



Doctor in the Kitchen®

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THE QUESTION OF NIBBLING

Three meals a day is still the traditional pattern in the United States. But the exceptions to that rule probably reach into every household in the land. We talk three meals a day probably more than we practice the idea.

But is this bad? I am a stickler for the family cohesiveness that can be maintained if all members share breakfast, or dinner. But the three-meals-a-day pattern, per se, need not be treated as sacred.

Scientific Evidence

On the contrary, there is scientific evidence with animals that meal content and spacing may be related to nutritional well-being in people. Compared to animals fed once or twice every 24 hours, animals allowed to have constant access to food in experimental circumstances were found to have less body fat, less lipids in their blood, and increased storage of protein. Some human studies suggest that people may react similarly.

Thus we wonder if people eating more frequently, but with the same amount of total food each day, would not be less obese, have lower cholesterol levels in their blood, and be better off in terms of protein balance.

Particularly, there seems to be less obesity among teenagers who eat more frequently. Obese teenagers, on the other hand, are re-

ported to miss meals more often.

In planning for multiple meals at home, it is suggested that protein, fat, and carbohydrate should be offered in every meal, regardless of the size of the meal. This is sound, in my opinion, because we still know so little about the interaction of nutrients. But we believe that it is important to get nutrients in company with other common nutrients. How we use the components of our food probably is dependent upon our also getting certain other nutrients at the same time.

So every meal should be a miniature of a nutritionally-balanced meal, rather than a fraction of it.

As for timing, nutritionists suggest one-and-one-half to three hours be allowed between meals. It is also suggested that meals should be spread over the entire day, from getting up to bedtime.

How To Structure

On a six-to-eight-meal-a-day regimen, protein foods should be fed at each meal. To avoid monotony, variety would then be needed and meats, poultry, eggs, cheese, milk and cottage cheese are mentioned as interchangeable. In practice, I believe you really would still have probably three meals that would be something like the larger, former three meals a day. That is, sever-

al foods, but in small portions, would be served.

It won't be for everyone, this multi-meals a day. But it's food for thought. And in many families, it may already be a reality.

WEIGHT CONTROL TABLES

I am probably taxing to the limit the good will of many readers by talking this week about weight control. Right in the midst of the holidays??

But overweight in America is a serious matter and certainly one to which everyone at least gives lip service if not their conscientious attention.

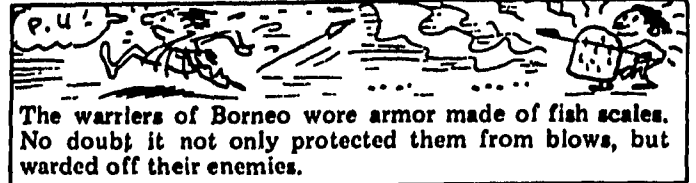
Are you overweight? Is there someone in your family who is? It doesn't pay to exaggerate the facts. Some of us are of small frame, medium or large — and it makes a difference. That's why you must take frame size into account along with height.

Here's A Table

To help you do this the American Medical Association offers a table. From it you will know whether you are truly overweight or not. If you are more than 10 pounds overweight you ought to see your physician before starting a reducing program. But if not, you should be able to eliminate up to ten pounds by just eating less, but still maintaining a nutritionally balanced diet.

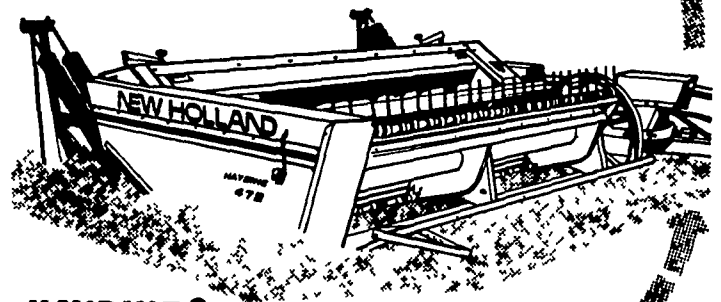
Here's the table for you to compare your weight:

Height (in shoes)	Weight (lbs.)	
	Men	Women
Small Frame		
4'10"		95
5'0"		100
5'2"	116	106
5'4"	122	112
5'6"	128	119
5'8"	136	127
5'10"	145	135
6'0"	153	143
6'2"	161	
Medium Frame		
4'10"		101
5'0"		107
5'2"	123	113
5'4"	129	119
5'6"	136	127
5'8"	145	135
5'10"	153	143
6'0"	162	151
6'2"	171	
Large Frame		
4'10"		111
5'0"		117
5'2"	133	123
5'4"	140	129
5'6"	147	137
5'8"	156	146
5'10"	165	154
6'0"	174	163
6'2"	183	



