



**WHAT THEY EAT TO BE**

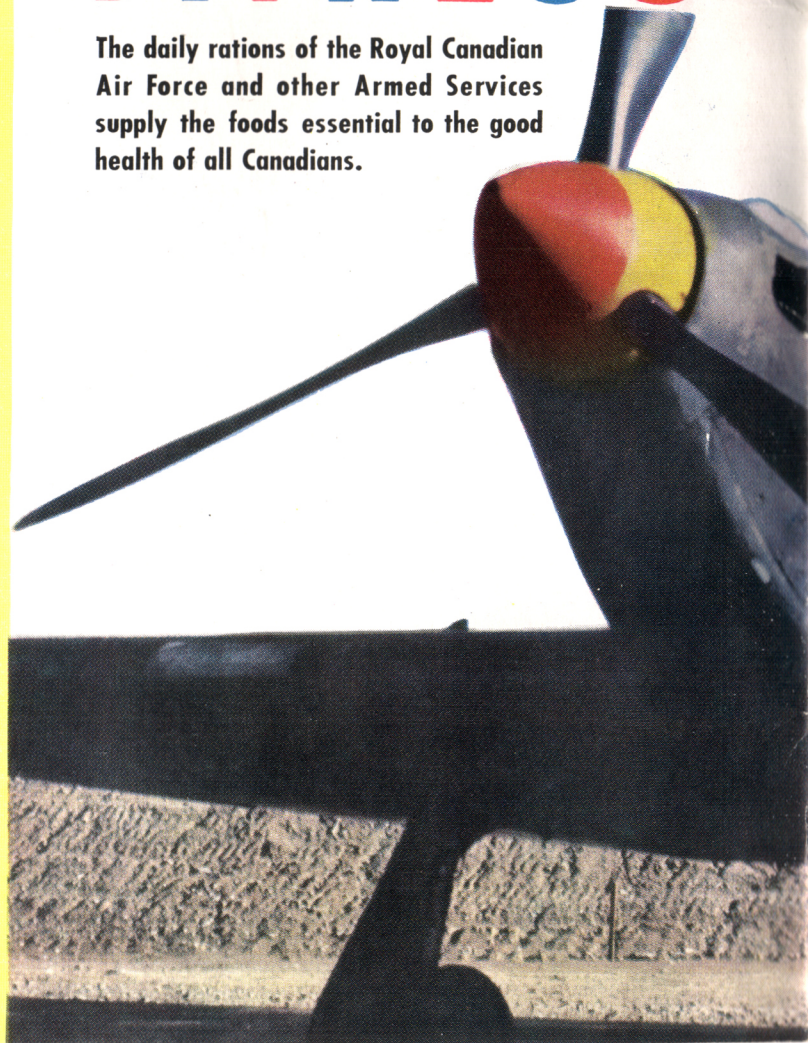
**FIT**

**is Good for  
the Health of  
all Canadians**



# FOOD FOR FITNESS

The daily rations of the Royal Canadian Air Force and other Armed Services supply the foods essential to the good health of all Canadians.



The foods served to all members of the R.C.A.F. are of vital importance in maintaining the high standards of health and efficiency this exacting Service demands. Scientific investigations conducted since the early days of the war have determined the food needs of our men and women. Now, this timely and valuable information is published for the benefit of all Canadians; for today, proper food is a weapon of war—vitally essential to the good health of all our Armed Forces—all our civilians.

*A. L. DeBarteneau*  
Deputy Minister of National Defence for Air





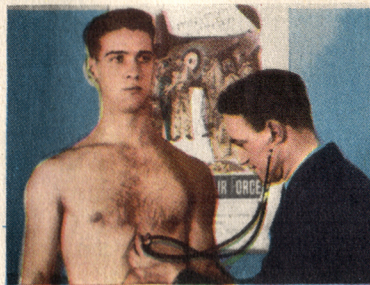


# THE R.C.A.F

Like all big league athletic teams, the R.C.A.F.—"fastest team in the world"—has its own training table. Here are served scientifically balanced meals designed to keep the



# TRAINING TABLE



men and women of the service in top physical condition.

Elaborate investigation has shown which foods supply all the constituents needed to maintain stamina, alertness,

split-second reactions, robust health and all-'round efficiency.

