

KEEP THIS BOOK IN YOUR KITCHEN

Food *for* Health

in Peace and War

What Canadian Doctors
Suggest for Wholesome Meals
at Low Cost



Prepared by the
Canadian Medical Association

1950
Prices

Why This Book Was Prepared

THIS book was prepared to help you protect the health of your family. It is based on what doctors and scientists have learned about food through years of study and research. It is published at this particular time because history shows that in times of war tuberculosis, influenza and many other diseases may spread rapidly, claiming the lives of men, women and children who have become slowly weakened from lack of the right kind of food.

By eating the proper **kind** and **amount** of food, you and your family are protecting yourselves against the diseases which go along with war and which spread in the period immediately following. In addition, good health enables wage earners to stay on the job. Working time lost through sickness usually means a smaller pay envelope.

We have a war to win. We must be fit for whatever task is required of us. Every housewife can do her bit—and help others do theirs—by keeping her family's health at a high level.

Canadian Medical Association

Food for Health

THE world's best authorities agree that you should eat every day the necessary amounts of the "protective" foods, and after that eat whatever suits your appetite. These protective foods are:

Milk and milk products
Potatoes and other vegetables
Whole grain breads and cereals
Raw fruits and canned tomatoes
Eggs, meat and fish

You can protect your health at low cost by eating the less expensive foods in the above groups.

When there is not much money to spend for food, first on the shopping list should be milk or cheese, potatoes and whole grain products (rolled oats, rolled wheat and whole wheat bread).

Together these foods supply nearly all the substances necessary for good health. The basis of a health-giving diet is, after all, very simple.

The foods listed on pages 8 to 17, if used in the amounts stated, will provide the average growing child and the average working adult with healthful meals. Persons doing heavy work naturally require more food.

Always eat your protective foods. You can add then whatever else you like and can afford.

What to Buy

THE weekly buying lists may be divided into five main groups. The better known of the less expensive foods are given for each group.

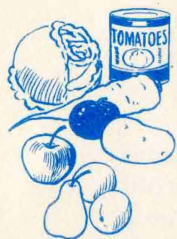
Group 1—DAIRY PRODUCTS

- (a) *Milk.*
- (b) *Cheese.*
- (c) *Butter.*



Group 2—VEGETABLES AND FRUITS

- (a) *Potatoes.*
- (b) *Fresh and Canned Vegetables*—Tomatoes, cabbage, carrots, turnips, onions, beets, parsnips, spinach, squash, green peas, green beans.
- (c) *Dried Vegetables* — Navy beans, lima beans, soy beans, peas, lentils.
- (d) *Fresh Fruits*—Apples, oranges, bananas, and local fruits in season such as berries, cherries, plums, peaches, pears.
- (e) *Dried Fruits*—Prunes, dates, raisins, figs.



Group 3—MEAT, FISH, EGGS

- (a) *Meat*—Hamburg steak, stewing beef, beef sausage, flank steak, lamb fore-quarter, corned beef, heart and liver (beef, pork or lamb), pot roast, pork shoulder.
- (b) *Fish*—Locally caught varieties. Cod, haddock, salt herring. Canned fish: pink salmon, chicken haddie, kippers, pilchards.
- (c) *Eggs.*



Group 4—CEREAL PRODUCTS



- (a) *Bread*—Whole wheat and other varieties.
- (b) *Cereals*—Rolled oats, rolled wheat, flour, rice, cornmeal, macaroni, tapioca.

Group 5—OTHER FOODS AND FLAVORINGS



- (a) *Fats*—Lard, vegetable shortening, dripping, peanut butter.
- (b) *Sweets*—Sugar, honey, molasses, jam, marmalade, corn syrup.
- (c) *Miscellaneous* — Tea, coffee, spices, iodized salt, pepper, mustard, ketchup, baking powder, baking soda.

