

EVERY DAY, EAT THIS WAY

MILK & MILK PRODUCTS



...at least a pint for everyone — more for children — or cheese or evaporated or dried milk.

BREAD and CEREAL



...whole grain products or enriched white bread and flour.

ORANGES, TOMATOES, GRAPEFRUIT



...or raw cabbage or salad greens — at least one of these.

MEAT, POULTRY or FISH



...dried beans, peas or nuts occasionally.

GREEN or YELLOW VEGETABLES



...one big helping or more — some raw, some cooked.

EGGS



...at least 3 or 4 a week, cooked any way you choose — or in "made" dishes.

OTHER VEGETABLES, FRUITS



... potatoes, other vegetables or fruits in season.

BUTTER and OTHER SPREADS



...vitamin-rich fats, peanut butter and similar spreads.

THEN EAT OTHER FOODS YOU ALSO LIKE

Compliments of
SERVEL, INC.
EVANSVILLE, INDIANA



Play **VITA-MIN-GO***

To count your Vitamins and Minerals

- ★ *Protect your health*
- ★ *Steady your nerves*
- ★ *Get new pep and vigor*

We need a Victory Diet
To keep the Nation strong

* TRADEMARK

How to Play

Do you eat a Victory Diet every day?

Here is an easy way to find out.

- 1 Spread out the 6 Colored Cards in front of you.
Notice on each card a Road to Health with 20 spaces, on which you will count your daily supply of Vitamins and Minerals.
- 2 Look at the Score Sheet for Foods.
Each food is scored by color and number of points.
- 3 Now begin to play.
Use small coins or buttons for counters. Begin counting at the space marked "Start here". Think what you had to eat for breakfast, lunch and dinner. Find each item you ate on the Score Sheet and play every color indicated by moving your counters the correct number of spaces on the cards of the same color. For instance, if you ate 4 slices of Enriched Bread during the day, move 4 spaces on the red card, 2 on the purple, and 1 on the yellow.
- 4 Continue to play until you have scored all the food you ate in a single day at meals and between meals.
You win if your counters reach the end of the Roads to Health on all 6 cards. Extra points on one card do not help you to win on another.

The prize for winning is better health and more vigor.

The penalty for losing is greater chance of sickness.

VITA-MIN-GO*

Around the dinner table

Members of a family can play Vita-Min-Go around the table after supper, with Mother calling off the items of food served, Father looking up each item on the Score Sheet, and the children dividing the color cards among them and moving the counters along the Roads to Health. The game can be made more interesting by setting up a penalty for any member of the family who failed to eat an item of food served, and a bonus for anyone who ate an extra serving of a Vitamin or Mineral food.

Around the bridge table

Members of a bridge club might take turns playing Vita-Min-Go, one member listing her meals and calling off the scores, and each of the other three women at the table holding two of the color cards and moving the counters for her. After all four have had a chance to play, the coins used as counters might be given to the winner as a prize. Add up each score by counting the spaces on all six cards which the player failed to reach; the low score wins.

SPECIAL NOTES

The scores given are for average servings except where a specific quantity is indicated. If you had a second helping, double the count. Do not expect to find trade names: for instance, all breakfast foods are listed as Cereals. In general, identify combinations of food by their basic ingredients.




Every effort has been made to make the food valuations on the Score Sheet as accurate as possible. The latest research findings on Vitamins and Minerals have been used as basis for the values given, and the figures have been checked by competent authorities.

Foods rich in Vitamins and Minerals are not as a rule high in calories and therefore are not as fattening as starches and sweets.

