



ISSUED BY THE NEW ZEALAND DEPARTMENT OF HEALTH

No. 2

FOOD FALLACIES



QUESTION: "My daughter is trying to reduce her weight. She has cut out all milk and potatoes. Is this wise?"

ANSWER: No. Milk and potatoes are too valuable as foods

to be eliminated even in a slimming diet.

If the top milk is removed, the rest of the milk is valuable but not fattening. If the quantity of bread is cut down and all biscuits, cake, scones and sweets are rigidly excluded, far better results are achieved than by avoiding potatoes which are much superior in value to any of these.

SLIMMING CAN BE CARRIED OUT WITHOUT UNWISE EXCLUSION OF VALUABLE FOODS

QUESTION

"Is it true that one should not drink with meals because the liquid dilutes the gastric juice and delays digestion?"

ANSWER

In the normal healthy person —

- Water itself is a gentle stimulus to secretion of gastric juice ...
- Dry meals may be less inclined to call forth a generous flow of gastric juice ...
- Any possible dilution of gastric juice is very slight ...

SO ...

DRINK WITH YOUR MEALS IF YOU WISH TO DO SO

Water is the best drink with the dinner meal. The digestive juices can take care of themselves.



QUESTION

"Is molasses really valuable because the children hate it so and it is so hard to persevere with it?"

ANSWER

Molasses has no very special property to recommend it — nothing that could not be obtained from more commonplace foods.

It certainly has a laxative action which might be advantageous to some, but that is about all.

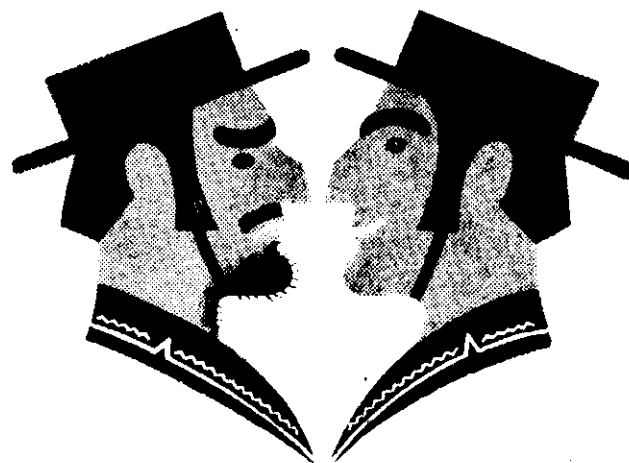
Any other minerals present can be obtained from other and more usual foods.

FOR NORMAL PERSONS, ABNORMAL FOODS ARE NOT NECESSARY

They generally cost more money too.

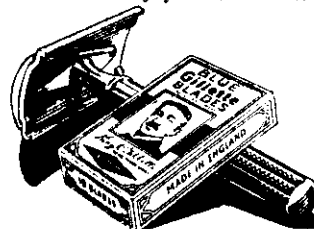
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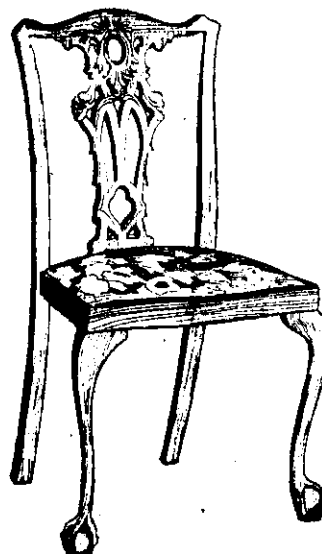
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