
MY NEW
BETTER HOMES
AND GARDENS
COOK BOOK

EVERY RECIPE TESTED
IN THE
BETTER HOMES AND GARDENS
TASTING-TEST KITCHEN

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CHAPTER I



Nutrition

TODAY homemakers are aware of the word nutrition. They want to know how to provide adequate nutrition for their families and how to get the most food value for the money spent. Feeding the family is perhaps a greater responsibility today than in our grandmother's time. We know more about food composition. There is a wider range of food from which to choose. Occupational changes and a different mode of living alter the food requirements of the body. More important—homemakers realize to what extent good health is dependent on proper food and are anxious to provide the kind of food that will build the strongest bodies and keep the family in the best of health.

Even with an extensive knowledge of nutrition, it would be difficult to buy food on the basis of its composition and food value. A workable plan for dividing the food dollar wisely is to spend 1/5 or 20 cents for milk; 1/5 for fruits and vegetables; 1/5 for sugar, fats, and other staples; 1/5 for meat, eggs, and cheese; and 1/5 for bread, cereals, and legumes.

Balanced Meals

A safe rule for providing well-balanced meals is to select a wide variety of foods and to include the following:

1. At least one pint of whole milk for each adult and one quart for each child every day. All or part of the milk may be used in cooking.
2. An egg a day for each person (at least 4 or 5 a week).
3. Two vegetables besides potatoes every day—one leafy or raw vegetable.
4. Fruit every day—one fresh fruit, if possible.
5. Meat or meat substitute once a day.
6. One pat butter each day.

Variety in Meals

While it is of first importance to select well-balanced food, it is also important to assemble food into well-planned, well-cooked, and attractively served meals.

1. Plan meals for the whole day or for several days at one time. This method avoids monotony, duplication of flavors in the same meal, and saves time as well as money.
2. As you plan the meals, think how they will look and taste when served. Contrast in color makes meals more interesting. Contrast in texture makes eating more enjoyable. There's satisfaction in green spinach to brighten a plate of colorless roast pork and creamed potatoes, crisp celery to contrast with a cream soup.
3. Introduce new foods occasionally and vary the method of preparing those served often.
4. Plan desserts that are really a part of the meal. A more filling dessert may be served if the meal has been light.

5. Avoid serving potatoes at the same meal with other starchy foods—macaroni, spaghetti, rice, noodles, and corn.
6. Cook all foods carefully to preserve color, flavor, and texture. Season foods to bring out the best flavors.
7. Serve foods attractively and neatly—the hot foods should be hot and the cold foods should be cold.
8. Keep the seasons of the year in mind. In general, serve light, easily digested food in summer, foods providing more energy in winter. But remember that active children and adults need the essentials for good nutrition and sufficient energy the year round.

Food Requirements of the Body

In order to provide an adequate diet it is necessary to know the body's needs and to know what foods supply these needs. Foods are generally grouped under three classifications:

BUILDING AND REPAIRING FOODS, which build the various parts of the body and keep the body in repair, include foods rich in protein and minerals.

FUEL FOODS, which provide heat and energy, include foods rich in fat, sugar, or starch.

REGULATING AND PROTECTIVE FOODS, which keep the body machinery in good running order and build up a resistance to disease, include foods rich in minerals, vitamins, water, and roughage. This is the group most often neglected in meal planning.

Many foods have a variety of substances and could logically be grouped under more than one classification. For convenience, they are grouped under the classification of the predominant food substances. For example, whole-wheat is a fuel food that is also important for good amounts of building and regulating substances. Bananas are a combination of regulating, building, and fuel substances. Butter, a rich fuel food, is also a regulation food because of its high vitamin content. Sugar, on the other hand, is a concentrated fuel food, lacking in building or regulating essentials. See chart on opposite page.

Vitamin Chart

Stability	Result of Deficiency	Source
Vitamin A Not destroyed by usual cooking processes.	Lowered resistance to infection of ears, throat, nose, lungs; retards growth.	Butter, cream, cheese, whole milk (dried, fresh, evaporated, or condensed), fish-liver oils, carrots, green leafy vegetables, egg yolk, glandular meats.
Vitamin B Destroyed by extreme heat. Soluble in water—therefore utilize water in which cooked.	Loss of appetite, loss of weight, inefficient digestion and elimination, lack of growth, increased nervousness.	Whole grains, yeast, most vegetables and fruits, milk, egg yolk.
Vitamin C Easily destroyed by heat in the presence of air—therefore eat foods rich in vitamin C raw part of time. Cannot be stored in the body so must be included every day.	Loss of energy, retarded growth, ill health, muddy complexion, pains in joints, rheumatism, tooth decay, gum inflammation.	Citrus fruits, tomatoes raw or cooked, raw cabbage, young vegetables, uncooked fruits, raw green vegetables.
Vitamin D Quite stable. Helps to make minerals available to the body.	Rickets, defects in teeth, bone deformities.	Sunshine, fish-liver oils, egg yolks, irradiated foods.
Vitamin G (B2)	Pellagra—retarded growth and poor health.	Buttermilk, greens, egg yolks, heart, kidney, liver, milk, yeast.

Food Classification Chart

Include in every meal a food from each of these three groups.

Body Building and Repairing			Heat and Energy			Body Regulating and Protective			
Protein	Minerals		Fat	Sugar	Starch	Water	Vitamin	Minerals	Roughage
	Calcium	Phosphorus							
Meat	Milk	Meat	Butter	Sugars	Cereals and grain products	Milk	See chart on opposite page	See chart at left	Whole grain cereal
Fowl	Cheese	Cheese	Nuts	Candy	Flour and flour products	Other beverages		Calcium builds teeth and bone	Raw vegetables and fruits
Fish	Dried fruits	Milk	Salad and cooking oils	Sweet fruits	Potatoes	Fresh vegetables		Phosphorus builds bone and tissue	
Milk	Oranges	Wheat bran	Bacon	Honey	Dried beans and peas	Fresh fruits		Iron builds blood (Copper seems to be important in the utilization of iron)	Cooked fruits and vegetables
Cheese	Cabbage	Dried beans and peas	Cream	Sirups	Corrn				
Eggs	Cauliflower	Eggs	Lard, margarine, vegetable oils	Jam and jelly	Tapioca				
Legumes	Celery	Molasses							
Nuts	Greens	Oysters							
		Legumes							
		Dried fruit							
		Whole-wheat bran							
		Copper—apricots, chocolate							