

Medical Notes . . .



## ABOUT YOUR DIET

Dr. James Stout

My words about diet certainly won't replace Mother's Wisdom, the advice of heart specialists, the knowledge of gastroenterologists, or the expertise of a nutritionist like Dr. Jean Mayer, one of my favorite authorities.

But relatively new thinking about what we eat makes an integration of some bits of knowledge worthwhile.

Statistically fewer people are having coronaries, so we must be doing something right. It's fair to assume that Americans in general are changing their eating habits by turning to foods with less saturated fats.

Our average diet is 42% fat—over 4 parts in 10! Much of this is animal fat, from beef and pork, milk, butter, cheese, ice cream and such. We should trim this to about 30%, and replace much of it with unsaturated fats such as those of vegetable oil and margarine.

And then there's cholesterol, epitomized by a delectable plate of bacon and eggs but also plentiful in other foods such as red meat and milk.

Two eggs contain 500 milligrams of cholesterol, enough to punch the blood cholesterol up by more than 10% of the total maximum normal level. On the other hand, eggs are so nutritionally valuable that every healthy adult should probably have one or two once or twice a week. Of course, mayonnaise should be counted in the weekly egg quota.

Moderating fat intake can reduce the coronary hazard, but a new threat is waiting in the wings: colorectal cancer. An estimated 55,000 people will die of it this year; 120,000 new cases are expected in the U.S. in 1982. Almost unknown in some countries, here it's a major killer, surpassed only by lung cancer in men, breast cancer of women. And colorectal cancer seems to be diet-related.

Our society's affluence allows us to satisfy our hunger with refined sugars and the meat of fattened animals, so we fail to eat enough vegetable fiber, found in bran cereals, raw vegetables and fruit.

A low fiber diet, high in animal fats and sugar, seems to be a

common denominator in colorectal cancer. A corrected diet with more fiber, fish and fowl, may be a preventive measure.

Diet is also an issue in high blood pressure. The sodium in excessive salt can cause fluid retention and have a detrimental effect on blood pressure. This can be truly dangerous in some cases.

There's more than enough salt in a well-balanced diet, even if we never season our food. We should at least taste it before reaching for the salt shaker.

Here are minimum daily requirements for a balanced diet:

2 glasses of milk (skim or low-fat is O.K.)

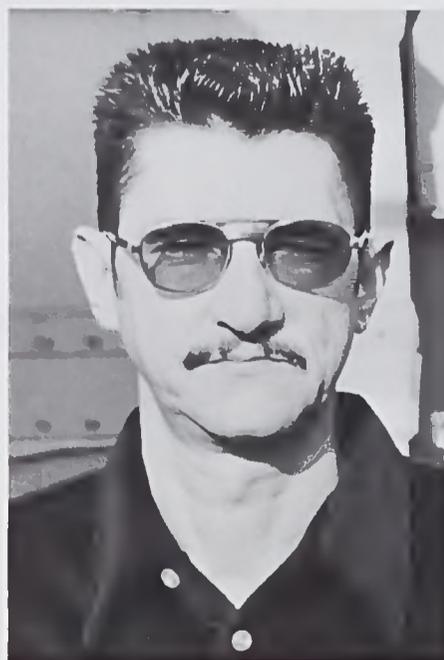
2 servings of meat, fish, fowl or cheese.

4 slices of bread, or the equivalent in grain, such as oats, wheat, barley, rye or corn.

4 fruits or vegetables, cooked or raw.

"Diet" is not something we "go on" for a week or two. It's the sum, total, of all we ingest; a major factor in what we are. It merits our continued thoughtful attention.

("A Diet for Living", by Dr. Jean Mayer, is an excellent dietary guide. It's available in paperback from Pocket Books.)



**TOM ORR** has been appointed Supervisor, Power House.

## CONGRATULATIONS TO:



**C.B. BRANSON** has been appointed Senior Designer, Projects Section. C.B. is putting finishing touches on a Line 5 windup model to be used by Les Goodwin in sessions to improve web handling safety.



**WARREN BLACKWELL** has retired, with over 24 years of company service. He plans to be busy—a first project is building new equipment for his amateur radio station, W4MJD, then planning home and garden work for the Summer. "But my main plans are humanitarian," Warren says. "I have some things to do for my fellow man."