 **VITAMIN A**
 **VITAMIN B₁**
 **VITAMIN B₂**

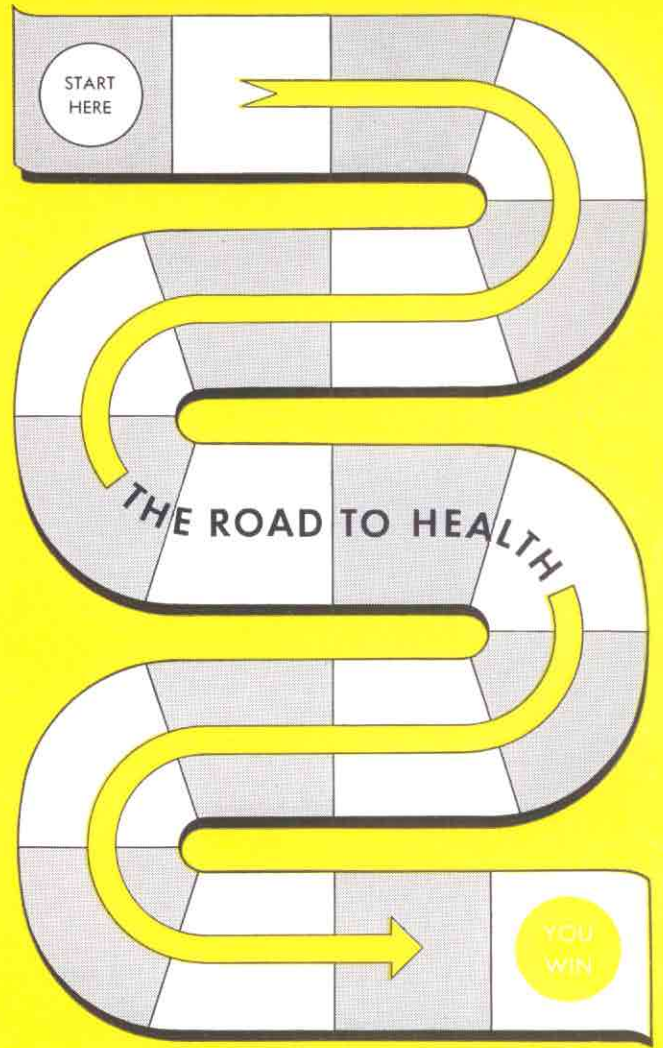
SCORE SHEET FOR FOODS

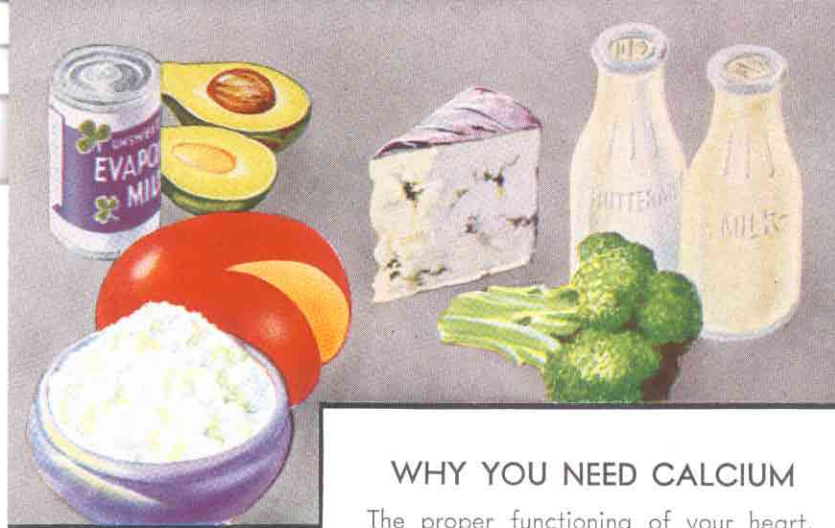
a victory diet means at least 20 points of every color

 **VITAMIN C**
 **IRON**
 **CALCIUM**

BREAD AND CEREALS		PINEAPPLE, fresh		BEETS		MILK AND MILK PRODUCTS	
BREAD, enriched white, 4 slices		PRUNES, stewed		BEET GREENS		BUTTER, 5 pats	
BREAD, white, 4 slices		STRAWBERRIES		BROCCOLI		BUTTERMILK, 1 cup	
BREAD, average whole wheat, 4 slices		WATERMELON		CABBAGE, raw, shredded		CHEESE, American, 1 oz.	
CEREAL, cooked whole grain or fortified		PEANUTS, 3 doz. kernels		CARROTS, cooked		CHEESE, cottage, 2 tablespoons	
CEREAL, cornmeal, yellow		PEANUT BUTTER, 2 tablespoons		CARROTS, raw		CHEESE, cream, 1 oz.	
CEREAL, dry, fortified		MEAT AND FISH		CAULIFLOWER		CHEESE, Roquefort, 1 oz.	
CEREAL, oatmeal		BEEF, chopped, steak or roast		CELERY		COCOA, made with milk	
HOMINY GRITS		BEEF STEW, w. potatoes, tomatoes, carrots		COLLARDS		CREAM, 2 tablespoons, medium	
MACARONI		BACON OR SALT PORK		CORN, canned		MILK, evaporated, 1/2 cup	
MACARONI AND CHEESE		CANADIAN BACON		CORN, fresh yellow		MILK, fresh, 1 cup	
RICE		CLAMS (6)		PARSNIPS		SALADS AND RELISHES	
SELF-RISING BISCUITS (2), enriched flour		COLD CUTS, assorted		PEAS, canned with juice		FRUIT, fresh	
SPAGHETTI, with tomato sauce		FISH, fresh		PEAS, fresh, green, with juice		GRAPEFRUIT AND AVOCADO	
EGGS AND POULTRY		HAM, boiled, baked or fried		POTATOES, sweet, baked		LETTUCE, 1/4 large head	
EGGS (2)		LAMB, chops or roast		POTATOES, white, baked		MIXED GREENS	
CHICKEN OR TURKEY		LAMB STEW, with carrots, peas, potatoes		POTATOES, white, boiled or mashed		OLIVES	
FRUITS AND NUTS		LIVER, beef or calves		SPINACH		PEPPER CABBAGE, pepper, raw cabbage	
APPLE, 1 large		OYSTERS (4)		SQUASH, Summer		PICKLES	
APRICOTS, 3 fresh		PORK, chops or roast		SQUASH, Winter		PINEAPPLE AND CHEESE	
APRICOTS, stewed dried		PORK SAUSAGE		TOMATOES, canned		TOMATO AND CUCUMBER	
AVOCADO, half		SALMON, canned		TOMATOES, fresh, medium (1)		SWEETS AND DESSERTS	
BANANA, medium		VEAL, cutlet, chops or roast		TOMATO JUICE, 1/2 cup		APPLE PIE	
CANTALOUPE, half		VEGETABLES		TURNIP GREENS		CHERRY PIE	
GRAPEFRUIT, half or 1/2 cup juice		ASPARAGUS, canned		SOUPS AND BEVERAGES		CHOCOLATE CAKE	
LEMON, juice of one		ASPARAGUS, fresh		COFFEE OR TEA		CHOCOLATE PUDDING	
ORANGE, medium or 1/2 cup juice		BEANS, baked		MUSHROOM, cream of		EGG CUSTARD	
PEACH, large, fresh, yellow		BEANS, dried lima		OYSTER STEW, with 6 oysters		ICE CREAM, 1/2 cup	
PEAR, large, fresh		BEANS, fresh lima		TOMATO, cream of		LEMON MERINGUE PIE	
PINEAPPLE, canned, 2 slices, or 1/2 c. juice		BEANS, fresh string		VEGETABLE, full cup		SUGAR	

