

# Ontario Department of Agriculture Women's Institute Branch



The role of good nutrition in making and keeping a healthy body is being recognized throughout the world more fully, perhaps, than ever before. Even governments are recognizing its importance and taking steps to spread the knowledge of nutrition among their people. On the other hand, advertisers tend to play on the public's interest in foods and put forward a particular product as being more essential for health than other foods. Much of their argument is often true, but a basic knowledge of food values is necessary to interpret their advertisements correctly and avoid being unduly influenced by their claims. In the light of these facts, no up-to-date housewife will attempt to plan meals for her household without making an effort to learn something of the selection of foods which will make for the health and well-being of her family.

The problem of good nutrition has claimed the time and attention of scientists over a long period and their findings are worthy of much study. There are certain underlying principles, however, which form the basis of all food study and these, if carefully considered, may safely guide the busy housewife in her wise choice of food.

## USE A WIDE VARIETY OF FOODS

One of the first things we must learn is that we cannot expect our bodies to thrive on one kind of food alone. Many things must be considered in the building up of a healthy, well-developed body. It must have food to make it grow and to replace the worn-out tissues. This type of food is called protein and we find it in such foods as meat, fish, milk, cheese, nuts, dried beans and peas and cereals. It must have food to supply energy for the various activities of life. This we find in carbohydrates (starchy foods and sugars) and in fats. This same type of food helps to keep the body warm. Not many foodstuffs, as we know them, consist purely of protein, fat or carbohydrate. Most of them are mixtures of all three, but we classify them according to the type of food which is most prominent in their makeup.