WHAT TO EAT AND WHY
# SOURCES OF SOME OF THE BASIC NUTRIENTS IN COMMON FOODS AND WHY THESE NUTRIENTS ARE IMPORTANT IN THE DAILY DIET

<table>
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<tr>
<th>NUTRIENT</th>
<th>SOURCES</th>
<th>IMPORTANCE</th>
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<tr>
<td><strong>proteins</strong></td>
<td>Meat, fish, shellfish, poultry, eggs &lt;br&gt; Milk (all forms), cheese (all kinds) &lt;br&gt; Dried peas and beans, soybeans &lt;br&gt; Peanut butter, nuts (if used generously) &lt;br&gt; Cereals and breads</td>
<td>Supply amino acids essential for formation of body proteins &lt;br&gt; Build and repair body tissue &lt;br&gt; Help form blood cells and antibodies &lt;br&gt; Increase resistance to disease and infections and aid in convalescence &lt;br&gt; Are constituents of enzymes and hormones</td>
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<td><strong>carbohydrates</strong> (STARCHES &amp; SUGARS)</td>
<td>Groin products: breads, cakes, cookies, crackers, cereals, &lt;br&gt; gifts, honey, rice, macaroni, noodles, spaghetti &lt;br&gt; Potatoes, sweet potatoes, corn &lt;br&gt; Sugars, sirups, molasses, honey, jams, jellies, candy, and other sweets &lt;br&gt; Fruits, sweetened fruits</td>
<td>Supply food energy (calories) &lt;br&gt; Help body use other nutrients</td>
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<td><strong>fats</strong></td>
<td>Butter, margarine, cream &lt;br&gt; Salad oil, all dressings, and mayonnaise &lt;br&gt; Cooking oils, lard, and other shortenings &lt;br&gt; Bacon and fat in meats</td>
<td>Supply food energy (more than twice as many calories as the same weight of carbohydrates) &lt;br&gt; Delay hunger because they are digested slowly &lt;br&gt; Supply linoleic acid, an essential fatty acid needed for growth, health, and smooth skin</td>
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<td><strong>vitamins</strong></td>
<td>(The body converts carotenes in food to vitamin A.) &lt;br&gt; Dark green or deep yellow vegetables and fruits such as beet greens, collards, kale, mustard greens, spinach, and other dark greens &lt;br&gt; Asparagus, broccoli, carrots, okra, green peas, winter squash, sweet potatoes &lt;br&gt; Apricots, cantaloupe, peaches (yellow varieties), persimmons, prunes, tomatoes</td>
<td>Helps eyes adapt to light changes (protects against night blindness) &lt;br&gt; Aids in keeping the skin smooth &lt;br&gt; Helps keep the linings of the nose, throat, and digestive tract healthy and resistant to infection &lt;br&gt; Aids in bone and tooth formation</td>
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<td><strong>VITAMIN A</strong></td>
<td>Vitamin D is formed in the skin on exposure to sunlight or other source of ultraviolet light &lt;br&gt; Fortified milk, eggs &lt;br&gt; Herring, salmon, sardines, tuna, fish liver oils</td>
<td>Helps the body use calcium and phosphorus &lt;br&gt; Contributes to the building of bones and teeth</td>
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<td><strong>ASCORBIC ACID</strong></td>
<td>Citrus fruits and juices, tomatoes &lt;br&gt; Strawberries, cantaloupes &lt;br&gt; Dark green vegetables and green cabbage, served raw or cooked until tender &lt;br&gt; Green and red peppers</td>
<td>Is necessary for the formation of a cementing substance that helps heal wounds and bones, keeps blood vessels and gums healthy, and aids in formation of teeth and bones</td>
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<td><strong>VITAMIN C</strong></td>
<td>Pork, liver, heart, kidney, lean meats, eggs &lt;br&gt; Green leafy vegetables and legumes &lt;br&gt; White grains or enriched breads and cereals &lt;br&gt; Nuts</td>
<td>Helps keep appetite and digestion normal &lt;br&gt; Helps keep nervous system healthy &lt;br&gt; Promotes a sense of well-being and a zest for activity by helping to prevent irritability and fatigue</td>
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<td><strong>THIAMIN</strong></td>
<td>Helps body use carbohydrates, fats, and protein &lt;br&gt; Helps to clear eyesight</td>
<td>Helps body use vitamins for energy</td>
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<td><strong>RIBOFLAVIN</strong></td>
<td>Milk &lt;br&gt; Lean meats, especially heart, kidney, liver, and other organ meats &lt;br&gt; Cheddar-type cheeses, eggs &lt;br&gt; Green leafy vegetables, dried peas, and beans &lt;br&gt; White grains &lt;br&gt; Found in small amounts in many foods</td>
<td>Helps body use carbohydrates, fats, and protein &lt;br&gt; Contributes to clear eyesight</td>
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<td><strong>NIACIN</strong></td>
<td>Meats, fish, poultry, milk &lt;br&gt; Whole grain and enriched breads and cereals &lt;br&gt; Dried peas and beans, nuts, peanut butter</td>
<td>Helps maintain health of skin, tongue, and digestive tract &lt;br&gt; Helps body use carbohydrates, fats, and protein</td>
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<td><strong>MINERALS</strong></td>
<td>Milk, all forms (an especially rich source of calcium) &lt;br&gt; Cheese (especially cheddar-type cheeses); ice cream &lt;br&gt; Clams, oysters, and canned fish containing bone such as salmon, sardines, and mackerel &lt;br&gt; Turnip greens, mustard greens, collards, kale, broccoli</td>
<td>Helps build and maintain bones and teeth &lt;br&gt; Assists normal blood clotting</td>
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<td><strong>CALCIUM</strong></td>
<td>Helps muscles, nerves, and the heart to function normally</td>
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<td><strong>IODINE</strong></td>
<td>Iodized salt, sea foods</td>
<td>Helps thyroid gland function properly &lt;br&gt; Prevents simple goiter</td>
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<td><strong>IRON</strong></td>
<td>Liver, heart, kidney, lean meats, shellfish &lt;br&gt; Egg yolks &lt;br&gt; Dried fruits and nuts, green leafy vegetables</td>
<td>Combines with protein to form hemoglobin — the iron-containing protein in the blood that carries oxygen to the cells</td>
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<td><strong>water</strong></td>
<td>Water, beverages, fruits and vegetables</td>
<td>Helps regulate body temperature &lt;br&gt; Carries nutrients to cells and removes wastes &lt;br&gt; Aids in digestion of foods &lt;br&gt; Replaces water lost from the body by the skin, kidneys, and intestinal tract</td>
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save important nutrients by following these hints

