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THE BASIC 7 FOOD GROUPS

GROUP ONE
GREEN AND YELLOW VEGETABLES...
some raw—some cooked, frozen or canned

GROUP TWO
ORANGES, TOMATOES, GRAPEFRUIT...
or raw cabbage or salad greens

GROUP THREE
POTATOES AND OTHER VEGETABLES AND FRUITS
raw, dried, cooked, frozen or 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...
Natural whole grain—or enriched or restored

GROUP SEVEN
BUTTER AND FORTIFIED MARGARINE
(with added Vitamin A)

See inside pages for foods in each group
BASIC 7 FOOD GROUPS

All kinds of food are good. It is the way you put them together into meals that makes the difference. To keep healthy and strong, use some food from each of the seven groups every day.

Any food within the same group will take the place of any other. In planning your three meals every day try to use at least one serving of some food from each of the seven groups, not leaving out any single group. Two or three servings each day from Groups Three, Four, and Six would be better.

Use the basic 7 food lists when deciding what to grow in your garden, what to store and can, and what other foods to raise besides vegetables.

If you buy meals away from home, remember the seven food groups when choosing food.

This guide also may be used in planning meals to be served in lunchrooms or to be carried in the lunch box by school children, war workers, and others.

GROUP ONE

GREEN AND YELLOW VEGETABLES

(Raw, cooked, frozen, canned or dried)

Asparagus, green
Beans, snap, string, and green
Broccoli
Chard
Collards
Endive, green
Escarole
Kale
Lettuce, leaf
Mustard greens
Okra
Peas, green
Peppers, green and red
Spinach
Turnip greens
Wild greens
Other greens, including salad greens

Group Two

FRUITS

(Fresh or canned)
Grapefruit
Grapefruit juice
Kumquats
Lemons
Limes
Oranges
Orange juice
Tangerines
Tomatoes
Tomato juice
Cantaloups
(Pineapple)
Pineapples (raw)
Strawberries (raw)

(Raw or slightly cooked)
Cabbage
Brussels sprouts
Cauliflower
Kohlrabi
Rutabagas
Turnips

GROUP THREE

(Potatoes and other vegetables and fruits)

(Raw, cooked, dried, frozen, or canned)
Cranberries
Currants
Dates
Figs
Gooseberries
Grapes
Huckleberries
Loganberries
Mangoes
Papayas
Peaches, white
Pears
Persimmons
Pineapples, canned
Pineapple juice, canned
Plums
Prunes
Quinces
Raisins
Raspberries
Rhubarb
Watermelons
Youngberries

Also, all vegetables and fruits not listed elsewhere.
GROUP FOUR

Milk and Milk Products
- Whole milk
- Skim milk
- Buttermilk
- Cultured milk
- Evaporated milk
- Condensed milk
- Cream
- Ice cream

GROUP FIVE

Meat, Poultry, Fish or Eggs
- Beef
- Veal
- Lamb
- Mutton
- Pork (except bacon and fat back)
- Variety meats, such as liver, heart, kidney, brains, tongue, sweetbreads, tripe
- Lunch meats, such as bologna
- Rabbit
- Chicken
- Duck
- Game
- Goose
- Guinea
- Squab
- Turkey
- Fish and shellfish: Fresh-water
- Salt-water
- Eggs (fresh, dried, or frozen)

GROUP SIX

Breads:
- Whole-wheat
- Enriched-white
- Rolls or biscuits made with whole-wheat or enriched flour
- Pumpernickel (whole-rye)
- Oatmeal bread

GROUP SEVEN

Bread, Flour, and Cereals
- Flour, enriched-white, whole-wheat, other whole-grain
- Whole-grain or enriched corn meal
- Enriched grits
- Cereals: Whole-wheat
- Rolled oats
- Brown rice
- Converted rice
- Other cereals, if whole-grain or restored

ENERGY FOODS

Basic 7 foods give energy and protect health. The foods listed below give chiefly energy. They should be eaten in addition to the Basic 7 foods, not in place of them.

Bacon
- Drippings
- Lard
- Mutton fat
- Salt pork, fat back
- Suet
- Poultry fat
- Salad oils
- Salad dressings

Honey
- Preserves, jams
- Jellies
- Cane sirup
- Corn sirup
- Maple sirup
- Molasses (contains iron)
- Sorghum (contains iron)

Cornstarch
- Noodles

Butter, And Fortified Margarine with added Vitamin A

Unenriched:
- Crackers
- White bread, rolls
- White flour

Other Sweets
- Sugar
- Candy
- Cakes
- Cookies
- Pastries

(Shot, canned, or cured)

Meat, Poultry, Fish or Eggs
- or dried beans, peas, nuts, or peanut butter

Kidney beans
- Lima beans
- Navy beans
- Pinto beans
- Soy beans
- Soy flour and grits
- Other beans and peas
- Lentils

Peanuts and peanut butter
- Nuts of all kinds

Energy Foods
Make a list of the foods in your meals for 1 day to learn whether you ate foods from all the seven basic groups.

Check the group to which each food belongs. (Use the wheel and the lists on the inside pages as guides.)

<table>
<thead>
<tr>
<th>FOODS</th>
<th>GROUP</th>
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<tbody>
<tr>
<td>Example:</td>
<td></td>
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<tr>
<td>Potato Soup</td>
<td></td>
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<tr>
<td>Potatoes</td>
<td></td>
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<tr>
<td>Milk</td>
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</tbody>
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Did you have food from each of the seven groups?

Why not check your day's meals again soon to be sure you are getting the Basic 7?