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

EAT TO BEAT THE DEVIL



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

VITA-MIN-GO*

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.

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.

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LIFT UP TO SEE SCORE SHEET

* TRADEMARK

VITAMIN A
VITAMIN B_1
VITAMIN B_2

SCORE SHEET FOR FOODS

a victory diet means at least 20 points of every color

VITAMIN C
IRON
CALCIUM

BREAD AND CEREALS	A	B_1	B_2	C	Iron	Calcium
BREAD, enriched white, 4 slices		4			2	1
BREAD, white, 4 slices					1	1
BREAD, average whole wheat, 4 slices		4	1		3	1
CEREAL, cooked whole grain or fortified		2			2	
CEREAL, cornmeal, yellow	2	1			1	
CEREAL, dry, fortified		2			2	
CEREAL, oatmeal		3			2	
HOMINY GRITS						
MACARONI						
MACARONI AND CHEESE	2		1			4
RICE						
SELF-RISING BISCUITS (2), enriched flour		2	1		1	2
SPAGHETTI, with tomato sauce	2				3	

EGGS AND POULTRY	A	B_1	B_2	C	Iron	Calcium
EGGS (2)	4	2	3		5	2
CHICKEN OR TURKEY		1	2		5	

FRUITS AND NUTS	A	B_1	B_2	C	Iron	Calcium
APPLE, 1 large		1	1	2	1	
APRICOTS, 3 fresh	24		1	4	1	
APRICOTS, stewed dried	9		1	1	5	
AVOCADO, half	2	1	1	8	1	1
BANANA, medium	2	1	1	4	1	
CANTALOUPE, half	2	1	1	9		
GRAPEFRUIT, half or ½ cup juice		1	1	12		
LEMON, juice of one				6		
ORANGE, medium or ½ cup juice	1	2		13	1	1
PEACH, large, fresh, yellow	4			3		
PEAR, large, fresh		1		2		
PINEAPPLE, canned, 2 slices, or ½ c. juice		1		6		
PINEAPPLE, fresh		1		7		
PRUNES, stewed	4	1	2		2	
STRAWBERRIES			3	17	1	1
WATERMELON		2	1	5		
PEANUTS, 3 doz. kernels		3	1		2	1
PEANUT BUTTER, 2 tablespoons		1	1		1	1

MEAT AND FISH	A	B_1	B_2	C	Iron	Calcium
BEEF, chopped, steak or roast		1	3		7	
BEEF STEW, w. potatoes, tomatoes, carrots	3	1	2	2	6	1
BACON OR SALT PORK						
CANADIAN BACON		4	1		2	
CLAMS (6)					5	2
COLD CUTS, assorted		1	1		3	
FISH, fresh		1			1	
HAM, boiled, baked or fried		8	2		3	
LAMB, chops or roast		2	3		3	
LAMB STEW, with carrots, peas, potatoes	4	2	2	1	4	
LIVER, beef or calves	32	3	26		15	
OYSTERS (4)		2	3	1	5	1
PORK, chops or roast		12	2		3	
PORK SAUSAGE		2	1		1	
SALMON, canned	1	2	2	2	3	5
VEAL, cutlet, chops or roast		5	3		6	

VEGETABLES	A	B_1	B_2	C	Iron	Calcium
ASPARAGUS, canned	2	1	1	1	2	
ASPARAGUS, fresh	2	1	1	2	2	
BEANS, baked		3	1		10	3
BEANS, dried lima		4	4		14	2
BEANS, fresh lima	2	3	2	1	4	
BEANS, fresh string	3		1	1	2	1
BEETS		1			1	
BEET GREENS	60		4		5	1
BROCCOLI	20	3	1	2	4	
CABBAGE, raw, shredded		1		10		
CARROTS, cooked	8		1		1	1
CARROTS, raw	12	1	1		1	1
CAULIFLOWER			1	7	1	1
CELERY				1		1
COLLARDS	8	1	1	2	1	3
CORN, canned		1	2	1	1	1
CORN, fresh yellow	2	2	1	1	1	
PARSNIPS		1		2	1	1
PEAS, canned with juice	4	3	2	2	3	
PEAS, fresh, green, with juice	4	3	2	3	3	
POTATOES, sweet, baked	10	1	1	2	2	1
POTATOES, white, baked		1	1	2	1	
POTATOES, white, boiled or mashed		1	1	1	1	
SPINACH	30		2	4	5	
SQUASH, Summer	2		1		1	
SQUASH, Winter	14		1	1	1	
TOMATOES, canned	4			4	1	
TOMATOES, fresh, medium (1)	4	1		6	1	
TOMATO JUICE, ½ cup	4	1		6	1	
TURNIP GREENS	64		5	3	6	7

