



Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
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The Case For Nibbling
Snacking is a reality of life these days - and in one sense it may be a blessing in disguise. Anyone who is overweight - or especially anyone who feels that snacking causes overweight - will look askance as I say that. But I am not talking about snacking in addition to regular meals. I'm thinking

of snacking, or nibbling, as the new pattern for eating. "Periodicity of eating," as the scientists like to call it, is a fairly new area of research. But snacking is a habit in almost every household.

A MARKET RESEARCH study has shown that at-home eating is moving toward the serving of fewer

food items and more so-called convenience foods.

Eating is less formal in the home. Seventy-five percent of all at-home meals (in the survey households) were eaten in the kitchen or an adjoining area. Meal-skipping is increasing. Lunch is the meal most often missed.

SNACKING IS UP. In fact, according to the survey, the average person has six to seven food "contacts" per day and heavy snackers (usually children up to 12 and women 25 to 44) have up to 20 food "contacts" per day. Men stuff themselves, especially at the evening meal and at bedtime.

But suppose people snacked, or nibbled some six meals a day or more, but they were small meals, and

really nutritious foods that offer high quantities of nutrients at reasonable calorie levels?

THERE IS RESEARCH, reported in Nutrition Today by researchers Gilbert Leveille, Ph.D., and Dale R. Romsos, Ph.D., of Michigan State University, that indicates that the taking of "three square meals" a day is associated with overweight.

"The behavioral trait," say these researchers, "is the habit of doing most if not all eating at three different, widely separated periods each day. Our experimental evidence indicates that by adhering to mealtimes man has become the architect of his own obesity." The Michigan State research was done with experimental animals and "a few human subjects."

DESCRIBING an "obesity cycle," the researchers added: "The dieting person reduces caloric intake at breakfast and lunch, and rewards himself by eating a full dinner. . . But the body interprets dinner as its one meal per day and prepares for rapid fat formation (storage). Resumption of normal food intake produces a return to original weight, if not more."

Fulton Grange Meets

Fulton Grange 66 met in regular session on February 24, with Master Donald Trimble presiding. The Grange decided to send a resolution to Harrisburg opposing the Sunday Blues law - stores being open for business on Sundays. It was decided to purchase new manuals for Junior Grange 343.

The Master announced the following as the committee for the Turkey Supper to be held on April 5: Mrs. Charles Long, Chairman, Mrs. Thomas Galbreath, Mrs. Ira Welk, and Mrs. Donald Trimble. Tickets will be \$3.25

for adults and \$1.75 for children.

Mrs. James Brown was named as Assistant Junior Matron to assist with Junior Grange. Plans are being made for those interested to attend the regional meeting in Kutztown on March 14.

Lecturer Mrs. Joyce Holloway began the program with everyone singing "Smile, Smile, Smile". Gyles Brown gave a short talk on Medic Alert. The Lecturer then conducted a takeoff on the TV show "Jackpot" with Harry Baker as winner.

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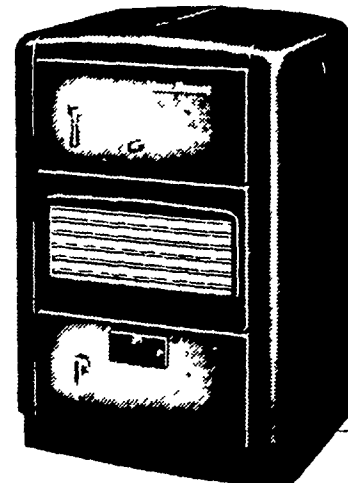
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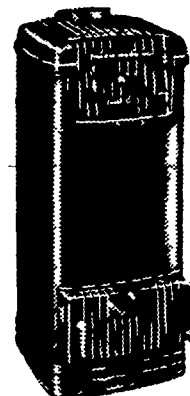
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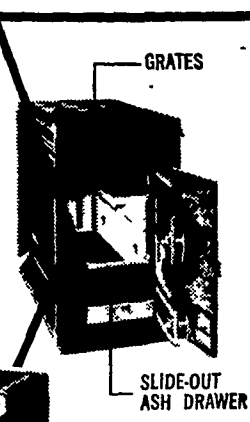
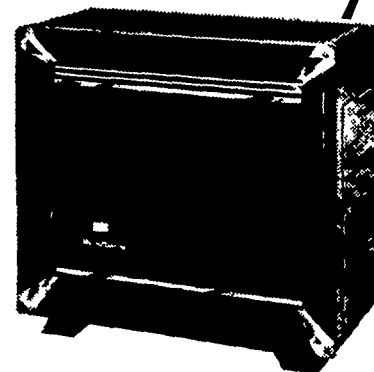


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