



Columbia University
New York

UNITED STATES DEPARTMENT OF AGRICULTURE



FARMERS' BULLETIN



WASHINGTON, D. C. 717 MARCH 4, XXXX

Contribution from the States Relations Service, A. C. True, Director.

FOOD FOR YOUNG CHILDREN.¹

By CAROLINE L. HUNT,
Scientific Assistant, Office of Home Economics.

Food for children between three and six years of age should be chosen with reference to their bodily needs, as described in the

FIG. 1.—A healthy child having a sensible meal. Every child needs clean, wholesome food, well prepared, and served in quantity and variety sufficient for normal growth.

following pages, and should be carefully prepared and attractively served as shown in the above picture.

¹ Prepared under the direction of C. F. Langworthy, Chief, Office of Home Economics.

NOTE.—This bulletin is in accordance with the principles of child feeding now generally accepted by the best authorities, and also embodies the results of work done in the laboratory of the Office of Home Economics of the States Relations Service, U. S. Department of Agriculture. It is specially adapted to the use of mothers who wish some simple and short discussion of the subject expressed in housekeeper's terms.

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FARMERS' BULLETIN 808

HOW TO SELECT FOODS

I. WHAT THE BODY NEEDS

CAROLINE L. HUNT and HELEN W. ATWATER

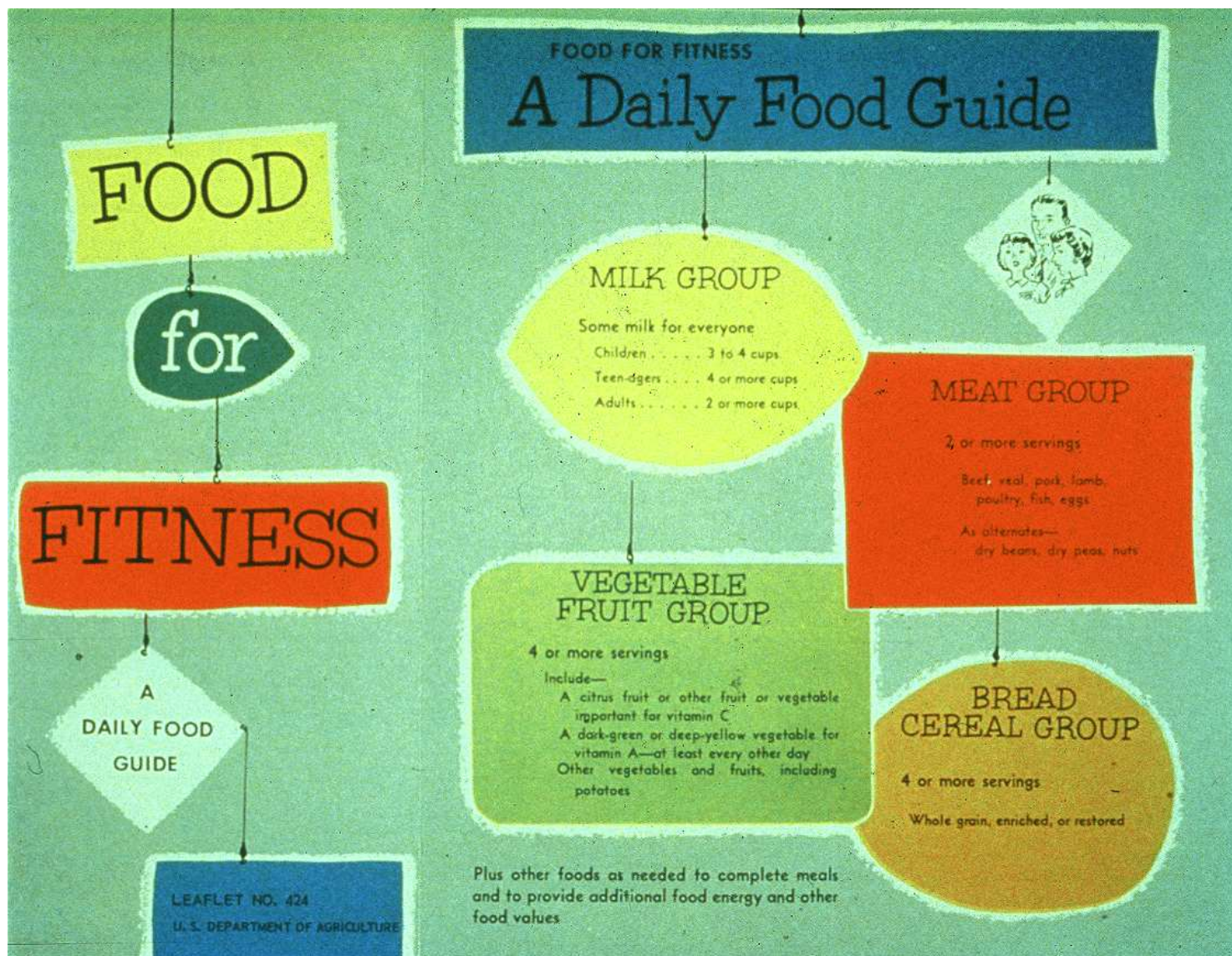
UNITED STATES
DEPARTMENT OF AGRICULTURE

WASHINGTON : GOVERNMENT PRINTING OFFICE : 1903

For Health...eat some food from each group...every day!



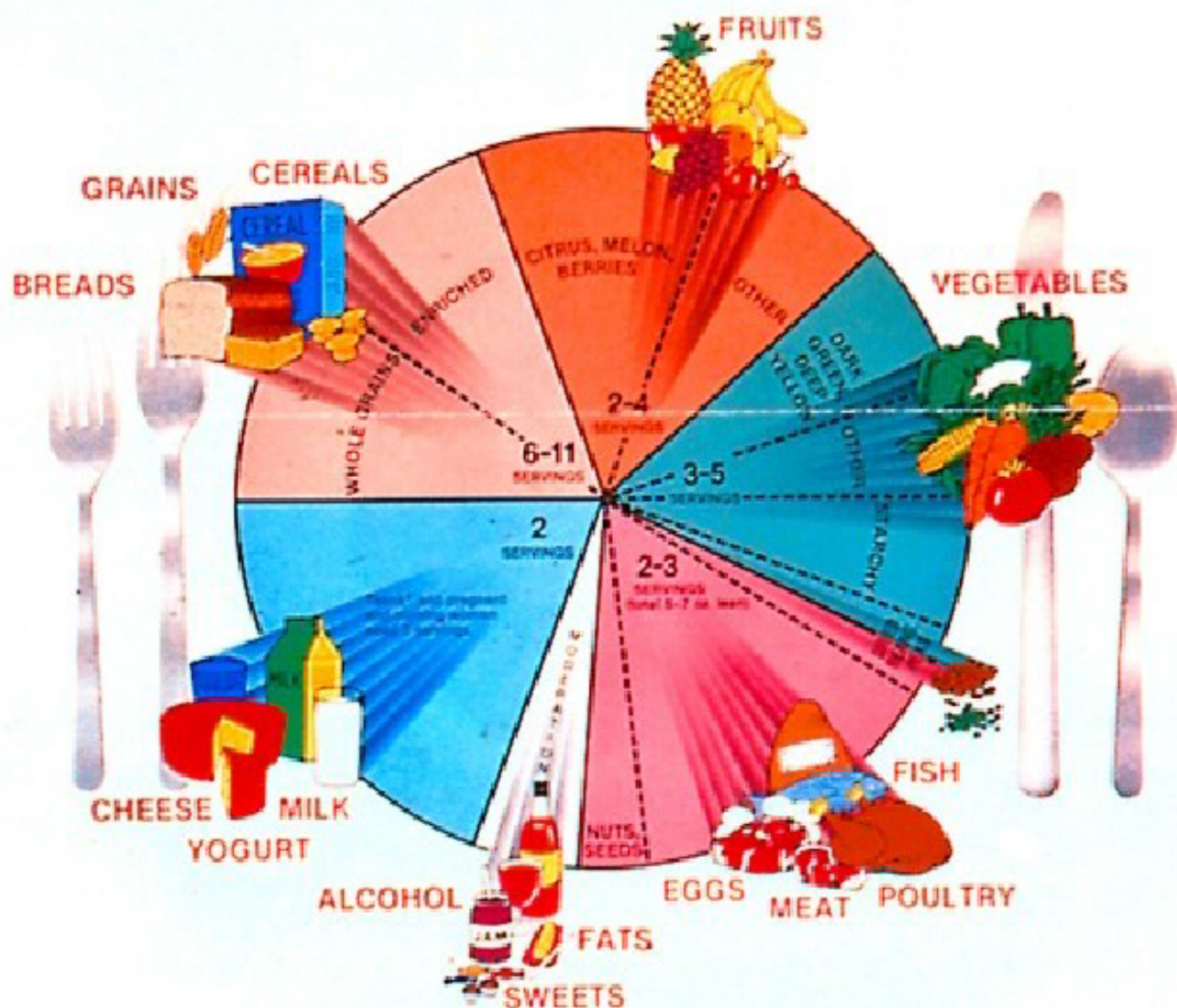
***IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT***





