The Right Food For Your Family
To be strong and healthy, to feel well and happy so that you may do your work well, you must eat the right foods in the right amounts. Now, more than ever, with the complications of rationed foods, you must make good use of your knowledge of nutrition.

Include every day:

Green and Yellow Vegetables, one or more servings.

Oranges, Tomatoes, Grapefruit, or Raw Cabbage or Salad Greens at least once a day.

Potatoes and Other Vegetables and Fruits. Include all three in your menus whenever possible.

Milk and Milk Products—Use 2 or 3 cups of milk per person every day if possible. Use cheese in the main dish for luncheon or supper frequently.

Bread, Flour and Cereals. Eat whole-grain or enriched ones once or twice a day.

Butter and Fortified Margarine—Use at meals and in cooking.

You can learn to like the foods you need. Try one new food at a time and keep at it. Eat what you want only after you have eaten what you should.

Maltex Cereal is a good natural source of all the essential properties of whole wheat. Its delicious flavor, imparted by the skillful blending of wheat and barley malt, makes people eat it because they like it.

It is not enough to know what foods to eat for health. It is important to really eat them.

This Leaflet Prepared in Cooperation with The National Nutrition Program

by

MALTEx COMPANY, BURLINGTON, VERMONT
### EAT THE BASIC SEVEN EVERY DAY

In addition to these foods, eat others that you enjoy.

**GROUP ONE**
- Green and yellow vegetables
  - Some raw—some cooked, frozen or canned

**GROUP TWO**
- Oranges, tomatoes, grapefruit
  - Or raw cabbage or salad greens

**GROUP THREE**
- Potatoes and other vegetables and fruits
  - Raw, dried, cooked, frozen or canned

**GROUP FOUR**
- Milk and milk products
  - Fluid, evaporated, dried milk or cheese

**GROUP FIVE**
- Meat, poultry, fish or eggs
  - Or dried beans, peas, nuts or peanut butter

**GROUP SIX**
- Bread, flour and cereals
  - Natural whole grain—enriched or restored

**GROUP SEVEN**
- Butter and fortified margarine
  - (with added Vitamin A)

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The menus below are intended merely to indicate how the rules and patterns for meal planning may be carried out. These menus are planned for a moderately priced food budget—not the lowest or the highest level.

### BREAKFAST
- Orange Juice
- Maltex Cereal
- Buttered Toast
- Milk — Coffee

### BREAKFAST 1
- Prunes
- Whole Grain Dry Cereal
- Poached Egg
- Toasted Enriched Bread
- Milk — Coffee

### BREAKFAST 2
- Maltex Cereal with Raisins
- Buttered Toast — Jelly
- Milk — Coffee

### BREAKFAST 3
- Grapefruit Juice
- Whole Grain Dry Cereal
- Scrambled Eggs
- Buttered Toast
- Milk — Coffee

### BREAKFAST 4
- Stewed Apricots
- New England Treat (Sliced, Cooked Maltex Cereal Fried and Served with Vermont Maple Syrup)
- Buttered Toast
- Milk — Coffee

### DINNER
- Hamburg Meat Loaf (extended with Maltex Cereal)
- Baked Potatoes
- Beets
- Cabbage Salad
- Chocolate Pudding
- Milk for children

### DINNER 1
- Cold Meat Loaf (left-over)
- Creamed Carrots on Biscuits
- Lettuce Salad
- Fruit Gelatine with Thin Cream Milk for Children

### DINNER 2
- Broiled Cod Filets
- Mashed Potatoes
- Beet Greens
- Enriched Bread
- Orange Custard Milk for Children

### DINNER 3
- Liver and Bacon
- Brown Rice
- Cole Slaw
- Whole Wheat Bread
- Gingerbread with Foam Sauce Milk for Children

### DINNER 4
- Home Baked Beans
- Brown Bread
- Fresh or Canned Fruit Salad
- Green Peas Celery
- Tapioca Cream Milk for All

### SUPPER OR LUNCH
- Cream Sauce on Whole Wheat Toast
- Sliced Tomatoes
- Apple Sauce
- Molasses Cookies
- Milk for All

### SUPPER OR LUNCH 1
- Macaroni with Cheese
- Jellied Tomato Salad
- Bran Muffins
- Molasses Cookies
- Sliced Oranges Milk

### SUPPER OR LUNCH 2
- Tomato Bisque — Croutons
- Lettuce and String Bean Salad
- Corn Muffins Honey

### SUPPER OR LUNCH 3
- Potato, Egg and Celery Salad
- Maltex Supper Bread
- Raisin Filled Cookies
- Cottage Cheese Cocoa

### SUPPER OR LUNCH 4
- Scalloped Tomatoes
- Fish Cakes
- Raw Carrot Sticks
- Prune Whip with Custard

### SUPPER OR LUNCH 5
- Toasted Baked Bean Sandwiches (with Whole-Grain Bread)
- Chicory and Lettuce Salad
- Sponge Cake Milk for All

### SUPPER OR LUNCH 6
- Pea Soup — Crackers
- Apple, Raisin and Lettuce Salad
- Peanut Butter Cookies Milk

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Uncle Sam says: “Eat three square meals a day.” In other words, don’t skip breakfast! Your whole day seems easier if you start with a good breakfast.

