

December 6, 1977

6:00 p.m.

2:45

NUTRITION VII

Larry Rasco

OUR CHANNEL 2 HOUSE PHYSICIAN
DR. CHUCK BERRY, HAS BEEN DIS-
CUSSING THE USE OF FOOD GROUPS
TO ASSURE YOU HAVE A NUTRI-
TIONALLY BALANCED DIET.
CHUCK, WHERE DID YOU STOP
LAST WEEK?

Dr. Berry

LARRY, I ONLY COVERED THE MEAT
GROUP. LET'S REVIEW THIS
METHOD THAT WILL LET YOU MORE
SIMPLY PLAN YOUR MEALS TO
MEET DAILY RECOMMENDED DIETARY
ALLOWANCES. HERE ARE THE
FOUR BASIC FOOD GROUPS AND
THE AMOUNTS NECESSARY DAILY.
WE COVERED THE MEAT GROUP AND
THE 5 OZ. REQUIREMENT.

(CHART) **I**~~(CHART)~~

THE FRUIT AND VEGETABLE GROUP
IS ONE OF THE MOST INTEREST-
ING AND MOST NEGLECTED GROUPS.
IT IS THE SOURCE OF ALMOST
ALL VITAMIN C AND OVER HALF
OF THE VITAMIN A IN THE
AVERAGE DIET. VITAMIN C IS
THE VITAMIN MOST OFTEN FOUND

TO BE CONSUMED IN LESS THAN THE RECOMMENDED AMOUNTS IN THE DIETS OF ALL AGE GROUPS. VITAMIN A IS OFTEN LOW IN THE DIETS OF THE ELDERLY. ONE SERVING OF A VITAMIN C RICH FOOD DAILY AND ONE SERVING OF A VITAMIN A RICH FOOD AT LEAST EVERY OTHER DAY IS ENOUGH WHEN COMBINED WITH TWO OR THREE SERVINGS OF VEGETABLES AND FRUIT TO COMPLETE THE DAILY NECESSARY QUANTITIES OF FRUIT AND VEGETABLES. IN ADDITION TO THE VITAMINS A AND C, THE FRUIT AND VEGETABLES ALSO PROVIDE IMPORTANT AMOUNTS OF MINERALS, FOLIC ACID, FIBER OR BULK, AND CARBOHYDRATE. ^{AS SHOWN ON THIS CHART} THE VITAMIN C RICH FOODS ARE THE TYPICAL CITRUS FRUITS PLUS CANTALOUPE, PAPA- YA, STRAWBERRIES, TOMATOES, BRUSSEL SPROUTS AND BROCCOLI. VITAMIN A RICH FOODS ARE THE DEEP YELLOWS, LIKE CARROTS, PUMPKIN, WINTER SQUASH, APRI- COTS, AND THE DARK GREEN

CHART II

COLLARD, MUSTARD AND TURNIP
GREENS, KALE AND SPINACH.

TOMORROW WE WILL TALK ABOUT
THE BREAD AND CEREAL AND
MILK GROUPS AND THE
AMOUNTS NECESSARY FOR A
NUTRITIONALLY BALANCED DIET.

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VIDE FONT - CHARTS

CRAIG

<u>FOOD GROUP</u>	<u>DAILY REQUIREMENT</u>
MEAT	5 OUNCES
FRUIT & VEGETABLE	4 SERVINGS
BREAD & CEREAL	4 SERVINGS
MILK	2 SERVINGS

FRUIT & VEGETABLE GROUP

VITAMIN C RICH FOODS

CITRUS FRUITS

CANTALOUPE

PAPAYA

STRAWBERRIES

TOMATOES

BRUSSEL SPROUTS

BROCCOLI

VITAMIN A RICH FOODS

CARROTS

PUMPKIN

WINTER SQUASH

APRICOTS

GREENS (MUSTARD, COLLARD & TURNIP)

KALE

SPINACH