



Doctor in the Kitchen®

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Questions And Answers

It's surprising how some of the same questions keep popping up when people ask about nutrition. Probably it's because there are certain basics about which people would like to be well informed. And often our understanding can be confused by the wealth of misinformation that is available almost daily.

I do not like being critical, but really it is incredible how many so-called experts there are running around the country talking about nutrition. And it's true that most publishers do not seem to be concerned whether an author is really qualified in nutrition or not. That goes also for most talk shows on television. It's gimmicks that seem to count rather than sound guidance for the public.

So here are some questions I'm most asked:

Q: If I take a vitamin and mineral capsule daily, can't I eat whatever I want and come out all right?

A: This lacks sense because you could still eat too little protein, or get too much fat or carbohydrate — or not enough fat, or whatever. Vitamins and minerals, in other words, simply do not by themselves balance your diet. There may also be vitamins and minerals in food that we have not yet discovered. Pills can only give you what we know about whereas food will give you not only what we know is in it, but nature's secrets as well.

Q: Is a calorie a nutrient?

A: Not in the usual sense. I know we all talk about getting enough calories at the same time that we talk about getting, say, enough protein. But a calorie is a unit of energy, no more. Vitamins and minerals by themselves do not give you calories. Calories come only from protein, fat and carbohydrates and the calories you get from these sources are merely a measure of the fuel-giving contribution of those nutrients.

Q: But don't we store calories in our bodies?

Whimsical Apple Spookburgers



Nature's perfect timing brings us the colorful Red Delicious apples from Washington State's abundant orchards for All Hallows' Eve festivities. This sweet, juicy apple is a favorite of the door-to-door clan, chosen for caramelling, traditional games and cracklin-crisp munching.

Young "goblins" will enjoy these amusing Fresh Apple Spookburgers as an entertaining departure from the usual Halloween face. Whimsical apple "faces" top a savory combination of ground beef, pork, tomatoes, apple, celery and onion. They're a bright healthful way to say Happy Hallowe'en.

Fresh Apple Spookburgers

- | | |
|---|--|
| 1/2 cup chopped tomatoes, fresh or canned | 1/4 cup chopped onions |
| 1-2 Washington State apples*, pared, cored and chopped to measure 1 cup | 1 1/2 cup crisp rice breakfast cereal |
| 1 pound ground beef | 1 1/2 teaspoons salt |
| 1/2 pound ground pork | 1/8 teaspoon pepper |
| 1/4 cup finely-diced celery | 2 Washington State apples* Lemon water |
| | 8 hamburger buns |

Combine tomatoes, chopped apples, beef, pork, celery, onions, cereal and salt and pepper. Mix lightly but thoroughly. Shape into 8 patties. Cook patties in small amount of heated shortening over medium heat until browned on both sides and thoroughly cooked, turning only once. Cut the two remaining unpared apples into 4 rings each, dip in lemon water to keep from browning. Cut faces in each apple ring; top each patty with an apple 'face'. Serve on hamburger buns. Serves 8.

*Preferred variety: Washington Red Delicious

A: Only in the sense that your body is itself made of protein, fat, carbohydrate, water and other nutrients. So to the extent that your body possesses protein, fat and carbohydrate — and especially if you are overweight — you do store the calorie potential of those substances.

Q: How can I best lose weight?

A: Eat a balanced diet, but eat less total food. Select your food from the four food groups — meat, milk, vegetables and fruits, breads and cereals. In each group,

choose some foods of less caloric value. When you prepare food, avoid adding calories, such as in frying.

SEW WHAT?

THIS WEEK'S PATTERNS BY AUDREY LANE



This knitted blouse features a square neckline and a square back. Instructions are given in sizes 12 to 18. Send for No. 1276.

Send 50¢ for each dress pattern, 30¢ for each needlework pattern (add 15¢ for each dress pattern, 10¢ for each needlework pattern for mailing and handling) to AUDREY LANE SU REAU, Morris Plains, New Jersey 07950.



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Consumers' Corner

Consumer Complaints

Hopefully most of your consumer complaints find their way to one or more of the following agencies in Washington, D.C. Consumer Product Safety Commission — created in 1972. This is an independent regulatory agency which has already established safety regulations for over 12,000 items. Their staff of 750 handles up to 500 phone complaints a day.

Office of Consumer Affairs — established by the White House in 1971. Now a part of HEW, this

office concentrates on preventive consumption practices via pamphlets and a newsletter.

Food and Drug Administration — originated in 1931. This agency helps guard citizens against consumption of unsafe foods, drugs and cosmetics.

Federal Trade Commission — another important agency from the consumer's standpoint. They are empowered to levy fines of up to \$10,000 a day on manufacturers who engage in false advertising, fake warranties and guarantees, and the mislabelling of goods.

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