



by Dr. Richard Ryan, Consultant to the Nutrition Industry

Avoid The Health Food Rip-Off - Read The Label

Vitamins have almost become a staple to the American diet, as an industry survey reveals that by 1990, \$3.75 billion will be spent annually on nutritional supplements. That's an increase of 137% over 1981 levels.

The consumer should be aware that such large dollar numbers will attract new vitamin products.

How do you know the good from the not-so-good? My advice is to read the label on the product.

Regardless of how the product is sold, be it in the supermarket, drug store, local health food store or marketed door to door by your neighbor; read the label for contents and potency, because the ripoff is on.

First, some of the more established brands have not incorporated the recent nutritional findings. Second, some of the newer products are in a horsepower race in potency.

For example, our modern diet is no longer deficient in Vitamin D, nor do we require biotin. Also, a formulation shouldn't combine oxidants with anti-oxidants.

Conversely, a vitamin program should offer what your diet needs today, like calcium, magnesium, carotene, selenium and G.T.F. chromium.

Then look at the vitamin potency. Too much can be toxic while too little is worthless. Just ask the person selling the product. If they don't know about its optimum nutritional range, then you should get your product and advice elsewhere.

Casserole Uses Up Turkey Leftovers

Leftovers are a bonus at holiday time when you have delicious recipes in which to use them.

Here's a recipe from Marjorie Donnelly, extension specialist in foods and nutrition at North Carolina State University, that's perfect for after Thanksgiving.

- Cheesy Turkey Casserole**
- 1/3 cup chopped green pepper
 - 3 Tbsp. chopped onion
 - 2 Tbsp. butter or margarine
 - 2 Tbsp. flour
 - 1 cup milk
 - 1 jar (2 1/2 oz.) sliced mushrooms
 - 1 cup (4 oz.) shredded sharp process cheese
 - 1/2 tsp. salt
 - 1/2 tsp. lemon pepper
 - 1/2 tsp. dry mustard
 - 3/4 oz. spaghetti, cooked and drained
 - 2 cups cut-up cooked turkey
 - 1/4 cup shredded sharp process cheese

Cook and stir green pepper and onion in butter until onion is tender, about 5 minutes. Stir in flour; cook and stir over low heat until mixture is bubbly. Remove from heat.

Stir in milk and mushrooms (with liquid). Heat to boiling, stirring constantly. Remove from heat; stir in 1 cup shredded cheese, the salt, lemon pepper and mustard. Stir until cheese is melted and sauce is smooth. Stir in spaghetti and turkey. Pour into ungreased 1 1/2 quart casserole. Cover.

Bake 40 minutes at 350 degrees F.; remove cover. Sprinkle 1/4 cup shredded cheese around outer edge of casserole. Bake until cheese melts and bubbles, about 5 minutes. Makes 4 to 5 servings.

Consumers will pay from 5 to 9 percent more for food next year, according to the U. S. Department of Agriculture.

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