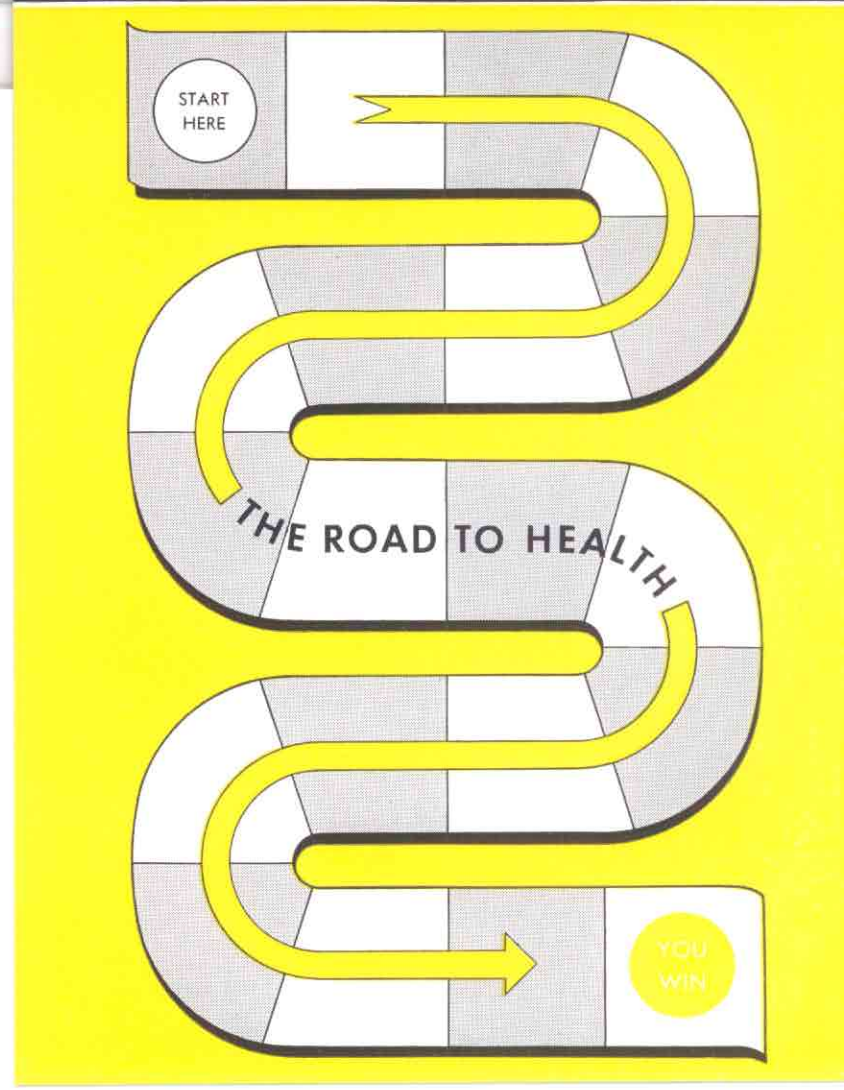
SOUPS AND BEVERAGES	A	B_1	B_2	C	Iron	Calcium
COFFEE OR TEA						
MUSHROOM, cream of		1	2			3
OYSTER STEW, with 6 oysters	3	3	10	1	9	10
TOMATO, cream of	5	1	2	4	1	4
VEGETABLE, full cup	3	1		3	1	

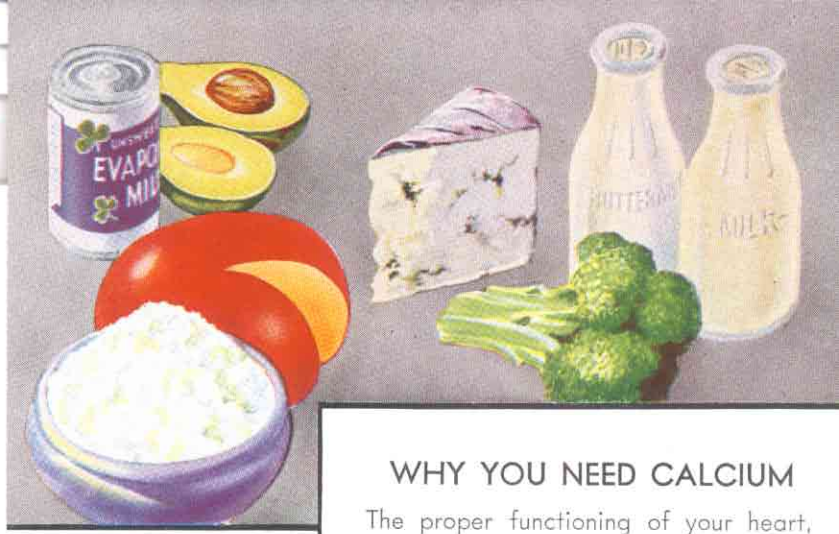
MILK AND MILK PRODUCTS	A	B_1	B_2	C	Iron	Calcium
BUTTER, 5 pats	5					
BUTTERMILK, 1 cup		1	3		1	6
CHEESE, American, 1 oz.	2		1			5
CHEESE, cottage, 2 tablespoons	1		1			1
CHEESE, cream, 1 oz.	2		1			2
CHEESE, Roquefort, 1 oz.	4		1			4
COCOA, made with milk			2			3
CREAM, 2 tablespoons, medium	1					
MILK, evaporated, ½ cup	1	1	3		1	6
MILK, fresh, 1 cup	1	1	4		1	6