Note: To some extent, substitutions may be made in the foods which are grouped together. For example, more cheese may be used instead of part of the milk; vegetables may replace some of the fruits; cereals may be used instead of bread.

COD LIVER OIL—From October to June when children do not get summer sunshine, they should receive one to two teaspoons of tested cod liver oil daily, or the proper amount of other fish oils.

Adults working indoors will find cod liver oil of benefit during winter months. Every pregnant and nursing woman should have cod liver oil, or other fish oil, and one quart of milk daily.

The Canadian farmer produces all the foods necessary for good health. Canadian-grown vegetables such as tomatoes, turnips, cabbage, and fruits in season (apples, berries, cherries, plums, peaches, pears) can replace the more expensive imported fruits.

Family Food Lists

In the following pages are shown the quantities and costs of foods which will provide healthful meals at low cost for families of varying sizes and ages.

How to Select Your List

Pick out the list which most closely agrees with the number and ages of your family. Children over 18 are classed as adults. Infants under one year of age are not provided for in these lists because the greater part of their daily food is breast milk or one quart of cow's milk.

If there are more than two adults in your family, add the quantities in List 1 for each additional adult.

If there are more than five children, add the quantities in List 20 for each additional child.

The additional food required for men doing heavy work may be selected at will, but most cheaply from breads, cereals, fats and sugars as set out in groups 4 and 5 (page 5).

Points to Remember

More money cannot buy better nutrition; it will simply buy a greater variety of more expensive foods. Even if you have unlimited money to spend you should buy at least the quantities of dairy products and vegetables shown and, if desired, more meat and eggs.

One-half or more of the cereals and flour should be whole grain, such as rolled wheat or rolled oats, and one-half or more of the bread should be whole wheat.

How to Use Your Family Food List

1. Keep a careful record of what you buy every week and compare the quantities bought with your family food list.
2. Make gradual changes until your weekly food purchases are in line with your list.
3. Check your purchases each week to get full benefit from this book.

REMEMBER these lists give the necessary food substances at low cost. When the budget permits, more money will be spent for larger and more expensive cuts of meat, more eggs, and more expensive vegetables and fruits. This is quite in order, but be sure not to reduce the quantities of dairy products, vegetables and fruits.

Small Families

For 1 Adult

Food	Amount per week	Cost per week
Milk.....	4 pts.	\$0.50
Cheese.....	1/4 lb.	
Butter.....	3/4 lb.	
Potatoes.....	4 lbs.	.50
Fresh vegetables.....	5 lbs.	
Dried vegetables.....	1/4 lb.	
Fresh fruit.....	2 lbs.	
Dried fruit.....	1/2 lb.	
Meat or fish.....	1 1/2 lbs.	.30
Eggs.....	3	
Bread.....	2 loaves	.25
Flours and Cereals.....	1 lb.	
Other foods and flavorings.		.30
Daily cost 26 cents a person.		\$1.85

Note: For two adults, double the amounts.

For 1 Adult and 1 Child Age 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	6 qts.	\$1.15
Cheese.....	1/2 lb.	
Butter.....	1 lb.	
Potatoes.....	7 lbs.	.85
Fresh vegetables.....	7 lbs.	
Dried vegetables.....	1/2 lb.	
Fresh fruit.....	3 lbs.	
Dried fruit.....	1 lb.	
Meat or fish.....	3 lbs.	.60
Eggs.....	1/2 doz.	
Bread.....	4 loaves	.45
Flours and Cereals.....	2 lbs.	
Other foods and flavorings.		.35
Daily cost 24 cents a person.		\$3.40

For 2 Adults and 1 Child Age 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	8 qts.	\$1.75
Cheese.....	1 lb.	
Butter.....	2 lbs.	
Potatoes.....	10 lbs.	1.35
Fresh vegetables.....	13 lbs.	
Dried vegetables.....	1 lb.	
Fresh fruit.....	5 lbs.	
Dried fruit.....	2 lbs.	
Meat or fish.....	4 lbs.	.90
Eggs.....	1 doz.	
Bread.....	7 loaves	.80
Flours and Cereals.....	3 lbs.	
Other foods and flavorings.		.50
Daily cost 25 cents a person.		\$5.30

For 2 Adults and 1 Child Age 11 to 15 yrs.

