The well balanced meal should be a combination of various food elements that build muscle and tissue, teeth and bone, protect the body from disease arising from improper nutrition, and supply the heat and energy necessary for the activities of life. These basic principles should govern diet in sickness and health, and under normal conditions generous quantities of foods that preserve a balance in the body should be provided.

Normal well balanced meals should contain an ample amount of alkaline foods, supplying the mineral ash or soda-like compounds that offset the acidity resulting from such necessary foods as meat, eggs, fish, bread and cereals. These foods are essential to body building and are thus included in every meal plan in some form.

The citrus fruits—oranges, lemons and grapefruit—although classed as acid fruits because of their delicious acid flavor, are alkaline in their reaction in the body and provide a complete balance to the acid-forming foods. For this reason many dietitians serve these appetizing fruits in some form at every meal. This daily inclusion of oranges and lemons in the diet is possible, since these fruits are now picked and marketed every day in the year from California.

A glass of orange juice for breakfast is excellent to assist in the natural functioning of the body as well as to balance the acid-forming foods—the cereals, eggs or meat which are usually served at this meal. Orange sections or any other form of service including both fruit and juice may vary the breakfast serving of this fruit. A fruit omelet is an excellent variation.
Fruit cups for luncheon or dinner may easily provide the balance to the heartier courses. Those served with luncheon are usually more satisfying to the appetite than the lighter fruit cups or cocktails served with dinner, which act as stimulants and digestants only.

A fruit salad will also provide balance for the luncheon or dinner. For luncheon it may be planned as the main dish of the meal, offering considerable nourishment especially when combined with vegetables and a thick dressing. Lemon juice also contains the balancing elements which makes its use in all salad dressings particularly desirable. Lemon juice and salt make a simple but delightful dressing for the vegetable salad, where a rich dressing is not wished.

A fruit dessert of a very simple nature may be served at luncheon if preferred, instead of a salad, to act as a balance to the meal. A somewhat more elaborate dessert is usually served at dinner. If the previous courses have been hearty the dessert may be very light, always providing the fruit juices or the whole fruit contribute the essential elements. If, however, the first courses have been light, the dessert with the assistance of the citrus fruits may fill out the menu and provide food-value as well as balance.

Important vitamins are present in oranges and lemons, giving them an added advantage in increasing nutrition and preventing the diseases that arise from malnutrition.

Acidosis, the condition of too much acidity in the body, is attracting much attention at present and appears to be more prevalent than is often supposed. One specialist prescribes as an easy and simple way to insure a proper dietary balance for this condition, a glass of orange juice, lemonade or fruit punch as a drink accompaniment for every meal. He gives the following recipe for such a fruitade.

**Fruit Punch**

(4 Glasses)

- 2 oranges, juice of
- 2 lemons, juice of
- 1 grapefruit, juice of

For variations add to the above 1 cup other fruit juice, such as grape juice, loganberry juice, pineapple juice, cider or the juice from any canned fruit.

**BREAKFAST**

Oranges in some form are preeminently a breakfast fruit. They may be served whole or cut in halves, sliced or divided into segments or sections as an appetizing first course.

Orange juice may be strained, sweetened and iced or served as it comes from the squeezer, with the particles of pulp in the juice for added benefit. For those who wish a hot drink, add hot water or warm the orange juice in a double boiler. The juice should not be boiled, however, as this will detract from flavor. Orange marmalade is a form of sweet particularly suitable for breakfast service, although it should be supplemented by the fresh fruit for full dietetic value.

Sliced oranges served with a spoonful of honey or maple syrup as sweetening are a delicious novelty. If preferred the pulp may be removed from oranges with an orange spoon, placed in a sherbet glass with any escaping juice, thoroughly chilled and served.

**Fruit Omelet**

(6 Servings)

Beat egg yolks, adding sugar and fruit juice. Fold in stiffly beaten egg whites. Heat butter in omelet pan, pour in omelet mixture and cook slowly until fluffy, firm and a golden brown on bottom. Spread one-half thickly with marmalade, fold and serve.
Orange Toast  
(Individual)
1 teaspoon cornstarch  
1 tablespoon cold water  
1 orange, juice of  
½ cup orange pulp  
Mix cornstarch and cold water. Add orange juice and boil, stirring constantly for five minutes. Add orange pulp and salt, pour over hot buttered toast. Sprinkle with sugar and cinnamon.

LUNCHEON—FRUIT CUPS

Orange and Banana Cocktail  
(6 Servings)
6 ripe bananas  
4 oranges  
2 cups shrimps  
1 cup sugar  
1 cup orange pulp  
French dressing  
Blend oil, lemon juice, sugar and salt. Pour over each fruit separately. Let stand thirty minutes in a cold place, then mix and arrange on lettuce. Sprinkle with broken nut meats. Add orange and sprinkle with sugar and cinnamon.

Orange Shrimp Salad  
(6 Servings)
2 tablespoons gelatine  
2 cups shrimps  
1 cup diced tart apples  
1 cup diced orange pulp  
French dressing  
Mayonnaise, if desired

Combination Fruit Salad  
(6 Servings)
3 tablespoons olive oil  
1½ tablespoons lemon juice  
1 tablespoon powdered sugar  
Pinch of salt  
1 cup stoned and quartered dates  
Blend oil, lemon juice, sugar and salt. Pour over each fruit separately. Let stand thirty minutes in a cold place, then mix and arrange on lettuce. Sprinkle with broken nut meats. Mayonnaise may be added if desired.