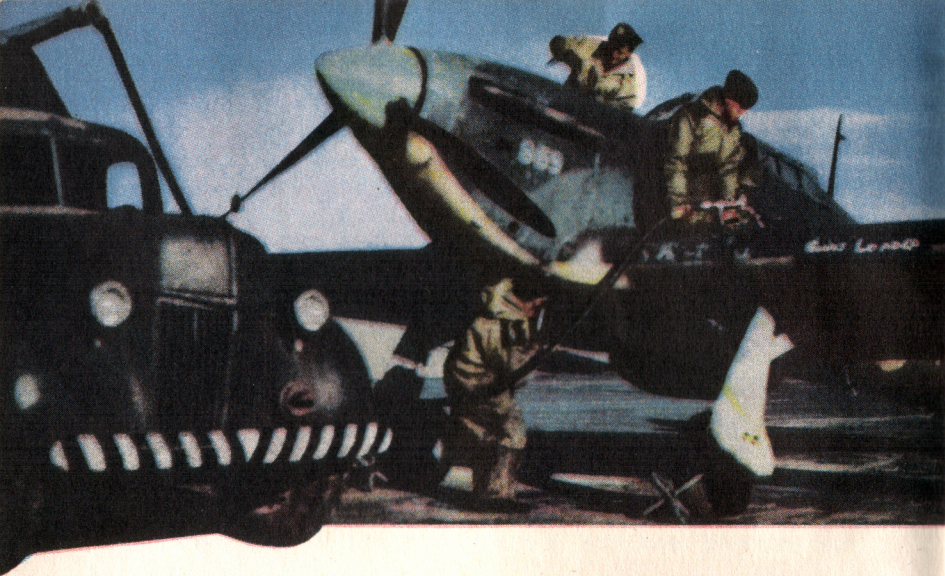
Applicants for service in the R.C.A.F. must pass strict medical tests, especially in respect to the functions of the eyes, ears, lungs and heart. The foods which are so essential to the good health of these youthful, physically fit men and women are no less necessary for the maintenance of civilian health.

Note that all recommended foods are items of common, everyday use in Canada.



Due to our vast shipments of food to our allies and fighting men overseas, temporary shortages of some items occur at home in Canada. In these cases, available foods in the same category can be substituted without lowering nutritional values.





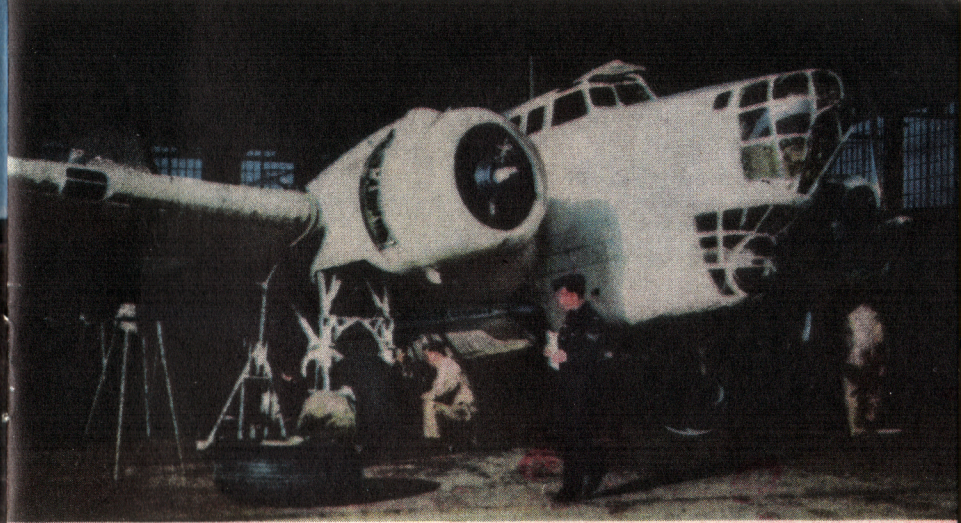
## YOUR BODY NEEDS "FUEL"

### JUST AS A 'PLANE NEEDS GAS AND OIL

Like the aircraft, the human machine must have fuel. For a 'plane it's gas and oil. For a person it's starches, sugars and fats. These supply the energy that makes you "tick." To obtain these energy foods is easy, for the "fuel" ration consists of bread and butter, shortening, fat meats, cereals, sugar, pies, cakes and pastries. However, because these foods are so filling and can be prepared so attractively, they are often eaten to excess, crowding other essential foods out of the menu.