Food	Amount per week	Cost per week
Milk.....	9 qts.	\$1.90
Cheese.....	1 lb.	
Butter.....	2 lbs.	
Potatoes.....	11 lbs.	1.40
Fresh vegetables.....	13 lbs.	
Dried vegetables.....	1 lb.	
Fresh fruit.....	5 lbs.	
Dried fruit.....	2 lbs.	
Meat or fish.....	4 lbs.	.90
Eggs.....	1 doz.	
Bread.....	8 loaves	.90
Flours and Cereals.....	4 lbs.	
Other foods and flavorings.		.55
Daily cost 27 cents a person.		\$5.65

Families with Two Children

For 1 Adult and 2 Children Ages 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	10 qts.	\$2.00
Cheese.....	1 lb.	
Butter.....	2 lbs.	
Potatoes.....	10 lbs.	1.15
Fresh vegetables.....	10 lbs.	
Dried vegetables.....	1 lb.	
Fresh fruit.....	5 lbs.	
Dried fruit.....	1½ lbs.	
Meat or fish.....	4 lbs.	.90
Eggs.....	1 doz.	
Bread.....	6 loaves	.70
Flours and Cereals.....	3 lbs.	
Other foods and flavorings.		.40
Daily cost 25 cents a person.		\$5.15



For 2 Adults and 2 Children Ages 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	12 qts.	\$2.40
Cheese.....	1 lb.	
Butter.....	2½ lbs.	
Potatoes.....	13 lbs.	1.60
Fresh vegetables.....	15 lbs.	
Dried vegetables.....	1 lb.	
Fresh fruit.....	6 lbs.	
Dried fruit.....	2 lbs.	
Meat or fish.....	5 lbs.	1.05
Eggs.....	1 doz.	
Bread.....	9 loaves	1.00
Flours and Cereals.....	4 lbs.	
Other foods and flavorings.		.65
Daily cost 24 cents a person.		\$6.70



For 2 Adults and 2 Children Ages 4 to 13 yrs.

Food	Amount per week	Cost per week
Milk.....	14 qts.	\$2.65
Cheese.....	1 lb.	
Butter.....	2½ lbs.	
Potatoes.....	14 lbs.	1.70
Fresh vegetables.....	16 lbs.	
Dried vegetables.....	1 lb.	
Fresh fruit.....	6 lbs.	
Dried fruit.....	2 lbs.	
Meat or fish.....	5 lbs.	1.05
Eggs.....	1 doz.	
Bread.....	10 loaves	1.15
Flours and Cereals.....	5 lbs.	
Other foods and flavorings.		.70
Daily cost 26 cents a person.		\$7.25



For 2 Adults and 2 Children Ages 11 to 18 yrs.

Food	Amount per week	Cost per week
Milk.....	14 qts.	\$2.80
Cheese.....	1 lb.	
Butter.....	3 lbs.	
Potatoes.....	15 lbs.	1.85
Fresh vegetables.....	20 lbs.	
Dried vegetables.....	1 lb.	
Fresh fruit.....	6 lbs.	
Dried fruit.....	2 lbs.	
Meat or fish.....	7 lbs.	1.40
Eggs.....	1 doz.	
Bread.....	12 loaves	1.35
Flours and Cereals.....	5 lbs.	
Other foods and flavorings.		.85
Daily cost 29 cents a person.		\$8.25



