

Most Foods Help Build Body

The question of what is a "health" food and how important it is to eat so-called health foods pops up as regularly as hardy perennial plants. One person tells you this, another that, and who can you believe? The answer of course is to find out what the experts say, in this case, the recognized authorities in the fields of health and nutrition.

For those interested in getting at the truth of the matter, an article entitled, "How Much Health Is There In 'Health' Foods?" in the May issue of the Reader's Digest makes the subject crystal clear. The comments of renowned health and nutrition authorities which it contains are well worth your reading.

There have always been and probably always will be ill-advised persons who take obscure, unreliable facts, embroider them with even more unreliable fallacies and come up with a food that pays off financially to them. Sometimes, however, just the satisfactions that come from being a crusader are sufficient return. Unfortunately they work too often in the areas of self-medication and food fads. So if you're in doubt about a seemingly convincing, but perhaps crackpot health and food regime, ask your doctor and follow his advice.

Health and nutrition experts will tell you that all foods are nutritious. The word "food" means something to nourish the body. But what may confuse you is that they also tell you that some meals are better nutritionally than others. This is due to a simple, easy to understand fact, namely, that every food differs from every other and therefore makes a different nutritional contribution to a meal. A well balanced meal, therefore, has to combine many different kinds of foods.

Science divides foods into groups according to what they do for the body which simplifies the whole problem. There are protein foods which build and repair the body; they are meat, fish and many dairy products. There are carbohydrate and fat containing foods which supply energy to keep us going; they are the breadstuffs, pasta of all kinds, rice, potatoes, most desserts and also butter, margarine, other fats and the salad oils. Finally there are foods containing the minerals required for strong bones and good red blood, which, along with vitamin foods, are essential for our general good health; they are vegetables and fruits. But at the same time there is considerable overlapping because many foods classed in one group also have many other nutrients, too. Milk is a good example.

The trouble with fad diets, food fads and so-called "health" foods is that they don't provide the well balanced meals that result from combining the several different foods necessary to insure a healthful diet.

The following is an example of a meal which will give you the different nutrients that comprise a healthful meal. Everything in it can be purchased at the food market you are patronizing. It contains no special "health" foods yet, every ingredient in it satisfies one of the body's many needs, and so each one can truly be called a health food.

Tomato Juice
Celery
Olives
Carrot Sticks
Barbecued Chicken
Corn-on-the-Cob Tossed Salad
Rolls
Butter or Margarine
Fruit Pie

BARBECUED CHICKEN
Brush chicken halves with barbecue sauce (either commercially bottled sauce or recipe that follows) and place on grill 12 or more inches from a glowing fire, skin side away from heat. Cook slowly until tender turning frequently, basting each time turned. Allow from one to 1½ hours total time depending upon size and age of chickens. Just before serving, brush generously with leftover sauce or use it for dunking.

Mix together in a saucepan one cup catsup, two tablespoons grated onion, ¼ cup vinegar, two tablespoons frozen lemon juice, two tablespoons sugar, ½ cup water, one tablespoon prepared mustard, one teaspoon Worcestershire, a few grains salt and ¼ cup salad oil. Bring to the boil and simmer about 10 minutes.



LET'S CLEAR UP CONFUSION — Food fads are common topics of conversation these days and folks ask what is a health food, is it for me, can I eat attractive and tasty meals when reducing? Nutritionists say we can and this fried chicken with tender sweet corn, a tossed salad, rolls and dessert is truly a health menu.

Chocolate Potato Cake

Buttered tube pan, 10-inch, 12 servings.

Preheated 350 degrees oven.

CAKE

- 1 cup (2 sticks) butter
- 2 cups sugar
- 4 egg yolks
- 1 cup mashed potatoes
- 1 cup (4 oz.) grated or ground sweet chocolate
- 1 cup ground unblanched or toasted almonds
- 2 cups sifted cake flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- ½ cup milk
- 4 egg whites

In a large mixing bowl cream butter; add sugar gradually, beating until fluffy. Add egg yolks one at a time, beating well after each addition. Mix in mashed potatoes. Add chocolate and almonds. Sift together flour, baking powder, salt, cinnamon and cloves; add

to creamed mixture alternately with the milk, beginning and ending with dry ingredients. Beat egg whites until stiff but not dry; blend about ¼ of the cake batter into egg whites, then fold into remainder of cake batter. Turn into pan and bake 60-70 minutes. Cool on cake rack 10 minutes before removing from pan. Cool completely before frosting.

FROSTING

- 3 squares (3 oz.) unsweetened chocolate
 - 2-3 cup (1 small can) evaporated milk
 - 1 egg
 - 1 cup sugar
 - 1 teaspoon almond extract
 - 1 teaspoon vanilla extract
 - 1½ to 2 cups miniature or diced marshmallows
- In top of double boiler or in a saucepan over low heat, melt chocolate. Gradually add evaporated milk, egg and sugar and cook, stirring constantly, until thickened. Remove from heat and beat until well blended. Cool. Add almond and vanilla extracts. Frost sides of cake, then fold marshmallows into remainder of frosting and pour over top of cake.

Note: Chocolate Potato Cake keeps very well. If stored in a covered container in refrigerator it will keep at least three weeks.



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