SALADS AND RELISHES	A	B_1	B_2	C	Iron	Calcium
FRUIT, fresh	1	1	1	7	1	
GRAPEFRUIT AND AVOCADO	1	1	1	10	1	
LETTUCE, ¼ large head	2	1	1	3		1
MIXED GREENS	10	1		4	1	1
OLIVES						
PEPPER CABBAGE, pepper, raw cabbage	2			6		
PICKLES						
PINEAPPLE AND CHEESE	2	1	1	2		2
TOMATO AND CUCUMBER	2	1		4	1	

SWEETS AND DESSERTS	A	B_1	B_2	C	Iron	Calcium
APPLE PIE						
CHERRY PIE		1		1		
CHOCOLATE CAKE		1				
CHOCOLATE PUDDING				2		3
EGG CUSTARD	2	1	3		2	3
ICE CREAM, ½ cup	3		1			2
LEMON MERINGUE PIE		1	1			
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

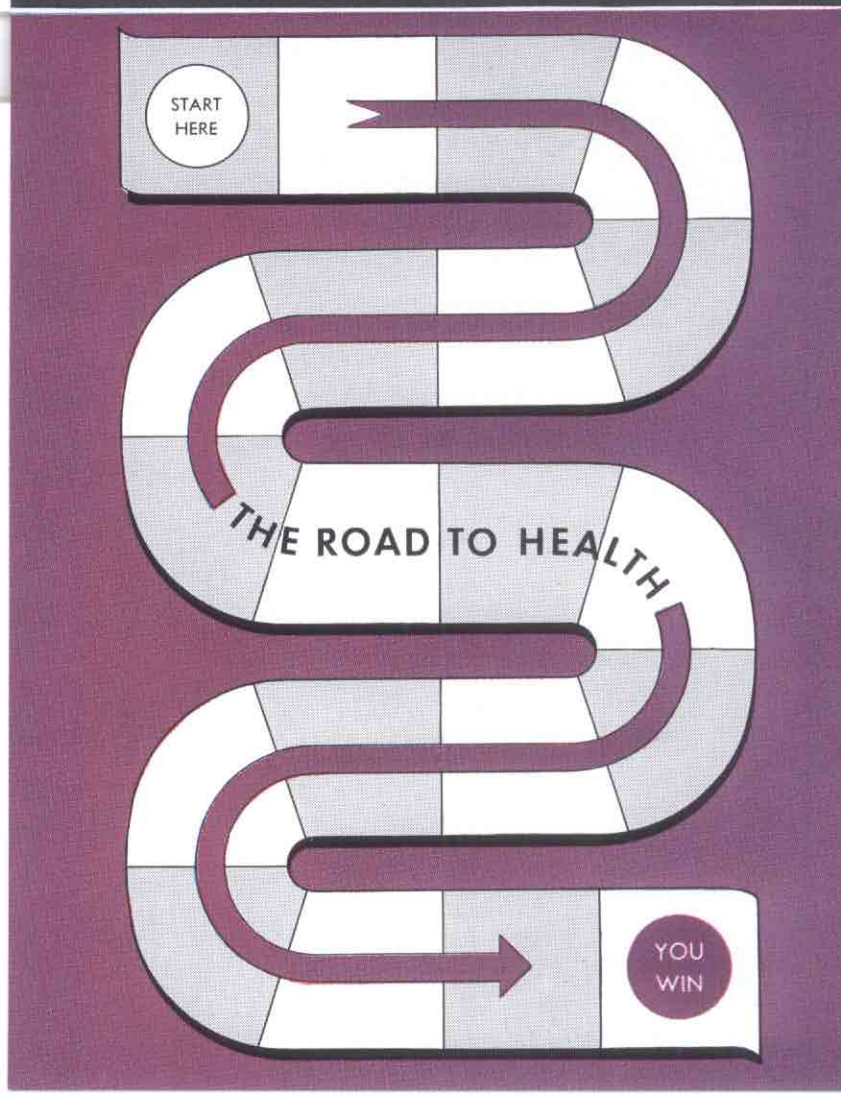
The proper functioning of your heart, blood, nerves and muscles depends upon an adequate supply of certain essential minerals. Of these the one you are most likely to miss is calcium, since there are only a few specific food sources of this mineral. Calcium is also essential, of course, for good teeth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