Families with Three Children

For 1 Adult and 3 Children Ages 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	15 qts.	\$2.60
Cheese.....	1 lb.	
Butter.....	2 lbs.	
Potatoes.....	13 lbs.	1.55
Fresh vegetables.....	13 lbs.	
Dried vegetables.....	1 lb.	
Fresh fruit.....	6 lbs.	
Dried fruit.....	2 lbs.	1.20
Meat or fish.....	5 lbs.	
Eggs.....	1½ doz.	.90
Bread.....	8 loaves	
Flours and Cereals.....	4 lbs.	.50
Other foods and flavorings.		
Daily cost 24 cents a person.		\$6.75



For 2 Adults and 3 Children Ages 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	17 qts.	\$3.25
Cheese.....	1½ lbs.	
Butter.....	3 lbs.	
Potatoes.....	16 lbs.	1.95
Fresh vegetables.....	18 lbs.	
Dried vegetables.....	1½ lbs.	
Fresh fruit.....	8 lbs.	
Dried fruit.....	2 lbs.	1.35
Meat or fish.....	6 lbs.	
Eggs.....	1½ doz.	1.25
Bread.....	11 loaves	
Flours and Cereals.....	5 lbs.	.75
Other foods and flavorings.		
Daily cost 24 cents a person.		\$8.55



For 2 Adults and 3 Children Ages 4 to 13 yrs.

Food	Amount per week	Cost per week
Milk.....	18 qts.	\$3.40
Cheese.....	1½ lbs.	
Butter.....	3 lbs.	
Potatoes.....	17 lbs.	2.05
Fresh vegetables.....	19 lbs.	
Dried vegetables.....	1½ lbs.	
Fresh fruit.....	8 lbs.	
Dried fruit.....	2 lbs.	1.35
Meat or fish.....	6 lbs.	
Eggs.....	1½ doz.	1.40
Bread.....	12 loaves	
Flours and Cereals.....	6 lbs.	.75
Other foods and flavorings.		
Daily cost 26 cents a person.		\$8.95



For 2 Adults and 3 Children Ages 7 to 18 yrs.

Food	Amount per week	Cost per week
Milk.....	19 qts.	\$3.65
Cheese.....	1½ lbs.	
Butter.....	3½ lbs.	
Potatoes.....	19 lbs.	2.25
Fresh vegetables.....	24 lbs.	
Dried vegetables.....	1½ lbs.	
Fresh fruit.....	8 lbs.	
Dried fruit.....	2 lbs.	1.65
Meat or fish.....	8 lbs.	
Eggs.....	1½ doz.	1.70
Bread.....	15 loaves	
Flours and Cereals.....	7 lbs.	.95
Other foods and flavorings.		
Daily cost 29 cents a person.		\$10.20



Families with Four Children

For 1 Adult and 4 Children Ages 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	20 qts.	\$3.35
Cheese.....	1 lb.	
Butter.....	2½ lbs.	
Potatoes.....	15 lbs.	1.90
Fresh vegetables.....	16 lbs.	
Dried vegetables.....	1 lb.	
Fresh fruit.....	8 lbs.	
Dried fruit.....	3 lbs.	
Meat or fish.....	5 lbs.	1.20
Eggs.....	1½ doz.	
Bread.....	9 loaves	1.05
Flours and Cereals.....	5 lbs.	
Other foods and flavorings.		.65
Daily cost 23 cents a person.		\$8.15



For 2 Adults and 4 Children Ages 4 to 13 yrs.

Food	Amount per week	Cost per week
Milk.....	23 qts.	\$4.15
Cheese.....	1½ lbs.	
Butter.....	3½ lbs.	
Potatoes.....	20 lbs.	2.40
Fresh vegetables.....	22 lbs.	
Dried vegetables.....	1½ lbs.	
Fresh fruit.....	9 lbs.	
Dried fruit.....	3 lbs.	
Meat or fish.....	7 lbs.	1.50
Eggs.....	1½ doz.	
Bread.....	14 loaves	1.60
Flours and Cereals.....	7 lbs.	
Other foods and flavorings.		.85
Daily cost 25 cents a person.		\$10.50



