

# ICE-CREAM v. MILK

*THE following statement is made by the New Zealand Ice Cream Manufacturers' Association in connection with an article by DR. MURIEL BELL in our issue of November 1. Dr. Bell will be given the opportunity to reply later if she wishes to do so.*

**U**NDER the title "Milk v. Ice Cream," Dr. Muriel Bell recently wrote an article in *The Listener* as No. 266 of her series, *Advice on Health*. Such a statement concerns itself with the relative nutritive values of milk and ice cream, a surprising issue for any informed authority to dispute, knowing full well that strict comparisons between entirely different foodstuffs can be nothing more than misleading among the uninformed.

As it stands, the statement prepared by Dr. Bell does great dis-service to a food industry which in the United States involved, in 1945, a turnover of almost 500,000,000 gallons, and which in New Zealand has been steadily building a record of efficiency and quality.

It is surprising that Dr. Bell should have so confidently presented undocumented figures as evidence: The information she presented in a popular magazine should have been as incontrovertible as any offered to a scientific journal. But on examination, Dr. Bell's figures look as if they had been selected to suit a case, in reply to which the manufacturers raise the following issues with Dr. Bell:—

## Calorific Value:

Dr. Bell's 2oz. of ice cream are given 110 calories. According to Technical Communication 10: Imperial Bureau of Animal Nutrition, 1938, average commercial ice cream (2oz.) provides almost 200 calories.

## Fat Content:

Dr. Bell's figures relate to ice cream of 8 per cent. fat content—the existing rationed standard in New Zealand. But she compares with this a high quality milk with fat content of 4.5 per cent. which in all likelihood few consumers receive when the Government standard is 3.25 per cent.

## Carbohydrate:

The statement in question deals with an ice cream of about 25 per cent. carbohydrate, including cane sugar between 14-20 per cent., and Dr. Bell makes observations to the effect that rather much cane sugar in ice cream lessens the

(continued from previous page)

do not draw attention to the fact, but try to find out why. Laughter and ridicule from brothers and sisters may cause a far deeper unhappiness than any that may have caused the stammer, and so make it worse. Something is wrong inside, and to imitate the outside symptom is war worse than useless.

Many children are being helped and enriched by attendance at a Speech Clinic—not stammerers only, but speech defectives of every kind—but the responsibility of prevention lies in the homes. I would venture to suggest that the number of stammerers enrolled in our Speech Clinics is in almost exact proportion to the number of unhappy and unstable homes. It seems that speech therapy is allied to charity in more ways than one.

—L.

nutritive value. Her figure for carbohydrate content in ice cream is fantastic according to the evidence of the eminent nutritionists, A. L. and K. B. Wilton ("The structure and composition of foods," Vol. III, John Wiley, 1937). In any case, even before rationing, cane sugar in New Zealand ice cream rarely amounted to more than 12 per cent. At present, manufacturers are lucky if they have 7 per cent. of rationed sugar available and many use as little as 4 per cent. but maintain palatability by sweeteners.

## Vitamins and Minerals:

Ice cream in New Zealand is made according to American recipes within the limitations of local rationing. Thus under this heading the evidence recently published in the *Journal of Dairy Science*, 24/8/46, should be noted: as well as Dr. Bell's figures. She tabulates an ice cream with 185 units Vitamin A, but according to the scientific journal just referred to, average 10 per cent. fat ice cream should have almost 300 Vit. A. Units. Vitamin B is quoted by Dr. Bell at 0.02 mgs. — an extraordinary figure compared with 36 mgs. given by the *Journal*, while Dr. Bell's 0.15 mgs. Riboflavin in 2oz. ice cream has to be compared with 134 mgs. of this vitamin for 2oz. of ice cream according to reputable standard. Finally in this regard, the article in dispute gives 45 mg. Calcium compared with 84 mg. of this mineral considered average for this mineral from the quoted evidence.

## Conclusion

Dr. Bell has given the public an inaccurate picture. As a nutritionist she is entitled to emphasise the value of milk, but the latter can stand on its own merits without being puffed up in a comparison with a belittled and probably non-existent type of ice cream. In New Zealand we can well do to follow a little more the American pattern of food preparation and consumption and among the proven essentials in their dietary is ice cream. The American service units, when they came to New Zealand a few years ago, sought huge contracts for the supply of this food. Sugar or any other ingredient in ice cream does not appear to have detracted from the world-renowned perfection of American teeth. Perhaps if our Health Department would throw off an ostrich attitude and encourage children to eat ice cream as well as milk, there will never again be the evidence before military medical boards that the teeth of average New Zealanders present a problem of the first order to nutritionists.