COUNT YOUR CALCIUM





FOODS RICH IN CALCIUM

milk
buttermilk
evaporated milk
American cheese
canned salmon
blue cheese
broccoli
baked beans
collards
cream cheese
dried lima beans
eggs
clams
self-rising biscuits

WHY YOU NEED CALCIUM

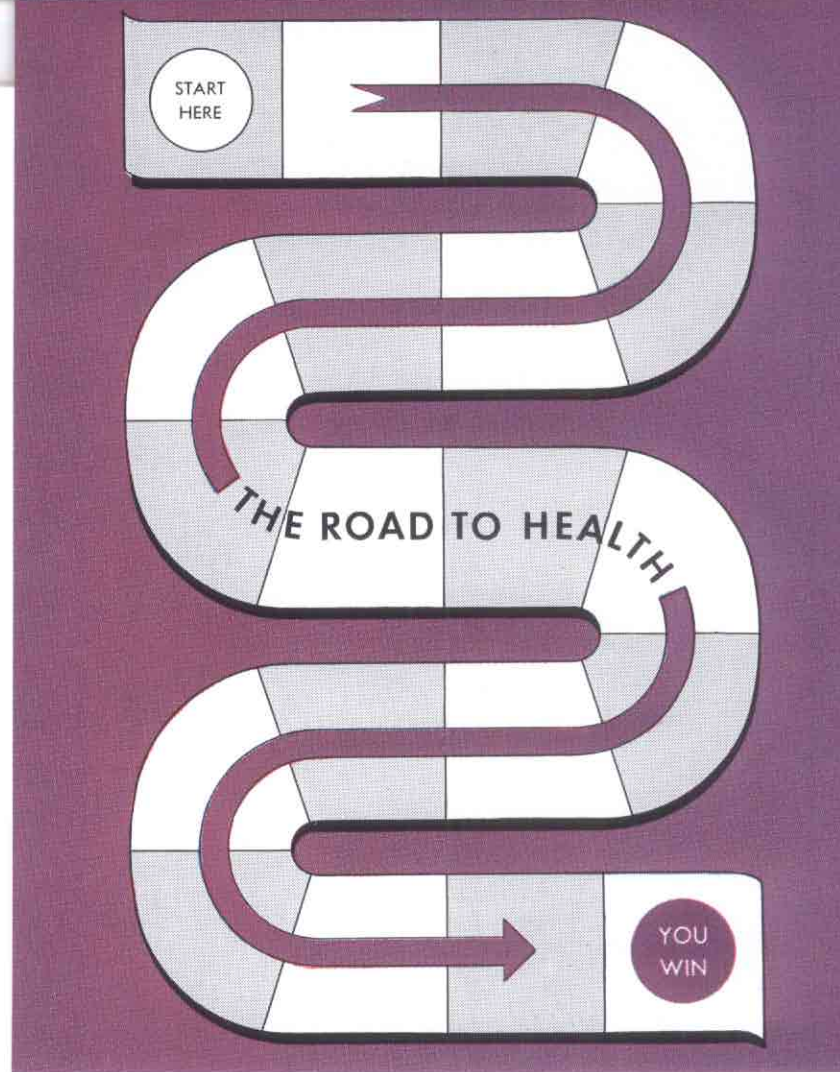
The proper functioning of your heart, blood, nerves and muscles depends upon an adequate supply of certain essential minerals. Of these the one you are most likely to miss is calcium, since there are only a few specific food sources of this mineral. Calcium is also essential, of course, for good teeth and bones.