For 2 Adults and 4 Children Ages 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	21 qts.	\$3.75
Cheese.....	1½ lbs.	
Butter.....	3 lbs.	
Potatoes.....	19 lbs.	2.30
Fresh vegetables.....	20 lbs.	
Dried vegetables.....	1½ lbs.	
Fresh fruit.....	9 lbs.	
Dried fruit.....	3 lbs.	
Meat or fish.....	7 lbs.	1.65
Eggs.....	2 doz.	
Bread.....	12 loaves	1.40
Flours and Cereals.....	6 lbs.	
Other foods and flavorings.		.85
Daily cost 24 cents a person.		\$9.95



For 2 Adults and 4 Children Ages 7 to 18 yrs.

Food	Amount per week	Cost per week
Milk.....	24 qts.	\$4.40
Cheese.....	1½ lbs.	
Butter.....	4 lbs.	
Potatoes.....	23 lbs.	2.70
Fresh vegetables.....	27 lbs.	
Dried vegetables.....	1½ lbs.	
Fresh fruit.....	9 lbs.	
Dried fruit.....	3 lbs.	
Meat or fish.....	9 lbs.	1.85
Eggs.....	1½ doz.	
Bread.....	18 loaves	2.00
Flours and Cereals.....	8 lbs.	
Other foods and flavorings.		1.10
Daily cost 29 cents a person.		\$12.05



Families with Five Children

For 2 Adults and 5 Children Ages 1 to 10 yrs.

Food	Amount per week	Cost per week
Milk.....	26 qts.	\$4.50
Cheese.....	1½ lbs.	
Butter.....	3½ lbs.	
Potatoes.....	22 lbs.	2.60
Fresh vegetables.....	23 lbs.	
Dried vegetables.....	1½ lbs.	
Fresh fruit.....	11 lbs.	
Dried fruit.....	3 lbs.	1.80
Meat or fish.....	8 lbs.	
Eggs.....	2 doz.	1.60
Bread.....	14 loaves	
Flours and Cereals.....	7 lbs.	.90
Other foods and flavorings.		
Daily cost 23 cents a person.		\$11.40



For 2 Adults and 5 Children Ages 4 to 13 yrs.

Food	Amount per week	Cost per week
Milk.....	27 qts.	\$4.85
Cheese.....	2 lbs.	
Butter.....	4 lbs.	
Potatoes.....	23 lbs.	2.80
Fresh vegetables.....	25 lbs.	
Dried vegetables.....	2 lbs.	
Fresh fruit.....	11 lbs.	
Dried fruit.....	3 lbs.	1.80
Meat or fish.....	8 lbs.	
Eggs.....	2 doz.	1.85
Bread.....	16 loaves	
Flours and Cereals.....	8 lbs.	.95
Other foods and flavorings.		
Daily cost 25 cents a person.		\$12.25



For 2 Adults and 5 Children Ages 7 to 18 yrs.

Food	Amount per week	Cost per week
Milk.....	29 qts.	\$5.25
Cheese.....	2 lbs.	
Butter.....	4½ lbs.	
Potatoes.....	26 lbs.	3.05
Fresh vegetables.....	31 lbs.	
Dried vegetables.....	2 lbs.	
Fresh fruit.....	11 lbs.	
Dried fruit.....	3 lbs.	2.10
Meat or fish.....	10 lbs.	
Eggs.....	2 doz.	2.25
Bread.....	20 loaves	
Flours and Cereals.....	9 lbs.	1.20
Other foods and flavorings.		
Daily cost 28 cents a person.		\$13.85



One Child Age 5 to 10 yrs.