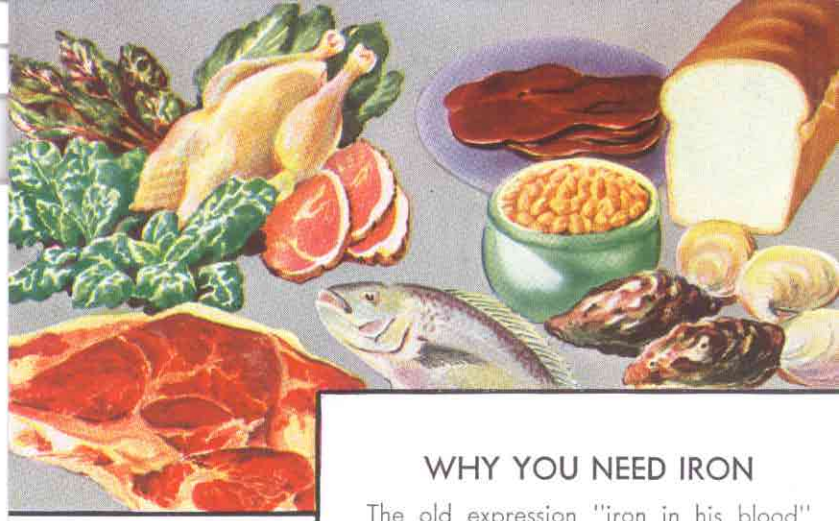
To enable the body to make proper use of calcium we must also supply it with Vitamin D, called the "sunshine vitamin" because it comes from the ultraviolet rays of the sun.

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

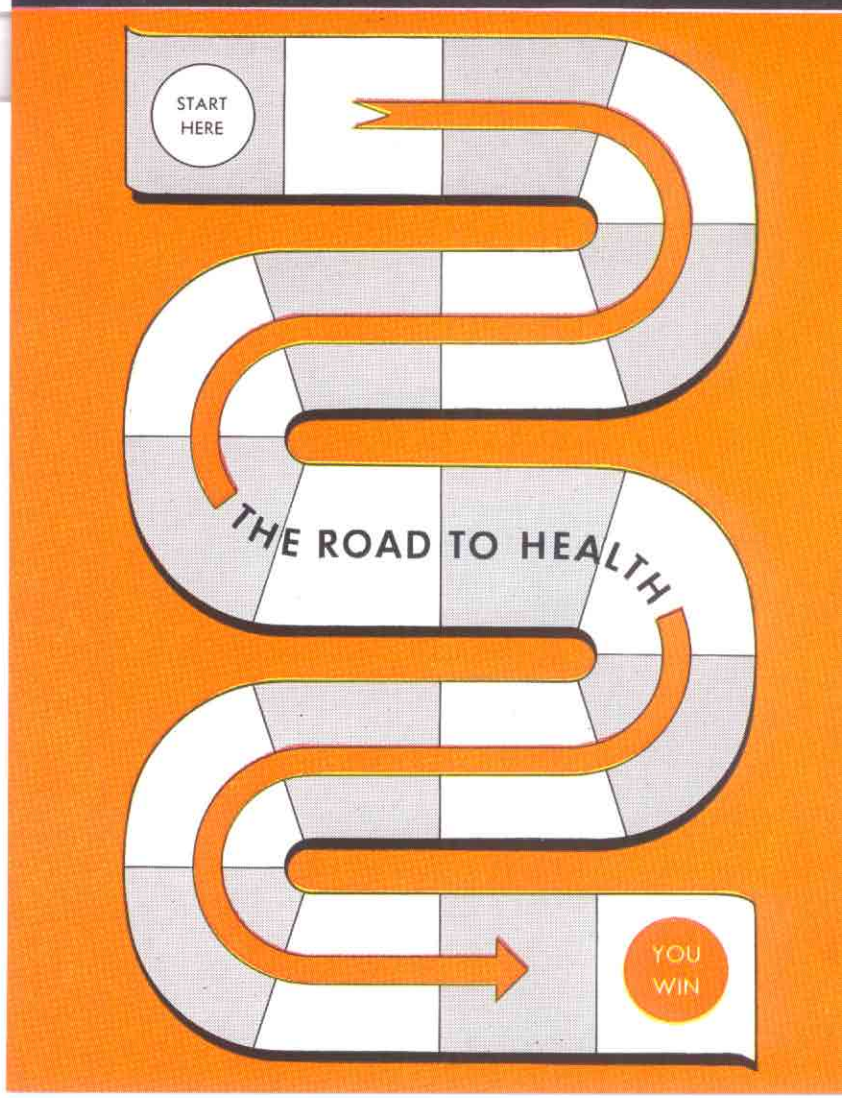
The old expression "iron in his blood" contains more truth than poetry. Iron is needed for the building of red corpuscles which in turn supply oxygen to the body cells. Iron also enters into the structure of all living cells, thus having a part in secretion and growth. Lack of iron causes low vitality,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

