

Study of 'Over Fifties' Nutrition

If you're a man over 50, chances are you need more foods rich in vitamin C than your wife. Probably both of you need more protein and iron and less fat than most people get in their daily fare.

These are some of the conclusions indicated by a University of California study of nutrition in which a survey was made of 577 men and women over 50 in one county. Cooperating were the U.S. Department of Agriculture, the U.S. Public Health Service and State and county health departments.

The men in the study had less vitamin C in their blood than the women, even though they ate more heartily of foods generally and thus had a higher vitamin C intake. Lack of vitamin C in the diet often is the cause of tender, bleeding gums and subsequent loss of teeth. Such troubles were found among a number of the older people in this study whose blood tested lowest in vitamin C.

A surprise finding in this study concerns cholesterol, the fatty, waxlike substance associated with hardening of the arteries and coronary thrombosis, for example. Tests of blood samples showed that women, aged 60 to 80, had more cholesterol than men of the same age.

Loire Contradicted
"This contradicts medical lore," says Dr. Agnes Fay Morgan who directed the study. "Doctors for-

merly took it for granted that women had a lower cholesterol level than men, simply because women of that age have fewer strokes and coronary failures."

Cholesterol is taken from foods by the body, and the body also manufactures it from other substances, chiefly fat. When excessive deposits of cholesterol occur in veins, hardening of the arteries and thrombosis may result.

The California researchers found a direct connection between the amount of fat these older people ate and the amount of cholesterol in their blood. Men who were extremely underweight had low blood cholesterol, and those overweight had high cholesterol. But this did not hold true with women.

Apparently, women can endure more cholesterol in their blood without harm than men.

More of C
A practical application of these findings for older people would be to eat plenty of fruits, cottage cheese, vegetables, skim milk, lean meats and lean fish. Important for vitamin C are oranges and grapefruit, strawberries, tomatoes, salad greens, broccoli and raw cabbage, for example.

Still another significant finding in this study is that the red color in the blood (hemoglobin) varies with the amount of iron and protein in food. The more you eat, the more you have. Women generally had lower hemoglobin levels than men of the same age and

circumstances. After the age of 75, however, men and women did not differ greatly in hemoglobin. People over this age may need more protein and iron for the red blood required for good health.

No evidence of vitamin A deficiency was found among these people. Though skin roughness and eye troubles appeared, these difficulties were not related either to the amount of vitamin A in the diet or to its level in the blood. This refutes the widespread idea that such troubles necessarily are caused by a shortage of vitamin A the study indicates.

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Soda fountains are popular the year around, so why not home made sodas too? Here is Strawberry Saigon Soda, made easily, combine a cup of frozen strawberries, 1/2 teaspoon cinnamon and 1 pint strawberry ice cream in four tall glasses. Fill up glasses with root beer and stir gently to mix.

NEW AND OLD

Old-fashioned rice pudding served with a topping of well drained canned fruit cocktail and glazed with melted currant jelly is truly delicious.

Avocados Go in Assorted Dishes

Cream of chicken soup served ice cold tastes wonderful on a warm summer day. Garnish it with diced avocado and bits of crumbled crisp bacon. If you use canned soup mix it with milk and a few tablespoons of dry white wine in an electric blender.

An ultra simple salad that'll please the most discriminating tastes goes together like this. Place peeled quarters of large summer avocados as garnished salad plates. Put 5 or 6 cocktail onions in each hollow and fill with a tart oil and vinegar French dressing.

Plan this make-your-own salad

to go with barbecued hamburgers. Line a large chop plate with crisp lettuce and in separate groups arrange whole or pitted ripe olives, tomato quarters, avocado crescents, sliced raw cauliflower sections, unpeeled cucumber fingers and green onions.

Hints to Wake Housekeeper

It's the little things to know, that make cooking interesting for diners and the cook herself. Here are some ideas to put to work.

If your small fry need building up, serve them an orange egg nog for a mid-morning or mid-afternoon snack. To make it, beat together an egg, a cup each of orange juice and milk, a tablespoon or two of honey and a dash of salt. This makes enough for Mother to have a taste too.

Add fresh tomato to mayonnaise or French dressing. Peel and seed a tomato, then chop fine before making the addition. Good over lettuce sprinkled with lots of minced chives or parsley.

Keep a jar of cheese sauce in the refrigerator. Serve over hard-cooked eggs and top with crisply cooked bacon for lunch; or pour over a can of drained boiled onions and heat for a supper vegetable to serve with meat, poultry or fish.

When you are putting a chicken into your freezer, wrap and freeze the giblets separately form the bird. And never stuff the chicken before freezing.

Add half a teaspoon of almond extract to a package of thawed frozen peaches; serve over packaged vanilla pudding or a baked custard.

Cut cooked smoked tongue into toothpick-size strips; add to a shredded green cabbage salad. Serve with crusty rolls for lunch.

Wonderful topping for cauliflower: a half cup of fine dry bread crumbs browned in half a cup of butter. Rich but good!

Here's a pretty luncheon salad. Cut away the stem ends from tomatoes and make four or five parallel cuts through each almost to the bottom. Add finely diced cucumber and radish to cream-style cottage cheese; pile the cottage-cheese mixture into each cut of the tomatoes. Garnish with salad greens and serve with French dressing.

U. S. Families Change Habits

The average American eats about the same amount of food, measured in pounds, as he did 50 years ago, but he has made big changes in the kinds of food he eats, says Marguerite Burk of the U.S. Department of Agriculture. In a recent food consumption review for the Agricultural Marketing Service, Miss Burk compared figures from 1909 through 1954. She reports significant increases in the following food groups: Dairy products (except butter), eggs, meats, fish, poultry, citrus fruits, tomatoes, vegetables—leafy, green and yellow, also sugars and syrups. In striking contrast, only half as many potatoes and sweet potatoes, and half as much flour and corn meal are eaten as in 1909.

The average American's food supply is 8 percent lower in calories than in 1909. A larger proportion of calories today comes from fat, partly because of the greater use of fats and oils in salad and cooking, and partly because of the so-called invisible fats in whole-milk dairy products and in meat, poultry and fish. More of the carbohydrate supply comes from sugars and less from potatoes and grain foods.

Many of the diet changes are shifts from lower-priced to higher-priced foods.

BROILED POTATO

Pile mashed potato into a shallow baking dish. Sprinkle with bits of bacon. Broil until potato is heated through and bacon bits are browned.

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*U.S. Department of Agriculture Handbook No. 8

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