Ice cream consists of an admixture of butterfat, milk, sugar, gelatine, and in many cases honey, glucose, malt, and other nutritious ingredients. Its food value is good because the ingredients are good. Dr. Bell can compare it with milk by way of office desk calculations if she wishes, but in so doing, justice should be given to that which she thinks is inferior. If the Health Department cannot at present give approval to daily ice cream for school-children, a time seems not far distant when we will at least see better-advised communities abroad giving children what they like, and what, in the case of good ice cream, is nourishing.

But in this connection Dr. Bell's own words should be recalled as printed under the title "Books About Food." (*Listener*, November 8, p. 20): "..... it must be admitted too, that nutrition has not yet become a fully fledged science: it is still characterised by a good deal of conjecture: its standards are as yet only tentative. Consequently books about food tend to be coloured by the author's prejudice, or by the existing general prejudices. . . ."

## SMALLWOOD'S

### PIANOFORTE TUTOR

The World's Best Tutor

Price 3'6 per Copy

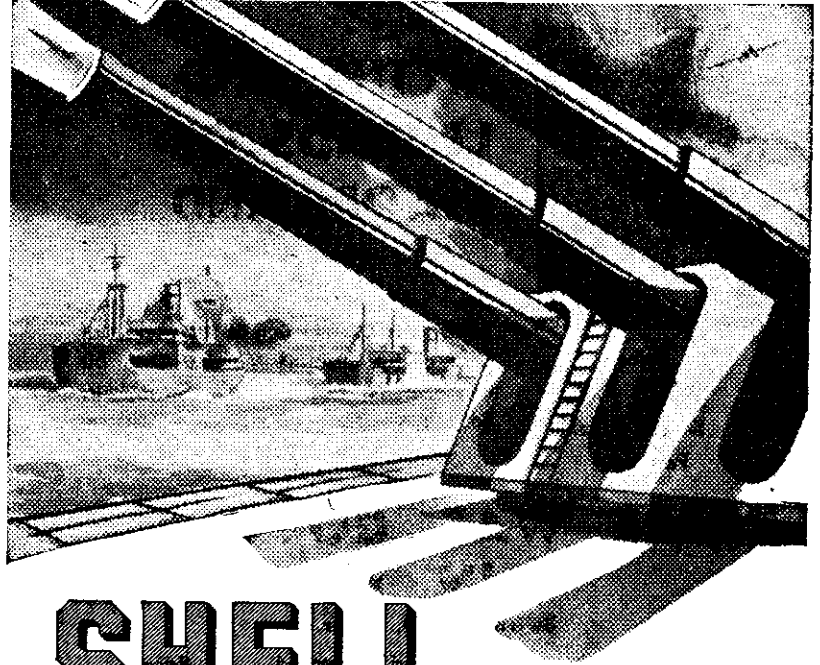
### ALL MUSIC SELLERS

Or Direct from the Publishers,

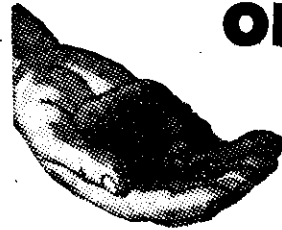
J. ALBERT & SON PTY. LTD.

2 - 4 Willis Street, Wellington

NOW IT CAN BE TOLD—



## SHELL played a vital part in producing ARMOUR PLATE from OIL SOOT!



Yes!—because vanadium, which turns steel into armour-plate, can be found in certain soots from certain oils. At a crisis in the war, vanadium became a vital necessity.

Shell men had to show stokers of innumerable ships how to select the special soots that contain vanadium.

The Shell Group in their own furnaces improvised methods which produced vanadium to make 88,000 tons of armour-plate for Britain.

Shell's leadership is the result of unceasing scientific research which continues in peace as in war.



**You can be sure of SHELL**

The Shell Company of New Zealand Limited (Incorporated in England).

3