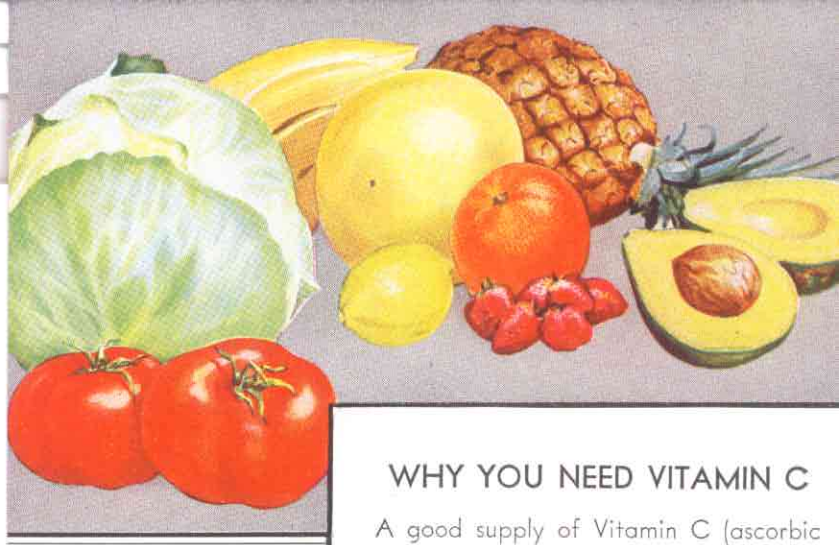
Iron occurs in a variety of foods but you will do well to check up on your supply every day.

