

The Natural Eating Private Newsletter

Highlights: Milk labeling; Broccoli Sprouts; Salt, Arteries; Chocolate recipe; McDonalds; Calcium bank II; Sweeteners; Fitness folly; Supplements; Word Spreads.

News From The Battlefield

Milk Label Babel

The FDA tightens up labeling of lower-fat milk products

Fasten your seat belts for a white knuckle ride through the labyrinth of the New Labeling Regulations!

Here are the new FDA dictionary definitions for these much misconstrued terms:

“Reduced fat” means that at least 25% of the fat has been removed.

“Low Fat” means that the product contains less than 3g per serving of fat.

Starting to sound confusing? What is a “serving” of milk? What does this mean in the real world?

According to the FDA’s definition a serving of milk is one cup. (One cup! - That’s a quantity that would last a Natural Eater a week...)

So low fat milk contains 3 grams of fat per cup.... Ever thought that the system of measures used on labels is designed to mislead and confuse? - What on earth is “3 grams *per cup*”?

This is like some nightmarish S.A.T! First of all you have to know that a serving is one cup, then you have to know that one cup is 8 fluid ounces; and then

you have to know that there are about 28.5 grams in a fluid ounce.

Now you are in a position to calculate the percentage. Trust me, I’ve worked it out - 3 grams of fat per cup works out to 1.26%.

So that’s all right then: 1% milk can still be labeled “low fat”.

But what about 2% milk? Here you have to know that FDA standard milk contains 3.25% fat.

Thus 2% milk has been reduced by 1.25% in 3.25%, i.e. by 38%. So this milk falls into the “reduced fat” category. 2% milk can no longer be labeled “low fat”.

Phew! How many consumers would have worked all that out?

What about skimmed milk? Or yet zero-fat milk? You might think that skimmed or zero fat milk has just that - zero, zilch, none, nought, no fat in it.

But you would be wrong. In the FDA’s dictionary, ‘zero’ means ‘up to 0.5 grams of fat per serving’. Don’t bother working out the percentage - just know that “zero” in FDA double-speak really means “some - but not a lot”.

Oh, and by the way, yogurts are exempted from these regulations. Why? “To enable the industry time to resolve nutritional and

technical problems in the manufacture of low fat products”. Translation? The consumer is in a free-fire yogurt zone until further notice.

Perplexed? One consolation. The Natural Eater doesn’t consume milk products in any significant quantity. Sit back and relax - and leave the authorities to fool around in peace with their Byzantine milk labeling regulations.

News From The Labs

Broccoli Sprouts Cancer Drug

Brassica ChemoProtection Laboratory reports that broccoli sprouts have a high sulphurophane content. Clinical trials with rats have shown dramatic suppression of tumor growth.

This is a follow-up to studies that show that all the cruciferous vegetables (cauliflower, cabbage, broccoli, Brussels sprouts...) the so-called “super vegetables”, also contain sulphurophane and are strong reinforcers of the immune system.

Our view?

Exotic foods like Broccoli sprouts are all very fine, but expensive and difficult to find. The good news is that The Natural Eater will be consuming substantial

quantities of the "super" cruciferous vegetables on a daily basis. His immune system will not be short of sulphurophane - or indeed any other essential micro-nutrient.

From The Files

High Salt Diet Injures Arteries

Is there no end to salt's villainy? We know that salt depletes calcium, leading to osteoporosis; we know that salt increases blood pressure leading to strokes and heart disease.

Some individuals are "salt resistant". That is, a high salt diet does not increase their blood pressure. However they do not get off scot-free.

Silently, salt is corroding their artery walls. They are still at high risk from sudden death due to arterial lesions in the brain.

(source: *Hypertension*; 1990; 15; 900-903)

Our view?

Even though we are a tropical creature, salt was never a significant part of our Pleistocene ancestor's eating pattern. Sodium is present in all vegetation, and our ancestor's needs were met purely from that source. Just as can our needs be satisfied today!

So... eat up your salads and vegetables and avoid adding salt in cooking and at the table...

Recipe Corner

Chocolate Gateau

Finding a good dessert is not a task that the Natural Eater should worry himself about. Nevertheless, it is good to have a surprise up one's sleeve when throwing a dinner-party. This

recipe makes a delicious sweet to end a well thought out dinner.

Ingredients:

4 oz bitter-sweet chocolate
3 oz baking chocolate (100%)
4 eggs
2 tbs. rum
2 tbs. almond powder
2 tsp grated orange peel
2 tbs. lite sour cream
1 tbs. fructose
5 fl oz (2/3 cup) water

method:

- . separate the egg white from the yolk.
- . mix the egg yolks, fructose together and then add the sour cream, rum, almond powder, orange peel, and set aside.
- . melt both rations of chocolate with the water in a microwave or saucepan.
- . add the mixture to the chocolate and stir.
- . beat the egg whites to a fluffy consistency.
- . combine the chocolate mixture with the beaten egg whites
- . Pour into a lightly buttered baking tin.
- . Bake for 60 mins at 250°F

Comment:

This dessert, by virtue of the high cocoa, egg and almond content is a **protein** dominated food. The ingredients have a low glycemic index- so that's good. But it is a **high density** food so limit yourself to just one slice!