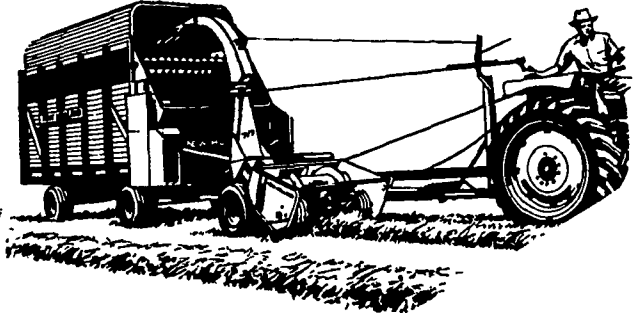
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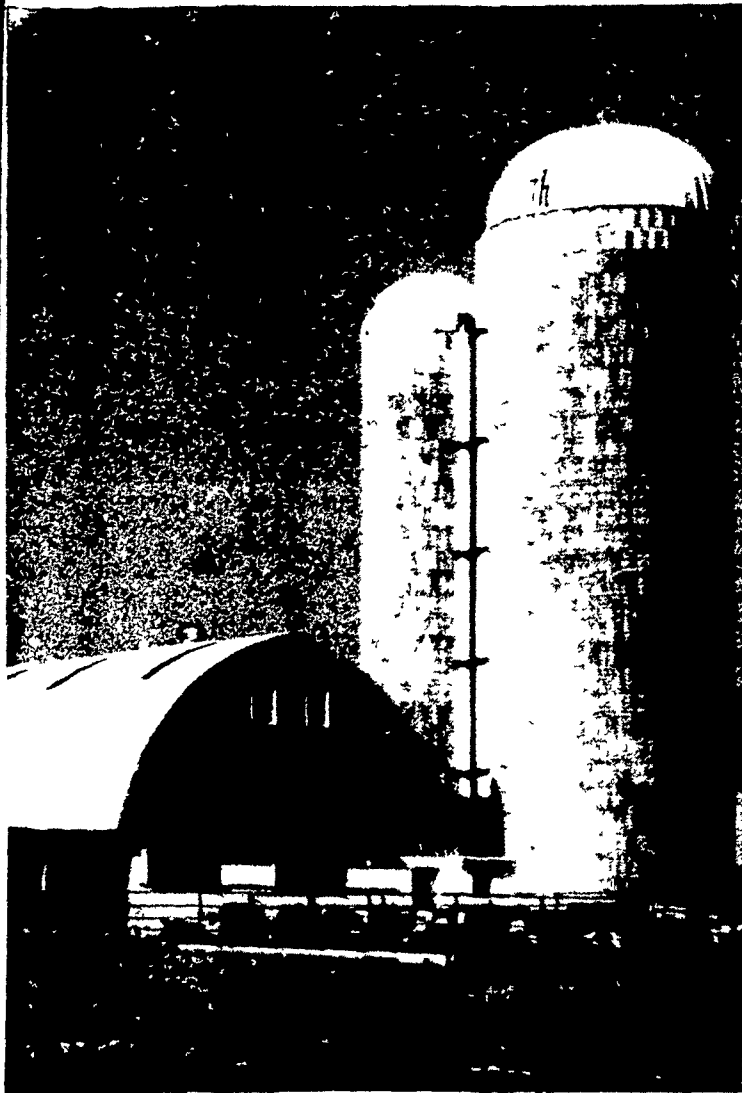
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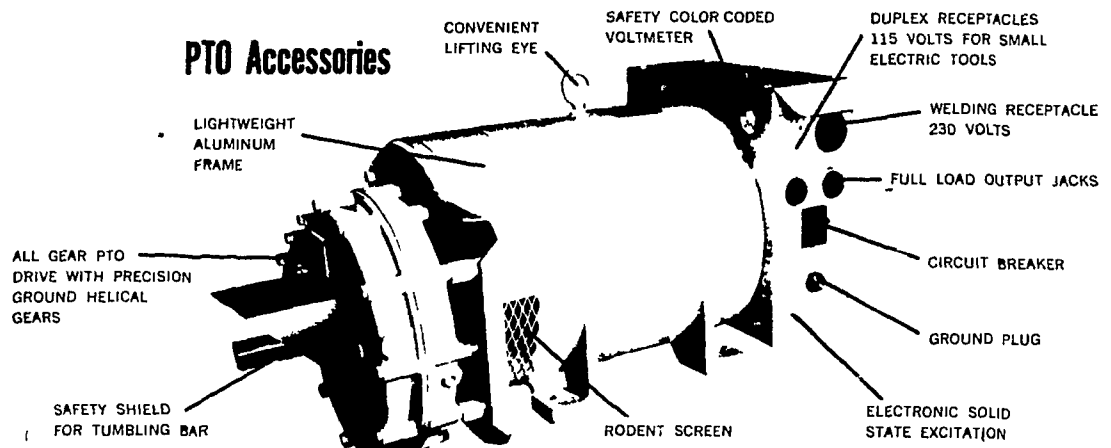
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