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

**US NEEDS US STRONG**
Eat the Basic 7 Every Day

- **Group One**
  - Green and yellow vegetables... some raw or cooked, frozen or canned

- **Group Two**
  - Oranges, tomatoes, grapefruit... in raw or cooked or salad form

- **Group Three**
  - Potatoes and other vegetables and fruits... raw, cooked, frozen, canned

- **Group Four**
  - Milk and milk products... fluid, evaporated, dried, milk, or cheese

- **Group Five**
  - Meat, poultry, fish, or eggs... or dried beans, peas, nuts, or peanut butter

- **Group Six**
  - Bread, flour, and cereals... unenriched whole grain or unenriched or enriched

- **Group Seven**
  - Butter and fortified margarine

**In addition to the Basic 7...**
Eat any other foods you want

U.S. Government Chart
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The above menu is adequate for a moderately active woman, but needs more calories for a moderately active man. For him, we might add:

### Possible Additions for a Man

<table>
<thead>
<tr>
<th>Additions to Menu for Man</th>
<th>Scores in Per Cent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totals so far:</td>
<td>Calories</td>
</tr>
<tr>
<td></td>
<td>80%</td>
</tr>
<tr>
<td>Add to Breakfast:</td>
<td></td>
</tr>
<tr>
<td>Oatmeal, ½ cup</td>
<td>3</td>
</tr>
<tr>
<td>Cream, 6 tablespoons</td>
<td>6</td>
</tr>
<tr>
<td>Sugar, ½ tablespoon</td>
<td>1</td>
</tr>
<tr>
<td>Add to Luncheon:</td>
<td></td>
</tr>
<tr>
<td>Another Peanut Butter and</td>
<td>14½%</td>
</tr>
<tr>
<td>Tomato Sandwich</td>
<td>104½%</td>
</tr>
</tbody>
</table>

*This is a quickly-prepared luncheon, the type of meal which can be ready in 10 minutes.