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

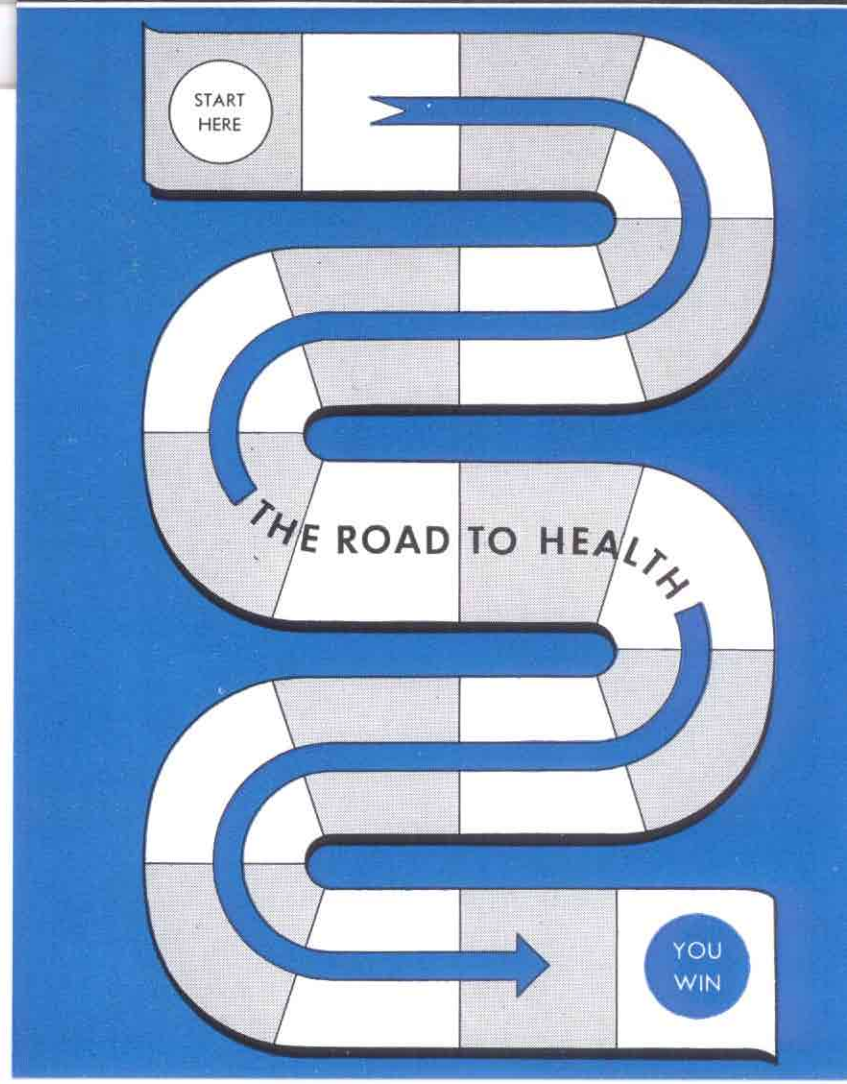
WHY YOU NEED VITAMIN C

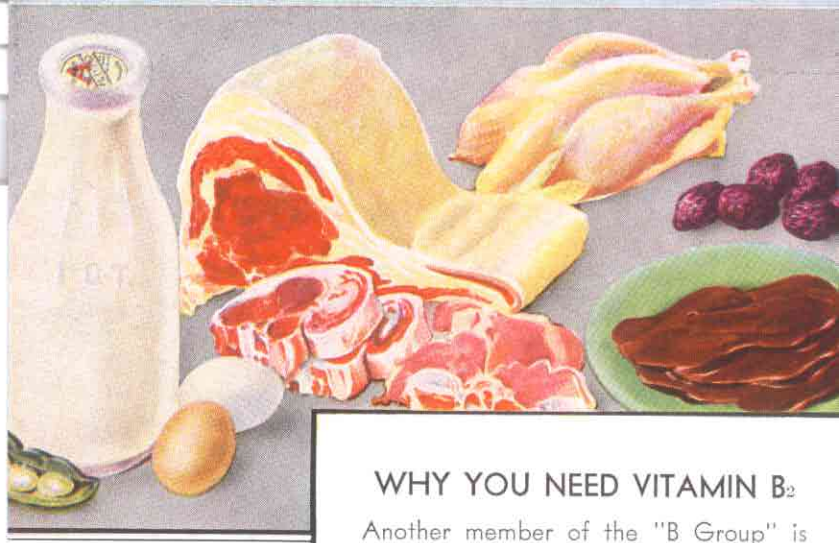
A good supply of Vitamin C (ascorbic acid) contributes to healthy blood vessels, firm gums, sound teeth and bones. Insufficient amounts of Vitamin C result in a disease called scurvy which affects many parts of the body, causing hemorrhages into the skin, intestines and muscles. Vitamin C is not effectively 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 B_2





