



Doctor in the Kitchen®

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CHOLESTEROL CONTENT OF FOOD

Last week this column discussed the latest Federal government report on heart disease. It emphasized that we don't know whether modifying diet can reduce or prevent heart disease. In fact, we

don't know the effectiveness of reducing any of the so-called "risks" of heart disease.

For this reason, I really feel people should stop worrying about cholesterol, unless their physician specifically advises them to adopt a special program. Meantime, of course, there are commercial interests hard at work selling certain products with the implied idea that their use may prevent heart disease.

Some of this "pitch" includes talk about the cholesterol content of various foods. To set the record straight, it seems time to repeat some of what I said in a column last year. The mail I received indicated a lot of people have been misled by other information.

What's Low, What's High?

From what you have read, do you figure shrimp is low in cholesterol while butter is high? Most people do. They'll stuff themselves with ten to a dozen small shrimp, dipped in sauce, at a cocktail party — but shy away perhaps from butter for fear of cholesterol. Yet these ten small shrimp contain ten times the cholesterol of one pat of butter. In other words, a small shrimp and a pat of butter are equal in cholesterol.

Or take a lobster. A 3½-ounce serving of lobster will give you 200 mg of cholesterol against a pat of butter's 12 mg. So it's important for you to compare foods for their cholesterol content, or anything else, for that matter, on a common serving basis.

You should not fear cholesterol. It is, after all, a vital constituent in our bodies. We need cholesterol. And until we know a great deal more about its place in our nutrition I think we simply should, as with everything else, avoid extremes. Meanwhile, here's a chart for you to refer to next time someone, or some popular article, raises the cholesterol ghost

MEAT, FISH, AND EGGS	
	Cholesterol (mg)
Liver (3½ oz. serving)	438

Consumer Involvement Food Policy To Be Studied

"Consumer Involvement in USDA Food Policy" will be the first topic studied by the U. S. Department of Agriculture's current young executives committee, Under Secretary of Agriculture J. Phil Campbell announced recently.

"The topic was chosen by committee members from several they considered since being named to the committee in July," said Campbell, who serves

as chairman.

The committee's report will be released as soon as possible since the group plans to consider other subjects during their one-year tenure, he explained.

The purpose of the young executive committee, the Under Secretary said, is to give broad interagency experience to its members.

Members are chosen for one-year terms from employees nominated by their agencies because of their accomplishments and potential for further growth and development. Their committee activities are in addition to their normal duties.

The Under Secretary said the committee's report does not reflect official USDA policy, but represents the collective views of the committee members.

"Short Term"

Some 60 million Americans are protected by some form of "short term" insurance protection against loss of income in case they are disabled

The Truth!

Buy now, pay later! Easy credit is what makes people uneasy later. They should say, Buy Now, Sweat Later

Eggs (1 large)	252
Oysters (5 to 8)	120
Lobster (3½ oz. serving)	85
Shrimp (10 small)	150
Clams (5 to 10)	60
Veal (3½ oz. serving)	99
Pork (3½ oz. serving)	88
Beef (3½ oz. serving)	91
Lamb (3½ oz. serving)	100
Freshwater Fish (3½ oz. serving)	50-60
Chicken (3½ oz. serving)	87

DAIRY FOODS

	Cholesterol (mg)
While milk (8 oz. glass)	34
American cheese (1 oz.)	28
Ice cream (¼ pint)	27-43
Heavy cream (1 tbsp.)	20
Creamed cottage cheese (½ cup)	11-24
Butter (1 pat)	12
Gouda cheese (1 oz.)	21
Yogurt (½ cup)	8
Half and half (1 tbsp.)	6
Skim milk (8 oz. glass)	5



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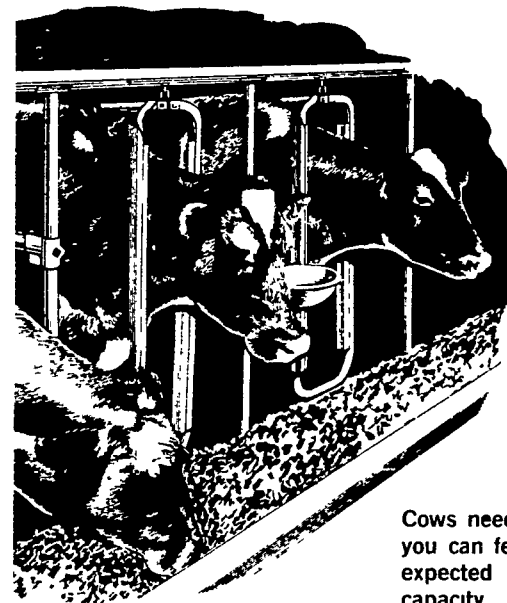
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