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A New Food Grouping

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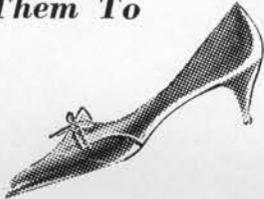
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SPENDING TIME

Time to eat . . . The average American consumes about 1,500 pounds of food a year.

Time to live . . . In the United States longevity has increased during the past 60 years at an average rate of half a year of additional life expectancy each year.

In saving time . . . American families spend close to one-seventh of their budgets for household equipment and operation which is more than spent for rent, but less than for food.

Twentieth Century Fund Study

The Basic Four

A NEW FOOD GROUPING

*by Jackie Andre
Home Economics Sophomore*

TIMES ARE CHANGING in foods too — the Basic Seven is now the Basic Four.

Because four food groups are simpler and easier to use than seven and because a "new face" is more interesting, the Home Economics Research Branch in Washington, D.C., has adopted the Basic Four.

In the new plan there is the meat group which includes meat, poultry, fish, eggs, dry beans and peas, and nuts; the milk group composed of milk, cheese, and ice cream; the vegetable-fruit group which includes vegetables important in Vitamin A and Vitamin C, as well as potatoes; and finally the bread-cereal group.

The Basic Four is actually the same thing as the Basic Seven expressed in a different way. When foods groups were first arranged, there were seven groups, but through the years the "Basic 10," "Basic 11," and the "Basic 12" have appeared. Some authorities still use these groupings.

The Basic Seven divided the vegetable-fruit group into three parts: those including the leafy, green, and yellow vegetables essential for vitamin A; the citrus fruit, tomatoes and other vegetables high in vitamin C; and the potatoes and other vegetables not included previously. Butter and fortified margarine were also included as a group. The milk, bread-cereal, and meat groups have not changed.

It is expected that the butter, sugars, and refined grain products will be obtained in the other foods (mixed dishes, baked goods, desserts, and other recipe dishes).

The Basic Four is the foundation for a good diet. It is expected that from three to six cups of milk will be drunk daily, depending on the age and condition of the person. It is expected that two or more servings of meat will be eaten, and that four or more servings of the foods included in the vegetable-fruit group will be consumed daily, while four or more servings may be eaten in the bread-cereal group.