

Many Old Wives Tales About Pork Are Exploded

Many old wives tales about pork were exploded Wednesday by medical experts and nutritionists interviewed in a fact-loaded color film making its public debut before representatives of the communication media at a luncheon at the Lake Shore Club in Chicago.

Chief among the fallacies re-

garding pork the experts said, is that 'it is hard to digest,' that it is 'too fat,' that it is not good for you when you are sick, and that it should be left out of reducing diets.

Not so, asserted the authorities in the film, "New Facts About Pork."

Those interviewed by Floyd Kalber, television newsman and commentator, were Dr. Philip L. White, of Chicago, secretary of the Council on Foods and Nutrition of the American Medical Association, Dr. Franz Ingelfinger, of Boston, noted gastroenterologist and editor of the prestigious *New England Journal of Medicine*, Dr. William Darby, of Nashville, Chairman of the AMA Council on Foods and Nutrition and Director, Division of Nutrition, Vanderbilt University, and Dr. Dorothy Rowe of Harrisonburg, Va., Chairman of the Diet Therapy Section, American Dietetic Association and Dean of Home Economics, Madison College.

Discussing digestibility — the degree to which digestive juices and enzymes change foods so they can be absorbed by the body — Dr. Ingelfinger said:

'In this sense, pork, including even its fat content, is highly digestible in fact it is about 98 percent digestible.'

Many people, he said, are convinced that fat is indigestible, and "as a result many digestibility problems are in the head, not the stomach."

"Every physician has patients who insist they cannot eat food that is fried or that they cannot eat pork. The truth is that pork can be lean. Depending upon the

cut and preparation, the fat content of a cooked lean portion of pork can be as low as nine percent."

Dr. Darby asserted that because of its high concentration of several key nutrients, physicians regard pork as a desirable part of many special diets "such as those for peptic ulcer, diabetes, diseases of the liver, and in geriatric and pediatric conditions where it is important to maintain a good supply of high quality protein."

He said there is no more reason to take pork out of the diet than there is for eliminating other meats.

Dr. White said that not only is carefully trimmed pork "extremely low in total saturated fat" but "outanks all other meats in thiamine. Three and a half ounces supply a man with 66 percent of his daily needs of this important B vitamin. This same sized portion provides an adult man with 45 percent of his daily protein need."

Regarding weight reduction diets, Dr. Rowe commented: "Recent analyses show that the pork we buy today has less fat and more protein. Therefore, pork rates as well as beef and veal when calories are being counted."

Dr. Rowe pointed out that cooking procedures, too, have changed for the new pork. Housewives in the past thought they had to cook pork to an internal temperature of 185 degrees or more for roasts. Now, she said, the recommended internal cooking temperature for pork roasts is 170 degrees.

As for trichinosis, a parasitic disease from infected meat, Dr. Darby said that from a medical standpoint it is "a clinical rarity in the United States."

The film was produced by the National Live Stock and Meat Board, the National Pork Producers Council and the American Meat Institute.

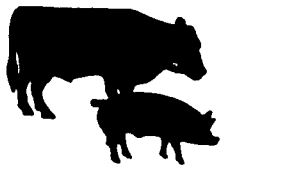
Red Rose Open House

Over 200 local residents of the Quarryville area and agricultural community were present Saturday, September 6 when the newly formed Red Rose Farm Service, Inc. of Quarryville, held its Open House. Manager Arthur Leaman and his crew showed the renovated mill with the latest in mixing equipment and bulk feed handling. All was "spic and span" throughout the premises. Friends and neighbors were served refreshments by the Quarryville Fire Dept. Ladies Auxiliary.

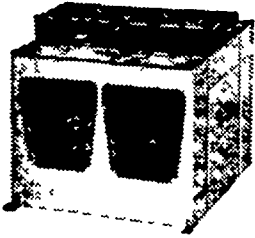
Part of the display was a lineup of livestock — dairy

cattle, beef steers, cage layers, swine, dogs and horses, all Red Rose Fed.

The door prizes created much interest and the registered St. Bernard puppy was won by William Hogg, Quarryville. Other door prizes were won by the following (from Quarryville unless stated otherwise): Richard L. Adams, Darlene Heir, Melvin C. Boyce, Ken Russell, Oxford, Harold Mendenhall, Christiana, Holly Russell, Lancaster, Linda Fisher, Eleanor Vollratte, Willow Street, and David LeFever, Strasburg. Also Donald Herr and Emma Russell of Lancaster won prizes.