Tips:

- . Choose the darkest, bitterest chocolate you can find. Sometimes the percentage of cocoa is indicated. It should be greater than 50%.
- . Fructose is the one "good" sugar. Find it in Health Food Stores. Do not use ordinary sugar.

Sin-bin

The sour cream and the butter for tin-greasing are minor lapses because:

- . The quantity of sour cream is insignificant per serving.
- . The minimal quantity of butter used for greasing is insignificant per serving.

Feature Article

Checks and Balances at the Calcium Bank - II

Part I of this article was published in the May edition of this newsletter. There I talked about how futile it is to imagine that, just by consuming calcium, your body is going to do what you want with it. On the contrary, calcium metabolism is under hormonal control¹. If this control is disturbed, as it can easily be, by erroneous eating habits, then you are just as likely to finish up with calcium in the wrong places² -- like your arteries and kidneys.

Secondly, management of your calcium "capital" is just as important as managing a retirement account. You are saving calcium in your bones for your "retirement" until the age of about 35. That is, until the age of about 35, your body is building up bone density. This is the "capital" for your "retirement" years.

If you are fortunate enough to be under the age of 35, you have a wonderful chance. A chance to make sure that your "calcium retirement account", that is your bone density, is at a maximum when you "retire" at 35. Remember, the deciding factor is hormonal balance, not calcium intake. Recent studies³ have concluded that high intakes of

nutrients such as potassium, magnesium, vitamin C, fiber and zinc were associated with a higher bone mass. Where are these nutrients found all together and in the right proportions? - In fruit! The study concludes that the best strategy for laying down calcium and ensuring good bone health is to eat fruit in abundance!

In addition avoid eating foodstuffs that undermine calcium metabolism. These are the same as for the for the "over 35's" discussed next.

After the age of 35, you are unable to "bank" any more calcium in the bones¹. After that you are "living on your capital." You can choose to run down your capital fast slowly or not at all. Most Americans run their capital down fast. Result: osteoporosis, collapsed vertebrae, hip and femur fractures in old age.

So how do we avoid running down this capital? Remember, after the age of 35, it is almost impossible to get the bank to accept credit payments to the account. Innumerable studies show that however much you supplement with calcium, there is no improvement in bone density^{1,4,5}. Indeed it doesn't even slow down bone loss.

On the contrary, over-supplementing on calcium depletes other minerals in the body such as iron and zinc⁶. It is the Sorcerer's Apprentice syndrome again - sometimes know as the "Law of Unintended Consequences".

Taking calcium supplements in the mistaken belief it is doing good - only to give yourself zinc and iron deficiencies - is the result of meddling in processes that you only half understand!

On the other hand, every time you eat some concentrated protein, such as a steak or hamburger, you are presenting a check to the calcium bank^{1, 7, 8, 9, 10} which it will pay - out of your calcium capital!

In the next (July) edition of this Newsletter, I will be talking about the strategies we can deploy to limit the damage.

1. *Calcium & osteoporosis; World Rev Nutr Diet; 1993; 73; 5 - 16.*
2. *Matrix proteins in calcified heart valves; J.Clin.Invest.; 1997; 99; 996 - 1009.*
3. *Nutritional influences on bone density; Am J Clin Nutr; 1997; 65; 1831 - 9*
4. *Nurses Health Study; Am J Pub Health; 1997; 87; 992 - 997.*
5. *Calcium supplementation on bone density; N Engl J Med; 1997; 337; 523 - 8.*
6. *High calcium intakes reduce Zinc balance; Am J Clin Nutr; 1997; 65; 1803 - 9*
7. *Effect of Protein intake on Calcium metabolism; J Nutr; 1981; 111; 244 - 51.*
8. *Prolonged Meat diets and Ca metabolism; Clin. Cal; Feb 13 1930; XLVI; 669 - 81.*
9. *Osteoporosis in vegetarians and omnivores; Am J Clin Nutr; 25; June 1972; 555 - 58.*
10. *Bone content of Eskimos; Am J Clin Nutr; 27; 1974; 916 - 925.*

Geoff Bond

He didn't beat the odds

One of the best examples that good fitness does not always provide a risk-free guarantee of a healthy and productive life was the tragic death in 1984 of Jim Fixx. Jim Fixx started the "jogging" craze and is the author of the best selling book "The Complete Book of Running".

At the time of his death by heart attack, Fixx was 52 years old. He had been running between 60 and 80 miles a week and had believed that people at his high level of fitness could not die from heart disease.

