

Doctor in the Kitchen®

by Laurence M. Hursh, M.D. Consultant, National Dairy Council

NUTRITION A LA CARTE

• Your baby's nutrition is ter- milk makes the loaf larger, too cells and the size of cells in the eal make good casserole toppings body are specifically affected by nutrition in early life Follow your doctor's instructions closely in feeding your baby And keep know, though, that even under rein mind that good nutrition is also frigeration, cooked vegetables, for important during every age of your life

• For best performance, athletes should drink more water than their thirst demands, and as leftover cooked vegetables if you frequently as possible during a game Why? Because athletes start to perform poorly when they have lost only 2 percent of their body weight from sweating This ment. At Butlerville, Indiana, docis easy to do in just the first half tors say that undernutrition durof a football game

either causes or cures arthritis There simply is no valid scientific protein and lipid values. evidence to back such claims. The best approach for someone with arthritis is to keep his weight Studies show that people also redown and eat foods chosen from the four food groups - milk, meat, vegetables and fruits, breads and cereals.

· Cereal foods are great extenders. Used with more costly protein foods, they help make more can be used in meat loaf. Dry meals

ribly important The number of Bread crumbs or ready-to-eat cer-

 Leftovers are fine food, a convenience, and they help out on the food budget You should example, do lose some of their vitamin C. Then, re-heating takes an additional toll. So plan as wisely as you can, and avoid having can.

· Research adds to our knowledge of how it is that nutrition contributes to mental developing the pre-weaning period in rats • There is no diet, or food, that causes an irreversible deficit in brain weight and in total brain

• What do you think of when you think of food? It's taste? late food to fun, hunger, and words like "sweet", "figure", "diet", and "celebrate". As a doctor I also think of food as being essential to your growth, your health, and your happiness. Mothservings — like spaghetti and ers should be proud of the job meat balls, for example. Oatmeal they do when they fix family



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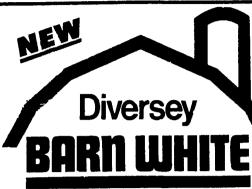
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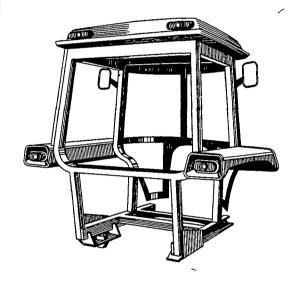
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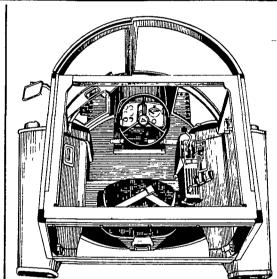
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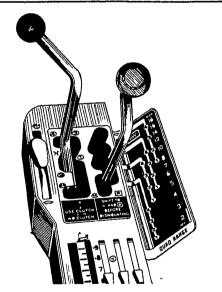


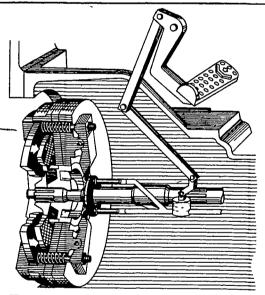
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