



## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

### A GUIDE TO GOOD EATING

National Dairy Council's adaptation of the four-food-group plan is called "A Guide to Good Eating." We'll talk about it today because the four food groups are a foundation upon which you can build good meals.

Each food group makes special contributions to the nourishment of your meals. Foods from all four groups work together to supply the energy and nutrients necessary for health and for growth.

Every person needs the nutrients from all four groups. The only differences are that you make adjustments for children,

teenagers and adults, or if, say, a woman is pregnant or nursing her baby. The foods don't change—merely the number and sizes of servings.

Now remember, the following four-food-group information will not meet all your needs. What happens is, the minimum number of servings suggested for each group, if used in daily meals, will give you a large share of the Recommended Daily Dietary Allowances (RDA). As the guide says, additional foods will give you the extra calories you need and hopefully will fill out your total nutrient needs.

Here is the Guide to Good Eating, spelled out:

#### Milk Group

3 or more glasses milk - Children  
smaller glasses for some children under 8

4 or more glasses - Teen-agers

2 or more glasses - Adults

Cheese, ice cream and other milk-made foods can supply part of the milk

#### Meat Group

2 or more servings  
Meats, fish, poultry, eggs or cheese - with dry beans, peas, nuts as alternates

#### Bread and Cereals

4 or more servings  
Enriched or whole grain  
Added milk improves nutritional values

#### Vegetables and Fruits

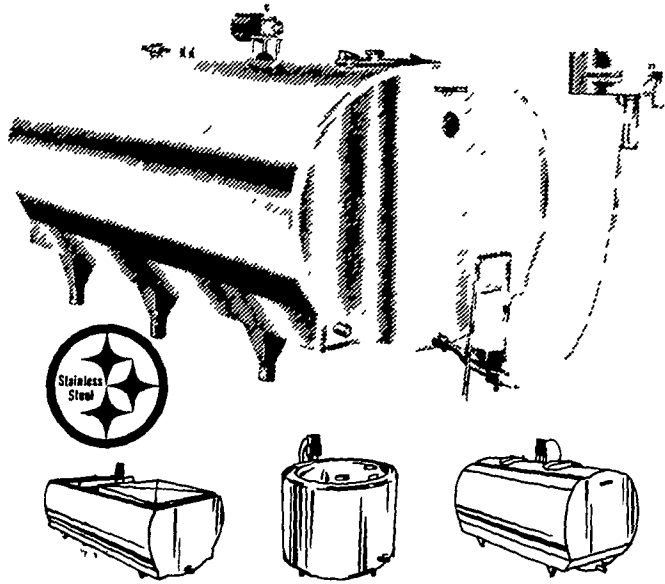
4 or more servings. Include dark green or yellow vegetables; citrus fruit or tomatoes.

Now if you follow the guide and have the minimum servings suggested for each group daily, you will (if you are an average adult male) get each day, the following: 96% of the protein you need; 98% of the calcium; 86% of the iron; 75% of the thiamin; 98% of the riboflavin, over 100% of the vitamins A, C, and niacin; and only about 1,100 calories.

Additional foods chosen from the same groups will give you more calories and may give you more nutrients to meet all the recommendations. The variety of foods in the four food groups named in the Guide also will give you other nutrients known to be needed in the human diet.

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## Consumers Need to Know

by LEE LANDIS

"Sensible shopping makes cents" is a good motto to keep in mind whenever you make a purchase, according to Virginia Knauer, director of the U.S. Office of Consumer Affairs. In an open letter in "Consumer News," she cites another good motto, "Comparison shopping makes sense," as a particularly wise one to follow when you are trying to feed a family within a food budget.

A good example is a test case made by the First National City Bank of New York. Two shoppers were sent to the same supermarket with the same grocery list. One was to compare prices when she made a selection, while the other was not. The result was \$11.18 difference in their grocery bills. The comparison shopper paid \$25.12 for similar items that cost the other shopper \$36.30.

Mrs. Knauer points out that comparison shopping involves making five decisions based on comparisons.

1. Compare your own menu possibilities. For example, chicken with dumplings vs. spaghetti with meatballs, or squash vs. eggplant.

2. Compare prices. Use the unit pricing concept which compares price per ounce, quart or pound rather than just the whole container, package or loaf.

3. Compare size. Consider your needs and storage facilities. Large economy size vs. small, or half gallon vs. pint, or dozen vs. six. You gain nothing if the larger size spoils before using it.

4. Compare convenience. Grated cheese vs. a package

you-grate at home; chicken parts vs. a whole chicken to cut up at home.

5. Compare brands. In a Washington store, two bags of identical groceries but different brands were purchased. One cost \$9.68 while the other cost \$8.47.

You may choose to buy more expensive brands occasionally, but later on balance your budget with less expensive items.

## Parls Expansion

Anheuser-Busch, Inc. has announced a \$6.5 million expansion of Busch Gardens-Tampa, including creation of a Moroccan Village, addition of major thrill rides, and other entertainment features.

August A. Busch, Jr., chairman of the board and chief executive officer, said expansion of the company's family entertainment complex will begin immediately.



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