

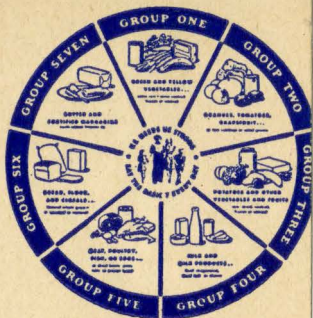
Make America strong  
by making  
Americans stronger



**For further information  
on the importance  
of eating wisely consult  
the local Nutrition  
Committee**

**War Food Administration**

For Health eat something  
from each of the Basic 7  
food groups every day



### GROUP 1

**GREEN AND YELLOW VEGETABLES**  
some raw—some cooked,  
frozen, or canned

### GROUP 2

**ORANGES, TOMATOES, GRAPEFRUIT**  
or raw cabbage or salad greens

### GROUP 3

**POTATOES AND OTHER VEGETABLES  
AND FRUITS**—raw, dried, cooked,  
frozen, or canned

### GROUP 4

**MILK AND MILK PRODUCTS**—fluid,  
evaporated, dried milk, or cheese

### GROUP 5

**MEAT, POULTRY, FISH, OR EGGS**  
or dried beans, peas,  
nuts, or peanut butter

### GROUP 6

**BREAD, FLOUR, AND CEREALS**  
natural whole-grain  
or enriched or restored

### GROUP 7

**BUTTER, AND FORTIFIED MARGARINE**  
(with added Vitamin A)