

Nutrition is the science that deals with food at work. Good nutrition is a continuous process.

"Within the last decade outstanding developments in the science of nutrition have served to emphasize the importance of a good diet at every stage of existence and to promise the further improvement of human life."

CHOOSE YOUR FOODS WELL

"A human requires about 25 years to complete his growth." The right food helps the body to be at its best. The need for good nutrition does not stop when a person stops growing. Being well fed is an advantage in the event of illness, as a well-nourished body responds better to treatment than one in a run-down condition."

First, consider your foods needs and see where you stand. Keep a close record of the food you are eating by filling in this chart for one week. Then, if you are not checking up to this standard, do something about it.

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Nutritionist

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EXTENSION SERVICE
NORTH DAKOTA STATE UNIVERSITY
OF AGRICULTURE AND APPLIED SCIENCE

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MY FOOD RECORD FOR ONE WEEK

FOLLOW AN ADEQUATE DIET

| FOOD | NUMBER OF SERVINGS EACH DAY | M. | T. | W. | TH. | F. | S. | S. |
|------------------------------|--|----|----|----|-----|----|----|----|
| MEAT, POULTRY, or FISH | 1 or more servings daily. | | | | | | | |
| EGGS | 1 a day, or at least 3 a week. Cooked in any way you choose or in "made" dishes. | | | | | | | |
| FRUITS | 1 serving fresh, dried, canned or frozen fruit. 1 serving citrus fruit — orange, grapefruit, pineapple, tomato. (whole, or as juices). | | | | | | | |
| VEGETABLES | 1 serving yellow or green vegetable (fresh, canned, or frozen). 1 serv- ing raw vegetable (usually in salads). 1 serving potato or other vegetable. | | | | | | | |
| MILK, CHEESE | 1 pint for adults, more for children (fresh, evaporated, or dried milk). Cheese is a milk product. | | | | | | | |
| FATS | 2 or more servings butter, peanut butter, lard or other fats for cooking. | | | | | | | |
| BREAD and CEREALS | 2 or more servings enriched bread, enriched flour products, whole grain products, macaroni, spaghetti. | | | | | | | |
| LIST OTHER FOODS EATEN | Then eat other foods as you like. Form a regular water-drinking habit and drink plenty of water, especially in summer. | | | | | | | |

Use a check (✓) for each serving.

HOW MANY POUNDS ARE TOO MANY?

WHAT DO YOU WEIGH?

| Height (with shoes) | | "DESIRABLE" WEIGHT FOR AGE 25 AND OVER Weight In Pounds (As ordinarily dressed) | | | | | |
|------------------------|--------|--|---------|--------------|---------|-------------|---------|
| Feet | Inches | Small Frame | | Medium Frame | | Large Frame | |
| | | Men | Women | Men | Women | Men | Women |
| 4 | 10 | | 92-98 | | 96-107 | | 104-119 |
| 4 | 11 | | 94-101 | | 98-110 | | 106-122 |
| 5 | 0 | | 96-104 | | 101-113 | | 109-125 |
| | 1 | | 99-107 | | 104-116 | | 112-128 |
| | 2 | 112-120 | 102-110 | 118-129 | 107-119 | 126-141 | 115-131 |
| | 3 | 115-123 | 105-113 | 121-133 | 110-122 | 129-144 | 118-134 |
| | 4 | 118-126 | 108-116 | 124-136 | 113-126 | 132-148 | 121-138 |
| | 5 | 121-129 | 111-119 | 127-139 | 116-130 | 135-152 | 125-142 |
| | 6 | 124-133 | 114-123 | 130-143 | 120-135 | 138-156 | 129-146 |
| | 7 | 128-137 | 118-127 | 134-147 | 124-139 | 142-161 | 133-150 |
| | 8 | 132-141 | 122-131 | 138-152 | 128-143 | 147-166 | 137-154 |
| | 9 | 136-145 | 126-135 | 142-156 | 132-147 | 151-170 | 141-158 |
| | 10 | 140-150 | 130-140 | 146-160 | 136-151 | 155-174 | 145-163 |
| | 11 | 144-154 | 134-144 | 150-165 | 140-155 | 159-179 | 149-168 |
| 6 | 0 | 148-158 | 138-148 | 154-170 | 144-159 | 164-184 | 153-173 |
| | 1 | 152-162 | | 158-175 | | 168-189 | |
| | 2 | 156-167 | | 162-180 | | 173-194 | |
| | 3 | 160-171 | | 167-185 | | 178-199 | |
| | 4 | 164-175 | | 172-190 | | 182-204 | |

What Does Overweight Do To You?

1. Shortens life expectancy.
2. Puts extra burden on the heart, the blood vessels, the kidneys, the pancreas and other organs.

Makes one subject to:

- High blood pressure
- Heart disease
- Arthritis
- Kidney ailments

3. May in time overtax the insulin-producing capacity of the pancreas and cause a diabetic tendency.
4. Is not attractive.

What Causes Obesity?

OBESITY — A Danger Sign

Eating beyond one's energy needs — especially sugars, starch and fats. (Extra food is stored as fat in the body.)

