

Adventists Urged to Make Four Major Changes in Diet

Members of the Seventh-day Adventist Church — who have already been cited in several widely read scientific reports as less prone to certain diseases than the average American — have been counseled to make four major changes in their diet to attain even better health.

John A. Scharffenberg, director of the International Nutrition Research Foundation at Loma Linda, through The Review and Herald, official weekly newspaper of the denomination.

ADVENTISTS HAVE long held that the close relationship between mind and body implies a Christian obligation to maintain the best of physical

health in order to serve God acceptably. The Seventh-day Adventist Church has always advocated a simple, natural diet for its members.

Mr. Scharffenberg's recommended changes in the Adventist diet are:

- Eat less fat, and that of the right type.
- Eat less sugar — less than 25 pounds per capita each

year instead of 100 (which is used each year by the average American.)

- Use less refined cereals, but use more cereals of the whole-grain variety.
- Use more fruits and vegetables, but especially fresh fruit.

AMONG WAYS in which the report suggests implementing these changes are: serving

margarines separately from toast, serving salads and mayonnaise separately, using other types of spreads such as avocados and chopped olives instead of margarines to lower the fat intake.

The report recommends the making of bread with oil rather than hard shortening which will reduce the use of fat in the bread by one third.

Among other fat-reducing recommendations of the report: Decrease the intake of ice cream, use less milk. Sedentary adults should be using only skim milk, and decreasing

the amount of milk in cooking will appear less noticeable than a decrease in the amount of milk served for drinking.

ALSO recommended is the use of fewer eggs — no more than three per person per week, limiting the use of chocolate, using peanut butter without hydrogenated fat or sugar in it, and discontinuing the use of meat.

According to a survey of Adventists cited in the report, only 16.9 per cent use meat daily. Discontinuance is recom-

mended because even lean meat contains 43 to 50 per cent of its calories in fat.

In the report's section on using less sugar, Dr. Scharffenberg says, "Discontinue the use of sugar on cereals and serve raisins and dates instead. Build up a supply of recipes using little sugar or no sugar at all. Use less canned fruit and more fresh and frozen fruit." For special occasions try fruit dishes rather than the usual desserts, recommends the report, and cut down the quantity of sugar in pies and other dessert recipes. The report counsels

not to use sugar-coated cereals and to use unsweetened fruit juices.

IN THE REPORT Dr. Scharffenberg noted that the use of too much sugar "concerns not only the question of tooth decay but also that of good general nutrition."

Under the section concerning cereals the report calls for the use of whole grain, cooked cereals for breakfast and corn on the cob for breakfast and corn in season. It also encourages the use of whole-wheat bread and whole-wheat pastry for pies.

"Adventists should use less refined cereals, but more cereals of the whole grain variety," says the report. "This is an important consideration from the standpoint of getting adequate vitamins and minerals."

"IT ALSO concerns the problem of overweight, which is U.S. Public Health Problem No. 1. With the use of more concentrated foods one tends to overeat. The use of fewer refined foods will help conquer the obesity problem."

Citing the need for the use of more fruits and vegetables, the report asks that supports be fruit meals with cereals where possible rather than vegetable meals. It calls for large servings of fresh fruits and the use of fruit as staples. The report also calls for making fruits into attractive and easily used servings (grapefruit cut and ready to be eaten instead of whole, etc.)

"Take time to evaluate your family's diet," counsels the report, "and see how many suggestions you can add to this list to improve the diet on these four points."

SCOUT TRAILS

Cub Scout Pack 287

Pack 287 held its regular meeting at Towers School Wednesday, April 4. Awards were presented to Donald Webster, Douglas Rasmussen, and Rodney Martin.

Plans for the Space Derby were discussed and the boys are busily preparing for the blast-off.

Den 3 entertained by staging their idea of Cub Scouts landing on the moon and singing their songs to the people on the moon. Their imaginations played a large part in the production and the boys had fun. Each boy made his own costume and some of the boys made their own space instruments. David Martin, whose brother is a cub scout, got into the act by acting as "Enos" (the monkey who was shot into space).

A FUNNY film about a rocket sled was shown. Den 1 made the flag presentation.

The boys and their parents had a fun-filled meeting and they invite all eligible boys to join the Pack.

The meetings are held the first Wednesday of every month in the cafeteria of Towers School at 7:30 p.m.

Girl Scout Troop 600

Ten Girl Scouts from Troop 600 were guests of Supervisor Kenneth Hahn Tuesday at the Board of Supervisors' meeting. The troop, which meets at 16814 Ardath Ave., was accompanied by Scout Leader Mrs. Marie Johnson.

After attending the board meeting, the girls went to the Hall of Justice where they observed a municipal court preliminary hearing.

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