



Doctor in the Kitchen®

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Non-Nutritive Fiber
Non-nutritive fiber (NNF) is a new angle in the quest for answers to the riddle of heart disease. The phrase refers to naturally-occurring fiber in foods. Sometimes we call it roughage.

The study of NNF is refreshing in research. For if its presence in the diet does influence the development or prevention of heart disease, it may be due to its

mechanical function in nutrition. Such fiber is not easily broken down and absorbed by the body, hence, it is called "non-nutritive." Instead, it influences what happens to other elements in metabolism.

One aspect of this function of NNF might be compared to police work. Philadelphia's Dr. David Kritchevsky has found that fiber works in the intestinal



Start the day right with breakfast. And make it Confetti Scramble, a special egg dish that's gourmet good, quick to fix, packed with protein. Any day that starts this way has to be great.

There's a big day ahead. Your first day out. The important race. The start of a three-day cruise. But before you up anchor, celebrate with breakfast. At home or on board, make it something special like Confetti Scramble. Breakfast isn't a meal to shrug off with your winter coat. And especially today you need go power. So stoke

up with this hearty egg dish that turns ordinary scrambled eggs into a gourmet meal.

Just add canned sliced mushrooms, creamy cottage cheese right from the carton, chopped green pepper and chopped pimiento to beaten eggs. Cook over slow heat in a buttered skillet.

Serve Confetti Scramble with crusty hot French bread, plenty of butter and ice-

tract to "bind" bile salts which are produced from cholesterol. The bound bile salts are then excreted by the body. In a sense it is as if the fiber "arrested" the bile salts and led them away.

The supposed beneficial effect of this, regarding heart disease, is that the body then makes more bile salts from stored reserves of cholesterol. The net result is a significant lowering of cholesterol in the blood.

Thus a whole new dietary approach has opened up for the physician who wishes to lower his patient's blood cholesterol level. And, interestingly, for conservative nutritionists like myself, this leads doctors back to the good old balanced diet composed of a wide variety of common foods that we

have urged people to consume for so long.

Specifically, it means people should eat more fruits and vegetables — another practice nutritionists have always recommended — for fruits and vegetables will put NNF into your diet.

Another interest in fiber in the diet was highlighted recently in the British medical journal, *The Lancet*. This time the concern was an international study of mortality data that suggested individuals with lower levels of blood cholesterol were more likely to develop colon cancer.

Possible Reasons Cited
The authors, (which included Chicago's Jeremiah Stamler, M.D., and Minnesota's Ancel Keys, Ph.D., both enthusiasts for cholesterol - lowering polyunsaturated fat diets) concluded that the higher incidence of colon cancer might be because "in some individuals the intestines were more extensively colonized with bile-degrading bacteria, perhaps as a result of a higher intake of polyunsaturated fat or a lower intake of fiber."

CONFETTI SCRAMBLE

- 6 eggs
- Dash of salt
- Dash of pepper
- 1 can (2 oz.) sliced mushrooms, drained
- 3/4 cup cottage cheese
- 1/4 cup chopped green pepper
- 2 teaspoons chopped pimiento
- 1 tablespoon butter

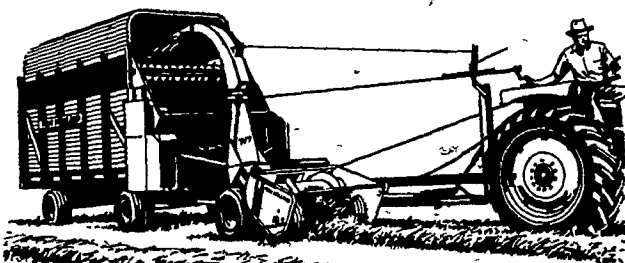
In a bowl beat together eggs, salt and pepper. Stir in mushrooms, cottage cheese, green pepper and pimiento. In large skillet melt butter; pour in egg mixture. Cook over low heat, turning portions of egg mixture with spatula as it begins to thicken. Do not stir and do not overcook. Makes 4 servings.

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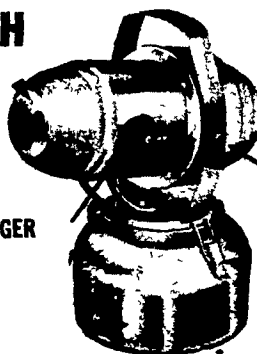
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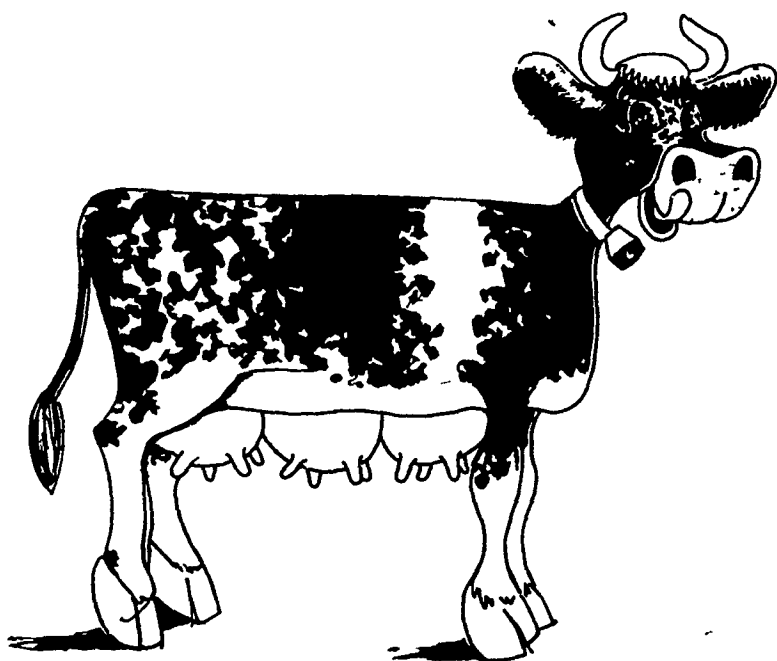
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