In storing foods

- Refrigerate fresh green vegetables promptly. Put them in moisture-proof bags or in the vegetable crisper.
- Ripen tomatoes at 60° to 70° F. and out of the sun.
- Store fresh berries unwashed. They lose ascorbic acid quickly if hulled or bruised.
- Keep canned goods in a cool, dry place. Long storage and high temperatures cause loss of nutrients.
- Keep frozen foods at 0° F. or lower. If your refrigerator will not hold this temperature, buy only the amount of frozen food you can use in a short time. You lose both nutrients and flavor when foods are allowed to thaw and refreeze.
- Keep milk cold, covered, and away from strong light.

In preparing foods

- Trim or peel as little as possible from fresh vegetables because outside leaves of greens are especially high in vitamin A. This includes the leaves on broccoli.
- Cook potatoes in skin to retain most of the ascorbic acid.
- Cook vegetables until just tender. Use a tightly covered pan and a small amount of water.
- Get the full nutritive value from meat by using meat drippings and juices because they contain water-soluble B vitamins.
- Serve the soft bones found in canned fish. These bones add calcium.
- Try to avoid having left-over cooked vegetables. Holding and reheating vegetables causes additional losses of nutrients, particularly vitamin C.
- Do not wash rice before or after cooking. The washing rinses away soluble nutrients.
for buoyant health, eat these foods every day

**Milk**
- 2 to 3 cups for children under 9 years
- 3 or more cups for children 9 to 12 years
- 4 or more cups for teenagers
- 2 or more cups for adults
- 3 or more cups during pregnancy
- 4 or more cups for nursing mothers

These amounts are in terms of an 8-ounce cup.

**Vegetables and Fruits**
- 4 or more servings (for vitamin A serve a dark-green or deep-yellow vegetable at least every other day)
- For ascorbic acid serve a citrus fruit, tomatoes, or the juices of either (see chart for other foods that may be used)
- A serving is ½ cup of fruit or vegetable, 1 medium potato, 1 medium orange or tomato, or ½ medium grapefruit or cantaloupe

**Meat, Poultry, Fish, and Eggs**
- 2 or more servings
- A serving is 2 to 3 ounces boneless cooked meat, fish, or poultry, 2 to 3 ounces of cheese, or 2 eggs.
- Vegetables high in protein, such as 1 cup cooked dry beans, peas, or lentils, or 4 tablespoons of peanut butter, may be used for one of these servings.

**Breads and Cereals**
- 4 or more servings
- A serving is 1 slice bread, ½ to ¾ cup cooked cereal, rice, grits, macaroni, noodles, or spaghetti, or 1 ounce ready-to-eat cereal.
COULD YOU EAT MORE THAN THESE SUGGESTED AMOUNTS? Yes! The number of servings listed above is the foundation for a good diet. The size of serving will vary with the age and activity of the individual.

WHAT ELSE COULD YOU EAT? You may use fats, oils, sugars, and refined, non-enriched foods. But go easy on these foods; many of them add little else than calories.

DO YOU NEED FOOD SUPPLEMENTS? The answer to this question rests with your doctor. Under ordinary conditions, all the nutrients needed for good nutrition can be obtained by eating a diet composed of a variety of foods. Vitamin and mineral preparations or other dietary supplements should be used only to make up for a specific deficiency in the diet or for a specific health problem. Obviously, this requires proper diagnosis by your physician along with careful evaluation of your food habits.

This circular was prepared by GERALDINE ACKER, Professor of Foods and Nutrition.

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