It's easy to know
WHAT TO EAT
For Keeping
STRONG & FIT
<table>
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<th><strong>Technical and Common Names</strong></th>
<th><strong>Foods Which Contain It</strong></th>
<th><strong>Functions in the Human Body</strong></th>
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| **VITAMIN A**
"The Anti-Infection Vitamin"
"The Eye Vitamin"
*Carotene* | Carrots, Spinach, Butter, Cream, Egg-yolk, Cheese, Liver, Milk, Fish Liver Oils | Aids resistance to colds. Prevents night-blindness. Prevents formation of dry hard cells in skin. Aids normal vision by maintaining formation of "visual-purple" in eye. Tones up linings of lungs, stomach, etc., thus preventing infection. |
| **VITAMIN B**
"The Morale Vitamin"
Thiamin
| **VITAMIN C**
"The Fruit Vitamin"
| **VITAMIN D**
"The Sunshine Vitamin"
"The Anti-rachitic Vitamin"
Calciferol
Activated ergosterol | Eggs, Herring, Sardine, Butter, Liver, Egg-yolk, Salmon, Fish Liver Oils | Aids in the prevention of tooth decay. Regulates the absorption of calcium and phosphates. Controls the calcification of bones and teeth. Prevents rickets and certain adult bone disorders. |
| **VITAMIN G**
(Vitamin B)
"The Beauty Vitamin"
| **NIACIN**
Nicotinic Acid-P-P factor (pellagra preventative factor) | Beef, Pork, Turnips, Certain Fish, Liver | Contributes to normal clear mentality. Controls intestinal vigor. Takes part in formation of vital enzymes. Prevents pellagra. |

*Carotene is the form of Vitamin A found in carrots, tomatoes, and other vegetables. It is not really a vitamin itself but the body can transform Carotene into true Vitamin A. It is 25% to 50% as active as pure Vitamin A.*
One of These:
Beef • Pork • Veal • Lamb • Variety meats (liver, heart, kidney, etc.) • Chicken • Turkey • Frankfurters • Ham • Fish (codfish, lobsters, halibut, oysters shrimp, sardines, tuna, salmon) or Meat substitutes (cheese, eggs, kidney beans, lima beans, navy beans, dried peas, lentils, soy beans).

One of These:
Any fruit or Milk dessert (custard, ice cream, etc.) • Upside down cake • Angel food cake • Fruit pies or Custard pies • Jello desserts • Cookies • Puddings • Cobblers.

One of These:
Milk • Cocoa • Egg-nog • Chocolate milk • Coffee • Tea.
One of These:
Ready-to-serve cereals made of Wheat • Rye • Oats • Rice • Corn • Barley and Buckwheat (read labels on box to make sure they are whole grain cereals or are fortified with vitamins and minerals); precooked cereals such as Cream of Wheat • Oatmeal, etc. (should be cooked with milk or half milk and half water) • Cornmeal muffins • Cornmeal mush.

One of These:
Enriched White • Whole Wheat • Graham • Rye • Oatmeal • Brown • Soy-bean • Popovers • Muffins • Waffles • Pancakes • Johnny cake • Coffee cake • Orange • Cheese.

One of These:
Fruit juices • Tomato juice • Apple • Applesauce • Apricots • Bananas • Berries • Cherries • Oranges • Grapefruit • Lemons • Peaches • Pears • Rhubarb • Strawberries • Pineapple • Dates • Prunes • Figs • Raisins.

At least three or four a week.

One of These:
Milk • Cocoa • Egg-nog • Chocolate milk • Coffee • Tea.

One of These:
Enriched White • Whole Wheat • Graham • Rye • Oatmeal • Brown • Soy-bean • Popovers • Muffins • Waffles • Pancakes • Johnny cake • Coffee cake • Orange • Cheese.

One of These:
Cocoa • Egg-nog • Chocolate milk • Coffee • Tea.

One of These:
Soups • Casseroles (made with meat, chicken, beans, frankfurters, ham, rice, vegetables, spaghetti, macaroni, fish, turkey, veal birds, vegetables with meat balls, etc.) • Chop suey • Hash • Creamed chip beef or meat on baked potato • Stew • Chowder • Chili con carne • Scalloped dishes • Vegetable pie.

One of These:
Fruit or Milk pudding.