

ORGANIC LIVING

By

Robert Rodale

The Ten Most Popular Health Foods

If you're a newcomer to the world of natural foods, the interior of a typical health food store--or even the health foods section of a supermarket--can be a confusing place. Out of all the hundreds of items in stock, how are you supposed to know which are the best buys, in nutrition and value?

You can't go wrong if you remember to stick to basics. Over the years, certain foods have proven to be extremely popular among health food shoppers, and for good reason. The items listed below represent "The Top Ten," so to speak. (To keep things simple, I've purposely omitted vitamin and mineral tablets and other natural food supplements from this list.)

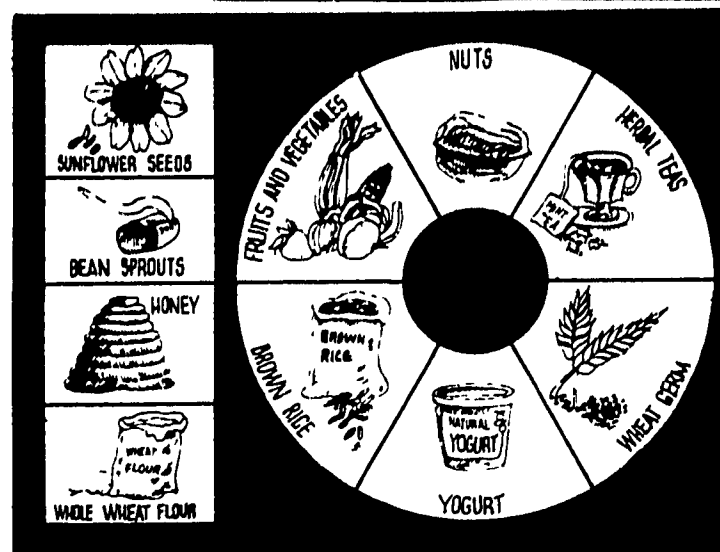
WHEAT GERM. The heart of the wheat kernel is a nutritional

powerhouse, packed with all the good things that are milled out of our commercial white bread and baked goods. Natural B vitamins, protein, iron and vitamin E are all included.

You can sprinkle wheat germ on fruit and ice cream or mix it into meat loaves and casseroles. Wheat germ is one health food you can find in almost any supermarket, right on the cereal shelf.

SPROUTS. Buying soybeans, mung beans or alfalfa seeds and sprouting them at home is a very inexpensive way to raise your own nutritious fresh "vegetables," even in a city apartment. Sprinkle the sprouts on salads for a big boost of vitamins B and C.

SUNFLOWER SEEDS. Long a favorite of the American Indian, these tasty seeds make a perfect snack.



James Rodale

Sunflower seeds are a natural convenience food. They keep well without refrigeration, so you can carry them anywhere, even take them on long trips.

High in protein, the seeds are also an excellent source of unsaturated oils, minerals and vitamin E. Be sure to buy them raw and unsalted for maximum nutritional benefit.

YOGURT. This low calorie food has really caught on big in recent years. Like milk, it's an excellent source of calcium, but in a more digestible form.

Try buying plain yogurt without any sugary syrups added for flavoring. You can add your own fresh fruit at home.

NUTS. Pound for pound, nuts far exceed the food energy power of bread, meat and fruits. And they are a good source of unsaturated oils, protein, minerals and some vitamins. Be sure to buy them raw and unsalted.

Cashews, in particular, are an outstanding source of protein, containing almost as much high-quality protein as soybeans.

BROWN RICE. Why pay extra for "enriched" white rice, when you can buy unpolished brown rice with all the original B vitamins still intact? It takes a little longer to prepare, but the flavor and texture are worth the effort.

HONEY. A natural sweetener, honey can generally be substituted in recipes requiring sugar. Just add half the amount. Unlike sugar, honey

supplies more than just calories. It also contains some vitamins and minerals.

HERB TEAS. Find a variety that suits your taste. Mint, lemon balm and chamomile are the most popular. All make good substitutes for coffee, tea or soft drinks.

WHOLE WHEAT FLOUR. Stone-ground, freshly-milled whole grain flours are becoming more generally available. Some natural food stores have their own mills and will grind flours to order. Once you purchase the flour, keep it refrigerated or in a cool, dry place.

Because the bran and germ have not been removed from whole grain flour, you get additional minerals and food fiber.

FRESH FRUITS AND VEGETABLES. You might not normally think of these as "health foods," but they certainly are. Fruits and vegetables supply vitamins, minerals and fiber that are often lacking in the typical American "steak-and-potatoes" diet.

Many health food stores carry organically-grown produce in season, as well as fresh fruit and vegetable juices.