At age 36, Jim Fixx smoked two packs of cigarettes per day, weighed about 215 pounds, did not participate in regular physical activity, and had a family history of heart disease. His father, having had a first heart attack at age 35, later died at age 43.

In an effort to lessen his risk for heart disease, Fixx began to raise his level of fitness. He started to jog, lost 50 pounds, and quit cigarette smoking. On several occasions, though, Fixx declined to have an exercise electrocardiogram (ECG) test, which most likely would have revealed his cardiovascular problem.

Fixx was visiting Greensboro, Vermont when he walked out of his house and began jogging. He'd only gone a short distance when he had a massive coronary. His autopsy revealed that one of his coronary arteries was 99% clogged, another was 80% obstructed, and a third was 70% blocked....and that Fixx had had three other attacks in the weeks prior to his death.

Our view?

Fitness is an important element of a healthy lifestyle. But exercise alone cannot "Fixx" poor eating habits!

Common Misconceptions

"I don't use sugar. I only use healthful, 'natural' sweeteners like honey and maple syrup."

OK, so it is good not to eat sugar. But honey and maple syrup are just as bad! All these substances are 'fast' sugars with a high glycemic index.

They stress the body's blood sugar control mechanism. Human beings just do not have a bio-chemistry adapted to dealing with them!

It leads to the switch-back of uncontrolled blood sugar levels and all the ills that flow from a state of hyperinsulinemia: obesity, heart disease, cancers and more.

Believe it or not you are better off with an artificial sweetener like Nutrasweet (aspartame). It is made of two proteins that actually occur quite naturally in the body. Further, Aspartame has passed, with flying colors, the toughest tests that the FDA could devise. (*Am J Clin Nutr*; 1987; 46; 204 - 15)

If sugar, honey and maple syrup had had to pass the same tests they would surely have been banned!

Hints and Tips

Hunger comes on just as you are miles from home - but right near a McDonalds...

Don't despair. It is quite possible to eat their grilled chicken salad. But, like Achilles, strap yourself to the mast and sail resolutely past all the other temptations!

Be very prudent with the salad dressings. They come in 2 oz sachets of which at least 1¼ oz should be discarded.

These sauces are all pungently flavored and full of chemicals, sugars and fillers. Check out the Darwin Label in the next column...

Note that the amount of chicken you get is about the maximum amount that you should be consuming per day of high protein food.

Darwin Label of the Month only the fittest survive...

INGREDIENTS: WATER, SOYBEAN OIL, BLEND OF PARMESAN, ROMANO, AND GRANULAR CHEESE (PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES, MICROCRYSTALLINE CELLULOSE, CALCIUM CHLORIDE, CITRIC ACID, CALCIUM PROPIONATE (PRESERVATIVE)), VINEGAR, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, EGG YOLKS, MODIFIED FOOD STARCH, SALT, ANCHOVY EXTRACT (DEXTRIN, ANCHOVY EXTRACT, SALT), OLIVE OIL, SPICES, LACTIC ACID, WORCESTERSHIRE SAUCE (VINEGAR, WATER, MOLASSES, CORN SYRUP, SALT, CARAMEL COLOR, GARLIC, SUGAR, SPICES, ANCHOVIES, TAMARIND, NATURAL FLAVOR), XANTHAN GUM, POTASSIUM SORBATE (PRESERVATIVE), GARLIC POWDER, PROPYLENE GLYCOL ALGINATE, ONION POWDER, DISODIUM INOSINATE AND DISODIUM GUANYLATE, CALCIUM DISODIUM EDTA.

McDonald's Caesar Salad Dressing

Reader's Questions

Q. What is the food combining status of liquid amino acid and flaxseed supplements?

A. There is a good question of principle here. The principle with food combining is to avoid having two (or more) foodstuffs vying for dominance in a meal.

So the first point is that a teaspoon (or so) of supplement is not going to shift the balance of power whatever it is.

As for **liquid amino acids**, then the answer is easy. Amino acids are the *products* of protein digestion. In other words, they are pre-digested proteins! They will be assimilated fast and will not pose a problem of food combining.

Having said all that, why would anyone bother to take a liquid amino acid supplement?

Flaxseed oil is a liquid fat. Fats anyway do not present a problem with food combining with the possible exception of fruit. So from a food-combining point of view, the flaxseed oil supplement can be safely taken on its own or during a non-fruit meal.

But here's a tip. You can get exactly the same benefit (Ω -3 essential fatty acid) by using canola oil. Put it in

your salad dressings and in your stir-fries. Canola oil is cheap and available in any supermarket.

Spreading the Word

Corporate America warms to Natural Eating

American Standard Inc., maker of automatic braking systems and bathroom fittings has just signed a contract for Geoff Bond to author an Employee Handbook.

ASI's aim is to bring the health benefits of Natural Eating to its some 15,000 employees in the US.

This newsletter is only available on private subscription \$96 (£66)/yr. e-mail version: \$72 (£45)/yr.

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