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Shop Smart Sharpen Your Food –Buying Habits 1 Think Variety  
Michigan State University  
Cooperative Extension Service  
Home and Family Series  
Anita Dean and Portia Morris, Extension Specialists in Nutrition  
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# SHOP SMART



## SHARPEN YOUR FOOD-BUYING HABITS

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THINK  
VARIETY

by Anita Dean and Portia Morris  
*Extension Specialists in Nutrition*

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

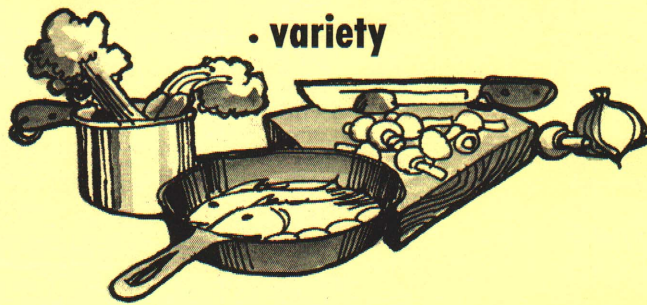
$\frac{1}{2}$  cup ice cream =  $\frac{1}{4}$  cup milk

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).