



Doctor in the Kitchen®

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NUTRITION A LA CARTE

• Teenage boys need more nourishment than at any other time because they are experiencing their most rapid growth rate. Between-meal snacks are a good idea but they should be from the four food groups — the milk group, the meat group, fruits and vegetables, breads and cereals.

• Let's knock down some food fallacies. It's not true, for example, that high protein foods and fruits have no calories. Or that margarine has fewer calories than butter, or that gelatine dessert is nonfattening. According to the American Dietetic Association, such mistaken ideas are a real problem in America.

• You need iron in your diet. It combines with protein to make the red substance in blood that carries oxygen to your cells. Otherwise you feel tired and run down. The best food sources of iron are meat (especially liver) — also eggs, dried beans, green leafy vegetables and some of the dried fruits like raisins and prunes.

• There's a myth that pork liver is less nutritious than beef liver. Actually, they both contain vitamins and minerals that we need. Beef liver has more vitamin A, but pork liver is richer in iron. And both compare well for protein and calorie content. So eat either with confidence.

• How much vitamin E is required in your diet? We don't know how much you need. But vitamin E is so widely distributed in common foods that dietary deficiencies are unlikely. Here are some of the richest natural sources. Vitamin E is present in vegetables and seed oils, green leafy vegetables, meat, eggs and dairy products.

• Milk should be included in weight reducing diets. I advise

this because milk is a good source of excellent protein, calcium, also riboflavin, and other important nutrients. It's difficult, in fact, to plan an adequate diet without milk. Whole or skim milk should be included in all diets, reducing or not.

• Here's a little history. People think sauerkraut is a German dish, but it actually was created in China. Coolies working on the Great Wall of China were fed a dish of cabbage and rice. To preserve it as a winter food supply, wine was added, and it became known as sour cabbage. When the recipe reached Europe, they christened it sauerkraut.

OBESITY: INFANTS AND ADULTS

Two areas of research are among the newest theories that hope to solve the mysteries of obesity — of why people are overweight. One area concerns the development of fat cells in the body, the other involves psychological influences that may cause overweight.

Let's take fat cells first. Some of the vital development of the fetus can only take place in the last few months before birth. Development of the brain for example could be limited in the fetus if the mother does not enjoy adequate nutrition. Certain nutritional inadequacies cannot be corrected after the baby is born.

Women Gain More Now

This is why pediatricians now recommend that pregnant women gain more during pregnancy than they were recommending a few years ago. It became apparent that too many babies were being born under weight and with other problems stemming from maternal malnutrition. At the same

time, physicians do not want pregnant women to gain too much for both their own sake and for fear the fetus will develop too many fat cells. Similarly, pediatricians watch the weight gain and diet of babies knowing that if they are overfed they will develop too many fat cells.

Too many fat cells in his body could be a lifelong problem. Once developed, you never have less. The problem thereafter is cell size — to keep the fat cells you have from becoming too big.

In early life, and the diet is influential, the infant first develops numbers of cells only. Then, in a second stage, he increases both numbers and size of cells together. Finally, size only is increased. So, in pediatrics, the aim now is to not develop too many fat cells, in early life and then keep them a reasonable size.

We really don't have the answers yet. But people who constantly must fight weight may have more fat cells than is desirable. When they reduce they merely shrink the average size of their fat cells. And, it is theorized, the reason people usually regain weight may be that their fat cells literally are starving on a reducing regimen and "screaming" for more nourishment to maintain a larger size — the result of a precedent set in early life. This might account, especially, for people who regain weight after crash dieting.

Psychological Clues

The psychological clues regarding overweight include a theory that overweight people are more responsive to their environment, that is, to outside influences.

For example, in research reported by Dr. Judith Rodin of Yale University's Department of Psychology, overweight and average weight persons have been studied doing work such as proof-reading. When they were in a quiet room, undistracted, the rate at which each person accomplished his task was measured. But when a tape of background music was played, efficiency dropped, especially among the overweight persons.

The overweight person, in other words, is more distracted by the sound. He responds more to outside stimuli. This, according to the theory, explains his positive response to good smells and appearance of food, and of other people eating. It is, for him, irresistible.

Germplasm Released For Alfalfa Lines

Twelve alfalfa lines have been released for breeding and experimental purposes by the U. S. Department of Agriculture (USDA) and the Utah Agricultural Experiment Station, Logan.

These lines are being made available for use in the development of varieties or hybrids with improved nutritional qualities and for experimental studies of alfalfa saponins.

Saponin, a compound common in plants, inhibits chick growth if fed in sufficient quantity.

Saponins depress the growth of some microorganisms. Information on their effects on farm animals is limited.

Six of the new alfalfa lines are low-saponin and the other six are high. One low and one high line were developed from each of six varieties—DuPuits, Ladak, Lahontan, Ranguer, Vinta and Vernal. All twelve were developed by USDA's Agricultural Research Service (ARS) and the Utah experiment station, and resulted from recurrent selection.

A limited amount of seed will be provided each alfalfa breeder upon written request.

and agreement to make appropriate recognition of its source a matter of open

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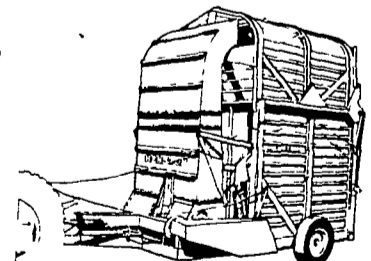
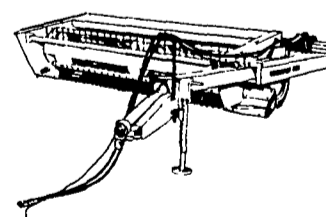
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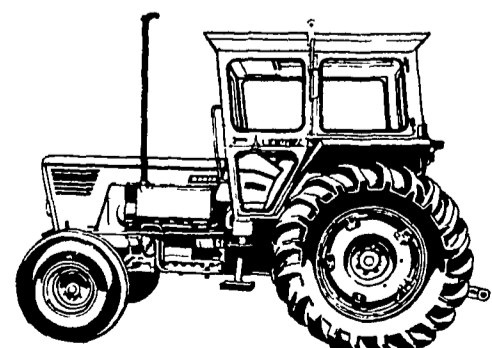
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