

Prairie Fare: Why Do We Eat What We Eat?

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"You probably looked like the little girl on the cover," my husband commented.

"I wasn't alive in 1943, but she does look a little like me, I suppose," I remarked as I looked at the pin-curled blonde girl in a vintage dress.

I was looking at a "Health for Victory Meal Planning Guide" prepared by the Home Economics Institute during World War II. My set of antique magazines inspire me sometimes.

What did people eat 83 years ago? Why did they choose those foods?

Further, why do we choose the foods we eat now?

We make decisions about what to eat for many reasons, including what's available and affordable, our time and food preparation skills, and our personal tastes. Your diet may be influenced by advice from a health care or nutrition professional.

You have probably heard about the U.S. Dietary Guidelines released in January 2026. When did dietary guidelines first appear in the U.S.?

The first food guide was promoted from 1916 (the time of World War I) to the 1930s. It was called "Food for Young Children" and "How to Select Foods." Early nutrition and health professionals were becoming more aware of the link between specific nutrients and health.

During World War II, "A Guide to Good Eating" ("The Basic 7") was released to promote a healthy population overseas and in the U.S. through seven food groups.

Group 1 included green and yellow vegetables. Group 2 consisted of oranges, tomatoes and grapefruit. Group 3 included potatoes and other vegetables and fruits. Group 4 featured milk and milk products. Group 5 included meat, poultry, fish, eggs, dry beans, nuts and peanut butter. Group 6 consisted of bread, flour and cereals. Group 7 consisted of butter and fortified margarine with added vitamin A, with the note to "consume in moderation."

During World Wars I and II, families were advised to produce food, including victory gardens in plots everywhere from backyards to parks and schoolyards. People were urged to conserve food by canning and to avoid food waste. Sharing food with neighbors and others who did not have enough to eat was encouraged.

This advice stands the test of time.

During World War II, families received ration books with stamps to obtain foods that were in shorter supply, such as sugar, coffee, butter, meat, fat, canned goods and dairy.

From the mid-1950s to the 1970s, the "Basic 4" food groups were promoted. The "Hassle-Free Daily Food Guide" appeared in 1979. The latter added a food group to eat in moderation: fats, sweets and alco-

hol.

The original "Food Guide Pyramid" was introduced in 1992. It remained until 2005 when MyPyramid, a colorful version with vertical stripes representing food groups, was released. Then in 2011, MyPlate was introduced to provide a visual image of five food groups on a sectioned plate, which encouraged variety.

After an absence of more than twenty years, a Food Guide Pyramid has reappeared, but it's flipped upside down, as you may have seen.

I encourage you to read the twelve-page summary report of the Dietary Guidelines Advisory Committee at <https://www.dietaryguidelines.gov/2025-advisory-committee-report>.

I wasn't around for the last 100 years of nutrition advice, but I have been a registered dietitian for more than 28 years. These are some recommendations I have gleaned from current and past guidance:

- Eat a variety of foods in moderation.

- Consume plenty of vegetables and fruits in various forms: fresh, frozen, canned or dried.

- Eat a variety of protein foods throughout the day, including meat, poultry, eggs, nuts, dry beans and lentils.

- Incorporate more whole grains in your diet.

- Hydrate yourself with water regularly.

- Include healthy fats from a variety of sources. Limit saturated fat to no more than 10% of your calories.

- Get your calcium-rich foods. Dairy is an excellent source. If you cannot consume dairy due to an allergy or intolerance, explore other foods and beverages rich in calcium.

- Limit highly processed foods that are high in added sweeteners

and salt. Read and compare nutrition labels.

• Limit alcoholic beverages or avoid them altogether, especially during pregnancy.

We all eat for various reasons. I hope that your health, as well as enjoyment of food, plays a role in guiding your choices.

Here's a recipe from the 1943 cookbook. My husband pronounced it "really good."

Graham (Whole Wheat) Quick Bread

1 egg
1 cup buttermilk or sour milk
1 tablespoon melted shortening (or butter)

1/2 cup molasses

1 teaspoon baking soda dissolved in 1 tablespoon boiling water

3 cups graham (whole wheat) flour

1 1/2 teaspoons salt

1/2 cup sugar

Optional toppings - peach or strawberry preserves

Beat egg, then add buttermilk or sour milk, and melted shortening (or butter) and molasses. Dissolve soda in boiling water and add. Mix the graham flour, salt and sugar together, then add to the first mixture, beating only enough until mixture is well blended. Pour into a well-greased loaf pan. Bake in preheated 375 F oven for 45 to 50 minutes.