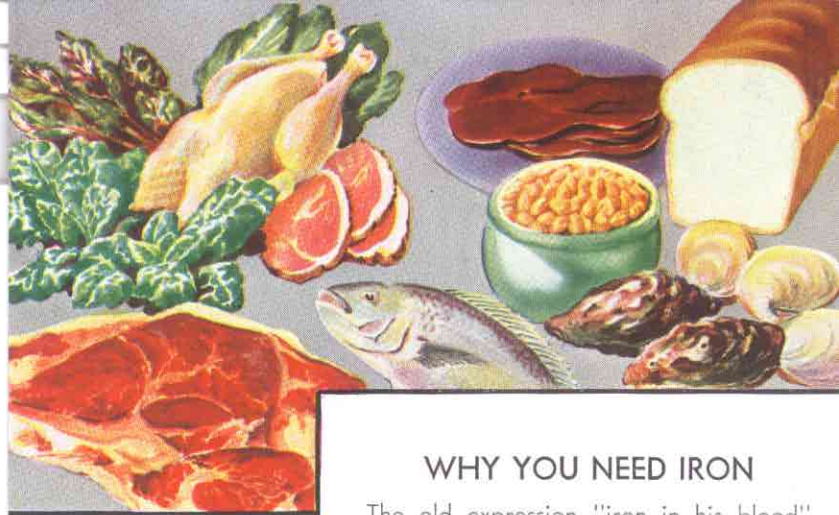
To enable the body to make proper use of calcium we must also supply it with Vitamin D, called the "sunshine vitamin" because it comes from the ultraviolet rays of the sun.

The Food and Nutrition Board of the National Research Council recommends at least 800 milligrams of Calcium every day; children need more.

A score of 20 supplies your daily need.

COUNT YOUR IRON





FOODS RICH IN IRON

liver
baked beans
beef
dried lima beans
turnip greens
veal
chicken
clams and oysters
beet greens
spinach
apricots
eggs
bread
lamb

WHY YOU NEED IRON

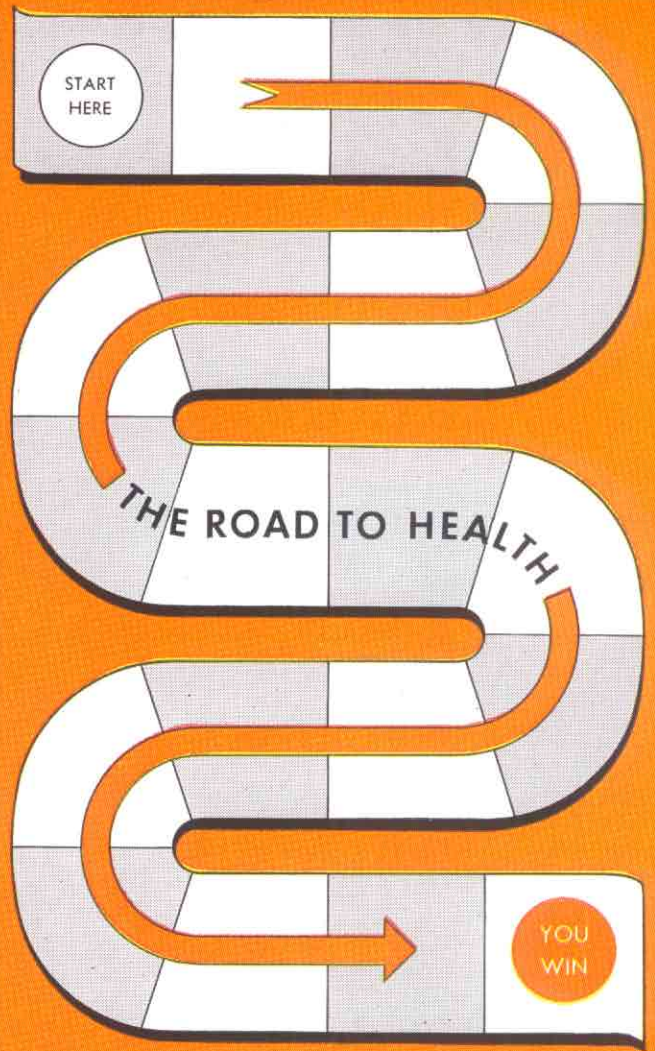
The old expression "iron in his blood" contains more truth than poetry. Iron is needed for the building of red corpuscles which in turn supply oxygen to the body cells. Iron also enters into the structure of all living cells, thus having a part in secretion and growth. Lack of iron causes low vitality, pale cheeks, lack of energy.

