

NUTRITION WISENOTES

Nutrition Services,
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Six years of war - and we are still hard at it. We all hope that 1945 will see the end of the fighting in Europe and all the suffering and misery too. Besides giving our unfailing support to the war effort, we must not forget our constant obligation toward guarding the health of Canada.

Our health as a nation, and as individuals, is one of our most valuable possessions, or, we should say, most valuable, for without it we cannot function to the best of our ability. To have optimum health, we must eat an adequate amount of the right kind of food every day.

The old saying "that an army lives on its stomach", can well be said for us too, here at home. Nutrition now stands as a science that is basic to health and effective living.

Let's start right now and be "Nutrition Wise", and what could be better than following these reminders:-

1. Plan your weekly menus, and your shopping list before you buy.
2. Make attractive dishes with your leftovers, and DON'T WASTE A MORSEL.
3. Plan your 1945 canning schedule now.
4. Decide to improve your Victory Garden, and if the war ends before seeding time, have one anyway.
5. Remember, above all, serve your family the proper kinds and amount of food. Make your family strong!

WHAT ABOUT SCHOOL LUNCHES?

Dr. Thomas Parran, Surgeon General, United States Public Health Service, says:- "We are wasting our money trying to educate children with half starved bodies. They cannot absorb teaching. They hold back classes, require extra time of teachers, and repeat grades. This is expensive stupidity, but its immediate cost to our educational system is as nothing compared to the ultimate cost to the Nation. Malnutrition is our greatest producer of ill health. Like nearly fresh fish, a nearly adequate diet is not enough. A plan to feed these children properly would pay incalculable dividends."

The food which children eat must supply material for new body tissues, for the repair of worn out tissues, and for the maintenance of new body processes. It must furnish an abundant supply of energy for work and play.

A GOOD LUNCH HELPS TO MEET THESE NEEDS

Since it is impossible to get all the food needed daily into one or even two meals, each meal must provide a fair share. Therefore, the lunch, whether eaten at home or at school, should contain approximately one-third of the foods needed daily.

WHAT IS A GOOD LUNCH?

A good lunch for school children provides a fair share of the total daily food requirements.

Milk, $\frac{1}{2}$ pint or more as a drink or in cooked foods.

Vegetable or fruit, preferably both.

Egg, lean meat, fish, cheese, peanut butter, or dried peas or beans.

Whole grain or enriched bread or cereal (preferably whole grain)

Butter

Simple dessert, such as: molasses or oatmeal cookies, milk pudding, or plain cake may be added, although they are not essential.

THE IMPORTANCE OF IRON

Just as iron is essential for making the tools of war, so it is important in our bodies, to help make good red blood. The small amount of iron required daily is of tremendous importance.

These foods are rich in iron. Eat them often! Live meat, eggs, dried peas and beans, dried fruits, molasses, whole grain cereals, peaches, oysters, fresh green vegetables.

Do you know that by having at least a pint of milk a day, and be eating cheese often, you are helping your body to make most use of its iron intake? Milk and cheese are high in calcium. Iron and calcium assist each other to be used to the best advantage by the body.

NEW BOOKS

Nurses! At last we have some good nutrition books which are now available for borrowing. Because of the small number of books, only one nutrition book may be taken out at a time for a period of not more than one week.

Each book must be checked out and in by the card file on Miss McElheran's desk, City Hall.

Library Books:

How to Teach Nutrition to Children - by Mary Pfaffmann and Frances Stern.

Your Career as a Food Specialist - by Doris Smedley and Ann Ginn.

Feeding the Family - by Mary Schwartz Rose.

Nutrition and Physical Fitness - by L. Jean Bogert.

Nutrition and Diet in Health and Disease - by James S. McLester.

Diet and Dental Health - by Milton T. Hanke.

Nutrition and Diet Therapy - by Fairfax T. Proudfoot.

Health Education of the public - by Bauer and Hull.

DO YOU KNOW THAT

... Vegetables and fruits lose Vitamin C if prepared too early and allowed to stand, especially if crushed and chopped. These foods should all be prepared and used quickly. (Citrus fruit juices and canned tomato juice are exceptions. These retain their Vitamin C after storage, covered, in refrigerator for as long as 24 hours.)

... Soda should never be added to vegetables in cooking. It tends to destroy vitamins. Green vegetables will keep their attractive green color and palatability if cooked only until just tender.

... When using honey or syrup instead of sugar in custards, cornstarch and bread puddings, cream fillings, etc., you can use the same amount of syrup as sugar, but the liquid should be reduced $\frac{1}{4}$ cup for each cup of syrup or honey used.

... Children should not be encouraged to drink chocolate milk exclusive to whole milk. ~~Chocolate milk is made from milk with low fat content, which is lower in calories and Vitamin A.~~ The sweet taste of chocolate milk tends to dull the appetite and should be curtailed. Or better, cut it out completely and serve only whole "white" milk to children.

... Eggs should be cooked in water below the boiling point as high temperature toughens the protein and makes it harder to digest.

... Soft drinks do not contain any Vitamin C, yet they are being consumed in large quantities. It would be wiser to drink orangeade or lemonade if you wish a fruit flavored drink.

... Foods may be safely left in opened tin cans, if they are kept cold and covered.

Send your questions to Nutrition Services, City Hall. You may have the same questions as many others.