These are the  
**ENERGY** foods

BREAD AND BUTTER  
SHORTENING CEREALS  
FAT MEATS SUGAR  
PIES AND CAKES



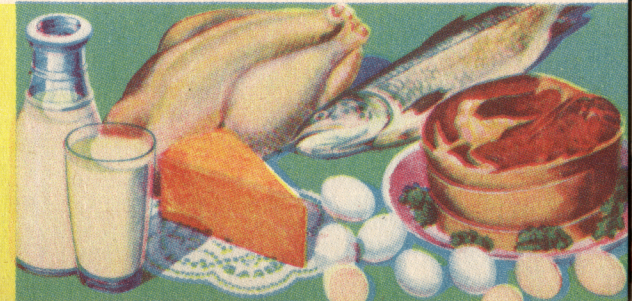
## REPAIRS AND REPLACEMENTS . . . WITH PROTEINS

### THEY REPLENISH THE HUMAN MACHINE

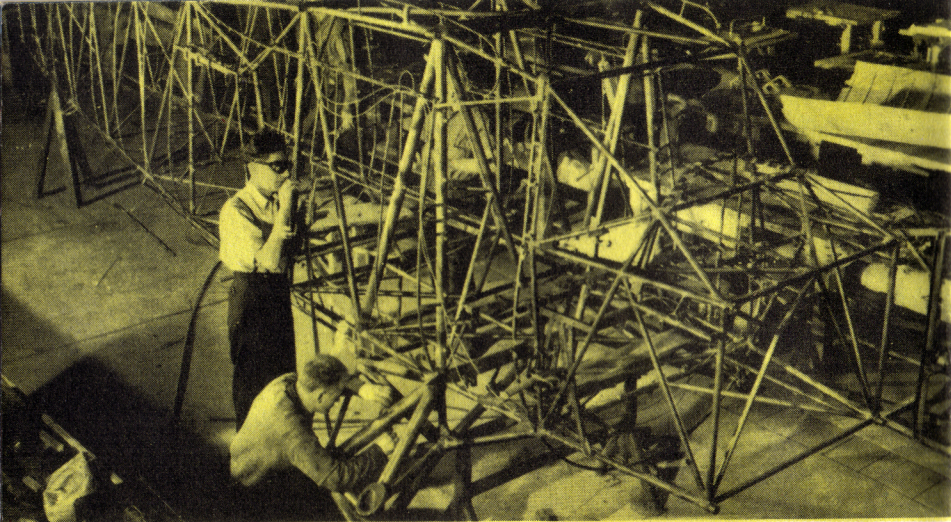
To keep R.C.A.F. personnel adequately supplied with "replacement" parts, the daily ration contains an abundance of protein foods. The prime sources of proteins are meat, fish, poultry, eggs, pasteurized milk and cheese. Many other foods contain smaller quantities. It is most important that you eat some of the principal protein items daily, for just as a worn part in an aircraft may result in a crash, the human machine lacking adequate proteins will lose efficiency.

These foods supply  
**PROTEINS**

MEATS EGGS  
FISH MILK  
POULTRY CHEESE







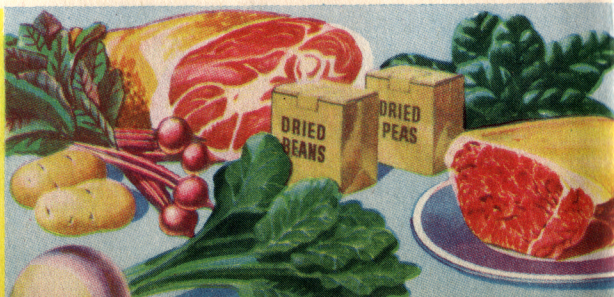
## THE "STRATEGIC MINERALS"

AS VITAL FOR  
THE HUMAN BODY  
AS FOR 'PLANES

Strategic minerals make the strong, light alloys used in aircraft—alloys that resist terrific stress, heat, friction—yet perform smoothly and efficiently. The human machine needs its strategic minerals too. They keep the body framework strong, and in good working order; maintain a rich supply of red blood. Calcium, iron and iodine are these strategic minerals, and your food supplies them. Milk and cheese provide the calcium for bones and teeth; meat and vegetables supply the "iron rations" for blood; iodized salt supplies iodine for normal functioning of the thyroid gland.

