



Doctor in the Kitchen®

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YOU DON'T HAVE TO SWITCH TO FIGHT

One of my pet peeves, admittedly, is the commercial effort in this country 'o' scare people about heart disease. I just don't think people have to switch from saturated fats to polyunsaturated fats for fear of a heart attack.

There is no conclusive research evidence to show that people who maintain a decent weight and eat a reasonably balanced diet—regardless of which fats they eat—are going to have heart disease. All of the talk is based on studies and statistics that, to my mind, do not sufficiently rule out other factors enough to say "diet is what did it."

Hunches Galore

There are hunches galore. But if anybody knew anything solid, the National Heart & Lung Institute would not now be launching a screening of some 400,000 people to choose 12,000 for a five-year study to find out whether the incidence of heart disease can be lowered by efforts such as controlling the diet.

The trouble with that study, of course, is that even it will not surely settle the cholesterol controversy.

Why? Because they are not planning the study in a way to isolate that one factor for measurement. Instead, they are going to work with 12,000 people in an effort to control several risk factors at once, like smoking, blood pressure, weight, and finally, diet.

So, if they are successful in statistically lowering heart disease among these folks, then we will know if you do all those things you might be better off. You won't know for sure that it will help you. But statistically, it will at least move you into a group that is expected to have less heart disease. Small pleasure if you still get a heart attack after all that.

Meantime, certain vegetable oil and "soft" margarine manufacturers ladle the airwaves and television with implorings that we should all switch to their products.

But here's my real message for today: You needn't switch to lower your blood cholesterol. There is right now, with no waiting, evidence from

Massachusetts Institute of Technology study that mere reduction of weight in obese individuals brought about a lowering of blood fat levels equal to or in excess of results obtained through diet changes or the use of drugs. Studies with patients under carefully controlled hospital conditions were carried out, each at least six months long, by Dr. Robert S. Lees. Maintain Desirable Weight.

His findings remind us again of the advisability of maintaining desirable body weight through sound nutritional habits. And doing that does not require you to go off on radical changes in your eating habits. Just eat good meals and control your total caloric intake each day. I'm not subscribing to the cholesterol-scare theory. I'm simply saying you'll feel better and if you want to not worry about cholesterol, you can control its level in the simple way that Dr. Lees' research suggests. No fuss. No bother.

To Be Healthy, Wealthy and Wise

"The feeling of zestful living that lasts around the clock and calendar has its foundation in food—the right foods for health and vitality." So says the foreword of a booklet

recently published by National Dairy Council.

Part of Dairy Council's catalogue of almost 200 nutrition education pieces, the booklet is intended as an aid for health leaders who, in turn, teach nutrition to the public. Because of its importance, here is some of the booklet's information, direct to you. For example, on the inside cover, the copyrighted booklet says, in part:

Keeping Healthy

"We invest time and money in three meals a day. It's smart to be sure that they help keep us on top of the world. A lack of certain nutrients in the diet can account for grouching, nervousness, depression, fatigue, and lessened ability to concentrate. Food can help prevent and cure all these? Sounds more like the barker for patent medicine? No, you can save the dollar that the unwary spend for nostrums and build health soundly and scientifically by serving and eating the foods that meet body needs.

"Everyone needs foods to do three things:"

1. Build and repair tissues—bones, muscles, nerves, blood, and all vital organs, fingernails, skin, hair.

2. Regulate body processes—to keep the body working at its best.

3. Supply energy—for every conscious and unconscious action.

"Proteins, minerals, vitamins, fats, carbohydrates, and water are the substances found in foods that perform these three tasks. Combinations of all these food elements are necessary in order to make the most profitable use of the food you eat. Most foods combine several food nutrients. Milk combines more than any other food and some of all the nutrients known to be essential. But no one food combines all the nutrients in the amounts needed."

The booklet then goes on to describe the need we have for proteins, minerals, vitamins, carbohydrates and fats. It also lists good food sources of these nutrients.

For protein, meat, poultry, fish, eggs, cheese, milk and ice cream are mentioned as primary sources. For calcium—milk and other dairy foods. For iron—lean meats, egg yolks, green leafy vegetables, enriched

and whole grain cereals, dried fruits.

A Balance of All Foods
For vitamins and minerals you need the whole gamut of foods from the four food groups to get a balance of them all. Carbohydrates and fats, available through many foods, are your chief sources of energy, hence calories.

To capsule all the foregoing information, the booklet advises: "... you can think of the foods that help make man, woman, or child feel 'healthy, wealthy, and wise' as falling into two groups: animal and plant foods. Everyone needs some variety of animal and plant foods at each meal. They complement each other to provide enough of the essential nutrients."


Short Winter?

Have you ever noticed how short the winter seems when you have a bank note due in the spring?

If you are a state civil service employe, you must not take an active part in partisan politics. A leaflet on the "may" and "may not" activities for state civil service workers is available from State Civil Service Commission offices in Harrisburg, Pittsburgh, and Philadelphia.

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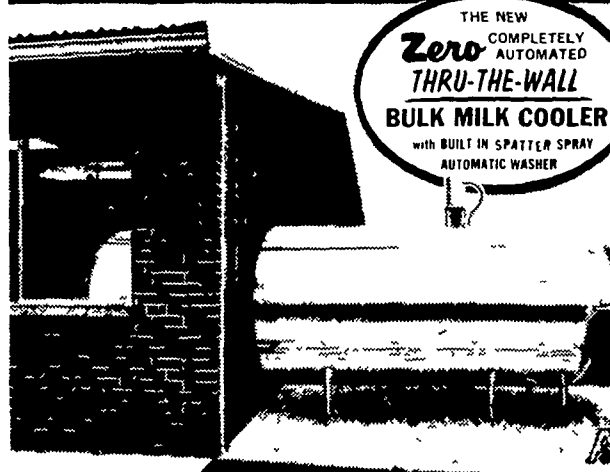
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