If your child is from 1 to 5 years of age, use the amounts of milk and eggs in the table below and half the amounts of the other foods. Cost per week, \$1.25

Food	Amount per week	Cost per week
Milk.....	4 qts.	\$0.70
Cheese.....	¼ lb.	
Butter.....	½ lb.	
Potatoes.....	3 lbs.	.35
Fresh vegetables.....	3 lbs.	
Dried vegetables.....	¼ lb.	
Fresh fruit.....	1 lb.	
Dried fruit.....	½ lb.	.25
Meat or fish.....	1 lb.	
Eggs.....	4	.25
Bread.....	2 loaves	
Flours and Cereals.....	1 lb.	.10
Other foods and flavorings.		
Daily cost 24 cents a child.		\$1.65



Suggestions for Meals

From your family food list you can make up a variety of attractive and wholesome meals. Here are a few suggestions.

Breakfast

Fruit—Tomato juice, apple, applesauce, or fruit in season.
Cereal—Rolled oats or rolled wheat with milk.
Egg, scrambled, poached or boiled—one or more a week.
Buttered toast, occasionally with marmalade or jam.
Tea or coffee for adults; milk for children.

Lunch or Supper

Soup—Creamed vegetable soup, or
Cheese sandwiches, toasted if desired, or
Baked or scalloped potatoes with cheese, or
Creamed left-over vegetables or vegetable salad.
Bread, whole wheat, with butter.
Dessert—Fruit in season, fresh or cooked, or occasionally honey or jam.
Tea for adults; milk for children.

Dinner

Soup (if desired)—Clear, with or without vegetables.
Meat or fish—Meat loaf, shepherd's pie, Irish stew, pot roast or scalloped pink salmon.
Potatoes—Mashed, scalloped, boiled or baked.
A second vegetable—Cabbage, carrots, turnips, canned tomatoes, or fresh vegetable in season.
Bread—Whole wheat or white with butter.
Dessert—Apple pie, baked rice pudding, tapioca custard, blanc mange or fruit in season, fresh or cooked.
Tea for adults; small glass of milk for children.

Change your meals from day to day, but make sure that during the week your family uses the amounts of the various foods in your list.

Food Costs: The food lists in this book are based on the following prices. These prices cover only the foods mentioned on pages 4 and 5 and they will vary with locality and season.

Food	Price	Unit	
Milk.....	\$0.12	qt.	
Cheese.....	28	lb.	
Butter.....	29	"	
Potatoes.....	29	*pk.	
Green vegetables.....	07	lb.	
Root vegetables.....	08	"	
Tomatoes.....	10	tin	
Dried vegetables.....	08	lb.	
Dried fruit.....	11	"	
Fresh fruit.....	\$0.08	lb.	
Meat or fish.....	16	"	
Eggs "A" medium.....	26	doz.	
Bread.....	09	loaf	
Cereals.....	05	lb.	
Fats.....	10	"	
Sugar and sweets.....	08	"	
Quart = 40 ounces			
Bread = 24 ounces			
Peck of potatoes = 15 pounds			

Shopping Hints



1. Use foods "in season," when the price is lowest.
2. When fresh vegetables are high in price, buy canned vegetables, particularly tomatoes.
3. Cheese may replace some of the milk or meat. One ounce of Canadian cheese may be used in place of a glass of milk. Evaporated milk may be used in place of fresh whole milk.
4. In buying the cheaper cuts of meat, select those with little bone or waste.
5. Foods in bulk usually are cheaper than those in packages.
6. If possible, buy foods in quantities to get price reductions.
7. Learn the meaning of "government grades" for food.

Cooking Hints

1. Use little water for cooking, except for strongly flavored vegetables.
2. Save cooking water from vegetables, or liquid from tinned vegetables, and use in soups.
3. Cook vegetables with skins on, if possible. Otherwise, scrape or pare thinly.
4. Don't overcook vegetables. Such vegetables as green cabbage and spinach need only 8 to 10 minutes cooking. Red cabbage, potatoes and root vegetables need 20 to 40 minutes.
5. Don't overcook meat. Never use a very hot oven.

The Canadian Dietetic Association assisted in the preparation of the food lists, which have been tested by Canadian families under the supervision of the Visiting Homemakers Association.

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