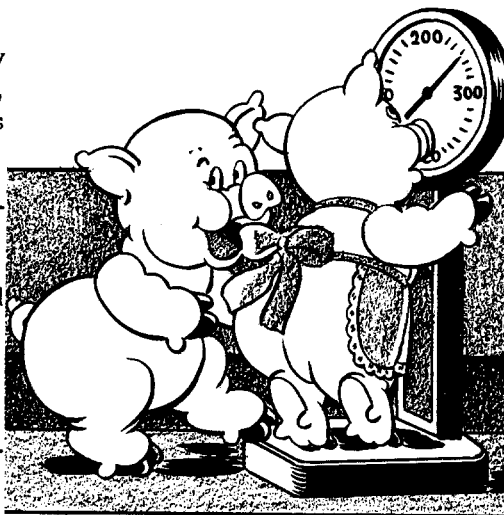
Taking too little physical exercise.

Late hours and irregular food habits.

More leisure time.

More spectator type of recreation.

More labor saving equipment.



What Can Be Done?

First have a physical examination. Cut down on calories consumed. In all other respects, the diet must meet the body's needs for good health. There should be adequate minerals, vitamins and proteins. Omit the fat, starch and sugar-rich foods. Use freely unsweetened fruits and berries, and the watery or fibrous vegetables. Don't take second servings. Cut down on the amount of desserts eaten. Don't eat between meals.

It is not wise to lose too rapidly — not more than 1 or 2 pounds a week, except on the advice of a physician. Sudden loss of pounds leaves weakened muscles that are difficult to build up again. A smart woman will not let herself become too fat, but will check her weight every month and then choose her foods so that the energy requirement is right for the type of work she is doing.

"Remember, you will live only half as many years as you would if you enjoyed normal weight. Keep that fact before you every time you sit down to eat."

References Used: National Research Council, Nutrition Foundation, Inc., "Food Nutrition and Health" by McCollum and Becker, and others.

HOW MANY CALORIES DO YOU NEED?

| What You Do | *Calories Needed Per Day | |
|---|--------------------------|-------------|
| | Women | Men |
| <u>At rest, or sitting.</u> | 1,600-1,800 | 2,000-2,200 |
| <u>Work Chiefly Done Sitting</u> clerical work teachers seamstresses machine operators | 2,000-2,200 | 2,200-2,800 |
| <u>Work Involving Standing</u> <u>Walking or Manual Labor</u> general housekeepers - clerks cooks maids (household) waitresses | 2,200-2,500 | 2,700-3,000 |
| <u>Work Developing Muscular Strength</u> laundresses farm workers cooks for large groups garage work (mechanics) | 2,500-3,000 | 3,100-3,500 |
| <u>Work Requiring Strong Muscles</u> | | 4,000-6,000 |

* A calorie is the measurement of the fuel value of food.

** If weight is to be lost subtract 500 to 1,000 calories per day from the calories needed daily, depending upon how fast the weight is to be lost.

An ounce of pure carbohydrate (sugar-starch) or protein yields 113 calories.

An ounce of pure fat yields 255 calories. The more fat a food contains the higher the calories, therefore avoid high calorie foods.

Proteins increase the rate at which the body burns calories so they play an important part in most reducing diets.

UNDEREATING

Women of nervous temperaments are likely to be underweight, for they use up too much energy in muscular tension, making it difficult for the body to take and to digest sufficient food. Such people are easily fatigued. It is just as important for the underweight person to force herself to eat extra food as it is for the overweight person to refrain from overeating.

It is easy to increase the amount of food eaten by taking an extra slice of bread with butter at each meal; by the liberal use of fat foods like cream, bacon, salad dressings; by extra between-meal lunches of egg-nogs, chocolate milk, or ice cream. Even a snack at bedtime will help one to add a few extra calories. Select starch and sugar foods, but above all be sure to see that the normal amounts of fruits and vegetables are used. Follow the normal diet . . . just eat a little more of everything is a good rule.

FOOD GUIDE FOR SENIOR CITIZENS

Most people do not want to grow old. However, there is a slowing-up process. For example, the stomach loses muscular strength and takes longer to empty, digestion becomes slower and more difficult, loss of teeth hinders mastication and loss of energy may cause elderly people to eat less. The importance of food for living takes on new values.

1. Use fats sparingly, on account of the slowing of digestive processes. Avoid rich sauces, puddings, pastries, cakes and fried foods. Cream, bacon, butter and natural oils are preferred because they are easily digested.

2. Warm food should have preference over cold foods. Warm foods and drinks stimulate digestion. Cold water at meals is not good as it retards the flow of the gastric juice. So often older people have difficulty in keeping warm, so warm food and drinks will help to conserve their natural body heat.

3. There is a need for complete protein foods, such as tender beef, lamb, chicken, fish, milk and eggs, to protect the cell activity and to keep the blood in good condition. Worn-out tissues need replacing and iron (from meats) is a must for normal blood. Older people tend to think of protein foods as difficult to digest. As a result, they subsist on too much starchy, soft food and pay a heavy penalty for this in poor health.

4. Fruits and tomato juices, stewed or soft raw fruits and thoroughly ripened bananas, are of great value for vitamin C and in preventing constipation. Vitamin C is very necessary for the aging in building strong capillary walls and in the preservation of substances which prevent degeneration of the cell walls all over the body.

Cooking foods rich in vitamin C may destroy as high as 90 per cent of the vitamin. Therefore, see that fresh, raw, vitamin-rich foods are included in the diet daily.

5. Milk is extremely important. The calcium in the milk is needed to control the contractions of muscles (especially of the heart), coagulating power of the blood, and the normal response of nervous tissue to stimuli.