FOODS RICH IN VITAMIN B_2

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

WHY YOU NEED VITAMIN B_2

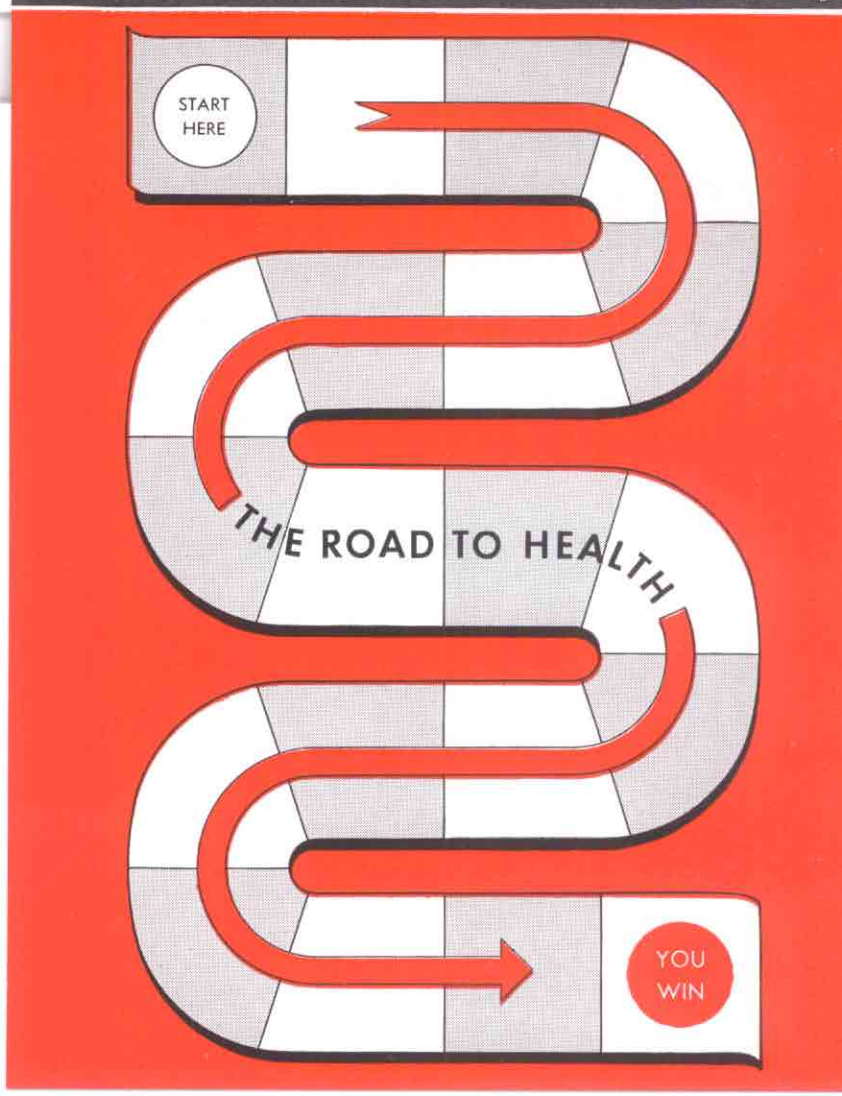
Another member of the "B Group" is Vitamin B_2 or G, also known as Riboflavin. Vitamin B_2 is necessary for general health and vigor at all ages, and like B_1, it aids in maintaining normal nerve tissues. This vitamin seems to create greater adult vitality and to prolong the span of active life.

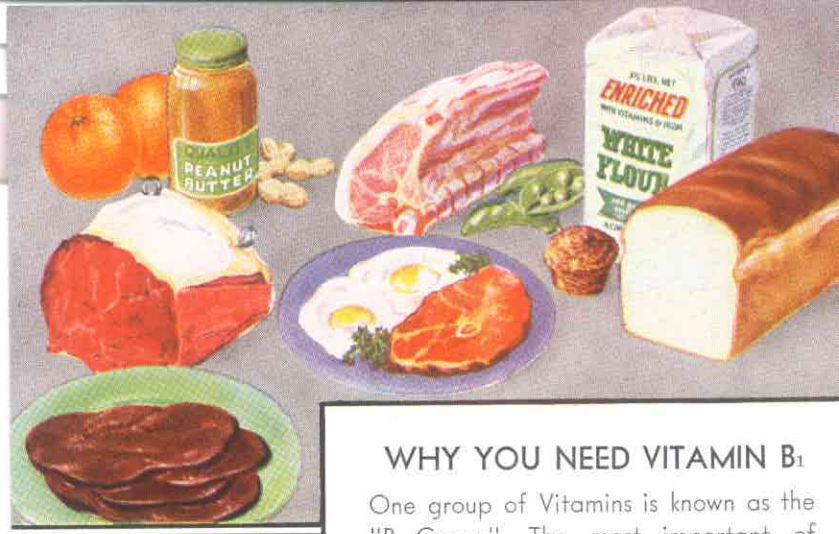
Remember that no two vitamins are alike. You need an adequate supply of them all. Foods rich in B_2 are also likely to provide the anti-pellagra Vitamin, niacin.

The Food and Nutrition Board of the National Research Council recommends 1,500 to 2,700 micrograms (gammas) of Vitamin B_2 every day according to your age and activity.

A score of 20 supplies your daily need.