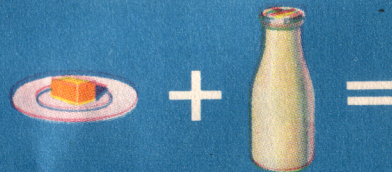
These foods give you  
"IRON RATIONS"

MEATS  
VEGETABLES



Most foods contain small quantities of calcium. But, generous as the R.C.A.F. ration is, it would supply only one-half the essential amount of this mineral if the daily serving of cheese and milk were omitted. In fact, to get the same amount of this important mineral contained in one pint of milk and one-half ounce of cheese, you would have to consume a staggering quantity of other foods as illustrated . . . five loaves of

THE CALCIUM CONTENT OF



½ OZ. CHEESE AND 1 PT. MILK

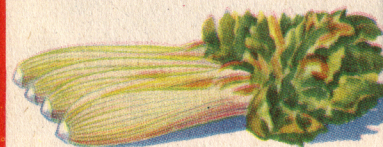
bread . . . or five pounds of cabbage  
...or three pounds of celery...or twelve  
pounds of oatmeal porridge . . . or  
seventeen pounds of roast beef!



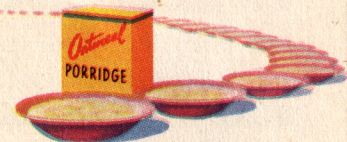
5 loaves of Bread . . . . OR



5 pounds of Cabbage . . . OR



3 pounds of Celery . . . . OR



12 pounds of Porridge . . . OR



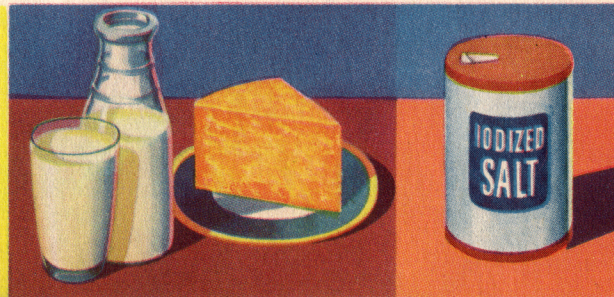
17 pounds of Roast Beef

Milk and Cheese  
supply most

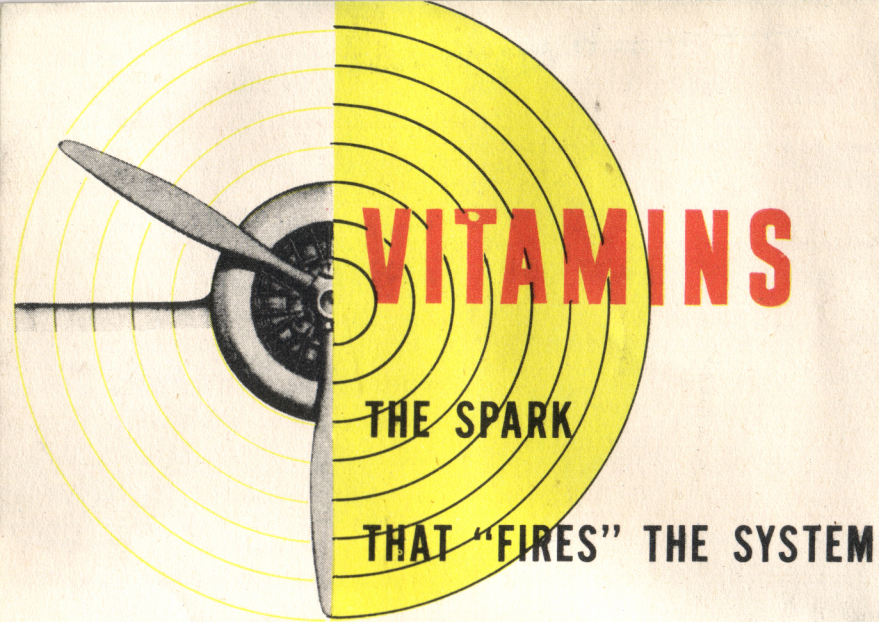
**CALCIUM**

Iodized Salt supplies

**IODINE**







Vitamins are like the electric spark that fires the aircraft engine. When the spark jumps, the engine roars to vibrant life. No matter how fine the 'plane . . . no matter how excellent the fuel . . . without the spark nothing happens. You can eat the starches and fats, the proteins and minerals, but if the vitamins are lacking, the body cannot function efficiently. There are many vitamins, but the ones we are most concerned with, are Vitamins A, B<sub>1</sub>, B<sub>2</sub>, C and D.



