


Consuming Thoughts
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We hear a great deal today about the rising cost of health care. But seldom do health care costs reflect the money wasted on medical quackery the promotion of remedies and devices that are scientifically unproven. Each year Americans pay roughly \$10 billion for ineffective, expensive, and some-

times harmful products.

Quacks, those who sell unproven remedies, have been around for many years. You may remember the "snake oil" salesman who traveled from town to town making false claims about a doubtful product. Today's quack is only a little more sophisticated. He or she sells products through advertisements, foundations and clinics.

Most people who succumb to the quack's worthless and often dangerous "treatments" are desperate for some offer of hope. Three of the largest areas for health quackery are the aging process, arthritis, and cancer.

One way to protect yourself is to question carefully what you see or hear in advertisements. Be aware that ads are not necessarily true just because they are presented by what may otherwise be a reputable source.

There is also a lot of money spent on nutrition supplements such as vitamins and minerals. Did you know that you can grow your own vitamins, and grow your own color, flavor, and texture to make your meals more interesting? Fruits and vegetables are recognized as one group of food essential for good nutrition. Almost all are virtually fat free and all contain a large percentage of water. Thus, these foods are low in calories, while high in valuable minerals, vitamins, and fiber.

Cooking vegetables only until they are tender is the best way to insure peak flavor, color, texture, and food value. Vegetables cooked whole with the skins on retain the most value. The less water used in cooking, the more nutrients retained.

Consider the nutritional value of vegetables before planting or buying fresh, canned or frozen. Choosing two or three from each nutritional group will contribute much to a balanced diet for your family.

High in vitamins A and C: Parsley, turnip greens, spinach, cantaloupes, kale, and broccoli.

High in vitamin A: carrots (cooked or raw), Swiss chard, winter squash, green onions, and pumpkins.

High in vitamin C: peppers, asparagus, cabbage, Brussels sprouts, cauliflower, rutabagas, radishes, and tomatoes.

Other green vegetables: green beans, lettuce and peas.

Starch vegetables: Lima beans, sweet corn, onions, and potatoes.

Vegetables for variety in flavor, color and texture: beets, cucumbers, eggplant, summer squash and turnips.

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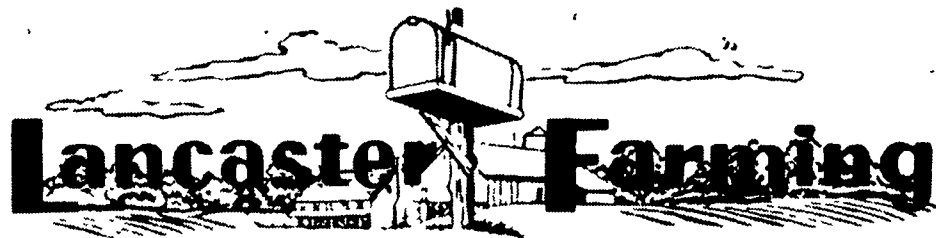
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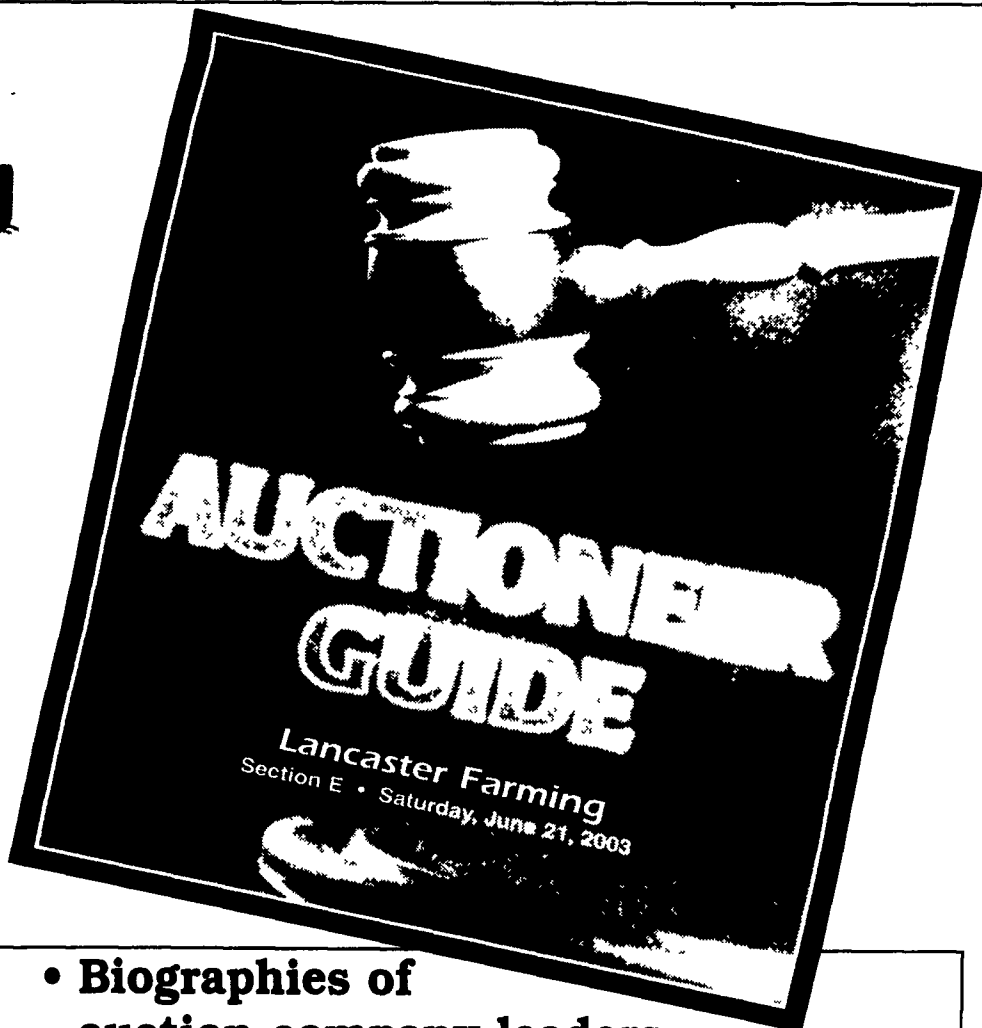


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