



## *Health and beauty in war-time*

All Girls want to be healthy, fit and beautiful. Correct food plays a very important part in reaching this ideal.

How are you to know whether your meals are correctly planned or not? To answer this question you should know the part food plays in the working of the body.

All the different kinds of foods can be placed in one of three groups:

- I. Fuel or energy foods
- II. Body building and repairing foods.
- III. Protective foods.

Some foods, such as milk and potatoes, go into more than one group.

The foods which belong to each group, and their uses to the body, are explained in this folder



## Energy giving foods

All food, to a certain extent, gives energy and warmth, but the foods which give the most are:

Fats—butter, margarine, lard, dripping.

Starches—bread, potatoes, oatmeal and other cereals.

Sugar, jam, treacle, honey; etc.

These are the foods which give the energy for every movement your body makes, whether it is just the beating of your heart or more vigorous movements like running and jumping. The *energy* foods also provide warmth.

Some of these foods are rationed so that your energy must be made up from the unrationed ones—potatoes, bread and oatmeal. Potatoes come first because they are home produced, whereas wheat for bread has to be brought in ships.

The rationed energy foods are concentrated, giving a lot of energy in small bulk; on the other hand, the unrationed foods are more bulky. Young growing people leading a vigorous, active life need more of the energy giving foods, and may find it difficult to eat enough of the bulky unrationed foods necessary to give them all the energy they need. So, it may be wise to take a snack between meals. This does not mean one continuous meal, nor does it mean eating sweets just before meals and so killing your appetite for the essential body building and protective foods.



## Body building foods

The body building foods are of two kinds—animal and vegetable.

The animal body builders are milk, cheese, eggs, meat and fish. The vegetable body builders are pulses (*i.e.*, peas, beans, lentils), oatmeal and national or wholemeal bread and flour.

The body needs a certain amount of body building or repairing foods to build firm muscles, to provide material for growth and to repair worn out or damaged tissues.

The animal body builders have the greater value because they not only contain more body building material but it is of higher value, and can be used directly for building and repairing tissues. This does not mean that vegetable body building foods are useless. Far from it—vegetable body building foods are very valuable, but are best used when mixed with a small amount of animal food. Therefore, eat pulses with a little meat on several days rather than eat all your meat one day and only pulses for the rest of the week.

The body does not store body building material; if you eat more than necessary it is changed into energy giving food. Other foods produce energy, so do not waste valuable rations of animal foods this way. Spread them evenly over the week, one animal food taking the place of another, e.g., cheese, fish or eggs replacing meat.

Young people who are still growing require more body building foods than grown-ups. It is of the greatest importance, therefore, that you get all your rations of the animal foods *as well as* priority milk if you are entitled to it.



## Protective foods

Protective foods are all rich in vitamins and mineral salts and can be grouped accordingly.

Dairy foods contain vitamins A and D; milk and cheese contain calcium too; fruit and vegetables, vitamin C; wholegrains and pulses, vitamin B and iron.

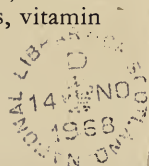
These are the last on the list, but are by no means the least. In some ways they are more important than the energy and body building groups, because they are the foods which keep us healthy and fit.

## DAIRY FOODS

These are milk, cheese, eggs, butter and margarine. Oily fish and liver are included in this group because they too contain vitamins A and D.

Vitamin A helps to protect your nose and throat from infection, helps to keep your eyes healthy and makes it easier to change from bright lights to darkness.

Vitamin D and calcium are both necessary for forming bones and teeth. So if you want strong white teeth which do not decay easily get your calcium by eating all your rations of cheese and drinking your full allowance of milk, your vitamin D from your rations of the dairy foods, and eat oily fish (sardines, herrings, salmon, etc.) and liver so often as you can.





Dairy foods are rationed, and your rations give you only some of the protective substances you need. The rest must come from daily servings of red vegetables—carrots and tomatoes—or green vegetables—kale, spinach, cabbage, watercress, parsley, etc. These vegetables contain carotene, which is changed into vitamin A by the liver.

## FRUIT AND VEGETABLES

Now fruit is scarce, more use must be made of vegetables or your diet will be lacking in vitamin C.

Vitamin C is important because it helps to keep you fit and keeps the skin clear and complexion free from spots and blemishes too. It also prevents sore and bleeding gums.

You need a "daily dose" of vitamin C, as the body cannot store it. This daily dose can be obtained by eating plenty of potatoes, a serving of freshly cooked vegetables (greens as often as possible) and a helping of raw vegetables every day.

Cooking, reheating, keeping hot, all help to destroy vitamin C. The best way to cook vegetables to preserve their food value is given in the Ministry of Food's War-time Cookery Leaflet No. 6, "Green Vegetables."

Serving vegetables raw is one way of avoiding losses due to cooking. When making a salad be more imaginative in your choice of vegetables. A salad made from lettuce, cucumber and beetroot is low in vitamin C. A salad with a basis of raw shredded cabbage, spinach and brussels sprouts, has more flavour, and much more vitamin C, and is cheaper. To this basis of cabbage, etc., add coarsely grated swede, turnip, beetroot, chopped parsley, watercress, or any other vegetable which is in season. In fact, there is no vegetable which cannot go into a salad.

## WHOLE GRAINS AND PULSES

This means national or wholemeal bread and flour and oatmeal. The "pulses," as already described under the BODY BUILDING heading, includes peas, beans and lentils.

These foods contain a number of vitamins known as the vitamin B complex, which help to keep your digestion and nervous system in good trim.

You do not need to worry so much about this group now that National Bread has taken the place of white. However, to be on the safe side, it is a good idea to include pulses and oatmeal in your menus.

This group of foods also contains iron, which is necessary to prevent one form of anaemia, with all its unpleasant symptoms of lack of "pep" and pale lips and cheeks. It is no use applying rouge and lipstick. It may make you look better, but it won't make you feel better.





*The right foods*

*and how to*

*choose them*



GENERAL RULES TO REMEMBER  
WHEN PLANNING YOUR DIET:

- 1.** Eat all your rations, not forgetting milk and cheese.
- 2.** Eat a serving of correctly cooked vegetables daily and a serving of raw vegetable.
- 3.** Fill up the corners with the unrationed energy foods. Make sure of one serving, or preferably two, of potatoes every day.



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