## VITAMIN "A"

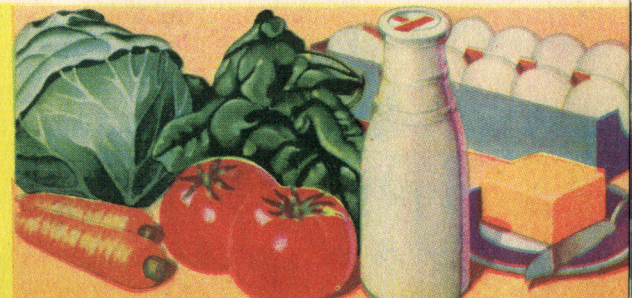
KEEPS THE BODY "TUNED UP"

Vitamin A in the human body is like the skilled ground crew who check and adjust the engine, feed lines, controls and instruments in an aircraft—keep it responsive to the controls. While a marked lack of Vitamin A is seldom evident among Canadians, an inadequate supply would lower health and efficiency. This vitamin regulates the functions of delicate membranes, particularly in the respiratory system. It also enables the eyes to adjust themselves to changing light conditions. Vitamin A is supplied to the body by a number of foods, principally the leafy and colored vegetables such as carrots, spinach, green cabbage, tomatoes; also milk, butter and eggs.

Foods rich in

### VITAMIN "A"

CARROTS SPINACH  
TOMATOES  
GREEN CABBAGE  
BUTTER MILK EGGS





# VITAMIN "B<sub>1</sub>" (THIAMIN)

KEEPS YOU KEEN

Work that demands painstaking accuracy and deft, sure, split-second reaction calls for a diet containing an adequate supply of Vitamin B<sub>1</sub>. This vitamin affects the nervous system. Lack of it results in sluggishness, decreased energy, less skillful work—less productive work.

At all times, and especially in these days of nervous strain and prolonged work under pressure, everyone needs a full complement of Vitamin B<sub>1</sub>. It is supplied in a variety of foods—in lean meats, especially lean pork—also in milk, oatmeal, dried beans and peas and Canada Approved Bread.

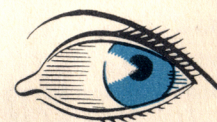
Eat these foods for  
**VITAMIN "B<sub>1</sub>"**

LEAN PORK (particularly)  
OTHER LEAN MEATS  
MILK OATMEAL  
DRIED BEANS AND PEAS  
CANADA APPROVED BREAD



# VITAMIN "B<sub>2</sub>" OR "G" (RIBOFLAVIN)

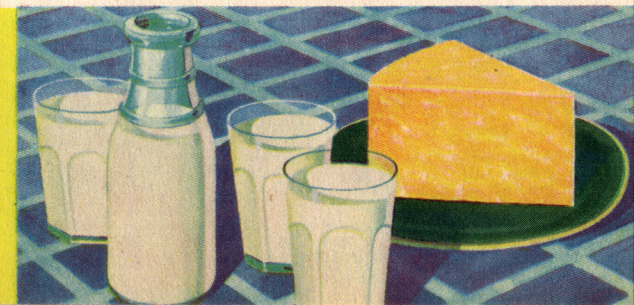
FOR HEALTHY EYES



The pilot who finishes a flight rubbing eyes that feel tired or watery, often suffers from a lack of Vitamin B<sub>2</sub>. Sensations of sandiness under the eyes, dizziness, headaches, blurred vision, may be signs of Vitamin B<sub>2</sub> deficiency. When you are receiving enough of this vitamin the tiny blood vessels in the eyes are confined to the "whites." Lacking it, the blood vessels spread over the colored area of the eye—and sight deteriorates. Bright light striking the eyes may destroy this vitamin—a good reason for working in light that does not glare...and for eating foods with plenty of Vitamin B<sub>2</sub>. It is most plentiful in milk and cheese which together supply one-half of the Vitamin B<sub>2</sub> in the entire R.C.A.F. ration.

