



Doctor in the Kitchen®

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WEIGHT CONTROL FALLACIES

In the past year I have, for some reason, received several letters inquiring about the same thing—a column I wrote in 1971 in which I listed common fallacies concerning weight control. The American Dietetic Association had collected data on food misinformation that were in wide circulation in the United States. And I published some of the fallacies listed by the association.

My correspondents this past year remembered the columns but wanted the list. This got me

thinking that it might be a good idea to repeat the list this week.

People Go For Fads

It certainly is true that the subject of weight control is surrounded by fad diets. I would say there is generally better information published now than a few years ago. But still, people seem to go for exotic and "far-out" presentations on the subject.

The special foods that some diets require can be expensive. But the biggest objection to fad

diets is, not just that they are not sound, but that they confuse people and do not lead to the retraining of eating habits that usually is necessary if a person is to reduce and stay reduced.

So, to help clear the air, here is a list of statements that are commonly-held fallacies. All are false:

1. Obesity is due entirely to heredity.
2. In the experience of some people, all foods turn to fat.
3. Meal-skipping is a good way to lose weight.
4. You can eat all you want and still lose weight if you take "reducing pills."
5. Special low-calorie bread should be used in reducing diets.
6. Toast has fewer calories than bread.
7. One must not drink water when trying to lose weight.
8. Candy enriched with vitamins may be eaten when a person is reducing.
9. Washing rice after cooking reduces calories.

10. Sugar is not as fattening as starch.
 11. High-protein foods and fruits have no calories.
 12. Gelatin dessert is non fattening.
 13. Milk should not be included in a weight reduction diet.
 14. "De-starched" potato chips do not have calories.
 15. Meat burns its own calories.
 16. Margarine contains fewer calories than butter.
 17. For reducing, eat high protein foods for a week; then eat anything you want for a week.
 18. Grapefruit will reduce a person.
- Remember the statements are all false, not true.

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To remove the ugly purple stain often left on plastic counter tops from grocery markings, use a piece of cotton dipped in rubbing alcohol.

Leftovers Tips

One way to stay on the right side of your food budget is to make imaginative use of all your food leftovers—or planned overs.

Try making sandwiches of leftover ground beef mixed with chopped onion and salad dressing on lettuce leaves. This mixture also makes excellent open-faced sandwiches. And you can decorate them with pimento or green pepper slivers.

And how much do you throw out of your refrigerator that is completely wasted? Penn State Extension consumer specialists offer an idea to save you money in that area. First, if you have odds and ends of cheese, chop them up and serve them on tossed or Chef's salads for a more nutritious and tasty meal addition.

And here's another refrigerator trick. Home economists have found that you use up more of your leftovers if you can see them! So put those leftover chicken parts and hamburgers and chops in a see-through wrap. That way you'll be reminded to use them for lunch. And use a clear wrap over bowls of leftover vegetables. Then the next day add them to a salad.

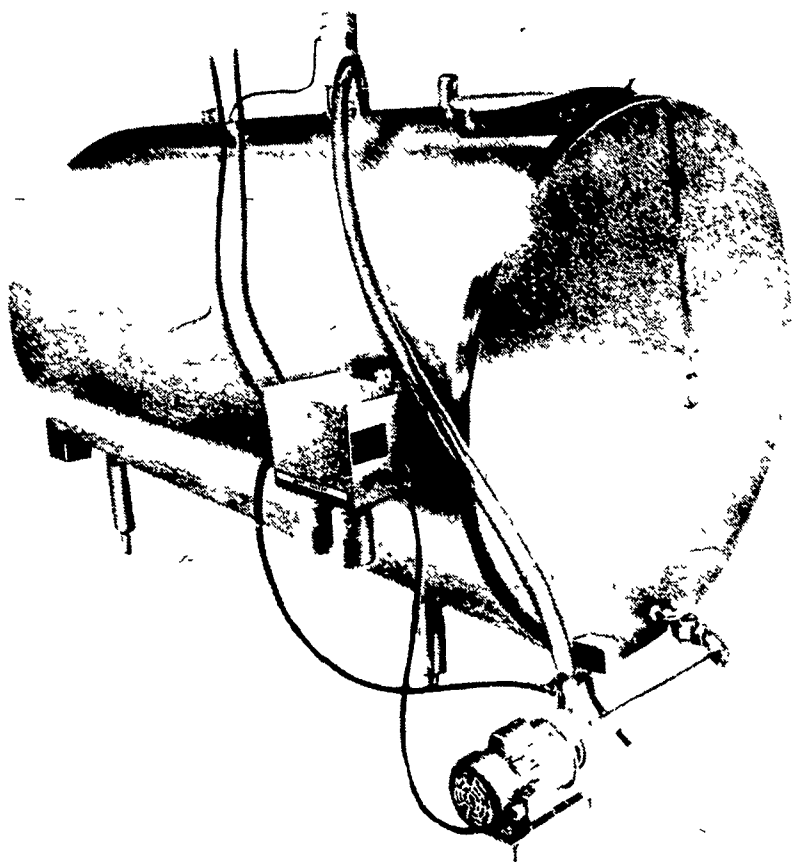
Now—take a look at your refrigerator and see savings on every shelf.

