

# TODAY'S MEALS MAKE TOMORROW'S MEN



## A Balanced Diet Is Important to the Future Strength of Our Children—Follow Uncle Sam's Nutrition Plan Now

It is quite simple to provide a balanced diet. Just remember there are five basic groups of food—proteins, fats, carbohydrates, minerals and vitamins—these supply *all* our nutritional needs.

Recognizing the need for a simple guide to sound diet, your Government has prepared an official food chart. Use this chart in your daily meal-planning—serve some foods from each group every day—for variety, for adequate diet.

Contributed in the Interest of the National Nutrition Program by the  
CURTISS CANDY COMPANY

**U.S. NEEDS**

**US**

**STRONG**

**EAT NUTRITIONAL FOOD**

*Every day, eat this way*

<p><b>MEAT &amp; MILK PRODUCTS</b>                  Beef, lamb, veal, pork, chicken, turkey, fish, shellfish, eggs, milk, cheese, cream, butter, ice cream, yogurt.</p> <p><b>GRAIN, BREAD &amp; CEREAL</b>                  Wheat, corn, rice, oatmeal, cereals, bread, rolls, pasta, crackers, flours, meal, bran, germ.</p> <p><b>FRUITS, TOMATOES, VEGETABLES</b>                  Apples, oranges, lemons, limes, peaches, plums, grapes, berries, melons, pears, apricots, cherries, nuts, seeds.</p> <p><b>EGGS, POULTRY &amp; FISH</b>                  Chicken, turkey, duck, geese, fish, shellfish, eggs.</p> <p><b>FRUITS &amp; VEGETABLES</b>                  Apples, oranges, lemons, limes, peaches, plums, grapes, berries, melons, pears, apricots, cherries, nuts, seeds.</p> <p><b>MEAT, POULTRY &amp; FISH</b>                  Chicken, turkey, duck, geese, fish, shellfish, eggs.</p> <p><b>OTHER NUTRITIONAL FOODS</b>                  Nuts, seeds, oils, dressings, condiments, beverages, sweeteners, flavorings, preservatives, emulsifiers, stabilizers, thickeners, colorings, fragrances, antioxidants, vitamins, minerals, probiotics, prebiotics, enzymes, phytonutrients, antioxidants, vitamins, minerals, probiotics, prebiotics, enzymes, phytonutrients.</p>	<p><b>MEAT &amp; MILK PRODUCTS</b>                  Beef, lamb, veal, pork, chicken, turkey, fish, shellfish, eggs, milk, cheese, cream, butter, ice cream, yogurt.</p> <p><b>GRAIN, BREAD &amp; CEREAL</b>                  Wheat, corn, rice, oatmeal, cereals, bread, rolls, pasta, crackers, flours, meal, bran, germ.</p> <p><b>FRUITS, TOMATOES, VEGETABLES</b>                  Apples, oranges, lemons, limes, peaches, plums, grapes, berries, melons, pears, apricots, cherries, nuts, seeds.</p> <p><b>EGGS, POULTRY &amp; FISH</b>                  Chicken, turkey, duck, geese, fish, shellfish, eggs.</p> <p><b>FRUITS &amp; VEGETABLES</b>                  Apples, oranges, lemons, limes, peaches, plums, grapes, berries, melons, pears, apricots, cherries, nuts, seeds.</p> <p><b>MEAT, POULTRY &amp; FISH</b>                  Chicken, turkey, duck, geese, fish, shellfish, eggs.</p> <p><b>OTHER NUTRITIONAL FOODS</b>                  Nuts, seeds, oils, dressings, condiments, beverages, sweeteners, flavorings, preservatives, emulsifiers, stabilizers, thickeners, colorings, fragrances, antioxidants, vitamins, minerals, probiotics, prebiotics, enzymes, phytonutrients.</p>
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**Then eat other foods you also like**

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 OFFICE OF DEFENSE HEALTH AND WELFARE SERVICES  
 PAUL V. McNUTT, DIRECTOR, WASHINGTON, D. C.



By the way...  
 have you ever made  
 cookies with Baby Ruth?  
 So delicious... so easy to make.  
 (Recipe on every wrapper)

Baby Ruth is a wonderful energy food to add to your regular diet. It contains the most wholesome of ingredients. It tastes delicious. And, because it's rich in Dextrose—the sugar your body uses directly for energy—Baby Ruth helps overcome fatigue when body sugars are low. Give Baby Ruth to your children after meals—whenever their growing, active bodies need quick food energy.

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