FOOD WHEEL

A Pattern for Daily Food Choices



Fats, Oils & Sweets
USE SPARINGLY

KEY

- Fat (naturally occurring and added)
- ▣ Sugars (added)

These symbols show fats and added sugars in foods.

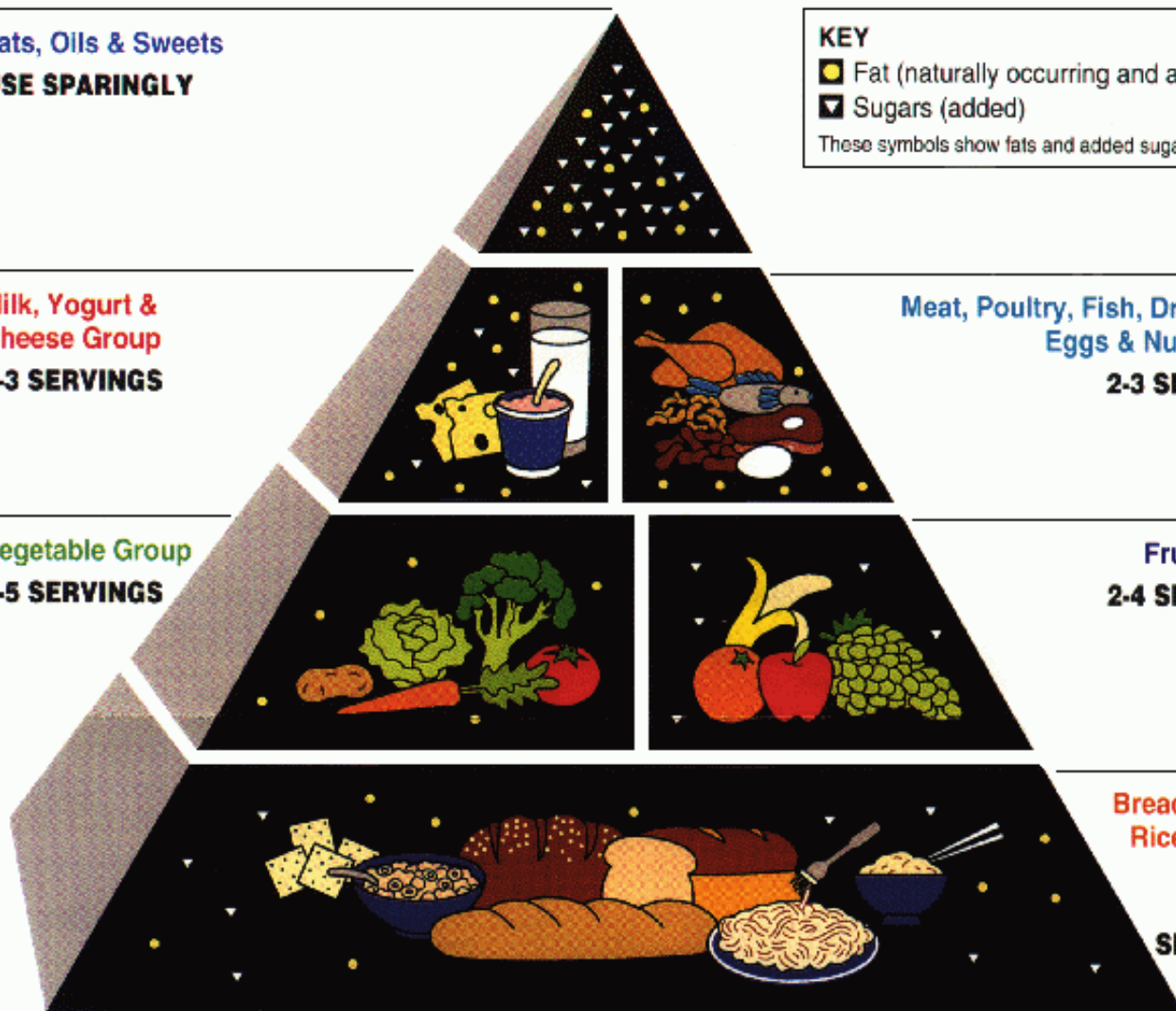
Milk, Yogurt & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS

