

COMMON FOOD VALUES

THIRTY SHARES EACH OF CALORIES, PROTEIN, CALCIUM, PHOSPHORUS AND IRON ARE NEEDED EACH DAY BY THE AVERAGE ADULT.

ONE CALORIE SHARE
ONE PROTEIN SHARE

ONE IRON SHARE

ONE CALCIUM SHARE
ONE PHOSPHORUS SHARE

SWEET POTATO
15 POUNDS

WHITE POTATO
1 POUND

AMERICAN CHEESE
15-20 CUPS

MILK
9 CUPS

BEEF LIVER
1 CUP

FRESH SPINACH
16 CUPS

PRUNES
4 POUNDS

FRESH CORN
16 CUPS

BELIEVE IT OR NOT

THE DAY'S SUPPLY FOR AN AVERAGE ADULT OF THE NUTRIENT MARKED ON THE LABEL, IS SHOWN IN EACH FOOD PORTION.

IN MOST INSTANCES, FOODS ON THIS TABLE, CONTAIN OTHER NUTRIENTS BESIDES THOSE STRESSED IN THIS EXHIBIT.

