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Facts and Fallacies About Your DIET



**How much do you really
know about the foods you
eat? Take this test and see**

by **O. A. Battista**

THE ART OF EATING one's way to health is no longer just a matter of taste. It's a science. Yet, despite the wealth of scientific facts about the tie-in between what we eat and how we feel, millions still entertain odd fancies about food.

Your eating pattern for daily living

and your understanding of the facts and fallacies about your diet can mean the difference between new vigor and longer life or a gradual sapping of your strength, ambition, and success.

For every food fallacy there is a fact. Here's a quiz that gives you a chance to find out how much you really know about your diet. Answer the following statements, then check below.

- | | True | False |
|--|--------------------------|--------------------------|
| 1. Acid foods, such as citrus juices, should never be taken at the same meal as milk because they make milk curdle and hard to digest. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Frying foods in aluminum utensils causes a harmful chemical reaction. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. B-12 is a wonder vitamin that growing children should get in abundance. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. We have swung over too heavily to a protein diet when, in fact, a vegetarian diet would help us live longer. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Spinach is an extremely valuable food, loaded with iron; it should be included in the family diet as often as possible. | <input type="checkbox"/> | <input type="checkbox"/> |

Answers

1. False. There are strong acids in the stomach that curdle milk as the first stage of digestion whether or not one takes acid foods at the same time. Any wholesome food can be eaten with other wholesome foods.

2. False. The heat required to bring about chemical reaction to metal is many times that used in cooking. Long before any harmful change could take place, the food itself would be burned away. Cooking in aluminum utensils has not been found harmful in any way.

3. False. Children should not be given extra doses of vitamin B-12 except on advice of a physician. A scientist who had done some remarkable research on vitamin B-12 gave his son heavy doses of the vitamin. His child began to develop evidences of serious malnutrition. The scientist had been giving his child foods rich in B-12 to the exclusion of other essential food elements. The result: a condition as bad as though he had known nothing about nutrition. Too much of certain vitamins can be as bad as too few vitamins, A and D in particular. Vitamins and minerals should be taken on advice of a physician.

4. False. We may have swung too

heavily to a high-protein diet. There is no medical evidence that eating more protein than needed assures any health benefits—so long as both caloric and protein requirements are met. There isn't any good general evidence that a vegetarian diet produces superior health benefits, either. If one looks at the countries where people eat mainly vegetarian diets, there is such a contrast in so many economic and cultural factors that it's nearly impossible to compare statistics with a country that derives its protein from animal foods.

5. False. Spinach has many of the vitamins needed in a balanced diet and is particularly rich in minerals. But all the minerals it offers can also be found variously in other vegetables and lean meats. And analysis of spinach from various parts of the country has revealed that spinach from one area may have 80 times more iron than that from another area. One prominent physician told me, "Spinach is a splendid food that might take its place on a child's luncheon or supper menu once or twice a week. But it isn't the only healthful food and it works no miracles. Let children enjoy it for its good taste."