

KEEN TEENS

EAT WELL!



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BE POPULAR



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
VEGETABLES

FRUITS
MEATS

TO BE A KEEN TEEN !!

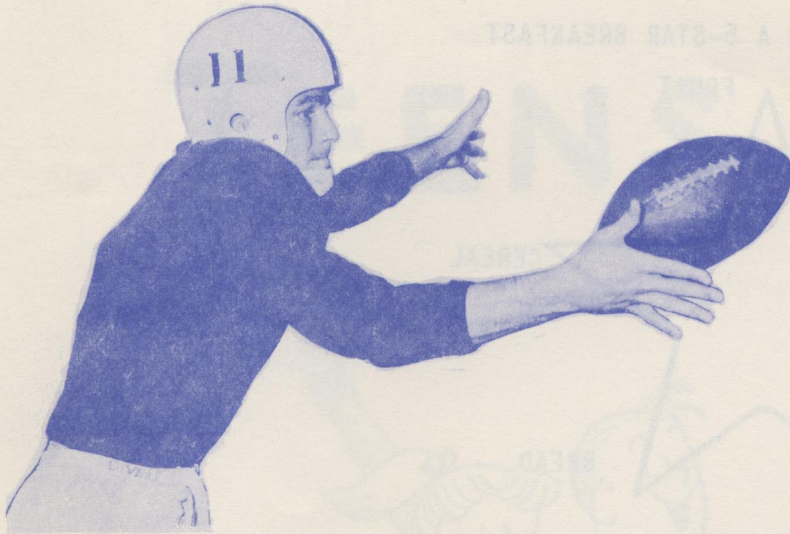


HAVE FUN



EAT
RIGHT

THIS COULD BE YOU



Don Divers

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"

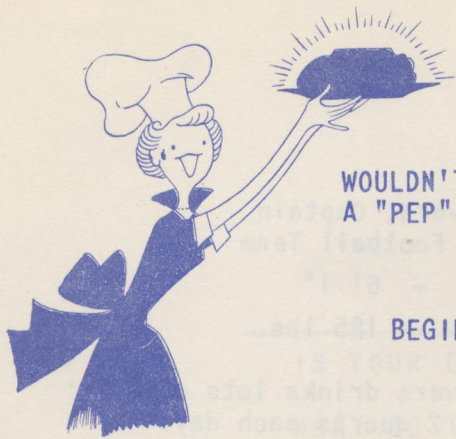
Waist 24"

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 vegetables, bread, butter, and dessert. She seldom eats snacks; but when she does, she eats fruit or drinks a glass of milk.



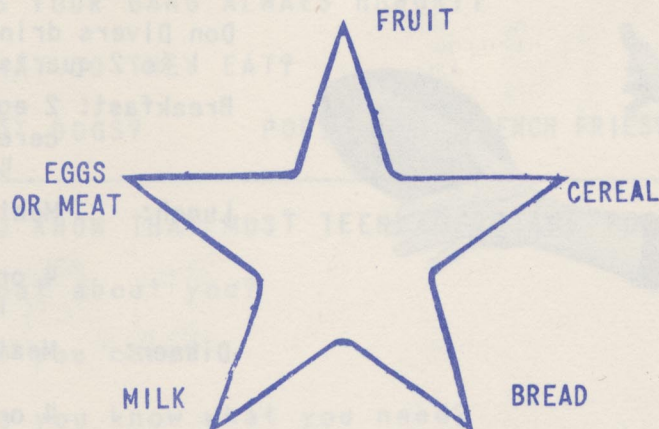
Rebecca Lou Richardson
Martinsville, Virginia



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



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 ----- | 70 Calories |
| 1 RAW CARROT ----- | 21 Calories |
| 1 BIG STALK CELERY ---- | 9 Calories |
| 1/4 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!



SNACKS -- MILK --
SANDWICHES -- FRUIT

