

Diets through the Decades

1916 - Caroline Hunt Diet

Five food groups:

1. Meats and other protein-rich foods (2 to 3 servings a day plus one cup of milk)
2. Cereals and other starchy foods (9 servings a day)
3. Vegetables and fruits (5 servings a day)
4. Fatty foods (9 servings a day - one tablespoon each)
5. Sugars (10 servings a day - one tablespoon each)



1930s - H.K. Stiebeling Diet

12 food groups:

1. Milk (2 cups a day)
2. Lean meat, poultry and fish (9 to 10 servings a week)
3. Beans, peas and nuts (1 a week)
4. Eggs (1 a day)
5. Flours and cereals (as desired)
6. Leafy green and yellow vegetables (11 to 12 a week)
7. Potatoes and sweet potatoes (1 a day)
8. Other vegetables and fruits (3 a day)
9. Citrus fruits and tomatoes (1 a day)
10. Butter (no specification)
11. Other fats (no specification)
12. Sugars (no specification)

1940s - Basic Seven Foundation Diet

Seven food groups

1. Green and yellow vegetables (1 or more servings a day)
2. Citrus fruits and tomatoes (1 or more servings a day)
3. Potatoes and other vegetables and fruits (2 or more servings a day)
4. Milk and milk products (2 or more servings a day)
5. Meat, poultry, fish, eggs, nuts, beans and dried peas (1 to 2 servings a day)
6. Bread, flour and cereals (every day)
7. Butter and fortified margarine (some daily)

1956 - Basic Four Foundation Diet

Four food groups:

1. Milk and milk products (2 or more servings a day)
2. Meat, fish, poultry, eggs, dry beans and nuts (2 or more servings a day)
3. Fruits and vegetables (4 or more servings a day)
4. Breads and cereals (4 or more servings a day)

1979 - Hassle-Free Diet

Added another group to the Basic Four:

1. Fats, sweets and alcohol (moderate use)

1980 - 2000 Dietary Guidelines for Americans

The basis for the Food Guide Pyramid, which was first unveiled in 1992, the Dietary Guidelines for Americans are revised every five years by the USDA. The guidelines cover six food groups:

1. Breads, cereals, rice and pasta (6 to 11 servings a day)
2. Vegetables (3 to 5 servings a day); fruits (2 to 4 servings a day)
3. Milk, yogurt and cheese (2 to 3 servings a day)
4. Meat, poultry, fish, eggs, dry beans and nuts (2 to 3 servings a day)
5. Fats and oils (sparingly)
6. Sweets (sparingly)

The latest guidelines, released in 2000, reiterate many of the earlier recommendations but also emphasize daily exercise and for the first time include a section on safe food handling.