

Can Eating Kill You?

Food: A Health Hazard

"Eat your cereal," mother always admonished. "Drink your milk and be sure you drink eight glasses of water everyday."

Mom's intentions were good, but research in the past few years indicates that perhaps mother doesn't always know best.

Today we are warned by the FDA and other health agencies that many of the foods in our daily diet are bad for us—and in some cases, may cause death.

Take cereal, for instance. It's loaded with preservatives that allow grocers to keep it on the shelf for one year. And the sugared kind kids adore rots their teeth, and may eventually lead to hypoglycemia, diabetes or even mental disorders.

We're well aware of the sins of sugar by now and the American tendency toward sweets. And not only does sugar sometimes cause disease, but it also makes you fat.

So, what happens when you turn to an artificial sweetener?

Somebody tells you those nasty chemicals known as cyclamates cause cancer in lab test animals.

Then somebody else tells us about something called red dye No. 2 that you never knew you were eating in Kool-Aid, Jello, pink lemonade and chocolate cake may be hazardous to your health.

All processed foods, in fact, have been under investigation because of potentially harmful additives. Bland, innocent-looking baby food, for instance, has been shown to produce tooth decay in young children and to make babies overweight.

Chocolate is another offender. It has been suggested that since it is a stimulant, it may lead to high blood pressure and perhaps diabetes. Food purists prefer carob, although it is a little bit bitter.

Caffeine content in coffee can have bad effects on the human body over a period of time, according to various reports, and that has caused many of us to buy only the decaffeinated kind.

Enough words to fill several hundred books have been written about the evils of liquor—not merely from the moral standpoint. A number of diseases reportedly result from high alcoholic intake.

Then there's the problem with milk—pure, wholesome, body-building milk. High-fat content pushes up the serum cholesterol count, and we all know that's a no-no.

Too much cholesterol leads to hypertension and heart attacks, some nutritionists say. It's not just milk

Adlib

By Mary Mills
Lifestyle Editor



but other foods as well, such as eggs and butter and meat.

There are other things wrong with meat, we're told. The diethylstilbestrol (DES) fed to cattle and chickens to fatten them quickly may be a cancer-causing agent.

Bacon and hot dogs and other processed meats have come under scrutiny because of the sodium nitrate that is used to preserve and flavor them.

Meat lovers face a dilemma. What do we do? Turn to fish...

But wait a minute. Remember the tuna scare a few years ago? Dangerously high levels of mercury were found in canned tuna. Since that time the warning has been extended to

most other kinds of fish that swim in the world's polluted waters.

All this might convince you to become a vegetarian—if it weren't for those ugly rumors about lethal levels of poison in vegetables sprayed with pesticides.

Bread and water?

You know what they're saying about white bread...that it has no nutritive value, no fiber (an essential ingredient in preventing cancer of the colon, according to several prominent physicians) and its wheat content is practically nil.

Water?

Just last week it was disclosed that South Florida has dangerously high levels of a poisonous industrial chemical known as polychlorinated biphenyls (PCBs) which collect in fish and seep into ground water from which we obtain our drinking water.

Local health officials speculate that drinking large concentrations of PCB over a long period of time could cause cancer.

Where does that leave you?

FORT LAUDERDALE, FLA.
NEWS SUBSCRIBER
SMT, and CEN 101.000

FEB 1 1976

MONS 033043