original volume. It is fortified with 400 USP units of vitamin D per reconstituted quart. This extra vitamin D helps the body to make the best use of the milk's calcium and phosphorous. Evaporated milk is a convenient, economical whole milk supply. Because it has been sterilized by heat, it keeps in the unopened can, always ready for every milk use. The opened can should be kept covered in a clean cool place.

Evaporated milk may be the entire milk supply—for drinking and for food preparation. One cup of evaporated milk mixed with one cup of water is a pint of good whole milk. Evaporated milk can be used just as it pours from the can in many recipes, thereby putting more milk into the diet. This is of special value for those who need small meals. Because evaporated milk has been heated, it is more digestible. Not only is it ideal for infants whose digestive tracts have not fully developed, but it is ideal for the older person whose digestive tract usually is less active.
Meaty Poultry, Fish, Eggs, Cheese, Dried Beans, Peas and Other Legumes—One serving of meat, fish or poultry. Use liver once a week. These furnish protein to help keep the body in repair. Meats also furnish much iron, phosphorus and the vitamins thiamine, riboflavin and niacin. Liver furnishes extra vitamin A. Ground meats and stews are usually easy to chew. Vegetables may be combined with them easily into one dish meals.

One egg a day is desirable. At least three a week are needed. In addition to protein, eggs furnish iron and phosphorus, and vitamins A, D, riboflavin and niacin. Eggs are best soft cooked, poached or scrambled. Scrambled eggs made with evaporated milk as it pours from the can are creamy and good.

Cheese may be used in some form several times a week instead of meat. Cheese is a concentrated, highly nutritious protein food. It is an excellent source of calcium and, if made from whole milk, of vitamin A.

Dried beans and peas may be used once or twice a week instead of meat. These legumes furnish protein of fair quality and also iron and thiamine. They can be sieved or mashed very fine and used in cream soups or in souffles or other baked dishes—and in these forms are usually well tolerated.

Vegetables—Two or more servings. Vegetables furnish minerals, especially iron, and most of the vitamins. Green leafy and yellow ones are high in vitamin A. Vegetables such as spinach or other greens, leaf lettuce, cabbage and green string beans, and yellow vegetables such as carrots, sweet potatoes, pumpkin, yellow squash and turnips should be eaten several times a week. Raw vegetables, as in salads, are desirable when chewing is easy; otherwise cooked chopped, mashed or sieved ones are better.

Potato—One serving, sometimes more. White or sweet potatoes may be used. Potato is a good source of vitamin C and iron.

Fruits—One serving, two if possible. Citrus fruits or tomatoes should be eaten every day since they are rich in vitamin C. All other fruits furnish some iron and small varying amounts of most of the vitamins. Cooked or canned fruits are excellent, especially in cases where raw ones cause an uncomfortable feeling. Fruits, cooked, canned and raw, are good desserts.
Cereals and Bread—One serving of cereal, sometimes two. Bread is usually served at every meal. Bread and cereals are our best sources of food energy needed for work and play. Whole grain or enriched breads and whole grain or restored cereals should be used, for they also furnish iron and the vitamins thiamine, riboflavin and niacin.

Butter, Other Fats and Sweets—To complete the day’s energy needs. Butter is an excellent source of vitamin A.

In addition to the foods you need each day, eat other foods you want up to the limit of your energy requirements and digestive capacity.

A Suggested Daily Meal Plan

THREE WELL PLANNED MEALS a day usually meet the food needs of the older person. With some who get along better on small meals, a mid-morning and mid-afternoon snack may be needed. Before going to bed a cup of hot milk with crackers or a plain cookie may be desirable. To eat the hearty meal in the middle of the day and a light meal in the evening usually results in sounder sleep. Some hot food or drink at each meal is also desirable. Milk to drink, or milk drinks, should be included in at least two meals each day. This also adds extra fluid for those who need it.

A suggested meal plan follows:

**BREAKFAST**

- Fruit or fruit juice
- Cereal with evaporated milk
- Bread or toast and butter
- Tea or coffee or milk

**DINNER**

- Main dish of meat, fish, poultry, egg or cheese
- Potatoes
- Vegetables—cooked or raw
- Bread and butter
- Dessert (choose one)
- Fruit
- Custard or milk pudding
- Frozen dessert
- Milk or milk drink

**LUNCH or SUPPER**

- Main dish of scalloped or creamed vegetables, or a thick milk soup
- Bread and butter
- Simple dessert
- Milk or milk drink
RECIPES

These recipes are examples of the many nutritious foods which can be prepared with evaporated milk. In most recipes calling for milk or cream, evaporated milk can be used to advantage. Used regularly in the creaming of vegetables, in mashed potatoes, in soups, on fruits and cereals, in preparing cocoa and in coffee or tea, much whole milk is added to the daily diet.