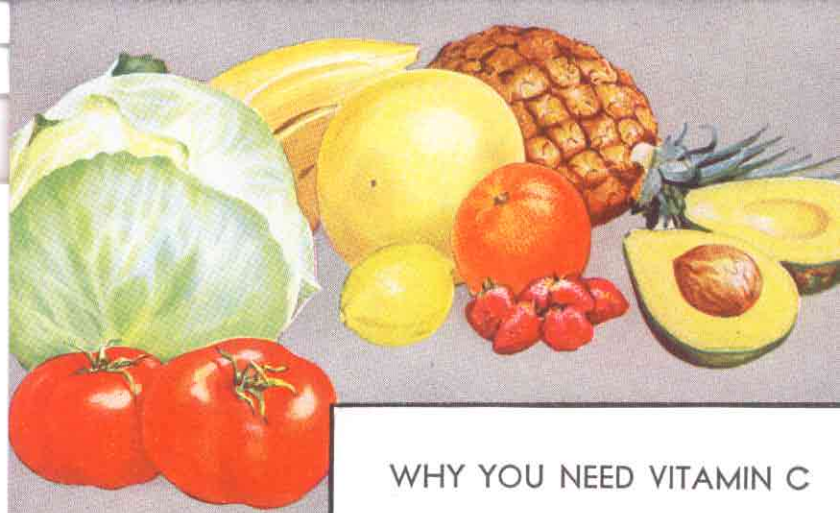
Iron occurs in a variety of foods but you will do well to check up on your supply every day.

The Food and Nutrition Board of the National Research Council recommends at least 12,000 micrograms (gammas) of Iron every day; children need more.

A score of 20 supplies your daily need.

COUNT YOUR VITAMIN C





FOODS RICH IN VITAMIN C

strawberries
oranges
grapefruit
raw cabbage
cantaloupe
avocado
cauliflower
lemons
pineapple
tomatoes
watermelon
bananas
spinach
apricots