XXX Bits O' Business

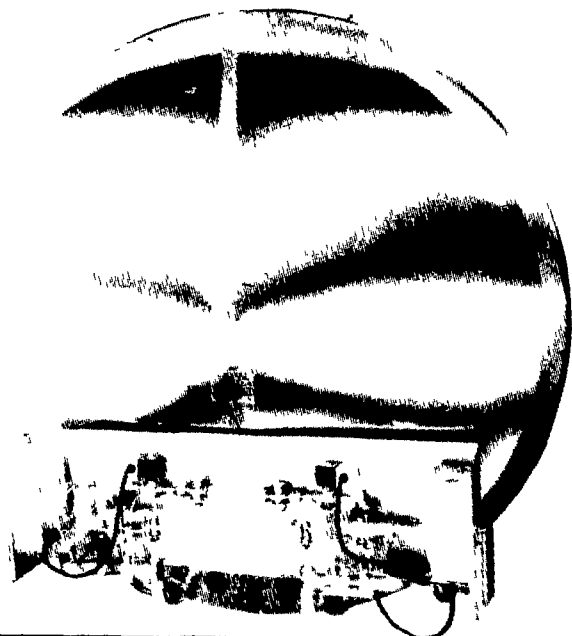
Phase Four will bear down more heavily on profit margins of companies with sales above \$100 million a year than it will on wage rises, according to recent analysis of the new rules. . . . Look for Washington to come down hard on salesmen who sell shoddy or unnecessary safety products to employers anxious to meet Federal safety and health laws. Marketers of such products are being asked to watch their salesmen more closely. . . . Thailand will be the next most-favored site for anyone keen on building plants where labor is cheap and plentiful.

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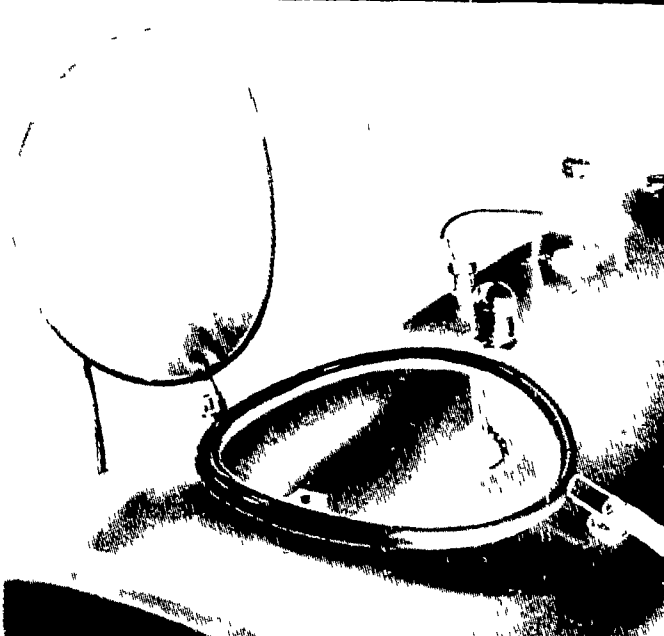
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