**Fruit Milk Shake**

\[
\begin{align*}
\frac{3}{4} \text{ cup fruit juice, or} & \quad \frac{1}{2} \text{ cup evaporated milk} \\
1 \text{ cup juice from stewed prunes} & \quad \frac{1}{2} \text{ cup water}
\end{align*}
\]

All ingredients should be cold. Mix milk and water. Add fruit juice and stir vigorously. Yield: 2 servings.

**Molasses Milk Drink**

\[
\begin{align*}
1 \text{ cup evaporated milk} & \quad 1 \text{ to } 1\frac{1}{2} \text{ tablespoons molasses} \\
1 \text{ cup water} & \quad
\end{align*}
\]

Milk and water should be cold. Mix milk and water. Stir in the molasses. Sprinkle with nutmeg if desired. Yield: 2 servings.

**Cereal Cooked in Milk**

\[
\begin{align*}
1 \text{ cup water} & \quad 1 \text{ cup flaked cereal such as } \\
1 \text{ cup evaporated milk} & \quad \text{rolled oats, or} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \frac{1}{2} \text{ cup granular cereal}
\end{align*}
\]

Bring water and milk to a boil, stirring occasionally. Add salt and cereal, and boil briskly about 10 minutes, stirring frequently. Yield: 2 to 3 servings. **NOTE:** Leftover cereal may be molded, sliced and fried. Serve with syrup or gravy, or in place of toast under creamed foods.

**Scrambled Eggs**

\[
\begin{align*}
2 \text{ to } 3 \text{ eggs} & \quad \frac{1}{3} \text{ cup evaporated milk} \\
\frac{1}{4} \text{ teaspoon salt} & \quad \frac{1}{4} \text{ tablespoon butter or other} \\
\text{Dash of pepper} & \quad \text{fat}
\end{align*}
\]

Cheese Fondue

- 1 cup bread, cut in cubes
- 1/2 cup evaporated milk
- 1/2 cup water
- 1/4 pound American cheese (1 cup grated)
- 1/2 teaspoon salt
- Dash of pepper
- 1 egg

Put bread, milk, water and grated cheese with seasonings in top of double boiler. Cook over boiling water until cheese is melted. Add slowly to beaten egg yolk. Fold in the stiffly beaten egg white. Pour into greased baking pan or custard cups and bake in a moderate oven (350° F.) until firm, about 30 minutes. Yield: 2 servings.

Meat Balls with Browned Rice

- 1/4 pound ground beef
- 1 tablespoon finely chopped onion
- 1/2 teaspoon salt
- 1/4 cup evaporated milk
- 1/4 cup rice

- 1 tablespoon fat
- 3/4 cup boiling water
- 1/2 cup evaporated milk
- 1/4 cup coarsely chopped onion
- Dash of pepper

Mix meat, finely chopped onion, salt and the 1/4 cup milk. Wash rice and drain well. Drop meat mixture by spoonfuls on rice and roll to coat lightly. Brown slowly in hot fat. Add water, milk, onion and pepper. Cover and simmer until rice is thoroughly cooked. Yield: 2 servings.

Cream of Carrot Soup

- 1 tablespoon chopped onion
- 1 1/2 teaspoons butter or other fat
- 1/4 cup fine bread crumbs
- 1 1/4 cups broth or water
- 1/2 teaspoon salt

- Dash of pepper
- 1/2 cup mashed or diced cooked carrots
- 1/2 cup evaporated milk

Cook chopped onion slowly in butter 5 minutes. without browning. Add crumbs, broth, salt and pepper. Simmer 20 minutes. Add carrots and milk. Heat before serving. Raw carrots may be grated or put through food chopper and cooked with the onion in the water or broth. Yield: 2 servings.
Bean and Barley Soup

\[
\begin{align*}
\frac{1}{2} \text{ cup dried beans} & \quad \frac{1}{2} \text{ teaspoon salt} \\
3 \text{ cups water} & \quad \frac{1}{2} \text{ cup evaporated milk} \\
1 \text{ slice onion} & \quad \text{Dash of pepper} \\
1 \text{ diced carrot} & \quad \text{Dash of celery salt, if desired} \\
\frac{1}{2} \text{ tablespoons barley} & \quad \\
\end{align*}
\]

Soak beans overnight. Drain and add the 3 cups water. Cook until almost tender, then add onion, carrot, barley and salt. Continue cooking until beans and barley are done. Add milk and seasonings. Reheat before serving. Yield: 2 large servings.

