

THE FIVE FOOD GROUPS AND THEIR USES.

Anyone who tries to plan meals to meet the needs of the body will find the task made easier by thinking of the common food materials as grouped under five heads and then making sure that the day's diet includes something from each group, and not too much from any one group.

The five groups are as follows:

(1) **FRUITS AND VEGETABLES.** Without these there is danger that the diet may be lacking in mineral matter and other substances needed in the making of tissues and for keeping the body in health.

(2) **MILK, CHEESE, EGGS, MEAT, FISH, AND DRIED LEGUMES** (peas, beans, etc.). Without these there is danger that the diet may be lacking in protein, an indispensable tissue builder.

(3) **CEREALS** (wheat, oats, rye, corn, barley, and rice) and their products; potatoes, sweet potatoes. Without these the diet would contain practically no starch, the cheapest kind of body fuel.

(4) **SUGAR**, molasses, sirups, honey, and other sweets. Without these the diet would be lacking in sugar, valued as body fuel and for its flavor.

(5) **FATS** (butter, lard, meat fat, and olive, peanut, cottonseed, and other fats and oils). Without these the diet might be lacking in fat, which has a high value as body fuel and gives to food an agreeable quality commonly called "richness."

THE FIVE FOOD GROUPS AND THEIR USES

Anyone who tries to plan meals to meet the needs of the body will find the task made easier by thinking of the common food materials as grouped under five heads and then realizing that the body's needs include quantities from each group, not too much from any one group.

The five groups are as follows:
(1) **THE FATS AND OILS**. Without these the body would be unable to absorb the vitamins and minerals needed for the making of tissues and for keeping the body in health.

(2) **MEAT, CHEESE, EGGS, FISH, AND DRIED LEGUMES** (beans, etc.). Without these there is danger that the diet may be lacking in protein, an indispensable constituent of the body.

(3) **CEREALS** (wheat, oat, rice, corn, barley, and rye) and their products (bread, cereals, sweet potatoes). Without these the diet would contain practically no starch, the chiefest kind of body fuel.

(4) **SUGAR** (sucrose, fructose, honey, and other sweeteners). Without these the diet would be lacking in energy, which is body fuel and also the body's chief source of pleasure.

(5) **FATS** (butter, lard, meat fat, and olive, peanut, cottonseed, and other fats and oils). Without these the diet might be lacking in fat, which has a high value as body fuel and gives to food an agreeable quality commonly called "richness."