1950

Maybe You Need To Eat Better Breakasts

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Available at: http://lib.dr.iastate.edu/homemaker/vol30/iss3/3

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If your breakfast habits are similar to those of two-thirds of
the college students tested

Maybe You Need

Better

CONSTANCE Co-ed breaks her fast with a cup of Union coffee,
and swoons over her test tubes in the chemistry lab. Elmer Engineer
calls rolls and coffee a morning meal, lapses into a near coma by
9:30 a.m., and remains in a daze until after lunch. Charles and Lucy,
high in I.Q., but low in cereal, get F in sociology. Nutrition experts
worry. They see many of us going half the college day on cinnamon
toast and coffee, with perhaps a soft drink or a vitamin pill to
revive our flagging spirits around 11 a.m. They estimate that only
one of us in three does justice to breakfast.

Chances are that you're one of the millions in America and our
own campus today who gulp breakfast down in less than 5 minutes,
or skip breakfast entirely. Recent surveys conducted by a group of
nutrition specialists prove how little time the United States spends
at the breakfast table. Adults and children were asked, "If you had
to go without one meal a day, which would you omit?" One of every
two answered "Breakfast, of course."

These specialists visited a busy drugstore in Albany, N.Y. For
six mornings they noted what the customers chose for breakfast.
Four out of every five ordered no more than a cup of coffee and a
sweet roll. Some smoked a cigarette and sipped a soft drink.

Even children, who need sounder breakfasts than adults, have
inherited the modern habit of either going without it or eating too
little in too great a hurry. Students from 45 states were asked exactly
what they had for breakfast on a given day. Fully two-thirds of the
reports were marked "inadequate." Eight thousand youngsters ad-
mitted that they had eaten no breakfast at all.

From California to New Jersey, a campaign rages in favor of
bigger and better breakfasts for the American people. Dietitians
bombard citizens with earnest advice, the women's pages do their
share, and the government adds voices to the din. They all agree
that large numbers of us begin our day with too light a breakfast
or no breakfast at all, and thus do wrong by ourselves.

Most people believe that breakfast should provide no more than
one-fifth of the day's total food. Medical authorities, however, say
it must contain at least one-fourth to one-third of the daily quota of
essential vitamins, minerals, proteins, carbohydrates and fats. Any-
thing less brings lowered resistance to disease, chronic fatigue, ill
temper, visible nervousness and anemia.

What is an adequate breakfast? The United States Department
of Agriculture has worked out a simple pattern of five basic foods
which should appear on every breakfast table. They furnish an ade-
quate supply of all the essential food elements required for the first
meal of the day.
To Eat

Breakfasts

by Lois Longfellow

Check up on your breakfast menu daily. It should include:

- Fresh or canned fruit or fruit juice
- Cereal, either hot or ready-to-eat
- Milk
- Bread, either whole-grained or enriched white
- Butter

I. Fresh or canned fruit or fruit juice. Although cantaloupe and strawberries—fresh or frozen—are rich in Vitamin C, citrus fruits and their juices are the most consistent and economical sources of these vitamins. Nutritionally, orange or grapefruit juice is the best choice. Three-fourths cup gives you all the Vitamin C you need for one day.

II. Cereal, either hot or ready-to-eat and whole-grain, restored or enriched. Health authorities rank cereals among the most important foods; they are a good source of thiamin, the agent that acts as a brake on jumpy nerves and is necessary to convert sugar and starches into energy. With milk they provide protein needed every meal for growth and tissue repair.

III. Milk. Without milk, it is virtually impossible for the human body to get its needed calcium. A pint a day for adults, and a quart for children, is the minimum set by the Department of Agriculture.

IV. Bread, either whole-grained or enriched white. Like cereals of the same type, whole-grained breads contain as much iron, thiamin and other food elements as the grain from which they are made. For those who prefer white bread, nutritionists recommend the type enriched with essential vitamins and minerals.

V. Butter. Although jelly, preserves and other spreads contain some essential food elements, health authorities call butter a must because it contains an extremely high concentration of Vitamin A. Margarine which has been fortified with Vitamin A is an adequate substitute.

Eggs and meat may be added to the basic five breakfast foods. Both help to round out the needed quota of protein, although they are more expensive than cereals and other vegetable sources of protein.

The chief objection to a good breakfast seems to be that it takes too much time. However, enough time should be allowed to eat leisurely, and to permit the start of the digestive process before rushing to class. If need be, you should get up 10 minutes earlier, for breakfast is far more beneficial than an extra few minutes of sleep.

Count Calories

Another excuse that is often offered on behalf of the coffee-doughnut type of breakfast, is that anything more substantial would be fattening. The answer to this is that you need to learn a little caloric arithmetic. A breakfast built around the basic pattern provides no more calories, but more vitamins than that generous wedge of pie to which you treat yourself at dinner. So, if you're concerned about gaining weight, it's better to cut out excessive fats and sweets than to do without the morning meal.

If dieting is your excuse for skipping breakfast, you aren't insuring yourself a trim figure—you're just giving yourself a dose of morning starvation. Chances are you crave mid-morning snacks, and nibble on sweets or pastry. You overeat at other meals, especially lunch. Net result: a cut-down, not on calories, but on needed minerals, vitamins and proteins.

Buoyant good health equals beauty in anyone's language. Health and beauty depend upon three regular meals a day.