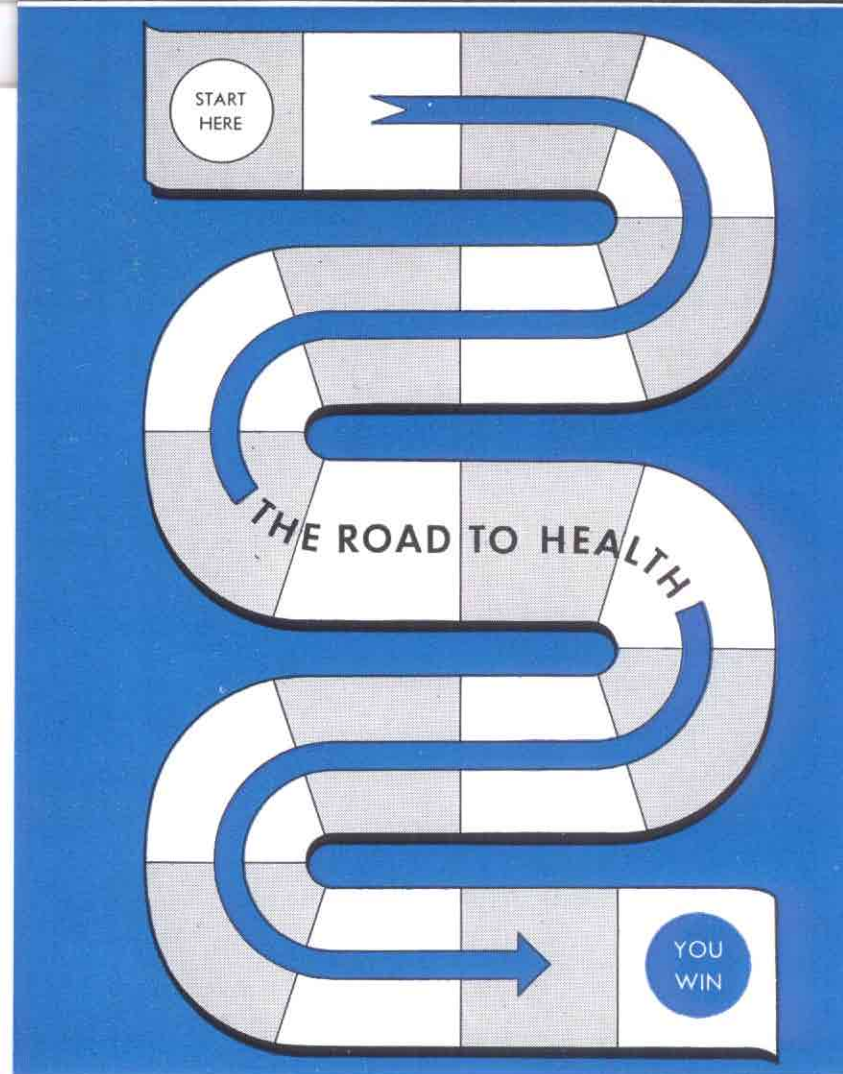
WHY YOU NEED VITAMIN C

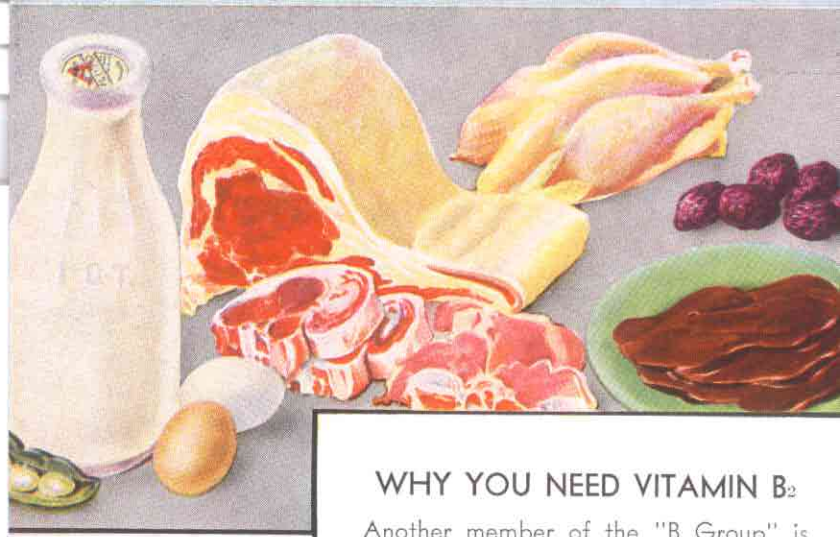
A good supply of Vitamin C (ascorbic acid) contributes to healthy blood vessels, firm gums, sound teeth and bones. Insufficient amounts of Vitamin C result in a disease called scurvy which affects many parts of the body, causing hemorrhages into the skin, intestines and muscles. Vitamin C is not effectively stored in the body; so get plenty of it in fruits and vegetables every day. Since it dissolves in water, the best sources are foods that you eat raw.

The Food and Nutrition Board of the National Research Council recommends 1,000 to 1,800 International Units of Vitamin C every day according to your age and activity.

A score of 20 supplies your daily need.

COUNT YOUR VITAMIN B₂





**FOODS RICH
IN VITAMIN B₂**

liver
turnip greens
milk
dried lima beans
beet greens
eggs
broccoli
beef
veal
lamb
oysters
strawberries
chicken
prunes

WHY YOU NEED VITAMIN B₂

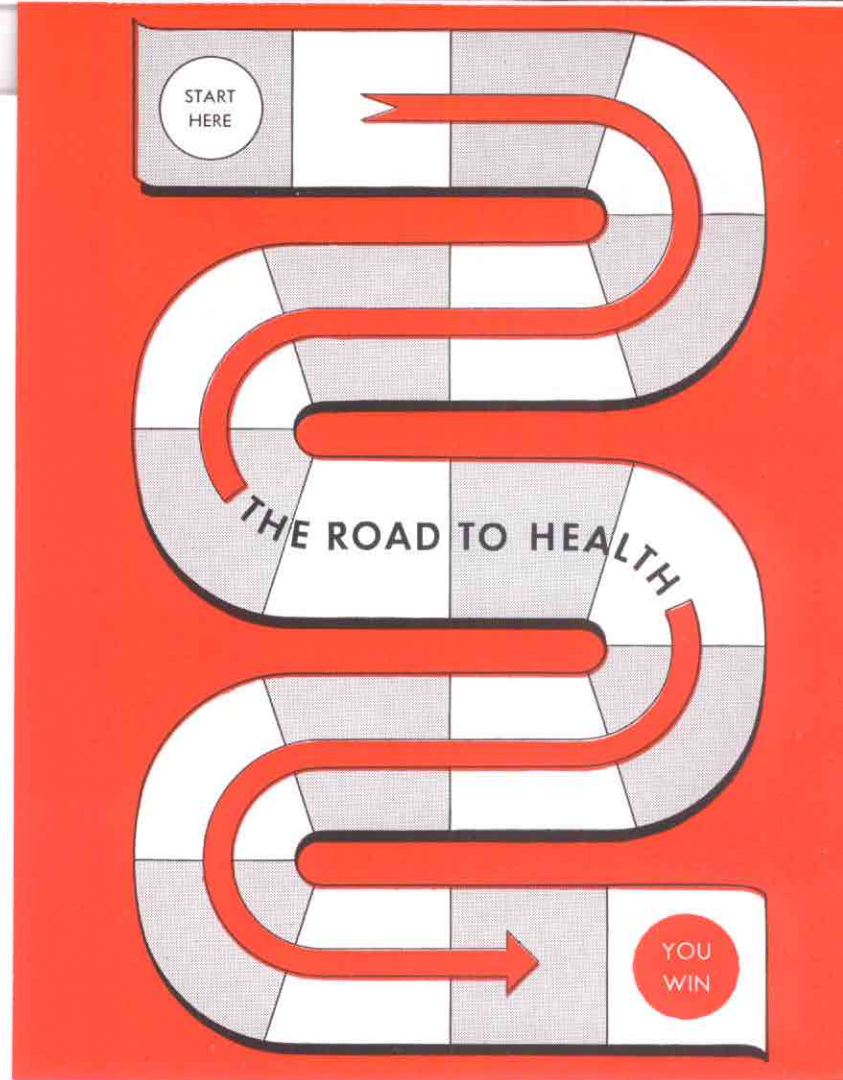
Another member of the "B Group" is Vitamin B₂ or G, also known as Riboflavin. Vitamin B₂ is necessary for general health and vigor at all ages, and like B₁, it aids in maintaining normal nerve tissues. This vitamin seems to create greater adult vitality and to prolong the span of active life.

