

DIET AS RELATED TO FOOD COMBINATIONS

Honey Valued Highly

(By H. K. and D. W. Adamson.)

IN upholding such combinations as proteins and starches and acid fruits and cereals, we know we are likely to come into conflict with many of the advocates and adherents of dieting systems, but, why, may we ask, are such food combinations undesirable, or upon what grounds or evidence are they deleterious? We fully appreciate the danger to health of the consumption of too much sugar and the advisability of omitting sugar altogether under certain conditions, but why substitute a fanciful food in the form of commercial glucose when a far better substitute in honey is available? Honey contains some 35 per cent. of glucose and about 40 per cent. of fruit sugar, besides about 5 per cent. mineral salts, the balance being moisture. It possesses all of the advantages of glucose in regard to digestibility, does not cause acidity or fermentation in the intestinal tract as will sugar. Honey is a most valuable food indeed, and should be more widely used in place of sugar.

Many people are advised to avoid eating proteins and starches at the one meal. Now, there are no physiological reasons why we should eat them at separate meals, because the starch is digested in the mouth and the intestines, whilst the proteins are digested in the stomach. Of course, if we habitually overeat starchy and sugary foods then the whole digestive process is thrown out of gear, but we must not blame the combination when the cause of the digestive distress is brought about by excessive consumption. It may also be pointed out that nowhere in nature do we find these substances existing in complete isolation. In a grain of wheat, or any other cereal or seed, the proteins and starches are found in varying proportions along with other food elements.

Under certain conditions of ill-health, including the various digestive disorders, then, of course, the diet has to be prescribed and limited according to the peculiar condition, but for the person of moderate health, the less he worries over food combinations the better.

Firstly, don't overeat. Secondly, cultivate simple tastes for plain, wholesome meals in which milk and dairy products, wholemeal breads, ripe fresh fruit and edible raw vegetables constitute considerable proportions, and finally, chew every mouthful to a liquid before swallowing.

H. K. & D. W. ADAMSON.

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