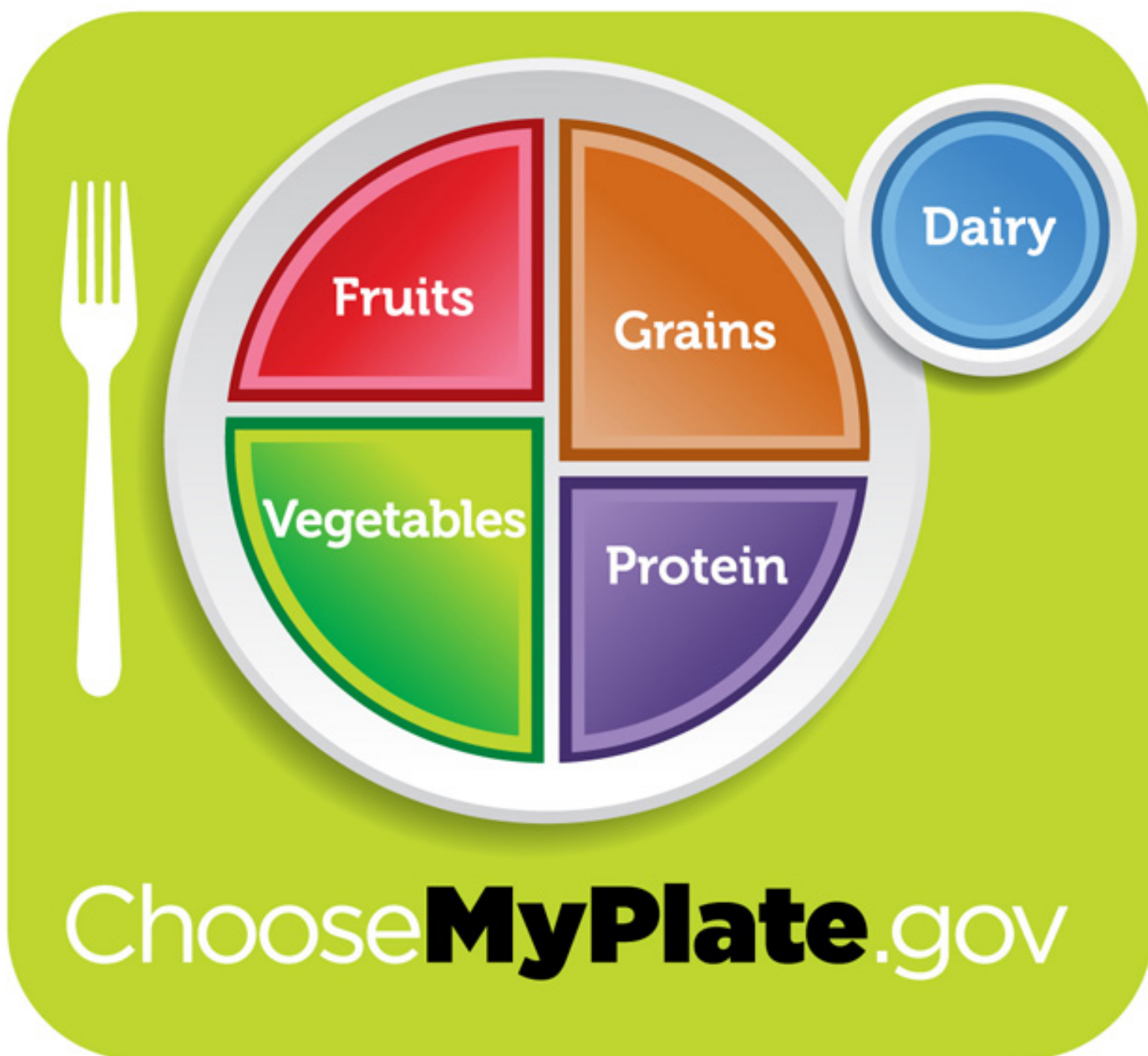
Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

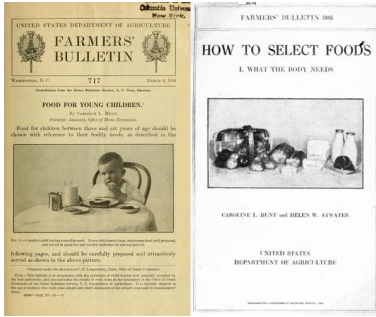
Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS