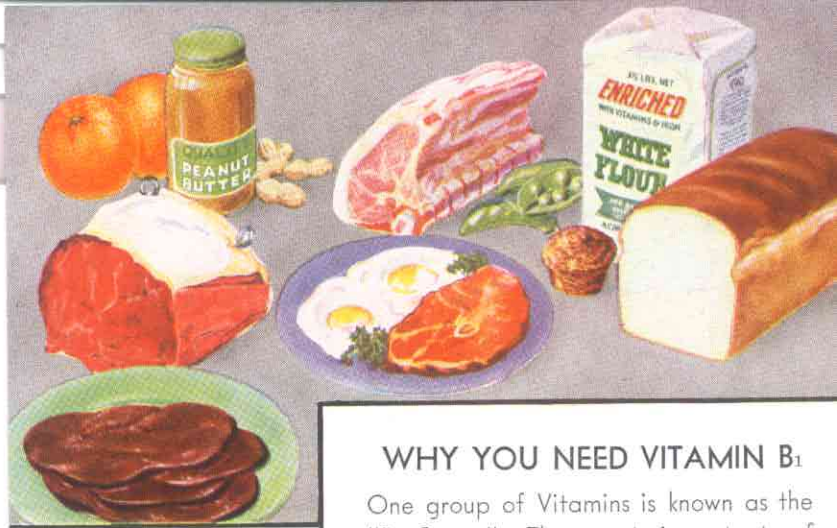
Remember that no two vitamins are alike. You need an adequate supply of them all. Foods rich in B₂ are also likely to provide the anti-pellagra Vitamin, niacin.

The Food and Nutrition Board of the National Research Council recommends 1,500 to 2,700 micrograms (gammas) of Vitamin B₂ every day according to your age and activity.

A score of 20 supplies your daily need.

COUNT YOUR VITAMIN B₁





FOODS RICH IN VITAMIN B₁

pork
 ham
 veal
 enriched white bread
 whole wheat bread
 dried lima beans
 fresh lima beans
 green peas
 baked beans
 peanuts
 liver
 cereals
 beef
 oranges

