KEEN TEENS

EAT WELL!

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ARE YOU A KEEN TEEN?

HOW ARE YOU DOING?

IS YOUR GANG ALWAYS HUNGRY?
WHAT DO THEY EAT?
HOT DOGS?  POP?  FRENCH FRIES?

DO YOU KNOW THAT MOST TEEN AGERS ARE POORLY FED?

What about you?
Do you care?
Do you know what you need?

KEEN TEENS WANT:  GOOD LOOKS
              GOOD HEALTH
              MORE PEP
              MORE FUN

GOOD FOOD WILL HELP YOU GET THESE!

APPETITES SHARPEN AS ACTIVITY STEPS UP

BOY VERSUS GIRL --

Boys need more food for muscles,
Girls need more milk for clear skin.
Girls and boys both need more:

MILK  FRUITS
VEGETABLES  MEATS

TO BE A KEEN TEEN!!

EAT RIGHT
THIS COULD BE YOU

Don Divers, Captain
V.P.I. Football Team
Height - 6' 1"
Weight - 185 lbs.

Don Divers drinks lots of milk:
1 to 2 quarts each day.
Breakfast: 2 eggs and 2 slices bacon
cereal and 2 glasses milk
4 to 5 slices toast
Lunch: Meat and 2 vegetables
        salad
        4 or more rolls - milk
        ice cream or fruit
Dinner: Meat and 2 or 3 vegetables
        salad
        4 or more rolls or bread
        milk
        pie or cake

No snacks are allowed during football
training!

Miss Virginia of 1956
Height - 5' 5"
Weight - 125 lbs.
Measurements:
Bust 36"
Waist 24"
Hips 36"

She likes to drink milk, and she always
eats a good breakfast. Every day, Miss
Virginia includes in her diet: milk,
eggs, salad, meat, raw and cooked vege-
tables, bread, butter, and dessert. She
seldom eats snacks; but when she does,
she eats fruit or drinks a glass of milk.

Rebecca Lou Richardson
Martinsville, Virginia
HERE'S HOW

WOULDN'T IT BE WONDERFUL IF YOU COULD ORDER A "PEP" SANDWICH OR A "CLEAR SKIN" PUDDING? MAYBE YOU CAN!

BEGIN RIGHT WITH A 5-STAR BREAKFAST

FRUIT

EGGS OR MEAT

CEREAL

MILK

BREAD

ARE SNACKS YOUR DOWNFALL?

DID YOU KNOW THAT THESE HAVE LITTLE FOOD VALUE BUT ADD MANY POUNDS? FOR EXAMPLE:

- 8 FRENCH FRIES — 157 CALORIES
- 1 CUP BUTTERED POPCORN — 155 Calories
- 1 OZ. CANDY BAR — 150 Calories
- 1 CUP "POP" — 107 Calories
- 2 DOUGHNUTS — 275 Calories

BUT WAIT — THESE GIVE WHAT YOU NEED FOR PEP AND STRENGTH:

- 1 CUP SKIM MILK — 85 Calories
- 1 CUP LEMONADE — 58 Calories
- 1 HAMBURGER AND BUN — 185 Calories
- 1 APPLE — MEDIUM — 76 Calories
- 1 BANANA — MEDIUM — 88 Calories
- 1 ORANGE — MEDIUM — 72 Calories
- 1 RAW CARROT — 21 Calories
- 1 BIG STALK CELERY — 9 Calories
- 1 CUP COTTAGE CHEESE — 54 Calories

EVERY DAY — EAT THIS WAY — INCLUDE EACH DAY:

- 1 QUART MILK
- 3 SERVINGS VEGETABLES (one should be green)
- 2 SERVINGS FRUIT OR TOMATO
- 1 SERVING LEAN MEAT
- 1 EGG
- BREAD AND BUTTER AT EACH MEAL
- OTHER FOODS IF YOU NEED THE CALORIES

EVERYTHING YOU EAT — BECOMES YOU!