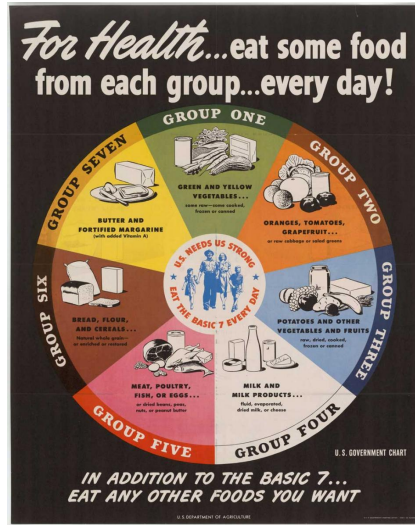




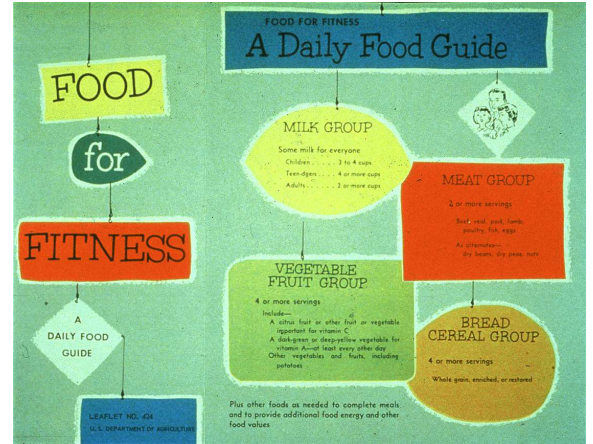
Food Guide Timeline Key



1916-1930



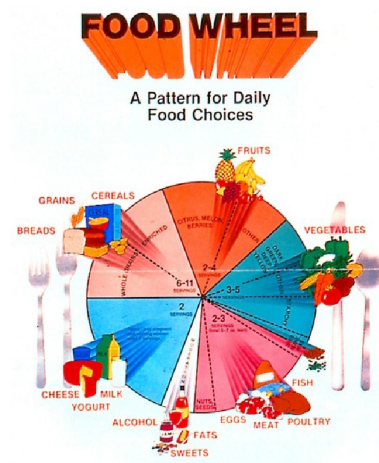
1940s



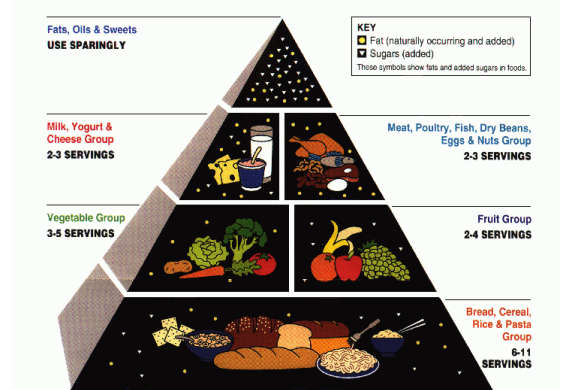
1956-1970



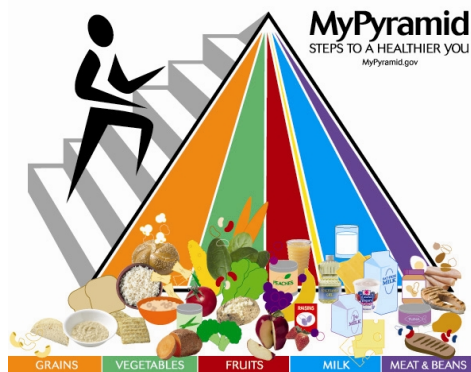
1979



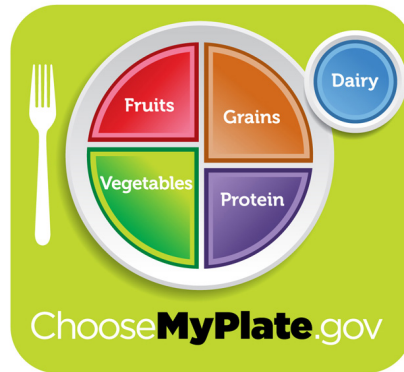
1984



1992



2005



2011