Principal sources of  
**VITAMIN "B<sub>2</sub>"**

MILK  
CHEESE





# VITAMIN "C"

## THE BODY "WELDER"



Millions of tiny cells make up the human body. Vitamin C is the substance that sticks them together. Without it, the cells tend to fall apart, especially the walls of small blood vessels subjected to the pressure of blood pumped by the heart. When this occurs, blood seeps into the tissues, as in "bleeding gums," where infection often sets in and inflames the surrounding area. Thus Vitamin C is important to good health. Best Canadian sources of this vitamin are cabbage, potatoes, turnips and tomatoes; also oranges and grapefruit. Because Vitamin C is easily destroyed in cooking, it is important to eat raw vegetables in salads, and never skimp the tomato and fruit juice rations.

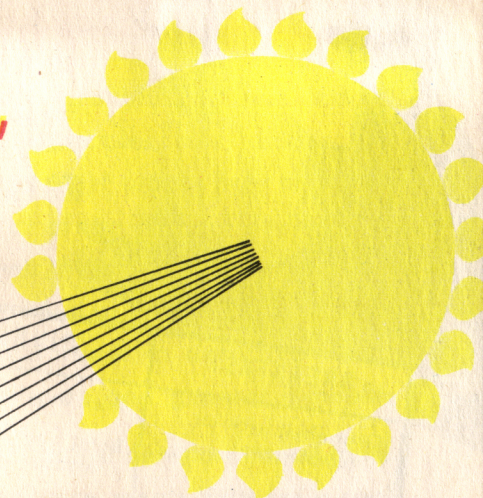
### The important VITAMIN "C" foods

CABBAGE	TOMATOES
POTATOES	ORANGES
TURNIPS	GRAPEFRUIT



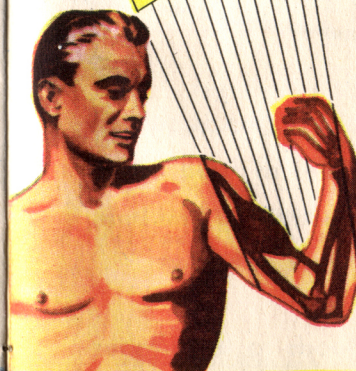
# VITAMIN "D"

THE SUNSHINE VITAMIN



## TURNS MINERALS INTO BONES

Sunshine manufactures Vitamin D in your body where it assists the process of transforming calcium into bones and teeth. Very little Vitamin D is supplied by natural foods commonly served at the table, so the stored-up summer sunshine must help out during sunless winter months. However, eggs and butter supply small amounts of Vitamin D and R.C.A.F. rations also include irradiated evaporated milk. These foods supplement the Vitamin D of sunshine and guard against a depletion in the system. Another source of this vitamin is cod and other fish liver oils and extracts—especially required by growing children and indoor workers.



### Sunshine and these foods for VITAMIN "D"

IRRADIATED  
EVAPORATED MILK  
EGGS BUTTER  
COD AND OTHER FISH  
LIVER OILS







# ONE DAY'S RATIONS

These Are Typical of Meals Served Daily to Men and Women of the ROYAL CANADIAN AIR FORCE

BREAKFAST	DINNER	SUPPER
Grapefruit juice (or tomato juice)	Thick vegetable soup	Cold ham with home fried potatoes (or macaroni and cheese)
Hot cooked cereal	Roast beef (or other meats)	Salad — mixed vegetable
Bacon and eggs	Potatoes and cabbage	Applesauce and cookies
Bread and butter and jam	Cottage pudding	Bread and butter
Coffee	Bread and butter	Tea or Cocoa
	Pasteurized Milk	

**This typical daily ration is served with many variations, but the high level in food value of each meal is rigidly maintained by substituting one item for another in the same category.**

From scientific selection of the original foods to the proper preparation, proper cooking, and proper serving of meals, every effort is made in the R.C.A.F. to keep them tasty and attractive while retaining the maximum food values. However, in civilian life, all attractive and generous meals are not



necessarily healthful. Meals lacking colored vegetables, milk, cheese and fruit juices might supply only one-tenth of several of the mineral and vitamin constituents needed for good health. Over a period of several weeks, such a diet would result in defective vision, bleeding gums and general ill-health.

