

Beware of Food Frauds

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"Food faddism is still prevalent in the United States" we are told by Food and Nutrition News published in Chicago.

The June 1967 issue gives an account of two hospital physicians in New York who saved the life of a woman near death.

This woman was a strict follower of the Zen diet which consisted of cooked brown rice, salted and covered with sesame seeds. She consumed no meat, milk or water.

Her liquid intake was limited to 12 ounces of soup or tea daily.

The doctors reported that while she recovered, after receiving Vitamin C and other vitamins together with a normal diet, several others on the Zen diet died.

Many people in Alaska are being misguided by food faddist who give partial truths about food for health.

They do not encourage the use of Alaska fruits as berries and store fruits, or vegetables as cabbage and other greens; they fail to encourage the use of enriched breads which we can make or buy, or meats, fish, milk and fats which are suggested by trained scientist for growth and health to be eaten daily.

The food faddists recognizes, as we do, that our bodies are our most precious possessions, so they appeal to our fears, anxieties and often ills which should be treated by doctors.

They have something to sell. Their motive is money.

Nutritionists are employed by your government to help people know what nutrients are found in common foods and how these nutrients work together to help prevent some diseases.

The body needs food daily which give energy, for example breads, foods which build and repair tissues, as meats and fish, and foods which provide nutrients to regulate and protect the body as minerals and vitamins.