Makes 16 servings. Each serving has 150 calories, 1.5 grams (g) fat, 4 g protein, 31 g carbohydrate, 2 g fiber and 330 milligrams sodium.

PUBLIC NOTICES

NOTICE TO MINORITY AND WOMEN'S BUSINESSES

Landmark Structures is seeking qualified disadvantaged businesses for the proposed SAND HILL WATER TOWER IMPROVEMENTS in NEW TOWN, ND for subcontracting and supplier opportunities in the following areas: Elevated Tank Painting, Utility and Earthwork Contractors, Electrical Contractors, Erosion Control, Fence Contractors, Mechanical Contractors, Equipment Rentals, Crane Rentals, Ready Mix Concrete Supply, Aggregate Supply, Pipe and Valve Supply, Material Testing Services, Site Surveyor, Site Sanitation Services, Steel & Re-Bar Supply, Project Sign, Doors & Hardware, Overhead Coiling Door.

All interested parties should note their scope of works and contact Landmark Staff to discuss opportunities.

Bid date is February 6, 2026 at 11:00 am. Please have all pricing in by February 5, 2026 at 4:00 pm.

Phone: (817)391-9904; Fax: (817)230-2070; Email: estimating@teamlandmark.com

Plans and specifications may be viewed at the following locations: <https://drive.google.com/drive/folders/1aFuZnul6dSBautSHZUSNYQ94yM1f3n8t?usp=direct>

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Potential subcontractors must be able to demonstrate applicable experience.

Jan. 28, 2026

NOTICE OF AVAILABILITY OF DRAFT ENVIRONMENTAL ASSESSMENT CONCERNING IMPROVEMENTS AT PARSHALL MUNICIPAL AIRPORT PARSHALL, ND

Notice is hereby given regarding the availability of the Draft Environmental Assessment (EA) for a proposed airport improvement project at the Parshall Municipal Airport (Y74). An EA was prepared pursuant to the National Environmental Policy Act (NEPA) of 1969 to assess the environmental impacts associated with the Airport's intent to lengthen the southeastern end of Runway 12/30 by 492 feet, and implement RNAV LPV Approach/Departure flight procedures for both runway ends. The intent of the proposed action is to bring the Airport into compliance with FAA Design Group A/B-II small design standards.

The FAA is required to approve the runway lengthening from a design and safety standpoint, and update the Airport Layout Plan (ALP), in order to provide funding approvals and associated grant assurances for the project under the Airport Improvement Program and the Airport Infrastructure Grant program. This includes:

- Determination of eligibility for federal assistance under the federal grant-in-aid program authorized by the Airport and Airway Improvement Act of 1982, as amended (49 USC 47101, et seq).

- Approval of an application for federal assistance for eligible components of the proposed project using federal funds.

- Unconditional Approval of the portion of the ALP that depicts the components of the proposed project pursuant to 49 USC Sections 40103(b), 47118, and 47107(a)(16), and Title 14 CFR Parts 77 and 157.

In addition, implementation of the RNAV LPV approach/Departure procedures to both runway ends would require FAA Flight Procedures approval, including procedure design, obstacle evaluation, and publication of the approaches in the FAA's aeronautical charts and databases.

Environmental resources potentially affected by the project include biological, historic and cultural, socioeconomic, and aquatic resources. The EA documents that project impacts to these resources will likely be insignificant. Copies of the EA, which explains the proposed action and its environmental impacts, are available for public inspection during normal business hours at the following locations:

* Airport Terminal Building, Parshall, ND

Access to an electric or hardcopy versions of the EA will be available by request. Individuals or organizations wishing to submit comments on the EA should do so by February 27, 2026.

Comments and requests should be sent to:

Curt Cady, Environmental Specialist
KLJ
PO Box 1157
Bismarck, ND 58503
Curt.cady@kljeng.com

Note "Parshall Public Review and Comments" in the subject heading.

Before including your address, phone number, email address or other personal identifying information in your comment, be advised that your entire comment, including your personal identifying information may be made publicly available at any time. While you can ask us in your comment to withhold from public review your personal identifying information, we cannot guarantee we will be able to do so.

Jan. 28, Feb. 4, 11, 2026

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