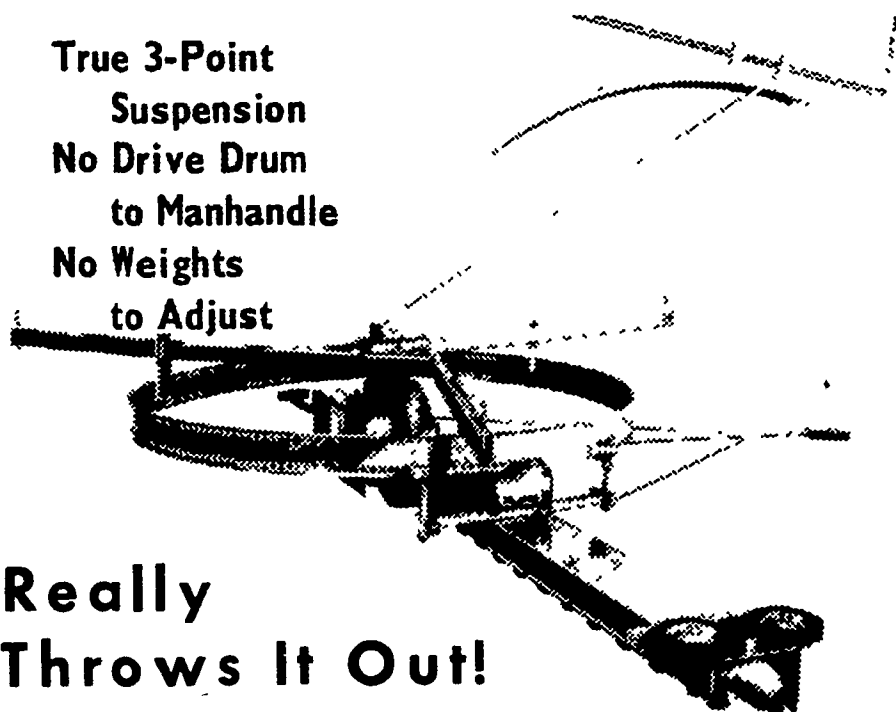
(Editor's Note: The opinions appearing in "Organic Living" are those of its author, Robert Rodale, an independent columnist. Rodale's comments do not necessarily reflect the thinking of the Lancaster Farming editor or anyone else on the Lancaster Farming staff.)

Dutch School Natural Foods
LARGEST SELECTION OF
NATURAL FOODS AND VITAMINS
IN CENTRAL PENNA.
RT. 222, AKRON, PENNA.
PH. 859-2339

HAY & STRAW SALE
EVERY
WEDNESDAY
AT 12 NOON
PAUL Z. MARTIN
SALES STABLES
2 miles East of
Intercourse
Sale managed by
Harvey Z. Martin

JAMESWAY VOLUMATIC Silage Distributor-Unloader

True 3-Point
Suspension
No Drive Drum
to Manhandle
No Weights
to Adjust



Really
Throws It Out!

- * Gives You Faster Feeding
 - * Two Machines in One
 - * Can't Tip, Can't Tilt
- Stop In Today for Free Catalog.

YOU CAN COUNT ON US

AGRI-EQUIP.

R D 2, Farmersville, Ephrata Pa
717-354-4271

M. E. SNAVELY

455 South Cedar Street Litz Pa
717-626-8144

M. S. YEARSLEY & SONS

110-114 East Market Street West Chester Pa
215-696-2990

HENRY S. LAPP

RD1 Cains Gap, Penna 17527
717-442-8134

CARL L. SHIRK

5 Colebrook Road Lebanon Pa
717-274-1436

DEPENDABLE MOTOR CO.

East Main Street Honey Brook, Pa
215-273-3131

GRUMELLI FARM SERVICE

Robert Fulton Highway Quarryville Pa
717-786-7318

LANDIS BROTHERS

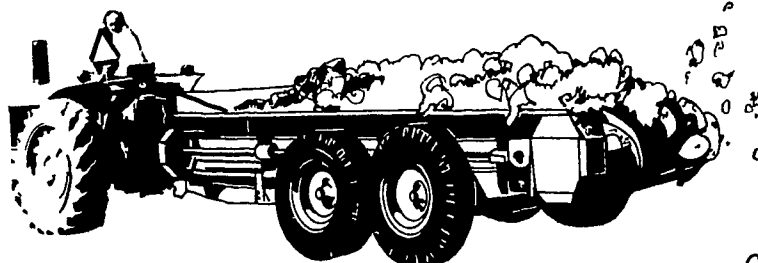
1305 Manheim Pike P.O. Box 484
Lancaster Pa 717-393-3906

ERB & HENRY EQUIP., INC.

22 26 Henry Avenue New Berlinville Pa
215-367-2169

See the NEW HOLLAND SPREADER Line of STRONG-BOXES

Their tough, modern steel sides shrug off big-bucket shock loads. And no worry about rusting! We'll provide a new spreader side as replacement, free of charge for any owner, if a side ever rusts out while the rest of the spreader is still operational.



- Ribs run full-length along side panels for extra rigidity!
- More steel on top lip withstands blows from loader bucket!
- Beefed-up frame takes pressure of peak loads, rutted fields!
- Reinforced side joints give more support to beaters!

L. H. Brubaker

350 Strasburg Pike
Lancaster
397-5179

A.B.C. Groff, Inc.

110 S. Railroad Ave
New Holland
354-4191

C. E. Wiley & Son, Inc.

101 S. Lime St
Quarryville
786-2895

Roy A. Brubaker

700 Woodcrest Ave
Litz Pa
626-7766

Choose from the country's number one spreader line: 8 box types and 4 tank types. Capacities from 108 to 358 bushels.

CONVENIENT TERMS TO FIT YOUR BUDGET!!