WHY YOU NEED VITAMIN B₁

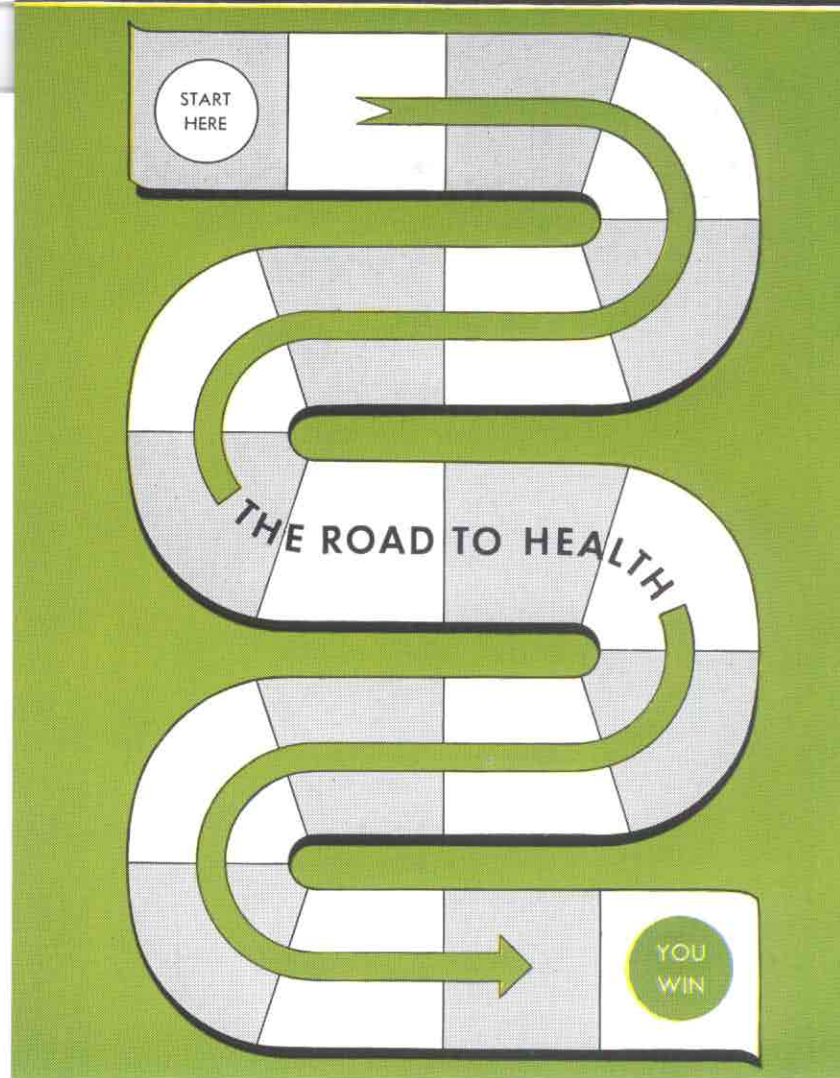
One group of Vitamins is known as the "B Group". The most important of these are B₁ or thiamine, B₂ (G) or Riboflavin, and Niacin (formerly called nicotinic acid). Sometimes these Vitamins occur in the same foods but not always. Be sure to check your daily supply of B₁ and B₂; the chances are you will then get a sufficient supply of Niacin.

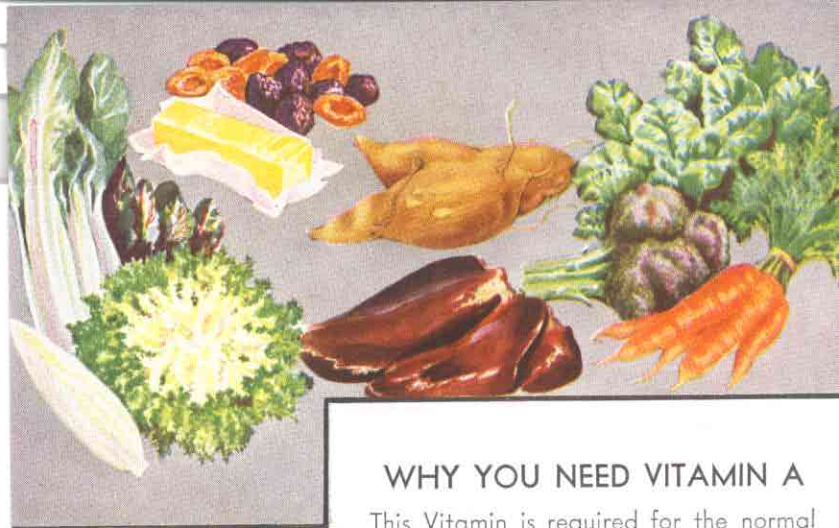
A serious deficiency of B₁ results in diseases of the nervous system such as beri-beri or polyneuritis. An adequate supply seems to mean a better appetite, steadier nerves, and better digestion.

The Food and Nutrition Board of the National Research Council recommends 333 to 750 International Units of Vitamin B₁ every day according to your age and activity.

A score of 20 supplies your daily need.

COUNT YOUR VITAMIN A





FOODS RICH IN VITAMIN A

turnip greens
beet greens
liver
spinach
broccoli
winter squash
carrots
sweet potatoes
salad greens
apricots
collards
butter
green peas
prunes

WHY YOU NEED VITAMIN A

This Vitamin is required for the normal functioning of the visual purple. A deficiency may cause night-blindness. A serious lack of Vitamin A may result in an eye disease known as Xerophthalmia. Like other essential elements in the diet, Vitamin A promotes normal growth, provides resistance to infections such as colds, and helps to maintain health and vigor. Be sure to get an adequate supply —no other Vitamin can do its particular job.

The Food and Nutrition Board of the National Research Council recommends 4,000 to 6,000 International Units of Vitamin A every day according to your age and activity.

A score of 20 supplies your daily need.