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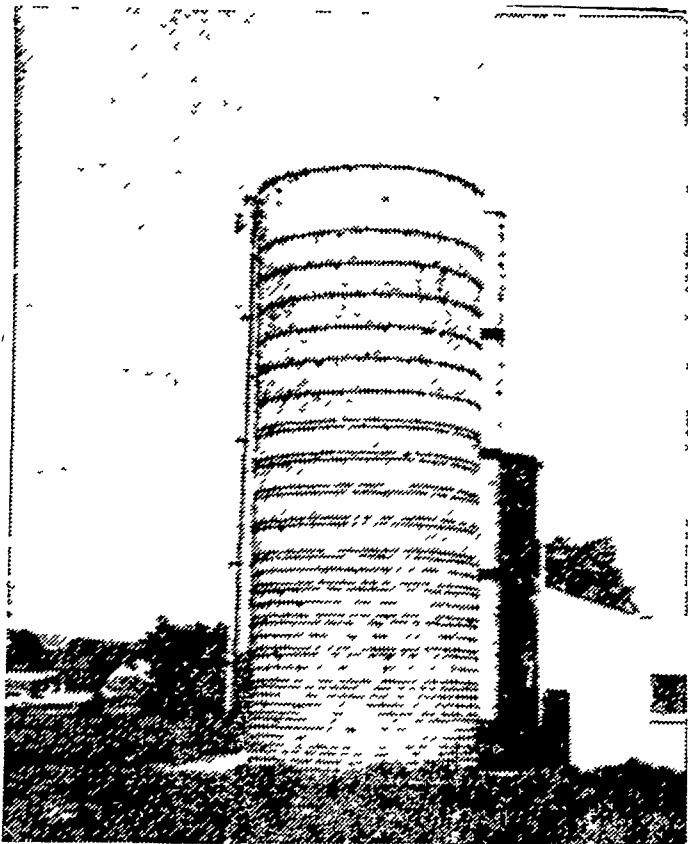
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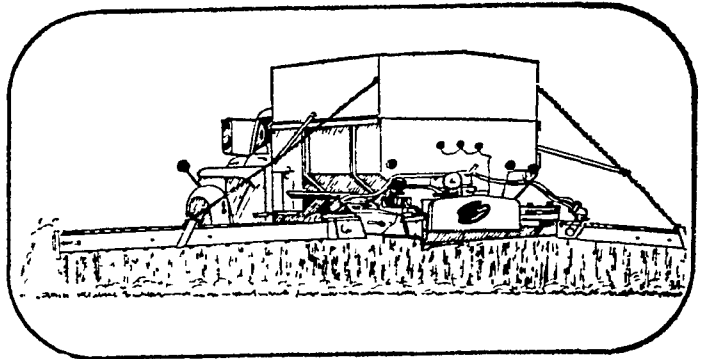
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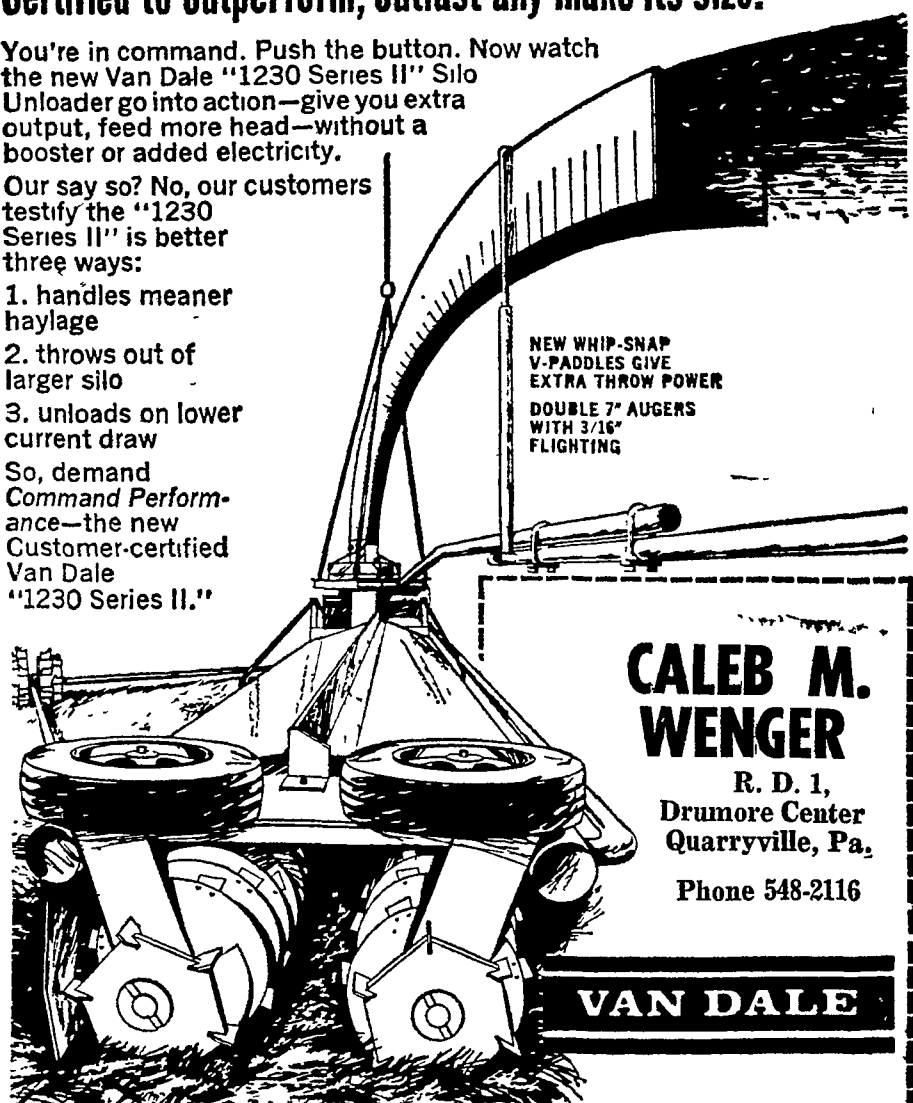
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