To guard against deterioration of foods in quality and appetizing appearance, meats are kept in cool, clean storage until used; vegetables and other perishables are also stored separately. Meals are prepared so they can be served immediately after cooking.

## THE PROPER COOKING OF VEGETABLES IS IMPORTANT!

Laboratory analysis reveals that when this raw cabbage is properly cooked in little water, it retains its fresh green color and 85 per cent of its valuable Vitamin C. When cooked a little longer in too much water, its color fades and all but 10 per cent of its original Vitamin C is lost. Potatoes and turnips lose some of their food value even when properly cooked. These are reasons for including salads made from raw vegetables in the menu.





# "Operation Completed"

Behind the weapons of war and the tools and machines of production are the men and women who direct and use them. How efficiently they perform depends on training—and physical fitness.

The food served to our fighting men maintains the stamina, keenness and strength which brings success in combat, and the report "Operation Completed."

But this is a total war demanding the maximum, total effort of us all. Industrial workers, farmers, office workers, housewives, everybody in Canada today owes it to himself and his country to keep fit. That is why it is vitally important for every Canadian to know what foods are essential to maintain good health—and never fail to eat them. Good health means better work—more work—and the spirit that wins. Eat to keep fit, and work to win.

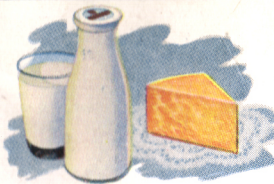


## EAT THESE FOODS

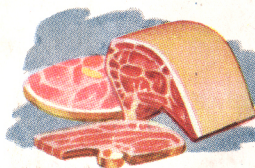
### THE DAILY ESSENTIALS TO GOOD HEALTH

These are the six basic items of the daily diet, without which you cannot obtain all the proteins, minerals and vitamins essential to good health. Skimping on these foods endangers health, lowers vitality and resistance to disease.

# FIRST



PASTEURIZED MILK and CHEESE supply proteins, minerals (particularly calcium), Vitamins A, B<sub>1</sub> and are the principal source of Vitamin B<sub>2</sub>. Irradiated milk supplies Vitamin D.



MEATS supply proteins, minerals, Vitamin B<sub>1</sub> and Vitamin B<sub>2</sub>.



EGGS supply proteins, vitamins and minerals.



VEGETABLES supply minerals, Vitamins A, B<sub>1</sub>, B<sub>2</sub> and C. Because cooking destroys valuable food elements in vegetables, they should frequently be eaten raw.



FRUITS and FRUIT JUICES. The prime sources of Vitamin C. If oranges, grapefruit, tomatoes or their juices are omitted from the daily menu, the supply of Vitamin C will be inadequate and health will be impaired.



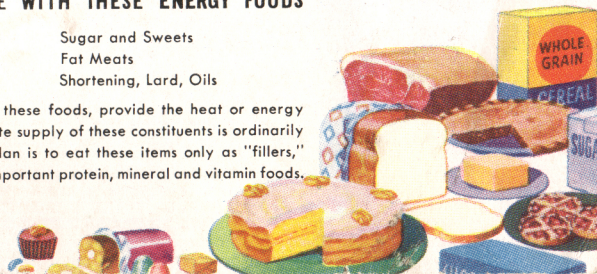
OATMEAL or WHOLE WHEAT CEREAL and CANADA APPROVED BREAD supply minerals and vitamins.

### — THEN SATISFY THE APPETITE WITH THESE ENERGY FOODS

Additional Bread and Butter  
Pies, Cakes, Pastry  
Additional Cereals

Sugar and Sweets  
Fat Meats  
Shortening, Lard, Oils

The fats, starches, sugars, so abundant in these foods, provide the heat or energy necessary for the human body. An adequate supply of these constituents is ordinarily obtained without special effort. A wise plan is to eat these items only as "fillers," to satisfy the appetite after eating all the important protein, mineral and vitamin foods.





**GOOD HEALTH**



# **TARGET FOR TODAY**

This booklet is published under the joint auspices of the Life Insurance Companies of Canada and the Canadian Medical Association. It is based on the motion picture "Training Table," prepared by the Royal Canadian Air Force, Medical Branch.