We hope you’re not saying, as we heard a woman say the other day—“That nutrition course I took last year is a regular joke. Now we have to eat what we can get.” Never in the world was there so much need of a sound knowledge of nutrition to help us make the best possible use of foods that are available to feed the family adequately.

Don’t throw away drippings. Strain them, clarify them, keep them carefully in a jar in the refrigerator. Then use them.

Use the bonier cuts of meat. They are low in point value and can be made into nourishing hearty main dishes. Also, many of them provide fine left-over broth and good fat for future dishes.

When you bake potatoes, scrub the skins well so they may be eaten. Good stuffing for potatoes may be made by mixing left-over ground meat with the mashed potato, moistening well with milk and seasoning with chopped onion, salt and pepper.

To improve the flavor of home-baked beans, place a few onion rings and thin strips of salt pork on top of the beans as they bake.

Creamed codfish on squares of hot corn bread is “so nice to come home to” on cold fall nights. This is the time to produce all those good lemon sauces we used to serve on puddings. Learn to like them a little tart.

Now it’s not only a question of getting the most value for your pennies but the most servings for your points. Frosted fruits and vegetables take fewer points for the same number of servings than the same food in cans.

Get acquainted with fish. It is economical to buy a large fish and use it in several dishes: casserole, in cream sauce, or chowder.

In making meat loaf of beef, ham, pork or lamb, “stretch” the meat and improve the texture and flavor by adding Maltex Cereal.

It is a good plan to buy cottage cheese when available. It may be used as the basis for an impressive looking salad
dessert. It takes an excellent cheese cake and is good, too, in a baked crumb custard.

Use whole-grain cereals, such as Maltex, for dipping croquettes or fish before frying. Fully as successful as crumbs and, at the same time, increases the protein value.

There are two things to remember to get the most out of your vegetables. Do not drown them and don’t overcook. Use the smallest amount of boiling salted water possible—just enough to keep steam coming up through, and cook, covered, until just tender-crisp and no longer. To save vitamins, don’t thaw quick-frozen vegetables before cooking.

Stale bread can be freshened by wrapping it in a wet cloth, leaving it for a minute, then removing the cloth and baking in a slow oven for 15 to 20 minutes.

Vary your favorite raised bread recipe by adding Maltex Cereal in place of some of the flour. You’ll be surprised at the improved flavor.

To keep eggs as fresh as possible, store on the lower shelf of the refrigerator. Before using let the eggs come to room temperature to insure best cooking results. For your information there are about 8 to 10 egg whites to 1 standard measuring cup. One egg white measures about 2 tbsp. There are about 16 to 18 egg yolks to 1 cup, with 1 egg yolk measuring approximately 1 tsp.

Use leftover egg whites in making sherbets, white cake, angel food, and as meringues on fruits, puddings, and other desserts.

Meringues won’t shrink and sweat if the sugar is added very gradually to the whites when they become foamy and light and is then beaten in thoroughly. Use 2 tbsp. granulated sugar for each egg white.

In order to stretch the sugar allowance, honey, molasses, corn syrup or maple-flavored syrup may be used as sweetening in puddings and desserts. For best results use half sugar with half liquid sweetening. For each 1/2 cup liquid sweetening used, reduce the liquid in the recipe 2 tbsp.

Top milk can be whipped if at least 24 hours old before whipping. Carefully pour about 1/2 cup off each quart of whole milk. Chill in refrigerator tray until crystals form along edges. Pour into cold bowl; add 1/4 tsp. cream of tartar for each cup of top milk; beat with rotary beater. Use as soon as possible, preferably within 40 minutes.

Stir a bit of horse-radish into seasoned spinach just before carrying it to the table.

Get the habit of serving hot cereal suppers on cold nights. With a little fruit added and with a plate of your favorite cookies and some milk, you have a completely satisfying supper for the youngsters in the family.

Frozen vegetables are cooked without defrosting. If the vegetables begin to thaw they should not be refrozen but cooked at once and stored properly. Frozen poultry, fish or meat should be defrosted before cooking as this tends to improve the flavor.

Change flavorings in recipes or use combinations of flavorings. Try combining vanilla extract with almond extract, orange rind and orange juice, lemon rind and orange juice; lemon and almond extracts with peppermint and chocolate. Experiment with spices in small amounts to dress up worn-out dishes. Use cardamon, anise, allspice, caraway, nutmeg, cloves, or cinnamon.

To give mashed potatoes a new and better zest, take the tender white ends of spring onions and mince these very fine. Mix these with the butter used when the potatoes are mashed. Don’t throw away the tops of the spring onions. Chop them very fine, blend with the yolks of hard boiled eggs and a spot of prepared mustard, spread on toasted crackers and use as appetizers to serve with tomato juice or any other before dinner cocktail.

A pinch of salt intensifies the sweetening power of sugar in cooked food thus enabling you to decrease the amount of sugar ordinarily used.

Add peanut butter to the melted butter you pour over popcorn. It’s a good idea.

Include a touch of sage or poultry seasoning to meat cakes or meat loaf.

When you are trying to think of a dessert that requires little sugar, try Maltex Indian Pudding or Butterscotch Pudding. Write for our folder of recipes.

Exercise your ingenuity. War-time shortages of one food may help you to discover wonderful possibilities in another.