Health Salad with Sour “Cream” Dressing

\[
\begin{align*}
\frac{1}{2} \text{ cup finely shredded cabbage} & \quad 2 \text{ tablespoons chopped peanuts, or } 1 \text{ finely chopped carrot} \\
1 \text{ diced apple} & \quad \frac{1}{4} \text{ cup evaporated milk} \\
\frac{1}{4} \text{ cup chopped cooked prunes or raisins} & \quad 1 \text{ tablespoon vinegar or lemon juice} \\
\end{align*}
\]

Toss cabbage, apple, prunes and peanuts together lightly. Mix milk and vinegar. Pour over salad and toss lightly. Yield: 2 servings.

Orange Milk Sherbet

\[
\begin{align*}
\frac{1}{2} \text{ cup orange juice} & \quad \text{Few grains salt} \\
2 \text{ tablespoons sugar} & \quad \frac{1}{2} \text{ cup evaporated milk} \\
1 \text{ teaspoon grated lemon rind} & \quad 1 \text{ tablespoon lemon juice} \\
\end{align*}
\]

Dissolve sugar in orange juice. Add lemon rind and salt. Chill milk thoroughly. Whip until stiff. Fold in lemon juice. Then fold in orange juice lightly and quickly. Pour at once into a cold freezing tray and freeze. Yield: 2 servings.

Vanilla Mousse

\[
\begin{align*}
1 \text{ egg} & \quad \text{Few grains salt} \\
\frac{1}{4} \text{ cup sugar} & \quad 1 \text{ small can evaporated milk} \\
\frac{1}{2} \text{ teaspoon vanilla extract} & \quad (\frac{1}{3} \text{ cup}) \\
\end{align*}
\]

Beat egg. Add sugar, vanilla and salt, and continue beating until sugar is dissolved. Chill milk thoroughly. Whip until stiff. Fold in the egg mixture quickly and lightly. Pour at once into a cold freezing tray and freeze. Yield: 1 pint.
Peanut Butter Cookies

- ¼ cup shortening
- ½ cup peanut butter
- ⅓ cup sugar
- 1 egg
- ¼ cup evaporated milk

1 teaspoon lemon juice
1 cup sifted flour
1½ teaspoons baking powder
½ teaspoon salt

Cream shortening and peanut butter. Add sugar and continue creaming until light and fluffy. Beat in the egg, then add the milk and lemon juice. Sift flour with baking powder and salt into first mixture. Drop from a spoon onto slightly greased baking sheet. Press flat. Bake in a moderate oven (375°F) about 15 minutes. Yield: 3 dozen cookies.

Rice Custard Pudding

- 1 egg
- 3 tablespoons sugar
- ½ teaspoon salt
- ⅓ cup evaporated milk

⅓ cup water from boiled rice
½ cup boiled rice
Nutmeg

Beat egg. Add sugar and salt, and mix well. Add milk, water and rice. Turn into a baking dish or custard cups. Sprinkle with nutmeg. Bake in a slow oven (325°F) until set, about 30 minutes. Serve with maple or brown sugar syrup if desired. Yield: 2 servings.

Apple Whip

- ½ cup evaporated milk
- 1 tablespoon lemon juice

1 cup sweetened apple sauce

Chill milk thoroughly. Whip until stiff. Fold in lemon juice and cold apple sauce. Sprinkle with nutmeg if desired. One-half cup of the pulp of stewed dried prunes, peaches or apricots may be used in place of apple sauce. This mixture may be poured into the tray of an automatic refrigerator and frozen. Yield: 2 servings.

Prepared at the request of and in cooperation with Visiting Nurse Association of Rochester, New York

For additional copies write to Evaporated Milk Association

307 North Michigan Avenue
Chicago 1, Illinois

November, 1947

Printed in U. S. A.