



Doctor in the Kitchen®

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QUESTIONS AND ANSWERS

Q. What do we mean, really, by human physical growth?

A. People tend to think of this in terms merely of body size. But scientists know that body size, itself, is not the key factor. As Dr. Ethel Austin Martin says in her excellent text, "Nutrition in Ac-

tion,"—"size and growth are inter-related . . . Physical growth is a complex process which involves not only increased size of the body as a whole but development of its different parts" Growth, then, involves the increase in both numbers of body cells and size of

cells. Research suggests that if a child gets too few calories he may develop less cells. If he gets too little protein the size of his cells may be limited.

Q. What is malnutrition?

A. Basically, this means your intake of needed nutrients is faulty or inadequate. You're getting too little or too much of certain food components as for example, protein, or too few or too many calories. And it may be that the extent of malnutrition in an individual is due to how much these problems occur at the same time.

In children, for example, cells in various organs grow at different rates. This is true, for instance, in brain growth. And for maximum development the right

nutrients are needed at the right time.

Q. So, an adequate diet is terribly important, right?

A. Definitely. Especially for children it can help determine the realization of one's potential for development.

Q. What about adults?

A. Original growth and development may be over, but there are always the all-important factors of maintenance and repair of the body. Without the right variety of foods and the right amounts, life's processes might not function at their best. Things will deteriorate unnecessarily, or over-develop, like fatness.

Q. What are our greatest nu-

trition problems?

A. On a national basis, overweight. On an individual basis, the problems extend to the choice of foods. Overweight people are, in almost all instances, simply the result of eating too much food for them. But there are serious problems in our country that stem purely from individuals not getting the right foods, or enough of them.

Q. What's the answer?

A. Obviously, some people are too poor to afford some of the food they need. This problem is being attacked at all levels in various ways. But in the long run, the answer to our nutrition problems rests with nutrition education.

NUTRITIONAL ANAGRAMS

Let's play anagrams today — with nutritional terms. It will test your knowledge of at least the most basic words in nutrition. Just re-arrange the letters shown below into words associated with nutrition (such as "fat" or "copper") and then turn this column upside down to see if you've chosen the correct answers.

A clue: All the words are the names of nutrients. Good luck!

- NTIOPER
- TSDYCBRAOAEHR
- ATF
- MCILACU
- ONRI
- ROHPUSOSHP
- EIMSNMAG
- NCIZ
- PERCOP
- FLAVNRIOBI
- CINIAN
- MHANITI
- TIBION
- PANTNEICHT DAIC (two words)
- RIBCSAOR IDAC (two words)
- MIETVNAI (two words)
- ANIKVTMI (two words)

Footnote: The nutritional words you should have chosen are, in order: protein, carbohydrates, fat, calcium, iron, phosphorus, magnesium, zinc, copper, riboflavin, niacin, thiamin, biotin, pantothenic acid, ascorbic acid, vitamin E, vitamin K.

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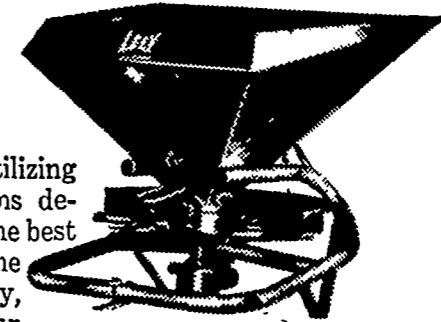
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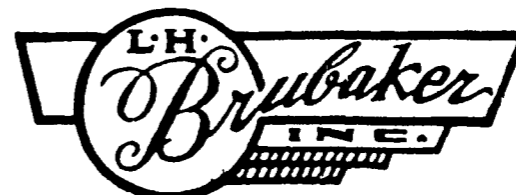
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