Fresh Pineapple Cocktail  
(6 Servings)
1 cup sugar  
½ cup lemon juice  
½ cup water  
1 pineapple  
Boil sugar and water together for five minutes. Cool and add fruit juices. Cut fresh pineapple cylinders, using an apple corer, put in glasses with cocoanut and cover with the syrup.

Duck and Orange Salad  
(6 Servings)
2 cups cold duck  
4 oranges  
1 tablespoon lemon juice  
½ cup salad oil  
French dressing  
Mayonnaise, if desired

Jellied Cabbage Salad  
(6 Servings)
2 tablespoons gelatine  
2 cups shrimps  
1 cup diced tart apples  
1 cup diced orange pulp  
French dressing  
Mayonnaise, if desired

DESSERTS

Orange French Pastries  
(6 Servings)
6 rounds of sponge cake  
1 cup heavy cream, whipped  
½ cup shredded cocoanut  
Cut sponge cake into rounds with a cookie cutter, or cut into pieces three inches square and two inches high. Remove a portion from the center, spread sides with whipped cream and roll in shredded cocoanut. Fill center with orange pulp and top with whipped cream.

Orange Shortcake  
(1 good sized cake)
2 cups flour  
4 teaspoons baking powder  
½ teaspoon salt  
2 tablespoons sugar  
Sugar  
Oranges  
Sift the flour, baking powder, salt and sugar together. Work in the butter and add the milk gradually until a stiff dough results. Divide the mixture into two parts and spread one-half in a well-greased and floured tin to form the first layer of shortcake. Spread with butter and sprinkle with sugar. Cover with second portion of dough, making top layer of shortcake. Bake twenty minutes in an oven 400 degrees F. When done split apart, spread with butter and put together with oranges. To prepare oranges, peel and remove all membrane. Take out the pulp in segments. These may be used whole or cut in pieces.

Orange Toast  
(Individual)
1 teaspoon cornstarch  
1 tablespoon cold water  
1 orange, juice of  
½ cup orange pulp  
Mix cornstarch and cold water. Add orange juice and boil, stirring constantly for five minutes. Add orange pulp and salt, pour over hot buttered toast. Sprinkle with sugar and cinnamon.
DINNER—COCKTAILS

Orange Ginger Cocktail
(6 Servings)
4 oranges
Granulated sugar
4 canned pear halves, diced
4 tablespoons candied ginger

Peel oranges, remove membrane and cut pulp in small pieces. Sweeten and add other ingredients. Let stand in a cold place to chill. Serve in glass cups and sprinkle with a little extra ginger.

Orange Mint Cocktail
(6 Servings)
6 oranges divided into segments, all membrane being removed
3 tablespoons fresh mint, minced
2 tablespoons lemon juice
Powdered sugar
6 sprigs mint
Mix together orange pulp, minced mint and lemon juice with sugar to sweeten. Let stand at least two hours in a cold place, then divide into six cocktail glasses or small sherbet glasses and garnish each serving with a sprig of mint.

SALADS

Little Appetizer Salad
(6 Servings)
1 cup grated raw carrot
1/4 cup finely cut celery
1/4 cup chopped apple
1/2 cup finely cut orange pulp
Mayonnaise
Lettuce

Mix the vegetables and fruit together and combine with mayonnaise. Serve on lettuce as a first course.

Sunflower Salad
(6 Servings)
4 oranges
3/4 cup chopped nuts
Mayonnaise, or any
1/2 cup chopped dates
desired salad dressing
Peel oranges, remove all white membrane and divide into segments. Arrange these on lettuce to represent the petals of a sunflower. Put dates through food chopper and mix with broken nut meats. Form into balls to represent the sunflower centers, serving with any desired dressing.

French Fruit Salad Dressing
(6-8 Servings)
4 tablespoons oil
2 tablespoons lemon juice
3/4 teaspoon salt
1/4 teaspoon paprika
1/4 cup orange juice
Put ingredients in a bottle with a glass stopper or a half pint glass fruit jar and shake thoroughly just before serving.

DESSERTS

Sunshine Pie
(6-8 Servings)
1 apple
Unbaked pastry shell
3/4 egg
Butter
3/4 cup sugar
Whipped cream
1/2 cup orange juice

Grate apple, beat egg thoroughly and mix with sugar and orange juice. Put into an unbaked pastry shell, dot with bits of butter and bake. When cold heap with whipped cream.

Orange Frappé
(6-8 Servings)
2 cups sugar
1/2 cup lemon juice
3 cups water
Orange baskets
2 cups orange juice
Make a syrup by boiling the sugar and water ten minutes. Remove from the fire and cool. Add fruit juices and freeze to a mush. Serve in orange baskets made by cutting away skin so that half the shell with a handle remains.

QUESTIONS FOR REVIEW

What do the various food elements necessary to the well balanced meal accomplish in the body?

What is meant by alkaline foods? By acid-forming foods?

How are these two types of food combined in the well balanced diet?

Name some fruits known as examples of the alkaline foods. Why are these sometimes classed as acid foods?

Name three ways of serving oranges at breakfast. At lunch. At dinner.

Describe the difference between a fruit salad served at lunch and one designed for dinner.

When should the dessert be light? When should it be nourishing?

What effect have the vitamins in oranges on the system?

Give a simple method of furnishing an alkaline balance to each meal.

Suggestion to the Teacher: As an exercise have pupils outline menus of well balanced meals, selecting orange dishes from the preceding recipes to offset the acid-forming foods. Suggest that each pupil carry out such a menu at home, making the orange dish chosen to balance the menu.

For further information and recipes send for a free copy of Sunkist Recipe Booklet to:

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