COUNT YOUR VITAMIN B_1





FOODS RICH IN VITAMIN B_1

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 B_1

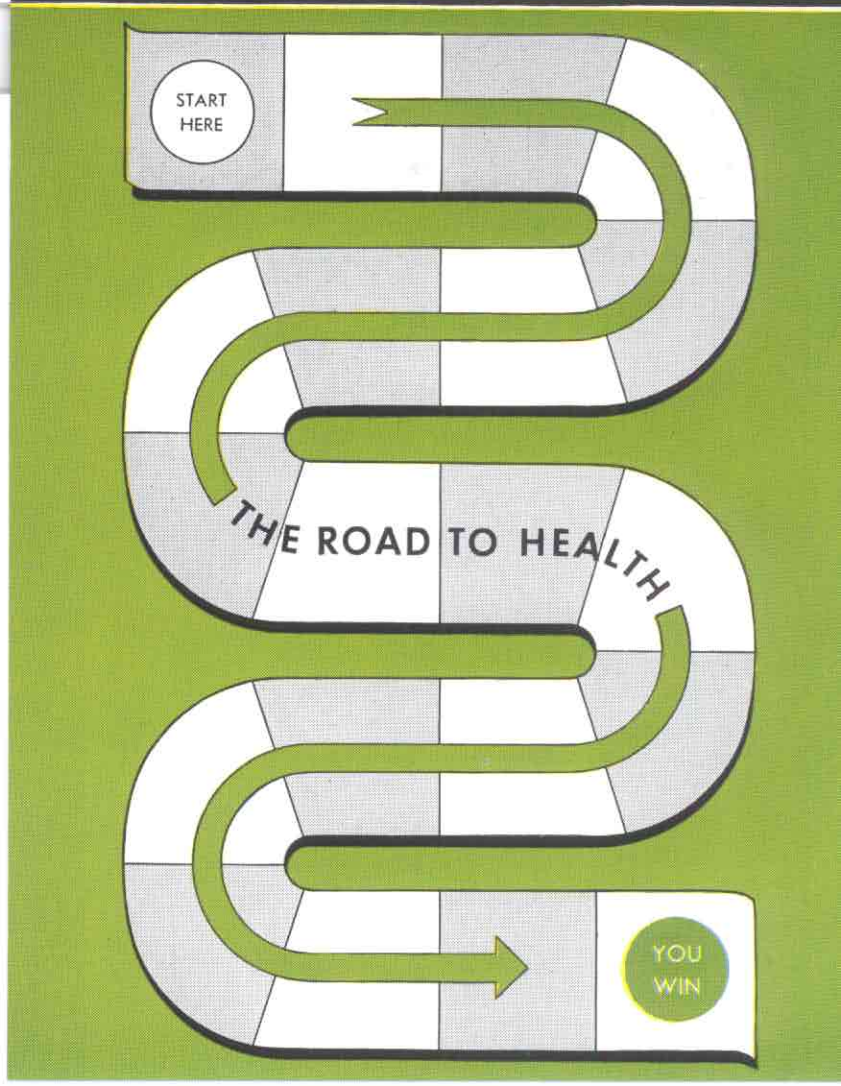
One group of Vitamins is known as the "B Group". The most important of these are B_1 or thiamine, B_2 (G) or Riboflavin, and Niacin (formerly called nicotinic acid). Sometimes these Vitamins occur in the same foods but not always. Be sure to check your daily supply of B_1 and B_2; the chances are you will then get a sufficient supply of Niacin.

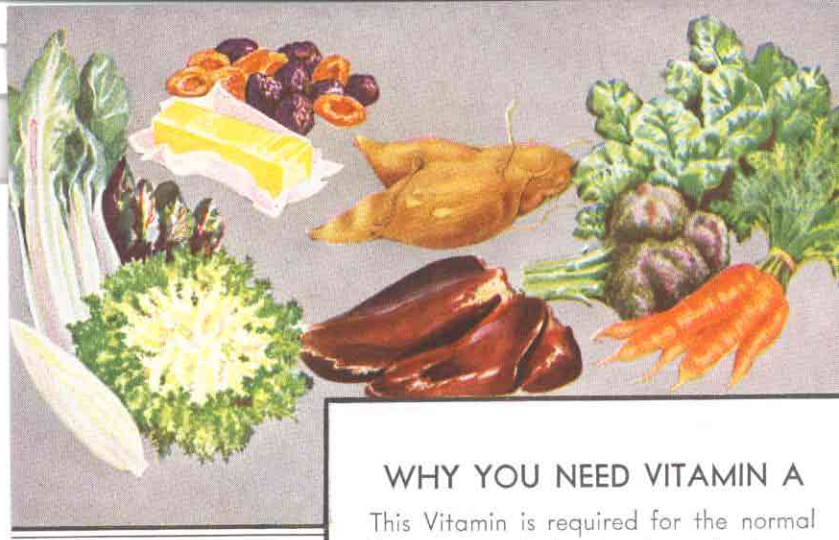
A serious deficiency of B_1 results in diseases of the nervous system such as beri-beri or polyneuritis. An adequate supply seems to mean a better appetite, steadier nerves, and better digestion.

The Food and Nutrition Board of the National Research Council recommends 333 to 750 International Units of Vitamin B_1 every day according to your age and activity.

A score of 20 supplies your daily need.

COUNT YOUR VITAMIN A





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.

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